

HEALTH

COLITIS.

Colitis is an inflammation of the colon, or large intestine. It occurs in several forms. Simple catarrhal colitis is a not uncommon affection. It may arise from the same cause as catarrh of other mucous membranes, as of the bronchial tubes, for example, or it may be caused by the presence in the intestine of indigestible or partially decomposed food; a not infrequent cause is constipation, the matters which should be discharged being retained, and by their presence setting up an irritation. The most prominent symptom is diarrhoea. This usually comes on suddenly, and is watery in character, often tinged with blood. Associated with this is considerable abdominal pain, occurring in paroxysms,—colic,—and following the course of the large intestine, at the cecum or the other side of the abdomen or along its upper border.

The appetite is poor, the tongue is coated with a white fur, nausea is common, and vomiting sometimes occurs. There is usually more or less fever, and the pulse is rapid and weak.

The treatment consists in absolute rest in bed, a very restricted diet (preferably milk and lime-water in small quantities), and the administration of astringent remedies. The latter is, of course, to be left to the physician, for much harm may be done by injudicious medication. The symptoms of dysentery are very similar to those of the disease under consideration, but dysentery is a much more serious affection. The possibility that the disease is dysentery can be ascertained by the physician, rather than simple colitis is an added reason for seeking medical advice, and not attempting to cure the trouble with domestic treatment.

Another and more serious form of inflammation of the colon is what is called membranous colitis. This disease occurs usually in young adults, and in women more commonly than in men. The initial symptoms are similar to those of simple colitis, but the diarrhoea does not last long, and alternates with periods of obstinate constipation. In the passages, especially during the periods of constipation, are patches of membrane, sometimes of considerable size, looking like wet parchment, formation of sheets of tenacious mucus.

The subjects of this disease, which is chronic in character, are usually dyspeptic, suffering much from flatulence, anemic, and depressed in spirit. The treatment is mainly hygienic. The patient should live much in the open air, have long hours of sleep, eat plenty of nourishing food, scrupulously avoiding fried meats, pastry, and other indigestible articles of diet. A change of air and scene is often curative in its effects. The patient should also, if possible, have some light but interesting occupation, which will serve to turn his mind from his ailment.

ACQUIRE ART OF RELAXING.

Relaxing is an art not difficult to acquire. Just flop, limbering every joint in your body as a baby does. Don't allow any stiffness to remain anywhere in your anatomy. Begin with your neck and think about every joint from there down to your toes, until they are loose. Then try to think of nothing whatever or of something trivial and pleasant. Fifteen minutes passed in this way will rest you more than hours of restless, troubled sleep. Your nerves will regain their tone, and small troubles will be easily passed over; your expression will be cheerful and attractive, and ugly lines will be smoothed out and driven away, making you appear years younger.

HOME REMEDIES.

For colic of infants use one drop of essence of peppermint in two ounces of sweetened water.

For toothache dampen a small piece of cotton with oil of cloves and put in cavity of tooth.

For pain in chest or headache with a cold apply camphorated oil with rubbing and cover with cloth.

For sprains, mosquito bites, stomach rash, and summer heat apply witch-hazel.

For chronic indigestion add one-half ounce of lime water to pint of liquid.

For sour stomach take a teaspoonful of soda bicarbonate in a glass and sip slowly before meals.

Dry sulphur, rubbed thoroughly into the scalp, will stop falling hair.

Some pimples are so deep they leave a scar after they heal. Carbolic acid, used in a very dilute solution, will cure the most obstinate red spots.

If the thin girl wants to get fat quickly let her take the Viennese chocolate cure. She must eat chocolate for ten days; then resume her regular diet for a week, returning to the chocolate preparations for ten days more and so on. It is excellent for the stomach, giving it plenty of nourishment and rest meanwhile.

The average man thinks he will have plenty of time for everything if he winds up his watch every day.

In after years a spinster may have cause to congratulate herself on the number of times she didn't get married.

The total wealth of the United States is about equal to that of the United Kingdom and Russia combined, or to rather more than that of France and Germany together.

They are the smartest models known to the Corset Manufacturer's art, science and sense having achieved a wonderful triumph.

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MAN STILL MUCH EATEN

THE FAVORITE FOOD OF THE SAVAGES OF THE CONGO.

Cannibal Tribes Are Superior, Mentally and Physically, to the Non-Eaters.

Man is still much eaten by his fellow man. It is estimated that millions of savages on the upper Congo are inveterate cannibals. Millions more perhaps have the same taste in New Guinea and certain groups of the South Sea Islands, notably the Solomon, the New Hebrides and New Ireland.

Why this should be so is a mystery that has perplexed the anthropologists. David Livingstone, the first white man to cross the Manyaema country in Central Africa, was reluctant to believe that cannibalism was not in some way associated with superstitious rites. But when he saw the eagerness of the natives for what was evidently their favorite food he could no longer close his eyes to the simple fact—the Congo man preferred human flesh to any other kind of meat.

The extent of the practice is indicated in the evidence given before the various Congo inquiry commissions. One native witness after another came forward and laid out the table bundles of twigs or leaves, each one representing a human being that had been killed and eaten by the so-called sentries employed by the Belgian administration to supervise the bringing in of rubber.

It has even been asserted that those tribes which do not indulge in the practice are inferior, mentally and physically, to the cannibals. "And yet," said Livingstone, speaking of the Manyaema, "they are a fine looking race. I would back them to be superior in shape and general physique to the entire Anthropological Society."

For many years travellers generally omitted from their books mention of cannibalism. Such stories would, they fancied, be considered exaggerated if not positively untrue.

But of late the explorers of all nationalities have studied both people and practice with scientific zeal.

Sir Harry Johnston, Herbert Ward, Guy Burrows of the Congo administration, Dr. Parke, Capt. S. L. Hinde, also in King Leopold's service, and many others have spent years among the Congo tribes, and then given in a matter-of-fact way details of the habits of the savages which are almost incredible.

In the Bangala country not only are the bodies of those slain in battle eaten, but the natives habitually kill men for food. And about this there is much curious system, such as in the case of the savages which are almost incredible. In the Bangala country not only are the bodies of those slain in battle eaten, but the natives habitually kill men for food. And about this there is much curious system, such as in the case of the savages which are almost incredible.

Thus the prisoner is not killed outright, but is placed chin deep in a pool of water with his head made fast to a log lest he drown. The victim's limbs, by the way, have been broken three days previously. On the third day the poor creature is taken out and killed. This procedure, the fierce Bangala say, makes the flesh more tender.

Capt. S. L. Hinde, returning home from Stanley Falls on the Congo, had personal experience of these people. On the down river trip to Boma six of the Bangala crew were put in irons, charged with having eaten two of their own companions. The accused were magnificent savages, over 6 feet high and superbly proportioned.

Two of the crew, it seemed, had fallen ill on the voyage up, and were allowed by the captain to take a few days rest. But when next rations were served they were missing. The master of the steamer was told they had died in the night and been buried ashore. And this seemed likely enough. But the captain of the ship and his doubts. He made a sudden raid on the broken bodies of the Bangala hands, and discovered

PAIRTS OF THE MISSING MEN, smoke dried and cut up conveniently in the loekers of the six suspects, now going to trial at Leopoldville.

In truth, the Darwinian theory of the survival of the fittest is seen in Central Africa in all its pitiless applications. Even the women, unable to keep up with the march of the warriors, are killed and cut up for food instead of being left behind at the mercy of other tribes or wild beasts. Nor do the blacks of the Congo forest encounter any more lenient fate when they are sick or lame, who are similarly disposed of.

The cannibals in all cases extract the teeth of their human prey for necklaces and bracelets. The hair is made into fishing lines and nets; the skin goes to cover war drums and the skulls become fashionable decorations in the homes of tribal chiefs, whose greatest glory is a long array of these trophies of the chase. Commandant Guy Burrows, lately in the service of the Congo Administration, told the writer of a curious story of the Bangala people, a body of whom he led in a punitive expedition against the Matode tribes.

"I saw a boy hit in the shoulder by a ball from an old muzzle loader," he said, "and yet, although seriously hurt, he looked entirely unconcerned; they are utter fatalists, these fellows. His comrades carried him on one side, away from the rest of the wounded, and when I saw this I remarked: 'Take that boy up or he'll get hit again.'"

"At this half a dozen grave elders came to me expostulating. 'He is only a young lad,' they grumbled. 'You might just as well let us have him for killing when the fight is over.' I drove the monsters from me with my chicotte or hippo hide whip.

"The boy recovered and served me for years. But those Bangala cannibals never forgave me. They deserted in dignified protest, disgusted with me for refusing them such a trifle after they had borne the heat and burden of the day. And I know they smarted long under a sense of gross injustice."

During the same campaign Commandant Burrows saw another side of this practice. Sitting at his tent door one evening after camp had been pitched he watched his man getting their supper ready. The day had been marked by forced marches and sharp fighting, in which both sides left many dead in the thick jungle.

Presently in the gathering dusk a huge savage passed him stealthily, with a big

bundle on his shoulder wrapped in leaves of the wild banana palm. Challenged by Burrows, the man said he was only clearing the forest. He carried no weapons, but in fact he and several others had been constantly going to and fro from the scene of the fight, cutting up the bodies and bringing them down in small parcels so as not to attract the while man's attention as they passed his tent.

Yet in this very country are tribes that would not eat human flesh if they were starving; the curious little pygmies, for instance, of the great Forest. Yet these are infinitely lower in the social scale than the cannibals—little better than apes, in fact.

Their huts would disgrace an intelligent animal. They have no arts, nor do they till the soil. These queer little nomads exist by hunting, trapping and fishing. They even pursue the elephant, shooting it in the foot with poisoned arrows and then tracking it until it becomes helpless, when they finish off the monster with their spears.

Capt. Ewart S. Grogan, the explorer, who waited the whole length of Africa from the Cape to Cairo, collected ample testimony of the pygmies' aversion to human flesh. He witnessed a big tribal fight in this country between the Bakula and the Bangala, and after all was over he came upon the victors feasting on the bodies of the slain, while the tiny apes, weary as they were with their share of the fight, were securing the share round for vegetable food.

Herbert Ward, F.R.G.S., is another traveller who has given much study to this question. And he, too, testifies that the savages of the Upper Congo simply prefer human meat to any other.

They asked him innocently why he also did not enjoy it, and each headman in bringing presents to the white traveller—skinned fowls, bananas, sugar cane, and so on—invariably included quantities of smoked dried meat, spitted on skewers and unmistakably of human origin.

"We do as our fathers have done," these savages told him with an indifferent shrug, when remonstrated with on the subject. "It is good to eat meat that talked," he happily said another time. In the Bangala country Mr. Ward beheld the men's necks adorned with strings of human teeth, dried fingers and collarbones; and all the houses were decorated with skulls on the outside. In the Neombi region on the Luilu River, a mighty tributary of the Congo, eight hundred miles from the Atlantic coast, Mr. Ward found a series of strongly fortified villages, where the Bangala cannibals came to buy slaves, drawing upon the supplies for food as required.

Turning to the South Sea Islands, the Germans, Dutch and British are striving to put down cannibalism in their respective spheres in New Guinea. So far these efforts have met with little success. The practice is too deeply seated to be eradicated in a generation or two. No New Guinea maiden will look with favor on a suitor whose hut is not plastered with human skulls as testimony to his prowess as hunter and general provider for the home.

In the Solomon Islands, New Britain and New Ireland, the natives are also cannibals from deliberate choice. In the Fiji Islands as late as 1850 lived cannibals as ruthless as any on earth. They killed their victims of the Congo, eight hundred miles from the Atlantic coast, Mr. Ward found a series of strongly fortified villages, where the Bangala cannibals came to buy slaves, drawing upon the supplies for food as required.

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BOMBARDED WITH STONES.

Experience of Thousand Troops at Field Work Exhibition.

Several men of the 3rd Infantry Brigade were injured in the exploding of a mine on Faith Hill, one of the heights of Chobham Ridges, at Aldershot, England.

The troops, some thousand in all, had been paraded to witness the Royal Engineers' brigade demolish a portion of a field work by undermining and blowing up. Brigadier-General Campbell, the officer in command, had the work explained to the men, who were drawn up about a thousand yards away, that being considered a safe distance.

For some inexplicable reason the force of the explosion, instead of being downwards or upwards, as was expected, was expended in a lateral direction. The men suddenly found themselves bombarded with stones and debris of all descriptions. With great presence of mind some one gave the order to "Lie down." The troops obeyed instantly, just as a second mine was sprung. This time the shower of missiles passed harmlessly over their heads.

When it was all over it was found that ten men were hurt. Two had to be removed to the Connaught Military Hospital for treatment. Their injuries were chiefly confined to the legs and are not likely to prove dangerous. A snapper in the entrenchments had his kneecap blown off.

FAN BATHS FOR FEVER.

New Method of Treating Patients Who Have Typhoid Fever.

Fan baths is the latest remedy employed by the city hospital physicians in the treatment of typhoid fever. Herebefore the ice plunge was used, and a patient whose temperature had reached the danger point was soaked in a bath, filled with broken ice until his teeth rattled. This treatment after a time was found to be too heroic, as the shock was too severe and pneumonia sometimes developed. Then water sponge baths were substituted, but the fan baths, the doctors declare, are just the thing.

The patient is sponged off with ice water first, then a sheet that has been soaked in ice water is wrapped about the body and more ice water is sprinkled on the sheet. The current of an electric fan is then turned on him in such a way that he gets the most benefit from the air that is stirred up. Recent experiments have proved this measure highly successful.

Deafness Cannot Be Cured.

by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian tube. What the tube is, if inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be lost forever; nine cases out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by Catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circulars, free.

F. J. CHENEY & CO., Toledo, O. Sold by all Druggists, 75c. Take Hall's Family Pills for constipation.

DOGS PICK MASTER'S SHEEP FROM THOUSANDS.

While on a walking tour in Scotland on the road to St. Catherine's, some Americans met two shepherds, who, after some conversation, offered to take us a short cut over the moors and show us the clever way in which their dogs worked. There were three flocks of sheep on the hills belonging to different owners. Sitting down on the hillside, the shepherds told their two dogs (in Gaelic) to separate the sheep and bring their own flocks up to where we were resting. There were a thousand sheep or more scattered over the moor. First counting their own sheep, they brought them in two divisions, one on each side of us.

COMPRESSED PHILOSOPHY.

The man who has nothing for which to strive can find no pleasure in this world.

Trouble is so perverse that it never comes to the man who is fully prepared for it.

Many a man has failed because his desire for fame did not equal his love of sleep.

It takes a really great man to come out bravely and admit that he was in the wrong.

Few men are courageous enough to follow their own conscience if the conscience of the world doesn't agree with it.

The danger of the delights of this world vanishing even after we have them, is what makes them so precious.

OUR RULE OF THREE.

Three things to govern—temper, tongue, and conduct.

Three things to cultivate—courage, affection, and gentleness.

Three things to command—thrift, industry, and promptness.

Three things to despise—cruelty, arrogance, and ingratitude.

Three things to wish for—health, friends and contentment.

Three things to admire—dignity, gratefulness and power.

Three things to give—alms to the needy, comfort to the sad, and appreciation to the worthy.

In the new premises of the Platinum Substitutes Company in East Road, Boston, which the Lord Mayor formally opened recently, the work is being done by cripples. It is expected that 300 crippled girls will be employed.

MADE IN CANADA BY A CANADIAN COMPANY.

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WELL AS AGE.

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AGENTS WANTED EVERYWHERE.

RAILWAYS TOLL OF DEAD.

Numbers Injured by Railways in the United States and Canada.

The following statistics on railway casualties in the United States are as nearly official as it is possible to make them:

Year.	Killed.	Injured.
1890	6,335	29,027
1891	7,029	33,881
1892	7,147	36,552
1893	7,346	40,393
1894	6,447	31,889
1895	6,126	33,748
1896	6,448	38,687
1897	6,437	36,731
1898	6,859	40,832
1899	7,123	44,620
1900	7,865	50,320
1901	8,445	53,339
1902	8,588	64,662
1903	9,840	76,553
1904	10,046	84,155
1905	9,703	86,008
1906	1,034	67,770
1907 (first 6 mos.)	721	30,073

Unofficial; train accidents only.

GREATEST WRECKS IN U. S.

Year.	Place.	Killed.
1856—Campbell, Pa.	60
1876—Ashabula, Ohio	80
1887—Chatsworth, Ill.	85
1888—Mud Run, Pa.	66
1888—Atlantic City, N. J.	67
1903—Laurel Hill, Pa.	65
1904—Elden, Colo.	94
1904—Newmarket, Tenn.	63
1904—Pineon, Colo.	60
1906—Atlantic City, N. J.	64
1906—Woodville, Ind.	63
1906—Washington, D. C.	53
1907—Salem, Mich.	30

CASUALTIES IN CANADA. Statistics for 1905 in Canada, which are the latest given officially, show that in that year 468 people were killed and 1,357 injured by railways in Canada.

HOUSE TO COST TEN MILLIONS.

Mr. George J. Gould, of New York, has decided to pull down his house at the corner of Fifth Avenue and build another, which will cost him \$10,000,000. The new house which will be six stories high, will be built on Indiana limestone.

A piece of board, about one-half inch in thickness, cut in the crude shape of a key, represents the idea of a woman who was never able to find her keys when they were wanted. The wooden key was suspended on the inside of a cupboard-door, and every miscellaneous key in the household not in use was hung on hooks upon this board.