

TUBERCULOSIS IN CHILDREN

Appalling Mortality Among the Little Ones Due to This Cause—Proper Attention to Health of Mothers Would Save Many Lives

The number of deaths due to tuberculosis is tremendous. When the word is spoken one instinctively thinks of pulmonary consumption. This is the form which attacks the adult, and we see daily gathering in its victims. There are other forms, however, more common in children, that levy tribute upon them without calling attention to the relationship between these diseases and consumption of the lungs.

Dr. Jacob is authority for the statement that "Tuberculosis kills as many young and old as it kills adults. It grows, whooping cough, scarlatina, measles and typhoid fever taken together." In all of our cities active steps have been taken to protect the people from diphtheria and other diseases. Until quite recently, however, a few years at most, nothing was done to reduce the mortality from tuberculosis.

Now, however, the attention of the world, the common people and the health authorities, has been called to its curability and preventability.

The causes, the modes of scattering, and the prevention of tuberculosis, studied, and an educational campaign is on to wipe out this "white terror."

The children suffer from tuberculosis of the bones, the bowels and lymph glands. Tubercular meningitis is frequently found in early life and is uniformly fatal. Only by careful attention to the food and daily habits can the rising generation be made immune from these varied forms of tuberculosis.

The fact that over one half of all babies born die before they reach the age of five years, proves that the "constitutional capital" bequeathed them is small. In the proper technique to the diet, exercise and out-of-door life of the mother? If this were done, the child would undoubtedly have greater vitality and could better resist the tuberculosis of childhood and of adult life.

Cause and Cure of Gastric Catarrh.

Chronic congestion of the stomach, known as gastric catarrh, is usually caused by one of the following errors, or by all of them put together: eating too much or too fast; swallowing food insufficiently masticated; the use of such coarse foods as cabbage, greens, etc.; mustard, pepper sauce, pickles, and other condiments; fatty, spicy, pastry containing animal fats; free fats, which lodge in the stomach and remain there a long time; pork, griddle cakes and burned fats—these are the things that produce gastric catarrh.

The first and most necessary step in the treatment of this disease is to remove the cause of the trouble. We may induce activity of the stomach by applications followed by cold or hot bath followed by a short application of cold; fomentations followed by a short cold application to the stomach. These treatments are temporary, but the most important factor is the regulation of the diet. A fruit diet is best, for the reason that in gastric catarrh there is great indigestion of food, which is absorbed by fruit juice. A well-prepared diet of toasted bread, zwieback, granose biscuit, etc. is also safe in these cases.

Bedroom Climate.

A person at the age of sixty years has spent about twenty years of his life in his bedroom. Have you investigated the average sleeping room climate? If you were sent as a missionary to some distant pestiferous spot in the climate of which was as unhealthy as that of the average bedroom, would you not feel that you were risking a great deal for the sake of the health?

On the tombstone of tens of thousands of those who have died from tuberculosis might appropriately be inscribed: "Disease and death were invited and encouraged by a death-dealing bedroom climate." To show that this is no exaggeration it is only necessary to call attention to the fact that fully half of the tubercular patients placed in our dormitory consume, live in and breathe a satisfactory "bedroom." If fresh air will cure the disease it is certainly a wonderful preventive of it. It is not more responsible than the fact that impure water or to eat unwholesome food or wear infected clothing.

Tender-Hearted Savages.

One of the most anomalous features of our Christian civilization is the slaughter house, especially the abattoirs of our great cities, perpetually pouring the ebullient life of millions of innocents which die that man may eat.

Indians are not noted for being spiteful and particularly so over-sensitive. Their only sin is their interior of a slaughter-house, however, is said to have proved too much for their powers of self-control. The Chicago people, after the first of fifteen Blackfoot Indians had visited the killing room of Armour's plant. One fainted, three more were ill, the rest "covered up" their eyes. They were hurried out of the place into the fresh air.

A Good Reform.

The admirable project of wearing long skirts and high collared dresses out of fashion, is to be commended.

It was slightly trailed over a smooth lawn jeweled with daisies, the sight of a woman dragging her gown in the street, sweeping up the fifth and sixth streets of Minneapolis, was a revolting spectacle; and yet with a bang she left the only alternative to hold it up, a practice which has become a habit of the city. It is a cold finger in water, and gives a peculiarly ungraceful walk and attitude.

A Cure for Cold Feet.

An excellent and simple remedy for cold feet is the application of cold water. Step into the bathtub, let the cold water run for a few minutes, then it runs out. Standing in the water, rub one foot with the other, rapidly ten or twelve times. Then change and treat the other foot in the same manner. Keep up this alternate rubbing for about three minutes. The feet will have become very red, and as you step out of the water, you will find them burning and stinging. This is the warm blood brought into them by this means.

Some Chinese Baths.

A traveler in the back of a writer: "There are some hot springs on the road about twenty miles north of Chingping. The place is named Yangshan. The arrangement is to frequently take a bath in these hot springs, and it is very beneficial. A row of twenty to thirty wooden boxes the size of an ordinary packing case were arranged in the road. In these hot baths of every age and both sexes, with their heads protruding. Attendants with buckets continually filled the boxes from the springs. For less than a cent, there is accommodation in a pool which has been dug out close by. In this they squat, scooping up the water and pouring it over their heads without bathing. The attendants, who establishments like Homburg and Aix-les-Bains have had their origin in such beginnings."

Training the Skin.

The usual effect of a draft of cold air upon the back of the neck is a cold. Dr. Stearns, in his "The Back and a sore throat. Many years ago, a French physician, devised a means by which sore throat from this cause might be prevented. By blowing upon the back of the neck with a pair of bellows, the patient is kept warm, and he is trained his patients until they could endure this treatment for half an hour without injury.

It is not necessary to be exposed to a draft of air to obtain this result. By means of the cold bath, the wet-bath, the shower bath, towel friction, etc., the skin may be educated to resist the activity of the cold. The most important factor in the contact of cold air is of the utmost importance. It is because of the constant exposure to cold that the Indian's body is "all face"—the skin of his whole body has learned to take care of itself.

Dr. Lorenz Streit Treitel.

Atta habent dicitur to Dr. Lorenz, son of genius, which are destroyed by fruit juice. A well-prepared diet of toasted bread, zwieback, granose biscuit, etc. is also safe in these cases.

In Harmony with Nature.

Modern science as well as experience has shown that contact with the elements of nature is especially fresh air, sunshine and the glowing emanations from growing plants, has marvelous health-imparting virtues. In these natural agencies is contained the power which creates and sustains all things and which is constantly communicated to all living things as the essential condition of continued life. The more a man comes to Nature, the more closely he may drink from the fountain of life and healing. To live in harmony with Nature in the fullest and truest sense is to live in health and vigor, and to live in divine harmony is to be happy.

How to Resist Old Age.

A chain is as weak as its weakest link. The body is as weak as its weakest organ. To combat the onward march of old age all organs must be kept in a state of health. This means that the body forces act against some external stimulation and overcome it.

The best developer of reaction is cold-water or air or cold baths. This must be done gradually, especially if the body is already weak. Cultivate the power of resistance by daily exposure to cold air, water, or sun. The ability to resist cold is an inheritable trait to resist pneumonia, dyspepsia, pleurisy, diabetes, obesity, old age.

The most vivid, moving and adventurous romance since "Treasure Island" is "Hurricane Island" by H. B. Merritt Watson. A great success, serially, a great success in book form. (Doubleday, Page & Co., New York.)

ILLINOIS STATE NEWS

A 400-ACRE FARM YIELDS 25 PER CENT PROFIT IN A YEAR.

What a Merced County (Ohio) Farmer Resolved from One Year's Crop.

Extracts from an interesting letter from W. L. Barkard, of Blainville, Manitoba, Canada, gives an excellent idea of the prosperity of those who have gone from the United States to Canada. He says:

"I bought 400, 400 acres of land, paying \$12,000 for it. We threshed 2,573 bushels of wheat and 1,500 and 1,300 bushels of oats and barley from 200 acres. The rest of the year was spent in filling and was not harvested except for hay. The crop was worth at threshing time, \$4,000. Besides 120 acres laying fall, I raised a timely meadow, which is not included in this estimate. Counting the value of the product and the increase of value of land will pay me more than 25 per cent on the investment. The 400 acres in the same neighborhood bought 100 acres each six years ago. They have not done a single thing to this land except to fence it and break it up. The crop was worth at harvest time, \$10,000. I have harvested last year 28 bushels wheat per acre. This year 27 bushels per acre. They can get any \$25 per acre. These are only a few of many things that are done in such a locality. It looks like boasting, but truth is justifiable and the world ought to know it, especially the home-seeker. I know of quite a few more things that are done. I have made this list for you. Harvested last year 28 bushels wheat per acre. This year 27 bushels per acre. They can get any \$25 per acre. These are only a few of many things that are done in such a locality. It looks like boasting, but truth is justifiable and the world ought to know it, especially the home-seeker. I know of quite a few more things that are done. I have made this list for you. Harvested last year 28 bushels wheat per acre. This year 27 bushels per acre. They can get any \$25 per acre. These are only a few of many things that are done in such a locality. It looks like boasting, but truth is justifiable and the world ought to know it, especially the home-seeker. I know of quite a few more things that are done. I have made this list for you."

WORKMEN ARE SERIOUSLY HURT

Scaffold Gives Way, Leaving Men to Hang to Sharp Steel Plates.

The scaffold placed for workmen on the circular steel elevator which is being constructed at the Hunter Bros. building plant in Edwardsville, gave way, leaving six men hanging from a scaffold at the top of the shaft. One of them, Lester Smith, slipped on his head and was rendered unconscious. His injuries are considered fatal. The other men, Charles Warner, sustained serious injuries to the tendons of his left foot and many body bruises.

Would Keep Battle Flags.

Contenting that to the victor belong the spoils, and pointing to the bloody battles in which they fought in the civil war, members of Stephen's Field, have uttered a protest against the proposed action of the Illinois Legislature in restoring a Confederate battle flag to the Second Tennessee cavalry, which was captured by Illinois troops in the battle of Memphis in 1864 on a red hot day, when many lives were lost. Resolutions have been adopted by the other departments to take action in protest against this proposition.

To Pay City Judgments.

The Alton city council committee decided to set aside funds to pay off some long-standing judgments aggregating \$5,200, which were obtained by contractors for special repairs on the city streets. The committee has decided that it will be impossible to make any increase in salaries for city employees, and that many appropriations provided for by resolutions of the council can not be made because the city's revenue is not sufficient.

Frozen Fish Menace to Health.

Water of the Illinois river and frozen to death by the unusually severe winter are now a menace to the health of residents along the river between Cairo and St. Louis. The river they may be seen in places of thousands. They are rapidly decaying and persons are beginning to complain. The council has decided to take the question up.

Barber Granted Sentence.

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Gets Right of Way.

Settlement has been effected by the commissioners of Highway of Oquago township and the M. K. Railway, which is constructed in an oblique line between Edwardsville and Carlinville, whereby the latter is given the right of way of right-way under the Big Four railroad for its tracks.

To Erect Schoolhouse.

At the special election of the Central school board was authorized to buy a site and erect an eight-room school building in the Fifth ward, the cost not to exceed \$10,000, and to be paid in installments for that amount. The building will be erected this summer.

To Vote on License.

The Illinois city council has granted a petition that a vote be taken on the saloon license question at the coming city election.

Alleges False Imprisonment.

Alleging that he was falsely imprisoned at the instigation of Mayor Daniel J. Faby, of New Berlin, David Farley, an old soldier of New Berlin, caused the arrest of McNamara and Farley.

Smallpox at Blackstone.

Dr. E. S. Baker, inspector for the state board of health, has gone to Blackstone, Livingston county, to investigate a reported outbreak of smallpox.

MISS BULL RECOVERS

FEARFUL DECLINE OF STRENGTH COMPLETELY ARRESTED.

Medical Bull had Almost Exhausted Itself in Valuable Attempt to Rescue—A Remarkable Result.

The recovery of Miss Gertrude L. Bull is of great interest to the medical world. A very young girl followed a severe attack of pneumonia, which seemed impossible to break it up or to restore her strength, which had been fully undermined. In spite of the best efforts of the local physicians, and of several extended courses of treatment her condition daily grew more serious. She finally discontinued all medicine and gave herself up to nature. "What was your condition at this time?" she was asked.

"My stomach was so weak I could not keep food down. I suffered from constant nausea. My kidneys were in terrible condition. My feet and ankles were swollen so badly that it pained me even to stand on them. I was very nervous. My heart was so weak that I could not go up or down stairs or stand any exertion or sleep in a natural position."

"It seems a wonder that you should ever have recovered. How did it happen?"

"You may well call it a marvel, but Dr. Williams' Pink Pills worked. None of my friends thought I could live many months longer. My parents had no hope. Just then a pamphlet advertising Dr. Williams' Pink Pills for Pale People was thrown in our door. It was a great event to me. These pills saved me from the grave. I began to work from the time I began to take them. I felt better, and in three months I was entirely well. I cannot praise Dr. Williams' Pink Pills too highly, and I deeply hope that my experience may bring good to some other sufferers."

Miss Bull, who was so remarkably recovered, resides at Union Grove, Illinois. Dr. Williams' Pink Pills got immediately on the blood, purifying and enriching it. In all debilitating diseases, such as long troubles, grip, fevers, and in all cases where the system is thoroughly run down, these pills perform wonders. They are sold by all druggists throughout the world. A valuable booklet on diseases of the blood, will be sent free to any one who applies for it to Dr. Williams' Medicine Co., Schenectady, N. Y.

DRIVER KILLED IN A RINK

Accident Occurs in Short Time of Season.

Joseph Baker, aged 25, a driver in the O'Fallon Cigar Company's rink, four miles south of Belleville, was killed in the rink by the irregular working of a dog in one of the entries of the rink. Baker was driving a train of pig cars, and in passing through the rink it swung back and caught him between it and the car on which he was seated. Follow-up men released him, but he died before he could be taken to the surface. The only noticeable injury he received was the crushing of his legs. The body was removed to the home of his mother. Deceased is survived by his mother, Mrs. Fred Isler, and several sisters and brothers.

BROKAW ESTATE IS \$120,000

State of Illinois Profits by the Fortune of Bloomington's Millionaire.

The state of Illinois will profit \$20,000 by the death of Abram Brokaw. Bloomington's eccentric millionaire it has been estimated that the inheritance tax will foot up that sum. The Brokaw hospital, which is to receive \$15,000, in addition to the cancellation of unpaid debts, is not included in the computation of the inheritance tax, as all indebtedness of this kind are exempt. The will is to be probated on April 12, and it is probable that the exact amount due the state will be made known at that time. The amount in round numbers is as high as \$200,000, as the estate left, after paying the hospital bequest, will be about \$125,000.

Church is Destroyed.

The German Evangelical church building in O'Fallon was almost totally destroyed by fire, which was suppressed by the fire department. The loss which was burning in a yard near by. The loss is conservatively estimated at about \$200, including a large amount of property. The organ, which is a total wreck. The loss is partly covered by insurance.

Missionary to Porto Rico.

Rev. Alfred G. Johnson, a Swedish pastor of the Swedish Lutheran church in America, has accepted a call as missionary in Porto Rico. Rev. Mr. Johnson was offered the place by the Porto Rico mission board at Pittsburgh and accepted. He will be stationed at San Juan.

Clinton County Goodman.

The annual convention of Modern Woodmen lodges of Clinton county will be held at Trenton on Saturday, April 15. Delegates to the state convention will be selected at this meeting.

Lightning Ruins Barn.

The large farm barn of Edw. Jacob Miller, four miles north of Ramsey, was struck by lightning and totally destroyed, with the entire contents. The loss is \$2,000, partially insured.

Brokenman Loses Both Legs.

Edward Fletcher, a blackman of the Chicago, Burlington & Quincy railroad, fell beneath a train while working in the yard in Beardstown and both legs were cut off.

May Organize Church.

Rev. C. H. Henderson, Jr., of Lebanon, is in charge of a committee to investigate conditions relative to the organization of another Christian church in Springfield.

Church is Dedicated.

The M. E. church building, which was rebuilt at a cost of \$2,000, was dedicated at Ramsey Sunday. Rev. M. E. Henderson, Jr., delivered the dedicatory address.

Builders' Supply Company.

The Illinois Building Trades Association has been organized with \$20,000 capital. The incorporators are S. R. McCarty, E. J. Lockyer and W. J. Lockyer.

Prefers to Stay in Illinois.

Edw. J. Baker, a prisoner of the Edwardsville jail, from Alton, was given an opportunity to go to the Federal penitentiary at Leavenworth, Kansas, but he preferred to remain in Illinois.

Spallans Cocklebury.

Miss C. L. Spallans, of Alton, who was cutting corn, caused a cocklebury to fall from a stalk into her mouth, and she was obliged to spit it out. It was coughed the burr up.

SHIP RIGGER BRIVES DEATH.

His Vocation is One of the Most Perilous There is.

Men who delve deep into the bowels of the earth are in the same buildings to great heights in the skies represent the extreme perilous endeavor. The men who work downward, according to statistics, face far greater dangers than those who toil slowly upward. Yet here is an all-too-common calling fraught with peril every minute, says the Detroit Free Press. The ship rigger is a job, and compared with other climbing, it is much the more onerous.

The men engaged in it are as well trained as circus athletes, though in the rigging of ships and structures are carefully safeguarded. The ship rigger, however, does not know at what minute a rotten bit of timber or a worn rope may give way and precipitate a man to his death. With a wider use of steam vessels the decline of sailing ships is a natural result, so that now the rigger does not find as much work as he did in the prime days of the fast clipper when American commerce whitened every sea.

What the Dentist Says.

Toledo, Ohio, March 27th.—(Special.)—Harry T. Lewis, the well-known dentist of 607 Summit street, this city, is telling of his remarkable cure of Kidney Disease by using Dodd's Kidney Pills.

"I was flat on my back and must have died if I had not given up all hope of ever getting any help," says Dr. Lewis.

"My kidneys had troubled me for years. The pains in my back were severe and I had to get up several times at night. I tried different medicines but kept on getting worse till I was laid up."

"Then a friend advised me to try Dodd's Kidney Pills and in about two weeks I started to improve. Now I am glad to admit I am cured and I cannot praise Dodd's Kidney Pills too highly."

If you take Dodd's Kidney Pills when your kidneys first show signs of being out of order you will never have Graves' Disease, Diabetes, Dropsy, Gravel or Rheumatism.

Error in Naturalization Papers.

Mr. C. K. Ketchum, who was naturalized in 1902, has just found that in his papers he is made to forever allegiance to the King of Italy. He indignantly requests the United States Consul at San Francisco, San Francisco, to set the papers right, declaring that he never had anything to do with Italy.

Important to Mothers.

Exercise carefully every bottle of CARTER'S Little Blue Pills for infants and children, and see that it is the signature of Dr. J. C. Carter.

Don't Forget Over 30 Years. The Kid You Were Always Begging For.

Reflex Action.

She wonders why so few men are regular church-goers? The answer is because there is no law prohibiting it.

More Flexible and Lasting.

Don't shake out or blow out by using DeWane's Starch you obtain better results than you can with any other brand and cost thirty times for same money.

Never judge a woman by her complexion; it might come off on the washing.



ABRAM BROKAW