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LECTURE By Dr. CAROLYN GEISEL, Delivered in Casino Theatre Oct. 2nd, 1915 Subject: — Constipation



Dr. CAROLYN GEISEL.

THERE are remedies for Constipation. Boiled milk helps to produce it. Toast bread increases it. Oh! I am sorry, doesn't that spoil our breakfast, but the brown flour from the toast helps to increase Constipation.

In considering a food cure for Constipation bulk is of first importance; there is a reason why we should take coarse food, bulk food.

You will remember that in the waste-can of the body all the material and refuse you cannot utilize must be packed for a while. The waste-can should be emptied twice a day. Use bulky or coarse food so that the contracting muscles will have something to catch.

Among the bulky foods I shall name are raw celery, raw cabbage, raw turnips. Do you use turnips raw? No. I wish you did, some raw food should be taken every day and among these raw foods should be turnips. If you grate them in very, very thin slices, serve them with a little salt, you will find that this will not only help Constipation, but provide to the body some other things altogether worth while. Raw vegetables and fruits contain cellulose, but the most important of all coarse foods is coarse grain.

I am inclined to emphasize over and over again the use of whole wheat bread, and I could wish that no human being would eat his breakfast without a good helping of oat meal porridge. There is no better antidote for Constipation than coarse oat meal; it contains the bulk which the muscle can grasp and thereby forces the mass forward.

Use also bran, just plain bran. Ask that it be sterilized. The bran used from wheat that is washed will be perfectly clean. Take one tablespoonful of the bran and stir it with the porridge, you won't mind the taste of it. Or you can make it into biscuit, cracker or muffin; it is about the best way to take it. Of course you can take it without any preparation, but that is not pleasing.

There are people in the mad house (in the Insane Asylum) the beginning of whose insanity is due entirely to the trouble I have named, and you know that in one of the States in 1911 in the Insane Asylum it was found that 92 out of every 100 were suffering from Constipation, and their madness was intensified by it.

Are there any other coarse foods? Yes, one more. Japanese Gelatine or Ager-Ager as we call it. You go to the drug shop and buy a whole armful for 10 cents, and you take about as much as you could hold in the palm of your hand, break it up and wash it thoroughly. You will be surprised at the salt taste in it, and when you have washed it thoroughly, put it on the table in a little salad dish and add it to your plate of soup. What is the use of it? It provides bulk and at the same time gathers quantities of water, which makes mass more easily disposed of, because it is moist and holds the water.

The more water you drink the

more easily you force the mass off. Drink water! I wish I could persuade you to drink sour milk. It is tremendously useful for those who suffer from Constipation. Buttermilk, sour goat's milk or cow's milk. You will find the thin part of sour milk most delicious if you will cool it and then add a little lemon juice. I am sure you can learn to like it.

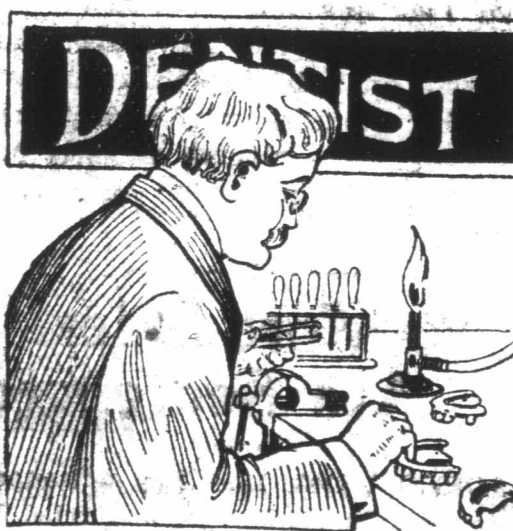
I remember when I did not like chocolate creams, and I despised celery, but I have learned to like them. You can cultivate the taste for sour milk. Take sour milk! Take sour milk! Take sour milk! Next in importance are fruit acids. Fruit acids are antiseptic germ destroyers. The half of one lemon added to a glass of water will destroy all the germs in that glass of water, and you can drink it with impunity.

Next to the citrus fruit, for use in combating Constipation, are to be named apples. I do not mean cider, but apples, just plain raw apples. They are very juicy, you know, and when you use the apple you are adding bulk and at the same time getting the acid of the apple.

Next in order, plain prunes, boarding-house prunes. Why, I know of no one fruit more useful. To prepare them, wash them very carefully and put them in a jar, and cover them with cold water. Let the water stand on the prunes for 24 hours, then draw it off. Don't throw the prunes away, serve them on the table. But take the water as an antidote for Constipation, don't drink it all at once, not more than a half cupful at a time. You can take prune juice by itself or eat the prunes if you like.

Pine apple juice, the juice of oranges and cherries are also very valuable. The Spanish ladies owe their wonderful complexions.

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their marvellous rosy cheeks to fruit juice.

Another food that will help Constipation tremendously is just a little bit of confectionery. I do not mean that you may eat that five pound of chocolates he sent you. Just two little caramels before retiring at night, will be sufficient. What does it do? It makes the muscles contract more easily.

The next important remedy for Constipation is exercise. The following is an excellent exercise for the liver: Bend to the left and pat, bend to the right and pinch. Do this exercise in the morning before dressing, at night when you are retiring after undressing. Pat three times and pinch three times. You can produce Constipation by bad dressing, that is, having your clothes too tight.

Do not allow the tiny babe to become Constipated. Remember that the babe needs water when it does not know how to ask for it. Give it prune juice dilute with water.

Dry Sunday For Chicago

CHICAGO, Oct. 10.—Chicago for the first time in forty four years will be dry next Sunday. The order that 7,152 saloons, cafes and gardens where liquor is sold obey the Illinois city closing law will go into effect at 12 o'clock Saturday it was announced today. No liquor will be permitted to be sold nor given away between that hour and 12 o'clock Sunday.

The closing order read to the city council by Mayor Thompson last night came as a shock to the liquor interests. Counsel for the Brewers Association announced that a meeting of all saloon interests would be called to discuss the order which they said would force many small saloons out of business. It is intimated that a fight would be made to have the license fee of \$1,000 reduced.

How Our Soldiers Fight Bacteria

How Epidemics From Uncleanliness Are Prevented in the Allied Lines

Behind the Allied lines there is going on every day systematic fight against those enemies of the soldier who are far more terrible than the German hosts—bacteria.

Special attention has been directed in this war by the English Army sanitary service to the cleanliness of the troops and the prevention of disease. With the object of preventing epidemics a wonderful system of regular daily disinfection now prevails behind the battle lines, and war is waged against bacteria on a wholesale scale.

Specially designed machines are now used in the carrying out of this work. The machine consists of a steam lorry with two huge portable disinfectors on the van, which are able to disinfect the clothes of a battalion of men in twenty hours. The cleansing agency is the steam which is generated by the lorry engine itself, and this plays upon the garments and articles placed inside the two huge cylinders mounted on the wagon. A very long section of the front can be covered by these portable killers of germs in the field, and they are an ingenious product of the present war.

Besides these, there are hundreds of other steam disinfectors of a two-wheel portable type, horse-drawn, and adapted to ordinary and hilly districts. These are furnace-heated. Steam is quite the best agent to fight bacteria, and it is used in most of the base hospitals in France.

One of the worst troubles which the men in the trenches have had to undergo is the annoyance of parasites, but the periodical and systematic steaming of the men's clothes, combined with the spraying of formalin solution, has materially kept these inconveniences under.

ZURICH, Oct. 12.—The Austrian Government has issued an appeal to the public to take all gold and silver jewelry, plate and other articles made of these metals to the mints for conversion into coins "on bars." The necessity of strengthening the gold reserve and meeting payments abroad for goods for military purposes is given as the reasons for the appeal. Persons who surrender gold or silver will receive full payment in bank notes and certificates of honor for their patriotic acts.

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