

# TUBERCULOSIS IN CHILDREN

## Appalling Mortality Among the Little Ones Due to This Cause—Proper Attention to Health of Mothers Would Save Many Lives

The number of deaths due to tuberculosis is tremendous. When the word is spoken one instinctively thinks of pulmonary consumption. This is the form which attacks adults and which we see daily gathering in its victims. There are other forms, however, more common in children, that levy tribute upon them without calling attention to the relationship between these diseases and consumption of the lungs.

Dr. Jacob is authority for the statement that "Tuberculosis kills as many people, old and young, as diphtheria, croup, whooping cough, scarlatina, measles and typhoid fever taken together." In all of our cities active steps have been taken to protect the people from the above named diseases. Until quite recently, however, a few years at most, nothing was done to reduce the mortality from tuberculosis.

Now, however, the attention of the world, the common people and the health authorities, has been called to its curability and preventability.

The causes, the modes of scattering, and the prevention are all being studied, and an educational campaign is on to wipe out this "white terror."

The children suffer from tuberculosis of the bones, the bowels and lymph glands. Tubercular meningitis is frequently found in early life and is uniformly fatal. Only by careful attention to the food and daily habits can the rising generation be made immune from these varied forms of tuberculosis.

The fact that over one half of all babies born die before they reach the age of five years, proves that the "constitutional capital" bequeathed them is small. Is the proper attention paid to the diet, exercise and out-of-door life of the mother? If this were done, the child would undoubtedly have greater vitality and could by proper care and education live above the tuberculosis of childhood and of adult life.

### Cause and Cure of Gastric Catarrh.

Chronic congestion of the stomach, known as gastric catarrh, is usually caused by one of the following errors, or by all of them put together: Eating too much or too fast; swallowing food insufficiently masticated; the use of such coarse foods as cabbage, greens, etc.; mustard, peppercorns, ginger and other condiments and spices; pastry containing animal fats; free fats, which lodge in the stomach and remain there a long time; pork, griddle cakes and burned fats—these are the things that produce gastric catarrh.

The first and most necessary step in the treatment of this disease is to remove the cause of the trouble. We may induce activity of the skin by hot applications followed by cold or hot bath followed by a short application of cold; fomentations followed by a short cold application to the stomach. These treatments are useful, but the most important factor is the regulation of the diet. A fruit diet is best, for the reason that in gastric catarrh there is a great accumulation of germs, which are destroyed by fruit juice. A well-prepared diet of toasted bread, zwieback, granose biscuit, etc., is also useful in these cases.

### Bedroom Climate.

A person at the age of sixty years has spent about twenty years of his life in his bedroom. Have you investigated the average sleeping room climate? If you were sent as a missionary to some distant pestilential spot the climate of which was as unhealthy as that of the average bedroom, would you not feel that you were risking a great deal for the sake of the henliten?

On the tombstone of tens of thousands of those who have died from tuberculosis might appropriately be inscribed, "Disease and death were invited and encouraged by a death-dealing bedroom climate."

To show that this is no exaggeration it is only necessary to call attention to the fact that fully half of the tubercular patients placed in outdoor consumptive hospitals make a satisfactory recovery. If fresh air will cure the disease, it is certainly a wonderful preventive of it. It is not more reasonable to deliberately breathe impure air than it is to drink impure water or to eat unhealthful food or wear infected clothing.

### Tender-Hearted Savages.

One of the most anomalous features of our Christian civilization is the slaughter house, especially the abattoirs of our great cities, where veritable torrents of blood perpetually flow, the sabbings of millions of innocents which die that man may feast. Indians are not noted for being over-sensitive, and particularly despise any exhibition of weakness. The

interior of a slaughter-house, however, is said to have proved too much for their powers of self-control. The Chicago Record states that "a party of fifteen Blackfoot Indians recently visited the killing room of Armour's plant. One fainted, three more were ill, the rest covered up their eyes. They were hurried out of the place into the fresh air."

### A Good Reform.

The abominable practice of wearing long skirts for the street is dying out. Pretty as it is to see a summer dress negligently trailed over a smooth lawn jeweled with daisies, the sight of a woman dragging her gown in the street, sweeping up the filth and collecting millions of microbes, is a revolting spectacle; and yet with a long skirt the only alternative is to hold it up, a practice which induces cramp in the arm, as well as cold fingers in winter, and gives a decidedly ungraceful walk and attitude.

### A Cure for Cold Feet.

An excellent and simple remedy for cold feet is the application of cold water. Step into the bathtub, let the cold water run in a little faster than it runs out. Standing in the water, rub one foot with the other, rapidly, ten or twelve times. Then change and treat the other foot in the same manner. Keep up this alternate rubbing for about three minutes. The feet will have become very red, and as you step out of the water, you will find them burning and glowing with the warm blood brought into them by this means.

### Some Chinese Baths.

A traveler in Mongolia writes: "There are some hot springs on the road about twenty miles north of Chingpeng. The place is named Tangshan. The arrangements for those anxious to benefit by their healing properties are very primitive. A row of twenty to thirty wooden boxes the size of an ordinary packing case is ranged beside the road. In these sit bathers of every age and both sexes, with their heads protruding. Attendants with buckets continually refill the boxes from the springs. For less luxurious bathers there is accommodation in a pool which has been dug out close by. In this they squat, scooping up the water and pouring it over their heads with brass basins. It is curious to reflect that establishments like Homburg and Aix-les-Bains have had their origin in such beginnings."

### Training the Skin.

The usual effect of a draft of cold air upon the back of the neck is a cold and a sore throat. Many years ago Dr. Brown Squard, an eminent French physician, devised a means by which sore throat from this cause might be prevented. By blowing upon the back of the neck with a pair of bellows, increasing the time each day, he trained his patients until they could endure this treatment for half an hour without injury.

It is not necessary to be exposed to a draft of air on the back of the neck in order to obtain this result. By means of the cold bath, the wet-sheet rub, the shower bath, towel friction, etc., the skin may be educated to contract on the slightest increase of cold. Daily exposure to the contact of cold air is of the utmost importance. It is because of the constant exposure to cold that the Indian's body is "all face"—the skin of his whole body has learned to take care of itself.

### Dr. Lorenz Strict Teetotaler.

At a banquet given to Dr. Lorenz, wine was served. He pushed the wineglass aside. Someone enquired if he was a total abstainer. He answered:

"I am a surgeon. My success depends upon having a clear brain, a steady nerve, and firm muscles. No one can take any form of alcohol without blunting these physical powers; therefore, as a surgeon, I must not use any form of spirits."—Journal of Inebriety.

### In Harmony with Nature.

Modern science as well as experience has shown that contact with natural surroundings, especially fresh air, sunshine and the odoriferous emanations from growing plants, has marvelous health-imparting virtues. In these natural agencies is active the power which created and maintains all things and which is constantly communicated to all living things as the essential condition of continued life. The more closely man comes to Nature, the more deeply he may drink from the fountain of life and healing. To live in harmony with Nature in the fullest and truest sense is to live in harmony with God; and to live in divine harmony is to be happy.

### Longest Straight Railway.

The longest straight piece of railway line in the world is from Nyngan to Mourke, in New South Wales. This railway runs 136 miles on a level in a perfectly straight line.

### The Hearthstone.

When the logs are burning free,  
Then the fire is full of glee;  
When each heart gives out its best,  
Then the talk is full of zest;  
Light your fire and never tear,  
Life was made for love and cheer.

### Frost-Resisting Plans.

In the government station Lulea, in Sweden, experiments are being made to secure varieties of plants not likely to be injured by frost.

### Judges Must Prove Fitness.

Before a Scotch Judge may take his seat on the bench he must conduct a probationary trial to the satisfaction of his brother judges. Lord Ardwall, appointed bill chamber judge by the king, has just undergone the ordeal.

### Has Appropriate Monument.

A German pencil-maker, recently deceased, has over his grave a gigantic stone representation of half a lead-pencil set as a tombstone. It is of red sandstone, with a core of graphite 8 inches in diameter.

An old bachelor says there are no marriages in heaven, because it is heaven.

### An Ex-Sheriff Talks.

Scott City, Kan., March 20th—(Special.)—Almost every newspaper tells of cures of the most deadly of kidney diseases by Dodd's Kidney Pills, Bright's Disease, Diabetes, Rheumatism and Bladder troubles, in fact any disease that is of the kidneys or caused by disordered kidneys is readily cured by this great American remedy. But it is in curing the earlier stages of kidney complaint that Dodd's Kidney Pills are doing their greatest work. They are preventing thousands of cases of Bright's disease and other deadly ailments by curing Kidney Disease when it first shows its presence in the body.

Speaking of this work Ex-Sheriff James Scott of Scott County, says: "I have used eight boxes of Dodd's Kidney Pills and must say that they are just the thing for Kidney Disease. We have tried many kidney medicines but Dodd's Kidney Pills are the best of all."

The Fiji Islanders discovered in the first motor car to invade their primitive home "the father of all devils."

### FACE LIKE RAW BEEF.

Struggling With a Terrible Itching Eczema—Speedily Cured by Cuticura.

"Cuticura cured me of a terrible eczema from which I had suffered agony and pain for eight years, being unable to obtain any help from the best doctors. My scalp was covered with scabs and my face was like a piece of raw beef, my eyebrows and lashes were falling out, and I felt as if burning up from the terrible itching and pain. Cuticura gave me relief the very first day, and made a complete cure in a short time. My head and face are now clear and well. (Signed) Miss Mary M. Fay, 75 West Main St., Westboro, Mass."

Postage stamps were printed and gummed by contract for fifteen cents per 1,000—the paper being supplied by the government—in 1840. They are printed much cheaper now.

### \$100 Reward, \$100.

The readers of this paper will be pleased to learn that there is at least one dread disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address F. J. CHENEY & CO., Toledo, O. Sold by all Druggists. Take Hall's Family Pills for constipation.

Think twice before you speak. And even then, nine times out of ten, the world won't lose anything if you keep still.

Pine's Cure for Consumption is an infallible medicine for coughs and colds.—N. W. SAKUNA, Ocean Grove, N. J., Feb. 17, 1900.

A bushel of potatoes may do more good than a wagon load of prayer.

### In the Spring

Some maiden's fancies doubtless turn to thoughts of love, but the majority of them, as well as humanity in general, have a want to lay down and stay down feeling. Simmons' Sarsaparilla is the lifter. It not only takes hold; it lifts up. That way back, weary feeling vanishes like a dream.

Many a society woman isn't in the swim deep enough to get her bathing suit wet.

A GUARANTEED CURE FOR PILES. Itching, Bleeding or Protruding Piles. Your Druggist will refund money if it fails. BOSTON REMEDY Co. Send for free info. to 16 South St., N. Y.

Egypt, with 10,000,000 people, has only one lunatic asylum, and that with only 500 beds.

### FINE AND BARE FRUITS.

Some on the island of Jolo That Are Seldom Eaten Elsewhere.

The island of Jolo covers fully 32 square miles. It is of coral formation, and offers a most excellent harbor to the west. In topography it is gently undulating and covered throughout its entire length by the rankest tropical vegetation, valuable teakwood being found extensively throughout the entire district. Nowhere in the world are more luscious fruits produced.

Among those peculiar to this belt is the durian, which is about the size of a muskmelon. Its exterior presents somewhat the appearance of a chestnut burr, being prickly and tough; within the fruit is white and cheese-like, and, owing to this peculiarity, the American soldiers dubbed it the "vegetable hamburger."

The mangosteen is another of the rare fruits. It is the size of an average orange, chocolate colored, and has a very brittle skin. Inside four white sections contain a colorless liquid. This is the rarest fruit known, and the only one, so it is claimed, that Queen Victoria had never tasted, there being no way of preserving the fruit for a sufficient period after plucking to permit of shipping to any distance.—Scientific American.

### WALL STREET IN HOTELS.

Many Large Brokers Do Business at Leading Hostleries.

Within recent years there has been a decided tendency toward the extension of Wall Street and kindred interests far beyond the old boundaries of the financial district, says a writer in the Metropolitan. Nearly all of the larger financial concerns now have branch offices as far "uptown" on Manhattan as Harlem and the Bronx, and hotels of the importance of the Waldorf-Astoria, the St. Regis and Manhattan have within their walls branch offices of some well-known banking or brokerage firm with headquarters on "the street," and in touch by direct wire with the stock exchange.

Not the least important phase of this uptown movement was the opening a few months ago of the new Knickerbocker Trust building at the corner of Fifth avenue and Thirty-fourth street. This is one of New York's most artistic business structures.

### New Experience for Greely.

Gen. A. W. Greely, chief of the army signal service, has strung telegraph wires in the wilderness, has fought in many battles and has led an ill-fated expedition to find the north pole, but he is of the opinion, after thinking over his long and active career, that he never had any real trouble until this winter. Two months ago one of the ash inspectors told the general the ash can in use at his house was too small. Greely bought a new one. Last week the ashes were not removed and the general made a complaint to the department. An inspector went up to investigate. He returned and reported to the general: "I am sorry, sir, but the reason your ashes have not been taken away is because your ash can is too large." What Gen. Greely said to the inspector would be best expressed in the dashes his telegraphers use.

### Persuaded.

I am persuaded from mine unbelief,  
And to the keeping of my faith am won,  
Because a little shining of God's sun  
Clears me a pathway through a world of  
I could not but accept the sweet relief,  
Since I had learned how hard it was to  
Where sin's wild tangle, in the shadow  
Denied my soul her rest, however brief,  
Where, in the crowd, hope cheers a drooping  
Where kindness, in the sunshine and  
Gives to the casement of the common  
And points one past the gates of fear and  
Where prays a penitent his inmost  
I am persuaded that the light is there,  
—Frank Walcott Hunt, in New Orleans  
Times-Democrat.

### Jury Had Heard of "Bob."

J. Alexander Yoell, a shrewd but excitable business man of San Jose, Cal., died recently, leaving a will which gave much dissatisfaction to his near relatives. They went into court about the matter, urging that deceased was of unsound mind. In proof of this contention they told of a dispute Yoell had at one time with Fitzsimmons, the prize fighter. Said the brawny Bob: "If you wasn't such a little runt I'd break you in two." To which the merchant replied: "Try it and you'll get the worst of it." This may not have determined the case but at any rate a new division of the estate has been ordered.

### A Close Margin.

The bell-top had carried a jingling pitcher up to room 49 and had emptied all the clattering contents into the white pitcher that belonged to the room. Then the boy stood expectantly, remarking significantly: "Is that all, mister?" The roomer handed the boy a nickel and the youth exclaimed as he looked disgustedly at the stony lip: "Durned near all, wasn't it, mister?"—Baltimore American.

### A QUICK RECOVERY.

A Prominent Toledo Rebecca Officer Writes to Thank Doan's Kidney Pills for it.

Mrs. C. E. Bumgardner, a local officer of the Rebecca's of Toledo, Ind., Room 10, 312 Hanna Ave., writes: "I had Doan's Kidney Pills during the past year for kidney trouble and kindred ailments. I was suffering from pains in the back and head, but found after the use of one box the remedy that the troubles gradually disappeared, so that before I had finished a second package I was well. I therefore heartily endorse your remedy."

(Signed) Mrs. C. E. Bumgardner. A FREE TRIAL—Address Foster-Milburn Co., Buffalo, N. Y. For sale by all dealers. Price, 50 cents.

If a doctor can't cure himself, what must he think his patients are thinking?

### In the far East.

From late reports it seems the Russians are itching to get back to St. Petersburg. If they had Hunt's cure it would fix them. It quickly cures any kind of tick that ever happened. Don't doubt, but grab it on. If it falls your money is waiting for you.

### A Question.

Because the rose must fade,  
Shall I not love the rose?  
Because the summer shade  
Passes when the winter blows,  
Shall I not rest me there  
In the cold air?  
Because the sunset sky  
Makes the music in my soul  
Only to fall and die,  
Shall I not take the whole  
Of beauty that it gives  
While yet it lives?  
—Richard Watson Gilder.

### Owens Costly Book.

The Duke of Devonshire possesses, as an heirloom, Claude Lorraine's "Book of Truth," which is said to be one of the rarest and most valuable volumes in Europe. It is worth six times as much as the "Mazarin" Bible, the most costly book that the British Museum can boast. The former Duke refused an offer of \$100,000 for it.

The open spaces of London measure twenty-one and a half miles. The aggregate cost each year of the maintenance of parks is less than \$2,500,000.

"A cemetery for books" is what a French writer calls the National Library in Paris, in which the history of France alone comprises 500,000 volumes.

A cow's hide produces thirty-five pounds of leather, and that of a horse about eighteen pounds.

"When a cat runs after her own tail," remarked the observer of events and things, "she does not always attain the end she seeks."

### THE SIMPLE LIFE.

Ways That Are Pleasant and Paths That Are Peace.

It is the simple life that gives length of days, serenity of mind and body and tranquility of soul.

Simple hopes and ambitions, bounded by the desire to do good to one's neighbors, simple pleasures, habits, food and drink.

Men die long before their time because they try to crowd too much into their experiences—they climb too high and fall too hard. A wise woman writes of the good that a simple diet has done her:

"I have been using Grape-Nuts for about six months. I began rather sparingly, until I acquired such a liking for it that for the last three months I have depended upon it almost entirely for my diet, eating nothing else whatever, but Grape-Nuts for breakfast and supper, and I believe I could eat it for dinner with fruit and be satisfied without other food, and feel much better and have more strength to do my housework."

"When I began the use of Grape-Nuts I was thin and weak, my muscles were so soft that I was not able to do any work. I weighed only 108 pounds. Nothing that I ate did me any good. I was going down hill rapidly, was nervous and miserable, with no ambition for anything. My condition improved rapidly after I began to eat Grape-Nuts food. It made me feel like a new woman, my muscles got solid, my flues rounded out, my weight increased to 126 pounds in a few weeks, my nerves grew steady and my mind better and clearer. My friends tell me they haven't seen me look so well for years."

"I consider Grape-Nuts the best food on the market, and shall never go back to meat and white bread again." Name given by Boston Co., Battle Creek, Mich.

There's a reason. Look in each bag for the little book, "The Road to Wellville."

