

### CARE OF THE BODY

How to Acquire and Retain the Priceless Possession of Good Health

**FROM THE FOREHEAD TO THE TOES**

#### ABOUT THE BEGINNER

By EARL M. PRATT

He came into the woods with a bag of potatoes and garden seeds on his back, an axe in one hand, a gun in the other, determination in his eyes, and good judgment in his head. Cutting down trees in a way to have them fall across one another or burning some land was cleared of rocks and stumps. Fish were caught and game was shot, and a home was started.

The skins of wild animals were traded for meal and salt, and step by step the beginner accumulated tools, traps, clothing and buildings.

Some claim that the motion of the human hand is the source of wealth, but it is only a changer of one form of wealth into another form of wealth. You see, even a poor man could walk into a financially panicky city, where thousands of workers whatever his hands found to do with his hands, and with a willfulness to think of the benefit of everyone, he could create a place for himself and enjoy success while many others might be buried in failure on account of ignorance and inactivity.

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#### TEACH ART OF PLAY WRITING.

New Idea Meant to Elevate the American Drama.

A school for play writing is found among the varied lines of training in modern development. The object of the school is to advance American genius, to make the American drama rank with the best. No one can write a play without knowledge of the art. Play writing is a human art as much as painting or music. The dramatic art has progressed from crude beginnings to the modern stage. It must be trained and adapted to the times. Natural endowment generally decides the line of work chosen, but it is in the skilled or trained endeavor. No art should be taught at school. Even Shakespeare's dramas could not all live on the stage. With a progressive training in play writing, with an acquired proficiency in the art, the standard of the American drama would be advanced and bettered in every way. The character of the age decides the style of the drama. Probably fewer works are used as models in the modern school. The old-fashioned solitary play is becoming obsolete in the American play. Then, too, there is not so much stress placed upon climax, suspense, and melodrama. The principal consideration of the modern drama is not in the technique or plot so much as in the technique in the modern school. The school hopes to attract the best talent to the task of play writing.

#### All But the 80 Accounted For.

A scion (scamp, more properly speaking) of a wealthy Brookline (Mass.) family married against his family's wishes, and was left with a meagre income, to support his wife and part from his family home. As his salary only netted him \$15,000 a year, it was his habit to make up the rest of his frugal wife, withholding \$5 cents for his personal expenses. One time, however, on returning home late at night, he failed to give her the usual \$10,000. She therefore demanded an accounting.

#### Ungracious Speech.

"That speech," said Bird S. Coler, "was ungracious. It reminds me of a Scot's speech to his wife when he had just returned from the sea. It was sentimental and a little morbid. She could not resist asking her husband not to leave her if he loved her better than he had loved her predecessor." "She would say," "Do I more than fit Jean's place in your heart, Jack?" "Are ye sure ye're no regretting Jean, lassie?" "Jack, do ye love me better nor her?" "The man bore several of these ex-ambitious patients. They would not be taken into the account for a gruff."

#### Tip-Top Wood, as Ordered.

The following story is told of Albert French of Dexter, Me., who was a popular citizen of that town. Being out of fuel, he asked one of his neighbors to bring him a load of "tip-top" wood. The neighbor, according to agreement, drove his big ox team up to French's door with a load of wood. French surveyed the load, and then said: "I thought I told you to bring me a load of tip-top wood. Now I call this small and inferior wood." "My" replied the neighbor, "I cut it from the very top of the trees, and supposed that was the kind you wanted—'tip-top' wood." French had nothing more to say.

#### Was Looking for the Buttons.

The late Rev. Lucius R. Page, historian, formerly city clerk of Cambridge, Mass., and pastor of the First Universalist Society, used to relate the story of Samuel Saunders, a well-known contractor and builder of Cambridge, and one of Dr. Page's parishioners.

Mr. Saunders was shingling the house of the Rev. Thomas J. Whittemore, a neighbor of Mr. Page, and fell from the roof. Both Mr. Page and Mr. Whittemore ran to his assistance, and found him groping about on the ground. When asked if he was hurt, he replied: "No, I was looking for the buttons that were ripped off my coat when I came down."

#### Lincoln's Story About Long.

Of ex-Gov. Long of Massachusetts, always famous for his wide wit, the late House-Holder Lincoln, a native of Hingham, and for nearly half a century head master of the Lyman school in East Boston, was fond of telling the following:

"Walking one day with Mr. Long, and passing a frame building of rather rapid construction, I said, 'Why, just look at that house. It was only the other day the foundations were laid and the lights are already!'"

"That's all right," replied the superintendent; "the liver will be in next week."

#### University to Sell Land.

It is expected that the 100,000-acre tract belonging to the Stanford estate, which forms part of the university endowment, will be cut up into small farms and sold. The property is assessed at nearly \$1,000,000.

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**THE HOME CLIMATE FOR THE CONSUMPTIVE.**

Change to another, usually a warmer climate, was once thought to be the only hope for the consumptive patient. At the present time, however, there is a consensus of opinion among the leading authorities that there is no climate which has a specific curative power over consumption. Modern medicine, and in more detail, the treatment of consumption, hold that cures effected in the home climate are the result of the fact that there is no work after their restoration to health, are more lasting and assured than cures obtained elsewhere.

While it is known that patients cured in the salubrious region of the west have been able to return and live in the malarial climate, if the same climate, it is also known that others can never leave the region where they recovered, for their return to their own state their disease recurs.

Prof. Corbet of Berlin, a writer of international reputation, says: "To-day we rightly regard no one climate as specific. Tuberculosis occurs in the warmth of the south as well as in the colder north, and upon lofty mountains. It occurs, too, are seen in every climate."

The following reasons are given by the Illinois State Board of Health why an attempt should never be made to get out of a climate not suitable for the cure of consumption, and why he should not be sent a long distance from home:

The expenses of the journey are a serious drain upon his resources, and are often incurred unnecessarily. As it has been applied stated by the State Board of Health of Maine: "Many patients could be well put on the road to their home, and it would be a comparatively small sum to pay their expenses to and from Colorado and Arizona."

The fatigue of a long journey is bad for a consumptive.

The lack of home comforts in a distant state, and the inability to do as much as at home, unless accompanied by a prohibitive price, naturally hinder the patient.

The expense of living in the states having "specific" climates is great. Even if his disease be cured, the patient may not be able to return to live in his own state.

If the patient must, then, he can find no occupation. Too many have preceded him.

The wealthy patient, who can be surrounded by his relatives and friends wherever he goes, a change of climate is not necessary. He can best protect a chance of climate frequently quickens an unfavorable termination of the disease.

Consumption, when cured in the east and central states, it is often not so much the best climate for his own state, as the best place for the consumptive.

"Twining the Palate."

A large factor in the physical degeneracy that is increasing on every hand may be traced directly to unworthy eating of things never designed to eat upon, and which no one would ever think of eating except for the fact that they momentarily give an agreeable sensation to the tongue, and that No thought of consideration is given to the possible effect of these palate-tickling substances upon the stomach after they have entered it. A stomach after the writer: "I eat at mustard, pepper, and similar hot substances because I like things that give my palate a twinge." This contentment, quite overlooked the fact that those things that "twinge" the palate are equally able to "twinge" the liver, the nerves, the brain and every organ and tissue with which they come in contact in their journey through the body. A wise and ever watchful sentinel, which says promptly to the eater, "Enough," when he has had a sufficient quantity of nutrient material to meet the present requirements of the body.

The palate was given man, not as an instrument of pleasure, but as a means whereby he might select in proper quantities food substances of the quality suited to his needs. The enjoyment of the function to the ends of pleasure is the beginning of a prostitution of the body when ends only in abandonment to the gross forms of self-indulgence, and tends to premature exhaustion of the vital resources, early decay of the body's forces and ignominious death; for no man can be understood honorably while it is the direct consequence of his own acts, as he said. Said an eminent French writer, "Man does not die; he kills himself."

**Worth Remembering.**

Remembering well-tanned people are not apt to be sick. Dr. Sunlight is the most successful doctor in the universe. Chew your food—don't bolt it. The quick-luncher catches the early train for the cemetery. Keep your lungs well filled with moist air, and you won't need a prescription list. Bath regularly, and use cold water, wet warm. Cold-water baths and exercises are wonderful appetizers. Exercise works off the old tissue and assists nature to build up the new. Lazy people get a lift in black wagon before they expect it.

**The Country for Intellect.**

This noted sanitarian thinks that the country is the proper breeding place for intellect. The country lad may be a little slower to learn than the city youth, but he has staying power which the latter lacks. The agricultural growth of cities is liable to "dry up the reserves of strength in the population and leave an immense proletariat of inferior quality and without emigrants."

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Everything home-made and palatable. Parcels checked free. Birmingham people especially invited to come to this restaurant and eat at home.

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## THE ECCENTRIC

25c For 3 MONTHS

### STATE OF MICHIGAN, THE PROBATE COURT for the County of OAKLAND.

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## Who Testifies?

The greatest remedy for destroying disease germs is Zenoleum. It is a scientific preparation of iodine, zinc and other minerals, which acts as a powerful disinfectant and germicide. It is used successfully for all kinds of diseases, especially those of the lungs, throat, and other parts of the respiratory system.

### Zenoleum