

THE CAUSE OF GRAY HAIRS

DR. DANFORTH SAYS IT IS DUE TO BRAIN WORK.

Man Engaged in a Profession Grows Gray Sooner Than Other Workers.

Everything physical being equal, it is established that the man who is engaged in professional work will grow gray sooner than will the man who earns his bread by the literal sweat of his brow. Thus by implication the man who has more and harder brain work than another—more worries, more troubles, more difficult thoughts, less vitality in proportion—this is the individual and the profession that soonest are marked by gray hairs.

"But who shall decide which is which?" asks Dr. I. N. Danforth, who has made a study of both bald and gray heads. "The doctor and the lawyer and the minister and the business man and the whole category of men are willing to go on record as being the victims of the hardest possible occupations.

"Thus far, however, one may be certain: In the professions generally there are three groups which may be taken up as suggestive of the manner in which heads grow white. First of these are the representatives who are on the outskirts of even moderate success in life. They have the burden of living more than the burden of ambitions. They have to work harder toward making the ends of things meet than they work toward attainment of their skill as professional men. These are of the class which get gray early even if there be no disposition on the part of their ancestry to become gray early in life. Just to the extent that they are susceptible to the worries and pinchings of life, to that extent they become gray—and prematurely old.

LIVE FOR EASE AND COMFORT.
"Another class are the happy men. They are capable of bounded ambitions, and are content with the successes that come to men who bore with small augers and learn well the philosophy of living for ease and comfort. They have horizons that are wide enough, they have learned to avoid cares, and between working well and not worrying they never grow gray; you will see them long after the allotted span of life scarcely with any gray hairs and with small trace of baldness.

"That third type of professional men belongs to the top of the professional ladder the world over. Their brains are filled with surging ideas; there is no rest for the gray matter within their skulls; before blood nutrition can get to the hair it is cut off and subverted to the use of the brain until the logical result of years of this is either gray hair or no hair at all. There is a disposition to baldness instead of to grayness, but in many ways the two conditions are brought about by the same causes.

"In general the man who thinks will be gray before the man who works without thinking. To the extent that the thinker fails to take exercise, is sedentary in his work and habits, and allows his system to lose in tone, just to that extent he will become prematurely gray.

"As a factor in grayness, however, heredity has more to do with it than anything else. In my own family everybody had been in the habit of getting either gray or bald at 40, and as a result I am a good deal of both."

WHEN MAN BECOMES GRAY.

Logically and naturally gray hairs may be expected to appear on the temples at 35 to 40 years old. Brown-Sequard is an authority for the statement that the first of these gray hairs turn white in a night. His observation is based upon the white threads that appeared in his own beard. Looking in the mirror one morning, he discovered a single white hair that was not there the night before. He not only pulled it out but before going to bed again he made a careful search for other white hairs. Satisfied that none was left, he went to sleep again, only to find that while he slept two other hairs had turned white in the same area where he had marked the first.

In this way Dr. Brown-Sequard became to an extent sponsor for the story of the man whose hair turns white in a night, caused from fright. This is the story which dermatologists in all time have shied at, but which at the same time has been on a much stronger footing than anything in the line of ghosts, sea serpents, or mermaids. At the present time, perhaps, nothing in medical history is more tangible on this subject than the report of an exper-

ience of Dr. Parry, of Dublin, reported in the Medical Press a number of years ago. The doctor says: "On Feb. 19, 1859, the command of Gen. Franks, operating in the southern part of the kingdom of Oude, had an engagement near the village of Chamba, meeting a body of rebels. Several of the enemy were taken prisoners, among them a sepoy of the Bengal army aged about 54 years, who was led back before the authorities to be questioned. I then had occasion to observe in the man, at the moment when they took place, the events that I propose to relate.

"The prisoner seemed to be for the first time conscious of his danger when, deprived of his uniform and completely nude, he saw himself surrounded by soldiers. He began to tremble violently, terror and despair were depicted upon his face, and, though he responded to the questions that were addressed to him he seemed actually in a stupor from fright. Then, under our very eyes and in the space of scarcely half an hour, his hair, which we had seen to be a brilliant black, turned gray uniformly over his whole head. A sergeant who had made the capture of the prisoner, cried out, 'He is turning gray!' and so called our attention to a singular phenomenon which we as well as many others were then able to follow in all its phases.

"The discoloration of the hair took place gradually, but it became complete and general in the short space of time mentioned."

OLD IN FIGURES

Electric railways kill 100 persons a month in the United States. The income of the British post office from money in envelopes having no or insufficient address is \$30,000 to \$35,000 a day.

The average yield of wheat to the acre in Europe is thirty-eight bushels. Much more labor and fertilizer is given grain fields in the old countries than in ours.

An advertiser paid \$5,000 for the privilege of painting the name of his product on a big chimney in lower New York, where it could be seen from the North river ferryboats.

At present there are employed on the Panama canal construction 1,500 laborers and foremen, 45 physicians, and 160 civil engineers. They were employed by the canal company, but are being paid by the United States. The daily expense of the construction amounts to about \$5,000.

Barber — "How will you have it cut, sir?" Pepprey — "Both short." Barber — "Both? Hair and beard?" Pepprey — "No; hair and conversation."

Old Richly — "I don't wish you for a son-in-law, sir." Young Man — "No? Well, you haven't any other good position you could give a fellow, have you?"

Deafness Cannot Be Cured

By local applications as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever. Nine cases out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surfaces.

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Pleasant Bay, C.B.

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"I suffered from Kidney Disease for three or four years," says Mr. Hamel. "For two years I would take two or three days off work a week. I was continually sick and forced to walk like an old man. I lost all my energy and became discouraged.

"After trying a lot of medicines that only gave relief for a while I was fortunate enough to try Dodd's Kidney Pills. After using three boxes I was completely cured."

Mr. Hamel is enthusiastic in his praises of Dodd's Kidney Pills and there is not the slightest doubt of the correctness of his statement as dozens of people can testify to his illness and cure.

BEATS SLOWLY IN OLD AGE.

The rate of pulsation depends entirely on the movements of the heart, each beat representing a contraction of the left ventricle. The normal pulse of the adult male varies from sixty to eighty beats in the minute. The range of the individual variation is, however, very great. The range in females is even greater, some having a pulse rate of over eighty, others less than sixty, the majority showing a higher rate than males. In children the rate is more frequent. At birth, 128 to 144; first year, 120 to 130; at sixteen years, 90. In old age the pulse is usually above seventy-two, but often between fifty and sixty. The pulse-rate is higher in short than in tall persons, and also varies somewhat with the time of day, independent of meals and movement, diminishing in the forenoon, rising in the afternoon, sinking during the night, and rising in the morning.

Habitual pulse-rates below fifty-six and as low as forty-six have been observed in healthy adults, but they are rare exceptions.

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WEEK TEA.
In the interior of Australia all the men drink tea. They drink it all day long, and in quantities and at a strength that would seem to be poisonous. On Sunday morning the tea-maker starts with a clean pot and a clean record. The pot is hung over the fire with a sufficiency of water in it for the day's brew, and when this has boiled he pours into it enough of the fragrant herb to produce a deep, coffee-colored liquid. On Monday, without removing yesterday's tea-leaves, he repeats the process; on Tuesday da capo and on Wednesday da capo, and so on through the week. Toward the close of it the great pot is filled with an acid mash of tea-leaves, out of which the liquid is squeezed by the pressure of a tin cup. By this time the tea is of the color of rusty iron, incredibly bitter and disagreeable to the uneducated palate. The native calls it "real good old post and rails," the simile being obviously drawn from a stiff and dangerous jump, and regards it as having been brought to perfection.

SNEEZE SAYINGS.
It is a very curious thing that all over the world there exists the same superstition in regard to the apparently trivial matter of sneezing. In nearly every language under the sun there is some equivalent of "God bless you!" with which our oldest inhabitants in the country will salute the person who sneezes. To this salutation in France is added sometimes the phrase, "and preserve you from the fate of Tycho Brahe," who is believed to have got rid of a "death of cold" by a single sneeze—which killed him. In England a regular formula is used: "Once for a wish, twice for a kiss, three times for a letter, and four times for a disappointment." In Italy the salu-

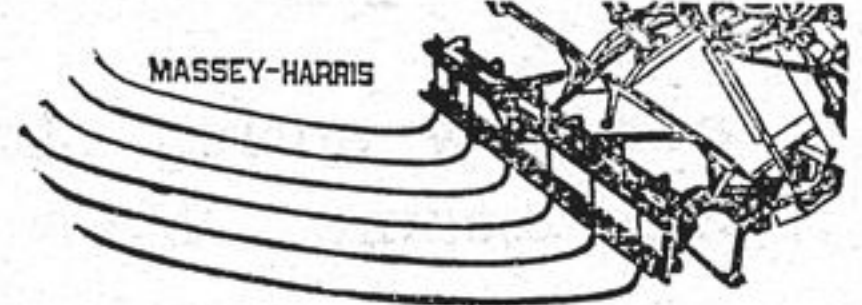
tation is simply "Felicità!" or "May you be fortunate!" In India it is customary when one sneezes to say, "May you live!" and the reply runs, "Long life to you!" In ancient times the Romans, holding the idea that sneezing between noon and midnight was a good omen, believed that between midnight and noon it was most unlucky, and if they should chance to sneeze while getting up in the morning they would at once get into bed again. The Germans say "Good health!" because they maintain, and not without reason, that sneezing is a warning of approaching catarrh, and also marks the moment when a charm, a wish, or a suggestion may drive it away.

Iquique, in Peru, has never seen a shower of rain, yet has 14,000 people.

BUMPER TALK.

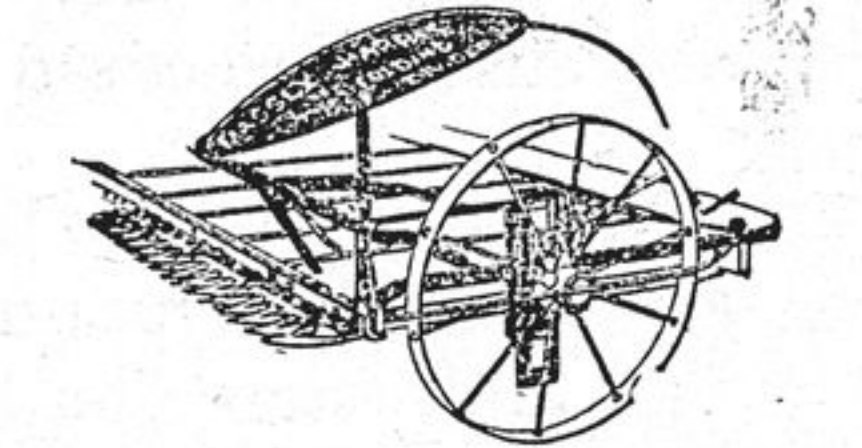
A SIMPLE SHEAF OR BUNDLE CARRIER is one of the many good features of the MASSEY-HARRIS Binder.

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