

PHYSICAL CULTURE A NEW CURE FOR HICCUGHS



Harry Wakefield, Cured of
Hiccoughs by Physical Culture

If you were suffering from a severe and apparently hopeless case of hiccoughs—and remember that hiccoughs would you discharge your physician and give yourself into the care of a physical culturist?

This is what Harry Wakefield, of Richmond, Va., did. He suffered from these mysterious convulsions for five weeks, and was treated without success by the most eminent physicians of Virginia's capital.

Wakefield was a bridegroom of only two months when he was attacked by hiccoughs. He had much to live for.

The attack came upon him while he was working in the United States naval department at Norfolk. It became so severe that during the day he was forced to cease his work and return home.

After several hours of suffering, physicians were called in, but they were unable to give the young man any relief. The hiccoughs increased in intensity and volume each day for several days, at the end of which time Wakefield resigned his position and returned to Richmond, where he had formerly lived.

He placed himself under the care of the very best physicians in the city, but they were unable to relieve him, even temporarily. The young man was slowly starving to death.

The disease became worse and worse, until, at the end of the fifth day of his former robust self.

The physicians finally acquiesced in his young wife with the fact that his life was but a matter of a few days, and that medical science could do nothing for him. Wakefield was also acquainted with the fact that he must die. As a last resort the physicians consented to call Melville Daniels, a physical culture expert, into consultation.

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entire anatomy, affect the lower small intestine, contracting it and causing the gas to accumulate. The pressure of the gas in the intestine through the action of the nerves affects the diaphragm (breathing muscle), causing it to act spasmodically and uneasily.

"Here the sympathetic nerves play a most important part, by preventing sleep and the retention of food, and the patient dies a lingering death from exhaustion.

"The patient is placed on his back and given an exercise to raise his chest at every inhalation. Then I use a blood-pumping massage of the extremities (hands, feet, arms and legs), and the massage abdomen and chest at every inhalation. Then I use system and the circulation and lifting the chest.

"Next I wrap the feet in a large heavy Turkish towel, after dipping it in very hot water and wringing it enough to keep the water from dripping, and cooling it, so that it will not scald. Then I fold another large Turkish towel the size of the abdomen, treat it the same as the one for the feet and place it on the abdomen, covering the abdomen fully.

"I then place heavy towels over both, to hold the heat. I repeat this two or three times as the towels commence to get cold and, after drying the parts, again massage the abdomen. I then rub the abdomen and feet with 95 per cent. alcohol.

"The patient is now turned on his face. I massage his spine, and then apply the hot towel, folded about five inches wide and the full length of the spine, and let it remain until it commences to get cool, and then repeat. Then I dry the back and rub with alcohol.

"After this the patient is turned on his back and allowed to rest. This treatment relaxes the nervous system, and relieves the contraction of the intestines, giving the gas free egress as it is belched from the system. This treatment should be given twice a day—just before dinner and again about 9 p.m., and should be followed up with diaphragmatic exercises six times daily, before each meal and two hours after each meal.

"In making a cure of any disease is first necessary to learn the cause, so that it may be removed. The first and real cause of hiccoughs is a faulty chest. In other words, the muscles of the chest are neglected, allowing it to fall below its normal position, cramping not only every organ, but every part of the body, retarding the performance of the functions.

"Gas is one of the necessities of physiology, and, therefore, nature has provided for its manufacture. Nature's gas mains must be kept free from contraction, so as to allow of the escape of the accumulation.

CAUSE OF THE TROUBLE.

"In this particular trouble—hiccoughs—the nerves, which control the

entire anatomy, affect the lower small intestine, contracting it and causing the gas to accumulate. The pressure of the gas in the intestine through the action of the nerves affects the diaphragm (breathing muscle), causing it to act spasmodically and uneasily.

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and masticate the food well. Also drink slowly.

"Take the case of Harry Wakefield. He had been hiccoughing continuously for five weeks, was unable to retain food, could not sleep and was slowly dying of exhaustion.

"After the first treatment according to physical culture methods the hiccoughs stopped, and he slept six hours and a half that night. The next day he had intermittent attacks of hiccoughs, but was able to eat three hearty meals, retaining every particle, and slept eight hours that night.

"Three days later he again had a few mild attacks, but had a good appetite and slept ten and a half hours that night. But that ended the hiccoughs."

A SCHOOL FOR RATTLESNAKES.

Recently Dr. C. J. Foster, the rattlesnake in its wild state eats three times a year. In captivity it refuses to eat often more than once a year. Everything it swallows, including bone, is digested and assimilated.

"The rattlesnake," he said, "is a very cowardly and sluggish creature. It has not even the rudiments of ears or nerves to indicate that it is in its history it could hear. It is warned of an approach only by sight and by feeling the vibrations of the earth.

"During the feeding season the snakes are blind. They pass about a third of the year in this state, and it is when blind that they use their rattles to warn off enemies. When not blind the rattles never warns. When it lies as still as possible, waiting until the danger has passed. When it strikes, whether at its prey or at an object which it fears, it whirs its rattles simultaneously.

"The eyes of a rattlesnake are fixed. He cannot move them, and must move his head in order to change his scope of vision. The skin over his eye is in one piece with that of his body, and is cast off with it when the snake sheds its skin.

"There is no such thing as a snake charmer. Venomous reptiles are all bluff, and, when they learn that you are not afraid of them, they no longer try to bite. They are the most cowardly of all animals.

"Dr. Foster says rattlesnakes are very interesting pets, and he handles them freely. He has been in the business of capturing and training the snakes for years, and says he conducts a regular kindergarten school for them. By virtue of inoculation with a preparation in which the gall of the snake is used, he says he is immune from the poison of a bite.

NO DIET PRESCRIBED.

I do not diet the patient. He may eat anything in reason—of course, I do not approve of pastry or hot bread at any time—and must take a glass of water every hour and a teaspoonful of water very frequently through the day, spend all the time possible in the open air, and sleep without pillow or bolster, with the window down full at the top.

"It is needless to add, avoid draughts. It is also well to keep the mind bright and cheerful and free from arguments, anger, worry and excitement. To produce the best and quickest results the patient should eat very slowly, take small bites

The Wilderness Entices A Rich Chicago Doctor to Central Africa



Dr. Senn's
Mansion on
Dearborn Ave.,
Chicago



The Kind of Hut in
Which Dr. Senn Will Live

Penetrating the walls of his offices in a Chicago skyscraper, invading the exclusive precincts of his palatial home on the North Side, the call of the jungle has come with irresistible force to Dr. Nicholas Senn, one of the world's most famous surgeons.

To make his home by the trails of the primitive man, to sleep in forest fastnesses, and awake in the solitude of the wilderness—that is the command that came to him irresistibly, day by day, until at last he yielded to its insistent call and prepared for a journey to the centre of the Dark Continent.

"I am going away," he announced to his astonished friends. "I am going to visit the savages in the jungles."

"Yes, I am weary of civilization, if you wish to put it that way—I see enough of civilized people in Chicago. It is my desire to get into the Zambesi district before it becomes too civilized. The savages will give me a good vacation."

Like the insinuating influence of poppy juice in the veins, the lure of the jungle appeals at times to the man who is sated with civilization.

To live the simple life of the forest or plain, to forget, to renew the mind amid primal mystery and to trace the unfamiliar and unknown—such is the impulse that moves men to resolutions like that of Dr. Senn.

With him this is no new idea. For many years he has had periodical recurrence of the jungle fever. More than once the compelling call of the wild has lured him from his home.

Once it led him to Alaska, at another time to Samoa, and again, at various times, to the different wild sections of America. But civilization has been rapidly these days, and is advancing rapidly these days, and there is little left for the explorer in this country. In a few years even the "Dark Continent" will be all light.

"I want to get into the Zambesi district before it becomes civilized," said the surgeon when preparing for his trip. "The races of the region, together with the flora and fauna, are the things that interest me. It will be a somewhat dangerous trip, owing to the unhealthy climate, and I probably will have to take it alone. But I must go."

Strong, indeed, must be the lure that attracts this man from one of the most lucrative practices in the world and induces him to set out on such a dangerous journey.

Such determination is all the more remarkable because of the fact that Dr. Senn is now in his sixty-second year, having been born in Switzerland in October, 1844. Never in his busy life, however, has he been immune from the fever of adventure.

HIS FAME WORLD WIDE.

His practice has been immense, his reputation world-wide, but his blood has always contained enough of the desire to make him do something.

By very many people this is regarded as the true measure of a man.

When the war with Spain began Dr. Senn left his practice in Chicago and cast his fortunes with the volunteer army.

At first chief surgeon of the Illinois contingent, he became finally the head of the surgical department of the entire volunteer army.

His latest plans will take him straight and as fast into the Zambesi country of Africa as he can go.

"Most of my journey," said he, on the eve of starting, "will be made over the newly completed railways. I shall, however, have to travel a considerable distance in the Zambesi country either on foot or in a special caravan."

"This will bring me into Central Africa and I shall come out again through the Transvaal, reaching Cape Town and taking a steamer there. In this way I shall make the entire circuit of the continent, as I shall come up the west coast to Europe."

While Dr. Senn's idea primarily, is to escape for a while from the cares and vexations that attend civilization and to study humanity "in the raw," as exemplified by the voracious savage tribes of interior Africa, he hopes to have considerable sport in the regions of big game.

It has been said that President Roosevelt contemplates a journey to these wilds after his term in the White House ends. Dr. Senn disclaims any idea of anticipating the visit of Mr. Roosevelt, or of "blazing the way" for him.

But he does expect to find some fions and other wild beasts, the number of which is growing less as civilization pushes its way into the interior.

Study of the savage tribes, and especially of the dwarf races, will be the special motive of the Chicago surgeon's trip. The anthropologist considers observation of their habits and customs to be of the highest importance before civilization shall obscure or destroy them.

Somewhere in the heart of Africa Dr. Senn may encounter Professor Frederick Starr, the anthropologist of the University of Chicago, who is now living among the pigmy races of the equatorial district, to learn their history, language and origin.

INTERESTING TO STUDY.

Undoubtedly these races present the most interesting study now before the scientific world. Perhaps the most valuable information regarding them has been furnished by Rev. Samuel P. Verner, who lived among the little men and women three years.

According to Rev. Mr. Verner and other explorers of interior Africa, the distribution of pigmies on the Dark Continent is much wider than is generally supposed. The ancient Egyptians reported them at the head waters of the Nile. This has been confirmed by Stanley and Emin Pasha.

Explorer Schwenfherth made a thorough study of pigmies in North Central Africa, in the Valley of the Zambesi, a branch of one of the tributaries of the Congo, three degrees north of the equator.

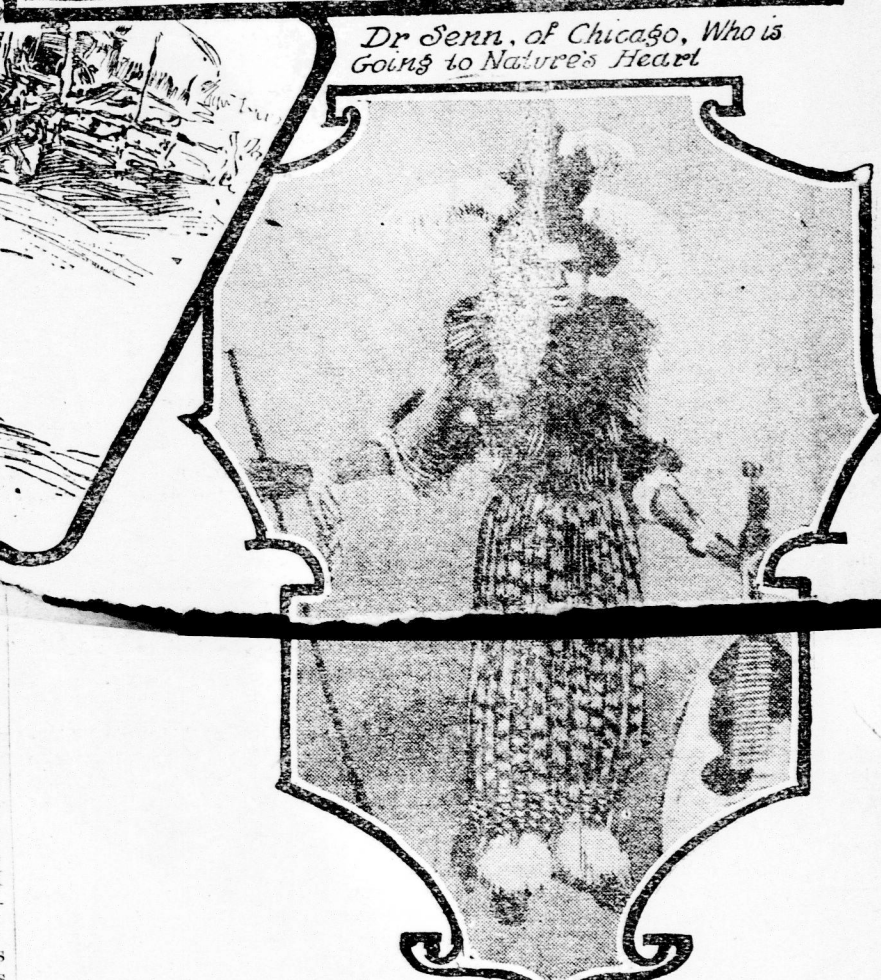
Later Du Chailion found them in some 1000 miles southwest of this, in the Ogome country of the Gaboon. Still another 1000 miles southeast of these tribes are the Batwa, the little people among whom Rev. Mr. Verner lived, while 300 miles northeast of the Batwas is a tribe discovered by Dr. Wolf.

Pigmies have thus been found in five different parts of Africa; over a territory larger than that of the United States. Those inhabiting the Zambesi regions are similar. It is said, to the tribes of little people visited by Mr. Verner.

The latter explorer studied them greatly to be feared in war. They use it for other purposes, too.



Dr. Senn, of Chicago, Who is
Going to Nature's Heart



The Kind of Warriors
Dr. Senn Will Meet

man Falls, in Central Africa. Measuring fifty men, he found their average height four feet four inches. Seven men of the fifty measured less than three feet nine inches. The women, as a rule, were four inches shorter than the men. All were a light chocolate brown color, and the old men wore scanty beards.

These little peoples dwell in the forests on the outskirts of tribes of larger stature. They keep to themselves and are not inclined to be sociable—a lesson taught them by years of oppression.

Most of their huts are constructed upon the architectural principle of a beehive, with openings on the sides. At the bottom, barely large enough for the owners to crawl through.

These huts are made by bending sticks in the shape of a bow, placing the lower ends in the ground and tying the upper ends together, thus forming a framework upon which matting made of large leaves tied with fibres of the palm is fastened. Small as these houses are, they accommodate a pigmy, his wife and several children.

Hunting and fishing compose the sole occupation of these dwarfs. What flesh they do not need for their own consumption they sell to the neighboring tribes of larger men.

Strikingly exhibited in the limbs of trees and the sides of their huts are evidences of the hunting prowess of these dwarfs. One may see there the head bones of the buffalo and antelope, skeletons of monkeys and boars, skins of snakes, the scaly armor of the anteater, feathers of birds, and heads and vertebrae of large fishes.

Immense nets for hunting and fishing are all around. The walls of the huts bristle with spears, knives, bows, arrows, traps, harpoons, hunting horns and other implements of the chase.

Running about the villages usually are numbers of diminutive yellow dogs, because they do not bark while following their quarry.

All the dwarfs of Central Africa are experts with the bow and arrow—they know little of firearms. To render their arrows more effective they poison the tips with a deadly juice decocted from the roots of one of the euphorbias.

Knowledge of this poison is still confined, to a great extent, to these dwarfs. By its use they have been enabled to stand off for generations enemies much more formidable. Its possession makes them a foe greatly to be feared in war.

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When a woman is charged with witchcraft they give her a dose of this poison. She usually dies very promptly. In cases where death is delayed, sometimes for several weeks, violent insanity ensues.

With their poisoned arrows these little people not only go confidently to war—only, however, when it is forced upon them—but hunt the largest game of their territory. They bring down elephants, buffalo, antelopes, leopards, hyenas, as well as water fowl and land birds without number.

Children of these tribes precocious. They are taught to shift for themselves as soon as they can crawl around, catch mice and dig for roots. While the men of the community hunt and fish the women search for food of the plain or forest or trade meat with the tribes of surrounding larger men.

These surrounding races of men and women of greater stature have made greater advances in civilization. They have blacksmiths, wood-carvers, weavers, matmakers, lawyers, medicine men and government officials. The pigmies have none of these.

In all such matters, as well as in policies of government, the pigmies seem to be the most primitive of mankind.

The chief characteristic of these people, Rev. Mr. Verner asserts, is cunning. Ages of warfare with ferocious beasts and long years of struggling against races of men physically superior to them have made them famous for treachery, sly dexterity and extraordinary agility. They have a limited language and seem to have no abstract ideas.

Some appreciation of the cunning of these little people may be gained from the following instance: At one time a colony of them was bothered by some turbulent members of the Zappo-Zap tribe, who lacked industry to hunt for themselves.

Day after day they invaded the villages of the dwarfs, to buy meat. But in all their dealings they manifested such a mercenary spirit and beat down prices to such an extent that the little people grew tired of their customers.

Finally the dwarfs rubbed an emetic powder into a quantity of meat and sold it to the persistent purchasers. The result can be imagined rather than told. It is said that the dwarfs were no longer pestered by their neighbors.

Such are some of the characteristics of the savage races among whom Dr. Senn proposes to live.