

HOME HEALTH CLUB

Edited by Dr. David H. Reeder, Chicago. Nerves: (Continued) of articles written for Home Health Club by H. Lindlar, M. D. In my last article entitled "Nerves," I explained that among the most prominent causes of nervousness are malnutrition and auto-intoxication, or systemic poisoning.

Wrong habits of thinking and feeling may develop into the worst forms of nervous and mental diseases. Most of these are due to the vertebrae of the spine may press upon the nerves and blood vessels which pass out between them, and thus cause irritation, inflammation, or interference with the free and normal flow of nerve and blood currents. But the worst and most stubborn diseases affecting the brain and nervous system are caused by drug poisons.

The ordinary "meat-potato-white bread-or-ice-and-pie" diet which is customary in the American boarding-house, or restaurant, is bound to create, sooner or later, diseased conditions in the system. This combination of foods (as I have explained in my articles on Natural Diet) creates in the system large amounts of poisonous acids, alkaloids and ptomaines, and does not contain enough of the alkaline mineral elements on which depends the natural activity of the system from morbid matter and poisons.

The foods which are considered most nutritious, the meat, eggs, poultry, cereals and the grains, are the greatest danger foods, because they are exceedingly rich in the acid-producing starches, fats and proteins, and very poor in the alkaline elements. These purifying elements can be secured in sufficient amounts only in the fruits and vegetables, which are very poor in starches, fats and proteins, and very rich in the mineral salts of iron, lime, potassium, sodium, magnesium and silicon.

Among the thousands of young people reared in this country, whom I have had occasion to examine I have found very few who did not suffer, to some extent, from digestive troubles. It is a fact that American people in general are suffering from indigestion, and since indigestion in general and indigestion and mal-assimilation and from the multitude of diseases growing out of these primary causes, than any other disease of the body.

The reason for this is that from the cradle up all the laws and principles governing right eating and drinking are continually violated. The child is allowed to eat what it pleases, and since indulgence in unnatural food and drink creates abnormal appetites, the child soon learns to crave those things which are most detrimental to health.

As it becomes accustomed to meats, strong spices and condiments, pastry, coffee and tea, it loses all relish for other and vegetable, especially the latter. Piping hot soup and meats are washed down with ice-water and mixed with extremely cold ice-cream, which only too often is a mixture of coloring and flavoring compounds. These unwholesome food combinations are supplemented by large quantities of white sugar and adulterated candies, all of which are very injurious to the system.

Is it any wonder that the prosperous and well-fed American people are the sickest people on earth; that they suffer almost universally from early decay of the teeth, digestive trouble, chronic constipation, haemorrhoids, nervous dyspepsia, appendicitis, cancer, and a host of other diseases directly caused by food and drink poisoning?

CLUB NOTES. Dear Doctor:—Will you be so kind as to answer me pertaining to the following: I have a little girl 12 years old who is very much troubled with tonsillitis-sore throat. The doctor says that the only cure is to cut the tonsils out. The child has been troubled this way since last fall. Will you please tell me if there is any other method of treatment for her?

MRS. W. H. I object to the surgical treatment of enlarged tonsils about as vigorously as the average mother does. I have seen a great deal of that kind of work and have also seen such cases treated without surgery and the results were more satisfactory. The method which I advocate is the use of the tannic elements of which I have often spoken, and have found to be the natural and safe home remedies for such troubles. You should also have the Home Health Club lecture on Catarrh, as the exercises given in the lecture would greatly aid in a cure.

Dear Doctor:—I get so sleepy in the evening that I cannot read or study. I usually sleep about six hours, when I wake up until time to get up. Some times I sleep seven or eight hours, but I am just as sleepy the next evening. My habits are regular, health is fine and this seems to be my only trouble. The trouble is of several years' standing and seems to run in the family, as I remember my mother for years nodding over her knitting or reading of evenings. Several of the children after they passed thirty are in the same way. A towel wrung out of cold water and wrapped around my head will not keep me awake. I am 30 years of age.

E. M. I should judge from your description that your troubles arise from indigestion, and I think it would be a wise plan for you to carefully and thoroughly regulate your diet, making a practice of masticating all of your food very thoroughly, and drink nothing while eating, but drink large quantities of water between meals. You should also eat very light suppers; the heartiest meal should be at midday, and your supper should be largely fruit and cereals. Do not drink any milk, tea or coffee. Rest for perhaps half an hour after eating the evening meal, after which you should take some light exercise. I think you can sleep at dawn and read with comfort. If you desire it, you could take a cup of hot milk before retiring; it should be sipped slowly, however, and when very hot, but not boiled. This will have a tendency to make you sleep all night.

Common salt, dampened, quickly removes tea stains from china.

PHOTOS OF THE WRECKAGE CAUSED BY NEW JERSEY STORM COSTING TEN LIVES AND ABOUT \$750,000



Sea Bright, N. J., Dec. 29.—Ten lives were lost by the foundering of two barges at sea off Barnegat, and property estimated about \$750,000 was destroyed in the storm that whipped the New Jersey coast from Sandy Hook to Atlantic City. Seabright, located on a narrow strip of sand between the ocean and the Shrewsbury river, caught the full fury of the sea.

Fairfield County News

Mrs. Elphalest P. Husted of Glenville is suffering from serious illness received Wednesday when she attempted to get into a wagon she missed her footing and fell. She was thrown under the wagon, and after one of the wheels had passed over her body the horse commenced to back, and one of its hind hoofs came in contact with her face, leaving an ugly wound. Aside from a broken rib, it is feared that she may have received internal injuries.

Automobile Takes Fire. An automobile owned and driven by Frederick G. Lee, of Danbury, was badly damaged by fire in Brookfield Tuesday evening. Mr. Lee is of the opinion that the engine back-fired. The engine skipped a few times and the car was stopped. A moment later it burst into flames. It is badly damaged.

Chased Burglar Away. An unsuccessful attempt was made to burglarize the house of Joseph Keating in East Port Chester, early Christmas morning. Mr. Keating was awakened by a noise outside of his window. He procured a revolver, and had just started to cross the room when he fell over a piece of furniture. Frightened by the noise, the burglar made his escape. Upon reaching the window, Mr. Keating saw the form of a man disappearing in the darkness across the lawn. A ladder had been placed against the window. During the past two weeks, the houses of Harry Raymond, Calvin Truesdale, Mrs. Robert H. McNair, George Dunsberry and Samuel Minor have been burglarized, and many articles of value taken.

Westport Justice Fined. It cost John P. Goddard, a justice of the peace in Westport and one of that town's wealthiest residents, \$25 in New York this week, for speeding his automobile in the Pelham Parkway. Patrolman Lynch testified that Goddard was going thirty-two miles an hour.

Hurt in Shafting. Hobart M. Hawley, of Hawleyville, received injuries which caused his death within an hour when he was caught in the shafting of a sawmill in Hawleyville Friday afternoon. Both his right arm and right leg were broken, but internal injuries and wounds about the head caused death. Mr. Hawley had wrapped a grain bag about his body to serve as an apron. In some manner the bag became caught in the shafting and the man was pulled around the belts and pulleys.

Found in Danbury. Bertha Smith, young woman who has caused the authorities of several cities more or less work, has been located in Danbury and was on Friday placed in charge of an agent of the State Board of Charity of Massachusetts, who came for her. Bertha is a comely young woman. Several weeks ago she left Boston, and was said to have been accompanied by an older woman. They went to Bridgeport and lived there for some time. There Bertha left her child and went to Norway. She met there a man who works not far from Danbury and accompanied him to Danbury and later went to live in a small village nearby.

Worked "Phoney" Checks. John Oldenschiager, Norway clog manufacturer, reported Friday that he had been the victim of the work of a man who gave the name of F. C. Welding and who passed a worthless check for \$24.10 on him. Incidentally it was learned that Stephen Novak had two passed on him, one for \$11 and the other for \$4.90. The large check was on the South Norwalk

Trust company and was a forgery of the name of M. L. Moltasch.

Baby's Cry Saves. Mrs. Michael Sheehan and family and Mr. and Mrs. Edward Sheehan and family, of Norwalk, have the cries of a baby to thank for the fact that they are alive. Five-year-old Mildred Sheehan was awakened early Sunday morning by the entrance of smoke which nearly choked the little tot. She cried, awakened the mother and an alarm of fire was sent in. Fire in the pantry of the house started a blaze which gutted the lower part of the house and destroyed property, both personal and real estate, to the value of over \$2,000.

May Be Stung \$20. Hatters throughout the country will be asked to assume an assessment of twenty dollars each if the Hatters case goes against them in its final stages. There are ten thousand hatters belonging to the United Hatters of North America and they may be called on for the assessment in order to release the half million dollars worth of property owned by hatters which is under attachment at the present time. Homes of one hundred and forty hatters in Connecticut have been attached.

Live Wire Kills Two. At Norwalk Wednesday night, Francisco Matur, 24 years old, and Giuseppe Gaudio, 19, were electrocuted by a live electric light wire which had broken and fallen upon the sidewalk. The wire practically burned Gaudio's leg off near the ankle. Matur's wrist was on the left leg, and it was circular, about three inches in diameter and right into the bone. Reveals Auto Accident.

An autopsy performed Thursday on the body of James Nichols, revealed the fact that his death had been due to internal injuries and not alcoholism as was at first thought. Nichols was found in a roadway near Litchfield Wednesday night and was taken to Danbury by the autoists who found him. It was then supposed that he had been taken ill by the roadside, as no marks were found on his body, but it is now thought that he was hit by an automobile which left him lying in the road.

Without a Postoffice. The town of Sherman is now without a post office, the people of the town receiving their mail by rural delivery from Gaylordsville and Brookfield. With the growth of the rural delivery system in the surrounding country, the receipts of the Sherman office dropped off gradually until finally they reached a point that made it advisable to discontinue the office and serve the town by rural delivery entirely.

Town Sells New Bonds. Town Treasurer John E. Harrahan of Stamford has negotiated the sale of 1500 bonds for \$135,000, selling the same for \$138,939.95. The bonds bear interest at 4 1/2 per cent.

Darlen Woman Fined. Mrs. Mary Rocco, of Darlen found guilty of the illegal sale of liquor, was fined \$50 and costs, Saturday. Mrs. Mary Sinaopie, found guilty on the same charge, was fined \$75 and costs, but notice of appeal was served. Mrs. Marie Camilla, found guilty on a like charge, was fined \$25 and costs.

The Taylor Case. Baroness Alette Anne d'Ergioiu, who is suing for her widow's share in the estate of Nelson Taylor, the millionaire publisher of Norway, will make the remarkable claim that her second marriage was sanctioned by her first husband, said an evening dispatch from New York. The amazing story will be told when the Baroness d'Ergioiu's suit comes to trial in the Norwalk probate court the middle of January. It will be claimed that

gale, the damaging powers of which were supplemented by an unusually high tide. Bulkheads were jammed in by high waves, homes of fishermen were overturned and swept to sea, hotels and cottages of many summer residents were damaged, lawns were undermined and disappeared, and the flood surged through the village streets. The tracks of the Jersey Central railroad were washed away in spots, and traffic was blocked many hours. In spite of the great damage done to Seabright and to its principal industry, the fisheries, Mayor George W. Elliot issued a statement late in the day in which he said: "The flood is the worst in the history of the town. Much suffering has resulted, but no outside help is needed. Seabright can take care of its own."

BILL'S NIGHT TONIGHT AT PARK CITY YACHT CLUB'S COSY QUARTERS

Xmas Tree Celebration In Honor of 15 Williams Club Members.

Bills may be due to swell the mail after the first of the year and bring wrinkles of worry to many Bills of the Park City Yacht Club, numbering 15 in round numbers, have decided to offset possible coming troubles and have billed a good time for tonight. They will have a Bills' Xmas tree at the clubhouse and there will be many as guests of the famous 25 members of the club. Joke gifts with bills of not over 25 cents will be in order. It will be some time and an extra latch string is out until after January 1.

The Bills in charge of the occasion are Bill Hickey, Bill Lewis, Bill Armstrong, Bill O'Brien, Bill Primrose, Bill Ortis, Bill Langdon, Bill Watson, Bill McGiever, Bill Nichols, Bill Robbins, Bill Clark, Bill Coombs, Bill Eiserman and Bill Bush. Contributions for a bill of entertainers? Ten smaller trees will be used for decorating.

BRIEF ITEMS OF LOCAL INTEREST

The local Aeris of Eagles plan to install the newly elected officers on January 8. Grand officers will participate in the work. Grand Inside Guard William J. Cronin of New York, and Grand Treasurer Frank J. Hughes of Yonkers, N. Y., are to be present. The usual banquet and dance after the ceremonies promises to be greatly augmented.

New automobile markers, a beautiful green with white numbering and the state abbreviation and year, have arrived in this city, and are today being displayed upon cars. It is expected that by use of the parcel post, all applicants will be supplied prior to January 1, and the fifteen day limit heretofore allowed by the local police will not have to be observed. The old blue and white marker expires and is valueless for purposes of identification after December 31, this year.

Dr. Paul D. Hippolitus of New Haven, and a graduate of the Yale Medical School, in the class of 1912, completed a year of internship at Bridgeport hospital yesterday and will open an office at 85 East Main street. Previous to coming to the local institution he was for six months on the house staff of the New York hospital, New York city. He has the distinction of taking the state board examination in March, 1912, the highest score in the list. He was also medical man of his class in Yale.

THE MAN WHO NEGLECTS HIMSELF

When his condition points to kidney trouble, takes an unwelcome risk. Backache, pain and soreness over the kidneys, nervous or dizzy spells, poor sleep, are all symptoms that will disappear with the regular use of Foley's Kidney Pills. They put the kidneys and bladder in a clean, strong and healthy condition. Hindle's Drug Store.—Adv.

TITLED ACTORS IN ONE ACT COMEDY

London, Dec. 31.—Viscount Castle-reagh and the Duchess of Westminster took the chief parts in one act comedy, "Time is Money," given last night at Wynyard Park, Stockton-on-Tees, the seat of the Marquis and Marchioness of Londonderry.

A FARM HOUSE SCHOOL

Complete freedom from restraint is the lot of the children who attend the experimental rural school at Winthrop College, Rock Hill, S. C., as described by Mrs. Hetty Browne in a bulletin of the United States Bureau of Education. There are no seats or desks in this school; no class rooms; no rule of silence; but a free activity guided and directed by a woman who is in complete sympathy with country children and country life.

In this and other respects observers have noted a resemblance to the Montessori schools, but Mrs. Browne began her work several years ago independently of the theories of Madame Montessori. Furthermore, the Rock Hill school makes no claim to a deliberate scientific basis; it is essentially an "experimental" school where it is hoped to learn by actual experience what kind of a school is best adapted to rural life.

The school building is a farmhouse with a room fitted up as a "sitting room," kitchen, and workshop. A large veranda surrounding the house is used for the midday meal, which is served by the pupils at the school, and for other purposes. There is plenty of ground about the school, including space for a large garden.

The garden is the center about which instruction in rural life is given. The study of soil and seed in the winter time to the actual planting, cultivating, and harvesting at the other seasons, the garden remains the center of the children's interest and activity. Arithmetic, spelling, etc., are not taught as subjects, but only as the need for them arises in connection with the activities of home and garden. Laying out the garden involves arithmetic, and even geometry, both of which are absorbed by the children without effort. The making of towels for use at the school naturally develops new words having to do with sewing and many other things. And so on. Words and numbers are given the children only as the need for them develops, and then with as little formality as possible. The whole idea is for the children to find out things, if possible, without being told.

LITTLE BENNY'S NOTE BOOK

(BY LEE PAPPEL)

Pop, I sed to pop last nite, give me a nickel to go to the movies and ill do a grate trick. Do the trick first, sed pop, the proof of the pudding is in the eating, as that dean of philosophers, King Gillette, wood say. Awi rite, I sed. And I went ovir to mas room and got the littelst spoon of thred in mas sewing basket, only awl of them was pritty big, and I put it in my mouth and went back to the settin' room. Well, is the grate trick redly, sed pop, and I shook my hed yes, awn akkount of not beeing abel to say cutch, and put my hand in my mouth and startid to pull out the thred, tealing the spoon going around and eround behind my teeth, tickeling like anything. Well, for the lux of Peet, mothr, wood you look at that, sed pop, the boys a regular majfishin. For merseys sakes, sed ma, how in the world duz he do it. I didnt say anything, jest keepin' the spoon, and ma kept sayin, How woodent think it awl cood get awn wun spoon, and the spoon kepp going eround and eround and I wuntid to swallow it, that's I bettir not awn akkount of the spoon. Well, I nevvir, sed ma, it looks exactly as if it was kuming out of his insides, how in the world duz he do it. He ha ha, sed pop, the boys got you guessin, hasent he, mothr, its a grate trick awi rite. And I kepp awn pulling it out and pulling it out and awntid swallowin' the spoon, and ma kept sayin, How awn erth duz he do it, and popkeppin' awn laffin, and I thawt id, give me a nickel to go to the thred, but wile I did, and I kwick learned, and took the spoon out of my mouth and swallered and wen I terped round agen ma was reetehing down and fealing the thred, saying, Well, upon my word, its my brain noo bloo silk that I had sutch a job to match, Wilylum, dont you dare give him that nickel. My deer, Im in dooty bound to, sed pop, handing it to me. I sed I wood give him a nickel if he did a grate trick and you must admit that was a grate trick. I dont see anything grate about ruilnig my brain noo spoon of bloo silk, sed ma.

AEROBOTS BUS LINE IS FLORIDA VENTURE

Tampa, Fla., Dec. 31.—Aero boat transportation is to be begun on a commercial scale between Tampa and St. Petersburg, January 1. Three hydroplanes will be put in operation by a private corporation under the direction of "Tony" Jannus, an air man. The towns are 22 miles apart and separated by two bays. The schedule calls for about a fifty-minute run. The company says it has enough bookings from commuters to keep the three boats busy.

Four fishermen were drowned when their boat overturned in a storm off Germany.

Many persons were frozen to death by the cold wave which is sweeping Europe.

Advertisement for Gold Medal Creamery Butter. Text: "You want the best? Yes Ma'am, that's Gold Medal Creamery Butter." Includes an illustration of a woman and a box of butter. Text: "All over New England Gold Medal Butter is known for its goodness. And this goodness is dependable—always pure and with a characteristic flavor all its own." "is handed to you from the most sanitary creamery in the world, in odor-dust-germ-proof packages. No contaminating influence can affect it. Its deliciousness is imprisoned only to be liberated by you on your table. You will know it by its name, the protecting package—and its rich and creamy tastefulness." "Insist that your grocer gives you Gold Medal." "Dillon & Douglass" "New Haven, Hartford, Springfield, Providence, Worcester."

Advertisement for Dr. Blume. Text: "THE ANALGESIC DENTIST First To Do Real Painless Dentistry". "THE NEW ANALGESIC METHOD—the first positively painless dentistry is practiced by me. At intervals during the dental operation, the patient takes a breath or two of ANALGO and is insensible to pain. No other sense is affected—no other function disturbed—the patient simply CANNOT FEEL PAIN but he CAN HEAR AND SEE AND UNDERSTAND all that is going on about him. In this state (known as analgesia) the best dental work can be accomplished because the dentist does his work unhindered by the customary twisting and jerking caused by pain and fear of the old fashioned methods." "Yes, I can extract your teeth, put in crowns and bridges, do any dental work WITHOUT PAIN TO YOU—and best of all, I do this at FAIR PRICES."

Advertisement for Hotel Victoria. Text: "HOTEL Victoria Broadway, Fifth Avenue and 27th Street SPECIAL RATE FROM APRIL 1st Rooms with privilege of bath - \$1.50 Rooms with private bath - 2.00 Accommodations for 500 persons NEW YORK". "The children in this rural school are assigned to "classes" and "periods," as in the traditional school. A visitor will see one group working in the garden, another group on the veranda sewing, another in the kitchen at a cooking task, and still another doing "numbers" or reading with the teacher in her room.