

IMPURE AIR AND INEBRIETY.

Some Rather Remarkable Cases Cited by a Physician.

"A case was reported to me," says Dr. T. D. Crothers, in Popular Health Magazine, "of an eminent New York physician, of a merchant who tried to abstain from all use of spirits at home, without success. He worked steadily in his office and lived in a rich house in town, where, apparently, every condition of healthy living was present. After several ineffectual efforts to give up all use of spirits he went out camping in the White Mountain region. In a few days all taste for the spirits left him, and for the first time in twenty years he became a total abstainer.

"On return to the city he drank again and could not stop. The next season he moved out in the country, and all taste for spirits left him. Finally, he gave up his city residence, and lived for a few hours at a time, and has become a total abstainer, not having any taste or desire for spirits. It seems most rational to suppose that poisoned air and defective ventilation were the exciting causes of the drink craze in this case. No other condition of surroundings and living could explain his ability to stop drinking in the country and not in the city.

Another incident well verified, seemed to bring out the same fact: A delicate, nervous child of 6 years, supposed to be inclined to consumption, was guarded with extraordinary care against colds and the open air in a rich city home. At 15 years of age a strong taste for spirits developed and at 20 he was an inebriate. His mother died and he was forced to go into the country to live. He became a total abstainer at once, and is now, at 26 years, a strong temperance man. It would appear that in this case some condition of soil and tissue starvation began from defective aeration and continued until the surroundings changed.

I think poison from the defective oxidation of the blood, together with imperfect elimination of waste products, is a very active factor in inebriety. In all rational treatment of such cases these possible causes should precede all other means of impure and defective air is always followed by the accumulation of poisons which, in many ways, unknown, cause reflex nerve disturbances and reactions. The heart contracts more frequently, respiration is accelerated and elaboration of nutritive material is altered in all the cells of the body. Fatigue, depression and lowered vitality follow. Alcohol at this time is a grateful narcotic, which not only conceals the real condition but brings increased degeneration with new bacteria formations and diminished resistance to disease. The brain and nervous system suffers as much as any other part of the body, although this is not recognized.

TOLSTOI ON HUMAN SUFFERING.

Nine-Tenths of Which is Useless and Could Be Avoided.

Count Tolstoi writes in the Revue Encyclopedique as follows: "Go through a crowd of people—preferably city people; examine these tired, anxious, wasted faces; remember your life and the lives of the men whom you have known intimately; recall the violent deaths, the suicides of which you have heard—and ask yourself the reason of all this death, suffering and despair. And you will see, however strange it may appear, that the cause of nine-tenths of human suffering is the present life of the world, that this suffering is useless, that it could be avoided, and that the majority of men are martyrs to worldly ideas.

"Recently, on a rainy autumn Sunday, I crossed the market near the tower of Soukharey in a street car. For a third of a mile the car made its way through a dense crowd that closed in again behind us. From morning till evening these thousands of men, most of them hungry and in rags, jostle each other in the mud, dispute, deceive and hate each other. The same thing goes on in the markets of Moscow and other cities. These men will pass their evenings in the wine shops, and afterward will seek their holes and corners. Monday they begin again their accursed existence.

"Think of the existence of these men, of the situation which they abandon, and of that which they choose. Consider the labor to which they give themselves, and you will see that they are martyrs.

"All have left their fields, their houses, their fathers and their brothers, often their wives and children. They have renounced everything and come to the city in order to acquire that which the world considers necessary. All of them are there, from the operative, the coachman, the seamstress and the prostitute, to the wealthy merchant, the office-holder, and the wives of all of them, to say nothing of the tens of thousands of unfortunates who have lost everything and live on scraps and brack in the free lodging houses.

"Go through this crowd; watch poor and rich alike; look for a man who says that he is satisfied and believes that he possesses what the world deems necessary; you will not find one in a thousand."

As to Fast Thinking.

In an essay in the Forum Mr. Frederick Harrison says that the late Anthony Trollope once told him that he began his literary work at half past 3 o'clock every morning and that for three hours he regularly produce 250 words every quarter of an hour. That is, he composed at the rate of 1,000 words an hour. Mr. Trollope must have written with surprising rapidity if he wrote so long; and he must have thought in haste if he wrote so short. An expert penman may write over 1,000 words an hour all day long if he has not to connect them thought as he writes the copy; but for a man to write and to think up 1,000 words each hour for three hours running every morning, just after getting out of bed, is a feat.

Growth of Protestantism.

The Deutsche Kirchenzeitung, of Berlin, has computed the following table of the religious distribution of the people of the globe, based on the latest scientific investigations. The population of the earth is placed at 1,500,000,000 to-wit:

Europe	381,200,000
Africa	127,000,000
Asia	854,000,000
Australia	4,730,000
America	133,670,000

The leading faiths are represented by the following figures:

Protestant Christians	500,000,000
Roman Catholic Christians	195,500,000
Greek Catholic Christians	105,000,000
Total Christians	800,000,000
Hebrews	15,000,000
Mahometan	150,000,000
Heathen	812,000,000
Total non-Christians	1,000,000,000

OUT OF THE GINGER JAR.

"After it's all over, how much we love the dentist who tells us that the worst tooth he ever pulled."

This was the tempting notice lately exhibited by a dealer in cheap shirts: "They won't last long at this price."

The Chinese Run—Mrs. Tab—Will this color run?

An Indian named "Man-Afraid of Nothing" married a white woman in Montana recently, and in one week after his wedding he applied to his tribe to have his name changed.

"Shakespeare was a great writer," admitted the principal of the City and Commercial College, "but how much better writing he could have done had he taken a course in our department of ornamental penmanship.—At Random Gleaned.

How She Lost Her Aunt's Millions.



"What do you think of my new spring hat?" "Oh, lovely, Aunt! It makes you look fifty years younger!"

Not Banking on It.

Down on the east side one evening I sat down on the doorstep beside a little girl about ten years old, and as she looked up at me with wonder in her eyes, I asked:

"Ever been out of New York?"

"No," she answered.

"Ever been up to Central Park or down to the Battery?"

"No."

"Didn't you never take a trip on the water?"

"Never."

"Can you read?"

"No."

"But you have been told of things—of the green grass and the trees and the birds and the flowers to be seen out in the country?"

"Yes," she answered, with a sigh.

"And some day you will make a trip and see them for yourself?"

"Mebbe so," with a longer sigh, "but I shan't bank on it. Mam's sick, dad's off on a spree and brother Bob is in the jug, and jest about now I'd give all the green grass you ever saw for a hunk of bread and butter! Say, ole mam, are you a preacher?"

"Oh, no."

"I'm mighty glad on it!"

"But why?"

"Cause one come along here the other day and asked me whether I'd rather hev a sausage or go to heaven, and when I said sausage, he got mad and walked off. Any heaven about you?"

"No."

"Bully for you! I'll go up and lock mam in and you'll me'll go out and fill up at your expense. I was jest waitin' for a feller 'bout your shape to come along and do the nice thing."—M. Quad in the Detroit Free Press.

The Feminine Imagination.

The increase in bicycling travel is something like phenomenal on all hands, but the number of women who are of late engaging in it, is especially remarkable. It is this to go on until it becomes a generally recognized method of locomotion for the fairer sex? There would be implied in this a remarkable change in the habits of society, yet it only requires a few more women bicycle riders to set the fashion in order to make it nearly as common in the West as in the East. We see no reason why, in the advance of what are known as woman's rights in various directions, her right to ride a bicycle should not be recognized not only as reasonable, which it is already, but as fully sanctioned in the customs of society.—Boston Herald.

A Painful Joke.

"My" said the shoe clerk boisterously, "but I did get a fine lot of sarcasm from my tailor when I had to stand him off again. Still, I rather think I dim off again. In other words," gurgled the Cheerful Idiot, "you deem his remarks both cutting and fitting."—Indianapolis Journal.

He Knew Her.

"Don't ever speak to me again," she cried, angrily.

Her fiancé shrugged his shoulders.

"Be not hasty," he pleaded. "There are yet"—he moved a step nearer her—"several details of our wedding which cannot be satisfactorily arranged without consultation."—Tit-Bits.

Why It Failed.

"No, our onion social was not a success." "Onion social? What is that?" "Why, all of the girls stand up in a row, and one of them is selected to take a bite out of an onion. Then the young men pay ten cents a guess as to who ate the onion."

"Yes."

"And, if he guesses right, he gets to kiss all the other girls."

"I see."

"And the girl who hit the onion kisses all the fellows who guess wrong. All of that is where the row began. All of the girls wanted to be the onion girl, the girls wanted to be the onion girl, the girls wanted to be the onion girl."

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