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FREE—positively free a \$1.00 box of Kellogg's Safe Fat Reducer, to every sufferer from fat, just to prove that it actually reduces you to normal, does it safely, and builds up your health at the same time. I want to send you without a cent of expense on your part this \$1.00 package of what I am free to call a really wonderful fat reducer.

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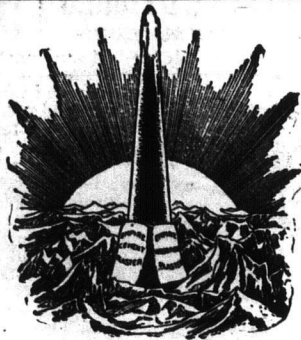
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The Home Doctor.

Growing Thin.

By J. A. Waters.

Much as people may be annoyed when they find themselves gaining more weight than is convenient, or that is convenient with their idea of graceful proportion and good looks, they can do nothing more injurious than to try to rid themselves of this obnoxious super-abundance without directions from a physician. Those who make a business of starving themselves, or of taking a quantity of strong acids, vinegar and the like, make a great mistake, for such a course is likely to do them a deadly hurt, producing much more discomfort than the trouble they already have. They should first bethink themselves whether or not they are absolutely sure that it is a bad thing to be fat; if the flesh, soft and radiant and like a baby's is really not a beauty in itself, as many of the Orientals think, and stuff their women to produce it; if it does not hinder the gathering of wrinkles, and make them look far younger than they would if they were thin, and the weakened muscles let the skin droop, as it usually does with advancing years; whether their dresses do not fit better than the dresses of smaller people do; if they cannot carry off things with more ease and air; if they do not have a presence, a port, and a dignity they would not have if they were merely thin shadows.

If after weighing the matter — and themselves — they decide on reducing the amount of the earth's sublime richness that they carry about with them, then they should see their physician, but not till they have made up their minds that they are going to obey his prescription and follow the regime he orders. They will find it no light or easy thing; for it means that they shall abandon two-thirds of the pleasant things of life. They will have, for instance, no warm baths, but cold sponge baths instead; they will be allowed the least possible clothing they can wear with health; will have to sleep in a cold room and on a very hard bed; they will be allowed no cold water to drink, but will be expected to drink a couple of quarts of hot water every day, with a dash of lemon juice or sour wine in it, and no beer can they have, and no champagne, no tea or chocolate or coffee. They will be allowed no bread of any sort; on the other hand, they may have all the fruit they wish. They can have no macaroni, or cheese, or butter, or sweetmeats, or potatoes, or rice, or peas, or beans, or carrots, or turnips, but they can have lettuce and celery and cress and spinach, and such watery things, with eggs boiled three minutes, poultry, and rare lean meats.

And more than this, they are to take but two meals a day, and once in a while only one meal, letting the system then live on what it already has in store that day. But lest this should be insufficient, or should be in any way uncomfortable, the system is kept in order by outdoor exercise, which purifies the blood and renders the muscles firm, and works off much weight in perspiration—riding on horseback if they wish, driving if they please, but walking whether they will or no, and walking in difficult places, a half dozen miles a day, remembering that while the walking is good for the general health, it will take off very little flesh unless pursued to the point of perspiration and some fatigue. If our friends have the courage to do all this, and to continue it, they are heroic, and will find a better reward than loss of flesh in the development of self-denial and strength of character.

Eat no More Food than is Necessary.

Corpulency is naturally the result of excess in partaking of fat-producing foods, and a disinclination to exercise. It has been proven by Molscott, in his careful experiments, that in a mixed diet the carbonaceous foods are usually broken down and digested first, leaving the more complex nitrogenous foods in a partly digested condition. If, however, the person has good digestive secretions, all will be digested; but the

amount in excess of the proportion needed for wear and tear in the body will be stored as fat. This explains why persons, who are trying to reduce obesity by cutting from their diet all the so-called fat-making foods, while indulging freely in meats and kindred materials, do not attain the desired result. The quantity of food, it would seem then, is of far greater importance than the kind.

Obesity once established will increase most rapidly, unless a careful treatment be followed. Each ounce of food more than is required to keep up the functions of the body, stored in the form of fat, rapidly increases the weight of the body, and in a few months may be reckoned by pounds.

Cut of the Food Supply Gradually.

The modern dietitians feel that any rigid change in the diet will upset the digestive viscera producing conditions in the system not desirable. The first thing, then, to do from a rational standpoint, is to cut off, a little at a time, from the usual amount of food, and change slowly to a more nitrogenous diet. Increase the exercise, both mental and physical, in order to consume a portion of the fat already stored in the body, allowing the loss of weight to come from this direction rather than from a shortage of necessary foods. The stored fat corresponds to the coal in the tender of an engine: it may be burned until consumed. The over-fat woman is more uncomfortable than the over-fat man. She, in thinking to hide a portion of this fat, draws in her clothing, pushing the fat from one place to another, pressing upon the heart, reducing the circulation until she really has more serious troubles to contend with than obesity. Her face becomes purple, the end of her nose especially red, and she is really pitiful to behold. All this may be easily avoided if she has sufficient will-force to now and then go hungry. Gymnastic exercises, without apparatus, should be taken both morning and night. The tepid bath and plenty of outdoor exercise should not be omitted. The following rules might be framed and hung in sight:

1st. Reduce fat by improving the general health. Exercise the muscular tissues of the body rather than change to a radical diet.

2nd. Strengthen the muscular tissues by increasing the nitrogenous foods.

3rd. Above all, keep the blood in good normal condition by cutting from the diet all sweets, severe acids, bulk foods, wines, and alcoholic and malt liquors.

4th. Use sufficient pure, cold water to give free action to the skin and kidneys.

4th. Eat sufficient food, but only twice a day. Do not nibble between meals.

Burns and Scalds.

A burn is the result of the application of dry heat.

A scald is occasioned by the application of some hot fluid to the body, giving rise to the same destructive effects as are met with in a burn, though differing from them in the appearances produced. The constitutional effects resulting from burns and scalds are most serious and important; they depend not so much upon the depth of the injury as upon its situation, the extent of surface implicated, and the age of the patient. Thus a person may have his foot completely charred and burnt off by a stream of molten iron running over it with far less constitutional disturbance and danger than if the surface of the trunk and face be extensively scorched. Burns about the chest, head, and face are far more likely to be attended by serious constitutional mischief than similar injuries of the extremities. In children the nervous system suffers more severely from burns than in adults. The most fatal element in these injuries is superficial extent. The most fatal period in cases of severe burn, where