GREAT BENEFIT OF AIR BATHS

Remedies for Many Cases of Shattered Nerves.

There Is Nothing Like Sunshine and Out-Door Life for "Run-Down" People.

"I'm afraid I can't do much for you while you persist in sitting in this half-closed room," said an old physician to a woman patient not long ago. The woman sat in a darkened room reeking of aromatic vinegar and violet smelling salts, her forehead swathed in ice water bandages, a look of acute discomfort on her face.

"Here you sit day after day breathing pretty much the same old air over and over again, because to admit the sun or sun-warmed air would heat the room, you say. And you are so nervously wrought up you say you could not bear to go outdoors.

"I don't know whether you know—I don't suppose you do—that fresh air is the finest preservative of sound nerves and a good temper there is. Irritation, which amounts to a positive disease with a great many people, and nerves—that is to say, over-strained or exhausted nerves are two conditions which you can actually see being produced in people by bad air. The snappishness and shortness so often seen in business offices, the surliness of elevator boys and the bad manners of people generally are not to be wondered at when one sees the places they work and 'samples' the air they breathe.

SUMMER NERVES.

"You, for instance, are suffering from an attack of 'summer nerves.' You were already nervously exhausted when the warm weather first set in, and a few hot, sleepless nights increased your restless state. Instead of finding or making occupations that keep you out of doors, you shut yourself up in a darkened room, excluded as much of the outer air as you conveniently could in an effort to keep cool, and made a desperate effort to calm yourself.

"Now, nobody ever calmed his or her nerves by resolving to be calm. We can resolve to do things that will have a calming effect on them, but the determination to be calm will invariably have just the opposite result. It did on you. You are in this morbid, nervously irritable state largely because you have been breathing dead air for the last fortnight, and thinking about yourself a great deal more than was good for you.

"Now, I am not going to consider you a sick woman, in spite of all the distressing symptoms you have been telling me. You're the sixth woman I've been called to this week who was suffering from summer nerves, and nothing you have said has surprised me in the least.

NATURE'S MEDICINE.

"What I want you to do is to begin a course of air baths, water baths and open-air living. I sha'n't give you any medicine, except these three powders, which I hope will give you a good night's rest for three nights, thus breaking up the habit of sleeplessness you have formed. I sha'n't tell you what you are, or give you a prescription, so three are all you can have. As you have a roof which none of your neighbors can overlook, I want you to go up there every morning at 7 o'clock and take an air bath. Remove your dressing gown and let the fresh air and sunlight play around your body freely. Don't try to do anything or think of anything. Just relax, give up. Try to be oriental and languorous. I'm sure you have seen pictures of eastern beauties reclining on divans or being fanned by their women attendants. See how it feels to be an eastern beauty yourself. Being a rich woman, you can easily have your indoors man carry a couch and rug up to the roof for your comfort. If you drop off to sleep, so much the better. After half an hour or so, or when you wake up, get on your things, go downstairs and take a shower bath.

"First tepid, then warm, then hot, then cold. Have the hot water as hot as you can bear it quite comfortably. After three minutes turn the hot water off short and the cold water on full, as cold as you can get it, for three minutes or more. Then give yourself a good rub down with a coarse towel. No, I want you to do it for yourself. Your maid can help you into your clothes afterward, if you want her to.

"You will feel ready for breakfast by 8.30 o'clock, and I see no reason why you should not eat it with your husband and son. You are not an invalid, remember, only a wornout, nervous, irritable woman, bored, blue and cross. Make your breakfast nutritious, but light, and eat all you want. I should think half a muskmelon, a Graham muffin, an egg and as much cold milk as you can drink would make a good, typical breakfast."

The woman raised her head weakly from the pillow in protest. "But, doctor," she said, in a pleading tone, "I can't get along without my cup of coffee in the morning. I always have coffee brought to me in bed—I could simply not dress without it—and then I positively must have it with my breakfast."

"Just as I supposed," rejoined the man of medicine. "You have been whipping up your jaded nerves with coffee until they simply refuse to carry you another step. Not a drop of coffee or tea shall I allow you until you have crawled out of this hole into which you have dropped. I knew perfectly well how it would be—if I told you you could have a small cup of weak coffee with your breakfast, just for a little taste, in a week I should find you taking two full-sized coffee cups of strong coffee in the morning, and as much more in the course of the day. In your present state tea and coffee are simply poison—rank poison.

"I want you to spend the remainder of your day outdoors. Lie down as much as you want, sleep all you can, read an hour or two, but not in a recumbent position, sew or do fancy work but do everything in the open. Air and sunlight have a wonderful effect on the nerves. Try every little while to take deep, full breaths. Be in bed by 9. Before retiring take a tepid bath—that is, have the water 99 degrees—and stay in it, the body completely submerged for fifteen minutes. Keep this treatment up for a week, and I think the next time I see you I shall find a different kind of a woman."—New York Tribune.

A Discreet Indiscretion.

An example that can never be overlooked when the right of an ambassador to exercise his own discretion is in question is that which occurred in the career of Lord Lyons, when he was our ambassador to the United States. He was a persona grata there. "All I can say, Lord Lyons, is, 'Go thou and do likewise,'" was Abraham Lincoln's genial method of receiving the British ambassador's announcement of King Edward's marriage. Lord Lyons did not take the advice, but he remained a very effective ambassador in spite of his bachelorhood. When the grave difficulty over the Mason and Slidell case arose, Lord Lyons was instructed from home to present an ultimatum, afford twelve hours for its acceptance, and, the latter not being forthcoming, to leave the country. The twelfth hour expired, Slidell and Mason were not surrender, and there remained, apparently, only the dire prospect of war. "Give me another twelve hours," said Seward, the secretary of state. It was an entire contradiction of official orders, but, nevertheless, "I will," said Lyons. From six o'clock that night until six the next morning Seward battled with the recalcitrants. Then Lyons received an intimation that the Confederate envoys would be given up. So by the insubordination of an ambassador war was saved.—St. James' Gazette.

Value of Apples.

As the apple in prime condition will soon be here again, it is well to remember, says the Cooking Club, that this fruit contains a larger percentage of phosphorus than any other fruit or vegetable. This phosphorus is admirably adapted for renewing the essential nervous matter of the brain. The acids are also of great value for people of sedentary habits whose livers are sluggish in action, these acids serving to eliminate from the body noxious matters, which if retained, would make the brain heavy and dull, or bring about jaundice or skin eruptions. Some such experience must have led to the custom of using apple sauce with roast pork and similar dishes. The malic acid of ripe apples, either raw or cooked, neutralizes any excess of chalky matter engendered by eating too much. Apples are useful as a disinfectant for the system, and have considerable value as an antidote for tobacco and liquor. Under all conditions and in all cases there is no fruit so beneficial or harmless as the apple.

LIFE ON A FARM

Particularly Trying to the Wives and Daughters.

A Place Where Woman's Work Is Never Done—The Reason Why There Are So Many Prematurely Aged and Wornout Women.

It has been very truly said that "woman's work is never done," and this is, perhaps, especially true when applied to the wives of Canadian farmers, who are kept busy with their manifold duties from daylight till dark, and who find, even under the most favorable circumstances, but little time for relaxation and social enjoyment. They are a class of women whose pluck and endurance everyone must admire, they are helpmates in the broadest sense of the word, and unfortunately too often pay the penalty either in a complete breakdown of health, or in prematurely aged appearance. A case in point is that of Mrs. J. Marais, the wife of a well known and well-to-do farmer, living near Riviere du Loup, Que. Mrs. Marais is the mother of a large family, and like her husband, was ambitious for their welfare. As a consequence she overtaxed her strength, and after the birth of her last child failed to regain her former health. Several months passed and still Mrs. Marais was confined to her bed. Her strength had completely passed away. She was troubled with headaches, was extremely nervous, subject to pains in the back, and unable to take food with relish. She was under the care of more than one doctor, but did not regain her strength, and her family and friends believed that there was but little hope for her recovery. Then a neighbor strongly advised her to try Dr. Williams' Pink Pills, and she began doing so. Soon, under the use of the pills, she began to recover her strength, was able to be up and go about. Day by day further beneficial results followed the continued use of the pills until after the use of eight boxes Mrs. Marais was fully restored to her old-time health and vigor. She speaks of Dr. Williams' Pink Pills in very warm terms, and loses no opportunity to praise them.

Dr. Williams' Pink Pills are a boon to overworked, weary and despondent women everywhere. Every pill helps increase the flow of rich, red blood through the veins, stimulates the nerves, and in this way restores health, strength and vitality. Only the genuine pills can do this, however, and the purchaser should see that the full name, "Dr. Williams' Pink Pills for Pale People," is printed on the wrapper around every box. If in doubt send direct to the Dr. Williams' Medicine Company, Brockville, Ont., and the pills will be mailed post paid at 50 cents a box or six boxes for $2 50.

Oh Say! Try MALT BREAKFAST FOOD. It's Delicious All Grocers.

Photographing the Moon.

With the application of photography to astronomy much attention has naturally been given to lunar photography. In 1840, less than one year after Daguerre's discovery, Dr. John W. Draper obtained the first photograph of the moon, but with small and imperfect apparatus. The exposure required twenty minutes. In 1862-3 a very great advance was made by his son, Dr. Henry Draper, who used a powerful reflecting telescope of his own construction. The image of the moon on his photographs was slightly less than one and one-half inches in diameter.

Ten years later, Dr. Lewis M. Rutherford, of New York, secured many exquisitely sharp lunar photographs, using a very different form of instrument, a thirteen-inch refracting telescope, with a "photographic corrector"—an additional lens, by means of which his visual telescope could be converted into a photographic one.

By the use of a method perfected by the writer in 1900, writes Prof. G. W. Ritchey, in Harper's Magazine, the Yerkes refractor is made available for direct photography of the moon, planets, star clusters and so on. The method is applicable to all visual telescopes. Instead of the ordinary blue-sensitive photographic plates, isochromatic plates are used, which are very sensitive to yellow light. Mounted in the plate-holder close in front of the sensitive plate, is a large, brilliantly transparent yellow color screen or ray filter; this excludes the out-of-focus blue light, which would otherwise destroy the sharpness of the photograph, and allows only the sharp yellow or visual image to reach the sensitive plate. With this arrangement the great telescope photographs the moon with an exposure of less than one second. On account of the size and length of the telescope and the effectiveness of the color-screen method, the resulting negatives show smaller details of the moon's surface than have been photographed be-

THE WORLD'S GREATEST BRIDGE BUILDER MAY EXAMINE BROOKLYN'S BIG SPAN

Sir William Arrol is Coming to America. Likely to Inspect the Supposedly Unsafe Structure.

The Man Who Won Knighthood by Clever Work is Wealthy But is Still Democratic.

Labored as a Lad in a Cotton Mill for Wages of Fifty Cents a Week.

London, Aug. 20.—Sir William Arrol, the most famous bridge builder in the world, intends to make a visit to America. Sir William's friends say he will be merely on pleasure bent, but there are some American wiseacres in London who hint differently. They say that while the famous bridge builder undoubtedly will derive much pleasure from his visit across the "duck pond," incidentally he will look over the great Brooklyn bridge, and see what foundation there is, if any, for the continued reports of the unsafety of that structure.

One story, which has gained quite widespread circulation, but which, however, was denied by Sir William's private secretary, was to the effect that Sir William Arrol had been approached officially by the New York city officials to examine the big bridge and to make a report on it. While this story was denied, it was explained that if Sir William did examine the great Brooklyn span, it would be done not in any official capacity, but purely as a matter of self-interest.

TOWER BRIDGE, LONDON,
Across the Thames, built by Sir William Arrol.

BUILT SOME FAMOUS BRIDGES.

Sir William Arrol is the builder of the famous Forth bridge. Also he built the Tay bridge, the Tower bridge and, in fact, his name is allied with every piece of gigantic engineering work in the United Kingdom, and in many of the British colonies. The story of his struggle in the battle of life from 1833 to date—from the time he went to work as a wee bairn of a lad in a Scottish cotton mill until by conscientious work he became a knight and M. P., a great contractor, and incidentally a fabulously wealthy man, reads more like romance than reality.

When Arrol's father sent him out to labor at eleven years of age he earned 2 shillings a week; in 1888, when he was building the Forth bridge, he had 5,000 men employed on the one job constantly for two years. The structure was opened by the Prince of Wales, now King Edward, and it is regarded as the greatest piece of engineering in the world. There is a total length of viaducts of more than one and one-half miles. Between these viaducts there are three cantilever piers rising to the height of 360 feet above high water. The two main spans are each 1,710 feet, with a span on either side between the cantilever and viaduct piers of 675 feet.

The under part of the girders carrying the railway is 150 feet above high water, and the depth of the water is 210 feet. The entire structure is of steel, 42,000 tons of which were used, while 12,000 tons of iron were used in the foundation. The total cost of the bridge was $17,500,000.

KNEW NOTHING BUT POVERTY.

While this bridge was being built Sir William Arrol had a great many other engineering undertakings on hand. Indeed he was employing at that time about 10,000 men on his work.

As a lad this great engineer knew nothing but poverty. He was hard at work when he was 11 years old. He made a few pennies by laboring in the Coats' cotton mill. But he disliked the work, and the oily smell of the waste and the drudgery. "I wanted an easier life," he explained later, "and so I went to work for a blacksmith in Paisley—the home of the famous shawls. The clang of the anvil and the sight of the sparks inspired the lad from the start. There was a touch of the strenuous life there that suited him. There was vigor and energy—not the dull, drudging grind that he found in the cotton mill. Seven years at the anvil saw the lad's apprenticeship over, and he began to travel. He had never been in England. He started south, and after two years went back to Scotland, and there went to work again, this time as a full-fledged blacksmith.

STARTED FOR HIMSELF.

Arrol spent a few years at the blacksmith trade, and then he went in for boilermaking. He ventured in business for himself in 1868, and had an unusually hard time of it. He was a boilermaker, but there were no boilers to make, so far as he could learn, and so he turned his hand to any job that happened along. He mended the housewife's grate as cheerfully as he did other work, and the thoroughness with which he fulfilled his contracts gave him a reputation, and business began to grow. Then he found a backer and built a fair-sized ironworks. His first large contract was to build the Caledonian railway bridge over the Clyde at Bothwell.

Arrol had been thinking out the problems connected with bridge building for some time, and wished for an opportunity of testing his theory. Bothwell bridge presented ideal conditions for an honest test. Few small bridges in the country are called upon to bear so great a strain from a flooded river and heavy mineral traffic combined. The young bridge builder conceived the idea of building the bridge on the shore and rolling it out span by span over the water, instead of building the whole structure in position as was formerly done.

HIS IDEA MADE HIM.

The advantage and economy of Mr. Arrol's plan are obvious. He tried it and achieved signal success. After that he did not need to look for work. His next big job was the building of the great bridge that bears the tremendous traffic of the Caledonian Central station in Glasgow, across the Clyde at the Broomielaw. Here, again, Mr. Arrol's practical sense came into play. Booms of unusual length and weight were required for the structure; to bore them for rivets by measurement was risky, and at best likely to produce unsatisfactory work.

Arrol had the booms placed in position, and by adopting a drilling machine to his purpose, made it so that every hole in the boom was bored with the greatest ease. Further, at important points in the great structure, there were rivet holes seven inches deep in solid metal. To attempt to rivet these by hand would have been absurd. The sagacious bridge builder had foreseen the difficulty and invented a hydraulic riveting machine, which not only drives heavier rivets than can be manipulated by human fingers, but also makes a surer grip and heavier head on the rivet. This bridge was opened for traffic in 1879.

The tools which Arrol ingeniously devised for his own work were sought after by other builders of steel and iron structures. He had, therefore, to take out patents and make drillers and hydraulic riveters for the market.

About the same time Mr. Arrol, in conjunction with Mr. William Foulis, gas engineer for the Glasgow corporation, devised a patent drawer and stoker for gas furnaces, which both saves fuel and labor, and spares the gas stokers much disagreeable work.

BUILDS THE FORTH BRIDGE.

In 1843 the promoters of the East Coast route, between Aberdeen and London, planned the Forth and the Tay bridges. Sir Thomas Bouch was intrusted with planning both bridges. In 1879 he had completed the Tay bridge, when a terrific storm broke forth and 73 persons lost their lives. A train was dashed into the river. Of course, all operations on the Forth bridge were stopped. Arrol had this latter contract. It was a sad blow, for he had spent $2,500,000 on his temporary plant to begin the work. It was some time before the real work was started, owing to public opinion, but when the great structure was finished "Billy" Arrol was tapped on the back and arose Sir William, knighted by Queen Victoria.

HOW HE WORKED.

Arrol worked with untiring energy during the progress of the work. Rising at 4 Monday morning, he was at the Dalmarnock works before 5 o'clock, busy looking over plans and scheming the details of the work there. A hurried breakfast in a restaurant in Glasgow, on his way to the station, and he was off to Corstorphine, where a special engine was in waiting to run him down the line to Queensferry. There he met the various heads of departments engaged in the building of the Forth bridge, and spent the day—and often the greater part of the night—in arranging not only how the more important work, but even how many of the minor details should be carried out, and sometimes personally superintending their execution.

LED A BUSY LIFE.

Early on Tuesday morning he was over at the Tay bridge, the work of which he carried on in the same way. Back to Glasgow late on Tuesday night, he was down at the Dalmarnock works by 5 on Wednesday morning, ready to start the round as before. On Thursday night he started for London to meet the engineers who prepared the plans there, and to discuss with them on Friday the details of any proposed alterations or amendments. Traveling back to Glasgow on Friday night, he was generally at the works till late on Saturday.

LONDON'S TOWER BRIDGE.

Though by no means the largest of his undertakings, perhaps the most famous work he has accomplished was the building of the Tower bridge over the Thames at London. This bridge is particularly unique. Opening bascules of enormous span admit the heavy traffic across the river, while high overhead a permanent footway affords continuous passage for wayfarers, so that while ships of enormous tonnage are passing through the open bascules below foot passengers may cross the Thames without waiting.

Asked the other day for the keynote of his success, Sir William said: "I looked for work because I wanted it to do; I stuck to my work because I liked it, and I always did my work well, and as quickly as I could."

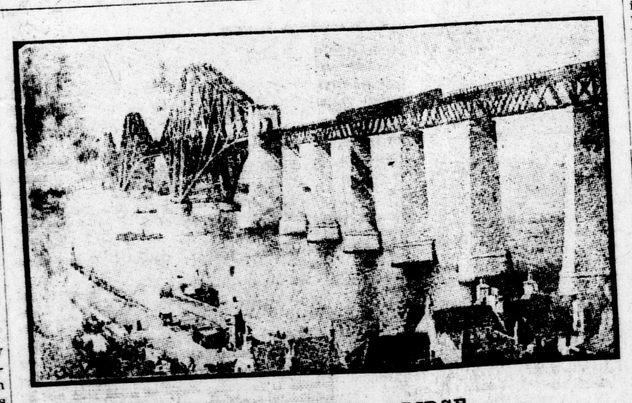
SIR WILLIAM PERSONALLY.

Sir William is exactly the kind of man one would expect to find. Big, broad-shouldered, horny-handed, clear eyes, square-set jaw, silvered hair, high forehead, firm mouth, but withal a kindly expression; in every sense a just and approachable man. He dresses in the simplest of style, and lives in a modest manner. He never made any great success in Parliament, though he was twice elected as a Conservative member from a Scottish district.

Sir William Arrol is distinctly a silent man. When he does not wish to answer he smiles at the questioner and leaves him to guess. He has been asked as to his intentions in the United States, but he has steadfastly refrained from giving any indication of what he intends to do there.

HIS VISIT TO UNITED SATES.

Details of his proposed visit, according to rumor, are not lacking. It is said he was first approached on behalf of the city of New York through the agency of Mr. Yerkes, who is a great admirer of the hardy Scottish bridge builder. Those who are supposed to be on the "inside" say that Sir William at first refused point blank to make an examination of the big bridge. He declared there were more engineering experts in the United States to the square inch than in any country in the world, and that any examination by him was totally unnecessary. However, it is understood that he was prevailed upon to agree to look over the structure in an unofficial way, and later it may be expected that he will give an opinion on the subject. It is doubtful, however, if he does look over the structure, that any report he may make will be of an official character.



FAMOUS FORTH BRIDGE,
Greatest Bridge Structure in the World, Built by Sir William Arrol.

School Savings Banks.

Waldon Fawcett describes in the September St. Nicholas the success of a savings-bank experiment tried by a Washington, D. C., public school, a success which is likely to set other schools experimenting along the same lines. This school savings-bank is conducted in every way like a real bank. The principal makes himself responsible for the safe-keeping of the funds, and at the close of each day's business deposits the daily receipts in one of the city's ordinary commercial banking institutions. Pupils are tellers and bookkeepers, doing all the work involved; and the children's pennies foot up already to the respectable fund of two hundred dollars.

Man Killed by a Turkey.

The story from Oklahoma of a 2-year-old child being killed by a Plymouth Rock rooster reminds one of a tragedy in North Carolina, which is related as follows: "Many years ago a North Carolina judge, or ex-judge—Judge Spencer, of Anson—was killed by a turkey. He was a very old man, and was sitting in the yard with a red skull cap on his head. The red attracted the attention of the turkey and angered it, and it flew upon the wearer of the cap and pecked, spurred and beat him to death."—Charlotte Observer.

Bath Tubs Made of Glass.

Although bathrooms are a matter-of-course feature of every home, portable baths in great variety are constantly on sale, and many are made to order to suit individual preference. The boot-shaped leg and foot baths on the London plan are now duplicated in domestic wares here, and so are the hat-shaped traveling baths and a score of others, from the big 72-inch plunge bath down to the smallest of the neat and rolled-edge sponge baths and English wash-ups.

Not only travelers, campers and country sojourners order portable baths, but many are wanted by city dwellers averse to sharing bathroom facilities with others, and those with luxurious fancies to gratify. Wealthy invalids and cripples have baths made to fit their own needs. Sumptuous bathing outfits are made to order for infants. Some of these are of finely annealed glass or decorated porcelain, and are affixed to stands that may be pulled out into the sunlight or drawn near the fire, just as conditions vary.

Self-adjusting rubber baths that jump into shape at the turning of a screw are now brought out with stands that allow of their being raised or lowered at will.

The bath that serves the purpose of both bath and trunk is a favorite. Of composition stuff that is outwardly the color of leather and with a close-fitting cover that shuts down, overlapping like a trunk lid, this bath is eminently presentable when strapped taut and duly labeled. Tourists fond of out-of-the-way places take along one of these traveling baths and are happy and independent.

Some individual baths have been made good designs. Others are of japanned ware and various others of tin and zinc, porcelain or glass lined.

Glass is being used considerably for bath and toilet apparatus. Its purity and its delicacy of appearance are a great commendation. Towel racks of glass are on sale, and so are comb and brush racks, soap trays, toothbrush holders, sponge racks and entire bathroom sets.

A few of the newer bathrooms in fine homes are fitted with bathtubs of glass, the practice having been tested in Germany for some time. The glass for this purpose is put through a treatment that gives it special strength and thickness without detracting from its appearance.

Over twenty different sorts of individual baths, exclusive of the rubber baths and infants' baths are now in use. Some are of a pattern from far Bombay, and others of styles adapted from various hot countries. English models lead, with the Canadian, adapted from the English, a close second. A bathtub of maple, originally designed, is contrived so that when transverted it becomes a chair of pleasing exterior. Another bath of medium size could be changed when desired into a tabourette.—New York Times.

BATS RUN A THEATER AT TAVARES, FLORIDA

Have Done More Than the Actors to Make It Famous.

Bats are doing for Tavares, Fla., what a boom failed to do—earning it a national reputation. Tavares is a quiet little town in the Central lake region of South Florida, about 155 miles from Jacksonville. During the Florida boom of about fifteen years ago, Tavares, as most other towns in the state, had great expectations. It would soon become a city, of course, and people would come there from all of the colder parts of the country, and from cold places in other countries, to enjoy its genial sunshine, go boating on its charming Lake Dora, stroll through its beautiful orange groves, whose trees were bending with their load of golden fruit, and last, but not least, leave some of their cash in the place to aid in its upbuilding and for the general betterment of the people.

Of course, the ambitious little town must prepare for the coming people. It must not only have hotels, stores, and barber shops, but places of amusement would also be necessary. In the interest of the last named necessity, a wide-awake citizen conceived the idea of building a theater, and a fine building was erected for this purpose. It was large enough for a New York audience, but Tavares was building for the future.

During the daytime bats cover the walls of the building to the depth of at least two feet, and often accumulate in large bunches somewhat as bees do when they alight in swarming. The most striking evidence of their immense numbers, however, is obtained by watching them fly out of the building in the evening to feed and get fresh air and exercise. With one of its windows left open so that they can all go out at the same place, an observer can easily do this by taking a position from which he can readily see the open window. The start is made shortly after sunset, only a few flying out at first. In a few minutes others come, and soon others, and the flow becomes continuous and the stream continues in volume until it completely fills the window opening, and it keeps the opening filled for fully an hour.

In their flight from the building they spread out to the width of fifty yards or more and soon form a dark belt of moving life extending over the lake as far as the sight can reach. The discharge of a shotgun into the flying mass will bring down fully half a barrel of dead bats.

During the night they fly about over the lake and bordering lowlands feeding on insects that the region bountifully supplies them, and return to their commodious apartment before daylight.

While clinging to the walls of the building and to one another, and especially when they are aggregated in bunchy masses they make a constant movement as if trying to support themselves, and seem to be constantly moving among one another as bees are when they mass in this way.—Brooklyn Eagle.

SUFFERED TEN YEARS.

"I suffered for ten years with bronchitis and was unable to work for months at a time, then I used Angier's Petroleum Emulsion and it made me feel like a new man."—Robert Weir, Toronto, Canada.

SURGERY SENSATION; HYPNOTISM UTILIZED

Lady Undergoes Operation Without Use of Ordinary Anaesthetics.

For the first time in the history of surgery in England, hypnotic suggestion has taken the place of ordinary anaesthetics in the performance of a serious operation.

The experiment was made by Dr. Frank Aldrich, of Mount Pleasant lane, Clapton, in June, the subject being a lady of 38, who lay in a hypnotic state while her leg was amputated.

It was only with the greatest difficulty that the doctor was induced to give a history of the remarkable operation.

"Two weeks ago," he said, "I was sent for by the patient. I found her suffering from a disease in the region of the ankle, which took the form of ulcers. A bone had been removed in a previous operation, and she had suffered great pain for several years and had been in a very low state.

"She had been told that only amputation would save her life, but she dreaded chloroform, and it was evident to me that chloroform in her case was inadmissible.

"The patient had heard of some of my cases and was anxious that I should hypnotize her and perform the operation. Her father gave his consent and a week ago last Wednesday I hypnotized her.

"She became anaesthetized in thirty seconds, and did not respond to the pricking of a needle.

"I continued to hypnotize her each day, her sleep lasting about half an hour on each occasion. Her father then arranged to take a room near his own home for the operation, and I provided a nurse.

"Last Saturday night I put the patient to sleep about 11 o'clock. She was rolled in blankets and carried to the special room. Her bed was taken to pieces and put together in the new quarters, and although a great deal of noise was made, the patient heard nothing. When I aroused her she was naturally greatly astonished at finding herself in a strange room.

"Again, on Wednesday morning, I hypnotized her, and suggested to her that when she awoke she would feel no sensation whatever in the knee. When I brought her to I tested the knee severely, and she experienced no feeling.

THE OPERATION.

"At 4 o'clock in the afternoon I again hypnotized her without warning her that the operation was to take place. She was then lifted from the bed to the operating table. Meanwhile, a surgeon from a metropolitan hospital and my partner had arrived.

"They began the operation at 4:50, and completed it at 5:10. I awakened the patient at 5:15, and we were all out of the house by 5:30.

"During the operation I told the patient that her leg was being taken off below the knee. She laughed, and said, 'All right, hold my hand.' She gripped my hand hard when the nerve was severed. To the average person she might have appeared conscious the whole time.

"When she awoke she said, 'I feel pins and needles.'

"There were absolutely no symptoms of shock. Her pulse and her temperature were perfectly normal, and are so today. She ate a hearty meal after the operation, at 6 o'clock."

The nurse who attended the case declared that it was the most wonderful experience she had encountered in her professional career.

"I gave the patient some port wine and water while her leg was being taken off," she said, "and she talked to me all the time.

"The surgeons performed the operation very neatly, but they had brought chloroform in case of emergency, for all of us were a little incredulous.

"My patient is now in high spirits. She eats remarkably well, and looks better, I am told, than she has done for years."

Dr. Aldrich was attached to Charing Cross Hospital for some years, and only started practice in Clapton three years ago. He has studied hypnotism seriously for less than three years, and a year ago he treated as many as twelve patients in one room at the same time.

Hypnotism as a science has made little progress in England, owing to the vast prejudice against it, arising chiefly, it is said, from fraudulent hypnotic entertainments, and the dangers which attend its practice in the hands of the unscrupulous.

Dr. Aldrich is of opinion that legislation is needed to prevent anyone but qualified medical practitioners from experimenting with hypnotism.

In France there are established schools of hypnotism, both in Paris and at Nancy, and many minor surgical operations are performed under hypnotic influence; but it is believed that no authenticated case of amputation of the leg is known.

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