THE SAN FRANCISCO CALL

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A REVIVAL OF THE WATER CURE.

IF Father Preissnitz, sleeping quietly in his grave in Grafenberg, know what is going on his ashes will glow with pride. Among the therapeutic and dietetic reformers of the first half of the nineteenth century he was chief. Alexander Graham's dyspepsia gave us Graham bread, an article now grossly degenerated because it is made by mixing bolted flour with bran, while he made it of natural unbolted flour. But Preissnitz included simple diet in the gospel of cleanliness and various applications of pure water as a curative agent. He had a hard time. It was charged that his cures were effected by medicating the bath sponges, and he responded by abolishing the sponge in favor of the hand and crash towels.

The water cure had a great vogue for several years. The use of the wet compress, the wet sheet pack, hot and cold baths, water drinking and the douche became quite general. In this country the leading apostle of hydropathy was Dr. Trall, whose establishment in New York was not only a hospital but a school of the new cure. He was a regularly educated physician and brought his knowledge of anatomy, physiology and pathology to bear in pushing the new treatment. But the system failed, perhaps through its rejection of every therapeutic agent used by the regular school. It left behind it, however, a confidence in the bath and a generality of its use that were unknown before.

The hydropathic schools closed. Practitioners of that exclusive system entirely disappeared. When this total eclipse fell upon the system, the regular profession began the gradual absorption of the good that was in it. The large cities of the country had to have Russian, Turkish and other bathing establishments. The use of water as an anti-febrine, in cooling enemas, baths and packs was recognized. This was a great step forward, when it is remembered that formerly the family doctor regarded the drinking of water by a fever patient as fatal, and forbade it. Now the value of lavage, the washing of the alimentary tract by copious water drinking, is recognized; and water is recognized as a valuable therapeutic agent, to an extent as great as in the system of Preissnitz.

California is rich in thermal and medicinal waters. Medical men, men of the first class, have long believed that we have waters of as high efficacy in diseases of the liver, heart and genito-urinary system as those of Aix, Vichy, Carlsbad and Bad Nauheim. Such physicians have been confident that when the use of these waters of California is administered under proper prescription the results would warrant the wide advertising of our springs, as equal to those of Continental Europe, which are yearly resorted to by thousands of Americans. The Call has often heretofore suggested the possibilities that lie in these waters, and it is evident that their virtues waited only for an apt time and favorable circumstances to come into wide notice.

There was no surprise among the medical profession when Dr. Baruch, the world's greatest living authority on hydrotherapeutics, another name for Preissnitz water cure, appeared in California, employed by the Southern Pacific Railway, to examine the virtues of our waters. His conclusions bear out the views of our own medical men. But he goes farther than some in exploiting the curative effects of plain pure water, while agreeing with them upon the enormous possibilities and therapeutic value of our mineral waters. He desires to impress upon patients and physicians the absolute necessity of the scientific use and application of all waters, in every way in which they may be used as a curative agent. Not only its mineral properties are to be considered, but its temperature when applied and the method of the application. When its application is scientific the best results are obtained in some of the most painful and devastating diseases, such as rheumatism, gout, Bright's disease, indigestion, low fevers, insomnia and neurasthenia.

A lay paper may not discuss the scientific aspect and technique of the matter, but all Californians are interested in the importance of our medicinal waters and in all efforts to bring them into notice, not only for the relief of sufferers who cannot go to European springs, but for the addition to the attractions of the State. With wine and oil and honey, sugar and fruit furnished by our plains and medicine gushing from our mountains, crying out with the voice of many waters to the sick to come and be healed, the State is more than ever an object of interest to the sick and well of the world.

POST CHECK MONEY.

MAIL currency would be so much more completely current than our present form of money that the effort now being made to have the Government adopt a combination system by which money could be made into a postal check by the simple addition of one's signature is worthy of the support of all who wish to facilitate business and the general exchange of services in this busy world. The advocates of this convenience now have a bill before Congress; the Postmaster General has asked for legislation; and Mr. Overstreet, chairman of the postoffice committee of the House, has promised consideration of the bill at an early date. It is time for those interested in the introduction of the improvement to make their wishes known.

The plan is to have all $1, $2 and $5 bills hereafter issued by the Government to contain blank space to permit a change of money into a check, something as our present postoffice orders are now signed. Supplemental to those bills a fractional post check currency of 10, 25 and 50 cents is proposed. These all to pass current from hand to hand just as our present money, and when we wished to send them by mail the fee to the Government to secure their safe delivery to the right parties is to be a two-cent postage stamp (one cent for fractional) pasted on the bill and canceled by the sender. This would save the inconvenience of trips to the postoffice to purchase money orders.

It is true that the bills thus transferred would necessitate the issue of new ones to replace them; but this would be one of the advantages of the new system, for it would tend to keep in circulation a supply of crisp, clean bills, much pleasanter to pay and to receive than that which has been soiled by long use and careless and squalid association. Tainted money in the moral sense may often be difficult to detect, but the physical taint is palpable and often unfragrant. So this plan, which will automatically renew the bills, would be esthetic and wholesome as well as exceedingly convenient.

The post check currency would be a great advantage to concerns which do a large mail order business, and no doubt many more orders would be sent in if this plan is adopted, which will make the sending of the payment so much more convenient. It would be much favored by publishers and their patrons. Convenient as it would be to city people, it would be doubly so to the rural population. There can hardly be a question that its adoption would augment the whole volume of business transactions very much, as well as increase the postoffice revenues.

When an old political wolf wants to get popular these days he puts on an elaborate suit of reform clothing.—Baltimore Sun.

Mr. John D. Rockefeller has mysteriously disappeared. Somebody please stand up and make a noise like a dividend.—New York Telegram.

The women suffragists in convention assembled demand a square deal, too. Some of their more frivolous sisters prefer it cut bias.—Boston Herald.

If, as young Mr. Rockefeller holds, there can be no justification of a falsehood, let him stand up and answer this: "Where is father?"—New York Herald.

The House of Representatives refused to revive the whipping post for wife-beaters. Three-quarters of the members are married men!—New York Herald.

Will He Dare to Hit His Uncle's Favorite Corn?

—PHILADELPHIA INQUIRER.

NEVER COME AGAIN.

SUSIE had a gallant knight,
Quite a charming chap;
Came on her one day by chance
When she'd had a nap.
Took one look, departed,
Looking solemn then.
Susie's broken-hearted now—
He'll never come again!

Blugger had a mother-'n-law;
Came to visit wife.
Willie pulled a chair away—
Sat down, bet your life!
Rose in anger; said some things
Better not to pen.
Friends congratulating Blug—
She'll never come again!

—A. J. WATERHOUSE.

Kansas Philosophy.

As a rule the best reputations are those we hear the least about.

The man who is in the penitentiary quits a whole lot of bad habits.

A man who is perfectly satisfactory to himself never suits other people.

There are a great many ways of becoming unpopular, but one of the surest is to rush in where angels fear to tread.

When the average man scratches his finger, imagination is appalled and unequal to the task of picturing how he would groan if he had broken it.

It is possible for a woman to answer the telephone without waking the baby, but a man at the telephone will arouse a whole family in a house two blocks away. —Atchison, Kan., Globe.

GIRLS.

OH, some may laud the golfing girl
A-speeding o'er the green;
With dancing eye and flying curl
She is an outdoor queen.
And some the horsey girl may praise,
With her divided skirt;
But not for me her mannish ways
And mannerisms pert.

A gambling girl is fine, some think—
On anything she'll bet;
And others like a girl who'll drink
Or smoke a cigarette.
Now, each of these may be a pearl—
I've nothing much to say:
I'll merely sing the girlish girl—
She's very rare to-day.

—MINNEAPOLIS TRIBUNE.

BARLOW'S SACRIFICE.

SUDDENLY the enlisted man turned to the officer and said in a voice that was choked from the clutching of thirst's hand at his throat. "Lieutenant, I was afraid that we might be tempted to drink this long ago, so I saved it for the extremity. Lieutenant, I have one good drink of water left for each of us in my canteen."

Barlow shook the canteen and Tracy heard the splash of water within.

"Drink, Barlow," said Tracy, "drink. You saved it and it should be yours. Drink it, I say. It may give you strength to go on. If you get back, boy, and the men strike water, ask them to come after my body."

Tracy was reeling. His brain was awhirl and his whole system was on fire.

"Lieutenant," said Barlow, "I had more in my canteen than you had in yours when we started. Men in an extremity like this should share and share alike. I'll take my cup and we'll divide the water."

"Is there enough for the two and to do any good?" asked Tracy.

"Yes," answered Barlow, "one good drink for each."

"Drink first," said Tracy. "I'll not drink until my command is served."

"All right, sir," said Barlow.

The lieutenant turned away for a moment. He heard the gurgle of water. Would it never come his turn to drink. Barlow spoke: "Lieutenant, I'm afraid I took more than half. Here's what's left."

He poured the water from the canteen into the cup. There was a good round drink. "Take it, lieutenant," said Barlow; "I had more than that."

Tracy seized the cup and drained it. Oh, the joy of it. New life went surging through him. His eyes cleared. He looked at Barlow. There was no new life in the man's eyes. His lip was drooping.

"Barlow," said Tracy, almost fiercely, "you deceived me. You never drank a drop."

Something like a smile came into the soldier's face. "Forgive me, lieutenant," he said, "but there was only enough for one." Then he staggered and fell forward.

In an hour there was only one living soldier in the desert, but before the soul of Barlow had fled he whispered to his lieutenant: "I allowed your younger brother to go to prison for a crime I committed. The proofs are in my box at the fort. I am glad to have made even indirect reparation."

Barlow's sacrifice was not in vain. Tracy was rescued, and the story is a trooper's tale unto this day.—Chicago Post.

AMUSEMENTS OF ROYALTY.

NOTHING is so tiresome as routine, and royalty's daily routine of ceremonies palls. There is ofttimes no pleasure in recreation, for even recreations are conducted with pomp and restraint. Kings and queens have their hobbies, and these hobbies are out of the ordinary, as witness the following:

The Grand Duke of Hesse is happy when he can snatch a moment from affairs to devote to embroidery. He is skillful with the needle and his work is said to be beautiful. He is particularly clever in the arrangement of colors. He is also devoted to music, dancing and acting.

The Czar of Russia has a passion for collecting caricatures of himself, and he is having a room papered with pictures in which he is the victim of the caricaturist's pencil.

"I can sing as well as any of them," says the Czar of Russia, who has a fine tenor voice, which it is his chief pleasure to use. "My enemies say many harsh and unkind things about me," he once said when in gay spirits he had been entertaining a party, "and accuse me of being destitute of any accomplishments, but I defy them to say that I cannot sing as well as the best of them."

Wholly unmusical was the late King of Italy, on the other hand, and a story was once told regarding his lack of ear and voice for music by the then Prince Victor. King Humbert disliked to be reminded in any way that the Queen was growing old, and he had a particular antipathy to seeing her wear glasses. The Prince described one of the domestic scenes thus:

"When papa saw the glasses going up to mamma's eyes he cried: 'Margherita, put down those glasses!' Mamma did not obey. 'Margherita, if you don't take off those glasses I shall sing.' And mamma had such a dread of papa's false notes that she obeyed at once to save herself from torment."

All the caricatures published in Paris and London of the German Emperor are collected and pasted in a book for his inspection, as well as everything important that is said about him in the foreign press, be it pleasant or unpleasant, polite or cynical. In this respect he is something like William I, who made a careful collection of the most ridiculous caricatures of himself printed in France from 1866 onward.

The present German Emperor has a positive craze for posing for the camera. A fad at present with him is the biograph.

CARRIE NATION CAT.

W. A. Doolittle of Sabetha has a regular Carrie Nation cat. It is a big Angora. It was formerly owned by a traveling man living at Des Moines. One day the cat escaped from his home in Iowa and wandered into a saloon. He walked up to a handsome mirror and saw his reflection in the glass. He immediately bristled up. So did the reflection. He snarled. The reflection apparently snarled back. He made a cautious advance. The reflection also took a step in his direction. He retreated. The reflection retreated. Then he gave a mad plunge to seize his adversary. In the ensuing scrimmage the mirror was smashed and in addition $100 worth of cut glasses and dishes on the saloon sideboard was broken. The saloon-keeper was so mad that he would not be appeased by the traveling man settling the bill, but swore he would kill the cat. The traveling man was afraid he would carry out the threat, so he brought the cat to Kansas, where they have no saloons with mirrors to break, and presented it to Mr. Doolittle.—Kansas City Journal.

PROOF.

"Did Mrs. Oglamug's husband leave her well provided for?"

"He left her fabulously rich."

"How do you know?"

"I see by the latest society news she is to be married again."—Houston Post.

OATHS.

Juliet had just begged Romeo not to swear by the inconstant moon.

"Well," he sneered, "do you want me to swear by Constant Reader?"

Herewith only Shakespeare's tact averted a lover's quarrel.—Puck.

IN SOCIETY.

Hostess—This is a very select party. I've invited only the very best people.

Host—But who are those two men in the corner?

Hostess—Detectives, to see that nothing is stolen.—Cleveland Leader

SHE'LL HAVE A VOTE YET.

THE National Woman Suffrage Convention, which closed in Baltimore recently, has revealed some interesting facts:

New York is the stronghold of suffragists, having twice as many members as any other State.

Massachusetts is second, California third, Nebraska fourth and Iowa fifth.

Pennsylvania has the largest suffrage society extant—that in Philadelphia, which has the largest membership of any, over 500.

When it comes to giving money to help women get the ballot Pennsylvania leads all the States.

The total amount of funds handled by the National Woman Suffrage Association last year was $28,333.92.

The national suffrage society receives now about $1000 a month for its work.

Twenty-eight thousand general articles, exploiting the cause of woman's enfranchisement, have been sent out through the press during the past year.

Over 5000 papers use suffrage articles.

Grover Cleveland's article on club women created a great boom in woman suffrage literature and kept the printers busy issuing contradictions and replies.

Seventeen national organizations, including the American Federation of Labor and the National Council of Women, now indorse the woman's vote.

In the suffrage States women teachers receive the same pay as men for the same work.

In Michigan woman suffrage delegates are given seats in the labor sessions and the label of the labor unions is used on suffrage stationery.

Massachusetts and New York have each secured over 15,000 names of those who favor suffrage toward the grand total of one million which it is hoped to enroll before the next Presidential election. Pennsylvania reported 985.—Philadelphia Record.

IDENTIFIED.

The car was crowded and there being two or three polite men left in Indianapolis one of the two or three gave her a seat in the forward end of the car. He remained on the platform to finish a cigar. She always lets him do that.

When the conductor came along the smoker presented two tickets.

"Who is this for?"

"The lady up in front."

"Yes, but there are several up there."

"Oh, well let's see! I'm paying for the one under Eat-'em-Quick Biscuits." —Indianapolis News.

NO WOMEN THERE.

From Culican, Mexico, it is reported that because a woman entered the Jesus Maria y Annexae mines several hundred miners went on strike and refused to return to work until the parish priest went into the mines and sprinkled all shafts and tunnels with consecrated water. It is an old superstition among Mexican miners that if a woman enters a mine a catastrophe will follow.—Milwaukee Sentinel.

EMPHATIC ANSWER.

They are telling of an Atchison girl who received a proposal of marriage by telegraph. She went to the telegraph office and asked the clerk how many words she could send for a quarter: He said ten, and her answer was: "Yes, yes, yes, yes, yes, yes, yes, yes, yes, yes."—Atchison Globe.

EVERYBODY WORKING.

Hes Luggins is baling some turnip tops for goat feed, and will ship 'em horse back next week. Turnip tops are almost good enough for people to eat, and Hes says a goat knows himself when he goes up against a good feed of 'em.

Junk Everson et a hen Sunday that weighed ten pounds. The new preacher tended to a part of the big fowl, and his family took a few whacks at it. They et all but the big bones.

Etelle Growe is almost frantic of corns on her left toes all night. She uses lots of carbolic acid and wears her pa's logging shoes.

Cad Nippins is gethering Shad Misker's persimmons on the Shears. Cad says he will get about four bushels, and when he gets them sweetened with sorghum and dried, the gals will get a treat in good eatings.

Nub Swinkse's dog performed the holy calm at church Tuesday evening.—Cypress, Ford Cor. Shepherdsville (Ky.) News.

MATCH THE BRAINS.

A West Philadelphia small boy saved up money enough to build a wooden water-wheel and then asked his father to help him in its construction. "All right," said the father, "we'll form a partnership. You furnish the capital and I'll supply the brains." The youngster fished 28 cents out of his pocket and counted out 20. "I guess 20 cents will be enough for that," he said, and he was entirely innocent of any attempt to get off a joke.—Philadelphia Record.

LIBEL ON MAY.

"May Irwin is filling McVicker's Theater."—Stage note.

O blithesome May, so gay, they say
You fill McVicker's—horrid way
To speak of a lady so petite,
So statuesque, svelte, willowy, neat;
We don't believe it when they say
You fill McVicker's—don't believe it, May.

—Boston Post.

SCHEME THAT FAILED.

THE janitor of a large apartment-house on upper Broadway is evidently not only a student of human nature but a reader of books, for he recently put into practice the Mark Twain story of the boys who struggled for the honor of whitewashing a fence, says the New York Herald. The janitor's scheme worked like a charm during one of this winter's snowy days, but that personage sincerely wishes that it hadn't.

The pavement of this janitor's realm was covered with snow and ice. When that personage emerged from the warmth of the furnace room he looked at this prospective work and sighed. Just then a troop of boys, on their way from school, came straggling along, and with a glance at them the janitor dropped on his knees in the snow, hunting intently. Finally, when he had an audience, he picked up a nickel.

"Whatcher lookin' fer, mister?" queried the schoolboys.

"You boys go right away from here," the janitor said, severely. "I want all this money for myself. A crazy man came along here during the snowstorm and scattered about $10 in nickels and dimes along the length of this pavement and the ice has covered it up. You boys trot along now."

"Oh, mister, we'll help you!" chorused the boys. "We'll give you whatever we find—honor bright!"

"All right, kids," answered the janitor, with seeming reluctance. "Here's shovels and hatchets. Half of you break up the ice and the others throw it in the gutter and pick up the money."

The janitor surreptitiously dropped a few pennies on the ice as a sort of bait and then retired to the cozy comfort of the furnace room. Occasionally to his ears came a shout of triumph as one of the coppers would be discovered.

Finally there was a scurry of feet and then silence.

"Aha!" quoth the wily janitor as he sauntered out to the pavement. "The kids have finished up the job and then beaten it with those three pennies."

The job was almost finished and the smiling janitor asked a small boy if the snow shovelers had found the $10.

"More than that, mister," said the small boy. "They came across a lady's pocketbook and it had $14.26 in it!"

LANGUAGE OF CARDS.

"My Queen!" cried the enraptured swain, pressing her to his heart.

"Jack, my own Jack!" murmured the maiden.

"One, two, three," chimed the clock.

"Diamonds are lusterless beside your eyes," whispered the lover.

"They are all yours, my King!" came the cooing response.

"Four!" said a bass voice on the floor above.

A flush crimsoned the maiden's cheek as, "six, seven, eight, nine, ten," she counted the kisses straight.

"I wish I had a club," said the bass voice on the stairs.

"The deuce!" cried the lover as the parlor door opened. And as he cleared the garden gate old Tray, following his lead, came within an ace of his calf.—New York Press.

FIRST FORKS.

The Greeks and Romans, with all their luxury, ate with their fingers. They had large forks for hay and for taking meats from kettles, but they never dreamed of having small ones for table use. These are the only forms of forks known to have been in use before the fifteenth century. Sometime during that epoch the Italians began the practice, now common to all civilized people among the Western nations, of eating with forks.—St. Nicholas.

ANSWERS TO QUERIES.

BRITT-NELSON—G. W. I., City. In the articles of agreement between Britt and Nelson for their first match, which was on December 20, 1904, the weight was fixed at 132 pounds.

OLD-TIME FIRE—Folsom street, City. The fire that occurred in the St. Ignatius building on Market street, the present site of the Parrott building, was on the night of December 27, 1889, the alarm being sounded at 10:20 o'clock.

THE NEW ROAD—S. T. T. C., City. The new electric road that is to run from San Francisco to Santa Cruz will be in touch with Halfmoon Bay. There are a number of persons at this time who expect to make that place a summer and winter resort, but as these persons are engaged in private enterprises to advance the place named this department cannot advertise them.

CITIZENSHIP—N. N., City, and L. R., City. The conditions for citizenship in all the States and Territories of the United States are:

"If it shall appear to the satisfaction of the court to which the alien has applied that he has made a declaration to become a citizen two years before applying for final papers and has resided continuously within the United States for at least five years and within the State or Territory where such court is at the time held one year at least, and that during that time he has behaved as a man of good moral character, attached to the principles of the constitution of the United States, and well disposed to the good order and happiness of the same,' he will be admitted to citizenship. If the applicant has borne any hereditary title or order of nobility he must make an express renunciation of the same at the time of his application."

In eleven of the States an alien who has declared his intention to become a citizen of the United States is permitted to vote before he obtains his final papers.

Application for citizenship can be made by an alien, who "must declare upon oath before a Circuit of District court of the United States or a District or Supreme court of the Territories or a court of record of any of the States having common law jurisdiction and a seal and clerk two years at least prior to his admission, that it is, bona fide, his intention to become a citizen of the United States, and to renounce forever all allegiance and fidelity to any foreign prince or state, and particularly to the one of which he may be at the time a citizen or subject."

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