

Fundamental Principles of Health

By ALBERT S. GRAY, M.D.

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THE FOUNDATION OF HEALTH.

All life is dependent alike for its awakening and for its maintenance upon the influence of certain chemical factors, among which heat and moisture may be regarded as paramount. The organisms now living on this earth are known as plants and animals and without exception one and all are subject to the same laws. This makes for a close correspondence among all life and thus it is possible for us to unravel and expose the tangled sources of our physical ills with comparative ease. The study of plants is called botany and that of the animals is known as zoology, while the study of living things in general, including both animals and plants, is known as biology. Humanity owes a vast debt to biology and that debt is increasing every day.

Biology teaches us that there is no room for chance in nature and that unrestricted growth never results in discord. Discord is always artificial. Wherever there is any "unnatural" condition we know there must have been some interference to account for it. And the present drift in the medical world is to locate this interference.

Research work conducted along these lines with fish, chickens and the like has recently exposed many interesting and extremely illuminating facts with relation to the subject of the disease known as cancer, and makes it very clear that we easily might solve most of our physical troubles in much the same way if we would only learn to heed the lessons acquired in the handling of the lower organisms.

Incubation is a word in common use; it is derived from the Latin words meaning to brood, or to lie on, and specifically it means the action of the hen in sitting on her eggs to hatch them; the word is also used in pathology as expressing the development within the human body of the germs of disease, and it is especially associated with the artificial means of hatching eggs with incubators.

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Under the most favorable conditions

Incubator chicks are never equal in general vitality to the normal hen hatched chick. They are less resistant and more subject to disease. We have not yet mastered nature's secrets either with the lower organisms or with our own species, and for this reason we can well afford to draw lessons from the experience acquired in the various hatcheries. The foundation of good health is good air and good food. Food to the nursing mother bears the same relation as lamp heat to the incubator, and if there is a deficiency in any degree in either case the developing life is certain to pay the penalty in lowered vitality; while if we take an excess of deficient foodstuffs we must likewise pay a penalty.

ARTIFICIAL FEEDING.

Inasmuch as health is the natural and normal state of mankind, it should not be difficult to preserve one's health. And it is not. But because health is inherent in us, and because we are elastic and therefore tend persistently to revert to the normal, whatever the provocation, with very few exceptions we obstinately and fatuously cling to habits and practices certain to impair our physical inheritance, until some sharp and severe experience lashes us into a consciousness of corporal limitations and compels the recognition of natural laws.

Without exception ill health, physical debility, sickness and suffering in general come through repeated violations, either on one's own part or on the part of others, of the laws of this universe, of which we are a constituent part.

It is said, "Every man is either a fool or a physician at forty," meaning, of course, that every intelligent person should develop sufficient powers of observation and judgment in 40 years' experience to enable him to live sanely, and therefore healthfully. But the appalling increase in deaths from the degenerative diseases occurring among those aged forty years and upward, directly the result of personal habits and indiscretions, raises a question as to the soundness of the old axiom and of the wisdom of depending solely on one's ordinary personal experience as a guide.

Too often irreparable damage is done to vital organs before we become conscious of the breakdown, and then it is too late to do anything worth while.

As a matter of fact the problem of life itself can be solved only by the study of what takes place in the minute portion of the cell, for it is in the "centrosome"—a roundish body alongside the nucleus of a cell that is undergoing division—that the new formation of an individual begins. Remember that cells increase by division into two, indefinitely. We cannot all become cytologists—cell experts—but we can easily acquire a personal working knowledge from observation of any one of the lower organisms—such as the chicken, for instance—sufficient for all practical purposes as a safe guide to better things if we will but open our minds to the truth.

To begin with, we do not know, here in this country, how many children are born annually, because only a few states require birth registration, and we are therefore unable even to approximate the percentage of infants stillborn as the result of conditions identical in principle with those that cause the death of the chick in the shell. But we do know from statistics returned on approximately 60 per cent of our population of 100,000,000 that at least twenty-five per cent of all infants born die before they reach one year of age. In contrast with this condition we know that if a sitting hen is given eggs from the same pens from which the incubators are supplied and from which an 80 per cent hatch is considered highly satisfactory, the hen will, with but few exceptions, produce hatches approximating 100 per cent.

The mortality in the incubator is insignificant compared to that which takes place among chicks under artificial brooding and feeding conditions, that is to say, during that period of life before the chick is sufficiently mature to be able to look after its own needs.

If the death of forty to sixty or more per cent of a given flock of chickens ended the matter we might content ourselves with the idea that inasmuch as each species tends to increase inordinately, the check known always to be in action, even though we are not able to perceive it, which is simply nature's method of preserving a balance, must result in an improvement of the breed. But unfortunately, this is found not to be true; for invariably those survivors of conditions which produce these very heavy mortalities are themselves so shattered physically that under the same conditions only a few generations suffice seriously to deteriorate a fine strain and, if persistently followed, quickly lead to total extermination of the line.

On every hand we find these conditions closely paralleled in the human species. Deficient food supply to the pregnant woman gives the same results following lack of heat in any other incubator, and an excess produces about the same effect as too much heat in the machine; both inevitably lead to deterioration in the child; while artificial feeding is known to be fully as disastrous to the child as it is so clearly proved to be to the chick and its descendants.

The solution is comparatively simple and consists in nothing more than training women to have a fit appreciation of the obligations of motherhood and seriously and conscientiously to prepare to meet the natural demands

IN FANCY NEEDLEWORK

NOTHING IS PRETTIER THAN THE CROSS-STITCH.

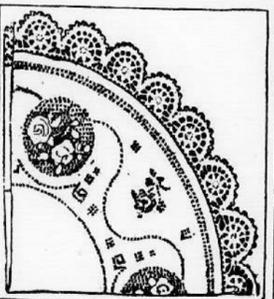
Decoration Particularly Effective With White Linen Teacloth—Guest-Room Towels So Treated Make Acceptable Gifts.

Not every woman is skilled in embroidery, but anyone who knows how to use a needle at all can do the cross-stitch, and, be it said, this is one of the most popular ways of decorating linens this winter. Neither is the work at all trying to the eyes, as are some of the more intricate stitches, writes Helen Howe in the Washington Star.

One of the most beautiful pieces of needlework displayed at an exclusive fancy shop is a white linen teacloth bordered with a conventional rose design worked out in a deep rose pink. The cloth is edged with wide cluny lace and the whole is wonderfully effective. The cost of the lace would depend upon the quantity, of course, or perhaps the width, as fancy dictated.

Cross-stitch is peculiarly adapted for towel decoration on account of its simplicity. While we see some adorned in punch work and satin stitch, it does seem a waste of time to put so much work on a towel. I think, too, even cross-stitch can be overdone on towel ends. The usual way is to take a band of embroidery across the entire end, while, if the design is cut up, say, into little figures or animals, using five, perhaps the result will be better and the labor less. Or a large initial in the cross-work, surrounded by a simple vine, will be equally effective and also quickly done.

The towels come ready stamped for working, and as fast-color cotton is



White Linen Teacloth.

used for working, the cost is very little. As gifts these decorated guest-room towels are sure to be liked. Bath towels also come stamped for working, but to my thinking a single towel worked in cross-stitch should be quite sufficient for this kind of towel. To add more is only a waste of time.

The girl who is sending her photograph as a birthday or holiday gift should inclose it in a frame of her own handiwork. She will find linens for covering the frames come ready stamped for cross-stitch and in a variety of colors. A soft old rose worked in white threads makes an artistic setting for the black-and-white card, but it is always a wise plan to find out, if possible, the color scheme of the room the picture will be placed in and choose the frame that will be in harmony there. Colors too light in tone for the frame are not a success.

Lace for Edges.

The lower edges of nightgowns are frequently finished with a full band of lace edging. Sometimes there are tucked hems, and sometimes there is a ruffle of the white muslin with lace.

Suit and Blouse Worn.

In spite of the rivalry of the one-piece frock and the topcoat, the suit and blouse are still important items of clothing.

HAMSTER FUR THE LATEST

Makes Up Into Most Attractive Garments That Are Bound to Be Popular.

Have you seen the new fur hamster? It is decidedly effective and it is inexpensive—two points that are favorable to its success. Hamster is an odd name. For some reason it does not suggest fur. But doubtless in a few months it will be as usual as fitch or kolinsky or chinchilla. The hamster is really a rodent from Russia and Germany, a big rat eight or ten inches long, plus an inch-long tail. It is a pretty little animal and it is a pest, as it destroys grain crops, and for that reason it is a temptation to the trappers.

The fur is brown, white, gray, with a few patches of red and a blue tinge to some of the gray.

As the skins are small, and each is multicolored, the fur when it is made up is brown, black and white, with red and bluish patches. It is made up in various ways, sometimes so that the white part forms a diagonal design, sometimes with the furs spliced so that the brown and white meet "on the bias"—in a way to suggest quartered oak—and sometimes with the furs just ranged neatly side by side.

Hamster is made up into decidedly striking coats for afternoon and evening wear. It is often trimmed with some black fur. One lovely coat is made with a long waisted section and a short, flaring skirt. There is a black collar of seal and big seal buttons. Another coat shows a fringe of monkey fur below the loose, wide

MEANT FOR THE DEBUTANT

Pleasure of the Dance Enhanced by the Wearing of Dainty Frock Like This.

Of orchid taffetas, this dainty dance frock embodies new styles. The skirt, although somewhat retaining the narrow silhouette, is considerably wider than has been the vogue, and is made up of curiously pointed tines which are trimmed at intervals with pink rosebuds. The bodice is exceedingly



simple, the orchid taffetas being veiled with pink tulle and the décolletage outlined with rosebuds. A girle and drapery are of pink tulle.

CORSETS SHOW BIG CHANGE

Seem to Indicate a Return to the Old-Fashioned Waist Line Popular Seasons Ago.

The corset of the present year does its best to re-establish the claims of the old-fashioned waist line, low-busted and long-hipped.

Although the corset of the present may be called low-busted, there is a noticeable lengthening of the top portions of this garment, so much so that a few advanced models permit us to dispense altogether with the brassiere.

Are we returning to the genteel, "hour-glass," little waist of our mother's day? This question is answered by all of these new models which show an inward curve at the waist line ominous to those who have allowed their waists to ramble afar during the last years of emancipation.

To Clean Serge.

White serge or flannel suits may be kept in very good condition if they are cleaned at home every time they begin to grow a little dingy. Ground rice (rice flour) is one of the most satisfactory cleaning mediums. Rub the rice into the garments as well as you can, and do not brush or shake it for a day or two. Then take it in the open air, put it on a hanger, fasten it on a clothesline or other convenient place and brush it thoroughly. It is well to protect the hair with a cap, for even in the open air some of the powder will find its way into the hair.

Comforts to Match Hangings.

The latest idea in bedroom furnishings is to have the comforters match the window hangings. It is a rather expensive desire, if the comforters must be made to order. If you yourself make the comforters and the curtains, you can carry out the idea without extravagance.

NOVEL IDEA FOR BUTTONS

Embroidered Leather Used With Pretty Effect—Those of Ivory in Great Demand.

Some of the new buttons for tailored suits are made of embroidered leather. Very small beads and fine silks are used for the embroideries, and the colors chosen are so well harmonized that even on close inspection it is difficult to say how the button has been made.

The leather, which was in reality soft glove kid, was almost entirely covered with embroidery. Here and there little corners of plain leather gave strength to the design and the silks were in several shades of dark brown and purple. The tiny beads were iridescent, and were so small that they made a flat surface with the silk embroideries. These buttons were large and they decorated a coat of the Louis XV order, which was finished off with a square sailor, made of dark mink. The whole suit was supremely elegant and yet simple in detail.

For white serge and cloth suits ivory buttons are in great demand. Some of these are carved and inset with silver; others are quite plain. Ivory buttons are rimmed in rose diamonds, but these are not suitable for tailored suits. They would look well if introduced on an elaborate visiting costume which consisted of a black chiffon velvet skirt and a white charmeuse Louis XV coat.

CALOMEL SICKENS! IT SALIVATES! DON'T STAY BILIOUS, CONSTIPATED

I Guarantee "Dodson's Liver Tone" Will Give You the Best Liver and Bowel Cleansing You Ever Had—Don't Lose a Day's Work!

Calomel makes you sick; you lose a day's work. Calomel is quicksilver and it salivates; calomel injures your liver.

If you are bilious, feel lazy, sluggish and all knocked out, if your bowels are constipated and your head aches or stomach is sour, just take a spoonful of harmless Dodson's Liver Tone instead of using sickening, salivating calomel. Dodson's Liver Tone is real liver medicine. You'll know it next morning because you will wake up feeling fine, your liver will be working, your headache and dizziness gone, your stomach will be sweet and your bowels regular. You will feel like working. You'll be cheerful; full of vigor and ambition.

Your druggist or dealer sells you a 50-cent bottle of Dodson's Liver Tone

under my personal guarantee that it will clean your sluggish liver better than nasty calomel; it won't make you sick and you can eat anything you want without being salivated. Your druggist guarantees that each spoonful will start your liver, clean your bowels and straighten you up by morning or you can have your money back. Children gladly take Dodson's Liver Tone because it is pleasant tasting and doesn't gripe or cramp or make them sick.

I am selling millions of bottles of Dodson's Liver Tone to people who have found that this pleasant, vegetable, liver medicine takes the place of dangerous calomel. Buy one bottle on my sound, reliable guarantee. Ask your druggist or storekeeper about me.

NOT THE TIME FOR A SMOKE

Old Lady, Filled Up With "Cartridges," Was in Natural Fear of an Explosion.

A robust old woman in the mountains of north Georgia was ill for the first time in her life and a doctor was sent for. Partly by persuasion and partly by force, the physician induced his patient to swallow some big quinine capsules—a simple enough operation, which, however, scared the old woman almost to death. She was soon able to sit up and her daughter thought she would give the convalescent a treat. She took her mother's corn-cob pipe from the "shelf" or mantel, filled it with tobacco, and picking up a live coal between two sticks, started with it toward the bed. "Ma," she said, brightly, "jes' look what I got for you."

"Git away from me, Sary," she screamed in terror. "Take away dat fire! Take hit away! Don't yer know I's done plum filled up w' cartridges?"—Chicago Ledger.

FRUIT LAXATIVE FOR SICK CHILD

"California Syrup of Figs" can't harm tender stomach, liver and bowels.

Every mother realizes, after giving her children "California Syrup of Figs" that this is their ideal laxative, because they love its pleasant taste and it thoroughly cleanses the tender little stomach, liver and bowels without griping.

When cross, irritable, feverish, or breath is bad, stomach sour, look at the tongue, mother! If coated, give a teaspoonful of this harmless "fruit laxative," and in a few hours all the foul, constipated waste, sour bile and undigested food passes out of the bowels, and you have a well, playful child again. When its little system is full of cold, throat sore, has stomach-ache, diarrhoea, indigestion, colic—remember, a good "inside cleaning" should always be the first treatment given.

Millions of mothers keep "California Syrup of Figs" handy; they know a teaspoonful today saves a sick child tomorrow. Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has directions for babies, children of all ages and grown-ups printed on the bottle. Adv.

Put to the Test.

I believe that those who get His Daughter's Beau—Yes, I'm a Sober benefit from the labor should be made to perform the labor.

The Old Man—Fine! You might begin by setting up the parlor stove for the winter.—Town Topics.

COLDS & LaGRIPPE

5 or 6 doses 666 will break any case of Chills & Fever, Colds & LaGrippe; it acts on the liver better than Calomel and does not gripe or sicken. Price 25c—Adv.

Extreme Devotion.

"Mrs. Gadders is all wrought up over the plight of the Belgians."

"Indeed, she is. Why, she even neglects her poodle to attend meetings of relief committees."

Transients All.

Mrs. Eke—How many servants do you keep?

Mrs. Wye—None. My record for the year, so far, is twenty-two I didn't keep.

Dubious.

"Your wife is out of danger then?" "I shall think so unless the doctor comes back."

Willie Knew.

Some time ago the teacher of a public school was instructing a class in geography, and when it came time to hand out a few questions she turned to Willie Smith.

"Willie," she said, "can you tell me what is one of the principal products of the West Indies?"

"No, ma'am," frankly answered Willie, after a moment's hesitation.

"Just think a bit," encouragingly returned the teacher; "where does the sugar come from that you use at your house?"

"Sometimes from the store," answered Willie, "and sometimes we borrow it from the next-door neighbor."

No Room for a Third.

Ex-President Taft was on one occasion in consultation with Senator Penrose of Pennsylvania. Now, as everybody knows, Mr. Taft is gigantic and the senator is taller and weighs more than any other member of the senate.

While the two were in earnest conversation an aggressive politician endeavored to enter the room, but an alert secretary politely interferred.

"What are they doing in there?" asked the politician, inquisitively.

This pertinent question nettled the secretary and he answered tersely:

"Holding a mass meeting, I presume."

"MY HEALTH IS PERFECT"

So Says A North Carolina Lady In Telling What She Owes To Cardui, The Woman's Tonic.

Mt. Airy, N. C.—Mrs. Ada Hull, of this place, says: "About six years ago I got in very bad health. I suffered terrible pains in my abdomen and back. I dreaded to see the sun rise and I dreaded to see it set, for I suffered such agony. No one except myself will ever know how badly I suffered. The doctor said I was suffering as a result of the menopause."

As nothing gave me any relief, I asked the doctor if I hadn't better try Cardui. He said, 'It might help you,' and told my husband to get me a bottle. At this time I was so weak I could not lift my head, and my voice was so weak, people had to lean towards the bed to hear what I said. I looked so bad and had such a dark color that I looked like a dead woman, and my relatives thought I would never get up again.

I took one bottle of Cardui and it relieved the pain and suffering so much that my husband got another bottle, and that improved me still more. I began to strengthen and gradually got well. I have now had better health for six years, than I ever had in all my life. I have taken no medicine since, and my health is perfect.

Cardui is the finest medicine a woman could use.

Try it. At druggists.—Adv.

The Prospect.

"You don't seem anxious to get home to your dinner."

"I don't care for the menu I'll get."

"What is it?"

"When my wife finds out I forgot to mail her letter the first course will be tongue served up with hard sauce."

The Office Boy's Guess.

"Boy, why did you give me the signal to duck out of my office yesterday afternoon; did you not know that the lady was my wife?"

"Yes, sir; that was why."

There isn't much hope for the bride who can't learn to sew by the time her hubby's wedding garments need patching.



"Worms", that's what's the matter of 'em. Stomach and intestinal worms. Nearly as bad as dtemper. Cost you too much to feed 'em. Look bad—bad bad. Don't physic 'em to death. Spohn's Cure will remove the worms, improve the appetite, and tone 'em up all round, and don't physic 'em. Acts on glands and blood. Full directions with each bottle, and sold by all druggists.

SPOHN MEDICAL CO., Chemists, Goshen, Ind., U. S. A.

LESPÉDEZA

GROWN ON MY OWN FARM

The strongest and best of all stimulants. Generally you'll find it. Why not use it? It will do absolutely the best work. It's cheap, it's healthy, and it's sure to be followed. Fresh, strong, and healthy. I sold 5,000 bottles last year, with not a single complaint. Valuable Bulletin Free. Price 15c per bottle.

FREE—MY OWN ORIGINAL REED CATALOGUE

CHRIS REUTER, Seedman, New Orleans, La.