both legs cut off. He wanted work, so I finally procured him a place to run an elevator. It was pretty hard to find such a man as this anything to do, but by persistency I landed him."

The reporter asked Mr. Reagin if any professional men ever came there to ask for assistance.

"Professional men, like people in every walk of life," he said, "meet with misfortune, and they sometimes suffer the very bitterest poverty. I have had lawyers, doctors, preachers, schoolteachers and all of that class of professional men here. They are brought to reverses many of them by thinking that there are great opportunities in the city, and so they leave their homes in the country towns and on the farms and come to Indianapolis only to meet with disappointment. And then again whisky plays its part with these men the same as anyone else.

OUT OF EMPLOYMENT.

"Then we have the business man, clerks and that order of men who are unfortunate by getting out of employment and are unable to get started again. I remember one old man who was a dry goods clerk from Chicago, and had got out of employment probably on account of his age. He was here at the Inn for four or five months, then went West, and I received a letter from him not long ago saying that he was getting along all right. Now, I want to emphasize the fact that men like these I have just been talking about are not the box car species. They come here and really amount to something. Last year there was sawed, split and delivered $4,000 worth of wood from this place.

"The men who come here from all stations of life, who are unfortunate and cannot get work, but are more than willing to work, would excite your sympathy. Some of them are old and unfit for labor, yet they are not eligible to the county poorhouse because they are not residents of this county. They could, of course, be transfererd to the county which they come from, and this is very often done, but they have a horror of going to the poorhouse, and some of them would rather starve than do this."

"Are there any extreme cases of poverty in this city?" Mr. Reagin was asked.

"I suppose somewhere in the city there is poverty in its worst form, but I don't know of it. And I want to say if there is such need not be the case, because the charity organizations and the County Commissioners are always willing and pleased to help any worthy person in need. Positively there is no reason why any man, woman or child should suffer from poverty in this city.

"The County Commissioners gave $600 to this institution this year. They paid us a visit, and, seeing how things were done, donated us that sum of money. They realized that an institution of this kind did a great deal of good. If it wasn't for such a place as this a great many men would be driven to desperation. I will say that there is less robbery in Indianapolis than of any place of its size in the country."

WITHOUT MUCH HOPE.

Mr. Reagin was asked if these unfortunate men displayed any character, and replied:

"No; the majority of them work along in a listless kind of way, seemingly taking litle interest in their surroundings. They appear to lose all of their ambition until they can get started again, and some of them turn out pretty well. Among the class of men who come here we find many that are good Christians. Some of the best praying men on earth are here. We have gospel meetings every Sunday afternoon and any one would be surprised at the interest the inmates of this place manifest.

"I'll tell you where people make a great mistake, and that is in helping these street beggars. They do not deserve a quarter of the sympathy they receive. These blind musicians whom every one sees on Washington street are there from their own choosing and not from necessity. One of those men I know in particular, who, as soon as he becomes tired of sawing on his old fiddle, repairs to a barrel house and gambles his money away for drinks. I remember not long ago a boy who had both legs paralyzed sat on one of the downtown streets and created a great deal of sympathy on account of his pitiable condition. Mr. Grout, of the Charity Organization, had the case investigated and found that the boy was from some small town out in the State and that his parents were well off and were willing to take care of him, but refused to give him money to buy whisky with.

"The place for all of these cases of crippled and blind beggars is the county infirmary. But, of course, they make money by sitting on the street, and so long as they do this they will continue to be an eyesore to the public. Some of these street beggars come from families of beggars. You can trace them back for whole generations. There is never anything expected of this class more than that they will beg. They are reared to it and it is born in them.

"Here at the inn we never judge persons by what they say, but by what they do. We require that for a night's lodging they must do about 10 cents' worth of work, and for a meal the same amount. That means that a man will have to saw and split about one-eighth of a cord of wood. Any good active man can do it in forty minutes, while it will take an hour for one not quite so spry. When they first come here we fumigate their clothes and make them take a hot bath. If, after fumigation, their clothes are found unfit to wear we furnish them with others which are given us from people about town."

NEEDS OF THE WORKERS.

(CONCLUDED FROM PAGE 13.)

even in such a law-abiding country as England.

RAILWAY REGULATIONS.

But everybody admits that the railway which runs into Liverpool street, and which, coming from the east, necessarily takes in many working-class suburbs, is the least amongst the transgressors both as to rates and the time at which it runs its working-class trains. Its boast is that every day it has a hundred trains in motion for the benefit of London's toilers. Daily, too, it transports thousands of this class ten miles and back for the small sum of four cents, and this, so far as it goes, would seem to be all that could be desired. But these temptingly cheap trains begin running very early in the morning and give place after an hour or so to trains which exact a little more than four cents for the round trip, these, in turn, being supplanted, as the morning hours advance, by trains of still higher fare, until finally, and too early, as the workers and their friends are loudly claiming, no trains are run at other than the ordinary rates.

Out of this statement the reader will easily gather almost everything necessary to a full understanding of the early morning shelter problem which is being so happily solved, on a small scale, by the downtown Church of All Hallows-on-the-Wall. Naturally both the men and the women, working on a small wage, as they are compelled to do in this country, count every penny saved on railway fare as that much to the good for other purposes, the result being that many take the earliest and cheapest trains, like clerks, shop assistants and women employed in the sewing rooms of big stores, who would, perhaps, if they only looked at the situation with less regard to the saving of a few pence, better promote their physical well-being by remaining in bed an hour longer and paying the slightly increased fare of trains running later.

HOURS OF LABOR.

It must not, of course, be overlooked that the class of workers here mentioned begin their daily labor much later in England than in the United States, and continue to a later hour in the evening. For shop assistants and sewing girls 9 a. m. is about the average in London, and for those engaged in office work, most of them not getting more than $5 or $7.50 a week, the day's labor scarcely ever begins before 9:30 and often not until 10. So that for those who take advantage of the cheapest trains there is a long and dreary interval between their arrival at the railway station and the time when they can enter their places of employment. For the men there is always, of course, a warm welcome in the public house, and for the girls, too, if they choose to go there. But the usual recourse of both classes is a wearisome perambulation of the streets, which, in damp weather, and with the never-absent fog of a London morning in autumn and winter, must be dreadfully depressing to both the health and the spirits. "Why," said the Rev. Montague Fowler, as he pointed proudly to his happy early-morning company of good-looking, tidily-dressed young ladies, waiting in the shelter of All Hallows for the time to begin their day's work—"Why," he said, with a warm enthusiasm, "before we opened our church to them this same class of girls used to die off like rats with pulmonary complaints."

One effect of this novel and most commendable work at All-Hallows-on-the-Wall will undoubtedly be to stimulate other churches in the neighborhood of railway stations to go and do likewise. There is already a certainty that other churches will go into the morning shelter business, and also that halls and disused storerooms will be requisitioned for this commendable cause. But the most practical result of all is likely to be the increased public and governmental pressure which will be brought to bear upon the railway companies, looking toward an extension of the time during which their cheap trains are run. An active agitator in this interest, as in many other philanthropic causes, is Dr. Macnamara, M. P., for Camberwell, who strenuously contends in Parliament and the press that the railway companies are not keeping their contract. In eighteen years the Board of Trade, he says, has given them, as a return for their reduced fares to working men, a rebate of duties amounting to $40,000,000, and the railways, he says, have made no adequate return for this.

HENRY TUCKLEY.

HOW TO TREAT A COLD.

When Simple Remedies Fail They Must Be Reinforced.

It is a fact that one catches cold by getting too hot and suddenly cooling off. The man who throws his coat off when overheated and sits in a draught to cool off is inviting a visit from that bete noir of the north, a cold. The belle of the ball, in her V corsage, all of a glow, standing by the open window, is signaling for a cold, and pneumonia, the forerunner of death, will speedily obey the summons. The man who hugs the register and then goes out into the biting air is throwing a thousand doors open for a cold, for the pores are relaxed and cannot resist the entrance of the chilling air. The man who thinks to keep healthy by bundling up and transforming himself into a polar bear as far as wool and fur is concerned, is taking a through ticket for a cold. Too much clothing is worse than too little, because the system cannot resist heat as well as it can endure cold. Heat is enervating; it saps the vigor; but cold is invigorating; it stimulates the vital forces.

But suppose you have caught a cold, goodness knows how, how will you treat it? Certainly not with whisky, it is to be hoped; for if that is your plan, you may have a cold all the time, thinking the remedy, contrary to the rule, better than the disease. Having caught your cold, ninety-nine out of a hundred will say at once: "Oh, let it alone! It will get well of itself!" And the majority will emphasize their precept by their example. Some doctors, too, will foolishly join in the popular cry: "It's only a cold," and look upon it as a trivial matter, neglecting that which may terminate seriously, if not fatally. Such advice is homicide, and such practice suicidal, for an ordinary cold is a simple form of fever, an external manifestation of internal congestion and inflammation, the only difference between a slight cold and a high fever being one of degree, for as a smoldering spark may break into a devouring flame, so a light cold may develop into a consuming fever. A simple cold is often the starting point of a long and wasting disease, never to be cured, and ending only with life. It is, so to speak, the entering wedge of death. Once the thin edge is entered the "house of life" is easily broken.

A person who has become suddenly chilled presents a blanched appearance, due to an unequal distribution of the blood. Internal organs are oversupplied with blood while the blood vessels of the skin are contracted and comparatively empty. The reason is plain. Cold contracts the arteries, and these being diminished in size less blood flows through them. Consequently, the internal organs, the lungs especially, or the brain, oftentimes, become engorged with blood; they are in a state of active congestion, and if the normal equilibrium of the circulation is not quickly restored, this will become a focus of disease, the active congestion will become passive, and inflammation will ensue. The blood debarred from its natural course becomes laden with impurities and poisons the system instead of relieving it of waste products and nourishing it. The skin refuses to perform its functions of health and the process of radiation, by the aid of which nature keeps the body temperature equal, is retarded; consequently, the heat of the blood rises and fever results. As soon as the skin resumes its normal functions and the nervous system regains control of the blood system, the heat falls, the fever subsides. Such, in brief, is the natural history of a cold.

A cold may be divided into three stages, each being marked by a characteristic set of symptoms:

First, there is the cold stage, that of invasion, marked by chilliness and often by shivering; second, there comes the hot stage, that of fever or congestion, marked by a hot skin, dry mouth, intense thirst, headache and lassitude; third, there is the stage of perspiration, of resolution, the breaking up of the cold, through the resumption by the body and its organs of their natural functions.

Taking our cue from nature we found our treatment on her dictates, endeavoring to induce:

First, free elimination of foreign material from the blood; second, a reduction of the abnormal heat. The first purpose may be brought about most efficaciously through the kidneys. The second is accomplished through the skin. A means to the end in both cases is an abundant supply of fluid.

Nature's first and imperative call is for fluid, and every fever patient instinctively craves this. By the tenets of the old school, patients were refused water, and died in all the agonies of a martyr burning by inches at the stake of science, a victim to the dogma of error. At the present day we think it undoubtedly beneficial to give a patient iced water, little and often; lemonade, hot or cold; acid phosphate, grape juice or champagne, to ally the thirst and burning dryness of a fever patient; and we feed such an one upon hot bouillon, strong beef tea, tea or coffee, gruel or porridge, hot water and wine, or the popular hot brandy and water, or rock and rye; each being given with a definite, determinate purpose of promoting perspiration and inducing action of the kidneys and bowels. The latter articles mentioned, some of them at least, have, in addition, a nutritive value which adds to or reinforces the vital forces of resistance, stimulating the body to throw off the disease and resist its inroads.

Such simple remedies are often sufficient to break up a cold, if properly resorted to; they may, at least, cut it short, especially if aided by external warmth which will determine the flow of blood to the skin, thus relieving the internal organs of undue pressure and eliminating much injurious matter. This object may be attained by giving the patient a hot water bath, or a foot bath with a spoonful of mustard added, as a stimulant and counter-irritant, and then we put the patient to bed between woolen blankets, with a bag of hot water to the feet, or a hot brick, or a bag of hot sand; and we treat the patient to a glass of hot lemonade or ginger tea, insisting that he or she shall remain covered, however uncomfortable and oppressive the weight of clothing may feel, and not make a bad matter worse by throwing off the blankets the moment perspiration begins. After the sweating process is well established it is a good plan to rub the patient dry, after a suitable time, rather than allow a natural cooling off in the wet sheets. Care should be taken not to expose the person needlessly during this drying-off process, as more cold may be added.

Linen sheets should be discarded, as they are dangerous to persons even when in full health, as they retain moisture and abstract heat faster than any other article of bedding. For the same reason it is unhealthy as a material for clothing, although this does not apply to the so-called "Lonsdale" linen, which is, in reality, a very fine cotton fabric, well deserving the place which it holds in the estimation of women as an agreeable material for underclothing. Woolen, on the other hand, by its warmth and stimulating quality, is beneficial, both in preventing a cold and treating it. Where there is a tendency to take cold easily, or to slight rheumatism and stiffness during the winter months, woolen underclothing should be worn during the day, and at night woolen blankets should be used to sleep in.

If such a simple line of treatment does not suffice, we must reinforce it by diuretics, that is, remedies that stimulate the kidneys, promoting a flow of urine; and by diapheretics, remedies that induce perspiration. We may need, in addition, antipyretics, that is, remedies that are antagonistic to fever, controlling or reducing it, and sedatives to relieve pain. Medicine strictly such, should be used with caution, if at all.

If no doctor is at hand some of the popular remedies may be tried. Of these, the most popular is sweet spirits of nitre, the dose of which is from one-half to one teaspoonful once in two or three hours. It may be given in sweetened water, or, preferably, combined as in the following simple prescription:

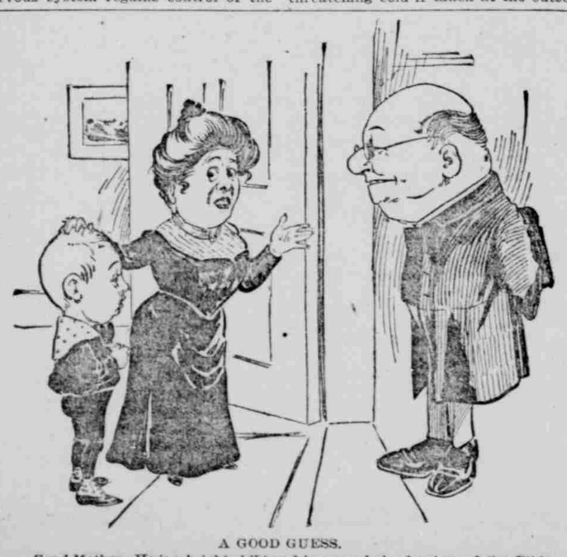
For a Cold—Take: Sweet spirits of nitre, 1 ounce; solution of sulphate of morphine, 1 ounce; syrup of tolu, 1 ounce. Dose: A teaspoonful every two hours.

The morphine in this prescription eases any pain that may be present, and, in addition, has a direct influence in preventing further inflammation, if any has arisen, and reducing that already existing. The syrup of tolu has no appreciable action other than that of a dilutent to make the mixture palatable. The sweet spirits of nitre is diapheretic and diuretic.

The same effect may be gained by the use of Dover's powders, say in a ten-grain dose, just before going to bed, in connection with the sweating process. This contains ipecac, opium and sugar of milk, the medicinal effect being to allay irritation and pain and cause sweating. And speaking of sweating let me give a caution against the person who takes such treatment carelessly exposing himself after the process is over. Still, if a person is careful to thoroughly dry himself and, perhaps, rub the body with a little alcohol and water and stimulate the pores to close by friction with a rough towel there need be no fear of catching cold by going out after a sweat and there is a feeling of buoyancy and a glow of health that can be obtained in no other way.

This treatment will often break up a threatening cold if taken at the outset, but if it becomes settled other remedies may be necessary, and these will be given next week.

L. N., M. D.



A GOOD GUESS.

Fond Mother—He is a bright child and knows whole chapters of the Bible by heart.

Parson—Who was "Doubting Thomas?"

Bobbie—Lipton, I reckon.

AN INSECURE ISLAND.

(CONCLUDED FROM PAGE 13.)

from the walled city and two of the wards by January next, from certain other wards by next July and from all parts of the district by one year from next January. A permit is to be required for all repairs in this district, based upon an application in writing, with plans and specifications attached. Specifications for new buildings must be minute. Owners must construct sidewalks and keep them in order.

Building material shall conform to legal trade and manufacturing standards, and only the best lime mortar may be used, with such proportion of sand as to insure cohesion and elasticity, and with a mixture of cement if it is to be exposed to the action of water. The maximum safe bearing capacity of the soil is estimated at twenty tons to the square meter, and foundations must be proportioned to that pressure and must reach a depth of fifty centimeters below the general surface of the ground. In composite buildings of masonry and framework the uprights of the framework shall extend into the foundation piers not less than fifty centimeters, but not through them. No wooden pile or timber foundation shall be permitted above the lowest level of seepage water. Outside masonry walls without framework shall have a minimum thickness of one-sixth of their height, and masonry partition walls without framework shall be less than thirty centimeters thick. No main wall shall be of greater length than twice its height without partition walls for support.

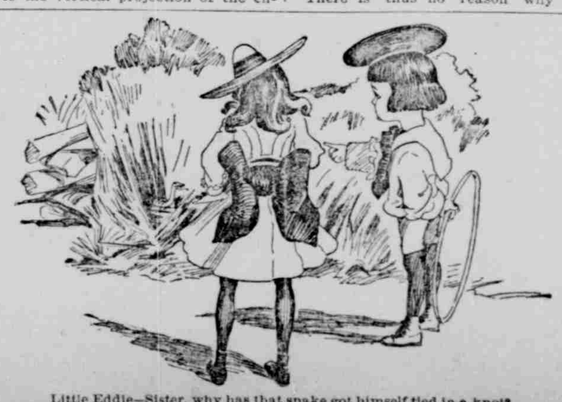
Only in places of worship may masonry walls without framework be more than one story in height, but composite walls of masonry and framework may be four stories high, with a wall thickness of eighty centimeters at the first story, sixty at the second, forty at the third and twenty at the fourth. Three-story buildings must start with walls sixty centimeters thick, two-story buildings with forty centimeters and one-story buildings of that construction must have walls of twenty centimeters thick. Framework of buildings of more than one story shall be so designed and braced as to support the roof independently of the masonry filling and to withstand a wind pressure of 200 kilometers per hour against roof and sides. No story may be built of less than three meters or more than five meters high. Floors in tenements, dwellings, apartment houses or hotels shall be of sufficient strength to support an imposed weight of 340 kilometers per square meter. Joists shall be connected by cross bridges at intervals of every five meters of length, and joists and beams shall be secured to walls and to each other by iron anchors and straps, so that there shall be a tie running from wall to wall across the entire building at intervals not to exceed three meters. Openings more than two and one-half meters in width will be spanned by a steel girder or properly designed arch. Lintels or girders shall not rest directly upon brickwork, but upon bedplates of cast iron or granite. Framework of buildings, when not filled with masonry, shall be braced with diagonals at the corners, and the frame alone shall have sufficient stability to resist a wind of 200 kilometers an hour against the area of roof and sides.

A CIRCUMSTANTIAL LAW.

Roofs shall be of galvanized iron, tile or similar noncombustible material. Roof trusses shall be of steel or substantial timber, constructed so as to support in addition to their own weight a uniform load of 185 kilograms per square meter over the entire roof surface, and to resist a wind of 200 kilometers per hour against an area equal to the vertical projection of the entire roof. All roofs shall be securely anchored to the supporting walls or timbers through their trusses or rafters. Steel trusses of more than ten meters span shall be constructed to allow for changes of temperature, and the clear span of wooden roof trusses shall not exceed twelve and one-half meters. There is provision for buildings in interior courts which must have a clear space of six meters around them and not exceed six meters in height or be constructed on the street front. Kitchen chimneys must be of sheet iron, with conical spark arresters; they must be supported by ironwork and reach at least one meter above the eaves of any building within a distance of ten meters; they shall be at least twenty centimeters from any woodwork; at the point of leaving the building the intervening space shall be filled by sheet iron or brick, and all chimneys shall pass through the roof and no opening for them may be made in the walls. Smokestacks shall not be of brick or masonry for a greater height than fourteen meters. If higher they must be of steel, carry spark arresters, be secured to withstand a wind of 200 kilometers per hour, rise at least five meters above any building within a distance of fifty meters and be at least one meter from any woodwork. The law goes into detail as to theaters, meeting or amusement halls, factories and the classification and inspection of steam boilers.

There is thus no reason why Manila should be shaken, burned or blown down if a circumstantial law can hedge it with safety. The authorities seem to fear storm or fire more than earthquake. Why fire is not common can be explained only by reference to the fortune that guards the reckless, for men, women and children smoke, throw lighted matches broadcast among the easiest tinder, and nearly always there is breeze enough to fan a flame. Protection against high wind is a necessity in comfortable existence here. But when the earth, content usually with mildly swaying its bulk, comes into the open for a show of power it leaves no doubt that it can use its giant strength like a giant. The building law will not get its supreme test until that challenger shall try conclusions with it.

FREDERICK W. EDDY.



Little Eddie—Sister, why has that snake got himself tied in a knot?

Little Sallie—Guess he wants ter remember sumthin'.