

Home Health Club

By David H. Reeder, Ph.D., M.D.

During the hot summer months there are frequently days when one feels as though rest was out of the question. Although one may not be doing extra work, in fact, not as much as is ordinarily done, yet rest seems far away. The very atmosphere appears to make one tired, whether standing, sitting or lying down. Nothing seems to give rest or refreshment.

A number of years ago I was, one hot summer day, having just such an experience in Providence, R. I. Walking down Westminster street I met an old gentleman whom I knew quite well, and he appeared so cool and bright and comfortable that I felt it would be a relief just to stop and chat with him. I made some complaint about the depressing effects of the heat, and he at once asked me to go with him to one of the little restaurants for which Providence is famous. I protested that I was not hungry, as it was only 11 o'clock, but he said: "Hungry? No, of course you are not for ordinary food, but your nerves and blood are hungry for a kind of food which but few people know how to supply." Hoping to learn something and get rest and comfort, if possible, I went gladly.

"Give Dr. Reeder a glass of my compound double extract of youth," was the order he gave, and I watched with interest while the waiter took from a large sack a quart of common water. Into this he poured the extract, and it would hold. He then waited upon another customer, being gone about five minutes. My friend in the meantime had been chatting pleasantly. At last he saw me look rather anxiously toward the waiter, and remarked: "Don't be in a hurry; you will find my double extract much better if it is not made in a hurry."

Presently the waiter returned and drained the water out of the glass and then proceeded to make a couple of glasses of lemonade out of the water, which looked a creamy white. It seemed to me that I had never partaken of anything quite so delicious. We sipped it slowly, and every drop seemed to be doing its duty. In half an hour the tired feeling had vanished, and I felt as fresh and vigorous as I usually felt when the temperature was fifteen or twenty degrees lower.

A couple of hours later I was surprised to note that my usual lunch time was past and that I felt no desire for food. About 2 o'clock I went to the little restaurant and called for another "compound double extract," with equally satisfactory results. Natural hunger came about 6 o'clock, and I went home to a good dinner with the keen appetite of health. Many times since then I have recommended this cooling, strengthening, delicious drink for invalids, for brain workers, for rheumatism and as a substitute for the noon meal in obesity, with perfectly satisfactory results. It is easy to make, and as a cooling, strengthening drink for men who are working in the harvest field it is far superior to plain lemonade or water. It is also an excellent drink for nursing mothers, although there should be less of the lemon used. Children can use it freely.

CLUB NOTES.

Virginia.
Dr. David H. Reeder, Laporte, Ind.:
Dear Doctor—Will you kindly tell me through the columns of the Home Health Club, what I should do to limber up a stiff knee that became stiff from lying in a steel frame for one year and two months? I can bend it some, nearly to the shape of a steel square, but not any farther. I have practiced and tried my level best. I have not applied anything, but have simply rubbed it with the palm of my hand. And oblige,
F. H. A.

In the first place, I would advise you to foment your knee with a decoction of lobelia leaves and mullein. Then to treat the disease constitutionally. I think you ought to use the Schuessler method of treatment. Schuessler was an old German doctor who discovered the system of incorporating into tablet form the various tissue elements of the body. He then supplied them in that shape to the diseased tract—the specific element required by each specific condition, the disease being caused by lack of balance in the tissue elements, which balance must be restored before a cure is effected. Thus in your case those elements which would build up and feed the tissues in the nerves, muscles, etc., of the knee would be selected. By all means continue the manipulations. I trust you will adopt these suggestions.

Mechanicville.
Dr. David H. Reeder, Laporte, Ind.:
Dear Doctor—We take much interest in your lectures and have saved many of them. Will you please tell us what to do in a case of insomnia in a young man of steady habits? He is married, is in the hardware business, and, of course, confined to the store most of the time. He can get but few hours' sleep each night, and then it is after midnight. He is pale and nervous and his general health is suffering.

He would be very thankful if you could give him some method of treatment which would be beneficial. Will it be necessary for him to get out of the store? What kind of bath would you recommend? He will gladly follow your instructions. Medicines seem to do no good. Very respectfully yours,
L. C.

I would suggest that the young man take a horseback ride every evening

after supper. Also that he take no more after the noon hour, and before retiring he should take a cup of hot milk, as follows: Heat it very hot, but not so that it boils, then, keeping it hot, sip it slowly with a teaspoon—if it takes fifteen minutes to sip it all, so much the better. Taken in this way it will not constipate, and is extremely soothing and refreshing. A cold sponge bath in the morning and a tepid, not hot, bath at night, about twice weekly, will be best.

He is probably one of those kind who do not require much sleep, and will be better off if he does not retire until about 11 o'clock. At the evening meal lettuce salad would be good, but the cup of hot milk should not be taken until time to retire. He should use no tea or coffee, under any circumstances, and should make a practice of masticating his food very thoroughly, drinking nothing while food is in the mouth, but an abundance of pure water between meals. I think he would find much of value in this line in the cloth-bound book of Home Health Club lectures, described in the circulars which I sent to you. I trust that these suggestions will prove of value, and that your interest in the Home Health Club will increase to such an extent that you will decide to become a member.

New Hampshire.
Dr. David H. Reeder, Laporte, Ind.:
Dear Doctor—When a bad breath and a poor complexion indicate a deranged stomach, what is the best remedy? Is powdered charcoal a good stomach purifier? If so, how often and in what quantities should it be taken? Does it make any difference what kind of food is used to produce it? S. J. R.

Charcoal tablets made from willow are the best and are an excellent thing for such a complaint. One tablet after each meal is sufficient. The cause of the difficulty, however, must be removed or a cure will not result. The bad breath may come entirely from catarrh or from bad teeth. Write again, giving a more detailed description of your case, and I will be able to advise you more fully as to the cause of your trouble.

Maine.
Dr. David H. Reeder, Laporte, Ind.:
Dear Doctor—I am an interested reader of your Home Health Club lectures and notice that we are entitled to write to you for advice. I wish to become about twenty-five or thirty pounds heavier than I now am. I am nineteen years old, five feet seven inches high and weigh about 100 pounds. I live in the country and can eat almost any kind of food with the exception of onions. Sometimes I have very severe pains in my back. My blood seems to be too thin and I have a poor circulation. My complexion is very poor and I am, as a rule, quite pale. If you will give me some advice I will be very thankful. Respectfully,
J. D.

I think you are wise to wish to put on more flesh, because according to your figures you are abnormally thin, while if you were to gain normal weight your blood would be enriched, and you would not be so liable to pains and aches as you now are. How to put on the needed flesh is described in the cloth-bound book of lectures, under the subject of Obesity and Leanness. The many other lectures which this book contains will be of value to you in correcting your habits of living, and enabling you to rid yourself of aches and pains. If after applying the treatment outlined in the book for leanness, the pain in your back does not disappear altogether, write me again of your success, and I may be able to help you further. I have sent you circulars regarding the Home Health Club and its books. You should also follow the Home Health Club method in regard to diet. To increase flesh you should eat as a dessert once daily after your principal meal, about one ounce of almond nut meat, the skin being removed from the meats, and if they are dipped in chocolate, it will be better. You should also eat about one ounce of fresh layer raisins and afterwards drink an abundance of water.

All readers of this publication are at liberty to write for information on subjects pertaining to health. All communications should be addressed to Dr. David H. Reeder, Laporte, Indiana, and must contain name and address in full and at least four cents in postage.

Planting a City.
Dr. Heinrich C. Leonhardt, of Tonawanda, recently supplied almost the whole city with young trees, says Country Life in America. At a dinner which he attended he heard the suggestion made that the city needed shade trees. Immediately he bought thousands of young elm, maple and chestnut trees, and as soon as it was possible had them shipped to Tonawanda and stored in a nursery there. Then he announced that all who would might have trees by applying at the nursery. The effect was wonderful. Streets that never would have had trees were soon filled with flourishing young saplings that in twenty years will be priceless—a magnificent monument to one man. Two thousand of the trees were distributed in an incredibly short time. There was more tree planting in Tonawanda this spring than ever before. The only condition attached to the offer was that persons taking trees should guarantee to plant them for shade purposes and to plant them in accordance with directions given at the nursery.—World's Work.

"For Willie."
The late Joseph Jefferson's son, William, went abroad several years ago, and while he was "doing" London he found that his funds were running short. He cabled to his father: "Send me \$500." The elder Jefferson cabled in reply: "What for?" Back came the answer: "For Willie." And he got the money.

Woman's Realm

Tunic Effects in Skirts.
It is rumored that tunic effects in skirts are to appear with the first untrammelled days. In fact, some ultra smart women are wearing them now. The bell-shaped tunics, short at the sides and arranged over a plain or flounced skirt, are the most attractive. Other tunic models have a square apron effect slashed up at the sides, for stout figures this style is best, giving long lines. If you think of having a woolen street gown made now, be sure that the skirt is cut in a modified bell or umbrella shape.

Women at the Bar.
One of the graduates of the Law School of Boston University at its recent commencement was Miss Edith W. Peck, a young woman of social prominence in Cincinnati, Ohio. It is said that she will enter the law office of her father, who is a judge, and attend to a general office practice. Another woman to enter the profession of law is Miss Anne Grace Kennedy, a graduate of the Baltimore Law School and the second woman to receive the degree of bachelor of laws in Maryland. She received in addition to this degree two medals, one for the best thesis and the other for being the highest grade student in the senior class.

Is Modern Courtship Quick?
An American lady has discovered that courtship is a swifter business than of old. This does not result, as you might suppose, from the increasing "hustle" of these happy days, nor from the higher speed of the maidens of 1905. In olden days, when the lovers "stole a word or two between the pauses of a minute," things dragged. Now that a "couple can golf all day undisturbed by a chaplain" if a man doesn't make record time in courtship, why blame the man. This is all very well. But in the days of the minute they could, if we believe the romancers, put on the pace. Miss Lydia Langgish would meet Mr. Roderick Random for the first time at tea, and be off to Gretta Green before supper. Golf is not in it.

What She Embroiders.
Linen buttons.
Stamped chemisettes and elbow sleeves.
Linen card cases to match her linen dresses.
Stock ties of handkerchief linen, already stamped.
Towels for wedding presents, giving them a scalloped edge.
A butterfly design on her underwaist and other lingerie.
Handkerchief bags, which may be bought ready stamped for a quarter.
Linen covers for heart-shaped pillows. These have embroidery ruffles.
Fine white pique cases for the handkerchiefs, gloves and cravats of her male relations.
Pretty collars and cuffs sets, which come ready stamped on linen for thirty-five cents.

And for the same price one may buy the entire little outfit wherever all this may be done.

Cultivating the Graces.
Keeping up appearances may be considered vulgar, but within rightful limits it indicates a prime essential to successful attainment. In the matter of behavior, if one wishes to appear graceful and amiable she performs a task that is not only to seem but to be amiable and graceful. The recognition of what is seemingly the first step toward its attainment.

With the decline of the kitchen and life in apartments, grand functions and state occasions are being left to those with spacious homes and limited means. But the spirit of hospitality is not dead; only its outward forms are put upon a more simple and perhaps more genuine basis.
Having eliminated from domestic service much that is superfluous, and having gained a broader knowledge of what constitutes the art of living, the housekeeper of the future will dispense her income and time to greater advantage than she has done in the past and her hospitality will subserve more than a single end. Nor shall its leading feature be confined to the woman's luncheon on which occasion the family needs entertainment or shelter abroad until the dread hour of the function has passed.—Indianapolis News.

The Ideal Guest.
It has been said that women may be divided into two classes, that of the "born hostess" and that of the "born guest," and that neither fits into the other's role with any degree of success. There is one charming woman who is known among her friends as "I. G.," which mysterious appellation stands for "Ideal Guest." It is so silly! And one can be a perfect guest if she only tries. All you have to do is to be pleased with your entertainment, and try to help your hostess make things agreeable for others. Yes, I do visit a great deal, and I make it an inviolable rule never to repeat in one house what I have seen or heard in another. It is very modest and quite proper that the "Ideal Guest" should thus make light of her qualifications. Those of us, however, who have a faculty for observation know of other requirements of the character she has not named. The "Ideal Guest" for instance, makes the care of her room as

easy for the maid as possible. When she leaves it in the morning the bed is stripped and the mattress turned to the air. When she leaves it for dinner or supper in the evening, all her own belongings are carefully put away in closet or drawers, thus making no "picking up" after her—work which is wearing to the maid and which takes much time. The "I. G." also remembers at noon, or when the guest room has the most blaze of sunlight, to close the blinds or drop the awnings, thus helping to keep fresh her hostess' dainty furnishings.—Harper's Bazar.

The Business Woman's Problems.
Why the woman who works for a living is usually more nervous and in less exuberant health generally than the man who works, has been a matter for much discussion in clubs and news-papers, and without any satisfactory verdict having been reached, but there are those who do not find it hard to understand the phenomenon.
The man who works usually does one sort of work. He is a physician, a lawyer, or a clerk, and when he has closed his office door for the day, if he is a sensible man, he puts in the remainder of the time enjoying himself in whatever way best suits him.
And the woman who works—well she is usually jack of a dozen trades and master of none.

When she comes home from her office it occurs to her that there are a half a dozen pairs of stockings to be darned—and she sets to work forthwith on this nerve-tearing work. When the stockings are finished, she is just as likely as not to sew on the lace that the laundress has ripped off a skirt, and she goes to bed with her head aching and absolutely unrefreshed.
In the morning she remembers that there are a dozen little lace collars to be laundered, for they were much too fragile to go in the general laundry, and that afternoon she gives over to the "doing-up" of these troublesome little things, adding a couple of white belts, three pairs of white gloves and a veil to the pile.
When she has finished with these, her back is aching, and she is glad to lie down and read by the light of a distant and dim gas jet the afternoon newspaper, thereby bringing on the ills that come from eye strain.

She discovers the next afternoon that her hair needs washing, and she spends a good two hours at this hard work. She doesn't feel that she can afford the seventy-five cents or \$1 that a hair-dresser would charge her for this service, and which the latter can do much better than she can do it herself, and so she spends strength that is worth more to her than money, in half-doing this work.

She manicures her own nails when she should be taking a nap, and makes shirt waists when she should be exercising in the open. She makes caramels by way of fun, and fusses over them until she herself admits that she is "half-dead."
She finds things for herself to do that really needn't be done, and by the end of the summer she is a limp and nerve-racked rag.

"But I have to keep nice," she wails, "and I cannot afford to hire some one to do my mending and to groom my hair and nails!"

It is, indeed, a problem how the business woman shall manage, but, nevertheless, there are some of the reasons why she who works for a living is usually a thin and anemic person, who looks haggard and old before her time.—Baltimore News.

Widepread is the fad for so-called odd jewelry.

Pique collars and cuffs are a feature of all summer frocks. Trimmings lead off with quillings of the same silks as the gowns. Chiffon taffeta and chiffon cloth gowns must be included.

Exquisitely embroidered imported blouses attract one's attention at every side. The pattern or robe gown as it is called, helps to make life easier by far this season.

Dull gold galleons of various widths are much used in combinations with a brilliant color. The modified leg-o-mutton sleeve is the favorite sleeve, says the Philadelphia Bulletin.

Under lingerie hats the hair will be seen to be garnished with pert butterfly bows of crisp silk.

Of the making of collars, chemisettes and cuffs, as well as undersleeves, there is indeed no end.

Using different linings make a lot of variety in embroidered dresses, for the effect is quite different with each color.

By that silent agreement which is fashion's Marconi system, every well dressed woman, it seems, has ordered one or more black costumes. Several new kinds of pleated bindings and ruchings are shown; among these is one designed to take the place of a neckband with a two-inch and a half frill below to lie flat around the throat. It is of pleated chiffon.

DEMOCRACY.

There is a Bowers restaurateur—they call him "Coffee Jake"—Who makes a humble specialty of serving Hamburg steak. He shouts your order down the tube, "A chopper—make it flat!" The meal comes hot and costs a dime—and isn't bad at that.

But at the new St. Rich Hotel more formal airs you'll find. And one who goes to luncheon leaves the simple life behind. A footman meets you at the steps, another at the door, And lined up to the dining room stand many, many more.

A butler bows you to the room, a waiter to your chair, And luncheon takes the aspect of a serious affair. A funkey brings a menu card with reverent aspect—The heavens are hushed and waiting for the order you select.

You pause. You're rather short on French, but then you'll make a bluff. A Something is a Something Else seems nourishing enough. The waiter takes your order and attends to your commands, As grave as an ambassador with nations on his hands.

With portents of a great event the atmosphere is stored. The silver forks and crystal gas gleam on the snowy board, And hark! the corps of servitors attention seem to stand—The waiter is approaching with your order in his hand!

A silver dish of fair design he sets beneath your nose, And lifts the cover tenderly its wonders to disclose. When—lights of poorer, humbler days and shades of "Coffee Jake!" You recognize no other! than your friend, the Hamburg steak!

MORAL.

When one, through change of circumstance, becomes a guided denizen, It's fun to see a Hamburg steak assume the air of venison.
—Wallace Irwin, in Life.

FLASHES OF FUN

He—"Can't you give me a little hope?" She—"Why—er—yes, I have a maiden aunt who is dying to get married."—Life.

Whenever I buy a suit of clothes The mirror makes me very sad. I cannot, however I pose, Look like the picture in the ad.
—Washington Star.

"What is your idea of a classic?" "A classic," said Mr. Curox, "is some thing you have to listen to because somebody else said it was good."
—Washington Star.

Hawkins—"That pickpocket they caught is really a very intelligent fellow." Sampson—"No doubt of it. He proved that by his ability to locate a lady's pocket."—Judge.

"She's still encouraging Mr. Hug gard, although her mother told her she must keep him at a distance." "Well she's keeping him at a distance—from the other girls."—Philadelphia Ledger.

Mrs. Hicks—"John, I'm sure there's a burglar down in the dining-room." Mr. Hicks (sleepily)—"Good! If we keep quiet maybe he'll take away that chafing dish of yours."—Philadelphia Press.

It is easy enough to be cheerful. When pleasures come fast and thick, But the man worth while Is the man who can smile. When his "woolens" begin to stick.
—Chicago Record-Herald.

"Don't let it happen again, that's all," said Johnny's mother when she heard Johnny had played truant. "It didn't happen this time," replied Johnny between his sobs. "I did it on purpose."—Boston Transcript.

Bleeker—"Say, old chap, I'm in beastly bad luck; need money badly and haven't the least idea where I can get it." Baxter—"Well, I'm glad to hear that—I thought perhaps you had an idea you could touch me for it."—Puck.

Mrs. Crawford—"Now that the honeymoon is over I suppose you find your husband has grown economical with his kisses?" Mrs. Crabshaw—"He has reached a worse stage than that, my dear. He has grown economical with his money."—Philadelphia Telegraph.

The Chinese Coolie.

Lieutenant-Colonel Mainfield, of the British army, writes: "My admiration for the Chinese coolie is unbounded; there is no man in the world who does the same patient, laborious work so cheerfully. Farther on, when we came to the mountainous water-shed country, where only load backs are possible, I became still more confirmed in this opinion. Often after a long and weary day with the surveyors, in the course of which we would have climbed up from 5000 to 8000 feet, and made several such ascents and descents, having, perhaps, been on the move from 5 in the morning until dusk, we would come in, rather inclined to pat ourselves on the back at the thought of what a hard day's work we had successfully accomplished, only to find that the Chinese coolies had made as good time, each man having covered nearly as much ground with a load of 100 pounds on his back. This done on a few bowls of rice and bean curd, for a wage of less than ninepence (18 cents).

"Then, on their arrival, one might have thought that the coolies would have been glad to rest; but if, as was often the case where accommodation was limited, I slept in the same house, I found to my annoyance that to retire to bed was far from their thoughts and that my sleep was often disturbed by the noise they made as they sat up gambling long past midnight and yet they would be again on the road before 6 in the morning, having risen to make up their loads and get their food cooked before 6 o'clock."—Chicago News.

Fashion Notes

New York City.—Skirt and waist of contrasting material are often exceedingly convenient for the little folk, and this very smart model enables them



to be worn without the over mature effect which is apt to result from the regulation skirt waist. In this instance the skirt is of checked challie

A LATE DESIGN BY MAY MANTON.



while the waist is of white Persian lawn trimmed with embroidery, but there are, of course, countless materials which are appropriate for the skirt while the blouse can be of slightly heavier lawn if preferred. Again, the model is an excellent one for the dress of one material, and will be found charming for the school days of early fall if made from challie or some similar light weight wool.

The dress is made with the blouse and skirt, which are quite separate. The blouse includes the tucked front and the full sleeves and the fitted body lining, which can be used or omitted as material renders desirable. It is closed invisibly at the centre back. There is a belt at the waist line and another attached to the skirt, so that the two can be buttoned firmly together. The skirt is five-gored, and is laid in backward turning pleats which give a box pleated effect at the centre front.

The quantity of material required for a girl of ten is, for waist two and three-quarter yards twenty-seven, two and a half yards thirty-two or one and five-eighth yards forty-four inches.

For the skirt, which is laid in inverted pleats at the back. The quantity of material required for the medium size is eleven and a quarter yards twenty-one or twenty-seven, or six yards forty-four inches wide when material has figure of nap; eight and a quarter yards twenty-seven or four and three-quarter yards forty-four inches wide when it has not.

at least one long white skirt in your outfit, long enough to trail just a little; or have the one pretty white dress you're going to treat yourself to made with a long skirt.

There is no doubt at all of the enduring qualities of mohair. White serge is beautiful, but is only appropriate for strictly tailored gowns. Mohair, on the other hand, is made up in informal gown with boleros, to wear over lingerie waists.

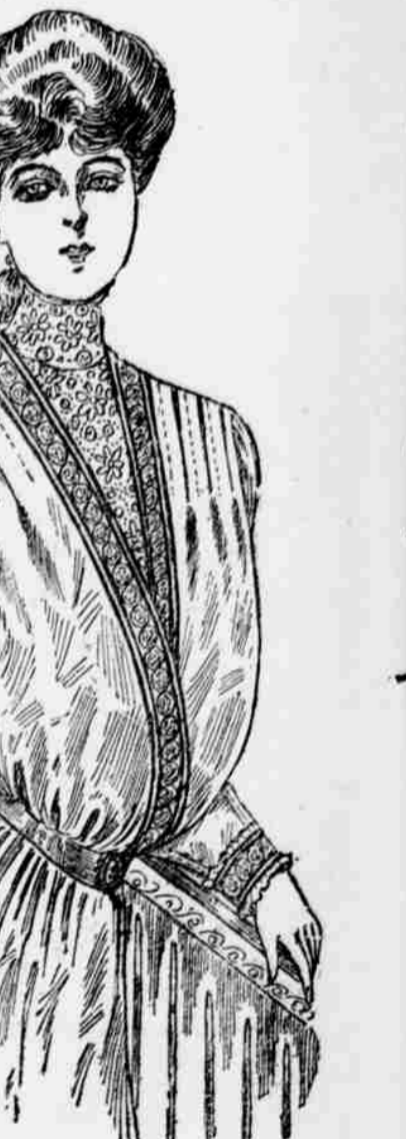
Dainty.
One pretty girl was fetching in a sheer organdie in a pale pink and white check. It was a mass of serpentine insertions, those on the skirt intermingling in profusion to above the knees, and others fairly crowding the bodice proper from notice. Irish crochet lace formed the elbow and Dutch neck finish.

A Favorite Model.
One of the favorite models is the full gathered or shirred skirt crossed by bands of plain material, contrasting fabric or trimming.

Fifteen-Gored Umbrella Skirt.
The skirt that is smooth over the hips yet flares abundantly and freely below the knees is the one that is the favorite of the present and that may be looked for for many months to come. Illustrated is one of the latest that is cut in a succession of narrow gores which make it possible to obtain the full effect after a most desirable fashion, while its many lines give a tall and slender effect to the figure. In this instance the material is dark blue mohair, but the model is well adapted to all suitings, both to those of the present warm weather and to those of the coming cooler season. Again, it makes a most excellent skirt for wear with odd waists as well as for the coat suit.

The skirt is cut in fifteen gores, which are widened generously as they

FRILLS OF FASHION



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