

ELKES FROM THE LARGE ROOM
Elks Will Begin Busy Season—Dr. C. C. Gildersleeve Gave Health Talk Before Norwich Grange—Neopians Going to Field Day at the Golden Spur—Grand Army Trip to Chattanooga

PATRONS OF HUSBANDRY

At the meeting of Norwich grange, No. 174, last Wednesday evening in Pythian hall, Dr. C. C. Gildersleeve accepted an invitation to give a medical talk and entertained and instructed the members with a paper upon Sanitation of the Body.

The literature for the layman pertaining to personal hygiene is in a great measure unsatisfactory and irresponsible. Many of the so-called health books are of questionable authority, often the compilation of a layman, perhaps an amateur pathologist, an inaccurate physiologist, a moralist of vague opinions, with unfortunate tendency to cater to the prurient. Such books make hypochondriacs of their readers and if they include advice as to self treatment they may do great harm. It is the duty of physicians to correct any morbid attitude of their clientele. We should not have "every man his own physician" as seems often the object in lectures, periodicals, and books relating to health, rather give us the fundamental knowledge that will enable him to understand and if necessary formulate, the requisite rules for health, and to distinguish scientific medicine from quackery. Stripped of its superfluous technicalities, this knowledge may be shouldered by a man of average intelligence and education, and it is desirable that more literature and personal explanation in this direction should come from the American Medical Profession. The subject is much too important to be left entirely in the hands of lay teachers and writers.

Care of the Skin. A healthful condition of the skin depends largely upon a judicious dietary, systematic exercise, regular bathing and proper clothing. I will speak at this time only upon the subject of bathing as dietary, exercise and clothing will come later. For practical purposes baths may be described as cold, below 55 degrees; warm 80-95 degrees; tepid 95-99 degrees.

Cold baths are most often taken before breakfast and soon after arising. A cold sponge bath is a very good thing and in fact is the shower bath of tub. Most persons can take a cold bath if they become accustomed to it gradually. For those advanced in years or any person with weakened blood vessels cold baths are not indicated. If after a cold bath the body is thoroughly rubbed with a rough towel, a reaction follows and the bather experiences a sensation of warmth and general well being. Cold baths are all right, but, by contrast, if this reaction does not take place. Warm baths have an extremely soothing effect on the nervous system and in their reason are taken at night before retiring. After an unusual amount of physical labor, when the muscles are tired and aching, nothing is more welcome or soothing than a warm bath. Never, when weary, take a cold bath, except at night. A hot bath, over 95 degrees, should never be taken, but upon the advice of a physician a tepid bath is generally employed for cleansing purposes. A reaction follows at any time though preferably in the afternoon or just before bed time and should be taken often, than once a year as did a patient we treated in the hospital. The proper time to bathe is just before a meal or about three hours after. In order to digest food the stomach needs an abundant supply of blood to form its necessary juices and to contract and divert from the stomach to the surface of the body by means of a bath the digestion will necessarily suffer. People should not remain in the water until their fingers and lips are blue and teeth are chattering. Ten to twenty minutes are enough. Convallescents and persons with organic disease should only bathe in sea water under medical supervision. Turkish, Russian and other baths are not within the scope of their discussion. Some people suffer from baths—pruritis or itching this is generally due to an irritation of the skin or of digestive disturbances. For such people the bath should be of short duration—no more than ten to fifteen minutes and should be given without friction and some dusting powder like starch and zinc oxide applied freely to the skin. In practice, I have often found that the cause of itching upon bathing and scrubbing children, infants especially too much and themselves too often. If a child could build up a house and could not afford both a bath room and a parlor, I'd give up the parlor. The face should be daily bathed with cold water which stimulates the blood vessels and improves the circulation. Using hot water upon the face and then undergoing exposure to cold air, which has a decided tendency to produce chapping and roughening of the skin. Therefore, young ladies, to keep the chaps away, bathe face with cold water. If the skin is unnaturally dry, grease (like cold cream) may be used with perfect safety and without danger of injury. If you will powder your

EZEMA OR DISFIGURED BABY CURED RAPIDLY

Body All Broken Out in Water Blisters. Itched So Hard to Muffle Hands. Used Cuticura Soap and Ointment. Never Troubled Since.

Hidgefield, Conn.—"My baby was cross and restless and fretted night and day. One morning I discovered that her body was all broken out in small water blisters and it was told she had the eczema the worst way. The eruption first looked like little water blisters, then it turned so it looked like a piece of raw meat. It itched so badly that we had to protect it spread with Cuticura. It certainly distressed her terribly and she could not rest at night. Her clothing was very irritating to the body and when it was removed her body was raw. We had her treated for about two months when it spread all over her body, face and head and seemed to grow worse all the time.

"I took good warm water and Cuticura Soap and lathered it all over her and allowed it to dry on and when it was thoroughly dry I applied the Cuticura Ointment. In about a week, I could see a big change and in three weeks you never would have known she ever had eczema and she never has been troubled since." (Signed) Mrs. George Coug, Nov. 29, 1912.

A single cake of Cuticura Soap (25c) and box of Cuticura Ointment (50c), are often sufficient when all else has failed. Sold throughout the world. Sample of each mailed free, with 25c. Skin Book, Address post-card "Cuticura, Dept. 7, Boston."

"Men who shave and shampoo with Cuticura Soap will find it best for skin and scalp."

face in hot weather or cold a small quantity of rice powder should be used—some face powders contain lead and are poisonous.

The Hair. The two principal causes which bring about a premature thinning of the hair are deficient circulation of the blood in the scalp and the constant presence of dandruff. Daily brushing of the hair and frequent shampooing will keep the scalp free from dandruff. Frequent brushing and combing increases the circulation of the blood in the scalp and by removing dandruff, if your hair is beginning to fall out prematurely it is well to begin shampooing once or twice a week and gradually reduce to once in three or four weeks. Use any good toilet soap for the shampoo. Tincture of green soap thoroughly cleanses the scalp, if the scalp remains dry after the stimulus of shampooing vaseline or olive oil may be massaged into the scalp. Dandruff and like hairs tend to produce dandruff. Savages and some not savages like Academy students who go bareheaded do not suffer from baldness. Keep the children's hair cut often—frequent cutting of the hair does not increase the number of hairs. Singeing the hair is an ancient and infallible hair restorer and most hair tonics.

Care of Nose and Throat. To keep the nose and air passages below it in healthy condition, the nostrils must be kept free of the passage of air. The commonest cause of stopping up the nose in children is enlarged adenoid glands and healthy children should be kept free of the pharyngeal or third tonsil—this is placed back or behind the rear opening of the nose, and when enlarged may obstruct breathing. Practically all mouth breathing children have this form of obstruction. If this form of nasal blocking be allowed to persist, it hinders development of the inner nose from non-use—it retards mental and physical growth. In adults, degeneration of the septum or polyps are the most frequent causes of nasal obstruction. I think every one today realizes how important—how very important it is to have nasal and throat defects removed. Children suffering from enlarged tonsils often show a tendency to gain in weight and health after their removal, and in adults continually recurring infection necessitates treatment and removal of the tonsils before proper hygiene of the throat can be affected. Bathing the throat with cold water daily is a tonic to the throat. Catarrh is a common ailment and one of its treatments is keeping the body in its best physical condition.

Ears. An undue amount of wax does not collect in a healthy ear. Often those who keep or try to keep the canal of the ear clean with spoons, hair pins etc., have the largest and hardest masses of wax or cerumen in their ears. Rarely or never drop oil or any other fluid in the ear. Never wear cotton in ears except in emergency. If foreign bodies become lodged in the ear, try turning head to side of ear affected and gently rubbing in front of ear with the fingers. Consult an expert to remove as soon as possible.

Eyes. Sight is one of the most important senses we have. Some people have second sight—some see double especially after liberal potation. Some never see through anything—some look through things. The eyes are especially, school teachers, but to one and all the hygiene of the eye is an important subject. The eyelids are of delicate construction and the physician is often enabled to judge well of the general circulation from their appearance. Swelling around the eyes mean sluggish circulation or changes in the composition of the blood. Fullness or swelling of the lids often is a sign of inflammation of the kidneys—sometimes seen in young ladies in the early morning means a quartan, the night before. The eyes are sensitive to any irritation of blood into the loose tissues of lids—ice applied continuously helps this condition or soot, a general purgative, blue eyes, brown eyes, blue eyes, all color of eyes possessed by some ladies is a etiological factor in the causation of hair trouble usually affecting some man.

The human eye is subject to many diseases—sightlessness, blindness, redness and inflammation, all of which should be corrected by an oculist and no other. The local symptoms of eye strain are discomfort and pain in the eyes, letters running together after reading a few moments, twitching of the eyes, difficulty in reading, eyes open in reading, smarting, itching, burning, and watering, sensitiveness to light and reflection—these or any of these symptoms persisting, an oculist should be consulted. I might mention some of the reflex symptoms of eye strain, headache, often accompanied by nausea, and made worse by reading, sewing, shopping etc., obstinate constipation, indigestion, nervousness, nervousness, nervous prostration, etc. Schools had better be principally lighted from the North and windows should be so placed that light may come from the left or right and rear over pupils heads. In the country where people are dependent upon kerosene lighting, young should read very little or not at all by lamp light, and adults sparingly. Here are some things to avoid in order to save the eyes; anything which requires constant looking upward, reading in cars and carriages, reading in bed, close application to sewing and embroidery, too much smoking and drinking. I have spoken at length upon the eyes, but I think it is better to have all never take your eyes for treatment to anyone but a physician or oculist.

Mouth and Teeth. Never place in your mouth anything that has been in another's mouth without proper washing, teach children to never swap apples, lolly-pops, chewing gum etc., for many diseases may be thus innocently contracted. Promiscuous kissing should be avoided. In selected cases the auscultatory art is hygienic, as to the teeth, we cannot take too much care of the teeth. How many present would be glad to have the opportunity to have their young teeth bled, scamed, and what they call "filled" and would not let their children, and I might add adults, should have a dentist frequently examine their teeth and fill cavities in teeth filled and accumulations on teeth about gums removed.

Eating. It has been said that a man's heart may be won through his stomach. More men and some women are injured by overeating than under-eating. A large proportion of the cases which we physicians see in our offices are due to overeating. The scope of this paper does not allow me to give you various diets, suffice it is to say that our food should be wholesome, clean and easily digested. Milk is a good article of food but should not be eaten or drunk with the regular meals. If you use canned goods never eat or allow to be eaten the contents of a can which is not absolutely air tight. Never use fat meat, most that has been kept too long, ptomaine poisoning may result. Save the meat to the

hens, they seem to be able to digest anything. All food should be thoroughly chewed and swallowed before being swallowed. "There's more truth than poetry in Fletcherism." The breakfast and dinner should be the heaviest meals of the day. Generally speaking, although when a person has a nervous stomach or is the subject of indigestion, it may be well to wait until the middle of the afternoon when the heartiest meal should be taken slowly, composedly and cheerfully. There should be a few hours rest after supper before retiring. Persons with weakened arteries should eat very light suppers. Children must eat fresh meals if they eat something easily digested.

A stalwart laborer requires and can digest a larger meal, rich in fats and starches than can a sedentary or indolent person whose supply of food should be small and digested. If tea, coffee, cocoa, or water are drunk at meal time they should be drunk before and after eating. Many ailments that are considered unwholesome are so usually because they are badly prepared. Too much can not be said in favor of selected fruits. Potatoes properly cooked are a staple form of diet. Green vegetables are palatable and fairly nutritious. Fruit is usually used too largely by the American people, fruits help the digestive organs. Fruit before breakfast is golden—at lunch it may well be used, but should not be eaten between meals. The harm in eating fruit meals, is its excessive use or eating that which is unripe or unseasoned.

Lungs. A large percent of incipient tubercular cases are directly the result of improper breathing. The apices or top of lungs not being fully expanded. Only pure air should be breathed and when the breathing apparatus accumulates in the air we breathe dirt results may follow. I believe it is wrong and unhealthful to sleep in a warm room.

AS-MOON Don't be skeptical about AS-MOON the modern enemy of Hay-Fever, Hay-Asthma, Rose-Cold, and Asthma. A trial of our remedy will prove in the worst cases, mitigation at once and eventually a cure. AS-MOON is the only thing that gives me any relief. I suffered so I could not open my eyes, the third day relieved me, an cured before finishing the bottle. M. E. Stony Hill, N. L. Conn. Green man eat fresh meals if they eat something easily digested.

UNITED WORKMEN. The Grand Lodge finance committee held its regular meeting last Wednesday afternoon in the Grand Lodge office, New Haven, and the executive committee held its meeting in the evening at the same place. Both committees made gratifying reports concerning the existing conditions in the order, and a bright future is predicted for this grand organization.

DEGREE OF POCAHONTAS. Sebequansuk council, No. 11, held its regular meeting on Monday evening in Forests' hall, a large number being present. Ada E. Lastro, Pocahontas, presided. An outlook full of encouragement for the coming winter. Everybody is interested and the order is progressing. In October the Grand Sun council will be held in Naugatuck. A good many from this council will attend.

GOOD TEMPLARS. Buckingham lodge, No. 99, is to hold an open meeting on Tuesday, Sept. 2, in Buckingham Memorial, Rev. A. L. Tedford of the Federated church has accepted the invitation to be the speaker and one of the attractions arranged for the evening will be a pack-age auction.

FORESTERS. Judge Ed. B. O'Brien of Lynn, Mass., was chosen supreme chief ranger of the Foresters of America in convention at Atlantic City Thursday over Judge C. P. Rondon of California, his rival, who was elected supreme chief sub-ranger. Other officers elected included: supreme treasurer, P. J. O'Keefe, New York; supreme secretary, T. M. Donnelly, New Jersey; supreme recording secretary, Charles W. Bagley, Connecticut; supreme lecturer, Dr. W. G. Smith, Ohio; trustees, John D. Dalling, Pennsylvania; William C. Rosencrans, New York; A. D. Mason, New Jersey; J. M. Bowes, Washington and Edwin Edwards, Michigan; supreme auditors, Charles J. Keenan, Pennsylvania; John J. Mack, Connecticut; and William J. Mountain, Massachusetts.

Windham County EAST WOODSTOCK Motor Trip through Massachusetts—Visitors of the Week. Harold Gildersleeve has returned to Norwich, after spending six weeks with his grandmother, Mrs. A. M. Gildersleeve. Harold Farrows and family moved to Worcester Thursday, he having secured employment in a market.

USQUEPAUGH Family Clambake—Personal Items. Mrs. Slimmons, who has been working at J. C. Webster's, returned to her home in Providence Wednesday. J. S. Lamond gave a clambake to his family and a few friends, among them R. Carpenter of New York, Thursday.

WOODSTOCK Pansy Band Makes Success of Annual Sale—Rev. R. R. Kendall Tells of Sundays Aboard. Dr. and Mrs. Edward Child of Brooklyn, N. Y., spent Sunday with Henry T. Child.

ROCKVILLE Rev. and Mrs. Crofoot Back From Vacation and Conference. Rev. and Mrs. A. G. Crofoot returned home Tuesday morning from their vacation spent in New York state, visiting relatives and attending the S. D. B. Conference at Brookfield, N. Y.

TOILD COUNTY RIPLEY HILL Deer Consuming Apples and Fedders—Alabama Teacher Guest of Miss Albin. Miss Louise Allyn was the guest of Miss Julia White over Sunday. Miss Allyn is at the head of Trinity school for colored students at Athens, Ala.

ORDER OF PROTECTION. Eastern Connecticut Neopians will gather at Golden Spur on Saturday for the annual field day of the lodges this side of the Connecticut river. An innovation will be a prize for the lodge having the largest percentage of members present. Beulah lodge of New London now holds the banner for three consecutive years in Vermont.

TOILD COUNTY RIPLEY HILL Deer Consuming Apples and Fedders—Alabama Teacher Guest of Miss Albin. Miss Louise Allyn was the guest of Miss Julia White over Sunday. Miss Allyn is at the head of Trinity school for colored students at Athens, Ala.

ORDER OF PROTECTION. Eastern Connecticut Neopians will gather at Golden Spur on Saturday for the annual field day of the lodges this side of the Connecticut river. An innovation will be a prize for the lodge having the largest percentage of members present. Beulah lodge of New London now holds the banner for three consecutive years in Vermont.

TOILD COUNTY RIPLEY HILL Deer Consuming Apples and Fedders—Alabama Teacher Guest of Miss Albin. Miss Louise Allyn was the guest of Miss Julia White over Sunday. Miss Allyn is at the head of Trinity school for colored students at Athens, Ala.

AS-MOON Don't be skeptical about AS-MOON the modern enemy of Hay-Fever, Hay-Asthma, Rose-Cold, and Asthma. A trial of our remedy will prove in the worst cases, mitigation at once and eventually a cure. AS-MOON is the only thing that gives me any relief. I suffered so I could not open my eyes, the third day relieved me, an cured before finishing the bottle. M. E. Stony Hill, N. L. Conn. Green man eat fresh meals if they eat something easily digested.

UNITED WORKMEN. The Grand Lodge finance committee held its regular meeting last Wednesday afternoon in the Grand Lodge office, New Haven, and the executive committee held its meeting in the evening at the same place. Both committees made gratifying reports concerning the existing conditions in the order, and a bright future is predicted for this grand organization.

DEGREE OF POCAHONTAS. Sebequansuk council, No. 11, held its regular meeting on Monday evening in Forests' hall, a large number being present. Ada E. Lastro, Pocahontas, presided. An outlook full of encouragement for the coming winter. Everybody is interested and the order is progressing. In October the Grand Sun council will be held in Naugatuck. A good many from this council will attend.

GOOD TEMPLARS. Buckingham lodge, No. 99, is to hold an open meeting on Tuesday, Sept. 2, in Buckingham Memorial, Rev. A. L. Tedford of the Federated church has accepted the invitation to be the speaker and one of the attractions arranged for the evening will be a pack-age auction.

FORESTERS. Judge Ed. B. O'Brien of Lynn, Mass., was chosen supreme chief ranger of the Foresters of America in convention at Atlantic City Thursday over Judge C. P. Rondon of California, his rival, who was elected supreme chief sub-ranger. Other officers elected included: supreme treasurer, P. J. O'Keefe, New York; supreme secretary, T. M. Donnelly, New Jersey; supreme recording secretary, Charles W. Bagley, Connecticut; supreme lecturer, Dr. W. G. Smith, Ohio; trustees, John D. Dalling, Pennsylvania; William C. Rosencrans, New York; A. D. Mason, New Jersey; J. M. Bowes, Washington and Edwin Edwards, Michigan; supreme auditors, Charles J. Keenan, Pennsylvania; John J. Mack, Connecticut; and William J. Mountain, Massachusetts.

Windham County EAST WOODSTOCK Motor Trip through Massachusetts—Visitors of the Week. Harold Gildersleeve has returned to Norwich, after spending six weeks with his grandmother, Mrs. A. M. Gildersleeve. Harold Farrows and family moved to Worcester Thursday, he having secured employment in a market.

USQUEPAUGH Family Clambake—Personal Items. Mrs. Slimmons, who has been working at J. C. Webster's, returned to her home in Providence Wednesday. J. S. Lamond gave a clambake to his family and a few friends, among them R. Carpenter of New York, Thursday.

WOODSTOCK Pansy Band Makes Success of Annual Sale—Rev. R. R. Kendall Tells of Sundays Aboard. Dr. and Mrs. Edward Child of Brooklyn, N. Y., spent Sunday with Henry T. Child.

ROCKVILLE Rev. and Mrs. Crofoot Back From Vacation and Conference. Rev. and Mrs. A. G. Crofoot returned home Tuesday morning from their vacation spent in New York state, visiting relatives and attending the S. D. B. Conference at Brookfield, N. Y.

TOILD COUNTY RIPLEY HILL Deer Consuming Apples and Fedders—Alabama Teacher Guest of Miss Albin. Miss Louise Allyn was the guest of Miss Julia White over Sunday. Miss Allyn is at the head of Trinity school for colored students at Athens, Ala.

ORDER OF PROTECTION. Eastern Connecticut Neopians will gather at Golden Spur on Saturday for the annual field day of the lodges this side of the Connecticut river. An innovation will be a prize for the lodge having the largest percentage of members present. Beulah lodge of New London now holds the banner for three consecutive years in Vermont.

TOILD COUNTY RIPLEY HILL Deer Consuming Apples and Fedders—Alabama Teacher Guest of Miss Albin. Miss Louise Allyn was the guest of Miss Julia White over Sunday. Miss Allyn is at the head of Trinity school for colored students at Athens, Ala.

ORDER OF PROTECTION. Eastern Connecticut Neopians will gather at Golden Spur on Saturday for the annual field day of the lodges this side of the Connecticut river. An innovation will be a prize for the lodge having the largest percentage of members present. Beulah lodge of New London now holds the banner for three consecutive years in Vermont.

TOILD COUNTY RIPLEY HILL Deer Consuming Apples and Fedders—Alabama Teacher Guest of Miss Albin. Miss Louise Allyn was the guest of Miss Julia White over Sunday. Miss Allyn is at the head of Trinity school for colored students at Athens, Ala.

SALESMEN WANTED

I want about 20 first-class Clothing and Haberdashery Salesmen to help me in the sale of the

John A. Moran Stock

Only men acquainted with high grade merchandise and who WILL NOT MISREPRESENT VALUES need apply.

APPLY THIS MORNING AT 10 O'CLOCK

O'BRIEN, OF BOSTON

JOHN A. MORAN STORE, Main Street, Norwich

NEW LONDON'S SCHOOL JANITORS

New Regulations Adopted to Govern Them with Increased Salaries—Firemen Ready for Metropolis—Annual Report of Superintendent of Schools

The ladies' ice cream social was well attended and a very enjoyable affair was held at the residence of Mrs. Peter Garvey, who has been very ill, is somewhat better. The little daughter of Mr. and Mrs. Peter Garvey, who has been very ill, is somewhat better. The ladies' ice cream social was well attended and a very enjoyable affair was held at the residence of Mrs. Peter Garvey, who has been very ill, is somewhat better.

Washington County, R. I. HOPKINTON Fred W. Gardiner and family are visiting friends on Block Island. Mrs. A. Irene Mills left town Sunday for a visit to her mother, Frank C. Dixon in Stonington, Conn.

USQUEPAUGH Family Clambake—Personal Items. Mrs. Slimmons, who has been working at J. C. Webster's, returned to her home in Providence Wednesday. J. S. Lamond gave a clambake to his family and a few friends, among them R. Carpenter of New York, Thursday.

WOODSTOCK Pansy Band Makes Success of Annual Sale—Rev. R. R. Kendall Tells of Sundays Aboard. Dr. and Mrs. Edward Child of Brooklyn, N. Y., spent Sunday with Henry T. Child.

ROCKVILLE Rev. and Mrs. Crofoot Back From Vacation and Conference. Rev. and Mrs. A. G. Crofoot returned home Tuesday morning from their vacation spent in New York state, visiting relatives and attending the S. D. B. Conference at Brookfield, N. Y.

TOILD COUNTY RIPLEY HILL Deer Consuming Apples and Fedders—Alabama Teacher Guest of Miss Albin. Miss Louise Allyn was the guest of Miss Julia White over Sunday. Miss Allyn is at the head of Trinity school for colored students at Athens, Ala.

ORDER OF PROTECTION. Eastern Connecticut Neopians will gather at Golden Spur on Saturday for the annual field day of the lodges this side of the Connecticut river. An innovation will be a prize for the lodge having the largest percentage of members present. Beulah lodge of New London now holds the banner for three consecutive years in Vermont.

TOILD COUNTY RIPLEY HILL Deer Consuming Apples and Fedders—Alabama Teacher Guest of Miss Albin. Miss Louise Allyn was the guest of Miss Julia White over Sunday. Miss Allyn is at the head of Trinity school for colored students at Athens, Ala.

TOILD COUNTY RIPLEY HILL Deer Consuming Apples and Fedders—Alabama Teacher Guest of Miss Albin. Miss Louise Allyn was the guest of Miss Julia White over Sunday. Miss Allyn is at the head of Trinity school for colored students at Athens, Ala.

DRINK HABIT RELIABLE HOME TREATMENT THE ORRINE treatment for the Drink Habit can be used with absolute confidence. It destroys all desire for whiskey, beer or other alcoholic stimulants, and has been restored to lives of sobriety and usefulness. Can be given secretly. Costs only \$1.00 per bottle. You fail to get results from ORRINE, we will refund the money. Ask for free booklet telling all about ORRINE. N. D. Sewin & Son, 135 Main St., N. Y.

NOTICE The New York Furniture and Clothing Company will furnish your home and clothes you at your request. For information write or call The New York Furniture and Clothing Company, Inc., 236 State St., New London, Ct.