

## GUIDANCE IN MATTERS OF HEALTH

### Man and His Stomach

(By Arthur Henry in Ainslee's Magazine)

Particularly the human stomach, and the great business organization, are in a very similar position. In the one, the machinery is not properly adjusted. In the other, the machinery is not properly maintained. The result is the same: a breakdown. The stomach, like the business organization, is a complex system of machinery. It is a system of machinery that is constantly in motion, and it is a system of machinery that is constantly being subjected to wear and tear. The result is a constant state of flux, and the stomach is constantly in a state of flux. The stomach is a system of machinery that is constantly in motion, and it is a system of machinery that is constantly being subjected to wear and tear. The result is a constant state of flux, and the stomach is constantly in a state of flux.

As a result of the haphazard selection, often before a child is ten years old, the stomach is worn out, so that the secreting and motor functions fail, and, as an eminent physician has put it, "becomes almost an inert as a pocket in a coat." Then, having lost its ability to purify and disinfect itself, it becomes the hold of every unclean and harmful germ which thrives in such an environment. The stomach, no longer protects the intestines from the invasion of pathogenic and proteid-decomposing germs, and the whole alimentary canal becomes the habitation of microbes, varied in species, each manufacturing its own toxin or ptomaine, and altogether flooding the system with poisonous substances which overwhelm the liver and pervert every vital process.

By the selection of his food a man may become the arbiter of his destiny. He may preserve and enlarge and multiply his faculties, or weaken and destroy them. It all depends upon the extent to which he uses the natural functions given him, for instance, he selects foods, such as raw grains, etc., which call for large quantities of saliva to moisten and prepare them, and which, when taken into the stomach, thoroughly nourish his body, the salivary glands will wax strong and efficient, remaining with him. On the other hand, should he choose wet foods exclusively, or those which, because of some acid, promptly retard the flow of saliva, the glands will grow weak and gradually disappear. This is actually the case with fishes, and may become so with American food past the salivary glands, which stand agape in gaping impotence, with only a little chance to do their work. The place of saliva is supplied by cephalic stimulants of tea, coffee, water, milk or beer. This not only tends to ward the elimination of the salivary glands, but the amount of saliva immediately produced is altogether inadequate to digest the starchy elements of the food in the acid medium of the stomach contents, and the small amount which is produced, is rendered less efficient by dilution. So the body grows weak in the bargain.

Gastric juice is a fluid formed by the numerous glands in the inner lining of the stomach. It is composed of water, hydrochloric acid, various salts, pepsin and rennin. Like the saliva, which only handles starch, the gastric juice only digests the proteins of nitrogenous elements in food. The stomach, through its friendly and intimate relationship with all the parts of the body, knows just what nourishment each part requires. At every mealtime the multitudinous glands and cells stand like willing and intelligent little workmen, ready to pour out the fluids they have prepared in just sufficient amounts. They expect that the brain, guided by the taste and its own knowledge of the body's requirements, will send enough of the proper material and no more. But, in reality, few minds are acquainted with the presence, let alone the expectations, of their glands and cells. Busy with the affairs of its neighbors - the brain of man has not had time to concern itself about the organization of its own dwelling.

"Oh, what do I care about the pancreas? Gastric juice, the duodenum or whatever it is? We would suggest, however, that these names stand for things as real, and much of as intimate importance to us as the muscles and the nerves. It is the pancreas and the duodenum, the stomach and its neighbors. Our life and health are all in the stomach and its neighbors - the brain of man has not had time to concern itself about the organization of its own dwelling.

domestic and neat little body. For my part, I think the mouth didn't do just right. It knew very well that the stomach had not had a moment's rest all day, and I think it might have been a little more considerate.

"But, my dear child," remonstrated the peptic gland, which was more of a philosopher, "the mouth could not help it. The poor thing has to do just what the man says, and you know yourself that it is a perfect tyrant." "But he must be a very wonderful being - that man! He said the peptic gland should be able to defy and control the laws of nature in the way he does." "Wonderful, truly!" said the other, "desperately; for my part I don't believe any more that the man knows a thing. I think he's an imbecile."

"For mercy's sake," exclaimed the pyloric gland, secreting several drops of gastric fluid in its excitement, "what makes you think that?" "But before this question could be answered, the two glands became aware of a hurried rhythmic movement along the esophagus not far away, and suddenly a gulp of hot coffee came plunging into the stomach. Several pieces of half-chewed toast mixed with oatmeal, sugar and cream, followed immediately. Then came a large mass of beefsteak, then another and another. There were thickly covered with pepper, butter and mustard, and accompanied by small, hard pieces of fried potatoes. For several minutes the half-pasticated steak and potatoes came tumbling down with out an instant's pause; then, after a brief respite, the esophagus swallowed in two bittered pancakes, a quantity of maple syrup and a doughnut.

"The stomach moaned and stirred feebly." "What better evidence of imbecility do you want than that?" "The stomach, recovering from the shock of the arrival of the meal, began calling for the gastric juices to come to its help. The latter needed no urging, but in numberless little globules centred out from the tiny lactes, burst, similarly for a moment to the edges of the alcohol, and then began to drop off bravely on the nearest mouthful; soon a steady stream of digestive fluid enveloped the entire mass of food, while the stomach's muscular layers began to contract, gently churning and mixing every portion of the breakfast. The mucous lining smoothed out its folds to make more room, and all the blood capillaries in the neighborhood crowded close to the transparent membrane. So wonderful are the resources of nature, and so vigorously did the stomach attack its task that possibly even the heterogeneous conglomeration of incompatibilities collected in this breakfast might have been reconciled and assimilated, had not the man, at this moment, left thirsty. The mouth, the throat, the esophagus and the stomach, had been irritated by the condiments forced against their surfaces that they set up a lusty cry for water; hence, no sooner had the stomach put its energies in motion than a sudden flood of ice cold water swept down into it, stopping all the secretions, and the corpuscles back from the walls, and paralyzing every activity. In some time before the corpuscles ventured back to their work, and began to warm up the poor little glands that were stiff and cold. By and by a few drops of gastric juice oozed slowly forth and began a desultory work on the saturated food. By degrees the muscular tissues resumed operations, and the process of digestion was again under way.

The stomach would have begun to work, had it not been for the experience that it had had the man would send down a pill or a powder that would merely stop the pain and make matters still worse.

"On this occasion, as many times before, the stomach turned again to its vast army of little helpers. In them it never found disappointment. On the morning in question every particle of the gastric juice that had been able to recover its vital power and to get a foothold on the coarse, chilled masses of food, was earnestly at work dissolving connective tissue and making peptones. The acids of the stomach were breaking down the albuminous walls of the fat cells so as to set free their oily contents, and dissolving also the mineral salts, not mining, but acting as fats, so that the gastric juice could not do much with the fried potatoes, the oatmeal or the toast. This was unfortunate, since none of the food had remained in the mouth long enough to be acted upon by the salivary glands; therefore, a large share of it could now be removed from the stomach only by peristalsis.

"It is really pathetic," remonstrated the pyloric gland which was watching the struggle from the door of its duct, to see how hard those juices work. They are giving their lives for the sake of the man, and yet he never lifts a finger to make their sacrifice easier."

"What I am worried about," said the peptic gland, "is that we are not going to have any time to rest before the luncheon comes down. Now that, I might as well say, I am tired, but I have already secreted all the gastric juices I have prepared for, and I cannot possibly get any more ready so soon. I am sorry for the poor stomach, too. It is always so mortified when it has to force into the intestines food that is not properly received."

"I should like just time to lay my nerves out that man. I am only a weak little peptic gland, but I know I am sure that man does not, or else he has never paid enough attention to what she says to know. Sometimes I think he has never heard that it makes any difference what he eats; then, again, I think that he doesn't care; that he just eats things that make that horrid little thing about all the rest of us, and I don't know but I get all confused when I think about it."

"But the patient little glands and all the other activities of the stomach had more time for social amenities that day. It would be tedious to tell of the ice-cold ginger ale that sent a shiver through every cell of the digestive organs; of the luncheon that followed the ginger ale; of the peppery soup that made the salivary glands feel lazy, and tore the lining of the esophagus; of the cold roast pork and the Saratoga chips that sank like lead to the bottom of the salad, of the olives, the jelly, the cream, the pepper-sauce, the ice-cream, the chocolate cake that made the stomach's afternoon one long Spanish torture; to tell again of the evening dinner, the

roast chicken and French potatoes, the cucumber and vinegar, the tomatoes with mayonnaise dressing, the coffee with green apple pie, and imported cheese. Perhaps it is cruel to mention the Welsh rarebit and the pint of beer that came down about midnight.

"Suffice it to say that the man was sick in the night. When a soft, kind tube descended through the guttural burden, the heart-bronchus stomach that had worked so faithfully and conscientiously for forty years, heard the man say between his groans: 'I have a healthy stomach. Were it not for that, I should be a happy man!'" - Ainslee's Magazine.

FOR KING'S FUNERAL  
Some of the Items for Court Mourning When George I. Died.

One of the English magazines publishes an itemized account of the mourning bills when George I. died. The total cost of the carpets, hangings, cloth for mourning, uniforms for warders, yeomen of the guard, chapel children and making of the same was about \$45,000. One of these items is a tailor's charge of more than \$5 for making "a black coat for the King." There were some attempts at economy, for there is a charge of £50 by one Thomas Hawgood, embroiderer, for taking off the bullion badges from the laced coats and putting them on the mourning coats of 100 yeomen of the guard and forty warders of the Tower of London. Among other things provided were 140 pairs of large black leather gloves for the women of the guards and the warders of the Tower, ten pairs of black kid and twenty pairs of lambkin gloves for the children of the chapel, 140 pairs of large black rolling stockings for the yeomen of the guard and the warders of the Tower and black leather wristbands and mourning bands for them. St. James' Palace were taken down and the branches and borders of the chandeliers were all lacquered black.

Some of the interesting items given in the Queen are:  
For sixty-four yards of black three-quarter wide taffeta for sixteen pairs of trumpery and four pairs of black drummers; and making them for the four yeomen of the Guard, £17 12s. For thirty-one yards of the same taffeta for nine pair of trumpery and one pair of kilted drum banners, and making them for the Royal Regiment of Horse Guards, £33 6s. And for embroidering a black coat on the back and breast with His Majesty's letters and growths and on the arm with rats and wheatstalk for the ruffian, £4 9s. 6d. Anne Colthorpe seamstress, for making thirty shirts, sixty pair of large sleeves, thirty pairs of large cuffs, and thirty pair of plain cuffs and thirty pocket handkerchiefs for the ten children of the chapel, £24 9s. 1d.

For two and a half yards of superfine purple grain cloth for a stool and cushion for the Queen, and three cushions for the eldest princesses in the Lutheran chapel, £2 15s.  
An ORGAN FOR 25 CENTS  
A WEEK

We have on hand thirty-five organs, taken in exchange on Eschmann & Co. pianos, which we must sell regardless of price, to make room in our store. Every instrument has been thoroughly inspected, and is guaranteed for five years, and full amount will be allowed on exchange. Well-known makes as Thomas, Dominioni, Kapp, Uxbridge, Gebrüder and Bell. This is your chance to save money. A post card will bring full particulars. Hentzmann & Co., 71 King street, east, Hamilton.

Origin of the Passion Play.  
A hundred years ago a great calamity came upon the village of Oberammergau, Bavaria, which made a profound impression upon the inhabitants, and they vowed to God that if he would make an end of their distress they would render great devotion to him and increased service in the establishment of His kingdom; and as a means to this end they instituted the Passion Play in imitation of the mystery plays of the Church in the Middle Ages.

## BROKEN HEALTH BRINGS WRINKLES

### How All Women Can Preserve Good Health and Good Looks.

Too many women and girls look old long before they should. In nine cases out of ten it is a matter of health. Work, worry, confinement in doors, and lack of exercise cause the health to run down. Then faces become thin and pale; lines and wrinkles appear and a constant feeling of tiredness. Women and girls who feel well look well. Therefore improve your health and you will look better. It is a fact that thousands of Canadian women and girls owe the robust health they enjoy to Dr. Williams' Pink Pills. They fell well and enjoy life as only a health person can.

The simple reason for this is that Dr. Williams' Pink Pills makes new rich red blood, which strengthens the vital organs, brings brightness to the eye, a glow of health to the cheek and healing strength to every part of the body. Mrs. Warren Wright, of Saskatoon, says: "I feel that I owe a debt of gratitude to Dr. Williams' Pink Pills that nothing I can say in my favor will fully repay. I was so reduced in health and strength that I had hardly able to walk at all, and could do no work with the body. My blood was so thin and watery that my lips and finger tips resembled those of a corpse. I had almost constant headaches, and the smallest exertion would set my heart palpitating violently, and often I would drop in a faint. Nothing I did seemed to do me in the least, and I felt so far gone that I never expected to recover. When I read in a newspaper of a case like mine through the use of Dr. Williams' Pink Pills and I decided to try them. I got a half dozen bottles and before I had them all there a great change in my condition. My appetite returned, the color began to come back to my lips and face, my strength was increasing. I continued the use of the Pills for some time longer, and they restored me to the pink of perfect health. I am now using the Pills I gained twenty pounds in weight. My cure was in the summer of 1909, and I am now enjoying better health than ever before."

Dr. Williams' Pink Pills will do other good work, and worn women, who have given a fair trial. Sold at medicine dealers or by mail for six or eight boxes for \$2.50. The Dr. Williams' Medicine Co., Lowell, Mass.

PROUTS TO BEAT THE CAMERA  
David Fairchild, in charge of the department of foreign seed and introduction, department of agriculture, while exploring in the jungles of Java, ran across this queer mushroom.

He immediately focused his camera on it, but before he could take a picture it had grown so rapidly, only the outlines were blurred on the plate. He finally had to catch it by a quick exposure - almost a snapshot in fact.

THE CAMERA-DEFYING BEARING MUSHROOM.  
This wonderful fungus, which grows in a labrous name of "phantom" or "net-bearing," grows about six or eight inches high. The white in color and attracts flies and other insects, which come and land on the cap, a greenish, slimy substance, eat the "spores," or seeds, deposit them elsewhere. In this way the plant propagates itself. It is believed to be the first photograph ever made of the phantoma.

Brevities.  
It is not the critic who counts; it is the man who points out how the strong man stumbles, or where the great one has fallen. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs, and who comes short again and again because there is no effort without error and shortcoming; but who does actually strive to do the deeds, who knows the great enthusiasms, the great devotions, who speaks himself in a worthy cause, who achieves his highest achievement, and who at the very end, when he fails, at least falls with a brave and noble soul. There is a glory that is not of this world, that is not of this life, that is not of this age, that is not of this country, that is not of this time, that is not of this place, that is not of this man, that is not of this woman, that is not of this child, that is not of this nation, that is not of this world, that is not of this life, that is not of this age, that is not of this country, that is not of this time, that is not of this place, that is not of this man, that is not of this woman, that is not of this child, that is not of this nation, that is not of this world, that is not of this life, that is not of this age, that is not of this country, that is not of this time, that is not of this place, that is not of this man, that is not of this woman, that is not of this child, that is not of this nation, that is not of this world, that is not of this life, that is not of this age, that is not of this country, that is not of this time, that is not of this place, that is not of this 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