INSANE SPORTDOM

BY HOWARD S. COLTER

FINISH OF THE 75 YARD DASH FOR WOMEN PATIENTS

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WINNER CROSSING THE LINE IN THE WHEELBARROW RACE

MEN PATIENTS WATCHING THE ATHLETIC GAMES

BEFORE the year 1925 has dawned it is probable that nearly every hospital for insane in America will work for cures from an athletic angle. Physicians who have had the care of mentally incompetent persons declare that sports are the chief adjunct to insane treatment.

The patients become wonderfully interested and enthusiastic over wheelbarrow races, sprints, three-legged races, and the fun they derive from this sort of exercise is declared far greater than that which falls to the share of the same athlete or the athletic fan who participates in championship games on the field, diamond, track, gridiron and gymnasium floor.

A great alienist once said that where physical well-being is to be found there is usually a competent mind also. Athletics naturally promote bodily improvement, and with it comes the elimination of the diseased portions of the brain. Thus medical men hope to eradicate insanity among the patients at the hospitals.

The heat of the athletic struggle takes the mind of the patient from his woes, if that be the form of mania, and one crazed woman is declared to have been cured within two months after having participated continually in athletics at a hospital for insane in the east.

There is no athlete who gets as much apparent enjoyment out of his successes as the one who is insane. They take it as a new kind of play and take to it with all the vim that their physical attainments will permit.

Dances are also given in some asylums, to which the public is admitted by invitation. These, while they have their pathetic side, of course, afford much pleasure to the inmates, especially the younger ones.

Surgeons declare that some day all varieties of insanity will yield to treatment and be curable. An operation on the brain is said by them to be the solution but as yet the man has not arisen who can perform such an operation with unfailing success. There have been isolated cases now and then that have proved successful, but the brain is one of the mysteries of the human body that has been reserved for a future generation to solve. Meanwhile, however, under the new order of things the insane are far from an unhappy lot. It is only those of sound minds who are able to realize the plight of those afflicted people; while they in their ignorance are perhaps happier than many who have the full use of their faculties.

Not long ago there was considerable talk about the rapidly increasing number of insane in this country. Various causes were assigned to it. Some said the growth of the cities accounted for it; others thought that it was the great nervous strain that Americans were under. But they were both wrong. For once Bruce Lie. Though there were only 74,028 insane in hospitals in 1890 and 150,151 in 1906, the actual number of insane pro rata has decreased.

Here is the proof of it. In 1890 there were 162 hospitals, while in 1903 there were 328, and many of the older ones had been enlarged. In other words, the country is taking care of the insane and taking them out of their homes, and incidentally the idea grew that because the institutions were increasing in number and size the number of cases was likewise growing abnormally.

It is not generally supposed that there is a brighter side to insanity. The 5,000,000 people of this country who have relatives in asylums probably do not see this bright side and few of the other millions realize it. But nevertheless it is a fact that the darkest days of the affliction are over.

Nearly every patient in an institution is normal in all but one or two subjects. The dangerous insane are, of course, another matter; to them it is always night, and will be until some genius discovers a new method of treating the brain more satisfactorily than is known at the present day. But these others are normal human beings, with normal wants and ideas on all subjects but one or two.

"In the old days this normal part of their nature never had its outlet; their lives were never given the leeway necessary for even a moment's happiness. But to-day it would not be an exaggeration to say that the insane in institutions are a reasonably happy lot.

In many institutions entertainments are given regularly by the inmates. The man who has the idea that he is King Edward is allowed to sit in his royal box in all his majesty, and, as his other faculties are unimpaired, he enjoys the show to its utmost. The woman who believes she has inherited a million from her uncle sits in the front row, happy in the belief that in a few days she will leave the institution and buy a silk dress for every woman she leaves behind.

The indulging principle in the treatment of the insane to-day is simply to humor them whenever it is possible. This was very strongly brought out not long ago in an asylum near Chicago. There was a patient there who had the idea that he was King Edward. The king was all right in every other way, but his idea on this point was so strong within him that it gave his normal part very little room to move about. From morning until night he would talk over various matters of state with his cabinet ministers, who were anyone who happened to be near him, and in greeting the women with a graciousness that the real king would find difficult to imitate. But the king was a jolly monarch. A smile was on his face continually and if he had ever had a chance to rule anywhere, no one would ever have accused him of cruelty. He was modeled after the lines of old King Cole. But one day a patient was admitted whose weak point happened to be the idea that King Edward had sent emissaries over to kill him. The doctors hesitated about putting the new man in the same room with the king, but both were perfectly harmless, so the experiment was tried. All went well until the new patient learned that King Edward was about. Then he fled in terror and hid under a bed, and all the coaxing the nurses could do could not drag him out again. They were in a dilemma that taxed the resources of the institution. Finally, they decided to put the case before the king and depend upon his well known good nature to help them out. He was alive to the situation. His grief was touching, for a more harmless king certainly never breathed. Profuse with regrets at the strange mistake, the monarch approached the man under the bed and commenced to parley with him. With all his negative graciousness the king assured the benighted one that he was deluded. Strange to say, the new man gradually began to believe it. Something in the king's face inspired confidence and at last he came out. The two soon became fast friends and the monarch raised his new found friend to the peerage. This man is now out of the asylum, cured of his delusion. But the king still rules his little kingdom as happily as the man who rules his home.

According to the best known alienists in America, the natural condition of the insane person's mind may be restored to normal by first giving health to the body, which ultimately, it is claimed, will carry itself to the brain, the blood being purified and eventually carrying away the diseased portions of the brain. This, of course, cannot be made to apply to the cases which are violent, unless unusual conditions prevail, but at least athletics may be pronounced a great aid.

KIAMIL PASHA AND THE JEWS

People Feel They Have Friend in New Turkish Vizier.

Kiamil Pasha, the leader of the Young Turks, and the present grand vizier, is by birth a Jew, but became a Mohammedan when a boy through his father's conversion. Although about 75 years old, he is a man with very modern ideas, having served his country as governor of Syria, as ambassador at St. Petersburg and also as grand vizier. He is a great traveler and a wonderful linguist, speaking English, Hebrew, Greek, German, French, and, of course, Arabic and Turkish. He is the most accomplished statesman in Turkey to-day. He has always been favorable to Jewish migrations into the Ottoman empire. In 1890 and 1891, when I visited Turkey, he was then the grand vizier, and I spent some time in his company, talking to him about the Jews and their troubles in Russia and elsewhere. He was very sympathetic. He told me that the sultan was entirely willing to have the Jews migrate to Palestine, for they made good subjects. It was undesirable for many to come at one time, because the country was not in condition to absorb considerable numbers rapidly. He suggested that Syria and Mesopotamia, being less settled than Palestine and better able to absorb large populations, might be more favorable regions for settlement. The only real objection he had to the migration of Jews or other foreigners to the Ottoman empire was their habit of retaining citizenship in the countries from which they came. Thus they did not assume any obligations to the Ottoman empire, and might, on the other hand, involve it in disputes with other nations.—American Hebrew.

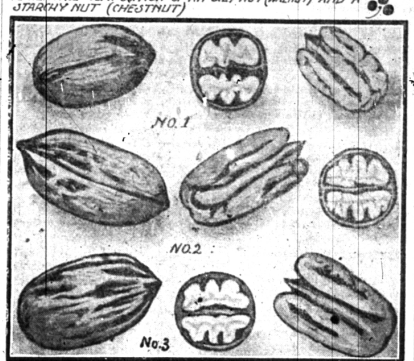
United States' Barley Production.

The United States ranks third in the production of barley.

The NUTS' POPULAR SEASON

DEMAND FOR THE DAINTY MEATS INCREASES WITH WINTER SEASON

PERCENTAGE COMPOSITION OF AN OILY NUT (WALNUT) AND A STARCHY NUT (CHESTNUT)



NO. 1 WOLFORD, NO. 2 PRESIDENT, NO. 3 SOVEREIGN.

The constantly increasing consumption of nuts throughout the United States augurs well for a better appreciation of their food value. The time when nuts were considered merely as a luxury, or as something to be eaten out of hand at odd times, is rapidly passing away. In earlier days the native hickories, butternuts, walnuts, chestnuts, pecans, and many other nuts found in the United States were to be had in country regions for the gathering and were of no commercial importance. On the other hand, the English walnuts (to give them their most common name), almonds, cocoanuts, etc., brought from other countries, were relatively expensive luxuries.

Some nuts, like the native hazelnut and beechnut, still have practically no commercial value and, though palatable, are almost never offered for sale, doubtless because they are so small and difficult to gather in quantity. The chinquapin, a small nut allied to the chestnut, finds a limited sale in southern cities, but is doubtless seldom if ever seen in other markets. In general, however, conditions have changed and our principal native nuts are now staple market commodities and bring good prices. At the same time, owing to changes in market conditions, and to the growing of foreign nuts in quantity in this country, the price of the imported nuts has dropped so that they are well within the reach of the majority.

From available statistics it appears that in 1905 the total quantity of almonds, cocoanuts, Brazil nuts, filberts, peanuts, walnuts and other nuts, shelled and unshelled, imported into the United States was, in round numbers, 86,238,000 pounds, with a value of $6,138,000. In 1905 the total almond crop in California reached 4,200,000 pounds and the walnut crop 12,800,000 pounds. The richest yield of peanuts was reported from the southern states, chiefly Virginia, Georgia and Tennessee, and amounted to 225,000,000 pounds.

The total quantity of home-grown nuts, including both native and introduced varieties, must far exceed the quantities imported, but in the nature of the case no estimates of the total quantities gathered and eaten are procurable. When we consider the constantly increasing demand for nuts and the large quantity which we import from other countries, the possibilities of the industry for the American nut grower are obvious. As the use of nuts has increased, many persons have turned their attention to the growing of native and foreign nuts on a commercial scale. This work has been forwarded by the department of agriculture, through the bureau of plant industry, and by the California, Florida, Michigan and other agricultural experiment stations. With nuts, as with other crops, it has been found that, by selection and breeding, improved varieties are obtainable, of larger size, better flavor, thinner shells, or other desirable characteristics.

The increased demand for nuts is due in the main to two causes, namely, a better appreciation of their appetizing qualities and the numerous ways in which they form a palatable addition to the diet of the average family, and, secondly, to their use by the vegetarians and persons of similar belief—a group small in proportion to the total population, but still fairly large numerically—who use nuts, and more particularly the peanut, as a substitute for meat and other nitrogenous and fatty foods.

Even a cursory examination of the journals devoted to cookery and other branches of home economics and of the various books which are published on the subject will show the fairly general use of nuts for making soups, for stuffing poultry, for nut butters, nut salads, cakes, salted nuts, and other dishes, and indeed several volumes devoted exclusively to nut cookery have been published.

Many special nut foods, such as malted nuts, meat substitutes, etc., have been devised and extensively advertised by the manufacturers for general use in the diet and for the special needs of vegetarians and fruitarians. It is said that some of these American nut products contain soy beans, but apparently the peanut plays a very important part in their composition. In either case, since the peanut, like the soy bean, is a legume, these preparations might more properly be compared with the bean cheese and other soy-bean products, so much used in China, Japan and other eastern countries, than with such nuts as the walnut, almond or cocoanut.

The edible portion of nuts, with few exceptions, is very concentrated food containing little water and much fat in general, nuts are also rich in protein. Those ranking highest in this nutrient, the pignolia, a variety of pine nut imported from Spain, with 33.9 per cent., the peanut with 29.8 per cent., and the butternut with 27.9 per cent. protein, surpass most ordinary animal or vegetable foods in this respect. The almond, beechnut, and pistachio, with 21.4 per cent., 21.8 per cent., and 22.6 per cent., respectively, compare favorably with dried legumes. The Brazil nut contains 17.4 per cent. protein, the filbert 16.5 per cent., the walnut 18.2 per cent., the hickory nut 15.4 per cent., the pinenut 14.6 per cent., the pecan 12.1 per cent., and the dry chestnut but 10.7 per cent. The dry acorn, fresh chestnut and cocoanut, with 6.4, 6.4 and 6.6 per cent., respectively, are not as rich in protein as bread.

Of the nuts here included the richest in fat is the pecan, with an average of 70.7 per cent., but seven other varieties—the Brazil nut, butternut, candlenut, filbert, hickory nut, pinenut and walnut—contain upward of 60 per cent. The almond, cocoanut and pistachio yield between 50 and 60 per cent. of this nutrient. The beechnut, peanut, and pignolia contain about 50 per cent. In other words, in 13 of the varieties of nuts appearing in the foregoing table, half or more of the edible portion is fat or oil.

Only a few of the commonly used nuts yield any notable amounts of total carbohydrate matter, the dry chestnut, with 73 per cent., rating highest. Beechnuts, pinenuts and peanuts have about 18 per cent. The quantity of starch found is, with some exceptions, quite small, ranging from three per cent. in the beechnut to 27 per cent. in the chestnut.

CHANCE FOR PLAIN GIRLS

Business Men Put Ability Away Ahead of Good Looks.

"It is a great mistake to suppose that beauty cuts a big figure in the employment of stenographers," said a business man of large experience; "the 'pretty typewriter' is a stock phrase of the funny man and the comic papers of the present day, just as the 'pretty governess' was in the 40s and the 'pretty milliner' in the 60s, but as a matter of fact good looks are rather a detriment to a woman when applying for a position in an office, than otherwise. No one is likely to excel in more than one profession, and since being pretty is a profession in itself, the general feeling is that if a woman has succeeded in that she won't be good for much else. The chances are that her brain will be occupied with her pompadour and her highly polished nails, to the exclusion of more important things. Another reason why the pretty stenographer is at a discount is that most of the large business houses employ a woman as head stenographer, and women are even more apt to look askance at a pretty face than men are. They are in the secret. They know how much—or how little—is apt to be behind it. So, all things considered, the girl with red hair and freckles stands a better chance than the beauty when it comes to seeking employment in a business office."

The Flagstaff Menace.

Boston electrical engineering experts have issued a warning against the placing of flagstaffs on skyscrapers and other tall structures. They declare that the danger from lightning is great and that all flagstaffs must be removed from high buildings. If not there will be a catastrophe in the near future which will be appalling. They also insist on all high smokestacks and chimneys being equipped with "spiders," a new form of lightning conductor.—New York Tribune.

ACCURATE INFORMATION.

Fortune Teller—This line here shows that you will die in a year.

Client—Good heavens! In a year?

"H'm—yes—but in which year I can't quite tell you."

BAD ITCHING HUMOR.

Limbs Below the Knees Were Raw—Feet Swollen—Sleep Broken—Cured in 2 Days by Cuticura.

"Some two months ago I had a humor break out on my limbs below my knees. They came to look like raw beefsteak, all red, and no one knows how they itched and burned. They were so swollen that I could not get my shoes on for a week or more. I used five or six different remedies and got no help, only when applying them the burning was worse and the itching less. For two or three weeks the suffering was intense and during that time I did not sleep an hour at a time. Then one morning I tried a bit of Cuticura. From the moment it touched me the itching was gone and I have not felt a bit of it since. The swelling went down and in two days I had my shoes on and was about as usual. George B. Farley, 50 South State St., Concord, N. H., May 14, 1907."

Inartistic Pottery.

We wonder that some of our enterprising firms with the great resources at their command do not produce cheap artistic pottery, for it would possibly create its own market after a time. One cardinal faith among most shopkeepers appears to be that art with a big A must be paid extra for. Until we get rid of this foolish belief we shall not make much progress in popularizing art.—British Architect.

Important to Mothers.

Examine carefully every bottle of CASTORIA a safe and sure remedy for infants and children, and see that it

Bears the Signature of Chas. H. Fletcher

In Use For Over 30 Years.
The Kind You Have Always Bought.

About One.

Mrs. Hoyle—What time does your husband get in nights?

Mrs. Doyle—About the time the cuckoo clock has the least to do.

Over 20,000 hounds are maintained in England for hunting purposes—staghounds, foxhounds, otterhounds, harriers and beagles.

Allen's Foot-Ease, a Powder

For swollen, sweating feet. Gives instant relief. The original powder for the feet. 25c at all Druggists

A man may follow his natural bent and yet be perfectly straight.

Mrs. Winslow's Soothing Syrup,

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

Gratitude is the memory of the heart.—Sydney.

This woman says that sick women should not fail to try Lydia E. Pinkham's Vegetable Compound as she did.

Mrs. A. Gregory, of 2355 Lawrence St., Denver, Col., writes to Mrs. Pinkham:

"I was practically an invalid for six years, on account of female troubles. I underwent an operation by the doctor's advice, but in a few months I was worse than before. A friend advised Lydia E. Pinkham's Vegetable Compound and it restored me to perfect health, such as I have not enjoyed in many years. Any woman suffering as I did with backache, bearing-down pains, and periodic pains, should not fail to use Lydia E. Pinkham's Vegetable Compound."

FACTS FOR SICK WOMEN.

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness or nervous prostration. Why don't you try it?

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. Address, Lynn, Mass.

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