HOTBEDS OF CONSUMPTION

Penal Institutions in Many States Proved to Be Breeding Places of Tuberculosis

It is the duty of the state to protect its citizens—even those condemned to pass a term of years in jail. The danger to the inmates of prisons, from pulmonary disease, has only lately been realized. A short time since a man who had served a sentence in the Ohio penitentiary, declared that to send him back meant death by tuberculosis. Inquiry was made. The head physician announced that the building was a hotbed of consumption. A prominent official stated that a ten years' sentence was equivalent to condemning a man to death—by pulmonary tuberculosis.

Dr. S. A. Knopf, the greatest American authority on tuberculosis, was invited to visit the penitentiary. Without hesitation he pronounced it the most unsanitary penal institution he had ever seen.

The output of many prisons is enough to convince of the truth of the above statements. The sallow complexions, weakened bodies, sunken chests of the ex-convicts, all are the stamp of murderous prison hygiene. All the rules for combatting the great white plague are reversed. For sunlight, they are given darkness; for fresh air, a damp, musty atmosphere; for out-of-door life a weary in-door grind, a large part spent within the narrow confines of a single cell.

Is it not enough to take from a fellow being his liberty and appropriate the labor of his hands, without forcing him to live under such conditions? Dare the state continue to condemn any of its citizens to such a death? Shall the sentence in a public prison cease at its legal expiration, or shall the poor victim continue to suffer from its dire effects until he fills a consumptive's grave?

In this day of Anti-Tuberculosis agitation, it would seem that public institutions, whether asylums, schools, prisons or assembly-halls should be the first to be brought under proper sanitary conditions. It is useless, hopeless to educate the masses in regard to the cure and prevention of tuberculosis and then maintain at public expense methods for the development of consumptives to be finally turned loose in the community.

The Tonic Use of Water.

Cold water is the universal tonic. The best time for taking a cold bath for tonic effect is just after getting out of bed in the morning, when the body is warm. A cold bath should never be taken when one is chilled. One not accustomed to cold bathing should begin carefully with water not colder than 75 deg. F. The bath should be short, not to exceed a minute, and for feeble persons not more than fifteen or thirty seconds when applied to the whole surface. The bath should be immediately followed by rubbing and exercise for fifteen to thirty minutes. There should always be good reaction; that is the whole surface, including the hands and feet, should quickly become warm. The bath should not be followed by languor, headache, lassitude or other indications of excessive reaction. When one experiences such symptoms, the indication is that the bath was too long or too cold or not followed by sufficient exercise. For feeble, very young or elderly persons the water used should rarely be lower than 65 degrees to 75 degrees in winter. The bath should be taken in a suitably warmed room.

As We Live, We Are.

If we look down, then our shoulders stoop. If our thoughts look down, then our character bends. It is only when we hold our heads up that our body becomes erect. It is only when our thoughts go up that our life becomes erect.

Physiology in English Public Schools.

Sixteen thousand English physicians have signed a petition requesting Parliament to inaugurate systematic instruction in the public schools of Great Britain in relation to the preservation of health, especially in relation to the evil effects of alcoholic drinks. It is hoped that this petition will be granted.

Slaughter of the Innocents.

A study of statistics reveals the terrible fact that nearly one-half of all the human beings born into the world die before the age of five years. In the city of Stettin, Germany, nearly one-half—473 out of every thousand—die during the first year of their lives. In Ireland, Scotland, Norway and Sweden, where children are given better care, have more outdoor life, and more intelligent attention is given to feeding, the number of deaths is only one-fifteenth as many as in the city of Stettin, being ten per cent.

Physicians are coming to recognize that the use of cow's milk, which is infected with the germs of tuberculosis, is one of the most active of all the causes of death among young children. This should be remembered in the artificial feeding of infants. The milk should either be boiled or well scalded before being fed to the infant. This rule should be universally observed for adults as well as for children, and, if applied, will save thousands of lives annually.

A Safety Valve.

In the Ladies' Home Journal a writer tells of an interesting visit which he paid when a boy to the "Autocrat of the Breakfast Table." After breakfast Dr. Holmes took the boy into a basement room, which was fitted up as a complete carpenter's shop, and gave him the following advice, which he considered would be of more value to him than anything he had ever written:

"You know I am a doctor, and this shop is my medicine. I believe that every man must have a hobby that is as different from his regular work as it is possible to be. It is not good for a man to work all the time at one thing. So this is my hobby. This is my change. I like to putter away at these things. Every day I try to come down here for an hour or so. It rests me because it gives my mind a complete change. For, whether you believe it or not," he added, with his inimitable chuckle, "to make a poem and to make a chair are two very different things.

"Now, if you think you can learn something from me, learn that, and remember it when you are a man. Don't keep always at your business, whatever it may be. It makes no difference how much you like it. The more you like it, the more dangerous it is. When you grow up, you will understand what I mean by an 'outlet.' Every man must have an 'outlet'—a hobby—that is, in his life, and it must be so different from his regular work that it will take his work into an entirely different direction. We doctors call it a 'safety valve,' and it is. I would much rather," concluded the poet, "you would forget all that I have ever written than that you should forget what I tell you about having a safety valve."

For a Cold.

The daily cold bath is one of the most effective safeguards against taking cold. Of equal importance is abundance of fresh air in the sleeping apartment. Upon the first symptoms of "a cold," deep breathing exercises in the open air or in a well ventilated room should be taken at frequent intervals. In nearly all cases where this simple treatment is taken, there will be no further development of the cold, and the symptoms will disappear. A doctor connected with a large institution for children recently tried this method upon the inmates with surprising success.

"There is nothing," he writes, "more irritable than a cough. For a time I have been so fully assured of this that I determined for one minute at least, to lessen the number of coughs heard in a certain ward of the hospital of the institution. By the promise of rewards and punishments, I succeeded in having the children simply hold their breath when tempted to cough, and in a little while I was myself surprised to see how some of the children entirely recovered from the disease.

"Let a person, when tempted to cough, draw a long breath, and hold it until it warms and soothes every air-cell, and some benefit will soon be received from this process. The nitrogen which is thus refined acts as an anodyne to the mucous membrane, allaying the desire to cough, and giving the throat and lungs a chance to heal."

RECIPES.

Barley Soup.—Soak a cup of pearled barley over night and cook in plenty of water until well done, but not mushy. At proper periods add to it a portion each of minced onion, sliced cabbage and okra, diced carrots and turnip, salt and enough tomatoes to give an appetizing flavor and color. A little seasoning may be required.

Noodles with Cranberries.—Beat well one egg, or more according to the need, incorporating with each a tablespoonful of cold water and a pinch of salt. Knead in flour sufficient to make a stiff dough. Roll as thin as thin pasteboard. Let it dry on one side and then on the other, frequently turning it, but do not let it become dry enough to crack when rolled. Roll it very compactly with a very sharp knife cut thin slices from the end until all is used. Let these dry thoroughly (they may be prepared several days before needed) and cook in boiling salted water about twenty minutes. Drain in a colander and give a dash of cold water to prevent pestiness. Reheat, and serve with strained cranberry sauce as a dressing. Any other fruit may be used. Any of the various forms of macaroni may be substituted for the noodles.

Stuffed Potatoes.—Bake smooth potatoes until just done. Cut in halves lengthwise, remove the insides, being careful not to tear the skins. Mash, season, and return to the shells. Have ready some slightly salted, stiffly beaten egg to cover the top of each piece. Place on a tin in the oven to brown and warm.

Creamed Turnips.—Dice turnips and boil until tender, having salted them a while before draining. Somewhat more than cover them with rich milk. When boiling hot pour in slowly some braided flour, gently shaking the kettle to insure the even thickening of the dressing. Cook a few minutes and serve.

Lanse Brod.—Beat one egg into one cup of milk. Add salt and a spoonful of sugar. Dip into it slices of stale bread and brown them nicely on a well-oiled pancake griddle. Serve while hot.

Squash Custard.—Prepare squash the same as for pies. Bake in a shallow pudding dish without crust and serve cold.

Illinois News

Choice items from over the state, specially selected for our readers

MAY SHUT DOWN STATE'S MINES

Shot Firers' Bill Causes Row and Makes General Strike a Possibility.

A meeting of the Illinois coal operators will be held at Springfield to discuss the passage of the shot firers' bill. It is possible that a general shutdown of the state's mines will follow. Chairman Justi of the association said:

"This bill will make a radical change in mining conditions in Illinois. Under our agreement with the United Mineworkers of Illinois men are to shoot and load coal, while the bill will compel operators to employ special men to do firing. By insisting on the passage of the measure, the miners have violated their agreement with the operators. That is to say, they have made it impossible for the terms of the agreement to be carried out. Many of the operators are in favor of abrogating contracts. A general strike may result."

OLDEST CITY OFFICER.

James E. Hyde has been retired as city treasurer of Lincoln. This was not because the people of Lincoln think that a man of 92 is incapacitated, for looking after the city's money, but because the ordinance forbids a man succeeding himself. This ordinance, however, does not take away

the palm from Mr. Hyde, for he still remains the oldest municipal officer in the United States. His successor, Adam Denger, a busy business man, accepted the nomination on the citizen's ticket only on condition that if he were elected Mr. Hyde would serve as his deputy. At the meeting of the city council he was again confirmed. In addition Mr. Hyde received at the hands of Mayor E. G. King the appointment as city comptroller and city collector. Besides the multifarious duties in behalf of the city Mr. Hyde finds time to act as treasurer and bookkeeper for the Lincoln Street Car company and bookkeeper for business firms. Mr. Hyde has not missed a day for years, save when he took his annual vacation of two weeks each summer. He uses no walking stick, neither does he wear glasses on the street.

TEMPERATURE ABOVE AVERAGE

All Crops in the State Are Favored by Plenty of Sunshine.

The crop bulletin for the week ended May 8 says:

"The temperature was above the seasonal average and the conditions were very favorable for germination and growth. Plowing for corn is well advanced and early fields are up to a good stand.

"Oats are growing fast and all reports indicate an excellent condition. Wheat and rye maintain a very promising condition, the outlook for wheat being especially favorable. Grasses have made rapid growth and the healthy condition of live stock is generally remarked. Gardens have shown marked improvement, potatoes being up and showing a good stand.

"Fruit was only slightly injured by the recent frosts. Peaches were mostly winter killed. Some patches of strawberries are ripe in the southern districts and a fair yield is promised. Contrary to early expectations the outlook for apples is promising."

Sells Land for $280,000.

Some years ago, when the Sawyer-Wallace Commercial company of New York failed Charles Carroll of Shawneetown was obliged to take a lot of land in Williamson and Franklin counties for a $20,000 judgment against it. The land at that time was considered practically worthless, but a few days ago he sold it for $280,000 cash.

Elect State's Attorney.

Johnson Lane (Dem.) was elected state's attorney of Hamilton county in a special election over Marion Wilson (Rep.) by a majority of 57 votes. The county is normally democratic.

Deneen Is Careful.

Prospects of "jokers" slipping into the statutes without the knowledge of the governor went glimmering when it was announced that Gov. Deneen would sign no bills until he and Lieut. Gov. Sherman had been over them carefully and in detail.

Decatur Woman a Bankrupt.

Mrs. Bessie Bernett, a milliner of Decatur, filed a petition in bankruptcy at Springfield, scheduling her liabilities as $4,531.69 and her assets as $200.

RISKS HIS LIFE TO FREE BIRD

Freeport Suspends Business to Watch Lineman Liberate Robin.

Business temporarily was suspended in Freeport one day recently while a telephone lineman climbed to the topmost bough of one of the large trees in the courthouse yard to free a robin which had become entangled in a piece of string, probably used in nest-building. The bird hung suspended some distance from the nearest branches and had broken one leg in its flutterings. Deputy Circuit Clerk W. A. Stevens, who was one of the many attracted by the pitiful plight of the bird, engaged the lineman to ascend the tree and release the bird. The effort was successful after somewhat perilous ascent, and the bird was set at liberty, giving a chirp of thanks to the assembled crowd as it flew away. A good-sized purse was collected and given to the lineman for his work.

MINISTER INDICTED FOR LIBEL

Evangelist Declares Kansas Preacher Attacked His Reputation.

Rev. John T. Mason, pastor of the Baptist church in Albany, Mo., has been indicted for criminal libel on information given by Rev. Lorenzo D. Lamkin, an evangelist, and Rev. E. H. Rogers, pastor of the Central Baptist church of Springfield. Mr. Lamkin alleges Mr. Mason slandered him in letters to Mr. Rogers, when the evangelist was about to begin a series of revival meetings at Springfield. Mr. Mason is accused of having asserted Mr. Lamkin was unfit to conduct services in a church, that he attempted to attack a woman at Albany, Mo., and was guilty of improprieties with young women converts.

Establishes Claim to $25,000.

Mrs. Wetmyer of Kane county received information from England establishing her claim to a legacy amounting to a sum said to be $25,000. In a will drawn by Miss Charlotte Hutchinson, who lived in Stockton-on-Tees, England, her property was given into the control of Miss S. M. Hutchinson, a sister, during her life. Upon the latter's death the property was to be divided among several relatives. Among these heirs was Walter Townsend, a nephew. He married the present Mrs. August Wetmyer, dying in 1899. From the fact that her former husband was entitled to the legacy, Mrs. Wetmyer set up a valid claim upon the estate and this was allowed by the English courts.

Mardi Gras at Anna.

The Egyptian Hustlers, a society composed of the traveling salesmen of southern Illinois, are making elaborate preparations for their meet at Anna, June 8, 9 and 10. The Mardi Gras parade, which they are planning, will be the biggest of the kind they have ever arranged. It is stated that many of the costumes to be worn at that time are coming from New Orleans, where they were used in the Mardi Gras parade in February. Heretofore, after the parade, it has been customary to remove the costumes, but this year it is planned to remain costumed throughout the day.

After G. A. R. Encampment.

The department encampment of the Grand Army of the Republic of Illinois will be held this year at Rockford, the dates being May 23, 24 and 25. A campaign is already commenced among several cities of the state for the encampment of 1906. Among the most active is Quincy. The latter city entertained the veterans sixteen years ago. The location of the old soldiers' home at Quincy is looked upon as a strong inducement.

Ziegler Mine Laborers Strike.

As a result of the desertion of a number of employes from Ziegler, the force there has dwindled down to scarcely a hundred men. A strike was inaugurated among the shift of laborers employed in clearing away the wrecked debris in the mine. The men refuse to continue work because of a material reduction in their wages.

Seventeen-Year Locusts.

Farmers in the vicinity of Dixon have dug up while spading the ground a great many locusts, specimens of which, on examination at the state university, have been pronounced to be of the seventeen-year variety. On the last appearance of these insects many orchards were injured permanently, and it is feared fruit trees will be damaged this season.

Wedded Fifty Years.

Mr. and Mrs. Hiram Slawson of Duquoin observed their fiftieth wedding anniversary in the nature of a family reunion attended by many relatives from a distance.

To Head Lombard College.

Dr. C. B. Fisher of St. Lawrence university, Buffalo, is slated for the presidency of Lombard college. The trustees are to meet at Bloomington in June, and at that meeting the question of president will be taken up and disposed of. Dr. Fisher recently paid a visit to the college while en route to Portland, Ore., and made a favorable impression. Dr. Fisher has been secured to deliver the annual commencement day address. His work at St. Lawrence university has demonstrated his ability as an educator.

GIVES $200,000 TO SPIRITUALISM

Will of Banker Gives Fund for Church and Library.

Spiritualism will have a church at Leroy, with an endowment of $200,000, while the town will have a free library with an endowment of $50,000 as a result of the munificence of J. T. Crumbaugh, a deceased banker of Leroy. Mr. Crumbaugh died at the age of 87 and was childless. In his will he gave five brothers and sisters $1,000 each and his widow a nominal sum, but the bulk of his estate, which may aggregate $300,000, he left to Spiritualism and to carry on a school in the interest of this belief. Mr. Crumbaugh became a convert to Spiritualism three years before his death. His widow is also a believer and the estate left to her will go to the cult after her death.

NEW HEAD OF COLLEGE.

President J. D. S. Riggs of Ottawa university at Ottawa, Kan., who has been elected president of Shurtleff college at Upper Alton, is one of the best known educators of the country. He succeeds Rev. Dr. Stanley A. McKay, who resigned the Shurtleff presidency on account of ill health. Dr. Riggs has been at the head of Ottawa university for nine years. In 1887 he

organized the preparatory department of Denison university at Granville, O. The school is now known as Doane academy. He took his preparatory work at Shurtleff and then went to the University of Chicago, where he graduated in 1878. From Chicago he went to Salt Lake academy at Salt Lake City, Utah. Later he returned to Chicago as principal of the preparatory department.

BOOSTERS' CLUB IS UNIQUE

Organization at Normal, Product of Cigar Store, Is Church's Friend.

There is a unique organization at Normal, the educational suburb of Bloomington. It is known as the Boosters' club and holds a meeting at a cigar store every Sunday morning at 9:30 o'clock. The members then vote upon some church for attendance at the morning service. The church receiving the largest vote is selected, and the club marches in a body to that edifice. When the contribution basket is passed each member must contribute $5. As the membership of the club is fifty-five, the distribution of money is always an important item to the church chosen for attendance. The members are all church-goers and they had been accustomed to spending Sunday morning talking politics and smoking. A recent suggestion to reform and attend divine service in the manner indicated met with an enthusiastic approval.

Lovelorn Man Is Insane.

John Barlione attracted attention at Joliet when he was given a hearing for alleged mental failure by examiners. "I'm in love! I'm not insane!" He kept repeating this exclamation, but his actions were such that the jury, as well as Judge Huston, who presided, were led to believe that he required a course of treatment at the asylum. He was accordingly adjudged insane and sent to Kankakee.

Lid Is On in East Alton.

Mayor George F. Smith of East Alton has served notice on the proprietors of saloons that they must remain closed on Sundays, and after 11 o'clock at night. All saloon licenses must be paid in full in advance, instead of in quarterly payments, and it is said they will be raised from $500 to $1,000 a year.

State Bacteriologist.

Dr. W. C. Blankmeyer, from Northwestern university, has been appointed state bacteriologist by Dr. J. A. Egan, secretary of the state board of health.

Fox River Valley Doctors.

The Fox River Valley Medical association held its eighteenth semi-annual meeting at Elgin, over 60 physicians being present. Dr. H. J. Gahagan was elected delegate to the annual convention of the state medical association.

Money Is Burned Up.

George Schafer, a wealthy farmer living near Fall Creek, hid $4,000 in his barn, fearing burglars. His barn burned on the same night and the money was lost.

HAPPY WOMEN.

Mrs. Pare, wife of C. B. Pare, a prominent resident of Glasgow, Ky., says: "I was suffering from a complication of kidney troubles. Besides a bad back, I had a great deal of trouble with the secretions, which were exceedingly variable, sometimes excessive and at other times scanty. The color was high, and passages were accompanied with a scalding sensation. Doan's Kidney Pills soon regulated the kidney secretions, making their color normal and banished the inflammation which caused the scalding sensation. I can rest well, my back is strong and sound and I feel much better in every way."

For sale by all dealers, price 50 cents per box. FOSTER-MILBURN CO., Buffalo, N. Y.

German Officers Learn to Dance.

Every year it happens that the Kaiser tells this or that young officer whose dancing is not up to the mark to leave the ball until he has improved. The consequence of this strictness is that for weeks before the beginning of court festivities every regimental casino of the guards is turned into an officers' dancing academy. The older officers become dancing masters and coach their younger comrades in the particular dance practiced at court.

Cannot Reduce a Rate.

It is stated in Washington, that under the Townsend rate bill, if a rate is fixed by the Commission it cannot be lowered by a railroad. Should an emergency arise calling for a decreased rate, the railroads or shippers would have to appeal again to the Commission, there being no latitude allowed, whatever the circumstances. Hitherto a maximum rate has been the rule, but no such concession is made under the proposed legislation.

Kubelik Popular in Italy.

The handsome young violinist, Jan Kubelik, is said to have had lately the greatest success achieved in Italy by any instrumental performer since Paganini's time. As a rule Italy seems not to care much for fiddling and piano playing, its first love being opera. Yet no country has done more for the violin than the land of Stradivarius and of the great early violinists like Corelli.

Watch for It.

It will pay you to watch for the very first symptom of indigestion or liver trouble and to prevent the trouble from gaining headway, by quickly taking Dr. Caldwell's Laxative Syrup Pepsin. Nothing is more weakening to the system than chronic dyspepsia, and all its complications. Nothing will cure it so quickly, pleasantly and surely as Syrup Pepsin. Sold by all druggists at 50c and $1.00. Money back if it fails.

Duelists Vindicate Honor.

A duel which was fought in Paris recently lasted nearly two hours and a half. There were twenty-three encounters, and as neither man was touched the seconds declared that the two opponents gave proof of an equal courage and insisted on reconciliation.

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Toledo, O.

We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm.

WALDING, KINNAN & MARVIN, Wholesale Druggists, Toledo, O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists.

Take Hall's Family Pills for constipation.

The man who writes to the New York Sun to complain that there isn't a drink of good whisky to be had in Boston must have had a lively time making his alleged discovery.

More Flexible and Lasting.

won't shake out or blow out; by using Defiance Starch you obtain better results than possible with any other brand and one-third more for same money.

At suitable intervals it may be well to call the attention of the family to the recent discovery that strawberries indulged in freely cause rheumatism.

You never hear any one complain about "Defiance Starch." There is none to equal it in quality and quantity. 16 ounces, 10 cents. Try it now and save your money.

Even the most ardent temperance man does not want to see Niagara Falls become a dry town.

Piso's Cure for Consumption is an infallible medicine for coughs and colds. N. W. SAMUEL, Ocean Grove, N. J., Feb. 17, 1900.

The firebug has wings and gall, but they'll get him just the same.

Defiance Starch is guaranteed biggest and best or money refunded. 16 ounces, 10 cents. Try it now.

With the paradeless circus, will it be worth while to be a boy?

FITS permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for FREE $2.00 trial bottle and treatise. Dr. R. H. Kline, Ltd., 931 Arch Street, Philadelphia, Pa.

What becomes of flies in winter and chorus girls in summer?

Mrs. Winslow's Soothing Syrup.

For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

Another sign of spring: Chill and Peru are at it again.