

Home Health Club

Those whom I shall keep especially in view while preparing the papers on the intelligent use of water in the treatment of disease...

In this paper I will not attempt to give specific instructions for the cure of any particular fever, but will give simply the preliminary steps which may with safety be applied in almost all cases of fever.

It is certainly very discouraging. Times are hard. Perhaps it is an old story: one whose earnings help to supply the daily bread...

Now for the patient. You return and lay your hand upon his brow. It is dry and hot. He says your cool hand feels good and this gives you a hint.

A hot fomentation means in this case an old woolen blanket saturated with boiling hot water, and then wrung until the water does not drip from it.

This may at first give only a slight feeling of relief, but that it is a relief is distinctly certain. As soon as the wet towel has just the feeling of moisture, change it for the one remaining in the water and again repeat the process.

His Wish. Fond Mother, you will be five years old to-morrow. While I don't want to give you a real birthday treat...

which should remain around the head, while the other is wrung out of the cold water and laid lengthwise along the full length of the spine...

It is well at this time to look after the condition of the feet. They will probably be found quite warm and comfortable, but the blanket is growing cool, and nothing is more uncomfortable than a cold wet blanket when the thing desired is warmth.

A complete cure has not however, been effected in this short hour's work, and there must be some relaxation of your efforts if you wish to be successful. The time of your work in securing the first point must depend upon two things: First, the feelings of the patient, and second, upon your own judgment.

When you cease from the first period, let the patient rest, if so disposed, for an hour or perhaps longer; then carefully note his condition. The fever is probably still there, but he feels more comfortable.

It is well to have, in this case, an old night-robe, that may be cut open the full length of the back, and, of course, there should be no under-clothing on the body.

By far the greatest number of failures occur in such cases from giving less of that which cools, than enough, rather than from overdoing it.

A communication for this department should contain at least four cents in stamps and should be addressed to Dr. David H. Root, Laporte, Ind.

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WANT PHOTOS TAKEN

IMMIGRANTS HAVE THEM SOON AFTER LANDING HERE

Are Eager to Let Their People in the Old Country See How They Look in the United States

One of the first things that a newcomer from Europe wants to do after he has settled in America is to have his picture taken. He is anxious for the folks at home to see how he looks in his new environment.

The unacclimated Russian also causes worry. That is because he insists upon striking such preposterous attitudes. As a rule the man from the czar's dominions does not care a farthing whether his women folk appear in the picture or not.

Swedish emigrants who visit the international photographer have two peculiarities that rattle the artist's soul. They wear a grin that stretches from ear to ear and they bill and coo incessantly.

For the same reason the man with the camera has a grudge against the German continent that visits his shop. They come in honeymoon couples arrayed, so far as the feminine half of the combination is concerned, in bridal robes.

Both Russia and Germany display two-headed eagles on their standards. Yet this symbol is considered by some heralds to be merely the result of the heraldic practice of "dimidiation."

Belgium is probably the most democratic of all the monarchical states. The king of the Belgians not only does not wear a crown, but has not even got a crown to wear!

In Malabar monkeys are actually made to work at parks. The hands of the laborer are tied to one of the cords and by means of another cord the machine is put in motion.

Mrs. Mulhobby-An' phwat is your daughter don't you, Mrs. Mulhobby? Mrs. Mulhobby: Oh, she's takin' up the housekeepin' ad an' is livin' out at service.

THE CAPTURE OF LHASSA.

Daring and Picturesque Invasion of Tibet Accomplished Without Loss.

Since Alexander of Macedon broke into Asia and found it, as the angry king of Ephrus afterward said, the "women's apartment" of the world, there has been no expedition so picturesque, so daring, or so unexpectedly free, up to the present time, from loss as this invasion of Tibet.

Col. Younghusband, Gen. Mardonald and their followers have ascended into the clouds, have found a vast plateau 11,000 feet, on an average, above the sea level, studded with even loftier hills, defended by a brave people, ruled by a mighty ogre, who as the British soldiers advanced continually snarled at them to retire and now then threw stones.

Col. Younghusband, who had explored Manchuria on ponies, knew well that Mongols were not cowards, and had no proof whatever that the men who with nothing but spears and swords met our ghoras hand to hand did not know in the least how to avail themselves of their natural advantages.

Russian aerial might in the mad rush have destroyed half the advancing force and then refused food to the remainder.

A REAL PHILANTHROPIST.

Millionaire Finds Way to Help One Who Does Not Want to Die Rich.

"Well, Julius," pleasantly inquired the great oil magnate as he entered his private office and put aside his hat and cane, "what is new among our brother millionaires to-day?"

"I believe that is a very commendable scheme," "Yes, your oleaginous highness," "Again the great man became lost in thought."

"It would be even better to help others to avoid disgrace than to avoid disgrace ourselves," "No doubt, sire," "And the more we all do to avoid disgrace the better the deed?"

Rocking Temple. Rocking stones have given distinction to several localities in the United States, but so far they have served no utility other than interesting curious visitors.

In Peru is found a singular plant, capable of quelling hunger or thirst for several days. It is named Erythroxylon coca. A decoction of 100 grains of this plant produces this effect for 48 hours, the muscular energy being preserved.

THE UNITY OF MANKIND.

No Better Example of Peaceful Political Life Exists Than in This Country.

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Expansion has been the practice in our country from the beginning, free and constant expansion, without the accompaniment of political conquest, even where the people and the laws to which the expansionists went were totally different from those which they left behind them.

WHITE HOUSE CONFERENCES

Talks Between the President and His Cabinet That Set Reporters to Guessing.

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Unfortunately for secret-keeping, there are no subterranean entrances to the white house, or other hidden means of access.

Africa's Oldest Inhabitant. During their investigations the census enumerators in the Krugersdorp district unearthed an extraordinary specimen of longevity in the person of a very old native woman, whose age is believed to exceed 112 years.

Russian Girls. In the minds of the majority of Americans, Russia is associated with tyranny of all sorts, yet there are said to be more points in common between the Russian and the English-speaking girls than the girls of any other nation.

Savannah is weighing against gold as a very costly religious ceremony. Such a function was held the other day at Miraj, when Lady Gergal, the dowager aunt of the house of Marajalia, had herself weighed against gold with the rites prescribed by the Shastras or Hindu scriptures.

CUTTING UP RANGES

VAST TRACTS IN SOUTHWEST GIVEN UP TO FARMING.

Conditions in the great ranch country of the southwest were never in better shape for the homesteader and investor, says S. A. Hughes, general immigration agent of the Prisco system, who says a St. Louis report has just returned from an extensive trip through Texas.

One railroad system has been carrying about 2,500 homesteaders into the cheap land districts along its line each month for the last two years and the other southwestern roads have been doing nearly as large a business.

The northern and eastern farmers who have bought this ranch land and begun to cultivate the soil have all made money. One man near Corpus Christi bought a tract of ranch land at \$15 an acre and put it out in Bermuda onions.

In western Kansas a few years ago there were only grass-shoppers and houses and waving fields of buffalo grass. Most of these buttes were deserted. To-day prosperous farmers live in modern homes in this same country.

One of the finest sections in the whole ranch land district of the southwest lies along the coast of southern Texas. Here a few years ago millions of acres lay in single tracts and hundreds of thousands of Texas steers grazed at large feedlots on the luxuriant grasses.

Ranches in the central part of Texas, owned by cattlemen wishing to retire from the cattle trail, are being sold millions of acres for \$100 a single ranch has been common in Texas during the past but it is predicted by Mr. Hughes that within five or six years there will be no large ranches in any part of the southwest.

Useful Invention. A sportsman's show in New York one of the novelties shown was a portable wireless telegraph apparatus which could be carried in a hunter's park.

"That tar is shortly a great thing," said an old Maine guide. "Suppose here's a lude hunter got lost—What does he do?" He climbs a tall tree, fixes the magnet, and lets go.

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