

PRACTICAL HYGIENE

The Proper Care of the Body

Healthiest Region in the United States.

In looking about for a site for the projected Michigan state sanitarium for consumptives, the discovery has been made that the northern part of the lower peninsula of Michigan is the healthiest part of the United States. This is not guess work by interested parties, but the verdict of the United States census. It will astonish many who have heard the claims made for the Maine woods, the Adirondacks, the mountain regions of North Carolina and Georgia, for Colorado, California, Arizona, New Mexico, to hear that the tables of the census bureau demonstrate that the palm belongs to Michigan. Freedom from consumption being the first consideration, the board having the inquiry in charge found that of the nine registration states (where registration of deaths with the cause is obligatory), Michigan stands lowest on the list, with a death rate for consumption of 197; New Hampshire, the next lowest on the list, stands 152.3; Massachusetts, 186.2, and New York, 134.1. Rural Michigan stands 94.1. An examination of the chart for Michigan shows no less than thirty-nine counties with a lower rate than 95 (which are shown in white). There are only five such counties in New York state. Compared with other parts of the country the low rate for northern Michigan is most remarkable. The consumption death rate for cities in the New England states is 244; for cities in the middle states 259, lake states 156, southern states 277. San Francisco 304. Thus it is seen that even the cities of the lake region compare most favorably with cities of the rest of the country in the matter of exemption from pulmonary tuberculosis. Having found that the lake region appears to be most favorable, the board stuck a pin in the center of this region on the map, in the upper part of the lower peninsula of Michigan. Here are the great lakes to the north, the east and the west. Here are pine and hemlock forests, filling the air with balsam. Here is a porous soil of gravel and glacial drift, with good water uncontaminated by cities. And here is abundance of sunshine, with absence of fog. So the board reasoned. Examining the vital statistics of the state, it was found that the four counties of Otsego, Crawford, Roscommon and Gladwin show an average death rate for all forms of tuberculosis for the past five years of only 58.6. Hamilton county, New York, the Adirondack county making the best showing, has a consumption death rate, according to the census, twice as large as the first three Michigan counties named above, while the cancer, pneumonia and diphtheria charts left comparison entirely out of the question and show a clear white record for northern Michigan. It will be little wonder, therefore, if the state sanitarium is located in one of the counties above named, distant from any large city, and where the pine scented air will continually blow through the open cottages of the consumptives' camp, for the sanitarium will be of the camp character, rather than a large building, and will be as open to the sun and air as possible. Here the campers will be encouraged to take moderate exercise, to eat nourishing food, rich in vegetable fats, and to get tanned and toughened in the open air. By this means it is hoped that the consumption death list of Michigan, 2,500 per year, will be materially reduced, and that a large proportion of the campers will be returned to their homes strengthened and cured.

A "quick lunch" usually means a very slow digestion.

The Outdoor Gymnasium.

The nucleus of the out door gymnasium is the swimming pool. Swimming was meant to be not merely an occasional and precarious pleasure, but an inseparable accompaniment of bathing, cleanliness being achieved incidentally. A swimming pool, therefore, is a fundamental need for those who have not access to a convenient stream or body of water suitable for this purpose. Those accustomed to the delightfully invigorating effects of the morning swim consider it as much of a necessity as their breakfast, or even more.

Most artificial swimming pools are unfortunately built indoors. An indoor pool not only lacks the fascination of the outdoor adaptation of "the old swimin' hole," but it also robs one of the natural accompaniments of outdoor bathing—fresh air and sunshine. Bathers often spend considerable time lying about on the banks of the stream or on the sandy beach, alternately basking in the rays of the sun and dipping beneath the cooling waves. Powerful impressions are made upon the body by the contact of the skin with the cool outdoor air and sunshine.

The outdoor gymnasium provides a combination of the healing agencies of nature—abundance of pure air for breathing, facilities for exercise, sun baths, air bath, earth baths, and water baths. Here one can enjoy all the pleasure and obtain all the benefits, and at the same time escape the publicity of sea or river bathing.

Public outdoor gymnasiums are provided in some of the large cities, and are built by sanitariums, hotels, factories, etc. They should be introduced into all hospitals and children's homes, and no public institution should be considered complete without one. In the heart of our large cities, conducted in connection with the parks, they would be a powerful means of antagonizing the deteriorating influences of city life.

Out of Door Nurseries.

One of New York's most famous specialists for children has lately made a plea for roof playgrounds. On one of the roof playgrounds established for the use of the children of the poor, the average attendance is 2,000 per night. Three or four teachers maintain order, and there are bands for music and dancing.

In the city the roof can be utilized for an outdoor nursery, which will greatly promote the health and happiness of the children. The roof should be floored over for a certain space, and partitions built to protect the children from the wind, and railings or fences put up to keep them from falling off. Awnings are necessary to protect them from too much sun and from rain.

Here the children can play nearly every day, winter or summer. In these private outdoor nurseries the mother can keep an eye on the children who are removed from the undesirable conditions and contacts of the city streets and parks.

A Suggestion for the Corpulent.

A writer in McCall's tells of the following experience, which those who are anxious to get rid of superfluous flesh will find suggestive: "A stout woman lost forty pounds without gaining a wrinkle, simply by a thorough mastication of her food, in other words, she made it a rule to chew deliberately and carefully every mouthful until it disappeared of itself. Her theory was that in this way she got out of a little all there was to be had, and therefore ate less to supply her needs. All that we know is that forty pounds were lost."

Tired, Nervous Mothers

Make Unhappy Homes—Their Condition Irritates Both Husband and Children—How Thousands of Mothers Have Been Saved From Nervous Prostration and Made Strong and Well.



Mrs. Chester Curry

Mrs. Chas. F. Brown

A nervous, irritable mother, often on the verge of hysterics, is unfit to care for children; it ruins a child's disposition and reacts upon herself. The trouble between children and their mothers too often is due to the fact that the mother has some female weakness, and she is entirely unfit to bear the strain upon her nerves that governing children involves; it is impossible for her to do anything calmly.

The ills of women act like a firebrand upon the nerves, consequently nine-tenths of the nervous prostration, nervous despondency, "the blues," sleeplessness, and nervous irritability of women arise from some derangement of the female organism.

Do you experience fits of depression with restlessness, alternating with extreme irritability? Are your spirits easily affected, so that one minute you laugh, and the next minute you feel like crying?

Do you feel something like a ball rising in your throat and threatening to choke you; all the senses perverted, morbidly sensitive to light and sound; pain in the ovaries, and especially between the shoulders; bearing down pains; nervous dyspepsia, and almost continually cross and snappy?

If so, your nerves are in a shattered condition, and you are threatened with nervous prostration.

Proof is monumental that nothing in the world is better for nervous prostration than Lydia E. Pinkham's Vegetable Compound; thousands and thousands of women testify to this fact.

Ask Mrs. Pinkham's Advice—A Woman Best Understands a Woman's Ills.

Mrs. Chester Curry, Leader of the Ladies' Symphony Orchestra, 42 Saratoga Street, East Boston, Mass., writes: Dear Mrs. Pinkham:—

"For eight years I was troubled with extreme nervousness and hysteria, brought on by irregularities. I could neither enjoy life nor sleep nights; I was very irritable, nervous and despondent.

"Lydia E. Pinkham's Vegetable Compound was recommended and proved to be the only remedy that helped me. I have daily improved in health until I am now strong and well, and all nervousness has disappeared."

Mrs. Charles F. Brown, Vice-President of the Mothers' Club, 21 Cedar Terrace, Hot Springs, Ark., writes: Dear Mrs. Pinkham:—

"I dragged through nine years of miserable existence, worn out with pain and nervousness, until it seemed as though I should fly. I then noticed a statement of a woman troubled as I was, and the wonderful results she derived from Lydia E. Pinkham's Vegetable Compound, I decided to try it. I did so, and at the end of three months I was a different woman. My nervousness was all gone, I was no longer irritable, and my husband fell in love with me all over again."

Women should remember that Lydia E. Pinkham's Vegetable Compound is the medicine that holds the record for the greatest number of actual cures of female ills, and take no substitute.

Free Advice to Women.

Mrs. Pinkham, Lynn, Mass., invites all sick women to write to her for advice. Mrs. Pinkham's vast experience with female troubles enables her to tell you just what is best for you, and she will charge you nothing for her advice.

The Home of the Wave Circle



is the home where good cooking is loved, where the family enjoy the finest of biscuits, doughnuts, cakes, and pies and other good things every day. The baking is always delicious and wholesome because

K C Baking Powder

—the baking powder of the wave circle, is used.

Get K C to-day! 25 ounces for 25c. If it isn't all that we claim, your grocer refunds your money. Send for "Book of Presents."

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