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FOR EMERGENCIES AT HOME And for the Stock on the Farm NOTHING EQUALS



CARE OF THE BODY

How to Acquire and Retain the Priceless Possession of Good Health

The Home Climate for the Consump-

tive. Change to another, usually a warmtient. At the present time, however, here is a consensus of opinion among so climate which has a specific curative power over consumption. Many, including Dr. S. A. Knopf of New York, an acknowledged expert on the treatment of consumption, hold that cures effected in the home climate in which the patients will have to live and work after their restoration to health, are more lasting and assured than cures obtained in more genial climes. While it is known that pa-Hents cured in the salubrious region of the west have been able to return and live in the eastern states from whence they came, it is also known that others can never leave the region in which they recovered, for on their return to their own state their dis-

Prof. Cornet of Berlin, a writer of international reputation, says: "Today we rightly regard no one climate as specific Tuberculosis occurs in the warmth of the south as well as in the colder north, and upon lofty plateaus. Recoveries, too, are seen in every

The following reasons are given by the Illinois State Board of Health why an attempt should be made to cure a patient at or near his own home-if it be a a climate not unsuitable for the cure of consumption, and why he should not be sent a long distance

Separation from friends depresses the patient. "Home sickness" is a malady which often baffles the physi-

are often incurred unnecessarily. As has been aptly stated by the State Board of Health of Maine, "Many pa- the slight trouble involved, in the sav tients could be well put on the road to recovery in their own state at a cost which would barely defray their expenses to and from Colorado and Ari-

The lack of home comforts in a distant state, and the inability often to obtain proper accommodations unless at a prohibitive price, naturally handicap the best efforts made to cure the

The expense of living in the states having "specific" climates is great. Even if his disease be cured, the patient may not be able to return to live in his own state.

If the patient must work, he can ind no occupation. Too many have preceded him.

For the wealthy patient, who can be surrounded by his relatives and friends wherever he goes, a change of climate may be desirable. For the poor patient, a change of climate frequently quickens an unfavorable termination of the disease.

Consumption has been cured in the past, and is still being cured, in the eastern and central states. It is often not so much the best climate for the disease as the best place for the consumptive.

Twisting the Palate.

A large share of the physical degeneracy that is increasing on every hand may be traced directly to unworthy eating of things never designed to be eaten, and which no one would ever think of eating except for the fact that they momentarily give an agreeable sensation to the tongue and palate. No thought or consideration is given to the possible effect of these palate-tickling substances upon the stomach after they have entered it. A gentleman once said to the writer: "I eat mustard, pepper, and similar hot substances because I like things that give my palate a twist." This gentleman, with thousands of others like him, quite overlooked the fact that those things that "twist" the palate are equally able to "twist" the stomach, the liver, the nerves, the brain and every organ and tissue with which they come in contact in their journey through the body. An unperverted palate is a wise and

ever wakeful sentinel, which says promptly to the eater, "Enough," when he has taken a sufficient amount of nutrient material to meet the present requirements of the body.

The palate was given man, not as an instrument of pleasure, but as a the quality suited to his needs. The debasement of this function to the prostitution of the body which ends only in abandonment to the grossest forms of self-indulgence, and tends to premature exhaustion of the vital resources, early decay of the body's forces and ignominious death; for no death can be considered honorable which is the direct consequence of one's own acts, or suicide. Said an eminent French writer, "Man does not die; he kills himself."

The Country for Intellect.
This noted sanitarian thinks that the country is the proper breeding place for intellect. The country lad may be a little slower to learn than the city urchin, but be has staying power which the latter lacks. The abnormal growth of cities is liable to dry up the reservoirs of strength in the population and leave an immense proletariat of inferior quality and without commanders."

Seasonable Clothing.

More clothing is, of course, necessary in winter than in summer, but , climate, was once thought to be the difference in the amount of cloththe only hope for the consumptive pa- ing required is less than the difference in temperature. We are all conscious that we suffer more from a temhe leading authorities that there is perature of forty in the summer than from a much lower temperature in the winter. This is due to the fact that the system undergoes a change with the season, by which it adapts itself to the new conditions. This change produces what is termed a "winter constitution" for winter, and a "summer constitution" for summer.

The winter constitution is well adapted to resist cold; while the summer constitution is prepared to resist heat. Consequently, the reverse of the conditions for which the body is prepared is severely felt.

On this account, we need more clothing in summer than in winter, at the same temperature. The custom of putting off and resuming winter or summer clothes at certain dates is a pernicious one.

In cold weather the underclothing should reach to wrists and ankles. The feet should be protected with thick, warm shoes with tops high enough to provide extra protection for the ankles, which are easily chilled, having less tissue than other parts of the legs.

In winter several suits of under garments afford more warmth than the same weight or thickness in a single garment; as the warmth of a garment is due, not so much to its thickness, as to the amount of air which is entangled in the meshes or between its layers. An extra suit of flannel affords almost as much warmth as an extra coat or cloak, and is both cheaper and less cumbersome A change from warm to cold weather The expenses of the journey are a or the reverse, at any season of the serious drain upon his resources, and | year, should always be met by a corresponding change in clothing. Observance of this sule will amply repay ing of sickness and consequent expense and lots of time.

> Work as a Remedy for Nervousness Work alone does not unnerve us. Overwork seldom does permanent harm-the damage is done by worry that arch enemy of peace and hap

"It has been proven over and over again," says Dr. H. J. Hall, "that honest manual work, even of the com mon, everyday sort, has in it the pow er to drive away worry. The wom an who works with her hands at housework, day after day, may not ap preciate the blessings of her hard PRICE, 25 Cts. task, but the blessing is there, and the average of 'nerves' is far lower among the workers of this type than among those who plan and think and have the social burden to bear. If the lady whose time is full of social engagements, and who is distressed over the servant question, would sometime go into the kitchen and cook, would get down on her knees and scrub, she might thereupon taste the joys of the simple life, and she might be surprised to find how soon, under the be nign influence of work, the problems of life would grow less complicated An hour of work each day, good hard work that clears the brain and leaves no room for worry, may prove a sav ing of time and of strength for the woman of affairs, for it will break the monotony of the intellectual strain and make life brighter and easier in every way."

Mind Power.

The following story of Benvenuto Cellini is told in "Success" by J. Lincoln Brooks, who declares the ex perience to be a triumph of mind over the physical condition:

When about to cast his famous statue of Perseus, now in Loggia del Lanzi, at Florence, Cellini was taken with a sudden fever. In the midst of his suffering, one of his workmen rushed into his sick chamber and ex claimed, "O Benvenuto, your statue is spoiled, and there is no hope whatever of saving it!"

Cellini said that when he heard this he gave a howl and leaped from his bed. Dressing hastily, he rushed to his furnace, and found the metal "caked." He ordered dry oak wood and fired the furnace fiercely, working in the rain that was falling, stirred the channels, and saved his metal.

He continues the story thus: "After all was over, I turned to a plate of guide whereby he might select in salad on a bench there, and ate with proper quantities food substances of a hearty appetite and drank, together with the whole crew. Afterward I re tired to my bed, healthy and happy ends of pleasure is the beginning of a for it was two hours before morning and slept as sweetly as if I had never felt a touch of illness."

His overpowering desire of saving his statue not only drove the idea of illness from his mind, but also drove away the physical condition, and left him well.

Worth Remembering. Remember that well-tanned people are not apt to be sick, Dr. Sunlight is the most successful doctor in the universe.

The only sure consumptive prevent ive is fresh air, and it's cheap. It isn't rest you want, but exercise; not stimulant, but food; not change

of air, but air. Chew your food-don't bolt it. The quick-luncher eatches the early train for the cemetery.

Keep your lungs well filled with fresh air, and you won't need to bave a prescription filled.



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