

# GOOD HEALTH



October, 1903.



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MENS SANA IN CORPORE SANIO



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# GOOD HEALTH

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## THE MINISTRY OF PAIN

BY J. H. KELLOGG, M. D.

FOR one who has suffered much, it may be difficult to understand that there is anything good in pain. Nevertheless, pain rightfully regarded is one of the greatest possible blessings to erring mortals. Suppose the hand could be thrust into the fire without feeling pain; suppose no pain were produced by cutting or burning the tissues; what would be the natural consequences?—Certainly the result would be such neglect to care for the body as would soon lead to its disfigurement, crippling, or actual destruction.

The writer was some years ago acquainted with a gentleman who had lost several fingers of his left hand. On being questioned respecting the cause of the injury, he explained that the nerves of feeling of his left arm were paralyzed by a severe wound of the arm received from a saw. Some years later, while working out of doors on a very cold day, feeling no inconvenience, he neglected to care for his hand, and on returning home found it to be so severely frozen that several fingers sloughed off.

Pain, then, is a divine voice leading us away from wrong, telling us of the right, and warning us of danger. "For God speaketh once, yea twice, yet man perceiveth it not. He is chastened also with pain upon his bed, and the multitude of his bones with strong pain: so

that his life abhorreth bread, and his soul dainty meat. He looketh upon men, and if any say, I have sinned, and perverted that which was right, and it profited me not; he will deliver his soul from going into the pit, and his life shall see the light. Lo, all these things worketh God oftentimes with man, to bring back his soul from the pit, to be enlightened with the light of the living." This is indeed the common experience with man. We choose evil rather than good because of our perverse tendencies, until we find that it "profiteth not." Then only are we willing to turn away from evil.

While pain is not an arbitrary infliction, but is the natural consequence of wrong doing, the basic principle of God's method of disciplining and dealing with man is expressed axiomatically by Paul, the Christian philosopher, in the words, "Whatsoever a man soweth, that shall he also reap." The idea that God inflicts pain, or that pain is in any sense an arbitrary or retributive punishment, is a notion altogether foreign to a proper conception of God. The Creator, the Lawgiver, dwells in the body temple; whatever the temple suffers, he must share. In this way the indwelling Presence bears all our pains and sorrow, and takes upon himself all our punishments. This is true for every man. God is no respecter of persons.



But the experience of pain is profitable only to those who say of sin, "It profiteth me not," and who, tired of the wrong way, having learned by experience, have turned their face steadfastly toward the right; and as they have reaped a harvest of pain from the seed-sowing of sin, they now begin to sow seeds of life and peace in right doing, and will surely reap the harvest thereof. "For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting." To sow to the flesh is the Bible mode of expressing the transgression of the law, departure from the divine order of life. Whether in physical or moral conduct, the sowing to the Spirit is simply obedience to the voice of God speaking to us through our instincts, through the inspired Word, through every source of truth which points out the way of life. Sowing to the flesh is a misuse of the appetites and energies which God has placed at our command. Sowing to the Spirit is the implicit following the guidance of that inner voice, the Spirit of truth which created man, which dwells in him, and which is ever pleading with him, "This is the way, walk ye in it."

Whatever man suffers, then, is simply the reaping of a harvest from a seed sowing. The sowing may have taken place years before; indeed, the sowing may have been done several generations back, for the iniquities of the fathers are visited "upon the children of the third and fourth generations of them that hate" God and righteous-

ness. This is not an arbitrary principle, but the operation of the great law of heredity. The son of the drunkard or the tobacco user, of the glutton, or the man who has wasted his energies in youth in riotous living, must reap the harvest which his father has planted, for the reason that the son and the father are really one being. The son's life is simply an extension of the father's life. A twig cut from a willow tree and planted in the ground becomes a new tree, but is simply an extension of the tree from which it was taken. So also the child is a bud from the parent stock, and bears the iniquities of his father just as he bears his likeness, and for the same reason. If the father's nerves have been wrecked by exhaustive expenditures of vitality, the son will be nervous, feeble, possibly epileptic. If the father has been a drunkard, the son is likely to be insane or idiotic. Every human being bears a heavy burden of tendencies to sin and a predisposition to disease which are an inherited harvest from ancestral seed sowing. "Nature is a good bookkeeper."

The man who justifies himself in the violation of the laws of health because he does not see any immediate effects, declaring, perhaps, "It may hurt other people, but it does not hurt me," is like an old man that would justify himself in planting thorn bushes, crab apples, poisonous upas trees, and worthless wild figs, instead of good trees, because he did not expect to taste the fruit. He is planting a harvest for his children.

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STRONGER by weakness, wiser men become  
As they draw near to their eternal home;  
Leaving the old, both worlds at once they view,  
That stand upon the threshold of the new.

— Mrs. A. Whitney.



## HEALTH OBSERVATIONS ABROAD

BY DAVID PAULSON, M. D.

ONE of the most pitiful sights in England is to see young women acting as barmaids in the public drinking places, and to see women elbowing their way to the bar and then stand there, shoulder to shoulder with a crowd of coarse, half-drunken men, and with them partake freely of intoxicating liquor. Unfortunately, this painful sight is not at all rare, and it is quite common to see drunken women reeling about on the streets. What a sad commentary on our modern civilization!

In Copenhagen it is the custom to dress young schoolgirls so that their arms are almost or entirely bare, even in weather when Americans appreciate their overcoats. This practice necessarily chills the blood, and tends to produce congestion of the internal organs, and undoubtedly lays the foundation for colds, pneumonia, and tuberculosis.

Tuberculosis is making sad havoc among the urban population of Norway. It is pitiful to note how this plague is decimating this once hardy race. Sedentary life, indoor confinement, and defective ventilation are undoubtedly the most prolific causes, for fifty per cent of the tubercular cases make a satisfactory recovery when they are sent to some outdoor sanitarium; and what will cure a consumptive would certainly have prevented the onset of the disease.

The liquor curse is undermining the physical stamina of the Swedish race. Liquor drinking among the working classes is almost universal. One third of their population die before the age of twenty-one, and one fourth of those

who live, are rejected from military service on account of physical disqualifications.

Sweden leads the world in physical development. The Swedish gymnastic system has found its way into every part of the civilized world. It is taught in the schools just the same as addition and subtraction, and why not? Is it not more important to develop the heart, the diaphragm, the abdominal muscles, and, in short, to turn out of school students with well-developed bodies than to have them leave school with an educated brain and a body that has been crippled by the process, as is our style in America. Too large a proportion of our graduates, instead of being prepared for the stern battle of life, are only fit candidates for the hospital or a premature grave. The Swedish government has endowed a regular university, called the Royal Institute of Gymnastics, for instruction in physical training, with a course covering three years. The leading physical-culture teachers in all parts of the world have spent more or less time in this institution. Professor Tongren, the superintendent, took pains to show us every part of this splendid work. On every hand in Stockholm are mechanical Swedish movement treatment-rooms and massage parlors, applying the same principles in the cure of disease. Bath-house signs are suspended across the street, like political banners in America. The back alleys in Stockholm are kept as clean as our boulevards.

The honesty of these people is proverbial. The United States consul, in speaking of this to me, said that he believed if he should lay his gold watch





PROFESSOR TONGREN.

on the street corner, he could go to police headquarters the next day and secure it. He then cited a number of personal experiences on this point, which would seem like fairy tales had they occurred in some of our large cities.

In traveling through the country districts of Germany, one sees on almost every farm, women at work, hoeing, pitching hay, and even swinging the scythe. No gymnasium on earth can begin to compare with this for substantial physical development, and it was

particularly noticeable, that instead of bending their backs, and thus securing nothing but harm from their work, they bend from their hips.

In every street in Berlin is the haughty tread of armed soldiers, for it is one of Germany's great military headquarters, a circumstance which is not at all conducive to its morality. In this city, for the first time in my life, I saw men sipping liquor out of glass vessels that were fully as large as our large fruit dishes. The German government is so careful of human safety that even the building of a barn is subjected to most rigid inspection, but it tolerates these other evils that are rapidly plunging this wonderful nation into moral and physical bankruptcy. Each inhabitant in Berlin consumes, on the average, four hundred liters of liquor per year, and in Bavaria we were told that this amount reaches the astonishing figure of six hundred liters per capita.

Almost every available spot of the hills of southern Switzerland is covered with vineyards, the delicious juice of the grapes being transformed from a thing of blessing to a dreadful curse. As one sees how the Lord continues to grow grapes, to be used to ruin his earthly temples, he gets a greater glimpse of Divine long-suffering.

### STAND IN THE SUNSHINE

STAND in the sunshine sweet,  
And treasure every ray,  
Nor seek with stubborn feet  
The darksome way.

Have courage! Keep good cheer!  
Our longest time is brief.  
To those who hold you dear  
Bring no more grief.

But cherish blisses small,  
Grateful for least delight  
That to your ear doth fall,  
However slight.

And lo! all hearts will bring  
Love, to make glad your days;  
Blessings untold will spring  
About your ways.

— *Celia Thaxter.*



# THE STORY OF PRIESSNITZ

BY J. H. KELLOGG, M. D.

IT was not long before Priessnitz became the butt of persecution. The pastor of the church in Freiwaldau which he attended, was always very much enraged when he saw him in the house. He denounced him as a false prophet, and accused him of practicing witchcraft because he said water had the power to do these wonderful things;—"as if water could have the power to heal; it must be this man bewitched it."

Soon the doctors joined in the persecution. Priessnitz was arrested and thrown into prison, where he was starved for several days, after which he was tried, convicted, and imprisoned, because he had been healing without a license. However, he was soon pardoned through the influence of some of those whom he had restored

to health, and was allowed to practice as a water-cure physician.

Meanwhile, the preacher who had persecuted him so bitterly and denounced him continuously for years, was taken very sick and given up to die by the doctors of that region. As a last resort he called in Priessnitz, and through the efforts of this man and his simple water and wet cloths, he was restored to health.

The government some little time afterward sent a commissioner to investigate the matter and see what this man was about. Complaints that he was a quack and was practicing medicine without a license came in so thick and fast from members of the medical profession that the government sent well-informed men to investigate. During the investigation, various men were



PRIESSNITZ WITH HIS TUB OF COLD WATER.





A COLD BATH AND A SWEAT UNDER A FEATHER BED.

brought in to testify. One man especially gave a very interesting testimony. He had first been treated by a doctor who was present at the trial, and who complained that Priessnitz had taken his patient away from him. The court said to the man who had been treated, "Which of these men helped you, Priessnitz or the doctor?" Said the patient, "Both of them helped me. The physician helped me to get rid of my money, and Priessnitz helped me to get rid of my sickness."

Priessnitz went on with his work amid all the persecutions, some of which were very serious and others petty and exasperating. The boys of the neighborhood went up on the mountain side and cut the pipes that brought the water down to his establishment. There was one persecutor who set himself up as

a rival in the same town. Although Priessnitz was building up the town, the people set themselves against him. For years he was persecuted by them in a most extraordinary way; but some ten years after his death, which occurred about the middle of the last century, when he was a little past fifty, a magnificent monument was erected to his memory. When looking at this monument one cannot but recognize the fact that men are often more appreciated after they are dead than when they are alive. All about this monument are words written there by grateful patients. I took a long walk over the mountains (about twelve miles), visiting all the springs, and I found at every spring a tablet which was erected by some grateful patient or patients from some country,—from Austria,



from Germany, Switzerland, Bohemia, Russia. In some cases very beautiful tablets, very costly monuments, had been erected to the memory of this great man; for suddenly Priessnitz was a great man.

Our first illustration represents a scene in the beginning of the water cure, in 1816 or 1818; Priessnitz coming along with his tub of water. At first he received for treatment, injuries, sores, ulcers, and the like. People came to him with their rheumatic joints and gouty toes. He had his tub of water, and moved from one to the other, bathing the affected parts.

He also used sweating. He had no vapor or Turkish or Russian baths, and used no hot water. So he put the patient into a cold bath, then into a bed to sweat; and his method of making

him sweat was to cover him up with two feather beds. The reader may smile at this, but it would not seem at all strange in Germany. There, even in the hotels, it is not at all unusual to find a feather bed provided in place of blankets.

While in these feather-bed packs, patients were given large quantities of water, to keep up the perspiration. They drew the water through a straw or cane from a glass.

During the first years of Priessnitz's work he was unable to bring enough water down from the mountains to give shower baths at home, but there was a place high up among the mountains where the water fell about ten feet, and to this place he took his patients in a rude cart, he himself walking at the side and driving the ox team.



ADMINISTERING A FULL BATH IN THE PATIENT'S ROOM.





GOING TO THE MOUNTAIN SPRINGS.

In our next article we will describe methods of applying water as a curative and illustrate other of Priessnitz's methods.

[ To be continued. ]

## MY INHERITANCE

BY \* \* \*

I HAD a cold. I do not allude to it as a happening rare and peculiar; indeed it was my usual condition. In those days the absence of a cold was the thing of remark. Like the world's relation to a certain stratum of society, it was "always with" me. I mentioned my general wretchedness to my friend. My friend was kind, but caustic, and replied laconically, "Believe you must like it; you know how not to have it," which, interpreted, was to say that I knew my friend's affirmation as to how not to have it.

That retort lay like a damper upon

my spirit; moreover, it placed an effectual impediment in the way of my gathering even that crumb of comfort that a mortal held in the thrall of a cold derives from narrating in detail to any chance listener all the wretchedness of his condition. I fell to pondering my friend's advice. I did *not* like a cold. What sane member of the human race enjoys the inability to enunciate clearly the letter *m* for ten months out of twelve! I liked it little — but I liked my friend's advice less.

One of the first memories of my life is that of having a cold. I used some-



times to fancy that I was born with a cold. My mother died of consumption. I fell to the care of a sharp-eyed lady who knew well the annals of my family. She was faithful to a heroic degree in guarding me from a cold. On clear winter days, when the sunlight streamed in warmly, I was permitted to stand at the window (if the wind was not in that quarter) and watch the sturdy midgets of the neighborhood rollicking in the snow like young polar bears.

I always put in a vigorous appeal to be allowed to join them, but she, learned in my family's history, would remind me that I had inherited a cold. I could look at the children and play with my doll. Many a covert thump did I give the long-suffering Malinda, who gradually fell into decline through loss of sawdust, occasioned by these pugilistic onslaughts. "The petulance of a spoiled child?"—I grant it, sir; but tell me, dear man, why did you kick your dog yesterday?

How I hate the memory of that window! Such bitter thoughts, such daring mutinies, as there sprang into life! Such direful things did I learn about myself as I stood there, my indignant little back turned on my caretaker and her gossips; my face turned to the happy children outside. Fragmentary but fatal was the knowledge that came to me: "The Carringtons all die young; none of them live to be more than—" "a whole graveyard filled with them for generations past at—" "they all die of con—" "looks just like her mother, poor dear—died when this child was such a wee mite, and I have always said—" "she is such a fretful child, really troublesome, you know, but when I remember that—"

Given to understand that I was under a curse from which there was no escape; consider if the chances were great for

equanimity of disposition and cheerfulness of spirit. When I coughed I was doped with "Dr. King's New Discovery" (would that it might some day become a back number, but alas, it is ever "new"). When I crouped I was made to swallow "Peckham's Croup Syrup;" when my appetite flagged, there came floods of "Peruna," "Sarsaparilla," and "Hostetter's Bitters."

Some ill-advised friend once brought me a blue sled. I was wild with joy. But with astonishing alacrity something happened to it. The boy who attended the fires thought the woodpile fell on it. Perhaps it did. I think it was a good sled; of this, however, I cannot speak with authority, since I never had a chance to try it. I was told that I should be very grateful that such a dangerous object was removed, for my father's great-aunt had shown symptoms of heart trouble, and the excitement I manifested when the bright thing was brought to me had raised serious fears that anything that could cause such excitement might produce undue activity of that organ, which must, perforce, be affected by this affliction of my father's great-aunt.

On days when it did not rain, or snow, or blow, or was not too hot, or too cold, or too damp, or too dusty, I was allowed to go to school. How I reveled in this degree of liberty, and how like a young porpoise I must have looked when I returned, and stood and "breathed" on the doorstep before entering the hot rooms that were carefully kept at that sweltering temperature, *because I was subject to colds.*

I think she who cared for me deplored the necessity of the weekly bath with all the strength of her soul, for it was never failing in results. It always gave me a cold—and this despite the fact that she was most careful to have the



water at such a temperature during that interesting function that for years I could not see a murdered chicken being scalded to "take the feathers off" without a fellow-feeling of sympathy. From the bathtub I was brought red and steaming, and toasted before the grate until every pore opened its little mouth, and seemed literally to swallow "cold." The next morning the character and standing of that cold were fully established. Then came more "Discovery," more "Bitters," more "Tonic," *ad nauseam*.

Knowing from *bitter* experience what torrents of unspeakables would follow the first little croaking cough after I was put to bed, I began to manifest a remarkable preference for my father's ample handkerchiefs rather than my own tiny ones. To be sure, their volume was embarrassing to my wee pocket, but their night service made up for any little inconveniences of the daytime, for they were so much more effectual in filling one's mouth when one felt that one *must* cough. But if the winter had trials, the summer had more. From babyhood to the age of sixteen I never knew liberty from the flannel that I hated. Dog days! How I hated that flannel!—soft and fine as money could buy, but clammy and clinging and unspeakably hateful.

My attenuated condition made it imperative that I should have most "strengthening" food. I was therefore fed upon beefsteak and tea, pastry and pickles, hot biscuits and butter. At twelve I was suffering all the agonies known to any dyspeptic of established repute. To the rows of empty bottles in an under-stair pantry there now began to be added short, fat pepsin bottles—little glass "headstones" to the memory of scores of baby pigs who had given up their stomachs to help

mine, a sacrifice made known to me as a sort of persuasive power to make me more reconciled to take this new horror. I retorted that if their stomachs hurt them as badly as mine did me, I did not wonder that they were willing to give them up!

This last affliction, I was told, came to me by direct inheritance from my father's side, a sort of family insignnia, like the gout in certain Old World families; leaving me but one standpoint of thanksgiving,—that as far as the family annals were recorded, no member of the same had suffered the inconvenience of a broken back, in which event I must of necessity have inherited it.

At sixteen, by a series of irrelevant happenings, I unexpectedly found myself my own guardian. It is said that one may be killed with kindness; it is also said that a sweet Providence watches over the oppressed. I am prepared to accept both these maxims as authentic. One of the first uses I made of my self-government was to fling beyond all hope of finding the flannel garments that I hated. I said to myself, defiantly, that if I had inherited about all the diseases of the flesh—and spirit—and must live in the surety of an early death, I would at least have some peace during the interval.

Almost immediately after the change of circumstances referred to, I came into possession of certain literature on the chemistry of foods, and the combinations best adapted to the work of building up a system ravaged by dyspepsia; a sweet and wholesome tree of knowledge it proved to be. It is a thing worth suffering for to see and experience in one's own being how quickly the fangs of the demon of torment loosen their grip when the food that



nerves them is withheld; he does not thrive, and cannot "practice and prosper" on the clean, cool viands that make humanity human.

But on the slightest provocation, or none at all, I still had colds. It was at this juncture that my friend gravely assured me that "this kind goeth not out but by" — cold baths. And this to me, who had been so faithfully taught of the fatality lurking beneath the surface of cold water. It was also about this time that my account opens,—the occasion when my friend concluded that I liked it.

At last, from sheer desperation and the proved futility of all things else, I arose stealthily one morning, and crossed the hall to the bathroom. My teeth chattered, and I quaked and quivered as if St. Vitus had also left me an inheritance. I stood there with bare feet on the cold tiling, and took in the situation with a nicety of detail truly surprising, considering the circumstances. When did ever that smoked glass window take on such an upstairs-north-bedroom-window-in-January look! I shivered. When did ever a row of commonplace, wooden, bathroom chairs look so utterly comfortless! I sneezed. When did ever water look so cold and steely! I coughed —

"Jump in; don't stand there like a little coward," called my friend, whom I supposed to be soundly sleeping. The surprise, and the fear of appearing really cowardly, impelled me, and in I jumped.

Never shall I forget the thrill of the moment that followed. "What was it like?" — There are some experiences that refuse to be shackled with words. Go and try it. Something seemed to let loose in throat and lungs, and I stepped from that tub tingling with warmth, glowing with excitement, and

conscious of a sudden reversal of pre-opinion on the time-mooted question, "To be or not to be." On that day I abrogated my "inheritance," and so completely has even the tradition of it been lost that my closest friends have long ago ceased to remind me of it. Perhaps a certain sense of incongruity restrains them.

Ten years have passed,—years of constant activity; of more miles' travel by sea and land than would girdle the earth; work-filled years, most of them passed under the glare of the tropics, where midday sun broils, and midnight chill bites; where plague and pestilence walk not only at noonday, but all day, yet they passed me unscathed, and not one day have I been deterred by illness.

A year or two ago I returned to the homeland. The rigors of a York State winter are calculated to be impressive, to express the exact truth in moderate and rational terms. Moreover, I chanced to fall to the care of a landlord who cruelly starved his furnace. I had meant to state this fact less abruptly, but remembrance of past indignities caused it to leap out unbidden. I discovered this fact only by private reconnoiter. I made a clandestine trip to the cellar, and looked at that furnace. Had I been a medical woman, and the furnace a patient, I should have pronounced it, on sight, a case of extreme inanition. Not being medical, but decidedly practical (an "inheritance" from my great-grandfather, I am told), I thrust four shovels of coal into the hungry mouth of that furnace, and retired with precipitate haste to my room, there to revel in the luxurious temperature of 62° for the first, and alack! the last time during my stay in that domicile.

In vain I appealed to my landlord. Not that he did not listen. He did.



He assured me that he would send at once for the furnace man to "look the matter up," and he promptly extinguished the last flickering embers to further facilitate investigations. The furnace man came, and he did "look it up." He looked up from below, and down from above; he poked and he pounded; he wore an anxious and discriminating air; but at last shook his head mysteriously, and announced himself "clear beat." He may have been. Indeed I believe he *was*. But I was not. I clearly understood that plumbers once a season came cheaper than coal twice a day.

"Why didn't I move?" Ah, but I was just about to explain that all this took place in a crowded university town, where thousands of students are "quartered" on the residents each year, and rooms having a fine bathroom adjacent are not to be found every day. My landlord did not object to my rather alarming prodigality in the use of *cold* water, and Lake ——— showed no signs of decline. And so it happened that I came through that winter—the very memory of which did me good service on certain sweltering days last August—without a cold.

Do not fancy that to take a cold bath one must have a swimming pool or a great tub and two barrels of water. For many months I have been so situated that the luxury of a bathtub is limited to the weekly hot bath (but let me hasten to say that this is invariably followed by a cold towel rub). A quart of cold water and two linen towels of generous proportions are all the paraphernalia absolutely necessary to provide a cold bath. Wring one towel from the water just enough so it will not drip, and rub the whole body just as you apply the washcloth to face and neck. Believe me, if you will faithfully

practice this advice, you will be troubled no longer with colds, for by actual affinity they belong only to the great unwashed!

But to make this a strictly truthful account, I must confess that I am not yet invulnerable. I take cold by contact. I sit for ten sympathetic minutes beside a friend in the grip of *la grippe* and come away in full possession of all the pre-requisites of a first-class cold.

But I know what to do, and lose no time in doing it. First I take a cold bath, and follow this with a vigorous application of flesh brush, after which I *feel* that the cold has vanished. But experience makes one wise. The germs are simply under the spell of astonishment, so to speak, at such audacity. I lay aside all other affairs, and take a long, quick walk, with closed lips, and deep, nasal breathing. On returning I take a hot bath, and finish it with a cold sponge. Then I drink indefinite quantities of hot lemonade, and go to bed, to sleep if I can. Then comes another cold bath, and more flesh brush and hot lemonade, with a nasal spray of mildly saline water, as hot as can be borne. This program is made the business in hand, and in twenty-four hours that cold has rounded the various stages of development, and departed.

"Too much trouble?" Oh well, it is just a matter of choice. Personally, I prefer one day of this sort of thing to a protracted snuffle through the entire season, with a sure climax of chronic catarrh.

I cherish a reputation for veracity. For this reason, and lest some should declare that I avow these items of treatment to constitute a panacea for all bodily torments, I will mention what I candidly believe to be exceptions: As far as my observation extends, I cannot confidently affirm that these expedients



will relieve the well-known accompaniment that nature plays upon a neglected molar — known to the laity as the tooth-ache; neither am I certain of their immediate benefits in the case of a fractured

bone. But for most other ills that man (and woman) is heir to, allow me to commend the cold bath and a fleshless diet, — and I know whereof I speak.

## CATARRH: WHAT IT IS AND HOW TO CURE IT

BY HARRY MILLER, M. D.

**C**ATARRH is a condition of the mucous membrane in which it pours out abnormal quantities of mucus. It may affect any mucous membrane. The catarrhal secretion from the stomach may be vomited; that from the throat hawked or coughed up; that from the nose either drips from the nose over the upper lip, or, going by way of the natural drainage of the nose, drops back into the throat.

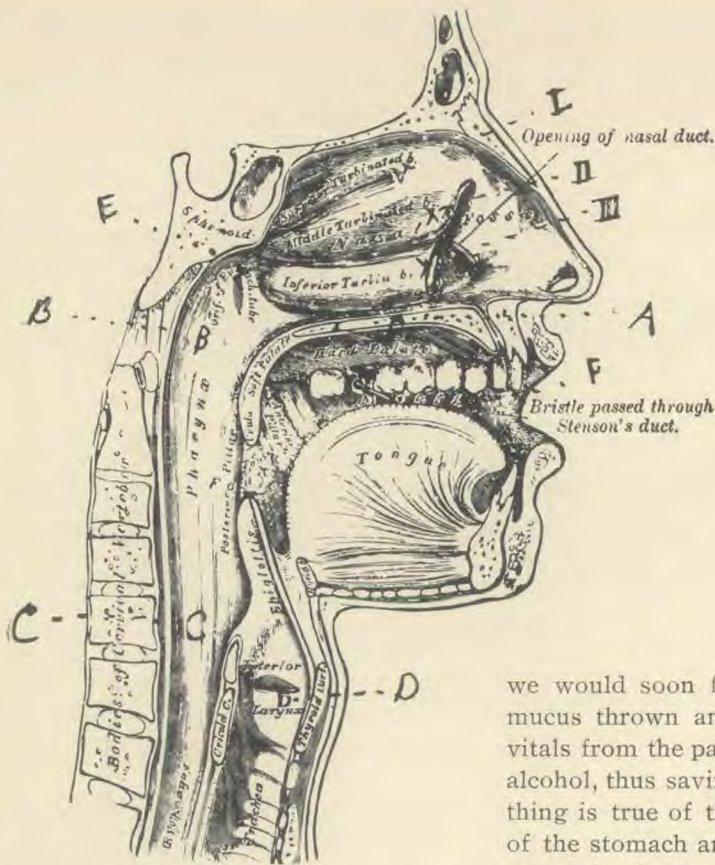
On looking at this mucous membrane (the back of the throat, for example) affected by catarrh, we find it red and congested, showing that there is an oversupply of blood to that part, and wherever we find an increased blood supply, we find an increased secretion. So catarrh is an increased production of mucus, dependent upon a preceding congestion of a mucous membrane. For if we examine the mucous membrane of the nose before secretion in an acute cold, we always find it congested at first, and the secretion follows. A very prevalent idea exists that there is some local defect in the nose, and if that could be remedied by some atomizer or spray, the catarrh could be cured, while in reality the cause of catarrh does not lie in the nose, except in a very few cases, not more than ten per cent. In the cases where we do find catarrh due to local trouble, examination reveals an occlusion, either partial or complete, of one or both nostrils,

caused by a defective septum, a bony spur, or ridge, increased size of the turbinated bodies, or growths such as polypi or adenoids. From the cut on the next page the reader will notice that the mouth is separated from the nasal cavity by only a thin plate of bone, A. At the back part of the mouth this separation does not exist, and the two cavities blend into one, called the pharynx, B, which can be traced down into the esophagus, C, and trachea, D.

The nasal cavity is divided into two apartments by a septum. From the outer boundary of each cavity are suspended three transverse ridges, called turbinated bodies, I, II, III. The use of these three bodies is to warm the air and also to act as sieves to collect particles of dust, thus protecting the lungs from foreign substances. Thus is evident the value of breathing through the nostrils. Persons, especially children, who snore at night and who breathe through the mouth, are soon subjects of lung trouble. It is extremely important for such individuals to consult a nose and throat specialist and have the obstruction removed. In the upper part of the pharynx, growths are often found, called adenoids, that occlude the nasal orifices.

As we find only a very few cases of catarrh due to nasal obstructions, what is the cause of so much nasal catarrh? In a careful study of these cases I have





found that it was due in almost every case to stomach or intestinal disorders. If you will again notice the illustration, you will see that the mouth, F, nose, I, II, III, and pharynx, B, are simply the upper part of the gastrointestinal tract. In patients free from stomach or intestinal disorders we have failed to find catarrh, and in the worst cases of dyspepsia we have found the worst cases of catarrh. If the mucous membrane of the stomach and intestines is congested, the mucous membrane of the pharynx and nose is also red and congested. People who have chronic constipation have also chronic catarrh.

Examination of the nose of a patient who has taken alcohol into his stomach will reveal a red and congested

condition of the nasal mucous membrane, although the alcohol has not come in direct contact with it, showing the close relation between the nasal mucous membrane and that of the stomach. A patient who frequently consulted me found that every time he took any alcohol he had a hemorrhage from his tonsils. If we should place the common earthworm in alcohol,

we would soon find a thick layer of mucus thrown around it to protect its vitals from the paralyzing effects of the alcohol, thus saving its life. The same thing is true of the mucous membrane of the stomach and intestines; the mucous glands throw out mucus to coat the stomach, in order that the cells of the stomach may not be destroyed, for just the same reason that an electrician handles live wires with rubber gloves to protect his hands. Thus we see that catarrh is dependent upon some form of irritation, which may be located in the stomach, intestines, or pharynx. In either case, it causes a secretion of mucus all along the gastrointestinal tract, and as we have the most sensory nerves in the nose and pharynx, it is noticed in these parts most.

Some of the things that cause excessive congestion of the mucous membrane of the gastrointestinal tract, thereby producing catarrh of the nose and pharynx, are pepper, spices, and tobacco. Chronic constipation is also



associated as a cause of nasal catarrh. This class of people are subject to enlarged tonsils, with recurring attacks of tonsillitis. Removing the tonsils does not cure these cases of tonsillitis (as seldom, if ever, are the whole tonsils removed), but relieving the constipation does prevent future attacks of tonsillitis. As a result of continual irritation of the mucous membrane, there is an increase in the size of the lymphatic tissue and tonsils, which accounts for the almost constant presence of adenoids and enlarged tonsils in children with rickets and scurvy, this condition being caused by disturbed and deficient nutrition, due to improper feeding. Improper combination of food, causing fermentation, is a cause of catarrh. Another error of diet that aggravates catarrh is overloading the stomach, especially just before retiring. The result is that the patient wakes in the morning with a feeling of fullness in the head, and hawks up large quantities of mucus.

Does climate cure catarrh? or is climate a cause of catarrh? — The writer does not believe it much of a factor, as catarrh is found in all climates about equally. It is true, however, that it is worse on rainy days. This is partly due to the moist atmosphere, but most of all to the fact that on bad days people are more sedentary, yet eat their usual allowance. The result is internal congestion, which means increased secretion of mucus. People who have the same amount of work to do whether it rains or shines do not find their catarrh worse on rainy days.

Catarrh is much more frequent among the sedentary than among the laboring classes. To-day more are suffering from catarrh than from any other single ailment. It is very disagreeable to the patient, and often injures the voice.

Something must be done to relieve this distressing condition. Nebulizers and sprays are only palliative. They are not directed to the cause, and their results are only temporary.

The treatment revolves itself into two means: First, the prevention of internal congestion; second, the relief of internal congestion. The first can be accomplished by proper diet. Overloading the stomach and eating before retiring should be discontinued. Discard the use of alcohol, tea and coffee, tobacco, highly seasoned foods, condiments, spices, and all other irritants.

The internal congestion can be relieved by exercise. The blood always goes where it is needed the most. If a heavy meal is taken, the blood goes to the stomach, but this is what we do not wish if we would prevent the congestion of this membrane. By exercise the blood is brought to the muscles, and if sufficient exercise is taken, the congestion of the intestines will be relieved. In this way the sedentary man can relieve his catarrh. Another remedial agency is the cold bath, which may be a cold sponge bath. Following the cold application the blood vessels dilate and the skin becomes red and congested. Here is provided a place for the blood, relieving the internal congestion of the gastrointestinal tract and thereby relieving the catarrh. The reverse is true if the skin is cold and chilly; then the gastrointestinal tract is congested and the catarrh aggravated. Therefore proper clothing is of importance in the treatment of this malady. The extremities should be warmly clothed, so that no portion is exposed to chill.

We may sum up the treatment of catarrh as follows: —

1. The removal of any obstruction to the nasal passages when such exists.



2. Regulation of diet, excluding all stimulants, condiments, and narcotics.
3. A large amount of exercise, preferably in the open air and sunshine.
4. The morning cold bath, either spray, sponge, or tub bath.
5. The proper regulation of clothing.
6. The relief of constipation.

## "BREATHE DEEP AND FORGE AHEAD"

BY STILLETTA PEYTON BURKE

". . . What truth is here, O man!  
 Have health and joy — twin spirits — from  
 thee sped?  
 Have clouds o'ercast thy sky — is foiled thy  
 plan?—  
*Breathe deep and forge ahead!*"

THE last line of this bit of vagrant verse is a little window opening toward on a golden hinge upon a great matter. To "breathe deep" is to emphasize a basic principle in the maintenance of physical well-being; it is the pith and point of Nature's behest "to keep well." To "forge ahead" is to be hopeful and strong when circumstances with sickening clutch are dragging us back and down.

And, in this grim, compelling battle of life which each one of us has entered as a conscript, what weapons are of finer temper or keener edge than health and courage!

To keep those great central boilers of the body, the lungs, well supplied with their finest fuel,—healing, purifying, life-giving air,—is to hold the head erect, to give the chest prominence, to keep the shoulders in correct position, and the stomach on its good behavior, touching its own particular business. Besides, developing a bright, healthy condition of the mind by persistently shutting out every thought that discourages or depresses, will eventually make a recalcitrant stomach ashamed of itself. It will slowly but surely follow the lead of the head. And right

here it may be said, on authority, that nine tenths of the American contingent on the planet are ever in a state of armed truce with respect to their digestive apparatus. Like most of the South American republics, they live in chronic apprehension of some fresh "insurrection." As one irreverent Englishman has put it: "The Yankee is always 'at outs' with his stomach, and that is the reason he is so nervous and so ridiculously thin. He looks as if the Lord had made him, pronounced him very good, *and then pinched him!*"

And, in passing, it may be a very good thing to know that deep breathing will not only go far toward restoring harmonious relations between the Yankee and his stomach, but it will (in consequence) help him to bear up bravely under the jibes of frivolous foreigners.

From every deep inspiration of the pure air about us a recreant stomach receives a distinct impetus toward better things, for the absorbent lymph vessels, which are so vitally concerned in the body's alimentation, are situated so close to the chest cavity that they are directly influenced by the rise and fall of the diaphragm as a part of the suction action of the chest.



The prevailing attitude of mind and physical exercise have, as we all know, in theory, a tremendous influence on the bodily functions, and the hopefulness and activity of the "forging ahead" will tell mightily in teaching men and women how to live. And for you and me this is the great "theorem." Learning how to die is only an insignificant corollary. How to live in the widest sense — how to live sanely, completely, exultantly — is revealed only to those who clasp the truth to their hearts: "Health is the supreme earthly wealth; and the only real success is to conquer and glorify the body."

The man who barter his health for wealth and then, sated and weary, offers all he has for even a pitiful portion of the good he has cast from him, has missed the joy of living, in spite of the world's edict of success.

A sick millionaire is the most pathetic kind of failure.

When a man reaches middle life he is, after all, only about as old as a puppy of nine days. A puppy has his eyes open, with this difference in favor of *Fidus Achates*: his career is all before him.

\* \* \* \*

There is a superficial theory extant about deep breathing and the expansion of the lungs which holds only to the necessity of external muscular development. Hard layers of muscles on the chest do not improve the permanent strength of the lungs. As Dr. Edwin Checkley aptly puts it, "The strength of special parts in a steam engine and even in the bands upon the boiler will

not prevent weakness and possibly an explosion *if the material of the boiler itself is without strength.*" The strengthening and vitalizing of the tissue of the lungs must begin on the inside, by the deep breathing of unpolluted air, day and night. If there be any elixir of life within man's reach, it is the breath of the universe about him.

"To him who makes deep breathing a part of every action, life ever presents a succession of joys, a round of joyous successes. This does not mean hysterical straining and gasping, but deep rhythmical inhalations, coupled intelligently with each day's doings — and not inhalations merely, but soft, yet firm retention and smooth exhalations. This is no hobby or wild notion, but if you would prove its benefits, practice it daily, and you will increase the circulation, purify the blood, and send it rich and hot to bring warmth to the feet, ruby to the lips, and to plant roses on the cheeks."

Breathe deep! If we had a brass trumpet as far sounding as the horn of Poland, this is the message that we would send forth to hurried, worried humanity: "Breathe deep and forge ahead!"

Believe in your inmost soul that there is gladness and peace at the heart of all things; that light and joy and work are truth; that gloom and despair and inactivity are error. "Breathe deep and forge ahead!" and something of a lost Eden will come back to hungry human hearts — something of a new-found strength to meet and master every-day problems.



## ECONOMICAL FEEDING

THE following account of how three men live well and do their regular work upon a diet costing only five cents each per day is well worthy of the careful consideration of every one, and especially those who have been taught to consider large amounts of expensive food necessary to health and bodily vigor.

The following is the record of the daily lives of these men as it appeared in the *New York Herald*:—

"There is no excuse for poverty," says Mr. A. A. Sanders, "when a man can live well and be strong and hearty on five cents a day." In making this statement Mr. Sanders is not propounding a mere theory. He and his two sons have proved the assertion to be a fact by putting it to a practical test of two years' duration. Moreover, they could not be induced now to return to the old-time method of living. Not only are all three in fine physical condition at present, but each is enjoying perfect health and vigor for the first time in his life.

"Were it not for the increased strength and endurance," Mr. Sanders says, "the economy would be but a small item in favor of our system, though to the poor man it would be an important one. When I look about me and see the miserable condition in which thousands are living, and think how unnecessary all the poverty and sickness is, I am filled with a desire to devote all my time to showing people how to live according to nature's laws; so that sickness may be a thing of the past for them, and they may have time and money to spend in recreation and the healthful enjoyments of life."

Mr. Sanders and his sons rise at four o'clock in the morning in summer, or

five in winter. They take no breakfast or stimulant of any kind, except such as may be found in an invigorating cold bath; and afterward, the weather permitting, they may work in the garden of their country home, cultivating a small farm in Flatbush being a favorite recreation with them.

The young men walk to their father's business establishment on Front Street early in the morning, covering the six miles in an hour and ten minutes. Mr. Sanders rides his wheel to the city. At noon the three take an hour of rest, opening the windows of their office wide, drinking in long breaths of fresh air. This serves them instead of a lunch.

In the evening they walk or ride the wheel home again, and at half-past six partake of their one meal of the day. A hearty meal it is, consisting principally of raw foods, such as fruit and nuts, and also of grain. This one meal, however, contains decidedly less than the average person consumes in three.

This remarkable method of living was not adopted in a day. Mr. Sanders had been a vegetarian for eight years before he and his sons began their present system, and during all that time he was studying and experimenting upon the subject, until the present routine was evolved and proved to be perfectly satisfactory. It was ill health, so persistent as to amount almost to chronic invalidism, that in the beginning started Mr. Sanders upon the road of investigation and reform.

"I was raised, as I suppose ninety out of a hundred people were raised," he says, "to consider three good meals a day absolutely essential to my welfare, the custom being to continually tempt my appetite with sweets, dainties, and all manner of so-called 'good



things.' If an abundance of meat, milk, butter, and eggs could have made a boy grow up hearty and strong, I would never have known a sick day in my life. The greatest attention was paid to heating the house, but little thought was given to its proper ventilation. Every night the windows of my bedroom were closed, for fear I might catch cold. I grew up to dread a draft of fresh air, a hearty eater, fond of living well. I grew up also a victim to neuralgia and catarrh, colds and sick headaches.

"I hope no one may ever suffer what I did from neuralgia. I tried patent medicines of all kinds, but to no avail. One day a friend told me that he had been cured of rheumatism by stopping meat diet, and explained that meat produces acid blood, which is the cause of all troubles of this nature. I dropped meat, tea, and coffee from my fare, and my neuralgia departed. Then I became convinced that the reason of my catarrh was the breathing in of bad air during sleep. I opened one window in my bedroom, with such good results that I ended by opening all four. I have not been troubled with catarrh since.

"But colds and sick headaches still remained. I tried the effect of eating only two meals a day. The experiment proved so beneficial that I resolved to go a step further and eat but one. I think that I have at last discovered the secret of perfect health and happiness. It took me fifty years of suffering to find it."

Though Mr. Sanders and his sons exist mostly on raw foods, the fare, while few dishes are served at a single

meal, admits of variety. Wheat,—whole or cracked—oats, beans, peas, lentils, corn or cornmeal, onions, prunes, dates, nuts, raisins, and evaporated fruits, such as apples, peaches, and apricots, are the chief staples of this diet during the winter; while all fresh fruits and vegetables are added in the summer time. Milk, butter, and eggs are placed in the same category with meat, and are never used.

Buying at wholesale brings the price of these fruits and grains down to minimum, and at certain stores it is not necessary to purchase more than five pounds of any food at a time to get it at wholesale prices. Bought in this manner, all nuts may be had for from ten to eleven cents a pound; prunes of good size cost only six or seven cents; extra large fancy prunes, ten cents; dates,—the luscious dark Turkish variety—only five cents; lentils, peas, and beans, about five cents; evaporated fruits, nine cents.

Bought in small quantities, whole wheat, corn, and other grains will cost from two and one-half to three cents per pound. Mr. Sanders, by purchasing these cereals by the bag from the mill, obtains them for about one and one-half cents a pound. One-half pound of wheat, steamed, will make a hearty meal for four persons.

On the whole, the meals average twenty cents for four persons, or five cents a day each. "And I was never so well fed in my life," says Mr. Sanders.

Housekeeping troubles no longer find a place in Mr. Sanders's home since the adoption of this remarkable dietary.



## WHAT SENSE?

**A** SCIENTIST, Mr. Horace Fletcher, who has given much thought and study to the subject of dietetics, and especially the physiological process of mastication, has written a charming little work in which he tells of some most interesting discoveries which he has made. One of these is that by chewing the food three or four times longer than we are accustomed to do, its nutritive value is greatly increased, and there is a great gain in physical endurance and in mental clearness and vigor.

The following is one of the concluding chapters of his work:—

“If Nature has revealed a perfect way to the easy solution of all her problems as related to the affairs of animals and plant life, *what sense* is there in thinking that she has discriminated against her chief assistant in cultivation, man?

“If Nature has provided animals with keen discrimination in the matter of healthful food, *what sense* is there in doubting her good intentions toward the highest form of animal in this regard?

“If taste is the sentinel of the stomach and also the purveyor and inspector of nutrition, *what sense* is there in ascribing to it the lowest place in the list of the senses?

“If we enjoy eating, and are eating partly for the pleasure of it, *what sense* is there in throwing away a morsel until the taste has been extracted?

“If dirt is matter out of place, which is the accepted definition, *what sense* is there in calling innutritious food by any other name?

“If taste is evidence of nutrition, and ceases to act upon dirt, *what sense* is there in hurrying food past the sen-

try-box of taste without giving the inspector time to select the nutrition and reject the dirt?

“If the last flash of taste in dealing with a morsel of food is the best of all, *what sense* in believing that Nature did not furnish that allurements for the wise purpose of inducing mastication to the end of taste?

“If saliva is the medium of taste, without which there is no expression of taste, *what sense* is there in thinking that it is nothing but a lubricant, to enable food to be easily swallowed?

“*What sense* is there in slighting nutrition in the beginning when we know that the derangement of the process will continue throughout all the involuntary stages within the digestive organs, inviting disease and causing suffering?

“*There is sense* in carefully attending to the voluntary preparation of the food for the stomach, so that the involuntary functions of assimilation may be performed with natural ease and freedom, thereby defying and preventing disease!

“If we can save two thirds of present consumption and yet furnish all that is necessary for perfect nutrition, *what sense* is there in wearing out our mind-power plant with a glut of surplus?

“Unless a person has a pressing engagement with his own funeral, *what sense* is there in hurrying with his meals?

“If we can devote ten thousand actions of the jaw, daily, to senseless or vicious gossip, *what sense* is there in denying adequate jaw service to the most important function of living?

“*What sense* is there in a rich person glutting his mind-power plant with more food-fuel than it needs, just be-



cause he happens to have abundance to glut with, or glut on?

"*What sense* is there in calling any glutton a gentleman?

"*What sense* is there in calling any glutton a lady?

"If what taste rejects, after having selected nutriment out of a morsel of food, is dirt, *what sense* is there in allowing it to contaminate and burden the delicate organs of digestion?

"An indigestible morsel of food is

like a runaway team on a crowded street.

*What sense* is there, then, in demoralizing things in the thoroughfare of our life organism by admitting unruly substance?

"An indigestible morsel of food in the stomach, and all the way through the intestines, is like a 'bull in a china shop.' *What sense* is there, then, in smashing the delicate utensils in the laboratory of our mind-power plant by rushing 'bulls' past sentinel taste?"

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## TEA AND INDIGESTION

ACCORDING to Dr. Brunton, a noted English physician, tea occasions indigestion in consequence of the tannin which it contains. He says:—

"Tea is very apt to cause a feeling of acidity and flatulence. Sometimes the acidity comes on so soon after the tea has been taken that it is difficult to assign any other cause for it than alteration in the sensibility of the mucous membrane of the stomach or esophagus. Tea contains a quantity of tannin, as we very readily notice by the black spot which a drop of it will leave upon a steel knife, and it contains also caffeine and volatile oil. The effect of the tannin is to interfere very considerably with the digestion of fresh meat; and there are many people in whom tea, taken along with fresh meat, will upset the digestion.

"Tea in the afternoon, two or three hours after lunch, will sometimes bring on acidity almost immediately; and I am inclined to think that this is due either to its producing increased sensibility of the gastric mucous membrane, or, what is perhaps still more probable, to its altering the movements of the stomach, so that the mucous

membrane of the cardiac end of the esophagus becomes exposed to the action of the contents of the stomach. These are much more acid two hours after a meal than they are immediately after it, and they will thus produce a much more irritating action upon a sensitive mucous membrane. A part of the mischief wrought by tea in the lower classes is due to their allowing it to infuse for a long time, so that a large quantity of tannin is extracted. . . . The practice of sipping the tea almost boiling hot is also apt to bring on a condition of gastric catarrh; that is, inflammation and disorder of the lining membrane of the stomach."

Those who imagine that tea is in any proper sense a food, should note the following remarks by Dr. Andrew Wilson, of London, England:—

"Tea for breakfast, tea for dinner, and tea for 'tea,' is the rule with many persons, who imagine that tea is a food, whereas in reality it is, at the best, only an adjunct to food. 'The eternal teapot simmering on the hob' is a graphic description of the food habits of thousands. It is deeply to be regretted that the idea of tea, as a form of nour-



ishment, has been so widely cultivated and acted upon. Tea is a narcotic. It is not a food in itself; and those who spend money upon tea, in the delusion that they are purchasing a food, really illustrate a practice which is comparable to that of the man who swallows whisky or brandy under a like delusion. The only persons who can really afford to take tea are those who have plenty of true food to eat. The sooner the common delusion regarding the place of tea as a food is exploded, the better will it be for the national health at large. Tea drinking, as ordinarily practiced, is really at the bottom of as much illness, and of as many cases of disordered digestion, as alcohol; and this for the reason that, though probably not so rapidly injurious in its action, the habit of drinking tea at all hours is more widely practiced."

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### WHO KILLS THE BIRDS?

Who kills the birds?

"I," said the woman;  
 "Although 't is inhuman,  
 I must have dead birds."

Who sees them die?

"I," said the man,  
 "Whenever I can;  
 For my sport they must die."

Who tolls the bell?

"I," said the boy.  
 "I love to destroy,  
 I toll the bell."

Who digs their graves?

"I," said the girl.  
 "For a feather's neat curl  
 I'd dig all their graves."

\* \* \* \* \*

So the men and the boys by the woodland and streams,  
 And the women and girls, with their hats like (bad) dreams,  
 Are robbing the earth of its bird life and song,  
 With never a thought of their rights, and our wrong.  
 But, isn't it strange, if their hearts have no pity  
 For the poor little birds in the country and city,  
 They never remember that some summer day  
 Not a bird can be found that a human can slay?  
 Why, what will become of the boys and the men,  
 Who can't shoot at birds? for there'll be no birds then.  
 And as for the women and girls of that day,  
 With their featherless bonnets and hats in array,  
 'Tis dreadful to think what their sorrow will be,  
 And yet it is something I'd much like to see.  
 For it's certainly true, and the truth must be said,  
 If we kill all the birds, all the birds will be dead.

— *Mary Drummond, in Oakfield Eagle.*



## HEALTHFUL DRESS

**I**N our last number we gave a description of the foundation garments which demonstrate the underdressing of the hygienic system. This foundation consists of a union suit and freedom waist, with the Jennetts, or short divided skirt, attached to the freedom waist. The Jennetts is to take the place of the short skirt and drawers. The reader noticed the one row of buttons around the waist, adjusted just above the hips, at the bending line. The one long skirt is fastened to these buttons. It has no band or tape to

compress the waist, but is adjusted to a short yoke with buttonholes. Our second illustration shows the gown for waist lining and foundation drop skirt, over which we build our dresses. It will be noticed that the waist lining has the same freedom front as the undergarment, thus giving a natural expansion of every part of the body.

Very few dressmakers indeed study the natural figure, but think only of the conventional lines made by the corset. The waist is constricted to an unnatural limit, pressing *the vital organs out of*





*their normal positions*, and the chest is fitted so closely that to ask one to breathe in or out in a natural way would be simply cruel, or compliance with such a request really impossible. We have found in our work hundreds of women and young girls who have never known the comfort that comes with freedom in dress. Sometimes we ask a customer to give full expansion of the chest, and find that she cannot move a muscle, as the clothing is so tight. When we unfasten the clothing and ask for an expansion, we often find we cannot get the clothing together within three inches, yet the person has never realized that anything was wrong.

A young society girl, an invalid, was sent to us a short time ago to see what we could do for her. After looking her clothing over, we found she was wearing bands about her waist that were seven inches smaller than her actual

normal size. We told her we could help her physician in his effort toward her speedy recovery if she were willing to dress in the proper way. She knew her dress had much to do with her condition, but was afraid of what her associates would think of her should she live up to her convictions. She was easily persuaded to let her associates think as they might when she had had a few days of comfort and freedom from the thralldom of her corset bondage. But the world and posterity need more strong young minds who will help other minds to know that the natural, God-given form is best and most beautiful.

In our next number will be shown some of the many ways in which we may drape the gown form, and also that comfort and beauty are not enemies, but, on the contrary, stand arm in arm.

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### The Evil Effects of the Corset.

Generations of medical men and some few enthusiastic reformers have repeatedly protested against the use of corsets, and have ascribed to them many of the ailments which are relatively common among women who wear them; but no more comprehensive accusation has been brought against the use of this article of female attire than that contained in a paper by Dr. W. Williams, of Liverpool, published in the *Reports* of the Royal Southern Hospital. Dr. Williams asserts that the injurious pressure of the corset on the lower ribs and the abdominal viscera interferes with digestion and assimilation, and produces dilatation of the stomach and gastric ulceration, with subsequent anemia; while at the same time, by compressing the base of the thorax, the corset throws the diaphragm

out of action, and thus are responsible for the thoracic respiration of females, which is described as both abnormal and insufficient.

In addition, however, to these injurious results, lateral curvatures of the spine are also said to be due to the injurious pressure of the corset upon the spinal muscles, and Dr. Williams concludes his heavy indictment with the statement that by the use of corsets the majority of women are permanently deformed as to their skeletons at twenty-four years of age, and permanently crippled at thirty.

Most observers will admit the numerous evils resulting from the abuse of corsets; nevertheless, it is a fact that many women live to old age in good health, in spite of the compression to which they subject themselves, and it is difficult to see how the use of cor-



sets is to be dispensed with as long as it is the custom to wear skirts and petticoats, which are most conveniently suspended from a structure which has a basis of support upon the hips. It is true that some method might be devised for suspending the dress from the shoulders during the day, but this would be impossible in the evening in many cases, and it is by no means certain that the traction of heavy skirts and petticoats upon the shoulders would not have a maleficent effect upon the thorax and its contents.

Experience has shown that skirts worn without corsets and without suspension from the shoulders, must be drawn so tightly above the hips that their pressure is just as injurious as that of the tightest corsets. Those who have made the experiment find that female dress with corsets is much more comfortable than female dress without corsets; if the corsets are well built to rest upon the hips, there need be no injurious pressure upon the waist. In other words, it is the abuse rather than the use of corsets which is to be deprecated while custom prescribes skirts and petticoats as female garments. Until some series of garments is devised for female wear as becoming and comfortable as those which are at present customary, but capable of being worn without corsets, there is little hope that the latter article will be dispensed with.

In the above paragraphs, the *British Medical Journal* puts its powerful influence on the side of rational dress reform. By means of this educational influence set in operation in many parts of the world, the feminine public will gradually come to recognize that their standard of beauty has been perverted and must be reformed; that the natural waist is beautiful and graceful, while the fashionable shape is a deformity.

### That Beautiful Skirt.

Only a little dust, almost imperceptible dust, caught on the rug on the floor of the handsome hall.

It was a Turkish rug, lying on the perfectly waxed, hardwood floor, in a hall where neatness seemed to reign along with all the appointments of wealth.

But there was that almost imperceptible dust.

How did it come there? If you had ears that could hear its voices, it would tell you. It would say that it had clutched a fold on the beautiful lady's gown, and come in from the street.

It was a beautiful gown as well as a beautiful lady,— a tailor-made gown, and its fashionable bias flounce trailed stylishly on the ground.

Everything was stylish about the lady, from her fair face, with rather deep circles below the eyes, to her slender and handsome walking shoes. She walked trailing her gown properly, dust or no dust. Indeed, she ignored the dust of the street; but will the dust ignore her?

Let us listen, if she will not, for this almost imperceptible dust moves and acts with fearful power, and if we listen, possibly we may understand its language.

Soon after coming in on the beautiful lady's gown, other steps followed, and other gowns helped to move the dust along farther into the house; but it had a fancy for the beautiful lady. Her frailness attracted it, and it followed her to her bedchamber. Her feet had never trod the loathsome precincts whence it came, but it came to her on her gown.

Soon there came to the chamber a little child, a sweet, rosy cherub. In its romping it stirred the dust about.



Then the dust began to be separated, being formed of many particles, and these talked among themselves. As they talked, they danced back and forth, waltzing, swirling, capering, with every motion of the child and its mamma, the beautiful lady.

A scientist could have understood them if he had caught some of them under his microscope. He would have called them "germs." With what alarm he would have recognized the diphtheritic, and with what dismay would he have seen the tuberculous germ approaching the frail lady.

Back and forth, dancing, capering, waltzing, the germs kept time while baby in its mother's arms said, as thousands of other little ones were saying,—

"Now I lay me down to sleep,  
I pray the Lord my soul to keep;  
If I should die before I wake,  
I pray the Lord my soul to take."

This baby was saying it for the last time.

When night came again, thousands of little voices sent up the baby prayers, but this one was gasping out its little life on mamma's bosom,—destroyed by a germ.

A yellow card at the front door warned all comers against diphtheria.

The beautiful lady sought health vainly for a year or more, then found rest "beyond the sorrow and the parting."

"Broken hearted," it was said. "Found death in the dust of the street," said the microscope. A victim of the long skirt.—*Woman's Journal*.

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### Frances Willard and Fashionable Dress.

Said Miss Frances Willard in one of her last addresses, speaking of the

advancement and present status of women:—

"But be it remembered that until woman comes to her kingdom physically she will never really come at all. Created to be well and strong and beautiful, she long ago 'sacrificed her constitution, and has ever since been living on her by-laws.' She has made of herself an hourglass, whose sands of life passed quickly by. She has walked when she should have run, sat when she should have walked, reclined when she should have sat. She has allowed herself to become a mere lay figure upon which could be fastened any hump or hoop or farthingale that fashion-mongers show; and oftentimes her head is a mere rotary ball upon which milliners may perch whatever they please—be it a bird of paradise, or beast, or creeping thing. She has bedraggled her senseless long skirts in whatever combination of filth the street presented, submitting to a motion the most awkward and degrading known to the entire animal kingdom, for Nature has endowed all others that carry trains and trails with the power of lifting them without turning in their tracks, but a fashionable woman pays lowliest obeisance to what follows in her own wake; and, as she does so, cuts the most grotesque figure outside a jumping jack. She is a creature born to the beauty and freedom of Diana, but she is swathed by her skirts, splintered by her stays, bandaged by her tight waist, and pinioned by her sleeves until—alas, that I should live to say it!—a trussed turkey or a spitted goose are her most appropriate emblems."

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I WOULD have dress a servant of the wearer, not a ruler.—*Lucretia Mott*.



# Nature's Methods in the Sick Room

## PACKS FOR THE CHEST AND ABDOMEN

**T**HE chest pack may be applied by means of a jacket fitted to the patient, or, better still, by means of two bandages, one consisting of two thicknesses of linen, or four to six thicknesses of cheesecloth. This bandage should be eight to ten inches wide and six to eight feet in length. The other bandage should be two inches wider and of about the same length, and should be made from heavy woolen material.

Each of the bandages should be loosely rolled. The linen bandage is dipped in water at 60° and wrung out without unrolling. It is then applied as follows: The free end of the bandage is placed under the right arm of the patient, who holds it in position while the roller is carried across the chest and over the left shoulder; then down across the chest behind to the right armpit, when it crosses straight across the chest in front to the left armpit, passing under the arm and across the back over the right shoulder. The end is secured by tucking it under the bandage in front. The flannel bandage is then applied in just the same way, care being taken to cover completely the moist bandage everywhere and to make the woolen bandage fit the chest snugly at every point. The end of the roller bandage is tucked under and pinned. The upper edges are drawn together and secured by a safety pin, so as to make the bandage fit snugly and completely to exclude the air. If the impervious covering is

used, this is applied next the moist bandage, before the application of the flannel bandage.

This is an excellent form of bandage for a cold in the chest, and for use by persons suffering from chronic pulmonary disease.

### **The Towel Chest Pack.**

Two long towels may be used in place of the moist roller. These should be wrung out of cold water and placed one across each shoulder, the ends being carried completely across the chest to the opposite armpit, thus crossing in front and behind. The ends of the towels are fastened under each arm by a safety pin. Other pins may be placed as necessary to maintain the towels in proper position. The roller flannel bandage is then applied as directed for the roller pack; or a flannel jacket, such as a thick, tight-fitting jersey, may be slipped on over the wet towels.

### **The Half Chest Pack.**

When desirable, the half chest pack may be employed. A long towel is passed over the shoulders, the ends being allowed to fall over the chest at the same side. The two adjacent edges are pinned under the arm. The wet towel may be held in place by pinning to the ends of a dry towel which is passed over the opposite arm. The roller flannel bandage or a flannel jacket is put on over all.

### **The Triangular Chest Pack.**

This form of pack has the advantage that it may be improvised when needed.



Two towels well wrung out of cold water are applied as directed for the towel pack. For the flannel covering, take a small woolen sheet or blanket folded cornerwise, placed under the patient in such a way that the base of the triangle, the long folded edge, will fall at the neck, while the apex of the triangle is at the hips. As the patient lies upon this, each lateral corner is drawn over the shoulder down across the chest to the opposite side. By the judicious use of safety pins at the neck and the armpits, this bandage can be made to fit snugly. This form of bandage has the advantage that it is always ready.

*When to Use the Chest Pack.*—The chest pack is an exceedingly valuable remedy in all forms of disease of the lungs and bronchial tubes. It is generally worn at night only, being replaced in the morning by a dry bandage or chamois skin jacket, to be worn during the day, after bathing the parts with the hand dipped in cold water. In pulmonary consumption, the chest pack relieves cough, fever, pain in the chest, and renders breathing easier, also lessening the night sweats.

The chest pack covered with mackintosh, worn both night and day, is an invaluable remedy in chronic bronchitis. It should be changed morning, noon, and night, the skin being vigorously rubbed with the hand dipped in cold water at each change.

In chronic pleurisy, chronic pneumonia, and in the convalescent stage of acute pneumonia, the chest pack is invaluable. It may be used in all forms of asthma, and whooping cough, and should be systematically used in measles, typhoid fever, smallpox, and all eruptive fevers in which the lungs are likely to become involved.

### **The Abdominal Pack.**

A towel of proper size is wrung out of cold water, folded once, and applied so as to cover the abdomen from the pubes to the fifth rib. The width should be equal to one half the circumference of the body. It is important that the compress should cover only the front half of the trunk. Cover the compress with a flannel bandage wide enough to extend an inch beyond the wet compress, both above and below, and long enough to go at least twice around the body. The bandage should be pinned tight, especial care being taken to exclude air at the top and bottom. The bandage should not be pinned so tight as to interfere with breathing.

*When to Use the Abdominal Pack.*—This bandage is useful in nearly all forms of gastric and intestinal disease. It is especially useful in persons in whom the wet girdle is indicated, but who are too feeble to heat up a compress reaching entirely around the body. In cases of intestinal catarrh, mackintosh or other impervious material should be used also.

### **The Wet Girdle.**

This is simply a wet bandage applied about the body and covered with a flannel bandage. The girdle should extend from the fifth rib to the hip joints. The moist bandage should go once and a half around the body, overlapping in front. The woolen bandage should be two inches wider, so as to overlap above and below the wet bandage, and long enough to go two or three times around the body. In the application of the wet girdle, all the precautions mentioned elsewhere in respect to the use of the heating compress should be carefully observed.

*When to Use the Wet Girdle.*—The wet girdle has been used for cen-



turies in Germany, where it is known as the *umschlag*, or Neptune's girdle. It has probably been employed in some parts of the world from the most ancient times, and is a most valuable therapeutic agent.

It may be properly used in all forms of disease of the stomach, liver, and bowels. It is a very excellent remedy in constipation, and is equally good in chronic diarrhea, but in this disease it requires the impervious covering which, like the woolen bandage, should extend a little beyond the wet bandage, so as

to prevent evaporation at the edges. The wet girdle worn with the impervious covering is an excellent remedy in insomnia, relieving sleeplessness by diverting blood from the head to the abdominal vessels. The impervious covering should not be used, however, in cases of constipation, nor when there is chronic congestion or inflammation of the abdominal or pelvic organs. Most cases of anemia, chlorosis, neurasthenia, and nearly all forms of pelvic disease in women are benefited by the use of the wet girdle.

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#### Remedial Value of Skin Tanning.

It is an excellent thing for the chronic dyspeptic to get his stomach tanned. Special appliances now make this a possibility by the use of the arc light so directed that the rays are concentrated over the diseased part. This tanning of the skin is of value as a means of aiding digestion. By the use of the electric light we produce a solar erythema, or sunburn, by which the vessels of the skin become filled with blood, diverting the blood away from the interior of the body into the skin. For instance, if there is congestion of some internal part, as the liver, and a solar erythema is produced over the region of the liver, the blood in that part is diverted to the skin, and thus the internal congestion is relieved.

For ages doctors have been acquainted with the advantages of blisters. If a person had inflammation in some internal part they would apply blisters over the

part, and produce irritation of the skin, and the internal trouble would be relieved. The philosophy of the success of this treatment is that it produces a diversion of blood to the surface. There are some branches of the blood vessels of the liver which run to the skin over the liver. If one gets more blood into the skin, there will be less blood in the liver, and so the liver will be relieved. The same thing is true of the bowels and stomach, and likewise of the spinal cord; if that is congested, a good sunburn on the back will relieve the spinal cord. By means of the arc light an application may be made of rays of the sun (which have been stored up in coal, and which have now come back into the arc light; it is really resurrected sunlight) to any portion of the body. The arc light is more powerful than the actinic rays of the sun — more powerful than the sunlight — and gives a more decided effect.



## Science in the Kitchen

### THE SELECTION AND CARE OF CANNED FRUIT

AT this season, when the home canning is just being completed for the year, and those who have been unable to do the canning at home are visiting the markets in quest of the winter's supply, a few suggestions upon the selection and care of canned foods may not be amiss.

After the cans which have been filled at home have cooled and the tops have been screwed down tightly, place them in a cool place, bottom upward, and watch closely for a few days. If the juice begins to leak out, or any appearance of fermentation is seen, it is a sign that the work has failed, and the only thing to do is to open the can immediately, boil the fruit, and use as quickly as possible; re-canning will not save it unless boiled for a long time. If no signs of spoiling are observed within two or three weeks, the fruit may be safely stored away in a dark, cool place. If one has no dark storeroom, it is an advantage to wrap each can in brown paper, to keep out the light.

Sometimes the fruit will settle so that a little space appears at the top. If you are perfectly sure that the can is tight, do not open to refill, as you will be unable to make it quite as tight again, unless you reheat the fruit, in which case you would be liable to have the same thing occur again. Air is dangerous because it is likely to contain germs, though in itself it is harmless.

If mold is observed upon the top of a can, it should be opened, and the fruit boiled and used at once, after carefully skimming out all moldy portions. If there is evidence of fermentation, the fruit should be thrown away, as it contains alcohol. If care be taken to provide good cans, thoroughly sterilized, and with perfectly fitting covers; to use only fruit in good condition; to have it thoroughly cooked, and at boiling temperature when put into the cans; to have the cans well baked and heated, filled completely and to overflowing, and sealed at once while the fruit is still near boiling temperature, there will be little likelihood of failure.

*Opening Canned Fruit.*—Canned fruit is best opened a short time before needed, that it may be well aerated; and if it has been canned without sugar, it should have the necessary quantity added, so that it may be well dissolved before using.

Fruit or vegetables canned in tin cans should be removed from the cans as soon as opened. If not, the action of the air sometimes causes the acid of the fruit or vegetables to act upon the tin and form a poisonous compound.

Fruit purchased in tin cans should be selected with the utmost care, since unscrupulous dealers sometimes use cans which render the fruit wholly unfit for food.

The following rules which we quote from a popular scientific journal should



be carefully observed in selecting canned fruit:—

“Reject every can that does not have the name of the manufacturer or firm upon it, as well as the name of the company and the town where manufactured. All ‘standards’ have this. When the wholesale dealer is ashamed to have his name on the goods, be shy of him.

“Reject every article of canned goods which does not show the line of resin around the edge of the solder of the cap, the same as is seen on the seam at the side of the can.

“Press up the bottom of the can; if decomposition is beginning, the tin will rattle the same as the bottom of your sewing machine oil can does. If the goods are sound, it will be solid, and there will be no rattle to the tin.

“Reject every can that shows any rust around the cap, on the inside of the head of the can. Old and battered cans should be rejected; as, if they have been used several times, the contents are liable to contain small amounts of tin or lead.”

#### **Suggestions for Flavoring.**

*Cocoanut Flavor.*—Cocoanut, freshly grated or desiccated, unless in extremely fine particles, is a very indigestible substance, and when its flavor is desired for custards, puddings, etc., it is always better to steep a few tablespoonfuls in a pint of milk for twenty minutes or a half hour, and strain out the particles. The milk should not be allowed to boil, as it will be likely to curdle. One tablespoonful of freshly grated cocoanut or two of the desiccated will give a very pleasant and delicate flavor; and if a more intense flavor is desired, use a larger quantity.

*Orange and Lemon Flavor.*—Orange or lemon flavor may be obtained by

steeping a few strips of the yellow part of the rind of lemon or orange in milk for twenty minutes. Skim out the rind before using for desserts. Care should be taken to use only the yellow part, as the white will impart a bitter flavor. The grated rind may also be used for flavoring, but in grating the peel, one must be careful to grate very lightly, and thus use only the outer yellow portion, which contains the essential oil of the fruit. Grate evenly, turning and working around the lemon, using as small a surface of the grater as possible, in order to prevent waste.

*To Color Sugar.*—For ornamenting the meringues of puddings and other desserts, take a little of the fresh juice of cranberries, red raspberries, currants, black raspberries, grapes, or other colored juices of fruits, thicken it stiff with the sugar, spread on a plate to dry, or use at once. It may be colored yellow with orange peel strained through a cloth, or green with the juice of spinach. Sugar prepared in this manner is quite as pretty and much more wholesome than the colored sugars found in market, which are often prepared with poisonous chemicals.

STARCH helps to emulsify fat. Therefore it is a good plan to prepare fats in the form of gravies, carefully avoiding heating the fat to too high a temperature.

I HAVE come to the conclusion that more than half the disease which embitters life is due to avoidable errors in diet, . . . and that more mischief, in the form of actual disease, of impaired vigor, and of shortened life, accrues to civilized man from erroneous habits of eating than from the habitual use of alcoholic drink, considerable as I know that evil to be.—*Sir Henry Thompson.*



# The Hundred Year Club

## A FINE OLD GENTLEMAN

SOME months ago we had the pleasure in San Francisco of shaking hands with one of the most remarkable men it has ever been our privilege to



CAPT. G. E. D. DIAMOND.

meet, Capt. G. E. D. Diamond, of that city. Captain Diamond was born May 1, 1796, so he is at the present time over 107 years of age. He is a bachelor, and has been a temperate man all his life, never having made use of tea, coffee, stimulants, or narcotics of any sort. He has all his life been engaged in active muscular pursuits. He is still active, and able to outstrip the majority of young men in athletic performances.

The accompanying illustration is an excellent likeness of this noble cen-

tenarian, who stands as a splendid representative of the results of sober and temperate life.

At our request, Captain Diamond wrote a few lines respecting his history, a facsimile of which we present herewith. It is interesting to note that the writing is round, clear, and gives little or no evidence of unsteadiness.

Captain Diamond is an exceedingly entertaining conversationalist. He is very chatty, and brimful of interesting and humorous reminiscences. He tells some droll stories of that remarkable character, Gen. Benjamin F. Butler, with whom he studied law when a young man.

One of the most remarkable and interesting facts in relation to Captain Diamond which we have not yet mentioned, is that he has for many years been a vegetarian, adhering strictly to simple, natural foods. He eats but twice a day. His diet consists chiefly of fruits and nuts. His height is 5 ft. 7 in., and when he was ninety-three years of age he weighed two hundred and twenty-five pounds. His present weight is one hundred and sixty pounds. He is still hale, hearty, and does not have the senile appearance so common to old age; in fact, one would not dream of calling him more than sixty years of age. Unless some misfortune befalls him, there appears to be no reason why this remarkable man should not live another twenty years.

On feeling his pulse we found his arteries still soft; in fact, we were able



My parents were Joseph and Mahala Diamond. The Diamonds were of Scottish ancestry, and my father was of the first American generation, who lived to a hundred years of age, died at Huntsville Alabama, eighteen hundred and sixty five. Age 106 years. My Mother's maiden name was Allen, and was a niece of General Ethan Allen of Bicordaroga fame. Her ancestry on her mother's side was the Bottenes, who came over in the may flower, so it appears that in my veins run the blood of the scotch, Irish Dutch and English, about as desirable mixture as one can wish for ancestry. Very truly your Friend  
 S. C. D. Diamond

to discover no evidence whatever of physical degeneracy. It is to be hoped that the example of Captain Diamond may be an encouragement to thousands of others to adopt the same natural, wholesome mode of living as a means

of attaining to a happy old age, which belongs to every human being, but of which the vast majority are deprived by the dire effects of unnatural and pernicious habits.

EDITOR.

#### J. J. Overton, Aged One Hundred and Six Years, Long Beach, Cal.

A familiar figure at Long Beach, Cal., is that of the little old peanut vender, who may be seen daily seated beside his stand at the entrance to the pier, and few among the passing throng fail to pause to read the inscription—"J. J. Overton, aged 106"—and to glance

curiously at the well-preserved man sitting there. Not a few stop to converse with him, questioning him as to his life and habits, and to all he returns courteous and intelligent replies, his mind seeming to be as sound and active as his body.

Mr. Overton was born Oct. 5, 1797, in Warren County, Pa., living there un-



til he was thirty-five, when he went West. He ran away from home and volunteered in the War of 1812 as a fifer, but was not in any active engagement. He was in the Black Hawk Indian War and the Mexican War. He enlisted in the Civil War at the age of sixty-seven, though he says he did not look to be over thirty-five. He was injured at Atlanta, a boom taking off one of his ears, which destroyed the hearing in that ear. He can hear fairly well, and reads ordinary print without the aid of glasses, which he has never used. Until five years ago he had his natural teeth, when he had them replaced by artificial plates. He has never employed a doctor and never taken medicine in his life. Whenever he has felt indisposed, he has simply refrained from eating until he recovered his usual health. He attributes his long life to abstemiousness in diet, having always lived on plain, coarse food and never indulging to excess. Liquor and tobacco he has never used. He still enjoys life, takes an active interest in current events, and says he hopes and expects to live many years yet. The majority of people, he maintains, eat too much and too rich foods. "Digestion is the key of life," he asserts, and certainly he affords a convincing proof that temperate habits of living promote length of life.

#### Instances of Longevity.

Henry Jenkins, an Englishman, born in 1501, died in 1670, aged 169 years. Old Parr, another Englishman, born in 1463, lived 152 years and nine months, and then died of high living while on a visit to the king in London. Jean Korin, a Hungarian peasant, lived to the age of 172 years. It is said that at the

present time the greatest number of persons above 100 years old live in Hungary. A Hungarian peasant, born in 1537, lived to the age of 185 or 187 years, which was ten years greater than the age of Abraham. In 1818 a woman lived in Moscow, Russia, who was 168 years old. Owen noted ninety-one deaths of persons at the advanced age of 120 to 130 years; thirty-seven between 130 and 140, and twenty-eight at 160 and beyond. Countess Desmond was 140 years old when she appeared in the English court in 1614. A Dane who was born in 1623 lived to be over 145 years of age. Joan Effingham died in Cornwall in 1757, aged 144 years. The German government collected some interesting statistics relating to longevity in that country. In 1883 there were ninety-one persons in Prussia who were over 100 years old. Between the years 1864 and 1886 more than 7,000 persons over 100 years of age died, and of these, 155 were more than 109 years old. The examples of great longevity of modern-times are all to be found in the lowly walks of life, not among kings and princes, and they were persons of simple habits of life. The majority of them used neither liquor nor tobacco, and many abstained from meat and stimulating foods of all kinds, living upon the simplest and most frugal fare, as is asserted by a learned physician who has studied longevity.

That cases of great longevity are decreasing is the natural result of the evil habits of life which have been grafted upon our civilized life, especially during the last century. There has been a notable decline in the proportion of centenarians in France, Germany, and Great Britain, as well as in most other old civilized countries.



## HOW HE COULD LIVE

BY G. C. TENNEY

A NAMELESS friend sends in the following clipping from a newspaper with the curt challenge, "please copy:"

"John L. Rosso, Sr., father of the Kingston bottler who was killed recently, said to-day that he has not had a drink of water since 1862. For the past forty years he has drunk nothing but whisky, wine, and beer, always in moderation. Mr. Rosso is now seventy-eight years old, is strong and robust, and says that he has never been ill a day in his life. He has forgotten the taste of water."

We might defer noticing such reports until the reliability of the newspaper report and the veracity of the old man had been verified. There is room for doubt in both cases. But we will, to gratify the challenger, and to satisfy an honest inquiry on the part of others, waive all that, and grant that it is all true. Then, we would ask, first, What killed the bottler? How was it that the son of such a father came to a violent end? Did the sins of the father have anything to do with the killing of the son? The evils set in motion and following the course of a father and husband who for forty years never tasted pure water, and drank only the "dark beverage of hell" are legion. They rest upon the progeny for generations to come.

But supposing it is true that during this long period of misuse Mr. Rosso's system withstood the ravages of poison, his strength was not diminished, his stomach became fireproof, his brain was successfully pickled, and his friends endured it all that time, and he still survives, what is thereby proved? Does it prove that alcohol is not a poison? Does it satisfy any reasonable soul that this fiery substance is not a deadly

enemy to the delicate tissues of the body and does not exercise an injurious effect upon the functions of the blood, brain, and nerves?

It proves nothing of the kind. It shows the truthfulness of the scriptural statements of the long-suffering of our Heavenly Father. In Isaiah 43:24 the Lord says: "Thou hast made me to serve with thy sins, thou hast wearied me with thine iniquities." It is as true of a drunkard as of anyone else that he derives life and breath and all things from God. Every heart beat is caused by divine energy, every breath is drawn with strength that God supplies. He can preserve a man in life in spite of his evil habits if he chooses so to do, instead of permitting him to fall at once under the effect of his own wrong doing. There is poison enough in a cigar to kill a man, but many men smoke thousands of cigars and yet God preserves them alive. But the fact that a man can for forty years trample under foot the laws of life and health is no credit to the man, nor does it disprove the existence of any rules of right living. It shows that God is merciful, long-suffering, not willing that any should perish. Such a fact should not lead any of us to go and do likewise. There is in pure living a sufficient reward of happiness, innocence, peace of conscience, clearness of mind, and moral and spiritual enlightenment to make it far more desirable than the possibility of surviving a long course of open violation and defiance of those conditions upon which life is promised to us. "Because sentence against an evil work is not executed speedily, therefore the heart of the sons of men is set in them to do evil."



### Man Wants the Earth.

Man is evidently determined to drive every animal off the earth except himself, and when that is accomplished he will be monarch of all he surveys. There will then be nothing to kill except himself, and if the prevailing trend of monopoly continues, a good part of the race will find it impossible to live in order that the surviving few may exist in luxury.

This seems to be rather an exaggerated view of the case, but one is rather forced to it by reflecting upon how large a part of the animal kingdom has been destroyed within comparatively modern times. It is also a fact admitted by statisticians that as the world becomes more thickly settled, the larger and more beautiful types of animal life are finding less and less standing room. The yearly reports of meat production in the world freely confirm this fact.

Columbus, on his first voyages to America, counted upward of sixty distinct species of strange birds along the shores of America. The English navigators who sailed farther north counted almost as many more. They are all extinct now. Not that they have died a natural death, but they have all been killed off by the ruthless hand of man, and largely for no other purpose than the desire to kill.

About a year ago there was sold in London the egg of a great auk. This bird was seen by the early navigators along our coasts in great numbers. The aborigines did not attempt to kill it; for its eggs, along with the fish that it caught, furnished a great part of their food. The bird, not being a flier, could not defend itself. The last auk became extinct about sixty years ago. The egg above spoken of brought \$1,500, and a more perfect specimen, sold the

year before, brought \$1,678, for there are said to be but seventy-five eggs in existence.

It fared hard with such birds as were flightless after the Europeans got to this continent. They were clubbed to death and shot, one species after another, until they all finally became extinct. They lived along the shores, fed upon the fish that were washed up, kept the coast free from infection, and then deposited their eggs in the sand, to serve as food for the natives.

The old species, so long a source of delight and sustenance to our aboriginal ancestors, are all extinct now. The flightless bird had not even the poor consolation of "taking to the woods." All it could do was to swim to some neighboring island off the coast, where it either famished, or was slaughtered to gratify the European hunters who came over here. But there are still a few flightless birds left. These are being chased among the lonely islands off Newfoundland and in the far-off islands of New Zealand, but these, too, will all be gone in a few years, and the great museums of the world are gathering their eggs as curiosities while there is yet time.—*Selected.*

### Deaths from Illuminating Gas.

That modern methods, adopted to lessen the cost of manufacture of illuminating gas, have brought about a greatly increased death rate from gas poisoning is charged by *American Medicine* (April 12). This, it claims, is due to the use of the so-called "water-gas," in which there is a high proportion of the very poisonous carbon monoxid. Says the writer:—

"Several decades ago, it was found that by using a liberal admixture of water-gas, an illuminant of fair quality



could be furnished at a price much lower than coal gas and yield greater dividends. This was sufficient motive for energetic work by lobbyists in different States to secure the repeal of laws limiting the proportion of carbon monoxid in illuminating gas to ten per cent, practically prohibiting water-gas, which contains at least thirty per cent of this lethal agent. Following the repeal of these laws in Massachusetts, there has been a most remarkable increase of deaths and accidents attributable to illuminating agents. In the thirteen years prior to the introduction of water-gas the number of deaths registered as due to illuminating gas was only eight, all from the inhaling of gas as a suicidal agent. In the thirteen years following the introduction of water-gas the number of deaths due to this cause is stated to have been 459, and there have been a number of accidental asphyxiations with recovery. These figures take no account of the many cases of chronic gas poisoning, due to leakage from pipes.

Water-gas is far more penetrative than coal gas, and those interested in sanitation claim that it has a corrosive action on metals, leading to a far greater escapement of carbonic oxid. This seems evidenced by the saturation of the soil in the vicinity of mains, leading in many instances to the destruction of all plant life. There can be no reasonable doubt that, with the great affinity of the carbon monoxid for the normal oxygen of the blood, constant absorption of the gas in small quantities will eventually produce a condition of general ill health, greatly increasing the liability to disease and at the same time lessening the resisting power of the organism.

"Many puzzling cases of decline in physical vigor possibly have their origin

in a constant admixture of illuminating gas having a high percentage of carbon monoxid with the air of homes insufficiently ventilated. In view of these facts, it should be made incumbent upon all gas companies to give public notice of the use of water-gas, with a caution as to its dangerous character; and there should be in addition municipal legislation limiting the proportion of carbonic oxid in the resident section, after midnight at least, to not more than ten per cent, and regulating the character of the gas burners and their fittings, with appropriate penalties to secure enforcement." — *Literary Digest*.

#### Ventilation and Health.

It has long been realized that the percentage of moisture in the air has a direct bearing upon health. The quality of the indoor air, through many months of the year, is chiefly dependent upon the care of the individual householder, if, indeed, it is not hopelessly uncontrollable under our present systems of heating. We have all noticed that the lighting of the furnace fires in the autumn is likely to be the signal for a régime of headaches and sore throats, and also that a much higher temperature than in summer is required for comfort. The reason is not hard to find. The average humidity of the out-of-door air, in our climate, lies between sixty and seventy-five degrees on a scale in which one hundred degrees is the point of complete saturation. In a series of tests of the atmosphere of various buildings heated by steam, hot air, and hot water, it was found that its average dampness was only thirty-one degrees. In other words, the air of our homes is as dry as that of the desert of Sahara. This is simply because the heat dries out the natural moisture of the



air just as it dries a wet cloth thrown over the register. Rapid evaporation always chills the surface of a body on which it occurs. If a wet-bulb thermometer is placed in an artificially heated room, the mercury will fall twenty degrees below the temperature of the room. Upon the moist surface of our bodies the heat acts exactly in the same way, eagerly taking up the moisture and chilling the surface. Thus it is that sensitive people feel chilly in a room heated to seventy degrees, in the winter, when a corresponding heat in summer would be deemed oppressive.

The effect of this unnatural dryness of the atmosphere of our homes is to produce an inflamed and congested condition of the breathing organs, which leads to various catarrhal affections. How to introduce an adequate supply of moisture is a difficult problem. Dr. Barnes, under whose direction the experiments just described were made, found, on computing the amount of air that passes through the ordinary furnace, that fifty gallons of water should be evaporated daily to keep the humidity at sixty degrees. The water-box of most of our furnaces holds scarce one tenth of that amount, and how often is it allowed to go dry! Porous dishes of water kept standing on the register or radiator will sensibly increase the moisture of the air. Thorough ventilation is helpful. It is well to accustom the household to a low temperature, especially in sleeping apartments, where the heat should be turned off and a window opened in all but the most extreme cold. Into the general subject of ventilation the scope of this article will not permit us to enter. But it should be said in passing that the municipality, by carefully drawn and rigidly enforced ordinances, should see

that all public buildings, and particularly the public schools, are provided with an adequate system of ventilation.—*M. N. Baker, in Chautauquan.*

### Success in Failure.

“What is failure!”—Nothing but education; nothing but the first step to something better.

A young art student who had just finished a picture, declared, with tears in her eyes, that it was “another awful failure!” Just then the instructor, seeing what she had done, took a brush and palette, and put a few quick strokes of light here and there; and lo! the “failure” was a thing of beauty. The young woman learned to put on the finishing touches to her own failures, and they won prize after prize.

Students in the school of business, remember that thousands of great works of art, and wonderful inventions have been lost to the world on the very eve of accomplishment, because their authors became discouraged and disheartened when but a little more work, a little more time, a little more perseverance, would have put on the finishing touches and changed the picture to a work of art.

Perseverance is the open sesame to the door of success, and self-confidence is the only one from whom you can learn the password. Self-confidence is the mother of perseverance, and perseverance is the mother of success.—*M. B. Martin.*

### Resuscitating Power of Light.

The extraordinary resuscitating power of light received a very curious illustration a few years ago in the silver mines at Laurium. A mine had been abandoned more than two thousand years, and an enterprising Briton discovered



beneath the slag the seed of some poppies of a species which had disappeared for twenty centuries. When the slag was removed, in a short time the entire space was covered with the most gorgeous show of poppies. After their twenty centuries' rest they bloomed as vigorously as ever without the aid of a single drop of water or any other restorative than the rays of the sun.—*Medical Times.*

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### Effects of Tight Diapers.

Dr. A. C. Cotton, *American Pediatric Society*, says that the diapers ordinarily used are unhygienic. They should be made of cheesecloth, loosely applied, and should be padded with absorbent cotton. The cotton should be destroyed as soon as it is soiled. Dr. Cotton showed an infant pelvis, demonstrating the fact that it is composed chiefly of cartilage and is extremely flexible. Steady general compression on such a structure would tend to retard its growth and development. Radiographs were shown illustrating the effect of tight binders and diapers. Dr. Cotton says that the tendency of tight diapers to cause a bowing of the femur has been a recognized fact for some time; he also thinks that tight diapers might be responsible for a certain percentage of the justo-minor pelvises, so frequently found.—*Medicus.*

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### Little Drops of Water.

Have you ever noticed the rain drops on a car window? Some of them reach out and absorb the small drops near by, then with added strength and weight they move still farther down the pane, adding larger and larger drops to their own bodies, until finally they become so strong that they rush headlong to

the bottom of the window, sweeping everything before them. Other drops merely stand still and seem to make no effort to grow and expand.

How much this is like men. Some reaching out for every possible opportunity for growth, gaining little by little until, finally, they become all-powerful in their chosen field. Others, afraid to make a start,—unwilling to risk a fall,—thinking of every chance of failure, and as a result remaining in obscurity and comparative poverty, not for lack of capability, but simply and solely from the lack of self-confidence.

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### Good for Fits.

For a fit of passion, walk out in the open air.

For a fit of idleness, count the ticking of a clock.

For a fit of extravagance and folly, visit the workhouse.

For a fit of ambition, go to the churchyard and read the gravestones.

For a fit of despondency, look on the good things God has given you in this world, and to those he has promised to his followers in the next.

For all fits of doubt, perplexity, and fear, the following cure may be relied on, for it is from the Great Physician: "Cast thy burden upon the Lord, and he shall sustain thee."—*The Interior.*

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### Dust Laying by Oil.

This method of laying the dust in streets has become very popular in New Orleans, where it has proved an unqualified success. The oil as yet has been furnished by residents, the city doing the sprinkling. The smell is not unpleasant, and the dust is kept down for several months.—*American Medicine.*



# EDITORIAL

## EXERCISE

EXERCISE is one of the most important means of maintaining health. It quickens all the vital functions of the body; it increases the activity of the heart and lungs, and thereby brings to every tissue the amount of pure air and pure blood necessary to maintain healthful action.

During vigorous exercise the quantity of air received by the lungs is seven times greater than that used during sleep or when lying quiet in a horizontal position. The significance of this fact will be appreciated when it is remembered that oxygen is the element by which the worn-out muscles of the body are consumed, and the blood and tissues purified. The degree of vital activity depends directly upon the amount of oxygen received, just as the rate of combustion in a stove or furnace is in proportion to the air admitted through the drafts. The activity of the life of a bird, as compared with that of a frog or a turtle, is greater in proportion to the large quantity of air passed in and out of the vigorous lungs of the bird as related to the small amount of air swallowed by a frog or a turtle into its little air-sacs.

Exercise aids digestion by improving both the quantity and the quality of the digestive fluids formed. The sharpened appetite resulting from active exercise indicates an increased ability to digest.

A sedentary man is certain to be a dyspeptic sooner or later; and following in the wake of dyspepsia, come sleeplessness, nervousness, Bright's disease, consumption, and a great variety of other distressing and often fatal ailments.

There is no means by which old age can be held at bay so effectively as by regular systematic exercise. Centenarians have almost invariably been active in their physical habits. Gladstone, the

great Englishman, was always noted for his devotion to exercise as a means of preserving his health. Cæsar was one of the best athletes of his time, as was also Leonardo da Vinci, the famous Italian painter.

The body is constantly receiving new material in the form of food and passing it out in the form of excretions through the lungs, the skin, the kidneys, and the bowels. The active muscular body is like a rapid running stream, the motion of which keeps it pure, sweet, and sparkling; while the body of an inactive, sedentary person is like the water of a stagnant pool, teeming with filth, and breeding disease. John Wesley declared that he owed his good health while a student to the fact that he had scrupulously obeyed the instructions of his father, who, on the occasion of his son's leaving home to enter school in London, requested him to run three times around Charterhouse Square every morning.

Exercise, to be of real benefit, must be carefully adapted to the age and condition of the person.

### Exercise for Children.

Children should have a variety of exercise. They possess great aptitude for acquiring new exercises requiring skill and dexterity, but they have little endurance; the soft bony structures and imperfectly developed muscles and tendons render prolonged exercises of the same sort injurious and likely to produce deformities. On this account, various exercises which will secure an all-round development, with careful avoidance of violent exercises and the continuance of those of the same kind for too long a time, are a matter of great importance. Children's games, bicycle riding, and swimming are especially to be commended as excellent exercises for chil-



dren, the precautions mentioned being always kept in mind. Special attention should be given to the development of lung power and to the cultivation of a good physique, and a correct carriage of the body in walking and sitting.

#### Exercise for Girls.

Before puberty, girls possess the same aptitude for physical exercise as boys. In fact, girls from twelve to fourteen are somewhat ahead of boys in some respects, the average girl being taller, and better developed than the average boy of that age, both physically and mentally. After puberty, however, the special development in girls must be considered in their exercises. Young women are less adapted to exercises which require the support of the body by the arms than are young men, for the reason that, as compared with boys, their arms are much weaker, in proportion to their body, than are their legs or the muscles of other parts of the body. It is especially important that exercise for young women who have not been brought up to vigorous muscular pursuits should be carefully regulated, as the weakness of the internal structures in undeveloped young women is likely to lead to serious displacements as the result of engaging in vigorous muscular exercise requiring a straining effort. It is only by a long and carefully conducted course of training that ordinary young women can be developed to a condition in which vigorous gymnasium exercises can be practiced without injury.

#### Exercise for Adults.

The average healthy adult man can engage without injury in muscular exercises of all sorts, and as vigorously as he wishes, within reasonable limits, of course. No harm results from becoming tired, or even exhausted to a moderate extent. Sleep and sufficient rest will not only restore the person to his normal condition, but make him stronger than before, unless, of course, the exhaustion has been too extreme in degree. Invalids must have such specific directions respecting exercise as are particularly applicable to their individual cases.

#### Exercise for Aged Persons.

In old age both the aptitude for exercise and the ability to execute muscular movements are very considerably diminished. The capacity and activity of the heart and lungs are lessened, also the ability to recuperate from exhaustion. There is, moreover, a marked tendency to consecutive or secondary fatigue, a form of exhaustion which is not experienced at the time of exercise, but is felt to a marked degree a day or two subsequently. An old person feels the fatigue of an effort more twenty-four or forty-eight hours afterward than he does at the time; consequently he is likely to go beyond the proper limit in the expenditure of muscular energy before he is aware of the fact that he has done so. Elderly persons should always bear this in mind when engaging in physical exercise, especially those who have not all their lives been used to active muscular pursuits.

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## FOOD IRON

THAT iron is necessary as an element of food has long been known. The presence of iron in different foodstuffs can readily be shown by the application of various well-known tests. The fact that the blood is found to be deficient in iron in certain diseases has led to the extensive use of iron as a medicine. This practice has been followed for centuries,

but whether or not mineral iron is assimilated, is a question which is still open to serious doubt. For example, Professor Bunge, the eminent physician and chemist of Basle, in the latest edition of his work on "Physiologic and Pathologic Chemistry," in summing up the present knowledge of the subject, states as follows:—



"So far it has not been proved that any part of the inorganic preparations of iron given in the small quantity which is necessary in order to avoid digestive disturbances (1½ to 3 grains) is absorbed either in man or in the smaller animals, to which correspondingly less iron can be administered. We must, however, concede the possibility that small amounts may be absorbed.

"If large quantities of iron be given, or if the administration of small doses be continued over a long period, part of the iron passes the intestinal wall. But it cannot be ascertained whether this iron is assimilated, although such a possibility cannot be denied.

"Even if the assimilation of inorganic preparations of iron be granted, it is indisputable that the iron which exists in normal food in the form of organic compounds is far more readily and more completely absorbed.

"Hitherto, scientific men, steeped in Liebig's doctrine, have ascribed too little power to the animal cell. But even if the assimilation of inorganic iron were a proved fact, it would have no importance in medical practice, since, as our experiments show, the iron required for the formation of hemoglobin is much more readily and plentifully assimilated] from the organic iron-compounds of our normal dietary. Hence there is in no case any reason to prescribe preparations of iron for the production of hemoglobin in people who can take their natural food with a good appetite."

In the light of these important facts, which, considering the authority from which they emanate, no one will undertake to dispute, it is interesting to study the composition of various foodstuffs in relation to the amount of organic, vitalized iron which they contain. This iron, as Professor Bunge well remarks, we know to be easily assimilable; hence it would seem to be desirable that a person suffering from anemia should take such foods as contain organic iron in the largest amount.

We quote the following table from Professor Bunge's work above referred to:

THE AMOUNT OF VARIOUS FOODSTUFFS, IN THE FORM IN WHICH ORDINARILY TAKEN, REQUIRED TO FURNISH TEN MILLIGRAMS, OR 1-6 GRAIN, OF IRON, THE AMOUNT REQUIRED BY AN ADULT PER DAY.

Rice .....	2.3 lbs.
Pearl barley .....	1.7 "
Wheat flour (sifted) .....	1.6 "
Cow's milk .....	1 gal.
Human milk .....	6.5 pts.
Figs .....	2.2 lbs.
Raspberries .....	3.4 "
Hazel nuts (kernel only) .....	9 oz.
Barley .....	11.5 "
Cabbage (inside yellow leaves) .....	5.2 lbs.
Rye .....	5.4 oz.
Almonds (peeled) .....	7.5 "
Wheat .....	7.8 "
Potatoes .....	1.5 lbs.
Cherries (black, without stones) .....	1.6 "
Beans (white) .....	5.2 oz.
Carrots .....	3 lbs.
Strawberries .....	2.2 "
Almonds (brown skins) .....	4.8 oz.
Cherries (red, without stones) .....	1.1 lbs.
Hazel nuts (brown skins) .....	2.3 oz.
Apples .....	1.2 lbs.
Cabbage (outer green leaves) .....	1.2 "
Beef .....	9 oz.
Asparagus .....	2 lbs.
Yolk of egg .....	4 oz.
Spinach .....	11 "

In studying the foregoing table it is interesting to note that there are several vegetable substances which contain iron in a very much larger proportion than does flesh food. Spinach, for example, contains, weight for weight, more than twice as much iron as does beef. The leaves of the dandelion contain nearly as much iron as does beef, while asparagus contains more. The yolk of an egg is also on the average as rich in iron as is beef. From this it appears that not only is it unnecessary to give mineral iron for the purpose of supplying the system with this element, but it is equally unnecessary that the patient should be fed upon flesh meats.



It is truly interesting to note the small amount of iron found in milk, which is naturally the exclusive food for the young human being. The amount, however, is sufficient, for even the adult body loses only ten milligrams, or less than one sixth of a grain, of iron daily; hence this is the amount which should be supplied by the daily food. This is just the quantity contained in one pint of milk.

The following table shows the quantities of the various ordinary foods needed to furnish the amount of iron daily required:—

THE NUMBER OF MILLIGRAMS OF ORGANIC IRON (1.0154 GRAINS) CONTAINED IN 100 GRAMS (3 1/3 OZ.) OF THE FOLLOWING FOOD SUBSTANCES IN A DRY STATE.

White of hen's egg.....	Trace
Rice.....	1.0-2.0
Pearl barley.....	1.4-1.5
Wheat flour (sifted).....	1.6
Cow's milk.....	2.3
Human milk.....	2.3-3.1
Figs.....	3.7
Raspberries.....	3.9
Hazel nuts (kernel only).....	4.3
Cabbage (inside yellow leaves).....	4.5
Rye.....	4.9
Almonds (peeled).....	4.9
Wheat.....	5.5
Bilberries.....	4.7
Potatoes.....	6.4
Peas.....	6.2-6.6
Cherries (black, without stones).....	7.2
Beans (white).....	8.3
Carrots.....	8.6
Wheat-bran.....	8.8
Strawberries.....	8.6-9.3
Linseed.....	9.5
Almonds (brown skins).....	9.5
Cherries (red, without stones).....	10
Hazel nuts (brown skins).....	13
Apples.....	13
Dandelion leaves.....	14
Cabbage (outer green leaves).....	17
Beef.....	17
Asparagus.....	20
Yolk of egg.....	10-24
Spinach.....	33-39

### A Great Musician's Water-cure Experience.

Richard Wagner, the great musician, was a lifelong invalid. Overwork, errors in diet, including the use of beer, and a sedentary life made him neurasthenic. Possibly his suffering was aggravated by an eye defect, which is clearly shown in his later pictures, the left eye turning outward and upward. After trying all other methods in vain, Wagner was induced by a friend, Uhlig, to try the water cure, which at his time consisted chiefly of applications of cold water. Wagner thus describes his experience at a water-cure establishment located at Alpbach:—

"My daily program now: 1. From half-past five to seven in the morning, cold pack; then cold tub [Wanne] and promenade; breakfast at eight,—dry bread and milk or water [no butter allowed, as he says in another letter]. 2. Short promenade again; then a cold compress. 3. Toward twelve o'clock a wet rub-down; short promenade; another compress. Then dinner in my room to avoid disrelish [was it, or the sight of other victims, so nasty?]. An hour of idling; brisk walk for two hours—alone. 4. About five o'clock another wet rub-down and a little promenade. 5. Hip-bath for a quarter of an hour, about six, followed by a promenade to warm me [surely in a corridor, for it must have been pitch dark by then]. Another compress. At seven, supper: dry bread and water. 6. Whist party till nine, followed by another compress; and about ten o'clock to bed. This regimen I now can manage very well; perhaps I shall even increase it."

As the result of this vigorous regimen, Wagner felt so greatly improved that he wrote, "I feel myself on the high road to recovery." "I am basking in a sense of well-being such as I had never conceived." It is quite possible that the treatment was somewhat too severe. Certainly there are few except the most robust patients who would at the present time en-



ture such an amount of treatment without the development of untoward symptoms. On returning to his work the patient relapsed, and later wrote that he found warm or tepid baths better suited to his case than cold.

If Wagner could have had the advantage of our modern sanitarium treatment, his marvelous genius might have continued its work for many years. Certainly at the present time such a case might be managed with much greater circumspection, and a much more exact adaptation of means to the desired end.

There are other powerful physiological remedies besides water. The use of these in alternation with water, or in combination with water, would doubtless have accomplished better results than were attained. Although Wagner may have suffered more or less reflex disturbance from his peculiar eye affection, the symptoms might doubtless have been held in subjection by suitable treatment, combined with correct habits of living, at least to a very great extent and for a very considerable time.

### Raw Diet.

We are constantly receiving inquiries from correspondents who wish to know our views with reference to the raw diet question.

In the primitive state, before the invention of cookery, man necessarily subsisted on raw food; hence we ought to be able to find among raw foodstuffs, food adapted to man's digestive organs and nutritive needs, which can be assimilated without the aid of cookery. It is the testimonial of the most eminent scientific authority that man is naturally a frugivorous animal; that is, his natural diet consists of fruits, nuts, and possibly soft grains. When the diet is confined to these articles, cooking may be dispensed with, but if one undertakes to subsist upon a course of ripened and dried seeds, such as corn, wheat, beans, peas, etc., the situation is quite different. These foodstuffs

are quite refractive to the digestive juices. When taken into the stomach, no change can occur, because of the inability of the saliva to digest raw starch. It is only after these raw materials have been worried down into the smaller intestines that disintegration occurs. There they are brought in contact with the pancreatic juice, which is capable of digesting raw as well as cooked starch. Fruits, nuts, and preparations from these natural foods contain little or no starch, hence do not require salivary activity.

### The Food Value of Eggs.

Eggs are a very nourishing food and represent two important elements, fats and proteids, in an easily assimilated form. A single egg weighs about one and one-half ounces, of which one ounce is white, or pure albumin, and one-half ounce yolk. The nutritive value of the yolk is greater than that of the white, though its bulk and weight are smaller. Its solid constituents are about one half of its fat. Fresh eggs, properly prepared, are readily digestible. The best mode of preparation is whipped raw, or cooked for twenty or thirty minutes at a temperature of about 160° (curdled). The yolks are more easily digested when boiled hard, and the whites are also easily digested when hard boiled, providing care is used to reduce the coagulated white to minute particles which may readily be dissolved by the gastric juice.

A single egg is equal in value to a dozen oysters.

### Sermons on Tuberculosis.

The city of Montreal has adopted a novel method of informing the people concerning the danger of contracting this dread disease. On a Sunday a few weeks ago all the pulpits in the city were occupied by prominent physicians, each of whom spent the hour telling the people about the nature of tuberculosis and the necessary methods of prevention.



## ANSWERS TO CORRESPONDENTS

**Stomach Trouble.**—E. L. K., Illinois, desires an explanation of the following symptoms: "1. Burning sensation in the stomach within an hour or so after eating; then cessation until about five hours after eating, when it is again felt. No unusual amount of gas seems present at these particular times. Drinking water seems temporarily to relieve the condition. 2. In cases of dilatation of the stomach would you advise the non-use of such fruits as strawberries, blackberries, etc., which have a very small seed; also tomatoes? 3. Kindly explain the purpose of rapid perspiration. Should not one drink a great deal of water to supply this demand on the system in summer time? 4. When free drinking causes distress, and does not quench the thirst, how may this be overcome?"

*Ans.*—1. You are doubtless suffering from hyperpepsia. The remedy is to be found in eating dry food, masticating it very thoroughly, taking small quantities of food, and avoiding all kinds of irritants and condiments, such as mustard, peppersauce, ginger, also coarse foods, sugar, and flesh foods. Pan-*peptogen* tablets may be used with advantage. Four to six should be taken half an hour before each meal. Perhaps it would be well to mix them with half a glass of hot water half an hour before eating.

2. Not necessarily. Food must be thoroughly masticated.

3. The physiological purpose is the cooling of the body. When one perspires freely, he should also drink freely.

4. It is better to drink water in small quantities and often, say every ten or fifteen minutes, than in larger quantities at longer intervals. Drinking thus in small quantities relieves the thirst more effectively than drinking in large quantities at long intervals.

**Bad Breath—Catarrh—Tonsillitis—Swimming.**—G. W. S., Kansas, asks for remedies for (1) constant fetid breath; (2) catarrh in the head; (3) tonsillitis and chronic sore throat. (4) Is it healthful to go swimming in warm water?

*Ans.*—1. Fetid breath may be due to disease of the teeth or to disease of the nasal cavity. In this case it is probably due to nasal catarrh. A remedy will be found in the cure of the catarrhal affection.

2. Cleanse the nostrils thoroughly three times a day with a solution of two or three tablespoonfuls of soda and two teaspoonfuls of common salt in a pint of warm water. Apply

thoroughly with an atomizer having a strong, coarse spray. After the nostrils have been thoroughly cleansed, so that the passage seems to be clear, apply some antiseptic solution. Aboline, or fluid vaseline, containing ten drops to an ounce of oil of eucalyptus, is a valuable remedy.

3. Gargle hot water in the throat two or three times daily. Bathe the surface of the skin with cold water applied by means of a coarse towel twice a day. It is probable that the services of a good specialist will be needed for the proper treatment of the nose and throat.

4. Swimming in water of a proper temperature is one of the most healthful exercises.

**Fasting.**—C. G., New Jersey, asks our opinion of fasting as a cure for disease.

*Ans.*—In certain maladies, fasting is a necessity; as, for example, in cases of ulceration of the stomach; in cholera infantum, cholera morbus, Asiatic cholera, appendicitis; in fact, in most acute bowel disorders, all food should be withheld until the symptoms of the onset have subsided. Acute gastritis often necessitates the withholding of food for a few days, as do also severe cases of gastralgia and vomiting. Many chronic disorders are greatly benefited by temporary withholding of food. This is especially true of conditions which are commonly designated as biliousness. In ordinary cases, however, total abstinence from food is seldom necessary. It is only essential that certain foods should be withheld, especially fats and proteids, or nitrogenous foods, such as eggs, meats, milk, and other foods rich in proteids. Fats prevent the formation of hydrochloric acid, which is the natural disinfectant of the stomach. Proteids encourage the growth of germs; hence both these food elements are injurious in cases in which the stomach is foul, as indicated by a foul tongue and foul-smelling fecal discharges. Cereal foods are less objectionable, because of the small amount of proteids which they contain, but fruits are especially adapted to these cases, for the reason that the organic acids they contain are very effective germ destroyers, or germicides; while at the same time the amount of material furnished which is capable of supporting the life of putrefactive organisms is extremely small. For this reason



fruits have a most important disinfectant action upon the stomach and bowels. A fruit diet, or a diet consisting of fruits, with a small allowance of dry bread, thoroughly toasted bread, or zwieback, is the most effective means of purifying the alimentary canal. This is one of the most essential measures in nearly all cases of chronic disease. A fruit diet thus affords all the advantages of fasting, with some additional advantages, and is decidedly more comfortable. Except in the cases previously mentioned, absolute abstinence from food is seldom required.

**Hyperpepsia and Hypopepsia.** — Mrs. H. L. G., Canada: "1. What are the symptoms of hyperpepsia and hypopepsia? 2. What treatment is indicated? 3. Also for stomach worms?"

*Ans.*—1. In hyperpepsia there is an excess of hydrochloric acid in the stomach; in hypopepsia there is a deficiency. In extreme cases of hypopepsia, apepsia, hydrochloric acid may be entirely absent. The condition of the gastric fluids in this regard can be ascertained only by means of a test meal. The so-called "test breakfast" consists of a small amount of bread and water. There are symptoms, however, which suggest the presence of hyperpepsia or hypopepsia. In hyperpepsia, the tongue is usually clean and red, or, at least, not heavily coated, and patients commonly have a good appetite, often an excessive appetite. In many cases, acidity of the stomach very soon after meals is a common symptom. In fact, so-called sour stomach, or acidity, is generally due to an excessive amount of hydrochloric acid rather than to fermentation or souring of food, as commonly supposed. Acidity due to fermentation appears several hours after eating, usually not less than three or four hours, generally later. In hypopepsia there is usually diminished appetite, pale tongue, indentation of the edges of the tongue, and general weakness due to deficient nutrition.

2. In hyperpepsia it is necessary to diminish the irritation which gives rise to the excessive secretion of hydrochloric acid. Sweating baths, two hours before the meal; drinking hot water half an hour before the meal; the wet girdle applied an hour or two before the meal and worn during and for two hours after the meal, and special regulations of the diet are the essential measures. Meats, condiments, hot foods, coarse foods, of all sorts

should be carefully avoided. A diet of cereals, sweet fruits, and nuts is especially to be recommended. Nuts may be eaten very freely. A half pound of pecan, almond, hazel nut, or hickory nut meats daily is not too large a quantity. Nuttolene, protose, and other nut products may be used instead when available. Great care must be taken to masticate all the food very thoroughly. Cereals should be pre-digested by baking until browned. Zwieback, granose flakes, corn flakes, granuto, and granola are especially to be commended. Malted nuts is also an excellent preparation in cases of this sort. The yolks of hard boiled eggs, and soft poached eggs eaten with granose flakes, potatoes, rice, green peas, asparagus tips, cauliflower, and purées of peas and beans are wholesome in hyperpepsia. It is especially important to make a free use of fats in hyperpepsia. Pawlaw has shown that fats diminish the formation of hydrochloric acid. Sterilized dairy butter may be used when other forms of fat are not available. Specially prepared cocoanut cream may be freely used with advantage. In hypopepsia all the above foods may be used, but fats should be used sparingly, especially clear fats, as butter, olive oil, etc. Fats should be taken only in emulsified form. Malt honey and the concentrated juice of sweet fruits without cane sugar are especially useful, and should be taken freely at each meal. In both hypopepsia and hyperpepsia great care should be taken in the mastication of the food. Food should be chewed until every particle is reduced to a fluid state in the mouth. The woody fibers which abound in many vegetable foods should be carefully rejected. These portions of food are insoluble in the fluids of the stomach, and when swallowed, remain in the stomach for a long time, interfering with the digestion, and creating various disturbances. On this account, the seeds and skins of grapes, whortleberries, and other fruits should be carefully separated from the soft and soluble pulp during mastication, the pulp alone being swallowed. General cold baths, especially towel rubs, wet-sheet rubs, and shower baths, are of great service in hypopepsia. An ice bag over the stomach for half an hour before mealtime helps the appetite and increases the digestive activity. A hot bag may be applied over the stomach for an hour or two after the meal.

3. There are no worms which reside in the stomach. The gastric juice is capable of di-



gesting every living thing which may happen to enter the stomach. The various worms which enter the alimentary canal are found in the intestines only; some in the small intestine, others in the large intestine. Each different species of parasite requires special treatment.

**Weak Heart — Prolapsed Stomach — Cough — Piles.**—Mrs. H. E. A., California:

"1. What treatment would you recommend for rapid beating of the heart, pulse 106 and 108 and often 120; also skipping beats, one in four or five. Have indigestion, and gas in the stomach continually. 2. Is there any remedy for prolapsed stomach? 3. Have a bad cough, worse when lying down and on waking in the morning; raise sweet-tasting phlegm. Have no pain in lungs; is all in throat. Prescribe treatment and diet. Food does not give me strength. Am quite nervous. 4. Prescribe treatment for 'blind' piles; bowels not constipated."

*Ans.*—1. The indigestion must be corrected by proper diet, and, if necessary, by special treatment of the stomach. It is quite likely that the stomach is dilated, and that the rapid action of the heart is induced by undigested food remaining in the stomach. In fact, the symptoms clearly indicate this to be the case. The stomach should be washed out once a day, preferably just before retiring at night. Great care should be taken to masticate the food thoroughly. The patient will probably be benefited by the dietary and treatment suggested on page 520 for hypopepsia.

2. Yes. The stomach may be temporarily held in place by a natural abdominal supporter (Modern Medicine Company, Battle Creek, Mich.). More permanent relief may be obtained by strengthening the abdominal muscles by massage, exercise, and applications of electricity.

3. The patient is probably suffering with catarrh of the bronchial tubes, or chronic bronchitis. General cold bathing, especially cold towel rubs and wet-sheet rubs, sun baths, out-of-door life, and the chest pack worn at night are beneficial. Eating predigested foods, baked potatoes, rice, granose flakes, toasted corn flakes, malted nuts, malt honey, is especially to be recommended. Fat-making foods are particularly objectionable.

4. The sitz bath at 75° for fifteen minutes twice a day. The depth of the water should be not more than three or four inches. A hot foot bath should be taken at the same time. The body should be well protected with a blanket to prevent chilling.

**Catarrh — Neurasthenia.**—H. W., grain buyer, South Dakota: "I am suffering from catarrh, dilatation of the stomach and bowels, sometimes kidney trouble; also with neurasthenia. Urine is the color of water, with but little sediment. The catarrh is of eight years' standing. Do not use coffee, tea, animal foods, tobacco, or any stimulants. Gas in stomach and bowels causes great pain. Doctors have prescribed beefsteak, which I do not use. Cannot take advantage of sanitarium treatment. 1. Do starchy foods produce more acid in the stomach than other foods? 2. Is cream desirable in my case, where there is malassimilation? 3. Is physical exercise beneficial for me? 4. Should the drinking water be boiled? 5. What antiseptics will counteract fermentation?"

*Ans.*—1. We would recommend the treatment and diet before prescribed for hypopepsia. Beefsteak is especially to be avoided. Live out of doors, take sun baths as often as possible, develop the muscles of the trunk by special exercises (see book entitled "Living Temple"), keep the bowels regular by a cool enema (75°) administered every other day. More acid is produced by flesh foods than by any other sort of foodstuffs. Meats, however, to some extent, neutralize the acids of the gastric juice, so that in some cases they produce temporary alleviation from the symptoms arising from excessive acid formation.

2. Yes, if it is well digested. The fats found in nuts are preferable, however.

3. By all means, especially moderate out-of-door exercise, such as walking, rowing, and light out-of-door occupations.

4. Yes, if it is not known to be pure.

5. Antiseptic charcoal tablets are as good as anything.

**Bath vs. Supper — Meals — Amount of Food Required Daily.**—W. P. F., Missouri:

"1. Which is more strengthening to a weak person at night—a good bath or supper? 2. Does any one but a very weak person need more than two meals per day to do hard mental or physical labor? 3. Is anything more essential to health than the daily cool bath? 4. Which is the best form of cool bath—the spray, pour, plunge, or sponge bath? 5. How many ounces of food is required for a healthy person who does very hard physical labor? 6. How many ounces are the limit for the stomach?"

*Ans.*—1. It depends on the amount of food which has been taken during the day. Two meals a day are quite sufficient for most persons. If the amount of food which can be taken at a meal is very small, and in certain cases of hyperpepsia and gastric dilatation,



three meals, or even four meals, may be better than two. When food is needed, it is hard to substitute for it. For the ordinary individual, the bath is certainly preferable to supper, promoting sleep, while the supper hinders sleep. A person who feels weak or faint at night, may find it helpful to take a little fruit juice or a little ripe fruit early in the evening.

2. No.

3. Nothing except good food, fresh air, and exercise.

4. Each of the baths mentioned may be best for a given person or given circumstances. The simple tub bath taken in three or four inches of water at an ordinary temperature is especially to be commended for general use. The bather first wets his face, neck, and chest, then steps into the bath, rubs his feet; sits down, rubs his legs; then with his hands bathes and rubs the trunk thoroughly as far as he can reach; then rubs the legs again; then rubs the chest again; then lies down, rubs the sides and trunk for a few seconds; then sitting up, rubs the legs again; steps out and rubs himself thoroughly with his hands and with a dry towel.

5. A pound and a quarter if eaten in the ordinary way, and three quarters of a pound if thoroughly chewed, that is, chewed four or five times as long as usual. The quantities above named constitute the actual amount of the dry substance of the food as ordinarily eaten. Food is about three-fourths water, so that about three or four times the amount named is required, exclusive of liquids, such as water, fruit juices, etc.

6. The food capacity of the stomach is about forty-eight ounces.

**Catarrh.**—R. W. C., Connecticut: "1. I have catarrh, which is so aggravated by dust from hay as to make breathing through the nose impossible for several days. Is usually worse after August 15, the nose running, eyes watery, and continual sneezing. Can breathe better after lively exercise. Please explain. Is it approaching hay fever? 2. What is the remedy?"

*Ans.*—1. Yes.

2. There is doubtless a diseased condition of the nasal passages, which may be benefited by proper treatment. The services of a specialist may be required. General treatment is also necessary, especially cold bathing and life in the open air. In many cases, polypi or other diseased conditions of the nasal cavities constitute a predisposed condition, the inhal-

ation of dust, pollen, and various other irritating substances constituting the exciting cause. A change of residence to some section of the country where hay fever is not prevalent is about the only known means for affording complete relief.

**Excessive Perspiration.**—Mrs. J. V., Georgia: "What is the cause of and remedy for excessive perspiration of the hands and feet of a fourteen-year-old girl, the year round?"

*Ans.*—The cause of this is a neurotic state. The general health should be improved by active out-of-door life, suitable food, proper dress, and the daily cold bath.

**Baths—Exercise.**—F. A. W., North Dakota: "1. I came from an office in Minnesota to a claim in this State. Have been boarding myself, eating potatoes, eggs, bread, crackers, dried peaches and prunes, granola, Brazil nuts, and milk. The change in occupation caused soreness of the muscles. I take cold baths morning and evening, and am out doors nearly all day. Should I take a sun bath? 2. If so, when and how? 3. Should it be followed by a cold or warm water bath? 4. Is it advisable to take such a bath half or three quarters of an hour before dinner? 5. What exercise will correct the tendency to round shoulders? 6. Is a Whitely Exerciser suitable to my need? Please indicate the position to be taken with such an exerciser. 7. I am forty-seven, and have had catarrh for years. When indoors, especially at night, hard pieces form in my nose; but when out of doors and in a cool or cold wind, there is a watery discharge from the nose. Please prescribe treatment."

*Ans.*—1. Yes.

2. A warm bath at night is best to relieve the soreness of the muscles. The sun bath is an excellent means of building up the general health. In warm weather, the sun bath may be taken in an inclosure prepared for the purpose, either in a suitable place in the yard, or on the roof of a house or barn. All clothing should be removed, and the whole surface exposed to the sun. The duration of the exposure should be five to ten minutes the first time. Each day the duration may be increased. It is well to protect the head in most cases. Further directions will be found in the "Home Hand-Book" (Modern Medicine Publishing Company, Battle Creek, Mich.).

3. A tepid or cold bath is best.

4. Yes.

5. All kinds of exercise in which the arms are used, provided the trunk is held erect



during the exercise. Rowing, dumb-bell exercise, gymnastics of all sorts may be recommended. A complete description of special exercises for round shoulders will be found in "The Living Temple" (Good Health Publishing Company, Battle Creek, Mich.).

6. This is a useful device for home exercise, but is less beneficial than all-round out-of-door exercise. Full instructions concerning position, etc., are furnished by the manufacturers of this apparatus in connection with each instrument.

7. When indoors apply oil or vaseline to the nose two or three times a day by means of an atomizer. The addition of a small amount of some good antiseptic, as wintergreen oil, or menthol, or oil of eucalyptus, is helpful. Any of these substances may be used in the proportion of twenty drops to the pint.

**Stomach Trouble.**—E. P., California: "1. I am eighteen years old and for several years have been troubled with fainting. The doctors say my heart is right, but that fainting is caused by my stomach. Sometimes I faint every day for several days; then skip for several months. What is the cause? 2. I am very constipated, drugs and enemas proving futile. Suggest a remedy. I do not eat flesh foods or pastry. Nuts seem not to agree with me. Prunes, fresh or stewed, seem to burn my stomach."

*Ans.*—1. Probably indigestion. Eat grainose biscuit, malt honey, malted nuts, acid fruits; use fruit juices freely.

2. If necessary employ a cold enema (75°) every other day, gradually diminishing the quantity until no longer needed. It may be necessary to avoid concentrated sweets. It is possible there is an excessive formation of acid in the stomach. To relieve this condition see directions previously given for the treatment of hyperpepsia.

**Cold Baths—Vegetarianism.**—B. F. D., Montana: "1. How long time should elapse between the cold bath and breakfast? 2. You say (in 'Rational Hydrotherapy') that no bath involving any considerable portion of the body should be taken within two hours after a meal, and later add that the same rule applies to baths before meals. It is troublesome for me, a hypopeptic, to take a cool spray at 7 A. M. and wait till 9 for breakfast. 3. What is meant by avoiding violent exercise, and what is gentle exercise after eating? 4. Dr. Brockler, of Vienna, says: (1) Vegetarians tend to lower the birth rate of countries. (2) They do not survive the fourth generation.

(3) They become bald early. (4) They suffer from defective eyesight. Kindly reply to these conclusions. 5. From a physical and moral standpoint, does vegetarianism pay? 6. Does thorough cooking (prolonged cooking) kill all the poisons in meat?"

*Ans.*—1. Half an hour is a sufficient length of time to secure a good reaction by exercise.

2. References are made to very hot and very cold baths,—not the ordinary morning towel bath or any other short tonic bath.

3. Running is violent exercise. Walking at an ordinary rate and horseback riding are gentle exercises.

4. The statements made are all baseless assumptions, absolutely contrary to fact. The longest-lived individuals are always found to be small eaters of meat. This is a well known fact. In countries the inhabitants of which are large consumers of flesh, the duration of life is the shortest, and the number of centenarians the smallest. The Patagonians, of South America, who subsist chiefly upon meat, are one of the shortest-lived of all known races. The number of centenarians per million living in England and Germany, countries in which meat is freely used, is less than one tenth the number found in Hungary and Ireland, countries in which flesh foods are used very sparingly. There are two hundreds of millions of persons in India who have been practically vegetarians for more than two thousand years. The millions of northern China, and of Japan also, have been practically vegetarians for thousands of years. It is just as reasonable to expect a horse or a cow to become bald because of subsisting upon a vegetarian diet as to contend that such an effect follows the use of a natural diet for human beings. There is no ground whatever for this statement. It is simply ridiculous to assert that vegetarians have defective eyesight. The mental eyesight of the writer referred to must certainly be very defective, or he would be able to recognize the splendid results following a natural dietary, as illustrated in the persons of his countrymen, Dr. Karl Mann and his colleagues, who are most splendid specimens of physical symmetry and endurance. During the past few years there have been a number of warmly contested walking matches in this country. In every instance the race has been won by vegetarians.

5. Most certainly.

6. No; it only destroys the germs. The poisons are not removed, and the injurious elements are not eliminated.



## LITERARY NOTICES

THE **Housekeeper** magazine for September is an even more interesting number than its recent predecessors, which is saying not a little. The usually practical and entertaining literary contents are embellished by a wealth of beautiful illustrations, chief among them being a full-page drawing by F. De Forrest Schook, the well-known artist, entitled "An Ode to Memory." One of the most striking features in this number is the symposium by *Housekeeper* readers on "How Should the Wife's Pocket-book be Filled?" The many varying opinions of wives and husbands are intensely interesting, and much light is shed on this perplexing problem. An illustrated article by Jessie Ackermann describes the day when every Japanese girl is queen, a unique holiday concerning which little is known in other countries. The many regular practical departments which have caused the *Housekeeper* to be called the Magazine of Helpfulness are continued, and all in all, this month's issue is the most complete and entertaining yet published.

A whimsical little tale, pathetic and with a happy end, is "The Bribing of the Senator," by Josephine Dixon, in September **Lippincott's** magazine. It tells how a fine, large apple cured the senator's dying child, and won a claim for the good old farmer who grew it.

Gen. John B. Gordon's reminiscences, which have been appearing in **Scribner's** magazine, are only a small part of the elaborate volume to be published this fall under the title, "Reminiscences of the Civil War." The charming narrative style of General Gordon, and his abounding good-will to all sections of the country unite in giving a personal character to this volume which is to be found in few of the records of the Civil War. General Gordon's long career in public life and his travels all over the United States lecturing have added to his memories many anecdotes and stories gathered from other prominent actors in the great war drama.

The **New England Magazine** announces many new features during the coming volume, which begins with the September issue, while it will retain those familiar features

which have for fourteen years made it a household word in the homes of the Northeastern States.

The magazine will be developed and improved in every direction, particularly along the lines that have already made it famous, trusting to make it even more satisfactory to New England readers and to the thousands who have left their "Old Homes" for the South and West, but still wish to keep in touch with its best institutions.

With this issue it begins an up-to-the-times series, with a description of the Lowell explosion and other recent New England disasters, fully illustrated.

Myra Kelly is distinctly a happy "find" for **McClure's** magazine, and the children of her stories of the New York east-side schools are worthily filling the gap left in the magazine by Emmy Lou when she graduated into book form. The stories are in themselves evidence enough that Miss Kelly's little Yiddishers were drawn from life during school hours, and as a matter of fact the stories are the products of the writer's experiences as a teacher in an east-side primary grade. In the September *McClure's* she tells the story of "Morris and the Honorable Tim," and the havoc wrought on the fatal day when "Gum Shoe" Timothy O'Shea, School Inspector, descended upon "Teacher" and her First Reader Class to inspect.

A visit paid by Leo Tolstoi to a slaughterhouse resulted in one of his terribly realistic descriptions, accompanied by an appeal to mankind for the practice of vegetarianism and for greater simplicity of living. Under the title of "**The Moral of Diet**" this will be issued at the nominal price of twopence by The Free Age Press, Paternoster Row, a philanthropic enterprise founded for the propagandism of Tolstoi's suggestive utterances to mankind. In "The Morals of Diet" vegetarianism will have a powerful advocate in support of its tenets.

PAMPHLETS RECEIVED.—"Traumatic Pneumonia;" "The Negro Problem from the Physician's Point of View." By W. T. English, A. M., M. D., Pittsburg, Pa.



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THE President of the American Congress on Tuberculosis, to be held in Washington, D. C., April 4, 5, and 6, 1905, announces Dr. Alfred Meyer, of New York City, consulting physician to the Bedford Sanitarium for Consumptives, Chairman of a committee in charge of the Section on Sanitarium Treatment of Tuberculosis. It is probable that the climatic and other methods of treatment will be comprised under the work of this committee.

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The September number of the **Four-Track News** carries one in imagination from Siberia past Heligoland, through Scotland by way of Switzerland, France, and Bermuda, through Mexico, Texas, and California to Oregon, and back by way of Wyoming, Chicago, Spy Island, Mount McGregor to New York City; and all this tour graphically described and beautifully illustrated can be had for five cents without leaving your own home.

The articles in this number describe the beauties of Bermuda; they tell the story of Marcus Whitman's famous ride and the dream of "Glen Enchantment;" they describe the great New York Zoölogical Garden, the golden citrus groves of California, Lake Lucerne, and the wonders of Patzcuaro; they recount the dramatic story of "The Maid of Orleans," and the last days of General Grant at Mount McGregor; they describe the life and industry of Madeira, and tell how the tarpon is caught in the Gulf of Mexico. In addition to these subjects there is an interesting variety of short sketches, poems, bits of humor, and "Little Histories," together with the usual departments, editorials, etc.

The list of contributors is one of the most brilliant that has yet appeared in any single issue of the *Four-Track News*.

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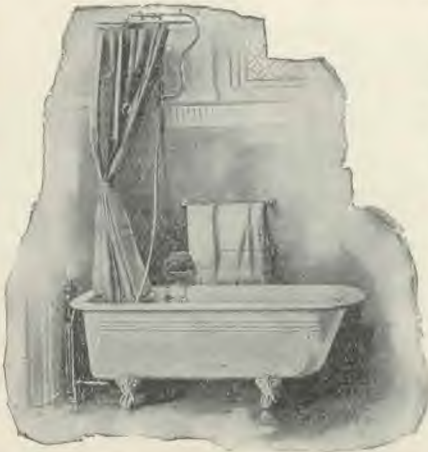
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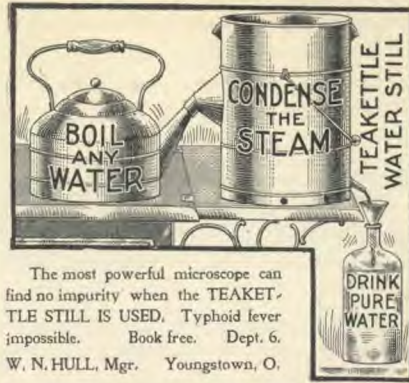
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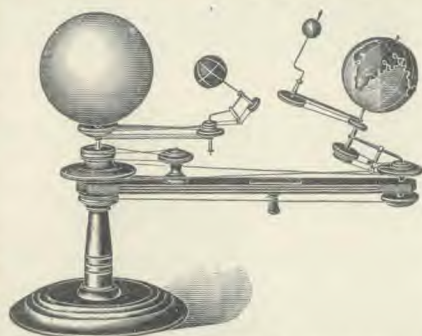
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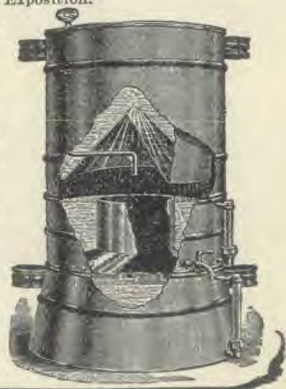
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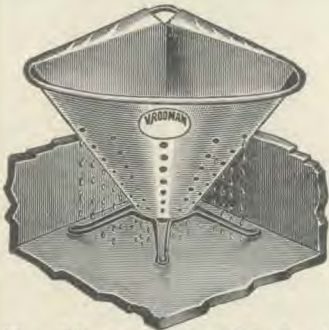
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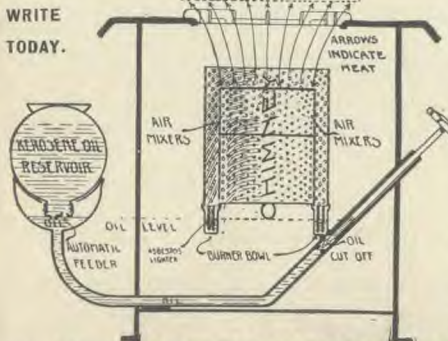
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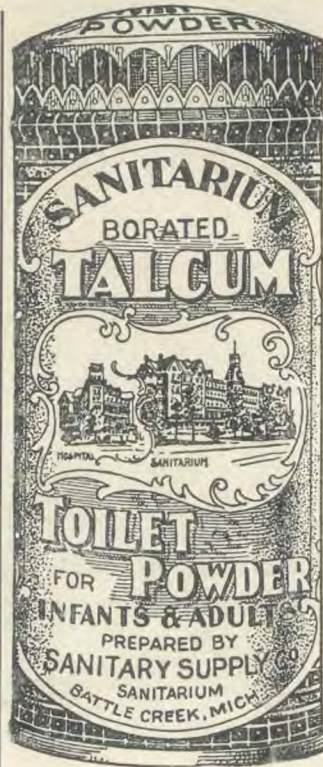
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