OBESITY IS A SIGN OF DISEASE.

The Fystem That Made Dismarck So Thankful to His Physician.

ALL FLUIDS INCREASE THE WEIGHT

WRITTEN FOR THE DISPATCE. Of recent years corpulency has been made a special branch of medical science. Excessive deposits of fat are now looked upon as a sign of bodily weakness. Fat people

are seldom in good health and less often

comfortable. In general terms obesity means an un usual deposit of fatty matter in the body. As a rule we find it under the skin between the muscles and under the membranes inside of the body, chiefly between the intestines. The largest deposits of fat are found in the thighs, the nape of the neck and the skin of the abdomen. The conditions on which corpulency depend are many; heredity is undoubtedly one of the most important influences, as it is shown by the prevalence of corpulency in some families. Above all, temperament has to do with the accumulation of fat. Mentally active persons of a nervous disposition are rarely overstout. The easy-going, genial individuals who take things as they come, without worrying about the future, are the ones who find themselves growing heavier

as the years go by. Now to the treatment. In 75 cases out of 100 it is the easiest thing in the world to remove the fat. The great difficulty is to keep the fat once removed from returning again. In the home treatment for obesity, I have found it best to restrict the sufferer as little as possible and to avoid a set diet, for any great length of time. Fat people, like horses of mettle, are apt to champ at the bit, when their customary mode of living is seriously interfered with. This more than anything else, Prof. Schwenninger told me, was the secret of his success in the case of his treatment of Bismarck.

Must Stop Drinking Water. A large amount of fat can be removed by the observation of a few simple rules. If you are fat you will notice that you suffer more from thirst than thinner persons of your acquaintance, and that you consume more fluids, particularly water, than they do. This excessive drinking must be moderated, and what is more, the amount can be lessened with very little discomfort. In the first place fat people must learn to drink slowly. Learn to sip fluids, and in less than a week I am sure you will find that your appetite for fluids will be appeased by one-half the amount you usually take. Thirst is located in the palate and not in the stomath. Thus if water passes slowly the stomach. Thus if water passes slowly over the roof of the mouth, a small quantity will check the thirst as effectively as a larger quantity gulped down. Ten drinking women should learn by degrees to take less of that beverage and more gossip.

I do not care to talk about the many

nostrums that are recommended to relieve all sorts of virtues are claimed. I have never used any in my practice, and I don't think I will ever have occasion to do so. Do Not Drink With Meals.

The following rule must be observed rigidly, and it is the only one upon which I lay particular stress: Never drink any-thing au hour before, during meals or au hour after meals. This, together with a moderate amount of muscular activity, which may be secured by riding or walking, will in itself relieve you of much of the will in itself relieve you of much of the superfluous fat. Anything which causes a fat person to puff and breathe rapidly helps to relieve him of some of his fat.

I must eaution you against any form of treatment that consists solely of remedies. You will find that all noxious drugs taken by those who are foolish erough to swallow them, only interface with the normal process of nutrition and in hundreds of cases it is directly responsible for incurable forms of dyspepsia. So it is with the stronger acids,

like vinegar and sulphuric acid. There are three so-called systems of treatment. Banting, the one devised by Erbstein, and the Schwenninger. Banting may be dismissed without any reference on accoun of its futility. The Erbstein is a better one, and the laws laid down by its inventor are more sound. Erbstein allows his patients three and a quarter ounces of albumen, o and one-half ounces of sugar and two and two-thirds ounces of fat per day. He fers butter and lard to the other fats as they are readily digested. He also restricts the drinking of fluids to the minimum. The Treatment of the Leaders.

Physicians acknowledge that the Schwenninger cure is the most rational and successful. Those affected with some form of hear weakness are gradually given an increased ount of exercise, a liberal amount of meat and a tonic consisting of any of the preparations of iron. That is all, for in these cases the fat must be slowly absorbed. For patients with sound hearts a rigid form o exercise in the form of long excursions is insisted upon, and the diet of lean meat very largely decreased. It demands a deallows the patient some appreciable quantity of fluids with the exception that none is to be taken during meals. Schwenninger and Oertel, who adopt this treatment, are the acknowledged leaders in this branch of medical science. The home treatment is what will interest You most. If your heart is in a favorable

ondition for treatment, and it is advisable to get a doctor's opinion on this point, this is the way to go about it: The first thing to do is to moderately reduce the amount of food taken, but in no case take less than you feel necessary to sustain your strength. What May Be Eaten With Impunity.

Schwenninger refers to a daily diet con-sisting of lean meat and fish, with not over one and one-half ounces of fat, four ounces of sugar and starchy material. To this you may add from a half to three-quarters of pound of ripe fruit, except grapes and figs. Vegetables like watercress, parsley, celery, cabbage kale, turnips and asparagus are the most desirable. I mention this to caution you against the unrestricted use of potatoes, rice and the other starchy vegetables.

By all means be sparing in the use of

fluids. If you cannot content yourself with a small quantity of liquid, satisfy your appetite with as small a quantity as you can. You may take a moderate amount of water, coffee and ten only, no malt and spirituous liquors, and as I said before they must not taken for an hour before, during meals or for an hour after.

Add to this a slowly increasing amount of exercise and I am sure you will have the remedy that will decrease your weight; at any rate if it does not it will surely keep you from increasing, and without the use of

Should all these measures fail, which is not likely, you may take from ten to 15 grains of the iodide of sodium in a glass of milk or water twice a day when the stomach This continued two or three

is empty. This continue weeks will surely help you. T. MOUNT BLEYER, M. D. HOUSECLEANING in all its details. Estimates furnished by W. A. Hoeveler, Storage.

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ite Amusement Resort.

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Three beginners' classes. Two advance classes. Two children's classes. Only school having four teachers. Tuition—One quarter (10 lessons), \$3. PROF. JAMES P. BROOKS'

Only member in this city of the American Society of Professors of Dancing, New York) DANCING ACADEMY, Liberty av. and Sixth st., Will open for Misses and Masters SATUR-DAY, October I, at 3 o'clock P. M. For Ladies and Gentlemen MONDAY, Oc-

Call for circulars at music stores.

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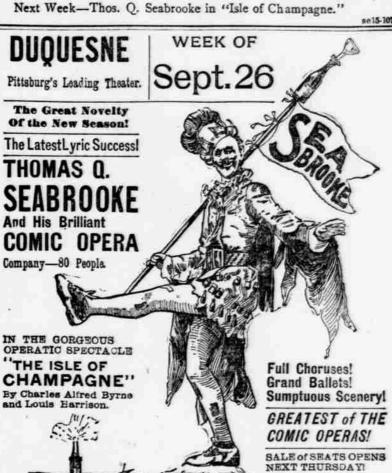
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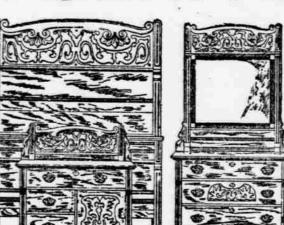
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