

PROTECTION OF HEALTH

By Wm. H. Harper, B. S., M. D.

Simple, practical suggestions on different every day problems of health. File each article as a different subject or phase of medicine will be discussed at each writing.

Constipation.

"No person can enjoy the fruits of health in company with this most common affection, constipation."

Constipation does not in all cases require the treatment of a physician, but in those cases which the following "home treatment" does not suffice, competent medical advice should be obtained.

Bear in mind, "No drug or drugs alone will cure constipation," hence do not be misled by the frequent advertised medical cures of this condition. Drink no less than two glasses of water (hot or cold) on arising in the morning, one glass of water before each meal and the same amount on retiring at night. During the day the thirst of an individual should be quenched as the occasion demands. Insufficient intake of water is very often not only the sole cause of constipation, but numerous other bodily ailments.

Water is essential to life. It is a constituent of all tissues and fluids of the body, dissolves the food, distributes the nutriment, removes waste matters and conveys them to the organs of elimination. By evaporation it aids in maintaining the body temperature. Drink water as I have above set forth whether you have constipation or not, as its importance and necessity are evident from its physiological actions.

Diet plays a very important part in causing or relieving constipation. Some foods are constipative to some while they act as laxatives or purgatives to



Wm. H. Harper, B. S., M. D. others. Where persons suffer from constipation, the breakfast menu should always contain cooked fruit of some kind, preferably prunes, apricots or peaches. Figs are very good and should be eaten occasionally during the day or at night. Bananas should be tabooed. Green vegetables are as a rule beneficial, pork, sea-food and cabbage should be eaten with great discretion.

Drugs should play a very limited part in the treatment of constipation. If an individual's bowels will not move then it is only sensible and wise to resort to drugs, but drugs should only be used to establish well the normal peristaltic wave of the gastro-intestinal tract.

After this is once established, the acquiring of a habit to function at regular intervals is a property of human tissues and the intestinal tract is no ex-

ception, hence it is absolutely necessary for every individual who desires to cure himself of constipation, to assist in bringing about this normal functioning. This may be done by having a regular time for bowel movement, never let this vary over a radius of an hour, but if the desire comes before it should never be overlooked, but promptly attended to.

There should be no less than one bowel movement per day, but some individuals have normally two and even three movements a day. Where such conditions obtain and health is not molested, nothing in the way of treatment should be adopted.

EAST MOLINE, ILL.
(Special to Bystander.)

Editor of the Bystander:
Sir: Please see that this item is published:

Citizens of Mazon, Mo.:
We wish to thank our many friends for the cordial welcome we have received since our return from France. We realize that you are interested in us and we feel that the sacrifices we have made on yonder battle field have their worth untold.

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PARIS, MO., NEWS.

Miss E. J. Hanger, manager of the Shelbyville, Mo., concert, showed in Paris Saturday night. The church was full. It was a fine religious affair. They came to help out Mrs. R. Moore club. The door receipts were over \$25. They had refreshments at the hall after the concert was over. All together took in over \$40 for the club. Two little girls cracked some comical jokes that made the crowd laugh pretty hearty at times. Miss Hanger has out her line and hook. Prof. T. B. Burris has one eye on her. Mrs. Kinslow was the best singer in the bunch. There were 30 people connected with the show.

Mrs. Rosa Robinson is feeling some better now. Mrs. Pauline Henderson, who has been living in Cleveland, Ohio, with her son, Mr. Eugene Clark, is dead. She will be brought to Paris for burial this week.

Miss Bertha Jackson is home from Detroit, Michigan, visiting her parents. Mrs. Julia Moore and Mrs. Julia Coleman and little Caskie Coleman were here last week visiting Mr. Henry Coleman and wife.

Mr. Chester Campbell and Mr. Claud Scott and Harrison Reed and Frank Moss are home from France. The boys look well and fine.

The boys and girls of Madison, Mo., were real good to Miss Eunice Maupin during the time of her sickness.

The Paris people were good in going up every Sunday to see Miss Maupin. Many thanks to the Paris folks for coming up to Madison and helping me out the last hour. Claudie House. Subscribe for the Bystander.

MT. PLEASANT NOTES.

Sergt. LeRoy Pickett, Privates Lincoln and Jay Green and Wilbur Burnaugh are home, having been honorably discharged. All are members of the Buffalo division which recently returned from overseas.

The Bishop Alden Club gave a chicken pie supper which proved a success. Over \$40 was cleared.

Miss Lucile Dabner was week end visitor with Cleopatra Page.

Mr. and Mrs. Geo. Brown were Fairfield visitors Sunday.

Mr. and Mrs. Bert Bramble have returned from Chicago.

Mr. Leighman Nunley has returned from Galesburg for an indefinite stay.

Mrs. Clay Reed passed away at St. Francis hospital, Burlington, March 26, after being operated upon. She leaves to mourn her loss a husband, two daughters, a sister and son.

Mr. and Mrs. Morris Wicks of Eldon, Mrs. Emma Martin of Urbana, Ill., Mr. Everett Reed of Rock Island and Mrs. Lizzie Conner of Galesburg, Mr. and Mrs. E. Holmes, Mr. and Mrs. Fred Holmes and Mrs. Perry Grump were here to attend the funeral of Mrs. Clay Reed.

Miss Irene Bryant of Chicago is visiting friends.

Miss Bertha Carson celebrated her 14th birthday by inviting twelve girls to spend the afternoon.

This Week.
Mr. Wilbur Burnaugh left Tuesday for Des Moines.

Mr. Jay Green left Saturday for Chicago.

The Second Baptist church is holding revival meetings.

The reception given last Friday night at the A. M. E. church for our colored soldier boys who were over to France, was a grand success and a large crowd was present for the occasion. Mr. Watts acted as chairman of the evening. The speakers were Mayor Mills, Rev. Foster, also Rev. Jackson, Rev. Lassely and Rev. Bradshaw of Ottumwa. Roy Pickett, Wilbur Burnaugh and Link Green gave a fine talk of the fighting. After the program lunch was

served. Every one said they enjoyed a fine evening under the management of Mr. J. H. Wick.

CLINTON, IOWA.

Mrs. Anna Johnson and daughter Lucille have returned from Ottumwa, where they have spent several weeks with relatives.

Mrs. Ella Robinson is quite feeble at this writing, much to the regret of her friends.

Lieut. E. W. Mann is expected home this week from Camp Grant for a visit at his home.

The supper given under the auspices of the trustees of Bethel A. M. E. church by the Helpers was a success as to attendance and finance, the effort netting close to \$50.00, which will be used to the best advantage by the trustees in liquidating the church expenses. Subscribe for the Bystander.

The band started some days ago by some of our boys is rapidly assuming shape. No doubt it will not be long before there will be music in the air.

Claude Heron left last week for Edmonton, Alberta, Canada, where he will stay indefinitely, a guest of his uncle and aunt, Mr. and Mrs. John Sayles, former residents of Clinton.

Mr. Art Williams is suffering with a cold this week.

An entertainment with program will be given at the Masonic hall Thursday evening, April 10th.

The pastor and members of Bethel A. M. E. church are in receipt of an invitation to the anniversary celebration of the A. M. E. church of Muscatine next month.

The news of the death of Bishop C. T. Shaffer was received with regret in Clinton.

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