

SIGNAL CODES MIXED.

Makes Made by Inexperienced Sailors When Communicating with Flags.

Each yacht club has its own code of signals. They are used at regattas and during the cruises chiefly. Some times when used on other occasions many mistakes arise, says the New York Times.

Some time ago the fleet of the Larchmont Yacht club was cruising to New London and the schooner Fleetwing managed to get ashore on a shoal point. The steamer Barracouta hove in sight, and its owner, thinking he might help the Fleetwing by taking a tow and trying to pull her off, hoisted two flags, which, according to the Larchmont code, meant "Can I be of assistance?"

Those on the stranded schooner looked at the signals, read them, and turned to the code book to see what they meant. The owner of the Barracouta, who had so kindly offered his help, was watching for an answer and he was surprised to see Mr. De La Mar, who owned the Fleetwing, suddenly slam the code book on the deck and pace up and down in an excited manner.

Wondering what could have made him so angry, those of the Barracouta looked to see if the signal had been correctly made. The Larchmont code had been read, and it was found to be correct, but somebody suggested that perhaps those on the Fleetwing had taken the International code. The letters, according to the International code, meant "Good holding ground," and the anger of Mr. De La Mar was easily explained.

When the yachts are cruising in squadrons it is customary when the owner of a vessel wishes to leave the fleet to ask permission of the commodore, and the fleet captain, who has charge of the signaling, answers the request. On one of the cruises there was a fleet captain who was very careful that all signals should be couched in the most proper language, and he did not like the incomprehensibility of the signal code.

The signal asking for leave of absence at that time was the letter F. This was not on a small sloop, and two answers could have been made to it at that time. The letter C, which means "Yes," or the letter J, which means "Leave of absence is granted," could have been used, but that fleet captain, wishing to be more formal, set the letters C and J together, figuring that they would mean "Leave of absence is granted."

"J" according to the code, meant "Am in distress and need assistance," and as soon as it was set all the yachts in the fleet launched their small boats and went over to the flagship to find out what was the matter, and the fleet captain was kept busy ordering up cold bottles.

The Larchmont Yacht club in its code has a signal which means "Come on board and have a drink." This was set on a small sloop, and the fleet captain, the famous old schooner lieutenant, was not large enough to hold the ground that put out from shore and from under the yachts near by.

Not long ago a yachtsman was starting on a trip across the ocean in one of the big liners, and a friend of his went down the bay in his yacht to give him a good send-off. When near the Hook he set the letters FZ, which, according to the New York Yacht club code, meant "I wish you a pleasant voyage."

The yachtsman on the steamer did not have a club book with him, and he asked one of the officers to read the signal for him. The letters were easily made out, and the officer naturally thought that the international code had been used. In that code the signal meant "Heavy weather coming, look sharp." It was hardly a pleasant send-off to give one just starting across the Atlantic.

DARKY AND THE "DOUGH."

Had a Pile of Money Coming But Three Dollars Was All He Wanted.

"There was a darky living in Euclid," says Representative Clayton, of Alabama, according to the New York Herald, "who was so fortunate as to net the sum of \$4,000 by reason of the sale of some property that had been left him. Payment was made by certified check, which the Euclid man immediately presented at the local bank, saying that he would like to have de cash."

"The teller suggested that the wiser plan would be to deposit the check and be added that the bank would pay three per cent, thereon, but the darky was obstinate and demanded the cash. "Without further argument the teller asked the colored man how he would have it, remarking at the same time that as the amount was a large one he supposed the darky would like it in fifty or a hundred dollars."

"'Hed I don't want no fifty or no hundred dollar bills," exclaimed the colored man, indignantly. "How 's I gonna get 'em changed?" No, says I want cash money in five dollar bills. "Whereupon the teller pulled out eight packages of five dollar bills in front of the darky, whose eyes began to shine with astonishment."

"'What 's all dat boss' queried he. "That represents \$4,000," replied the teller.

"'Sho' you don't tell me," exclaimed the darky, "then after a moment's pause he added: "All dat heh! Well, boss, gimme three dollars of dat for blow myself an' an' keep de rest till I calls for it."

Our Trade with Canada. The United States bought from Canada in 1902 \$412,268,963 worth.

THE COLONY OF TUTUILA.

Wonderful Natural Harbor in the Samoan Islands Belonging to the United States.

Far in the south seas lies Tutuila. Four thousand miles to the southwest of the Golden Gate of California. The second place to the left as you leave San Francisco is to harbor, Stevenson's great definition, Honolulu lying midway there you will find the green islands of Samoa, writes President David Starr Jordan, in Atlantic. Volcanoes make the mountains and gorges and soil land of these islands; 200 inches of rain a year and an ardent tropic sun make its wonderful forest and brush and graceful palms; the "coral insect" makes its white shoreline and coral reefs, while copra makes its enduring smell, and its shifting civilization. And about it all is the abiding presence of the ocean. From every vantage point one sees the blue water meet the blue sky, even in one's ears is the low growl of the reef waters breaking on the guard reef; in every direction is it ocean-wide away to the world.

Tutuila is primarily a huge volcanic crater, which has built up the island with the lava it has ejected. This crater of Pago-Pago is fringed about with steep walls from 1,000 to 2,500 feet high, almost vertical on the inner edge, and the fashion of craters, sloping away on the outside as the lava flows, two points in its rim, the mountains of Matafao and Peoa much higher than the rest, and with a break half a mile wide on the south, letting in the sea. The harbor of Pago-Pago, thus formed within the crater of Peoa, is nearly two miles deep and a mile wide. This size is, however, much reduced by the barrier reef which occupies half the strait at the entrance, and which forms an unbroken rim about the shore within. But with all this, there is room enough, not for all the navies of the world, but for all the ships likely ever to put in to Samoa. The winding entrance shuts out all surf from the south, and the great walls on every other side make the harbor securely landlocked, whatever the hurricane without. It is in brief, the one good harbor in all the south seas, and for that reason it is of high value to a great nation with expansive commercial aspirations. In any case it is a gem, and is likely to remain so, as a modern dock and coal station in the eyes of our American administrators.

But to the people of the colony of Tutuila, of the United States of America, a position in their eyes far nobler than to be an independent kingdom.

THE DENGUE GERM FOUND.

Surgeon of United States Army Makes the Discovery in the Philippines.

The germ of the dengue has been found. To Capt. Harry A. Eberle, a surgeon of the United States army, is due the credit of this noteworthy discovery. For two years he has been stationed in the Philippines, and while there has had the opportunity of handling numerous cases of this disease. An epidemic of the dengue broke out on the island of Jolo, and at one time there were 40 cases in the hospital. Observing the rapid traveling of the disease through an infected district, Dr. Eberle set about to find the germ and if possible prevent it. Prior to his joining the army, Capt. Eberle was a general practitioner, but of the malaria he made a specialty. His work of classifying the different types of the malarial fever brought him to the notice of the medical world.

In the spring of the dengue germ Capt. Eberle said: "The microbe of the dengue resembles those of the malarial fever, and it is communicated to the human body by a mosquito. The germ is very sensitive, and it cannot be properly examined except in fresh blood specimens. For 20 months I was in Jolo, and was there during an epidemic of the dengue. I made extensive researches into the disease, which had baffled the medical men, and my work has been rewarded by the fortunate discovery of the microbe. I submitted two reports to Washington, and was encouraged to further research. I revised my work and have prepared a voluminous report and drawings of the germ, and will present them to the surgeon general. I have named the microbe the plasmodium."

"Another discovery worthy of mention has been made during my stay in the Philippines. For some time it has been the impression that mosquitoes, to which are largely due the spreading of diseases, exist only in pools of water and swamps, and in order to exterminate them as much as possible we have covered these spots with oil, but it apparently did little to remove them. I searched far and wide for other places where the insects thrive, and found that they flourish as well in trees, particularly the cocoanut and papaya trees."

Camp Refrigerator. A party camping found it unavailable and decided a refrigerator. They dug a large hole in the ground near the camp, and in this they placed a good sized wooden box. Over the top they laid a piece of wet carpet or burlap. The milk, butter and vegetables were kept very cool.—N. Y. Post.

First Filtration. Apparatus had just risen from the waves.

"How 's the water?" queried Mercury, thermomantically.

"Cool," responded the goddess.

This is the first sea-bore filtration on record.—Chicago Journal.

As Usual. Small Boy—Pa's gone on a two week's fishing trip.

Inquiring Friend—Do you think he'll catch anything?

"No, he's just gone fishing."—Detroit Free Press.

DINNER FOR

Chicago Policeman... in Seated... Family.

The administrations of different chiefs of police and break which one of the other had issued were under discussion at headquarters. Each policeman had a story to tell.

"When Badenoch was chief," said one, "he issued an order that all saloons should close at midnight. For a while the order was enforced. But, like all others of its kind, it was soon forgotten. While the crusade was at its height I certainly enforced the order along my path."

"One night I was traveling along, when I heard an awful racket. I investigated. A belated lodge member had just come home and his wife was fairly tearing the roof off."

"I rang the bell. The woman answered. Although I merely wanted to quell the noise, she ushered me in. Her husband also welcomed me, and both began to tell their troubles. Without further ado I became a peace-maker. On the table in the dining room was a well-cooked roast, none the less tempting because it was cold. After some parley I prevailed upon them to sit down and keep peace in the family by meeting at the festive board. They both insisted that I must sit down, and to arrange the table I consented."

"To encourage them I volunteered to carve. With a little coaxing and jest I soon had them in good humor. Eventually we finished supper. I left them at peace with each other, though neither knew how fortunate I considered myself in getting in on that spread."

TREATMENT OF SNAKE BITES

Scientists of Edinburgh and Copenhagen Make Some Important Discoveries.

As the result of years of investigation of the effects of snake bites and the treatment of poisoned wounds—Sir Thomas Fraser, of Edinburgh, and Prof. Calmette, of Lille, have succeeded in producing antivenoms for snake bites, closely analogous to the antitoxins with which diphtheria and other microbial diseases are now treated. But just as diphtheria antitoxin is of no use in a case of typhoid fever, so cobra antivenom is of no use in a case of any rattlesnake bite. Each species of venomous snake must be separately treated.

A still more important development of Calmette's work is due to a Japanese, Dr. Noguchi, who has been working for some months at the Serum Institution in Copenhagen.

The snake studied in Edinburgh is of relatively small importance, but Noguchi, working in Copenhagen under a grant from the Carnegie Institution of Washington, has succeeded in obtaining an antivenom antitoxin to the poison of a no less deadly and important creature than a rattlesnake.

The manner in which the antitoxin had been obtained is identical in principle with all the other instances of antitoxin production, from vaccination, now more than a century old, and the hydrophobia inoculation of Pasteur, down to Wright's serum for typhoid. In each case the presence of the matter in the passage of the poison through some animal, which is able to withstand it and produce an antitoxin in its blood.

INDIAN PLAGUE ON WANE.

Mortality from the Scourge Has Fallen Off Nearly One-Half of Late.

Nearly eight years ago—in September, 1899—bubonic plague appeared for the first time in modern India on a widespread scale. Beginning in the rat-infested grain stores of Bombay and its unconquered fifty lanes, and thence to the pestilence was carried by pain-stricken crowds all over western India. Every year since the mortality has spread, defying every attempt to check it, till the surviving Hindus have become indifferent, after successfully resisting the humanitarian and scientific action of the government. Every mail brings its cheery record of the mortality, but the figures and the facts are passed by as normal or of no account. In the last week of May 1910, deaths from plague were recorded in India, chiefly in the Punjab.

But the same week gives the first streak of hope that the pestilence is turning itself out at last, wherever sanitary reforms on a sufficient scale have been effected. In Bombay city the total mortality from all causes, including plague, fell steadily to 34.1 per 1,000.

The mortality fell from 100 a week in February, to only 578. The same is true of plague and the life of the host on the side of the human body are now saved. But this much Bombay has made public—that the pestilence is a disease of locality, and that the remedy is the clearing away of the sites which it haunted, and the reconstruction of the quarters where it occurred year after year.

To Shorten the Visit. Mr. Inghy—Oh, gracious, Uncle Bill is coming to stay a month, and is to bring his three wild grandchildren.

Mrs. Inghy—Never mind; I'll put the oldest boy, who kicks so, to sleep with him.—Cincinnati Commercial-Tribune.

Home Health Club logo with text: Home Health Club, By DAVID H. REEDER, Ph.D., M.D.

During the many years that the Home Health Club lectures have been published in the newspapers, I have from time to time described the best method for the application of water in the treatment of many forms of illness. Many letters have come to me from all parts of the world expressing the gratitude of the writers for the benefits received, and in many cases asking for more detailed information. Hydrotherapy is a wonderful and an interesting study, and in compliance with the requests of a great many I shall give a series of lectures on papers upon the subject; the aim being, as in all of the Home Health Club papers, to teach in an interesting and simple manner the practical home use of this most powerful of therapeutic agents.

In beginning the study of a subject of such importance, it is not justifiable to learn something of the accredited value of the agent as established by the records of wise and experienced practitioners, extending over a period of many hundreds of years. Water in the treatment of human as well as animal suffering, is undoubtedly the most ancient of all therapeutic agents. The earliest medical literature extant refers to its use. The old Assyrian and Egyptian records which tell us of the habits and customs of those ancient peoples also establish the fact that it was by them considered most valuable; while the recent discoveries in America, giving undoubted evidence of a high state of civilization which existed here many thousand years ago, prove that the value of baths was even then known and used.

Perhaps one of the reasons for the great value attached to water is that it is always to be had. Water in its living form is found there and must be water, and it can be had with safety and a reasonable assurance of satisfactory results be applied to every conceivable pathological condition. It thus more nearly approaches the ideal, the name of only natural products of an

The Club's physical and educational courses, a year's benefit to the poor, the time of Christ, while the great writer, Pliny, is authority for the knowledge that water was almost the exclusive method of treatment used by the Romans for about 700 years. One of the ancient physicians, Celsus, calls it one of the three essentials in a perfect system of therapeutics, exercise, friction being the other two.

The great John Wesley, founder of the Methodist church, wrote a book called "Primitive Physics," which was published in 1747, in which he gives a prescription for the treatment of disease by the use of water, in a manner which cannot in many instances be exceeded by even our present scientific knowledge of its use.

It would be not only interesting, but instructive to take you with me through the entire history that is available regarding the cure of diseases by means of water. It is a curious fact, however, which all physicians are forced to admit, no matter how much we desire to do so, that the practical and effective use of water in the therapeutic treatment of disease, both in England and America, has been found only by the many other valuable agents, by members of the faith. A physician named Prosser, then a young man, named Knapp. The former was a man of remarkable ability and energy. It is related of him that when he was 17 years of age he met with a severe accident in which he received many bruises and other injuries, including two broken ribs. The family physician and those called in council gave him no hope of recovery, but as he had been in the habit of employing water freely in the treatment and care of domestic animals, he decided to apply the method to himself, which he did, with perfect success. He covered the wounded parts with what we would call "cold compresses," and there he kept cold by the addition of cold water as fast as they became heated.

The successful outcome of his plan led him to observe similar effects upon other persons whom he could find in a neighborhood, relieve of their suffering, until his success in the treatment of the sick and afflicted became so well known that even the most eminent physicians were not slow to go to him for knowledge and help.

One of the most important experiments which he performed, and the results of which should be known to every human being, was made upon two oxen. One was constantly fed upon cold food and the other upon hot food. When killed the one which had been fed upon cold food was found to be in almost perfect health and the intestines were well contracted, pale, and of a firm, resisting structure, while those of the animal fed upon hot food were inflamed, red, and relaxed to such an extent that they were easily torn and could not be used for sausage cases. Each reader of this paper who has logical reasoning powers will readily absorb a most valuable lesson from this, and avoid as far as possible hot food and drinks. I know from experience both in my own case and that of many patients, that the desire for hot food and drinks is mostly a habit and when once broken and a habit formed of taking no food into the stomach at a temperature above blood heat, much greater amount of gustatory enjoyment is afforded. In time cold foods are desired and relished with much greater gusto than ever was experienced by the use of hot foods. Water is the one great and universal

ENORMOUS INTERESTS

Equipment of American Railways a Wonder Story.

Figures Which in Their Immediacy Are Almost Beyond the Comprehension of Ordinary Minds.

Occasionally the words "railroad interests" will strike upon the ear least interested in politics or high finance. Frequently the same words will be upon the tongues of persons to whom both politics and high finance are equally objectionable. But to the average reader the extent of these interests must prove a revelation, says the Chicago Tribune. In the first place the mere capital stock of the railroads in the United States is more than \$1,500,000,000. The total trackage in miles is 376,435.39.

In one year the train mileage of these lines reaches 850,000,000 miles. The 675,000,000 passengers are carried 21,500,000,000 miles. The gross earnings from this traffic—which considers also the hauling of 1,250,000,000 tons of freight more than 145,000,000,000 "ton" miles—is only a little short of \$2,000,000,000 a year. And for the purposes of business in traffic these 275,000 miles of railroad have equipment that have cost \$12,000,000,000, and the "railroad interests" are adding to the mileage 2,900 miles a year—giving to each 10 square miles of territory 7 miles of railroad and to each 10,000 of population more than 27 miles.

But out of the immensity of these figures the lay reader has scarcely more than a suggestion of what the phrase "railroad interests" represents. In mileage these figures for the United States exceed those of all the rest of the known world by at least 24,000 miles. The American roads carry more freight than all the other railroads of the world. It is only when it comes to passengers that the American roads from handling 675,000,000 a year take a back place compared with the 1,120,000,000 passengers that are carried by the world's other lines. Of these foreign passengers the European roads carry 2,800,000,000 a year, though if passenger miles were to be compared rather than passengers, it is likely that the American roads would be close to the world's figures.

CLUB NOTES. "Amie, Kate, and David H. Reeder, Laporte, Ind. Dear Dr. Reeder: Father sends you today, in a separate parcel, some herbs for identification."

I have had a great many communications like the above, and recently my office has had much the appearance of an old-fashioned apothecary shop, or doctor's den, in the days when each good family doctor gathered the herbs and prepared his own medicines. This is an unexpected call upon me, which is unnecessary and needless, both for me and for you. In my article, giving information in regard to the medicinal and commercial value of these things, I stated that the agricultural department at Washington, D. C. (botanical department), would supply you for the asking, with farmer's bulletin 188, giving valuable information regarding the cash value of well known herbs which grow as weeds upon the farm. Also that Prof. A. D. C. Company, Detroit, Mich. would send for the asking, a booklet with complete information, prices, etc. Samples for identification can be sent to them or to Alaire, Westward & Company, Peoria, Ill.

I have a pleasure in letter from Lake View, Wis. dated July 15, which describes an interesting case, but as the writer failed to give her name, I cannot answer.

Dr. David H. Reeder, Laporte, Ind.—Dear Sir: I recently began taking the Home Health Club method of treatment beginning in a modest way. I was thinking it might be well to start off at a slow pace. Very thankful for the valuable information in Health Club News, of which I have recently been a student. I am going to a flouring mill today, for some flour. Common sense coincides with your directions. Thank you for the good old gentlemen of Providence, R. I. I still drink the double-dix of youth. Yours faithfully, C. J. G.

In beginning the use of any method of treatment recommended in these lectures or in any of the club books or literature, sent out by the club, it is safe to begin and continue in exact accordance with the directions. In his connection and in view of the recent lecture upon the subject of obesity, I think that an old lady will bear repeating. A certain young lady called upon a physician for treatment for the reduction of her flesh. He gave her very careful instructions in regard to what she should eat and drink, even to the exact amount which she should eat daily. She promised faithfully to do as he desired, but returned in a month fatter than ever. The good doctor was puzzled beyond measure, and asked her in a very doubtful manner about carefully following his directions. "Did you eat the food I told you to?" "Yes, doctor, I have been very careful, sometimes it was hard to do it, but I managed somehow." At last a light dawned on the bewildered doctor. "And what else did you eat?" "Oh, nothing, except my regular meals." Now I do not suppose that any of my readers would be so foolish as to try to reduce their surplus fat by the process described in the lecture referred to, and then eat their regular meals in addition, yet there are people who give a system of natural treatment only half a chance. The writer of the above letter is doing quite the proper thing to begin just as he is doing, because that is the proper thing in his case.

All communications for this department should contain four cents in postage, and should be addressed to Dr. David H. Reeder, Laporte, Ind.

Essentials of Hospitality. If only the people who ask us to their homes would realize that this is the most noble compliment which can be paid a writer, there would be few anything but wondering why their contributions have so little "go" and why their names seem so pleased when they are mentioned in the pages of a magazine, a real, not an assumed, pleasure in their friends about them, and the essentials without which no mortal, though he be the owner of the most splendid establishment and have the wealth of the de Montemonts, can derive real pleasure as an entertainer.—From Elton Greig's "Visiting in a Country House" in Century.

Best to Be Prepared. Aunt Maria, an elderly lady, who had just returned from a visit to Uncle Joshua—They're going to sing "For a Thousand Years."

Aunt Maria—For goodness sake, I wish, telegraph the children, what's keeping us.—Scribner's.

Unsanitary Churches. A doctor writes in the London Lancet that as regards sanitation and ventilation the English churches retain the customs of the middle ages.

Barbadoes Fare. The poor people of Barbadoes subsist principally on sugar cane sweet potatoes and yam.