YOUR HEALTH

By ANDREW F. CURRIER, M. D.

CATHARTIC MEDICINES.

The object of cathartic medicines (purges, one kind will increase the activity of the muscular coat of the intestines, whose contractions cause the propelling or pushing forward of its contents, another causes the bloodvessels of the intestines to separate a great quantity of fluid from the blood current and pour it into the intestinal tube, another serves merely as a lubricant to the tube and its contents, another causes an increased flow of bile into the tube, softening and diluting its contents, while yet another breaks up and disintegrates them.

We must therefore act intelligently and discreetly in using cathartic medicines for that which will relieve constipation produced from one cause may have no effect upon that which results from another.

A constipated person ought therefore to have the advice of somebody who knows about the different kinds of medicines and who can tell him what is the cause of his trouble, thus helping him to avoid discomfort and saving time, money and medicine.

This is much better than trying to work out the problem by himself or with such aid as he can get from a friendly apothecary.

But in all frankness permit me to say that even with the very best medical advice, some cases of constipation are so obstinate and troublesome that complete relief is not forthcoming with any kind of medical treatment which may be adopted.

It therefore happens that operations even of a serious character have been proposed and are performed in some of the cases which medicine has failed to relieve.

Fortunately these cases are rare and I, for one, have never felt like encouraging this particular variety of surgery.

Many patent medicines are advertised as a cure for constipation. Some of these are used the world over and because they have stood the test of time it would be foolish to say that they have no value.

People do not keep on spending their money year after year for medicines which produce no effect.

One is not often seriously injured by cathartic medicine which he may prescribe for himself, but he may get far less benefit than if he submitted his case to the care of somebody who was better informed than he as to the relative values of medicines and the conditions for which they were suitable in individual cases.

Cathartics which produce watery movements are the salines, Epsom, Glauber, and Rochelle salts, Seidlitz and Carlsbad powder and the many varieties of mineral water.

These salines vary greatly in strength and are variously adapted to different degrees of constipation.

The lubricating cathartics are mineral, olive and castor oils, the latter being the most effective of any of them and one of the best all-round medicines we have. I can't say enough in its praise.

The most drastic of all cathartics is Croton oil, two or three drops being as much as may be taken with safety.

Calomel is the typical cathartic to increase the flow of bile and there are several good proprietary medicines in this group.

There is a multitude of cathartic medicines which stimulate the intestinal muscle including cascara, senna, rhubarb, aloes, colocynth, jalap and many others, many of them are put up as patent medicines and the usefulness of some of them is not to be questioned.

DON'T CROWD; OPEN WINDOWS; SOME DO'S AND DON'T'S

Here are some "safety first" suggestions, which if adhered to, will tend to minimize greatly the danger of contracting Spanish influenza:

1—Avoid needless crowding—Spanish influenza is a crowd disease.

2—Smother your coughs and sneezes—others do not want the germs which you would throw away.

3—Your nose, not your mouth, was made to breathe through—get the habit.

4—Remember the three "C's"—a clean mouth, clean skin and clean clothes.

5—Try to keep cool when you walk and warm when you ride and sleep.

6—Open the windows, always, at home at night; at the office when practicable.

7—Food—Help by choosing and chewing your food well.

8—Your fate may be in your own hands—wash your hands before eating.

9—Don't let the waste products of digestion accumulate, drink a glass or two of water on getting up.

10—Don't use a napkin, towel, spoon, fork, glass or cup which has been used by another person and not washed.

11—Avoid tight clothes, tight shoes, tight gloves—seek to make nature your ally, not your prisoner.

12—When the air is pure breathe all of it you can—breathe deeply.

13—If you think you are coming down with influenza, have your doctor make a blood count. As a rule the white cells are not increased in influenza.

14—When first stricken with the disorder take a very hot bath or a hot blanket pack—have a good sweat.

15—Use a preventive nose spray. A good one is the following:

Camphor, gr	20
Menthol, gr	20
Liquid vaseline, oz	3

Use a hand atomizer every three hours. Every person should have an individual atomizer.

16—Gargling the throat may sometimes help. A good gargle is made from one-half alcohol and one-half water.

17—Last, but not least, don't get scared. Don't live in constant fear of influenza. Keep cheerful and be optimistic. Influenza is not an imaginary disease, but a good state of mind will help you better to resist and fight it.

18—Do this for every case:

(a) Keep the feet and legs as warm as toast.

(b) Keep cold cloths on the head if it aches or the fever is high.

ALLEGED HUMOR

"My work," remarked the dentist, "is so painless that my patients often fall asleep in the chair while I am operating."

"Hm! That's nothing!" retorted his rival. "My patients nearly all insist on having their pictures taken while I am at work, in order to catch the expression of delight on their faces."

They had just been married, but as they showed no disposition to leave the chancel the clergyman shook hands with the bride and then held out his hand to the bridegroom. The latter stood with his hand deep in his trouser pocket and took no notice, but as he saw that the clergyman continued to hold his hand out he said in a very annoyed tone, and one that could be heard all over the church, "Well, hang it all, can't you see I'm getting the money out as fast as I can?"

A gentleman had been celebrating his birthday not wisely but too well, and at half-past two in the morning he found himself reclining at full length on the pavement in the neighborhood of Hyde Park Corner. After he had been dozing for a few moments, however, a policeman came along, and tapping him on the shoulder said, "Here, you must get along home; you can't sleep here. Where d'yer live?" For a moment there was no reply, then very slowly and indistinctly came, "Watshe that you shay?" "Where do you live—and what's yer name?" repeated the policeman. No reply. "Who are you?" shouted the policeman. The bibulous one eyed him sleepily. "Look here, offisher," he said, "you just go along to No. — and ask if Mr. Smithsh is in. If he's out, that's me; but if he's in, I don't know who on earth I am."

An Irishman and a negro were having a boxing bout, and another Irishman was told off to referee. The negro was having all the best of the exchanges, but eventually the other got in a blow that sent his opponent to the boards. The Irish referee, trembling with excitement, began to count—"One—two—three—four—five—and five's ten—and ye're out!"

Mistaken Identity.

Warrior from Palestine (whose baby is about to be christened and who has a bottle of Jordan water for the purpose)—"Eh, by the way, meenister, I ha'e brocht this bottle—"

Minister—"No' the noo, laddie! After the ceremony I'll be verra pleased!"—London Opinion.

IN NAME ONLY.

Bess—Then he is a pacifist?

June—Theoretically—the same as the kaiser is a Christian.

"I thought you said when we began this case in court," said the lawyer, "that it wasn't the money you were after, but the principle of the thing."

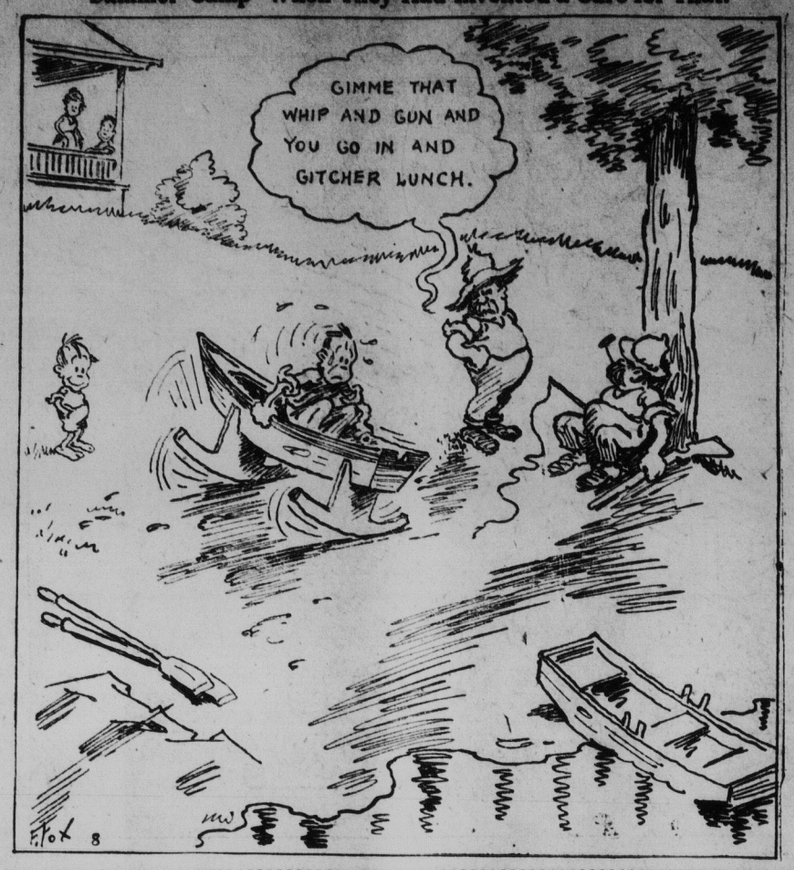
"I did say that, but what of it?"

"Do you still feel that way about it?"

"Of course I do."

"Well, in that event, since we have just won a splendid victory, I'll keep the money the jury awarded you and you may have the verdict."

Vernon McNutt Rocked the Boat Containing Women and Children at a Summer Camp When They Had Invented a Cure for That.



False Claims of Germany To Leadership In Science

For more than a generation Germany has advanced most fallacious claims to scientific primacy. She has had small part in the chief mechanical inventions that have revolutionized modern life on this earth. In mathematics Germany is a poor fourth to England, the United States and France. Where can she match Newton, Darwin, Lister and Ross—discoverer of the secret of malaria? The Germans claim leadership in chemistry; but a Briton discovered aniline dyes, and the higher chemistry of the present is ascribable to Dalton and Ramsey. Austria has achieved some distinction in surgery; but Carrel, a Frenchman, and William James and Charles H. Mayo of the United States are now premier surgeons of the world. The steam engine was due to Watt, the locomotive to Stephenson, both Britons, but the steamboat to John Fitch and Robert Fulton of New York, the dynamo to Faraday, the turbine engine to Parsons, both Englishmen. The oil engine was in use in England, invented by Holt, when Daimler developed it in Germany.

A hasty inspection of George Iles' "Leading American Inventors" will convince even the most dogmatic foreigner that America has led the world in inventions for the last seventy-five years. John and Robert Stevens really invented the propeller, although Ericsson, a Swedish-American, improved it to such an extent that it is credited to him.

Eli Whitney created the cotton gin and improved the small arms of his time. Blanchard designed the lathe guided by a cam. Morse, with valuable help from Alfred Vail, invented the telegraph. Goodrich discovered the vulcanization of rubber, after scientists throughout the world had failed.

Ericsson created the first caloric engine, applied the screw propeller and was immortalized by building the Monitor—in which he utilized Theodore R. Timby's invention of the revolving turret. As a matter of fact, Abraham Bloodgood had patented a floating battery as early as 1807, crowned with a revolving turret by means of which guns within could be directed against an object on any side. The turret was circular in form, its motion rendered boarding impossible, its nearness to the surface insured accuracy of fire, guns were more readily worked because they needed no lateral movement, the gunners were sheltered and the plating of armor might be made sufficiently thick to resist cannon shot. All these claims were made by Bloodgood, and appear to dispose of the turret claims of both Timby and Ericsson.

Next the Americans have Cyrus H. McCormick. He first invented a hemp rake and ultimately developed his ideas into the mowing and reaping machine which has revolutionized the agriculture of the world.

Even the sacred white elephants of Siam prefer grass cut by the McCormick mower to that garnered with a sickle. Cyrus laid the foundation of one of America's wealthy families that never became too good for the United States.

Christopher Latham Sholes was the actual inventor of the American typewriter as indispensable a mechanism today as the telegraph or phonograph. He was born in Mooreburg, Montour County, Pa., in 1819, and claimed to be a descendant of John Alden of Plymouth. He began as "a printer's devil"—a point at which William Dean Howells and other distinguished Americans started—but later went to Wisconsin. His knowledge of the arrangement of the boxes in a "case" had much to do with the original keyboard of his typewriter. Every "devil" knows that the "e" box was the largest, because that letter is most used in our language, and that "k" and its associates are least employed.

The blatant Huns never have conferred any benefit upon the working newspaper man equal to the typewriter.

Elias Howe must not be overlooked in these days of woman's individuality. He was the greatest champion of woman's rights this world has known! Of course students of mechanic know that a Briton named Thomas Saint had patented a chain-stitch machine of much ingenuity, but for the reason that it constantly refused to do its work it was forgotten for sixty years. Howe did a very simple thing—something like Columbus breaking the small end of the egg to make a stand. He put the eye of the needle at the point instead of at the end!

Trifling thing, we all say; but it marked the difference between failure and success.

Elias Howe's machine would sew all previous machines did work that would rip under slightest stress.

Oliver Wendell Holmes used to say that the "discovery" by Columbus in 1492 did not astonish him nearly as much as did the "forgetting" of America for thousands of years before. It was so with the Howe machine.

Benjamin C. Tilghman hit upon the use of wood pulp by accident. He had several predecessors who were very near the idea. They began as far back as 1854, with Alfred C. Mellier, a Frenchman. The Tilghmans of Manayunk, near Philadelphia, came in with a rush about 1883, although he had been granted patents seventeen years before. They blundered on building "digesters" of concrete that resistful acid corrosion.

Today news printing paper is made from pulp, generally of cedar wood. If one desires to appreciate the draft made upon Canada for wood pulp he has only to make a motorboat trip through Lake Champlain and the Richelieu Canal to the St. Lawrence. He will be held up for half days at a time by long strings of barges laden with pulp to feed the hungry maws of the metropolitan newspapers. Tilghman also invented the system of etching glass with a sand jet.

Edison's subdivision of the electric light was one of the crowning scientific triumps of the last century. Prior thereto he had invented the phonograph, which is as remarkable as Bell's telephone.

In the same way, I could discuss Ottmar Mergenthaler's perfection of the typesetting machine. The perfected machine literally thinks! John W. Shuckers, whom I knew in Philadelphia, invented the double-wedge for "spacing," which the "Linotype" corporation had to buy.

The newspaper of today would be impossible without the modern mechanical appliance, which hardly antedates 1890.

An entire article would be inadequate to deal with the wonderful inventions of Edison. Reference has only been made to two of his most noteworthy discoveries, namely, reproduction of the human voice and subdivision of the electric current; but the number of his patents are said to exceed 1,000. His invention of the quadruplex system of telegraphy should be mentioned. His invention improving the Bell telephone by supplying the carbon button rendered what was only a partial success a complete instrument.

Quite inadequate, also, have been references herein to S. F. B. Morse and the dot-dash and later the sound alphabet. No mention has been possible of William Blakey's, tubular boiler, B. B. Hotchkiss's revolving cannon and Maxim's rapid-fire gun; Joseph Boyce's saw-tooth knife for reapers; David Bushnell's torpedoes; Ezra Cornell's discovery of the return current from the earth in telegraph lines; the forced draft for steam engine boilers, introduced by the Stevens brothers; the House of Governors, established by President Roosevelt in 1908, as suggested by William George Jordan; reinforcement of cannon by hoops by Ericsson; mercerization of cotton textiles by John Mercer; Tilghman's sand blast; William Tilden's creation of artificial rubber, and Allen B. Wilson's adaptation of the rotating hook to supplant the shuttle in sewing machines.

Perhaps the most remarkable of all American inventions—at least disputing supremacy with Bell's telephone and Edison's phonograph—is the airplane of Orville and Wilbur Wright, two young men of Dayton, O. They solved the riddle of the ages by creating a dirigible, heavier-than-air-device that would navigate the air! Prof. Langley of the Smithsonian Institute had foreshadowed the bi-plane by an adaptation of the Japanese box-kite, but although he developed the idea of a "flidder," he was before the day of the gasoline motor necessary to supply propulsion to the machine.

The Wrights received no recognition from American capitalists, or their own government and, like Hotchkiss, Maxim and other American inventors, had to seek it abroad. There kings and savants became their patrons and they returned in triumph to their native land to confound all scoffers.

The vital part that the airplane is playing in the great war renders it the most valuable invention of the Twentieth Century. The Wrights made the Greek legend of Icarius a reality.

Much has been left unsaid; but enough has been set down to prove the utter baselessness of Germany's claim to ledership in science and mechanics. That claim must be relegated to a niche beside Germany's arrogation of supreme military power over the rest of mankind.

SIDE TALKS

By RUTH CAMERON

KEEPING STILL FOR THE CHILDREN.

One find oneself wondering now and then what the person who enunciated the old proverb "children should be seen and not heard" would say if he could spend a few weeks in an average American family observing some specimens of the average American child.

I fancy his sensations would be the mental equivalent of the sensations of a man who finds himself stood on his head.

I could not help invoking the shades of this person when I met some people who have an average,—a very average—young person for a daughter. She is a most self possessed young miss aged, I should say, about twelve. And if the man who wrote the proverb could only meet her I would much prefer being present at the meeting to spending an evening at the theatre or at bridge.

When Elders are Hushed Up.

Now do not infer that I agree with the gentleman of the proverb, (I have a feeling somehow that it was a man. A man would resent having the centre of the stage taken away from him more than a woman) that children should always be hushed up in the presence of their elders. But what gets me is the way in so many families that elders hush up when a child begins to speak.

That was what I specially noticed during my evening with the self possessed young person and her parents. When she started to speak the whole room instantly became silent while we all listened to what she had to say. The hush was really impressive. What she had to say seldom was.

The Little Girl Who Stuttered.

Nor is this an unusual case. I can think offhand of several similar ones. I remember another occasion when some people called on me with their little girl, a child of about seven. She stutters quite badly (a cute trick they have permitted to grow upon her) and the inevitable result was that whenever she took the floor she held it for some time. And as the group of us, some eight or nine adults were supposed to cease our chatter when she spoke, the result was that we spent most of our time listening.

No Monopoly for Either, My Platform

I do not believe in monopolies on the part either of children or grown-ups. Children should be listened to courteously but I do not think this courtesy should be exaggerated into a deference that is sure to give the child an idea that he is the only person who greatly matters in the scheme of things. That idea will add none to his usefulness, his popularity, nor his happiness as he grows older.

Just Folks by Edgar A. Guest

SEND HIM A PAPER.

Said Private Jimmy Barkis as he chatted with his mates,
"I wonder what they're doin' in the Old United States;
Is Ty Cobb hittin' doubles in the way he used to do?
Is Speaker peggin' runners with that same old deadly throw?
I wish I had a paper from the home town, old or new
An' could read about the people an' the places that I know.

"I can't get interested in the Daily Mail or Times,
I want the home town paper with its latest local crimes.
I'm wondering who has married since the day I marched away,
Who's been buried, since I left there. Oh, it seems so long ago!
For a copy of the paper I would give up six months' pay.
There's so much I'd like to read of an' so much I want to know."

Said Private Jimmy Barkis, "It's a funny thing to me
But they seem to think a paper we don't ever want to see.
They write us cheerful letters an' they send us things to wear,
They send us good tobacco, an' we're mighty grateful too,
But they plumb forget a paper from the old town over there
Is a thing we'd never part with till we'd read it through an' through.

PEPPER TALKS

By George Matthew Adams.

The Glory of the Dinner Table.

I like my food mixed with love, with laughter, with interest and with companionship.

I would rather be shut in jail for a day than to eat alone. That gives an idea of how I dislike the "lonely meal;" though, of course, I have no time to go to such a place as a jail.

Of all the hours of the day, there are few that equal the one gathered with those we love—at Dinner time.

I think that there should be a law to compel every human being to spend a certain time at the Dinner table.

Why? Well, in the first place, because it would be a wonderful thing for everybody's stomach, and in the second place because it would give people lessons in getting together, in getting better acquainted, and in learning the POWER back of companionship and the interchange of ideas and experiences.

If you can't take the time to eat, don't eat.

For until you learn to LOVE your meals, and to welcome them for what they are going to make you become, you better starve.

It would be a good thing for the great race of men, for those who abuse her privileges, to starve for a while—until such time as they might learn the VALUE and GLORY of eating.

Food eaten in anger or at a time when the spirits or brain of a man are at odds, means sure poison sent into the entire system.

Hurry for no man—at the Dinner table. And save your best thoughts, your broadest smiles and your greatest SELF for those who come about you at meal time.

And if you think you can't do this—do it anyway.

TRIBUTE TO CANADA BY BOSTON PAPER

(Boston Herald.)

In the first four years of the war Canada raised 552,601 men, all but 25,000 of them by voluntary enlistment.

Up to July nearly 400,000 Canadian soldiers has gone overseas in the four years and about 150,000 are in the battle lines there today. But the most eloquent figures lie in the casualties, for up to July that list bore nearly 160,000 names, and no fewer than 42,000 of those young Canadians had made the supreme sacrifice. Even those stirring figures do not tell the whole story of the way Canada has poured forth its manpower. It has contributed 2,000 men to the royal navy and hundred of aviators who have had no superiors in air fighting. Canada loaned 200 officers to the United States as instructors. The Canadian navy, small but on the job, has done invaluable patrol work, and by its two submarines was able to keep Admiral Spee's squadron away from the Pacific ports.

Not less impressive is the financial showing. To date the war has cost Canada about $900,000,000 and at the close of this year its bit, for about 100 merchant vessels will be $1,200,000,000. By domestic loans and war savings certificates it has raised $756,000,000 or fully $100 for every man, woman and child in the whole of Canada. Great Britain has advanced $534,000,000. The Canadian taxes on luxuries, profits and incomes are in many respects higher than those in force in the United States. In shipbuilding Canada has more than done its bit, for about 100 merchant vessels of some 400,000 tons, have gone over from its yards. Its people have contributed $90,000,000 to the various relief funds. More than 30,000 Canadian women are working in munition factories.

So the story goes through tables of figures that fairly glow with the splendor of the tale they tell. What Canada has done and is doing is a proud chapter in the story of the great war. It has its example and inspiration for us and for all enlisted in the cause of democracy and humanity—and it means that when the war is over the place of Canada in the British federation will be one of more dignity and power than ever before.

WEDLOCKED.

—By LEO.