

SOUTH AFRICAN NATIVES

The Hottentots, the Pictorial Bantu and the Bushmen.

The aborigines of South Africa were very low in the human scale. They were pygmies, feeble, hollow backed, and with skins so loose that they wrinkled at the joints. Little tufts of wiry hair grew on their heads, and they used poisoned arrows to kill game. They were called Bushmen by the first Europeans.

The present native occupants of the plains and jungles are not descendants of the Bushmen, however. By the time Europeans reached Africa, much stronger races were there, gradually but surely exterminating the weak little Bushmen. These were the Hottentots, who came from no one knows where but who are a much more powerful people physically. They occupied the coast from Walvis Bay, on the west, nearly round to Delagoa Bay, on the east, and the whole of the splendid Orange river country; also the entire valley of the famous Vaal.

The other race was the Bantu. Where it came from originally, no man knows, but they show ineradicable traces of an oriental blood mixture. The Bantu were a fine, powerful negro people, and from them sprang every native tribe and people which has amounted to anything whatever. The Bantu of today are nearer the pure Bantu than any other people. The Matabels and the Basutos—in fact, every black tribe that has really disputed the white man's occupation is of more or less pure Bantu blood.

When the whites reached South Africa, the Bantu race occupied practically all of South Africa except the coasts and valleys in the far south, held by the Hottentots. The aboriginal Bushmen had been nearly exterminated.

The dwarfs found first by Livingstone and later seen now and then in small bands in the far interior are the only aborigines of anything approaching the pure type now in existence. The so-called Bushman of today is the result of the mixture of Bantu and Hottentot blood with that of the original dwarfs. The Bushman of the colonies is a brave and hardy little man. His strength and bravery come from the Bantu and his stature from the original possessors of the South African forests.

HE GOT THE JOB.

Won It Because of His Experience on the Far Road in Alaska.

This railroad story comes from Texas. It is said that a big, rawboned, rough looking fellow walked into the office of a certain railroad general manager, and after passing a crude sort of greeting, said:

"I want to get a job."

"At what—railroad work?" asked the general manager.

"Yes."

"What can you do?"

"Anything. Been railroading all my life."

"Where did you work last?"

"With the Fur road out in Alaska."

"For how long?"

"Well, I reckon a few years ago I was working in this country, and the gold fever in the Yukon district broke out. I knew I couldn't be much worse off there than I was here, so I started out."

"Did you make much money?"

"I didn't have much money, when I got to Dawson City I was pretty close to the cloth and had to go to work and get a job with this road. I was telling you about this. This road was a month, and at the end of the first 30 days, when I went to the paymaster's office, they pitched me out ten skins. I made a 'holer' but when I noticed that all the others were being paid in the same coin I took the skins and started down the street. At the first window shop I stopped to take a drink, and when I swallowed I pitched over one of these skins. The bartender looked at me rather funny and said, 'I told him yes, the smallest you've got.' I told him yes, and he pitched the skin over to a porter and told him to go and get it changed."

"The porter was gone an hour, and when he returned he counted me out 408 little skins, and I had to hire an express to get my salary down to the boarding house."

"Here?" looked the general manager, and he pitched the skin over to a porter and told him to go and get it changed.

"Go down yonder, I am giving you a job."

"And he got the job," Memphis Scimitar.

Washington Streets.

Said a Washington man: "While the naming of the streets in Washington is simple and easy to follow to residents, to the stranger it is most confusing, owing to the way in which the numbered and lettered streets and these streets calmly move a half a block away before again taking up their line of march. If a stranger, say, was going up Fifteenth street, when he got to K, although the street swings there slightly to the right and proceeds on a different angle, he would undoubtedly continue along it with serene confidence that he was still in Fifteenth street, whereas he is in reality on Vermont avenue, while the real Fifteenth street is half a block northward. That's as plain as I can make it, and about the only thing it really seems to explain is how very confusing our streets really are."

Two Opinions.

Curiously enough, both these advertisements appeared in a daily paper on the same day.

Lost—A lady's purse, seal brown in color, inside gold ornamentation, gold clasp, and enamel medallion on side, with initials A. H. H. Finger can keep contents and will receive additional reward by returning purse to Mrs. A. H. H.

Found—A lady's purse, brown, with brass trimmings, initials A. H. H. Contents, one tram ticket, two pennies, nineteen samples of material, recipe for making furniture polish, list of toilet preparations, five corn plasters and a box of ligature. Owner can have the same by applying to B. W. street—London Answers.

Hard to Decide.

Smithers—I am going to have my picture taken. A good deal depends upon the pose, don't you know. Now, what kind of a position do you think would be the best for me?

Brownie—Well, I don't know. I was going to say with your back to the camera, but then your hair is rather thin behind.—Boston Transcript.

A New York physician declares that stair climbing is the very best thing for the health when performed in the proper manner.

It has been estimated that steamers are 20 per cent safer than sailing vessels.

The Windermere Dry Hot Air Hospital

Shrewsbury Street, STRATFORD - ONTARIO.

Opened Oct. 1st. Beautifully Located. Possesses the Finest Treatment Rooms in America.

THE T. WILLARD READY HOT AIR TREATMENT OF RHEUMATISM. By DR. BURNS, Chicago.

The treatment of Rheumatism, particularly of the chronic form, is often far from satisfactory, either to the patient or to the physician, and up to the present time has left much to be desired. Even in the most favorable cases, when the worst of the disease is past, there remains a tenderness and stiffness about the articulations which are an inconvenience to the patient, if not a source of positive discomfort. The Dry Hot Air Treatment by the T. Willard Ready method, above 300 degrees F., applied to the affected part, in cases of long standing Ankylosis, not only produces speedy relief, but produces an absolute cure.

The knife, with its butchery shall no longer reign, But water, as first made by God, Man shall know, When heat-d with flame, as pure as his name, Shall disease dissolve, as the sun dissolves snow.

T. WILLARD READY.

MOTTO—Heat, scientifically applied has proven a great benefit to mankind.

ONE HUNDRED CENTS.

ONE HUNDRED CENTS.

Cut this out, put it in your purse. It is worth a dollar in gold in payment of treatment at the Windermere Dry Hot Air Hospital. Present it at the office of the Institution.

This coupon is good for One Dollar if presented within thirty days from date of opening.

of which lies in advertising, you deal with a natural remedial agent, the physiological properties of which are as well known as those of air, and as definite in results as the dissecting knife in opening abscesses or removing tumors. Write for terms and literature.

HEAT, as is well known has for centuries been recommended as a topical agent for the treatment of localized inflammation, therefore, principally in Arthritis, Synovitis, Primary Neuritis, etc., it was administered either moist or dry. Practice teaches that heat can be borne comfortably on comparatively high temperature, and is also more efficacious. The methods used, hot bricks, hot water bottles, bags containing heated salt, sand or heated plaster, could be neither regulated nor maintained for any length of time, making the renewal of agents necessary, and subjecting the heated parts to exposure to cold.

Lately the T. Willard Ready Hot Air Apparatus has been introduced to the medical profession, and a Sanatorium has been equipped in Stratford, Ontario, known as the Windermere Dry Hot Air Hospital, for the treatment of all diseases where dry heat is indicated. The T. Willard Ready Apparatus is so constructed as to isolate the air within the cylinder, to remove heat by means of a fan, and to heat to any temperature up to 300 degrees F. for an hour, or, if need be, an hour and a half, not only without discomfort but with perfect safety, as with ordinary heat, even the high temperature drying up the Turkish towels absorbing it.

The following effects can be noticed:

1.—Pain, if any has existed, is diminished.

2.—The part treated becomes hypodermic, showing dilation of the capillaries.

3.—Effusion and deposits in joints, and, in fact, anywhere else, will be absorbed, adhesion broken up—consequently

4.—Ankylosis removed, mobility of stiffened joints or limbs restored.

5.—Inflammatory conditions relieved, in fact affected parts brought to normal, a stage as possible.

6.—Certain pathogenic germs necessary to such high temperature, thereby the subjection of the tubercular arthritis must be followed by good results.

The therapeutic properties of intense dry heat are Antiphlogistic (decreasing), and Solvent (local), Anesthetic (local), and Antiseptic.

In summing up these therapeutic effects of dry hot air (intense), the reader should bear in mind that they are not merely theoretical deductions, but have been substantiated in actual chemical experience, and observation in many patients.

The question now is, in which cases is the treatment suitable. We could answer this in a general way, but believed in so far as the treatment is a comparatively new addition to therapeutics, to mention each separately, adding such remarks as may be necessary to prove its rationale.

First of all, the Rheumatic effects must be mentioned.

1.—Acute Articular Rheumatism. Whether this disease is due to an infection by germ, to cold or exposure, or to an abnormal condition of the blood or system is not yet definitely decided upon, and makes little difference, as far as the T. Willard Ready Dry Hot Air Treatment is concerned.

The fact is that besides general symptoms, such as fever, for instance, one or more of the joints becomes quite red, swollen, painful and sensitive to touch or motion.

Pathology teaches us that the Synovial membranes of the joints become inflamed and exude a turbid, thin fluid. It is evident that as far as the local treatment of painful and inflamed joints is concerned, liniments

can be of little value. Remembering the physiological properties of intense heat, we must readily see that an hour's treatment of the affected joint at a temperature of only 350 F. must necessarily reduce the inflammatory process and relieve pain.

Of course constitutional and antirheumatic treatment should be practiced in addition, to prevent a metastatic spread of the disease which has been a major characteristic feature of acute articular rheumatism.

2.—Muscular Rheumatism. Similar as in Articular Rheumatism, the so-called voluntary rheumatism and focal rheumatism. The causes are the same, the symptoms are plain, as the pain and soreness can be located in one muscle or a group of muscles. A characteristic symptom is that the pain is more intense on pressure upon the affected muscle, and while apparently easier when at rest gets worse afterwards, while after using the muscles the pain somewhat diminishes.

3.—Lumbago, when the muscles of one or both sides of the region are affected, and

4.—Pleurodynia or stitch in the side. When the intercostal muscles of the chest are involved, these muscles are also inflamed and somewhat swollen. It is evident that the T. Willard Ready Dry Hot Air Treatment is indicated in all these cases.

5.—Gout. Gout differs from acute articular rheumatism in so far that with similar symptoms the small joints are affected and the uric acid deposits are formed in the affected parts. It has been the experience of those physicians who have subjected the affected small joints of the toes and fingers to the T. Willard Ready Dry Hot Air Treatment that the inflammation is quickly absorbed.

6.—Chronic Gout. Following several acute attacks and characterized by urate of soda deposits in the joints of the hands and feet, practically deforming them, can hardly be cured by any other method than the Dry Hot Air treatment applied twice daily at intense temperature.

7.—Sciatica is either primary or secondary, that is to say the great nerve itself is inflamed or secondary, that is to say due to some tumor within the pulvic cavity or to hip disease.

The disturbing cause must be first removed before relief could be made permanent. In most cases of primary sciatica, however, the intense heat applied for an hour and a half will not only penetrate the muscles and tissues covering the sciatic nerve, but reduce the engorgement and inflammation of the nerve substance itself, and thus easily cure sciatica, and in cases of secondary sciatica, liniments, massage, electricity, either fall totally, or give at best but little and temporary relief. Sciatica has always been one of the terrors of the medical profession. They have used electricity, they have blistered along the course of the great sciatic nerve,

they have injected deep into the tissue morphia, ether and chloroform and as the last resort have "carved" the nerve, and either produced paralysis, with a following suit for damages for loss of limb, or have relieved the patient for a few days or weeks only, the trouble returning like Meville's with a diabolical laughter defying our weak batteries. But at last we are confident we can kill this devil of a disease with the proverbial remedy Satan uses to torture his captives—intense heat.

8.—Gonorrheal Rheumatism. This is no rheumatism at all, but in reality an inflammation of one, or perhaps several, large joints, following gonorrhea, and due to metastatic infection by the gonococcus. The symptoms are the same as if we had to deal with a case of intense articular rheumatism, but the joint or joints, if not properly treated, may become so impaired as to be stiffened and useless; that is to say, partially or totally ankylosed. Here the Dry Hot Air Treatment will not only relieve at once, but prevent this sad result. The pathology is the same as in acute rheumatism, save that the mischief is caused by a different micro-organism, and recent experiments tend to show that 400 F. are sufficient to kill the gonococcus.

9.—Arthritis means simply an inflammation of the joint. Therefore acute articular rheumatism is a rheumatic arthritis, and gonorrheal rheumatism, correctly speaking, is a gonorrheal arthritis. We mentioned arthritis for the sole purpose of reminding the reader that a blow, violence or fall may also produce it—and with it similar symptoms as in the rheumatic and gonorrheal forms. Tuberculosis is also a very frequent cause, but as a rule the joint itself does not become involved until in the latter stages, but primarily the synovial membrane only becomes involved, and then is known as a

10.—Traumatic Synovitis, or

11.—Tubercular Synovitis. It is hardly necessary to repeat what we have already said in regard to the Dry Hot Air Treatment as regards these affections. Only that much we wish to add, that where heretofore tubercular joint troubles (synovitis or arthritis) were treated by intra-articular injection of certain antiseptics, the results, besides the pain which such treatment necessarily caused, were far from satisfactory, while now, the inflammatory process is quickly checked, and the bacilli absolutely destroyed; for any two in medicines knows that even low temperature of heat are sufficient to kill the bacilli of tuberculosis. The value of Dry Hot Air Treatment is perhaps best established in sprains (traumatic synovitis), as it has been frequently reported that patients who could not take a step on account of the pain have gone home after an hour's treatment.

12.—Ankylosis, the technical term for stiffness or immobility of the joints, can be successfully treated with dry hot air, if due to rheumatism, gonorrheal infection, tuberculosis or trauma, unless there is such extensive destruction of tissue as to make reparation impossible, or if the bones forming the joints are grown together. In such cases relief can be expected from osteoplastic operation only. In so-called fibrous ankylosis, the dry hot air treatment will be found an excellent adjunct to force the breaking of the adhesions, prior to and immediately after the operation, when the pains incident to the breaking will be relieved at once and a lighting up of a dormant inflammation prevented.

JINGLES AND

An Astonishment.

There's a mighty curious fellow who is living out our way.

He never seems as anxious as the rest to have his say.

He listens to an argument as quiet as his beak. As never makes an effort to break in on a referee.

An once upon a time—folks is talkin' 'bout it yet—

We asked him his opinion so's to help decide a bet.

It was on a general topic that excited him as low.

This fellow thought a minute, then he said he didn't know.

We'd heard a lot of people who had struggled to explain.

Each query. It 'd give you palpitation of the brain.

To hear the way they figured. An their words were of such length.

That tryin' to remember them was jes' a waste of strength.

But the wisest of them never, with their great displays of wit.

Within my recollection made the memorable hit. That he scored when, after thinkin' very carefully an slow.

He faced the situation as confessed he didn't know.

—Washington Star.

A Good Test.

The woman was crimson with rage.

"You recall the yrase you sold me up on the pretense that it was a very rare article of vertu?" she hissed.

The tradesman bowed tremblingly.

"Is it a fraud?" cried the woman; her voice rising to a shriek. "It is, I doubt if it is worth more than \$10."

For, look you, my husband can come home late at night and feel for matches in the same room with it without knocking it over!"

Here the tradesman smote together as to his knees, perceiving that his deceit was discovered.—Detroit Journal.

A Boomerang.

Watts—Since my wife has gone in for athletics life has been one round of excitement, but the culmination came last week.

Potts—What happened?

"Why, I was fool enough to show her one of those newspaper articles proving that housework is the best athletic exercise possible. And now she does nothing but sweep and dust all day long."—Indianapolis Press.

The Lad With the Little Tin Horn.

For all of the world and its troubles.

He's happy, as sure as you're born;

He's up and away.

At the break of the day—

The lad with the little tin horn.

He recklessly rouses us all from our rest.

But he's still the dear fellow we're loving the best!

He roams 'neath the red and the holly.

Where wreaths the gay windows adorn;

He summons us all.

With a clarion call—

The lad with the little tin horn.

And for all of his music he's kissed and caressed.

For he's the dear fellow we're loving the best!

—Atlanta Constitution.

A Human Idiosyncrasy.

Foddy—I should think that people who go to law would abominably hate all lawyers.

Duddy—For what reason, pray?

Foddy—Because of the advice that the lawyers are always giving.

Duddy—It is because the lawyers do not give it, but tell it, that their advice is so highly appreciated.—Boston Transcript.

An Appalling Pun!

"I see it stated," remarked the horse editor, "that the attack of Abyssinia may make trouble for England in South Africa."

"I don't think," added the snake editor, "that the Abyssinian monarch will strike Menelik for the Boers."—Pittsburg Chronicle-Telegraph.

A Marvel.

Wonder of wonders! Can it be?

That in these mercurial days

That rare avenger takes a raise?

Oh, does he wait that rare crown

That one of laurels or of bays—

The halo of humility—

This man who has refused a raise?

Oh, is it true that he's no freak

Nor victim of some sudden craze

For notoriety? Does some

Man live who could refuse a raise?

To reach the pinnacle of fame

Wild and unheard of paths men blaze;

The strangest yet was chosen by

The man who wouldn't take a raise!

And still he's canny, though he's queer!

'Tis ten to one he'll find it pays

To keep himself and his to be

The man who has refused a raise!

—Boston Globe.

Not News.

"Don't worry," said the man who believes that economic difficulties will be settled in the natural course of events.

"The trusts will take care of themselves."

"I know it," said the world weary friend. "That's what they have been doing all these years."—Washington Star.

Mabel.

Mabel's eyes are bright;

People stop and stare

When she walks along

With her stately air.

Mabel's lips are light,

Mabel's form is good,

But I wouldn't hug

Mabel if I could.

Yesterday I looked

Into Mabel's eyes;

Mabel didn't blush

Nor pretend to sight

'Tis I'd hate to meet

Mabel in the dark

Mabel is the boss

Tigress in the park.

—Chicago Times-Herald.

Natural Deduction.

"Yes, sir; he's a man of sterling integrity. His character never has been assailed."

"What?"

"I say his character never has been assailed."

"Then he never has been in politics."—Chicago Post.

This Is the Last.

'Tis the last fly of summer

Left here in the room;

All the playful companions

Are fled up the flume—

Have gone for the winter

Scattered elsewhere

And left it alone on

My dome of thought sitting.

—Chicago Record.