Home Health Club

By DAVID H. REEDER, Ph. D., M. D.
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The subject of foods seems to be a very interesting one, and as I have received a number of letters this week from club members asking for a little more information regarding that subject, I presume it is in order for me to treat the subject further.

As I stated in a previous lecture, it is of great importance that food should be relished, that there be genuine gustatory enjoyment, and, in order to secure that desirable result, a variety of food materials is be it. I once received a patient, who for a number of weeks has been at a noted sanitarium, under careful dietetic supervision. His daily allowance had been restricted to a very few articles of rather an unpalatable nature. As he was, previous to his admission to that institution, extremely emaciated and weak, such a diet was almost intolerable, and he rapidly grew worse.

When he arrived at the home he was completely exhausted, and could hardly get to a room. When asked to come to dinner, he refused, saying he did not feel hungry, and he was afraid the food might injure him. I humored him until the next meal, when I insisted upon a reasonable amount of good, wholesome food. He appeared greatly surprised that I should allow him to eat of any dish upon the table, with the restriction of complete mastication only. No harm resulted, but a good night's sleep followed. I watched the case slowly for several days, and noticed that no liquid of any kind was partaken of at any time. I also found the vital organs were carried much lower than they should be; the carriage of the entire upper portion of the body was very, very bad. I therefore first ordered a cupful of hot water 30 minutes before each meal. After a few days I supplemented this by ordering six tablespoonfuls of water daily at various times between meals, and increased this amount to three quarts of water daily. I also, at the same time, instructed the patient in the exercises given in volume one of the Home Health club books for developing the muscles, which assisted in maintaining a correct carriage, developing the chest and abdominal muscles.

No medicine of any kind was administered, and in two weeks the patient began to gain flesh; in four weeks he was gaining at the rate of three pounds per week, and at the end of two months still kept up that rate, becoming gradually strong and robust by the simple methods just prescribed. But I have no doubt but he would, within a year, have had a complete collapse, and perhaps have died a victim to errors in dietetic habits and a lack of knowledge of the simplicity of the methods of cure practiced by the Home Health club.

His case had been pronoun ed consumption, of the wasting variety, and I have no doubt he would have died of that disease, so-called, if left to his own resources or in the hands of those who confined the diet of their patients to the particular cereal or vegetarian foods manufactured by their managers.

Another element which enters strongly into the cure of such cases, is that of suggestion and cheerfulness. Where the surroundings all have a depressing effect and a long and doleful look is upon the face of the doctors, nurses and employes, or, if similar conditions exist at the home of the family and friends, there is but little hope for recovery, but changing that to an atmosphere of brightness, cheerfulness, confidence, will change the condition of such hopeless ones for the better. Then supply a generous mixed diet, with an abundance of water, and a life mostly out of doors, with good ventilation when indoors. Take proper exercise, and consumption of that kind quickly vanishes.

I have so far in my experience found it a most excellent plan to adapt the diet to the condition and individual as I find them, regardless of the rules and regulations laid down in the text books, keeping ever before me, of course, the fact that experience has proven that there are some kinds of foods that are absolutely incompatible with certain conditions and must not be used.

In one of my recent lectures upon the subject of foods, I discussed the matter of the necessary chemical constituents, and also gave the names and quantities of foods such as may be found in almost any home. These foods, upon analysis, give the proper chemical elements required by the system, although some of them, notably beer and bacon, are of such a nature that there may be substituted some other food to the advantage of the system as well as finance. For instance, the fats that come from beef, mutton, cream or nuts are much more wholesome than that obtained from bacon, and are not so hard to digest. In my opinion, bacon is the least harmful of all the pork products, but it should be used on the principle of the less the better.

Beer, as I have many times before stated, if made from malt and hops, is not an unhealthful drink, being less harmful, indeed, than tea or coffee, but that which is made by the majority of American brewers is a most vile concoction, containing commercial glucose and many other harmful products, and is the cause of many cases of diabetes and Bright's disease.

According to the commonly accepted method of living among the great majority of the most advanced and energetic people of the world at the present time, a mixed diet is best. Whether all of us personally agree in this or not, is not a matter to be discussed at this time, but as it has already been learned that the best results are secured from wholesome foods that are relished, it is the custom to use a variety of foods, not restricting to a wholly vegetable diet, nor, on the other hand, wholly to animal diet. And so far in my own experiences with the average person I find the mixed diet, in variety, to be the best, reserving many forms of special diet for various diseased or disordered conditions.

For example, a rheumatic patient is made worse by a diet of white bread and butter, potatoes, bacon and coffee; but improves upon a diet of juicy vegetables, and vegetable soups, juicy fruits, etc., to which is added an abundance of water or buttermilk as a beverage, to be taken at any time except during meals.

People who have never visited a water-cure establishment, or the famous springs, are not inclined to believe the statement of those who have watched the enormous quantities of water disappear down the throats of the patients. I myself was simply amazed on my first visit to one of these places to see a gentleman step to one of the springs with a pint cup, fill it and drink all with apparent relish, and then repeating the process four times without stopping, making a total of two quarts of water within five minutes. I engaged him in conversation, and learned that he could drink six pints of water with ease; that he was in the habit of drinking from three to four gallons daily. As he was a very strong, healthy looking man, with no sign of an ache or pain, I questioned him as to the reason for such excessive drinking, and the effect, when he, with great enthusiasm, told me that when he first came to the springs, a year previous, it was with hope almost gone. As he never did like to drink water at all, he could not at first force down more than a teacupful, but by persistent effort had at last partaken of the required quantity, and a perfect cure resulted. I have since watched many similar cases, and have also experimented with water that had no reputation other than its purity, and always with similar satisfactory results, but it was the quantity, and not the particular spring, that did the work. But I fear you will call this somewhat of a rambling lecture, but results are what I seek, and not exactness of style, to cure people of their pains and diseases, and to teach others how to prevent such things is the object of the Home Health club lectures, and that this result is daily being accomplished many can testify. Therefore, those who object to the rambling style of this lecture, will not be considered.

In answer to questions that are direct and to the point, however, I must say, in justice to myself and to those who seek to know the reason for things, that animal foods are richer in albuminoids or nitrogenous constituents than vegetable foods.

CLUB NOTES.

Wessington.—Dr. David H. Reeder, Laporte, Ind.—Dear Sir:—I am a reader of your Home Health club lectures. Will you please tell me if the following preparation for chapped hands is injurious if used repeatedly:

One part alcohol.
One part ammonia.
One part glycerin.

Also tell me if it would not be just as beneficial with two parts glycerin to one of each of the others? Respectfully yours, B. D.

If you are in the habit of working outdoors or have your hands in water frequently, I do not think the formula which you have given would be extra good for your hands. A much better formula consists of one-half glycerin and one-half witch hazel. This should be applied at night, after thoroughly washing the hands with soap and warm water, rinsing off all of the soap very carefully, and then applying the solution. It should also be again applied the next morning after washing the hands.

For the other skin trouble, I would suggest that you use the vegetable remedy which I told you of in my personal letter. This remedy will also keep the skin of the hands soft and pliable, in spite of very rough usage.

All communications for the Home Health Club should be addressed to Dr. David H. Reeder, Laporte, Ind., and contain name and address in full, and at least four cents in postage.

Onion Stew.

Peel the onions, slice and let them stand in cold water half an hour. Put them on in fresh, cold water and let boil three minutes, then pour off the water, add more, let it boil the same as before, and repeat this three times. In the fourth water let them cook until tender, strain and put in milk; season with butter, pepper and salt to taste; thicken with a little flour.—Boston Budget.

Tea Biscuit.

Sift three level teaspoonfuls of baking powder in one pint of flour, add one-fourth teaspoon salt; rub into this one rounding tablespoonful of lard or butter, three-fourths cup of milk; roll out and cut into small biscuits; bake 16 minutes in hot oven; for one quart of flour double the quantity.—Chicago Post.

Profit Without Risk.

Haskins—By the way, who was the best man at your wedding?

Willowby—The parson seemed to be feeling the best. You see, it was all profit for him and no risk whatever.—Boston Transcript.

LOBSTER A ROAMER.

EXPERIMENTS OF FISH COMMISSIONERS DETERMINE THIS.

Out of Hundreds Tagged and Sent Adrift Some Are Found Many Miles from Starting Point.

Some interesting experiments to determine the habits of the lobster have been conducted at the United States fish hatchery station at Woods Hole, Mass., and they have so far progressed as to show that the popular belief that the lobster never strays far from the place of its birth is a fallacy, says the New York Sun.

About 300 lobsters, each bearing a tag to show that it was put overboard by the fishery experts, are crawling over the bottom of the Atlantic ocean, supposedly off the south shore of Cape Cod. They are part of the whole number—about 400—that were set free in the waters of Vineyard sound three years ago, and the commissioners would like to learn their exact whereabouts.

The lobsters, carrying little copper tags fastened to their noses, were caught in Vineyard sound, and were liberated in the exact places from which they were taken. The commissioners employed a system of tagging for the purpose of trying to determine their habits and to learn, if possible, how often they shed their shells.

Long before the commissioners liberated any of the tag-bearing lobsters, they issued notices which were sent broadcast among the fishermen along the Atlantic coast, informing them of the purpose for which the lobsters were tagged, and asking their cooperation in carrying out the experiment. The fishermen were asked to send all tag-bearing lobsters they caught to the hatchery station here, and they were furnished with blanks which they were requested to fill out giving the circumstances attending the capture of the lobsters.

Whether or not lobsters are migratory was a question which it was hoped the experiment would settle for all time, but most important of all was how often the lobster shed its shell. Experiments with lobsters held in captivity were made repeatedly, but without satisfactory results.

While there seemed no good reason why lobsters should not crawl or swim from one region to another, it was believed that they were homebodies and that they never wandered far from the place of their birth. Proof that they did or did not roam was lacking until the experiment of tagging was made, when for the first time in the history of the lobster fishing industry it was definitely learned that they often made long journeys.

The proof was furnished by a lobster fisherman on Long Island, who was on the lookout for crustaceans bearing the station tag. He was the first to report having caught one in his traps. He found the lobster one morning about a month after it had been set free.

The lobster was kept alive and sent to the station here as requested. So far as the commissioners could tell, there had been but a slight change, and that was in the growth of the captive.

In a short time another of the tag-bearers was taken away down near the western end of Long Island, nearly 100 miles from the place where it was set free. Subsequently many others were taken in the same region and in the vicinity of Block Island.

None were caught eastward of the points where they had been liberated, and the experiment seems to prove that the tag-bearing lobsters had all started south immediately after being put into the water.

Fifteen days after the last lot of lobsters had been put into the waters of Vineyard sound, one of them was caught just 15 miles from the point where it had been liberated, so that this fellow had traveled at an average speed of one mile a day. This speed was considerably faster than it was believed possible for a lobster to go, and exploded the theory that lobsters are home-bodies for the reason that it took them so long to travel from place to place.

Within a year after the tag-bearers had been liberated, more than 75 per cent. of the total number were heard from, and in almost every instance they were all found to the westward of this harbor and from five to 200 miles away from the spot where they were dumped into the sound.

The fact that none of the lobsters was found north of Cape Cod has been a source of surprise to the commissioners, for they believed that sooner or later some of them would be caught by the fishermen who set pots along the Cape Cod bay shore and at Plymouth. The fishermen north of Cape Cod have been keeping a sharp lookout for the tag-bearers ever since they were set free, but not one of them has been seen.

Lobsters are plentiful in the waters north of Cape Cod, but they undoubtedly belong to another tribe, and so do not mingle with those that inhabit the waters of the cape and along Vineyard sound.

Ants as Hypnotists.

The reflections of an ant will scarcely be surprising literature after recent investigations i nant memory and ant mesmerism and other matters. Ant actions recorded suggest something akin to hypnotism, and there seems a possibility these insects may be able to remember and recognize individuals of their own kind after a long separation. Inquiries into the reactions of ants to vibrations go to show that it is misleading to ascribe or to deny hearing to these insects. They are sensitive to the vibrations of solids but not to those of air, and their reactions to these might as well be due to touch as to hearing.—Chicago Tribune.

GREAT RESPECT FOR DEAD

Rough Riders of Russia Bury Their Comrades with Impressive Ceremony.

Wild and rough as are the Cossacks, they are peculiarly sentimental and as susceptible as children to the emotion of the hour, whether it be anger or sympathy. One of the most striking sights I have ever witnessed, writes a war correspondent, was the whole of Mistchenko's division paying its respects to the remains of the four Cossacks who were killed and mutilated below Sindee.

It was some time back, just toward the end of the summer. The burial was fixed for nine a. m. Mistchenko and all his staff were there and the Fourth Chita regiment, to which the men belonged, was accorded the place of prominence in the ceremonies. There were no coffins available and the bodies were wrapped in plaited straw, but so smothered with wild flowers and native grasses that it was impossible to see the ghastly blood stains soaking through the covering till the corpses were lifted from the stretchers to be placed in the grave.

The churchly accessories were scanty. An old table had been brought from a deserted Chinese hut and on it was placed an old regimental ikon and before it a single bit of wax candle, the nearest approach to a taper that could be had. The priest of the Baranulski regiment officiated and as he took his place before the table the order "Hats off; pray," was passed down the line. Mistchenko, setting the example, uncovered and bowed his head while the men knelt, bareheaded, but each with his carbine between his knees.

The church accessories may have been poor and simple, but the temple was magnificent. It was God's own house, a walled-in valley with green hills rising on every side and over all rising a single peak that might have been the spire of this mighty cathedral.

The service, simple but affecting, was soon over. The priest blessed the bodies and the stretchers were raised shoulder high and born up the hill past the massed regiments, the band playing a dead march.

Mistchenko and his staff followed on foot like the rest, and after the Cossacks had placed the bodies in the open grave he threw in a handful of earth and each officer and man of the regiment did likewise. Then the general shook hands with the priest, thanking him for his attendance on the dead, and also shook hands with and thanked the four Cossacks who had stood in the grave to receive the bodies.

Before the assembly was dismissed Mistchenko briefly addressed the men, warning them under no circumstances to commit any reprisal on the dead or wounded Japs who should fall into their hands. And so far as I have ever heard this mandate has been obeyed. But before the day was out we had another skirmish with the Japs and I heard that every man cut a cross on his cartridge before firing.

MEN ARE NOT WANTED.

Attend Lectures Occasionally, But There Is No Place for Them in Cooking Schools.

"Men go to cooking school? Of course," says Mrs. Williams, who has charge of the cooking classes of the New York high schools. "We have lots of men who attend our classes and lectures. They come from all classes too. They are not only professional cooks who want to perfect themselves in their work but men who from appearances are owners of their own homes. They come here to find out why they don't get good food at their homes, and to find out how they can get it. Then there are lots of men who go camping or yachting each year, and therefore want to know something about cooking. Perhaps some of them do the culinary honors at their respective homes. Anyhow, there are lots of New York men who are learning to cook here, and their number is growing."

That is, in New York. In Chicago men don't want to learn to cook, or the cooking schools don't want them. At all events, there are none learning at present.

"Men go to cooking school? Of course—not," says Mrs. Evans, of the School of Domestic Arts and Sciences. "They come to lectures occasionally, but that is probably more out of curiosity than from a desire to learn. They don't come here to the school to learn to cook. There is not one in attendance at our school, nor do I know of any in any cooking school in the city. Would we have them? No. We haven't advanced to the stage where men are needed in the domestic arts and sciences."

Millionaires Enjoy Themselves.

Twenty millionaires, impersonating farmers, lately held a curious dinner in an hotel in Philadelphia. A miniature cornfield had been installed in the dining hall, and roosters ate wheat from the floor. The guests used toy pitchforks, rakes and hoes, instead of knives and forks. A stuffed bull stood behind a rail fence, and two live pigs feasted in a sty. Farming utensils hung on the walls, and the electric lights were in pumpkins and melons. When the company felt thirsty they went to a cider press, and farmers' wagons took them home.

"Skyscraper" School.

After years of deliberation the school authorities have decided to build a "skyscraper" school in New York, which will accommodate 7,500 pupils. The structure will be ten stories high. Each floor will have 15 class-rooms, each accommodating 50 children. The structure will be fireproof, only the furniture of the rooms being inflammable, and even if a fire should break out all that would be necessary, it is claimed, would be to close that particular room and let the flames die out.

BIG VAULTS PASSED.

CITY SAFETY DEPOSITS ARE TOO STRONG FOR ROBBERS.

Dynamite Sufficient to Blow Them Open Would Wreck Whole Building—Points of Construction.

Merchants are robbed; the safes of country banks that carry a surplus of perhaps $10,000 or $20,000 are often riddled by burglars. How is it that the millions quietly reposing within the doors of scores of banks in the larger cities are never attempted? For it is a fact that during the last 25 years no attack, successful or otherwise, has been made on any bank vault in the United States in cities of over 50,000 inhabitants. Most of the bank robberies occurring to-day take place in towns of 2,500 to 7,500 inhabitants. In the larger cities, where the treasure really is, no one even attempts to rob a bank. Why is this?

Money can protect money. That is the whole secret, says the Philadelphia Inquirer. The country banks depend on safes costing perhaps a few hundred dollars; a great city bank spends perhaps $150,000 for its burglar and fire-proof vaults. And these vaults are proof. They are absolutely unassailable. The guarding of a bank's money has been reduced to such a science that a banker, having once taken the proper precautions, never gives the matter a further thought, though he has millions of dollars within his doors.

The fireproofing for a large vault can be constructed for from $10,000 to $15,000. It is the burglar-proof steel lining that brings the cost of vault construction up to the six-figure mark.

Think of a steel door weighing 12 tons or of a hinge alone weighing one ton. When that door consists of ten inches of drillproof steel, plate lapped on plate, do you wonder that even the most daring burglar has never attempted it? Such a great door usually has some four and twenty two or three-inch steel bolts which shoot out automatically in four directions as soon as the door is closed. The entire closing of the door is absolutely water tight. The closing has actually been tested one whole night under water. This closing is one of the "tongue and groove" variety and the groove is packed with packing.

This formidable door is furnished with a time lock that can be set for any number of hours and that cannot be opened until the hour for which it is set arrives. The door is furnished with perhaps three duplicate timers, so that if two should fail to work there would still be one to open the door.

Inside the great door a massive grating called the day grate gives access to the vault. To this chamber, which, with its four-inch walls of drillproof steel, is worthy of Vulcan himself, only the active officials of the bank have entrance. Here are the tellers' safes where they keep the money for the day's business.

Here are bags of gold, $5,000 in each, piled up like so many bags of buttons, each bag being securely tied and sealed. Here are packages of bills stacked up like bricks. The ones and twos in $1,000 packages and the tens and twenties in $10,000 packages. The bills in each of these packages have been counted, tied up and sealed by two persons in the presence of each other, so that the bank can guarantee the amounts as given on the labels without recounting. Here, inside the tellers' safes are compartments where the collateral received for loans to depositors is kept.

But this is only the outer division of the vault chamber, beyond is another massive grating dividing the vault into two rooms. No single official can penetrate to the inner shrine, and one of the two officials necessarily present must be a director of the bank. Here is the holy of holies, where repose the reserve funds of the bank—millions of gold and paper money. The reserve funds are kept in safes on which the locks are timed to open every morning, so that if necessary the bank tellers could have the money at a moment's notice.

The two divisions of the vault form really one chamber with walls of drill proof steel. The walls are drill proof, yet as a matter of fact the up-to-date burglar does not work with drills. A few sticks of dynamite, some nitroglycerin in a bottle, with alcohol, putty, candles, wires, wire nippers and an exhaust pump are the principal items in his outfit. With these tools he often "makes an impression" on a small safe. But a single charge of dynamite heavy enough to open the joints of a big vault would wreck the whole building.

Unlimited time, therefore, in which to work would be necessary to the successful wrecking of a drill proof vault by explosives. For it would be necessary to use a long succession of small charges; to work patiently at plate after plate, and the conditions make this absolutely impossible. The reason such great pains are taken to make all joints water tight is to guard against the introduction of nitroglycerin, which has about the consistency of honey or common glycerin. Nitroglycerin is not effective unless it is inside the safe or vault.

The entire great steel room is made fireproof by being inclosed in brick or tile or cement walls, between which and the steel walls is an air space four or five inches thick. Air is a nonconductor of heat and being interposed between the brick and the steel walls prevents the latter from becoming overheated. So perfect is the protection that even when a building has been destroyed the contents of the vaults within have remained unchanged.

He Understood Perfectly.

It was in a Maine Sunday school that a teacher recently asked a Chinese pupil she was teaching to read if he understood the meaning of the words "an old crow." "Been crow a long time," was the prompt answer.

TRANSPORTATION OF MAILS

Annual Report of Assistant Postmaster General Shows Large Increase in the Service.

The annual report of W. S. Shallenburger, second assistant postmaster general, shows that the annual rate of expenditure for all inland mail transportation service during the last fiscal year was $67,931,430. To this is added $2,516,063 for foreign mails. The largest items in the postal transportation figures are the star routes, which number 18,743, aggregating 233,392 miles and an annual rate of expenditure of $39,177,377; railway post office car routes, numbering 284, with an aggregate of 52,037 miles and an annual rate of expenditure of $5,518,234, and railway mail service (officers and clerks), 11,444 in number, involving an expenditure of $12,095,437.

The number of miles traveled per annum by all classes of routes of mail transportation in this country, among which are star routes, railroad routes, special office routes, mail messenger routes, etc., aggregates 505,585,526.

In Hawaii the star route and mail messenger service at the various ports is now so arranged as to connect mail steamers at any time, whether the steamers are running on regular schedule or at irregular intervals.

To indicate the large increase in the volume of mails carried by the railroads it is pointed out that the expenditures for railroad transportation and railway post office cars during the four-year period 1902-05 was $42,458,146, an increase of over 17 per cent. over the previous four-year period, while the revenue of the postal service was $139,781,794, an increase of over 40 per cent. over the previous four-year period.

The report says it is evidently the desire of the American people to send parcels of small average weight abroad, and that our rates of postage favor this practice.

SACRED EVEN IF DRUNK.

Queer Privilege Claimed by German Officers—Privates Punished for Protecting a Girl.

Berlin.—A German soldier does not possess the right of self-defense against attack by his superior. This amazing decision has been handed down in a case just ended at Dessau. The facts in the case follow:

Sergt. Heine, who was drunk, entered a public dancing saloon and insulted two girls who were in the company of two soldiers named Guenther and Voight. The girls appealed to their companions for protection, and the soldiers protested to Heine, who drew his sword. He made a drunken lunge with the weapon and slightly wounded one of the girls.

A violent scuffle ensued, during which Heine was disarmed and felled to the floor.

Guenther and Voight were arrested for striking their superior officer. In the trial the prisoners' counsel contended they acted in self-defense. He declared it permissible for soldiers to defend their honor and life, even against a superior.

"Nothing of the sort," responded the prosecuting counsel. "Self-defense is a conception that does not exist in the relations between soldiers and their superiors."

Counsel for the defense asked: "Must a soldier allow himself to be unresistingly slaughtered by a superior officer?"

"Yes," the prosecutor replied.

The court, however, partially dissented from this view. A soldier whose life is endangered might parry, although he must not strike a counter blow. The prisoners each were sentenced to five years' hard labor, in addition to which they were dismissed from the army and deprived of their civil rights. Heine was sentenced to three months' imprisonment for assault.

HINDOO MEDAL TALISMANIC

Brings an American Doctor Costly Presents and a Lucrative Position.

Kittaning, Pa.—Dr. C. A. Flower, of this place, has returned from St. Louis mystified, but covered with presents. He has also proposed to move to India within a year to become a private physician to Rajah Tipo Sahib—a dignitary of whose existence Dr. Flower was in complete ignorance until some days ago, when he was confronted with the rajah's courier in St. Louis.

Eleven years ago, while at Chicago attending the world's fair, Dr. Flower was instrumental in saving the foot of a young foreigner who had been trampled on by a camel. The lad, who appeared to be a Hindoo, pressed on the physician a medal and took in exchange the physician's card.

Some weeks ago Dr. Flower was sent a copy of a western paper, in which his name was mentioned. Would he call at the Indian embassy at St. Louis, bringing with him a medal which was given him for services at Chicago in 1893 by a young native of India? The doctor hunted up the medal and hurried to St. Louis, the advertisement requiring that he should be there before November 24. The Kittaning physician was at once handed presents from the new rajah Tipo Sahib, who, it seems, was the lad whose foot he saved at Chicago. The Indian dignitary proposed that the American doctor would accept his poor presents, and would come to India to live as his private physician. The presents amount to about $10,000. Dr. Flower will go to India in April.

Remedy Worse Than Disease.

Music may be a cure for nervous troubles, but in the case of compositions like "Hiawatha" and "Bedella" the opinion will prevail that the remedy is worse than the disease.