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diseases its disturbance is often one of the most distressing symptoms. The short breath following violent exertion, such as running or hill-climbing, is familiar to every one. It is due to the increased call for oxygenation of the blood and the temporary inability of the heart to pump the blood in sufficient volume through the lungs.

When shortness of breath is brought about by moderate exercise or mental excitement, it is due to some abnormal condition, such as anemia, obesity, a weak heart or indigestion. This tendency is relieved by attention to the weak point, whatever it may be, and a judicious system of exercises—a sort of modified training.

Permanent shortness of breath, or dyspnoea, as it is technically called, is a more serious affair, and is usually due to some actual disease. What the disease is of which this dyspnoea is a symptom can often be discovered only by a careful and thorough medical examination of all the organs of the body.

It is often called asthma, and treated at home by inhaling the fumes of burning niter paper or by some other of the ordinary remedies. But asthma is a distinct disease, although its true nature is not yet definitely determined. It occurs in paroxysms, usually at night, in the intervals of which the breathing is generally easy and quiet. Permanent dyspnoea is another matter, and is an indication of something wrong.

It may be due to a great variety of causes, only a few of which can be mentioned here.

closing of the channels through which the bile escapes from the liver. This obstruction may be due to plugging of the passages by gall-stones, to the presence of a tumor pressing upon the passages, or to inflammation and the resultant swelling of the mucous membrane lining these passages.

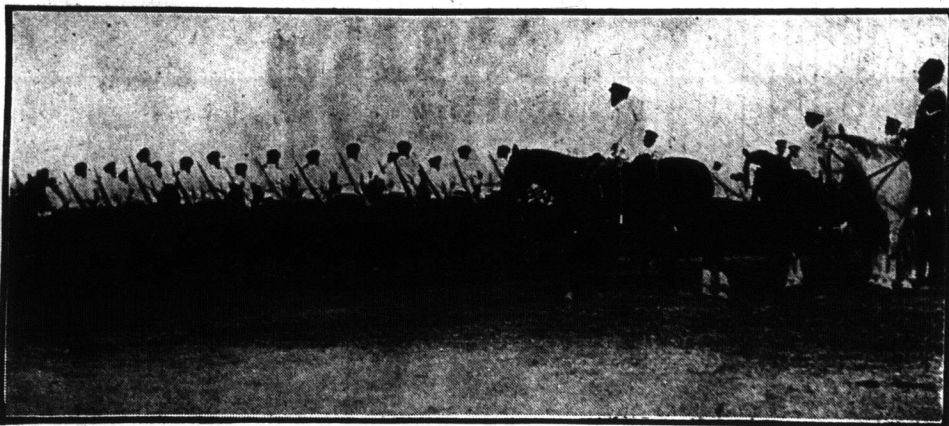
The other form, called "toxemic" jaundice, is an accompaniment of certain general diseases, such as malaria or yellow fever, of poisoning by phosphorus and other chemical substances, or of acute atrophy of the liver.

The color of the skin varies, according to the intensity of the jaundice that is according to the amount of coloring-matter circulating in the blood, from a light lemon to a bright saffron hue, or even a dark yellowish green. The eyes are frequently the first to show the yellow color, and in mild cases may be the only parts where the jaundice is visible. The saliva, perspiration, and other secretions are usually stained yellow.

There is generally an increase of perspiration. Itching also is very common, and this, like the perspiration, may be general, or limited to certain parts of the body, and grows worse at night.

Sufferers from jaundice, unless fever is present, usually have a slow pulse. Headache, and sometimes dizziness, is complained of, and the patient is likely to be exceedingly irritable.

There is no treatment for the jaundice itself. An endeavor must be made to discover the cause, and if this can be removed, the skin will speedily resume



The Czar Reviewing his fighters now in Austria

Anemia, or poverty of blood, may give rise to permanent dyspnoea, as well as to shortness of breath on exertion. The symptom is a regular accompaniment of diminished lung capacity, either through consolidation of more or less of the lung tissue in tuberculosis or pneumonia, or through compression of the lungs by an accumulation of fluid or air in the chest.

Anything that interferes with the free action of the heart, such as weakness of the cardiac muscle or disease of the valves of the heart, pressure by fatty deposits, an enlarged liver, or gas in the stomach, will produce shortness of breath.

Short breath in children is commonly the result of obstruction in the air-passages, caused by enlarged tonsils, the presence of glandular tissue in the pharynx, called adenoids, or a swollen condition of the mucous membrane in the larynx.

Persistent shortness of breath is a symptom that should not be neglected.

### Jaundice

Jaundice, or icterus, is not a disease, but only a symptom, occurring in the course of other diseases; but it is so striking a symptom, and one so easily recognized, that it is often regarded as a disease in itself, while the underlying condition of which it is a symptom is looked upon as its cause.

It consists in a staining of the skin, the eyes, and indeed all the tissues of the body, with the coloring-matter of the bile, which is not cast out, as it should be, but is taken up by the blood and carried to all parts of the body.

It is produced in one of two ways: by obstruction to the outflow of bile or by the action of some poisonous substance which alters the constitution of the bile. The first form, "obstructive" jaundice, is the result of more or less complete

its natural color, and with this will disappear the itching, the headache and the other symptoms so often associated with the jaundice.

### The Source of Bodily Energy

It is maintained by many thinking people, scientists and physicians among them, that the body is not a generator of energy, but rather a storehouse; that force does not come directly from food, but that food simply builds up the physical channel through which energy can manifest. These able writers say that they do not know the real source of energy, but they opine that all energy has a common origin. The body stores energy during sleep. It transmits this energy by action during the waking hours. The prime object of eating, if this be true, is to repair bodily waste but not to give strength. Sleep becomes of more importance than food as regards strength. Perhaps this view is not so far out of accord with what the Hindu Yogis have taught for years: That within the food we take, the water we drink, the trees and flowers we look at, lies a force, an energy, more subtle than the crude manifestation of energy which we can see with the microscope and test by the five senses. If the body is a storehouse of energy, the conservation of energy becomes an important factor in life. It takes energy to digest food and whenever we overeat we waste energy in the attempt of the body to take care of the superfluous material. In relaxation and in sleep the body is recharged with energy. To work while in a state of mental tension for a considerable period of time wastes energy and makes the body so positive that it cannot become recharged. Anger and all depressing or violent emotions have the same effect upon the body. Overindulgence in eating, drinking or anger reduce the stored supply of energy and cut off in degree the restorage of energy.

## Relief at Once Cure Certain

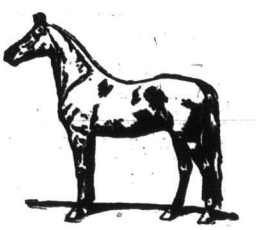
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