THE COLUMBIAN, BLOOMSBURG, PA.

THE FABLE OF THE EGG.

A THESIS ON ITS VAULE AS A HEALTH FOOD.

William S. Fly, M. D., of Rochester, N. Y., Gives Some Interesting Particulars of the Use of the Erg as an Ald to Mediclue in Ilis Fractice.

I offer a note on the free use of eggs as food, in selected cases of acute and chronic disease.

Some four years ago, a neurasthenic patient in a private room, at the Rochester City Hospital, upbraided me, after six weeks of treatment by rest, massage, electricity, and, what I then thought, liberal feeding, affirming that she was no stronger than when she first came under my care. Medicinal tonics only increased her nervous irritability and depression. I then began to increase her food up to the point of tolerance, administering the same at intervals of two hours, night and day. After a few days I discarded all medicine and succeeded in giving sixteen raw eggs and four quarts of milk every twenty-four hours. Improvement was soon apparent with marked gain in weight; and complete convalescence followed in eight weeks. For many years the tolerance of the

human stomach for food in certain con-ditions of acute and chronic disease, had been noted by me. The case briefly outlined, again called attention to the subject, and repeated observations have proven that the stomach and digestive tract in many cases of illness can be systematically trained to re-ceive and assimilate a surprisingly large amount of liquid food, far exceeding that which in health would be tolerated. While it is a matter of common practice to give milk and broth freels in many cases not all physicians have prescribed raw eggs for their patients in the numbers which have been well borne and apparently conducive to recovery. My plea is, therefore, not for the erg-the value of which as food is universally admitted-but for its administration in selected cases in numbers which may to some appear fabulous. Philosophers are not agreed about the doctrine, "omne vivum ex ovc," and I may add that it is not yet determined to what extent life can be sustained by the egg. Those oft quoted experiments upon the stomach of Alexis St. Martin, prove that the raw egg is one of the most readily digested articles of diet. It is almost always at hand, may be had clean and uncontaminated, and does not require the sterilization now demanded for milk. Can you think of any more concentrated food, or of any equivalent for the two ounces of nu-triment of the average egg? Besides milk and beef juice. I have frequently prescribed a raw egg an hour-twentyfour whole eggs a day-in serious conditions of nervous exhaustion; and in the progress of pneumonia, diph-theria and fevers marked by high temperature and rapid waste. This number is at times well borne, and has often lessened the necessity for alco-holic stimulants. Eggs may be taken in various ways, soft bolled, shaken with millk, but most easily, I think, raw, from a tumbler in which they are freshly dropped from the shell. The patient is instructed to swallow the yolk, enveloped in its membrane, and floating in its albumen. Passing over the tongue, the yolk elongates, fits the pharynx and occophagus in the act of swallowing, and the mouth is left clean and free from any taste. Some moral force on the part of the patient, nurse and doctor, may be required to overcome a repugnance to the treatment referred to. As a rule, I have had no difficulty in making my patients amenthe to my will if the matter. He is the most successful physician, generally speaking, who wills his patient to do what he deems necessary in the serious emergencies of sickness. This is the "mind cure." and the "faith ' in which I emphatically believe. cure.' With the numerous lengthy clinical records bearing on the administration of eggs in numbers which may be thought fabulous, I do not purpose to weary you. Briefest reference to a few cases at the present time must suffice.

Mrs. C .- Seen with Dr. McCauley, Acute pneumonia. Fifteen to eighteen eggs a day for several days .- Recov-

Miss B.-Severe case of typhold fever, pulse 130, temperature 104 degrees for several days. Beginning with eggs and milk, the amounts of each were gradually increased until thirty-six eggs and five quarts of milk were taken in twenty-four hours, and this amount of food was taken daily for one week, then gradually reduced as fever subsided.-Recovery.

Many cases similar to above might be given, but those cited will furnish an idea of the varied disorders in which eggs are tolerated.

It is to be understood that in every instance they have been used for their supporting and restorative influence. In proportion as they have been well borne, stimulants have been found unnecessary. Milk, chocolate and broth, and such medication as was indicathave been prescribed in connection with eggs. Although some patients have died while taking eggs, I can think of no case in which death was due to their liberal use. It is certain that numerous patients have recovered from serious and alarming illness, or their lives have been definitely prolonged by taking eggs. The best test of their nutritive value is not their chemical analysis in the laboratory, but their vital chemistry shown in their tissue building capacity, for out of them are rapidly constructed the cartilage muscle nervous and vascular systems, and all of the varied structures which enter into the composition of a large class of feathered vertebrates, ranking in nature next to the mammalia.

If you give eggs to your patients, do not be chicken-hearted in their employment. Do not fear the production of albuminuria from the ingestion of large amount of egg albumen. In the case of typhoid fever referred to, ncute nephritis coexisted, and the albumen and casts disappeared from the Cae urine while thirty-six eggs a day were being taken.

In many other cases, tests of urine showed no albuminuria with the "egg an hour" practice. It will generally found impossible to give eggs freely without the aid of a trained nurse. So far as results are concerned, I would rather deal with a poor stomach managed by a good nurse, than with a good stomach under the direction of a weak unmethodical nurse, who could not give a moral propulsion to her food and medicine. Often the treatment must be pursued with the regularity of a time-table by night as well as by day.

Notwithstanding all possible efforts. nausea and vomiting and diarrhoea may often be produced, and the physician may be thwarted in his object. He will then try the white of eggs alone, variously combined, or will suspend them altogether. I have given the whites of forty-eight eggs daily for many days to a patient in the critical stages of Typhoid fever.

Please remember that I am not advocating a fad, specific, or "cure all," nor suggesting any original or untried method, nor urging the indiscriminate administration of an article of diet to your patients. They may be only a small number of physicians present who have not appreciated the nutritive value of the egg liberally administered. I am addressing them, and I would urge that in some of their chronic cases of exhausted nerve centres, and in those acute critical cases which from time to time come under their care, and tax their resources for maintaining life until diseased pro-cesses can expend themselves they should throw away their tonics, and possibly stimulants, and should gradually lead the stomache of their tients up to the egg an hour practice. Gentlemen, the early Christians saw in the egg, the symbol of the Resurrection, and this symbol may be converted into a veritable Easter for some of your patients, by what at first thought some may deem the fabulous Resurrection power of the egg.

ABOUT THE FARM.

Milking machines continue to be patented, but none of them appear to anve conle into general use.

The dairyman commits an injurious act against his fellowmen when he leaves the carcass of a dead animal unburied in the cow pasture, or daily milks with manure-begrimed hand.

Doolitte says in Gleanings that if you give a prolific queen eight frames and then increase as she needs them to thirty frames, she'll lay 5,000 to 6,000 eggs daily through most of the laying season and die at eighteen to twenty months old.

To keep or get the weevil out of garden seed, pour a little coal oil (kerosene) in the seed box among the packages. It won't injure the growing qualities of the seed, but it "demoralizes" the bugs.

A colt should never be otherwise than gentle and accustomed to halter, bridle and saddle, cart, sled, or har-row from the time he is a month old. Let the children train him, but don't call it the boy's colt and when grown "father's horse."

A tree growing in a good, rich soll is much more certain of yielding a good crop of fruit under all conditions than the same kind of a tree growing in a thin or worn our soil; and if good fruit is grown it will pay to use or apply sufficient fertilizers to keep in a good condition.

Late fruit is obtained by mulching the strawberries heavily in the winter and keeping it on late in the spring, and this could hardly be obtained in any other way. Do not make the covering so heavy that the plants will rot, neither put it on until the ground freezes.

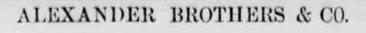
Strawberries are the best of all berries. Every man that owns a piece of land should have a patch of strawberries. If your children cry for them will you give them salt pork? Straw-berries should be set in May and ground bone and wood ashes make the best fertilizers .- Prof. Munson,

Oats may be used as a portion of the ration for poultry the year round, and especially for the large Asiatic varieties that are predisposed to put on an excess of fat when fed in the ordinary way. But we would recom-mend that the oats be good and sound, and first class in quality, otherwise they will not do as a constant food.

Wood ashes is a fertilizer particularly adapted to dry weather. In dry seasons no fertilizer produces better results on strawberries or potatoes. As we cannot forecast the season, it is a satisfaction to know that they have no bad effect should the season be wet. This is one of the things which can be used on almost any crop, on any land, at any time.

When plants are not mulched the cool night air of the early spring, even if it does not check growth, does not it. A mulch admits air, advance warmth and moisture, and shuts out scorching sun and blighting wind. It also prevents the escape of fertilizing gases. It collects the heat rays of the sun and retains them for the warmth and growth of the plant during the night season.

It has been ascertained by and extended series of experiments that rye and winter wheat will germinate in soil, the temperature of which is as low as thirty-two degrees. Barley, oats, flax, clover and peas will sprout at thirty-five degrees. The turnip is as cold-blooded as the rye and winter wheat, but the carrol needs thirtyeight degrees, and the bean forry degrees before they will make the initial effort to send the life-shoot in search of air and light. Experiments show that sheep of seven to ten months old can be made to gain fourteen pounds for every 100 pounds of digestible material consumed, while those of eighteen months old will make a gain of but five pounds. It is difficult to get a profit from feeding old sheep, and any sheep can be made to gain as much in ten weeks as is usually done in five months. There is but one way to success. Feed nothing but pure, sweet, clean, wholesome food. Anything which gives a taint or bad flavor to milk should not be given to cows. If a taint or flavor in the milk is caused by food it will be at its worst when drawn from the cow; if caused by some fermentation it will grow worse as the milk is kept. The remedy for the latter is cleanliness. Use scalding water in washing the utensils and strainers.



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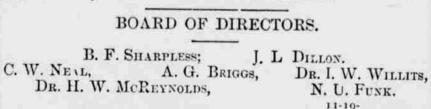
CAPITAL STOCK, \$30,000.

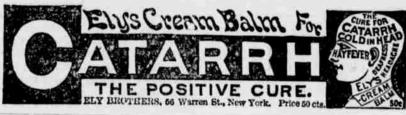
Plotted property is in the coming business centre of the town. It includes also part of the factory district, and has no equal in desirability for residence purposes.

CHOICE LOTS are offered at values that will be doubled in a short time.

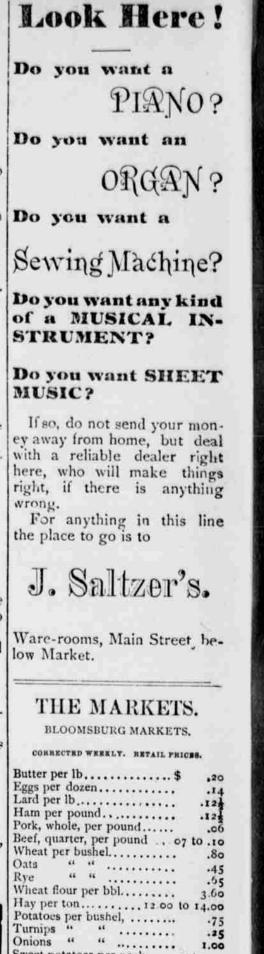
No such opportunity can be had elsewhere to make money. Lots secured on SMALL MONTHLY PAYMENTS-Maps of the town and of plotted property furnished on application.

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Sweet potatoes per peck 25 to .30

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H .-- Nerasthenia, aggravated Mrs. case of long standing, took fifteen eggs and one gallon of milk daily, for six weeks .- Recovery

Mrs. M .- Similar case, took twentyfour eggs and a gallon of milk and chocolate daily for eight weeks .- Recovery.

Mrs. B .- Wife of an intelligent physician. Extreme neurasthenia; men-tal depression marked; insanity feared; treatment begun at Rochester City Hospital, 1492. Medicines discarded as worse than useless; eggs milk and chooninto, systematically administered by day and night nurse; improvement slow: patjent after ten works taken hame where the treatment was continued. Her husband wrote me in October of her complete recovery, and stated that from September 3, 1992, to September 3, 1893, she had taken 2.006 eggs. He felt certain that they had been an important factor in the recovery of a case with a dark outlook

Miss V .- Advanced consumption, 1891,-Hectic fever. Taken from bed where she had been confined for mouths, and placed in a bed in a specially constructed carriage, the object being to keep her out of door as many hours daily as possible. Eggs and mHk were pushed to the point She gradually gaintolerance ed weight and strength, sat up and drove herself and carried her food in the carriage. She took fifteen eggs daily for a year -5.475 in 365 days. Her treatment has now gone on for over three years-the eggs lessened in the past year. She coughs constantly, and has advanced tubercular diseasemight be said to be a saturated tubercular patient, kept alive by an indomitable will power and by a heroism in living out of doors in all kinds of weather, and in taking food in amounts that have astonished me. As to eggs

the has been an exemplary patient. Miss F.-Communition. Fifteen to twonty-four ergs daily, marked improvement in weight and strength. Mr. C.-Diphtheria, Seen with Dr.

farher. Took an erg an hour for sevuni days.-Recovery. Mrn. C.-Rochester City Hospital.

Acute croupeus pheumonia. Twentyfour eggs daily for four days .-- Recovery.

GARDEN AND ORCHARD.

Look well into the young nursery stock. Many diseases of trees are brought into the orchard from the nursery at the time the young trees are purchased.

Put in the early beets and parsnips as soon as the ground permits. They are crops that never should be delayed, and should also be forced by the liberal use of manuré.

Crisp radishes are obtained by forcing them to grow rapidly. Put the seed in rich ground that was heavily manured last year, and work the soil deep and fine before planting the seed.

The recent "alsfortune to Southern truck farms b; the frosts will probably raise prices for fruits and vegetables in this region. Our Northern growers shall endeavor to get their produce in market as early as possible.

Pear trees that are forced to grow rapidly from the start are more llable to be affected by blight than those that come on more slowly. For that teason a crop of grass, grown in the pear orchard occasionally, has been beneficial.

The flower garden should be cultivated by the women of the family, using light tools, as they take more interest in flowers than do the men. An hour's work outdoors every day will improve the health. Anything that will induce outdoor exercise should be accepted.

The supposition that an orchard will thrive with small applications of fertilizers has deprived farmers of fields which would have been possible with larger amount of plant food. What is most desirable in orchards is pot-ash, and it will not be extravagant to apply as much as 1,000 pounds per acre.

Green peas are readily salable at all sensons of the year. Recently one of the largest vessels that ever came into Philadelphia brought hundreds of tons of canned "French" peas from Eng-land. They did not differ in the least from the kind grown in this country every year. Why cannot farmers grow peas in large quantities for canning purposes. By co-operative effort an outfit for canping peas could be introduced in every community, not only providing a profit to growers but also affording employment to many in picking and hulling the peas.

Care of Stock.

The slip-shod methods of stock caring by old-fashioned farmers are best shown by their losses of early lambs. Sheep were not bred to lamb until late even then it was expected as a and matter of course that more or less lambs would perish from cold. Now, good farmers have their ewes lamb in midwinter and both ewe and lamb are sheltered so warmly in basement stables that very few are lost. Sheep growers are now breeding improved kinds of sheep, which have the habit of dropping twins, and occasionally triplets. The twin lamb needs some extra feeding, but when sold in early spring he well pays for this, while in olden time one and sometimes both of the twin lambs would be allowed to perish in the cold.

Raising Onions.

Over 600 bushels of onlons have been grown on an acre of land, yet 300 oushels make a good crop. They require work from the start, and the cost of labor will be quite an item. They entail too much expense for ordinary farmers. Yet, when we look at the receipts, an acre of onlons will produce more in bushels than ten or fifteen acres of wheat, and sell for twice as much per bushel.

Raise Strawherries.

Prof. Troop says that 12 rows of strawberries, 50 feet long, will give an abundance for any farmer's fam-ily. Such a bed ought to yield over quarts of berries, or 20 quarts a day for days. But very few families can find use for such quantities, and the space called for is only 40 by 50 feet. What farmer is there who cannot afford that small space to cultivate it?

