

### WOOL vs. COTTON.

**The Hygienic Use of Clothing—Why and How Cold is Kept Out and Heat In—A Final Word.**

"Still harping on his daughter." Like the upright Jew in Shakespeare's Merchant of Venice, who kept harping on his daughter, our champion of cotton and linen underwear in all temperatures, continues to harp about his treasured fad. This question of dress in our climate is important because it is of vital interest to the public, who demand those who are competent and qualified to give advice, that they may properly and safely be protected in their winter and summer environments.

It is a problem that confronts the medical profession, and to be decided by the members thereof, who are the true teachers of medical and sanitary morals; who occupy the high ground that the health and sanitary safety of the public demands that its medical servants shall be educated men and women, proven to possess scientific knowledge of the human body, in health and disease.

In my former communications, I have presented the physiology and physiological chemistry of the subject as I understand them, and find that these sciences and those offered by our champion of linen and cotton are incompatible, and have no affinity.

I would suggest to the members of the profession in our county that, as we have been taught during student life respecting individual hygiene, it is necessary for us all to regard its three divisions, viz.:—dress, ablution, ventilation. The hygienic use of clothes is not so much to keep cold out, as to keep heat in. In robust persons it is not at all necessary to put on extra clothing when preparing for out-door exercise; but care should be taken to retain sufficient clothing after exercise; and, when at rest, to prevent the heat passing out of the body. We should forbid "brassy impudence" to play "fantastic tricks;" upon what it is our own duty to guard, resenting and opposing any and all encroachments upon either one of these divisions of individual hygiene.

The human race, during its pilgrimage on earth and wanderings over it, has many difficult tasks to perform. One of the most difficult is involved in the necessity that all our internal organs, and the blood, whether at the Equator or the North pole should retain an equable temperature, 37 1/2 Centigrade, 98 F. Deviations of but one degree are signs of serious illness. The blood of a negro and that of the Esquiman is of the same temperature, while the one lives in a temperature of 40 degrees above, and the other 40 degrees below zero, (centigrade.) A difference of 80 degrees has then to be equalized. Our organism doubtless possesses a special apparatus for the performance of this colossal task. Self-acting sluices, so to speak, by means of which more or less of the heat generated in the body passes off; these consist mainly in the increase or diminution of the peripheric circulation, and the action of the pores of the skin. But we soon come to an end of our natural regulating apparatus, and have to resort to artificial means. Against cold we have excellent methods in clothing, dwellings, and fires, the same it is superfluous to repeat, "which I wish to remark."

It is to be acknowledged that empirical results have sometimes furnished the profession of medicine and surgery with valuable additions; and from the science of chemistry it has received beautiful presents. The profession has sometimes profited by the authors of other systems of practice as Hahneman, Priesnitz, Thompson, and others. It was by the furious invectives of a malignant quack that philosophy was brought into medicine. This drunken vagabond rejoiced in the resounding name of Aurelius Philippus von Hohenheim Theophrastus Bombastus Paracelsus. Like many of the wandering philosophers of those times, he travelled through central Asia, and was sent by the Tartar Emperor on an embassy to Constantinople, in which city he was taught the art of making gold by an Arab. In these peregrinations he learned the medicinal value of two of the leading articles of the materia

medica, opium and mercury. It so happened that a curious disease at that time made its appearance in Europe, the origin of which, by all other nations was imputed to the French, and called by their name, but by that gay and gallant people the insinuation was transferred to the natives of Hispaniola or other parts unknown. To this the mercurial preparations of Paracelsus seemed to be a sovereign and specific cure. What with his opium, and what with his mercury, he rose to an immense popular reputation. He delivered and published the most scandalous diatribes against the old physicians; publicly burnt the works of Galen, Avicenna, and those old authorities which the profession had been following for hundreds of years. The great principle which animated him was the preference of his own experience to the combined wisdom of antiquity. But perhaps I do an injustice to the memory of this immortal quack—the reformation he was called to demand such a man-strip him of his alchemy, which never could prevent his being a deplorable pauper, and of his Elixir of Life of which he carried a bottle always in his pocket and which could not prolong his earthly thread beyond the forty-seventh year, and he did great things for the profession. He made the doctors in white gloves; for so he called those who were too vain to soil their fingers in a laboratory; a laughing stock from one end of Europe to the other. But none of these characters in the whole history of medicine has been known to butt against a truth of Nature, a law of the Universe. It was left for a polite and accomplished gentleman of the twentieth century, residing in this corner of the Keystone State, to assume the prerogative of performing miracles of this kind, which entitles him to the cognomen of prince among mountebanks.

It is not to be supposed that because the Egyptians dressed their mummies thousands of years ago in linen underclothing, nor that because Hippocrates who died in a tropical climate B. C. 357 recommended it, is a reason for wearing it for that purpose in low temperatures in these modern days. Were our champion's theory true, Peary and his companions would now be equipped with an outfit of the stuff, and to be distributed among the Esquiman they may find in their journey northward. Peary acts from the stand point of science and philosophy, and not from blind caprice.

Did the doctrine of wearing linen or cotton underclothing in our climate, in the winter season, possess the extraordinary superiority and efficacy given it by our champion, it would have been known to the members of the medical profession here, who generally know a good thing when they see it as soon as others, and are as quick to act upon it. Where in our country are they teaching such a doctrine in the medical schools and universities? Were it in accord with science or truth, our medical societies would have advocated it long before our champion was the owner of a printing press.

Why do northern explorers use woolen shirts and drawers on their expeditions? It is because woolen is a bad conductor of heat; aiding their wearers in retaining it; did cotton or linen possess a like property it would take the place of woolen, for economic reasons.

When the objects around us are as warm as ourselves, we lose no heat by radiation or by conduction. What is radiated from us is radiated back by them. Here cotton or linen underwear is the *sine que non*—without which nothing. In winter weather natural law asks for an equilibrium of temperature between ours of 98 1/2 degrees F. and the surrounding atmosphere. Here radiation and conduction are both at work to rob our organism of the animal heat, and will win, unless the fur, hair, or woolen bad conductor of heat prevents, if the temperature is low enough, as "in Greenland's icy mountains."

With this article, all essential points connected with the subject under discussion having been covered, the writer's share in the controversy ends.

OCTOGENARIAN M. D.

AUCTION.—Next consignment sale at Brannan's livery, Friday, March 12th, at one o'clock p. m. Horses, cows—anything you wish to sell. A. O. Blake, Auctioneer. B. F. Blake, Clerk.

### SUGGESTIVE QUESTIONS

**On the Sunday School Lesson by Rev. Dr. Linscott For the International Newspaper Bible Study Club.**

(Copyright, 1908, by Rev. T. S. Linscott, D.D.)  
March 7th, 1909.

Phillip and the Ethiopian—Acts viii: 26-40.

Golden Text—Ye search the Scriptures because ye think that in them ye have eternal life; and these are they which bear witness of me.—John v:39.

Verse 26—When God directs us by circumstances or by a friend, or by an angel, is it just as much from God as though He spake to us direct?

I do not know whether this angel was a devout man, or woman, or a mental picture, or a dream, or a spirit; but he, she or it, convinced Phillip, that God wanted him to go south; now how did Phillip know that the impression to go south was of God; and how may we know under similar circumstances? (This question must be answered in writing by members of the club.)

May any person who is not playing double with God, safely trust "the inward voice," to direct as to outward circumstances?

Verse 27, 28—Phillip found that he had not come on a fool's errand; now is it not invariably so, that results of tomorrow, always justify the faith vision of today?

Seeing this Ethiopian was a man of exalted position, in a foreign country, what was the significance of Phillip being sent to him?

Verse 29—When Phillip saw this man's chariot looming up in the distance, perhaps after days or weeks of waiting, with more or less doubt; he got the impression that this was his opportunity; now from whom did he get the impression?

With what sort of a voice did the Holy Spirit speak to Phillip?

If we should learn that the Holy Spirit used the circumstances, and Phillip's reasoning processes, his hope and his fears, as God's voice, would that be as really the voice of the Holy Spirit, as if words were spoken by God out of the clouds?

Is it always safe for us to do as the Holy Spirit tells us, as in this case?

Verse 30—Was this Ethiopian a devout man?

If a man devoutly searches the Scriptures, is he sure to find God?

If a man devoutly searches the book of nature, with a desire to obey her laws, is he sure to find God?

Verse 31-34—Where in the Bible is the passage which the Ethiopian was reading?

Is it always necessary, that some one should explain the Scriptures to us?

Can we understand the Scriptures or get the full import of any fact, without the aid of the Holy Spirit?

Why could not, or why did not, the Holy Spirit explain this Scripture to the Ethiopian direct?

As a matter of fact, was not the Holy Spirit guiding the Ethiopian as much as he was Phillip?

Was Isaiah conscious when he wrote these words, that they applied to Jesus; or did he think that he was describing some other person or persons?

Did not the prophets, as other inspired men, often write more wisely than they knew?

Verse 35-38—Did this Ethiopian need "converting" the same as a wilful sinner, or did he, as a devout child of God, simply recognize Jesus as the son of God, and was then baptized in his name?

Verse 39, 40—Was Phillip, so to speak, "sprited" away, or did he leave in a natural manner?

Lesson for Sunday, March 14th, 1909—Aeneas and Dorcas. Acts ix:31-43.

### Tales of Cities.

In Leipzig there are street kiosks where for a penny the city directory can be inspected.

New York city is now growing at the rate of 10,572 persons a month by the birth rate alone.

Chicago may soon have a forester to look after the planting and care of trees in the city streets. A citizens' committee has taken the matter up and is planning to ask the legislature to authorize such an official.

### TREE PLANTING.

**Successful Setting of Evergreens in Dry, Wind Swept Regions.**

Fully 700 of the progressive farmers of Minnesota and the two Dakotas were in attendance at the Tri-State Grain and Stock Growers' association at Fargo, N. D., in what they regard as the most successful convention in the association's history. One day of the convention was given over to horticulture and its various branches. The subject of forestry was discussed by G. H. Whiting, a pioneer nurseryman; Professor E. G. Cheyney of Minnesota, Professor C. B. Waldron of the North Dakota Agricultural college and E. A. Kupfer of the United States forest service. One of the speakers at the convention made a brief synopsis of the points emphasized in the discussion on tree planting as follows:

"There is no question regarding the need for tree planting on the northern prairies. Every attempt should be made to protect the farm buildings, animals and orchards from the severe winds which are so hot and dry during the summer and so terribly cold and dry during the winter months. Comfort in the home, complete success in stock raising and the avoidance of complete failure in orcharding demand this.

"Too many of the poorer, quick growing, short lived trees have heretofore been used in the establishment of windbreaks and wood lots. Many of these are now declining. This is no sign that they should be abandoned or entirely cut away. With proper management many of the groves can be made to reproduce themselves. Where this is not advisable the dead and dying trees should be removed. The remaining trees will afford the shelter required for establishing the new groves, and before the last of the old trees are gone young ones will be ready to take their places. This protection is especially valuable in case overgreens are used for the purpose of rejuvenation. The evergreens form the best windbreaks, and their extensive use cannot be too strongly urged.

"There is no wonderful secret in successful evergreen planting. Care should be taken to get hardy stock before growth begins in the spring. Under no circumstances should the roots be permitted to dry out. Before planting cultivate the ground carefully. Do not set trees loosely in the ground, as this permits them to be blown about by the wind and gives the soil the best conditions for drying. Firm the soil about the trees with the heel and then sprinkle a little loose dirt over the firm surface. A mulch of old straw or hay spread over the ground between the trees in the spring is very helpful. In exposed places a hedge of willow or Russian olive planted around the conifers is almost essential.

"Cord wood is selling in the Dakotas at from \$4 to \$7. While the demand for fenceposts in these three states is not very great at the present time, it will continue to grow as the country develops and farming becomes more extensive. When agricultural development becomes as great here as in Iowa, where over \$1,000,000 worth of posts are used annually, the annual outlay for such material in these three states will be enormous."

### A Handy Hot Box.

A planting box that gives a combination of hotbed and cold frame is described by a California authority on vegetable growing. It sounds a handy thing for those who want to grow a few early plants and have no regular hotbed. It is a large dry goods box partly filled with fresh horse manure and straw well tramped down and the top covered with clean straw. Small "flats" or shallow boxes are filled nearly full with soil, and after planting the seeds the boxes are placed on top of the manure, each one being covered with a pane of glass. Thus each box becomes a little hotbed with bottom heat. The glass is removed now and then for air, and as the manure becomes too hot the little boxes are raised on bricks or blocks. On cold nights they may be lowered upon the manure again. The heat of the manure in the box gradually goes down, so that the "hot box" becomes a cold frame.

### Too Cold For Wolves.

It was so cold in Denmark in 1403 that the wolves could not stay there and crossed to Jutland on the ice.



WHEN THE ENGINE COMES

is no time to be regretting your neglect to get insured. A little care beforehand is worth more than any amount of regret.

### KRAFT & CONGER,

General Insurance Agents

HONESDALE, PA.

REGISTER'S NOTICE.—Notice is hereby given that the accountants herein named have settled their respective accounts in the office of the Register of Wills of Wayne County, Pa., and that the same will be presented at the Orphans' Court of said county for confirmation, at the Court House in Honesdale, on the third Monday of March next—viz.:

First and final account of Reinhard F. Warg, executor of the estate of Ida Von Amer, Hawley.

First and final account of Martha Hartman, executrix of the estate of Oscar R. Frisch, Honesdale.

First and final account of Geo. O. Chapman, administrator of the estate of Clifford Chapman, South Canaan.

First and final account of Ann M. Schaller, administratrix of the estate of John Schaller, Texas.

First and final account of George W. Howell, administrator of the estate of S. C. Stanton, Preston.

First and final account of George M. Dibble, administrator of the estate of Hutchinson McMurray, Starrucca.

First and final account of George Stager, administrator of the estate of Elizabeth Stager, Honesdale.

First and final account of S. J. Pomeroy, sole executor of the estate of Jane S. Fitz, Mount Pleasant.

Register's Office, Honesdale, Feb. 8, 1909.

### NOTICE OF ADMINISTRATION,

ESTATE OF HENRY O. SILKMAN,

late of the township of Lake, Pa.

All persons indebted to said estate are notified to make immediate payment to the undersigned; and those having claims against the said estate are notified to present them duly attested for settlement.

CHARLES H. WELLES, Executor, Scranton, Pa.

FRANCIS GARDNER SILKMAN, Executor, Maplewood, Pa.

A. T. Searle, Honesdale, Pa.

Welles & Torrey, Scranton, Pa., Attorneys for estate.

Honesdale, Feb. 8, 1909.

# Bregstein Brothers

After taking an inventory we find we have a number of broken lots of MEN'S and BOYS' SUITS, which we will dispose of

At a Reduction of 40 per cent.

\$4.00 Children's Overcoats	\$ 2.00
.75 Fleece Lined Underwear	.39
.50 and 25c Neck Ties	12 1/2
.50, 75c and \$1 Colored Shirts	.25
.50 Golf Gloves	.39
.50 Caps	.39
.75 Caps	.50
1.00 Caps	.75

Trunks, Dress-suit Cases and Valises

REDUCED 33-1-3 PER CENT.

## The Era of New Mixed Paints!

This year opens with a deluge of new mixed paints. A condition brought about by our enterprising dealers to get some kind of a mixed paint that would supplant CHILTON'S MIXED PAINTS. Their compounds, being new and heavily advertised, may find a sale with the unwary.

THE ONLY PLACE IN HONESDALE AUTHORIZED TO HANDLE CHILTON'S MIXED PAINTS is JADWIN'S PHARMACY.

There are reasons for the pre-eminence of CHILTON PAINTS:

- 1st—No one can mix a better mixed paint.
- 2d—The painters declare that it works easily and has wonderful covering qualities.
- 3d—Chilton stands back of it, and will agree to repaint, at his own expense, every surface painted with Chilton Paint that proves defective.
- 4th—Those who have used it are perfectly satisfied with it, and recommend its use to others.

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10 CENT CIGAR.

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