

Home Health Club

By DAVID H. REEDER, Ph. D., M. D.
La Porte, Ind.

RHEUMATISM.

Since the first Home Health Club lectures were published, over seven years ago, I have several times discussed the subject of home treatment for rheumatism. All of the various methods described will apply, because rheumatism is a condition which manifests itself in many ways, and, although the general characteristics are the same in nearly all cases, yet as an individual condition it is seldom that two cases are alike.

It has been well said that nothing will make firmer friends of a couple of old confederate and union soldiers than to have a touch of the same kind of rheumatism. Anyone who suffers with rheumatism will probably sympathize with all other such sufferers and will also read with interest of the many simple home cures that have been from time to time given in my lectures. I believe that I am correct in my idea that rheumatism can come from only one source, indigestion. The food, or at least a portion of it, remains too long in the alimentary canal. Fermentation takes place.

We all know that one of the natural results of fermentation is an acid. Now in vinous fermentation there is developed or set free carbonic acid gas, while the souring of milk gives rise to lactic acid, acetous fermentations produce acetic acid, etc., etc. It is not reasonable, therefore, and logical that the souring of urea, which is a natural but waste product of the normal being, should produce uric acid. Now uric acid is not a natural product of a healthy body and is not found in perfectly normal urine, but, as I said before, urea is a natural but waste product and comes from oxidation of the nitrogenous tissues, the waste or ashes, so to speak, of the body. We know what conditions are necessary to produce fermentation and we know that such conditions are present in people who sometimes say that they have perfect digestion but are terribly troubled with constipation, not knowing that the second statement flatly contradicts the first. When more food is eaten than is required by the system, improper combinations of food, or insufficient mastication, the condition is ripe for fermentation.

Now perhaps I have said enough about the original or predisposing cause of rheumatism, but sufficient to give you an idea where we must begin treatment if we wish to effect a cure. Live right, eat right, eat to live, not live to eat.

Let me tell you about a case of rheumatism that was cured in a manner which would, according to the popular idea of the causes of rheumatism, have caused a very bad case of it. A man who had suffered for years with rheumatism and was at that time suffering a little with rheumatic fever, was by accident confined in a damp building without food for five days. He had access to a clear spring of pure water which flowed from the cellar. He drank an abundance, and when liberated was in almost perfect physical condition. Not a trace of fever and not a rheumatic pain or ache.

I have frequently directed a diet limited strictly to dry toast and fresh buttermilk for a week. In the case of stout people, that is, people who have too much fat, the result is excellent. Not only will the fat disappear quite rapidly, but they will be stronger and free from rheumatism.

There are many kinds of simple home treatment of which I will gladly tell you more at some future time. For the present, to relieve acute rheumatic pains, adopt the hints I have just given you.

CLUB NOTES.

If J. H. Belding, Pleasanton, N. R. Washington, and Mrs. Charles, will write again, giving their name and address in full, I will take pleasure in answering their various inquiries. Be sure and state your address in full.

Oregon.—Dr. David H. Reeder, La Porte, Ind.—Dear Sir: I have been going to write to you for a long time and thank you for all the good you have done me. My stomach is not bothering me any more, by just following your advice. Constipation was something I was almost dead with when I first read your lectures, but is now all right. I also wrote you about my nose getting sore at times, cold sores; it is all right now, thanks also to you. I also send a remedy for chilblains. It might be of value to some one. Put the feet in hot salmon pickles. I cured my feet that way, but I have heard that beef pickles are just as good. Wishing you a Happy New Year, I am, respectfully, Mrs. S. M.

A majority of the stomach troubles with which the human family are afflicted will yield quite readily to the simple, natural remedies advocated by the Home Health Club, and I am glad to have you not only tell me of the various troubles with which you were so badly afflicted, but also to see that you want to help others, by telling them of a remedy for chilblains. Quite a number of formulas have now been given for chilblains, and I hope suffering may be relieved in every case.

Galva.—David H. Reeder, La Porte, Ind.—Dear Doctor: I will now ask for advice, as I note your lectures in this paper, and it is with great anticipation that I await the coming of the paper which contains these lectures. I should like to get advice in regard to my deafness. I have now been troubled with it for several years; it rings and rumbles in my head. I have not only deafness in right ear, but for the time being am deaf in left ear also. It seems that whenever I take cold, it settles in my left ear. At times it runs, and then deafness will hang on for a couple of months. I consulted a doctor here, who said that no catarrh was to be found, but I think it is catarrh. Have been deaf in right ear since I was very young. If there is any cure to be found I would consider myself lucky. Ear does not always run; once it bleeds. I read in the paper

about the use of vinegar, but as I do not know in what condition I am, I have not yet tried it. When I swallow it feels like slime fastened in throat. If there is any relief I would be thankful. Also desire to know if smoking causes deafness, and how to get rid of this trouble. Respectfully, Mrs. R. T.

Although the physician who examined you was probably correct in regard to there being no signs of acute catarrh at that time, yet I agree with you that your trouble has been caused by catarrh. It has now passed into a diseased condition which causes the discharge. The use of washes, or remedies to be applied from the outside will sometimes give relief and discharges do not cure. I have written you privately as to certain kinds of tissue elements which you should use, and as you are undoubtedly familiar with these by this time, I feel certain that you will readily understand the value and importance of their use. Such simple, home remedies last are easily procurable and always harmless are best. While the one ear may not be greatly benefited, the discharge will be overcome and further damage to the other ear prevented. The same remedy will decidedly benefit your throat. Smoking will not necessarily cause deafness.

Idaho.—David H. Reeder, La Porte, Ind.—Dear Doctor: * * * Now Doctor, I want to tell you what you have done for my son, James L., of Dayton, Wash. In the spring of 1896 he was sent to the Medical Lake hospital for the insane and at the end of about six months was discharged as cured. There were no important developments until two years since, when his health not being very good, he consulted you and you advised a course of treatment which included the hot blanket fomentation described in your lectures and other special treatment. I knew his health was not good, but did not know of your advice to him. That fall my wife's health failed so completely that she had to go to live with our oldest daughter, 100 miles away. This broke up the family and I went to live temporarily with another daughter near by. Late in December, 1903, we found James falling fast, and I went back home with him to the old home on January 8, 1904, and for the first time learned what your advice to him was. We began at once with the hot blanket fomentation every third night, making the water soapy, and carried out in full all of your instructions. He had fallen into the habit of brooding, and it is truly pitiful to hear him. He said he could not help it. I fully believed and do yet that he would speedily become insane if the treatment should not prove an immediate success. In two weeks I could see a decided improvement, and the brooding soon stopped.

I stayed with him until the last of April, when, believing him cured, I came here. His letters have been uniformly cheerful and the last one assures me he is all right. Gratefully yours, F. H.

It is very gratifying to know that James has been so greatly benefited by the suggestions which I made in regard to his treatment, and I feel positive that he will continue in good health for many, many years. You should advise him, however, that if he feels, at any time, any return of the old trouble, he should not fail to write me about it.

Readers of this publication are at liberty to inquire for any information pertaining to the subject of health, and at any time. Address all communications to the Home Health Club, or Dr. David H. Reeder, La Porte, Ind., with name and address in full and at least four cents in postage.

Woman's Inventive Genius.

It is not true that woman lacks creative genius. In fact, the inventive talent is marked in woman. There is usually something original in her makeup, asserts the Washington Star. The rude masculine observer who makes the charge that woman is defective in creativeness is wrong. He has noted that when one woman begins to wear a certain or uncertain shape of hat every other woman must have the same shape, be it shapely or shapeless. He has observed that when one woman switches the fullness of the sleeve from the elbow to the shoulder or back again from the shoulder to the elbow every other woman must do the same. He has observed that when one woman designs to bake a cake she insists on borrowing the neighbor's recipe, though this argues more for woman's reverence for precedent than for her lack of originality. The observer has also noted that the first woman got off the first street car backward and that ever since every other woman has done the same thing.

Morality of the Average.

It is the fashion of the day to place society upon the vivisection table, and since the abnormal is always more sensational than the normal we are being treated to horifying disquisitions upon the results of these investigations, says the Pittsburg Dispatch. Why do not these sensationalists consider the average man once in awhile? Is it because he is conventional and fails to furnish startling theories? Yet there are many millions more of him than of the subjects of social vivisection at either end of the scale. And the normal men and women are to be found in the ordinary dwellings that do not belong to either category. The progress of the nation, of humanity, depends upon normal, not the abnormal, and there is every indication that the average is constantly being raised.

Sure Winner.

"Doctor, I am afraid that he'll die if you don't give him something that will stay on his stomach."

"All right, all right; try him with a porous plaster, and if that fails to stay 'phone me.'—Houston Post.

Hard on Domestic.

Yeast—Do you keep any domestic animals in your household?

Crimsonbeak—No; my wife does all her own housework!—Yonkers Statesman.

TO ROUND HOLLOW CHEEKS

Woman with Sagging Face Should Use Skin-Food or Try Suction-Cup to Improve Contour.

The woman with what is known as the sagging face can relieve her haggard and old appearance by persistent treatment before her own mirror. This is done either by a combination of skin food and massage or by use of a suction cup. The best skin foods all contain lanolin and many women fear to use it because it has the reputation of growing hair. This danger can be avoided if the skin food is properly used. First, wash your face thoroughly and dry it more than thoroughly. Leave not a speck of moisture upon it. Now apply the skin food and massage well, using upward and outward strokes, never downward. Then wash out the skin food with pure soap and water and dry thoroughly. The reason a growth of hair follows the use of skin food is that the pores are damp and the oil sticks in the pores. The following is an excellent formula for skin food: White wax, one ounce; spermaceti, one



USE THE SUCTION CUP.

ounce; lanolin, two ounces; sweet almond oil, four ounces, coccoanut oil, two ounces; tincture of benzoin, 30 drops, orange flower water, two ounces. Melt the first five ingredients together. Take off the fire and beat until nearly cold, adding little by little the benzoin, and lastly the orange flower water.

The suction cup is on sale at any first-class drug store and costs from 50 cents up. It looks like half a glass, topped by a rubber bulb. To use this cup, plant it firmly on the face in the middle of the chin, press the bulb and the edges of the glass will attach themselves to the skin. Now, work the suction cup upward and outward, covering as much surface as you possibly can on the right cheek, then press bulb and release the glass edges. Start again in the middle of the chin and work your way upward and outward on the left cheek. Always clean the cup thoroughly after using. A common cause of hollow, sagging cheeks is bad teeth. No woman who makes a pretense to good looks can afford to have one tooth missing from her mouth. Cosmetic dentistry has made it possible to build up a new tooth on a mere fragment or shell, and teeth are even planted in the gums. Porcelain fillings are now preferred to gold, which make the teeth look dark and porcelain false teeth are preferred to the more conspicuous gold crowns. Great hollows in the jaws cause not only sagging cheeks, but uncleanness of the mouth, offensive breath, indigestion and malnutrition.

FOR EVENING DRESS.

Bodice May Be Made of Almost Any Soft Materials Trimmed with Silk and Lace.

This pretty bodice is suitable to be reproduced in soft woolen materials, such as voile, delaine and crepeoline, or in silk. It is slightly full, and pouched all round over a deep swathed band of silk.

The trimming consists of straps of silk terminating in pointed ends each side front; these are laced together in

PEANUT PARTY MAKES FUN

This Kind of Evening Easy to Provide For and Sure to Furnish Plenty of Amusement.

Peanut parties are always enjoyable and easy to prepare. On the invitations fasten a peanut shell or have a string of peanuts painted on the card in water colors. Have a generous supply of peanuts concealed in the rooms, in every spot imaginable, behind pictures, under rugs, on window sills, etc.

When the guests have arrived, give each one a silk bag or paper sack and let the hunt begin, each man for himself. After a half hour, call time and count the spoils, according to a prize of a box of salted peanuts for the greatest number and a bag of unshelled nuts for the smallest lot.

Next provide some peanuts, tooth-picks, pen and ink, tissue paper and gum, and allow ten minutes for the making of a doll. The result will be most amusing. Serve peanut sandwiches, coffee, salted peanuts, peanut candy and ice cream with peanuts in it. Write quotations and place inside peanut shells, one for each guest.—Madame Merril.

Good Tooth Powder.

A simple formula for tooth-powder is this: Four ounces of powdered precipitated chalk, one ounce of powdered myrrh, one ounce of pulverized borax, two ounces of pulverized borax. Mix and sift by forcing several times through bolting cloth. Use a firm brush when cleansing the teeth. Remove all foreign particles with a bit of dental floss. Twice a year have your dentist scrape away the tartar that is sure to form in spite of the greatest care.

Hair Tonic.

Forty grains of resorcin, one-half ounce of water, one ounce of witch-hazel and one ounce of alcohol. This is particularly good when the hair is very oily. Shampoo your glory crown every week or two with eggs and hot water. If tiny bits of the whites of the eggs adhere to the hair strands, don't fret yourself to a fever, because the brush will remove them. Hot water is necessary if the shampoo is to be thorough.

A Red Scarf.

A scarf of red was stunning with the prettiest walking suit of moleskin gray. Red wings set off the graceful little hat of moleskin gray, and when scarf and coat and hat were off that tiny bow of scarlet velvet showed at the throat.

Sacred Stone of Mecca.

The sacred, or sacred stone of Mecca, is re-covered every year with diamonds sent by the Sultan of Khedive. A single covering has, on occasion, cost \$15,000.

HOW TO WASH THE FACE.

Cleanse Thoroughly at Night with Hot Water—Cream Should Be Preferred to Soap.

All the grime of the day should be thoroughly removed at night and the pores of the face allowed fresh breathing space, advises Mme. Hebe. In the next place, don't use soap and water on the face any more than is necessary. Now, I am sure many soap-and-water fiends will exclaim: "Oh, I never can do without soap and water." Well, those who want to use soap, and oftentimes hard or dirty water, can do so, and when they get a good crop of wrinkles and large pores they will wish they had taken my advice. A learned physician once took me to task for advising a cleansing cream for the face, and said he always used soap and water, through the day, and from the very florid condition of his skin, and quite as many wrinkles as his years would warrant, I could readily believe he used soap and water, and not the best soap in the world or the purest water.

When I compared his skin with a dainty, perfectly clean little woman's, with fine pores, clear, soft and delicately tinted, who for years had used only a cleansing cream, and a dainty toilet water during the day, I then and there decided to stick to my opinion. It is necessary to use certain preparations of soap and hot water once daily, but this should be used at night, and after this a cream. When the pores are large and coarse don't expect to improve them by scrubbing the face, as you would the kitchen floor. The face should be treated with a great deal of respect and gentleness. Large pores will respond to persistent massage, vapor and an astringent, but not to the scrubbing brush. Those who use water should never, never use hot in the morning, unless they also use cold. They can use hot water at night, and then a massage cream. When the muscles are relaxed, bathing with very cold water will help to make them firmer, but see to it that the water is soft and clear.

Those of my readers who wish to have a clear, fine, unlined skin, with the least trouble, try the following rules, and I am sure in six months' time you will feel well repaid for the little extra time it may require and the extra pin money expended. Take a warm bath every afternoon or night, and use a bath brush. Cleanse the face with a cleansing cream, or good soap, and warm water, followed by an application of cream, the last thing before retiring. Sleep in a well ventilated room. Ten minutes' physical culture exercise in the morning, and a cold sponge bath in a warm room; if not an all-over sponge, at least the throat and chest. Dampen a towel with toilet water and wipe the face, or in cold water, omitting soap.

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A GRACEFUL BODICE.

center by ribbon passed through rings that were worked over in buttonhole stitch with silk to match the color of the material. The outer edge of the strap is trimmed with a fringe of lace that is carried round the pointed ends. The sleeves consist of double puffs arranged on a tight lining and finished at the elbow by frills and lace ruffle.

Materials required for the bodice: 3 1/2 yards silk 22 inches wide, about six yards lace.

A Scented Hairbrush.

Waves are scented by touching them with a brush that is itself scented. A scented brush is the nicest thing that can grace a woman's dressing table. It must be very clean, and must not be used for general brushing of the hair. Twice a week a few drops of jasmine can be poured upon it and the brush when not in use lies in a silken box with a cover upon it. When you are dressing the hair and have finished combing it take the brush from the box and run it lightly a dozen times through the hair. The result will be a delightful scent which will pervade the tresses all day.

For Falling Eyebrows.

Tincture of rosemary, five grains; tincture of cantharides, one grain; alcoholate of Florovanti (a French toilet water), 50 grains; spirits of camphor, 50 grains. This cologne water can be substituted for the French. Apply with a very fine brush, and be careful not to go beyond the line of the eyebrows. Anything applied to the brows must be used delicately and in minute proportions. You do not want to stimulate wide, heavy brows, but narrow, arched lines.

WHEN A TIRE BURST IN INDIA.

A thrilling story of how the side-slip of a motor car nearly resulted in a man being roasted alive is told by Ernest Esdale, in Motoring Illustrated. The incident occurred in Duhlia, a village on the road from Delhi to Bombay. The car was being driven slowly past a Jain temple, amid the whooping of natives and the beating of tom-toms.

"At the temple entrance," writes Mr. Esdale, "stood two priests, regarding us with no friendly glance. Bang! and our back tire has burst—a deep rut in the road has caught the wheel, too. In a moment we swerve round, and, horror! smash right into the temple door. Alas! we have committed sacrilege, and of the worst kind.

"We set to work to repair the tire, and just as we have finished a heartrending, ear-piercing shriek rings out from the temple inclosure. We rush in, brushing aside two juvenile priests, who try to stop our progress. A crowd of

white-robed priests stand between us and the inner sanctuary. But the three of us are old football players; the priests are down like ninetails.

"We tear the curtain aside and stand for a moment rooted with horror.

"Seizing the uplifted knife from the nearest fanatic, we cut the leather strings and lift the fainting sacrifice from the altar. Then we beat the priests off, regain our car, and ride away amid a shower of missiles."

Extra Army Rations.

All European armies have certain extras weekly in the way of food. Sugar is given in England and France. Two gallons of beer in Russia, half a gallon of wine in Italy, three pounds of fish in Spain, and five ounces of butter in Belgium.

Wise Girl.

"So she married that awful Jack Rouser? Why, didn't she know that he had been blackballed by every club in town?"

"Yes—that's why she took him. She thought there'd be some chance of keeping him at home evenings."—Cleveland Leader.

High Finance.

It is high finance when the law isn't smart enough to catch you.—N. Y. Press.

When a Tire Burst in India.

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Fifty Years a Rabbi.

Chief Rabbi Mell, of Trieste, recently completed 50 years' tenure of office. The jubilee was celebrated in all the synagogues. The chief burgomaster personally tendered his congratulations to the chief rabbi.

Artificial Ears.

Bursell Roe, eight years old, who was born without ears, has been fitted with a pair at Bowling Green hospital, Toledo, O. He always possessed the sense of hearing.

NEW FOOD LAW

People now demand the right to know exactly what they eat.

To be told by maker or retailer that the food is "pure" is not satisfactory.

Candy may contain "pure" white clay or "pure" dyes and yet be very harmful. Syrups may contain "pure" glucose and yet be quite digestible and even beneficial. Tomato catsup may contain a small amount of salicylic or boracic acid as a necessary preservative, which may agree with one and be harmful to another.

Wheat flour may contain a portion of corn flour and really be improved. Olive oil may be made of cotton seed oil. Butter may contain beef suet and yet be nutritious.

The person who buys and eats must protect himself and family, and he has a right to, and now demands, a law under which he can make intelligent selection of food.

Many pure food bills have been introduced and some passed by State legislatures; many have been offered to Congress but all thus far seem objectionable.

It has seemed difficult for politicians to formulate a satisfactory bill that would protect the common people and yet avoid harm to honest makers and prevent endless trouble to retailers. No government officer has the right to fix "food standards" to define what the people shall and shall not eat, for what agrees with one may not agree with another and such act would deprive the citizen of his personal liberty. The Postum Cereal Co., Ltd., perhaps the largest maker of prepared foods in the world, have naturally a close knowledge of the needs of the people and the details of the business of the purveyors, (the retail grocer) and, guided by this expert, they have prepared a bill for submission to Congress which is intended to accomplish the desired ends, and inasmuch as a citizen of the U. S. has a right to food protection even when he enters another State it is deemed proper that the government should take control of this matter and provide a national law to govern all the states. A copy of the bill is herewith reproduced.

Sec. 1 governs the maker whether the food is put up in small packages sealed, or in barrels, boxes or otherwise.

Sec. 2 governs the retailer who may open a barrel and sell the food in small quantities. When he puts the contents into a paper bag he must also enclose a printed copy of the statement of the maker which was affixed to the original pkg. and inasmuch as the retailer cannot undertake to guarantee the statement of ingredients he must publish the statement of the maker and add his own name and address as a guarantee of his selling the food as it is represented to him which relieves the retailer of responsibility of the truth of the statement and throws it upon the maker, where it properly belongs.

The remaining sections explain themselves.

The Postum Cereal Co., Ltd., for example, have from the beginning of its existence printed on the outside of each and every pkg. of Postum and Grape-Nuts food a truthful and exact statement of what the contents were made of in order that the consumer might know precisely what he or she was eating. A person desiring to buy, for instance, strictly pure fruit jelly and willing to pay the price has a right to expect not only an equivalent for the cost but a further right to a certainty as to what he eats. Or he may be willing to buy at less cost a jelly made of part of fruit juices, sugar and a portion of glucose. But he must be supplied with truthful information of the ingredients and be permitted to use his personal liberty to select his own food accurately.

The people have allowed the slow murder of infants and adults, by tricky makers of food, drink and drugs to go on about long enough. Duty to oneself, family and nation demands that every man and woman join in an organized movement to clear our people from this blight. You may not be able to go personally to Washington to impress your Congressmen, but you can, in a most effective way, tell them by letter how you desire them to represent you.

Remember the Congressman is in Congress to represent the people from his district and if a goodly number of citizens express their views to him, he secures a very sure guide to duty. Remember also that the safety of the people is assured by insuring the will of the people be carried out, and not the machinations of the few for selfish interests.

This pure food legislation is a pure movement of the people for public protection. It will be opposed only by those who favor their pockets by deceiving and injuring the people. Therefore, if your Representative in Congress evades his patriotic duty hold him to strict account and if necessary demand equitable and honest service. This is a very different condition than when a factious demagogue legislates for the Congressman. Several years ago the butter interests of the country demanded legislation to kill the oleomargarine industry and by power of organization forced class legislation really unworthy of a free people. Work people wanted beef suet butter because it was cheap and better than much unclean milk butter, but the dairy interests organized and forced the legislation. The law should have provided that pkgs. of oleomargarine bear the statement of ingredients and then let people who desire purchase it for just what it is, and not try to kill it by a heavy tax. Manufacturers sometimes try to force measures in their own interests but contrary to the interests of the people and the labor trust is always active to push through bills drafted in the interest of the trust but directly contrary to the interests of the people as a

whole. Witness the anti-injunction bill by which labor unions seek to tie the hands of our courts and prevent the issue of any order to restrain the members of that trust from attacking men or destroying property. Such a bill is perhaps the most infamous insult to our courts and the common people ever laid before Congress and the Representatives in Congress must be held to a strict accountability for their acts relating thereto. But when bills come before Congress that are drawn in the interest of all the people they should receive the active personal support of the people and the representatives be instructed by the citizens. The Senators also should be written to and instructed. If, therefore, you will remember your privilege and duty you will at once—now—write to your Congressman and Senator on this pure food bill. Clip and enclose the copy herewith presented and ask them to make a business of following it through the committee considering it. Urge its being brought to a vote and requesting that they vote for this bill.

Some oppressively intelligent and compelling critic may say this is simply an advertisement for Postum and Grape-Nuts. It is true that these articles are spoken of here in a public manner, but

they are used as illustrations of a manufacturer seeking by example, printing on each pkg. a truthful, exact statement of ingredients, to shame other makers into doing the fair thing by the common people, and establishing an era of pure food, but that procedure has not yet forced those who adulterate and deceive to change their methods hence this effort to arouse public sentiment and show a way out of the present condition of fraud, deceit and harm.

The undersigned is paying to the publishers of America about \$20,000.00 to print this announcement in practically all of the great papers and magazines, in the conduct of what he chooses to term, "an educational campaign," estimated to be of greater direct value to the people than the establishment of many libraries. That is held to be a worthy method of using money for the public good. Tell the people facts, show them a way to help themselves and rely upon them to act intelligently and effectively.

The reader will be freely forgiven if he entirely forgets the reference to Postum and Grape-Nuts, if he will but join the pure food movement and do things.

C. W. POST.

TEXT OF PURE FOOD BILL.

If it meets approval cut it out, sign name and address and send to your representative in congress. Buy two or more publications from which you cut this. Keep one for reference and send the other to one of the U. S. Senators from your State. Ask one or two friends to do the same and the chances for Pure Food will be good.

A BILL

TO REQUIRE MANUFACTURERS AND SHIPPERS OF FOODS FOR INTERSTATE SHIPMENT TO LABEL SAID FOODS AND PRINT THE INGREDIENTS CONTAINED IN SUCH FOODS ON EACH PACKAGE THEREOF.

Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled That every person, firm or corporation engaged in the manufacture, preparation or compounding of food for human consumption, shall print in plain view on each package thereof made by or for them shipped from any State or Territory, or the District of Columbia, a complete and accurate statement of all the ingredients thereof, defined by words in common use to describe said ingredients, together with the announcement that said statement is made by the authority of, and guaranteed to be accurate by, the makers of such food, and the name and complete address of the makers shall be affixed thereto; all printed in plain type of a size not less than that known as eight point, and in the English language.

Sec. 2, That the covering of each and every package of manufactured, prepared or compounded foods shipped from any State, Territory or the District of Columbia, when the food in said package shall have been taken from a covering supplied by or for the makers and re-covered by or for the sellers, shall bear upon its face or within its enclosure an accurate copy of the statement of ingredients and name of the makers which appeared upon the package or covering of said food as supplied by or for the makers thereof, printed in like manner as the statement of the makers was printed, and such statement shall also bear the name and address of the person, firm or corporation that re-covered such food.

Sec. 3, That it shall be unlawful for any person or persons to purposely, wilfully and maliciously remove, alter, obliterate or destroy such statement of ingredients appearing on packages of food, as provided in the preceding sections, and any person or persons who shall violate this section shall be guilty of a misdemeanor, and upon conviction shall be fined not less than one hundred dollars nor more than five hundred dollars, or imprisoned not less than one month nor more than six months, or both, in the discretion of the court.

Sec. 4, That the Bureau of Chemistry of the Department of Agriculture shall procure, or cause to be procured from retail dealers, and analyze, or cause to be analyzed or examined, chemically, microscopically, or otherwise, samples of all manufactured, prepared or compounded foods offered for sale in original, unbroken packages in the District of Columbia, in any Territory, or in any State other than that in which they shall have been respectively manufactured or otherwise produced, or from a foreign country, or intended for export to a foreign country. The Secretary of Agriculture shall make necessary rules and regulations for carrying out the provisions of this Act, and is hereby authorized to employ such chemists, inspectors, clerks, laborers, and other employees, as may be necessary to carry out the provisions of this Act and to make such publication of the results of the examinations and analysis as he may deem proper. And any manufacturer, producer or dealer who shall refuse to supply, upon application and tender and full payment of the selling price of such articles of food to any person duly authorized by the Secretary of Agriculture to receive the same, shall be guilty of a misdemeanor, and upon conviction shall be fined not exceeding one hundred dollars, or imprisoned not exceeding one hundred days, or both.

Sec. 5, That any person, firm or corporation who shall violate sections one and two of this Act shall be guilty of a misdemeanor, and upon conviction shall be fined not exceeding two hundred dollars for the first offense and for each subsequent offense not exceeding three hundred dollars or be imprisoned not exceeding one year, or both, in the discretion of the court.

Sec. 6, That any person, firm, or corporation, who shall wilfully, purposely or maliciously change or add to the ingredients of any food, make false charges, or incorrect analysis, with the purpose of subjecting the makers of such foods to fine or imprisonment under this Act, shall be guilty of a misdemeanor and upon conviction shall be fined not exceeding one thousand dollars nor less than three hundred dollars, or imprisoned for not less than thirty days nor more than one year, or both.

Sec. 7, That it shall be the duty of every district attorney to whom the Secretary of Agriculture shall report any violation of this Act to cause proceedings to be commenced and prosecuted without delay for the fines and penalties in such case provided.

Sec. 8, That this Act shall not be construed to interfere with commerce wholly internal in any State, nor with the exercise of their police powers by the several States.

Sec. 9, That all acts or parts of acts inconsistent with this act are hereby repealed.

Sec. 10, That this Act shall be in force and effect from and after the first day of October, nineteen hundred and six.

The undersigned respectfully requests the Representatives from his district and Senators from his state to support this measure.