

HEADING OFF HEART FAILURE

Wonderful Cures Effected by Means of Brine Baths and Exercise.

SAFETY VALVE FOR AMERICAN HASTE

How the Treatment May Be Administered at Home—Urgent Fact Concerning Heart Disease in General.

A cure has been found for heart disease. No drugs are used in this treatment. All that the frequent patient is that he shall take frequent baths, followed by certain exercises, as in a gymnasium. Persons who were unable to walk have been cured by this simple treatment. It is known as the "resisted movement" cure and it has made a town famous. Bad Nauheim, which is situated about twenty miles from Frankfurt, in Germany, is full of heart disease patients and it is the mecca toward which thousands of sufferers are getting ready to travel. This, however, is merely because these people can afford to go to headquarters, but it is a fact that anyone can learn the treatment and have it administered at home.

A way that cannot be detected when he is standing. These sounds vary with age and with health. Vierordt studied them. He placed a number of flat pieces of gutta serena, shaped like poker chips, on the chest of a man, woman and a child. He kept these chips one above the other, thus over the heart, until they formed a solid column. Then he placed his ear to the top of the pile and listened. If the sound of the heart could not be heard through the pile, Vierordt removed the chips from the top of the pile one by one, until it could be heard. In this way he got a comparison of the intensity of the sounds. He confirmed the idea that different parts of the heart made different sounds. There were two distinct sounds—one a low-pitched vibrating sound of about forty vibrations a second; the other a sound in the base of the chest of between 100 and 200 vibrations a second. These observations were invaluable to other investigators. They were enabled to detect differences in hearts which before that were not known to exist. The treatment of heart disease by sound became an important matter in the medical profession. However, physicians knew more of the existence of the condition than they did of means of alleviating it.

Experiments in Germany. "Prof. Schott of Bad Nauheim, Germany, began some years ago to treat heart disease, not as a heart disease but as a condition—that is, with the feet and an exercise might prove fatal—but with the idea that as a physical organ the heart was susceptible of the same changes as would be any other physical organ if surrounded by a like condition. Schott and his brother were led to these conclusions by an accident. It appears that these men, while treating neurasthenics some years ago, found that in forcing the blood to the nerve centers the volume of the pulse was increased, while at the same time its rate was diminished. As this result was desirable when treating loss of compensation in heart disease, they applied the method in chronic cases, with such satisfactory results that it has been recognized and employed by many of the best practitioners in Europe.

exercised him lightly, increasing the resistance and the work as the days went on. His daily routine was about as follows: He arose at 8; breakfast on soft boiled eggs, weak coffee and Zerkoff at 8:30; exercised at 9:30; slept at 10 for an hour; exercised at 11; rested from 12 until 1; when he dined; rested an hour; went to walk at 3; returned and rested until 6, when he dined; retired at 9 p. m. He was allowed but one cigar a day in deference to his demands (although no tobacco should be allowed in any form), and only the sour wines. At the end of four months he could walk five miles a day, and he was discharged apparently without an ailment.

Treatment at Home. "But it is not necessary to go to Germany to see wonderful results of the treatment. There was Dr. Gormey, editor of the Medical Times, who has decided to not walk half a block. He weighed 376 pounds and was 76 years old. He had been a corpulent man many years and had also suffered from subacute rheumatism. His pulse was feeble, intermittent and usually absent in the left wrist. He was taking, along with other drugs, tincture of digitalis, which is usually the last stage in the drug line for cases like his. His face was puffed out and the apex of his heart was situated outside of the left nipple, whereas in the normal heart it is decidedly inside. He was put on the modified Nauheim resistance exercise treatment with salt. At first the baths were warm and lasted but five minutes, with lengthy intermissions. At the end of the second week they were cooled and the digitalis was stopped. To make a long story short, he grew better steadily. After some months' treatment his weight had fallen forty pounds, he attended daily to his professional routine of business while in the city and made long trips out of town in consultation cases, where he was obliged from the necessity of the case to walk long distances in going to and from the train. I could cite a number of such cases.

A Few Don'ts. "This treatment is not, as many might think allied to the Swedish movement cure. The latter is violent, while the Nauheim treatment is a slow process, both in practice and in development. In foisting with such a dangerous malady as heart disease one has to be careful or there might be a collapse. For this reason it is important to give any one to undertake the treatment except under the care of a skilled operator—preferably one who had personally studied the German method. If gymnasium instructors were to take it up, for instance, I am

WHAT TO DO WITH MILLIONS

Millionaires Discuss Carnegie's Dictum, "To Die Rich is to Die Disgraced."

HELPS TO PUBLIC PHILANTHROPIES

Views of Rockefeller, Armour, Huntington, Morgan, Mills, Sage and Hill on the Duties of the Rich.

There are some indications that a new interest has been awakened among the very wealthy members of the country in the subject of great philanthropies. Men and women are giving or preparing to give away millions to one great charity or another. It looks as though Andrew Carnegie's dictum that to die rich is to die disgraced, was making a good many converts among the millionaires. "The new movement has been started, what are our wealthy men to do with their millions? What are the objects to which they are subjected to profit by well-directed charity? Are our millionaires ready to give away their wealth, or a part of it? These and other questions connected with this new movement have been asked among the wealthy and answered by some of the most prominent millionaires and philanthropists in the country.

John D. Rockefeller is reported to be worth \$300,000,000 or more. He has given away at least \$20,000,000. He has decided to give away the balance of his fortune to the cause of education. He has given away at least \$20,000,000. He has decided to give away the balance of his fortune to the cause of education. He has given away at least \$20,000,000. He has decided to give away the balance of his fortune to the cause of education.

Philip D. Armour, who has given away \$10,000,000, and has not yet stopped, says: "While I do not pretend to be an authority on scientific charity, I have tried to embody my own ideas on the subject in the Armour Institute."

As the Armour Institute is conducted for the purpose of giving the poor boys of Chicago technical and trade education, Mr. Armour evidently agrees with Mr. Rockefeller in holding to the educational idea.

There are others who believe that there are better ways of employing wealth than by giving it away. C. P. Huntington is one of these. He says: "Suppose a man who has made \$50,000,000 or \$100,000,000 in business without that sum and gives it away in any form he may choose. The result is that he has lost his money but he has done good. It would be better if he had left it where it was. Great wealth is desirable only for what it can accomplish. I think we are coming more and more to appreciate that. But it can accomplish more by sticking to its legitimate field of activity than by being scattered in a dozen Utopian schemes or by spoiling young men by overeducating them."

"It is the duty of great wealth to carry out great industrial and commercial enterprises, which result in cheapened production for the benefit of the laborer. If seventy-five millions can be developed out of the east that we can get one of our necessary commodities a cent a pound cheaper, it will do more good in the end than if it is distributed among the people of the world, giving them \$1 help in direct charity. It is better to give the money to an enterprise in which it can be put to work and the question of what to do with his money does not bother him, because it is fully occupied."

Pierpont Morgan has given money to build a hospital, to buy works of art for the museums and to help build a great cathedral. Apparently he thinks the millions given to the first of these objects the best employed, for he says: "When one looks about and sees the misery and suffering in the world, and among those who have not the means for means to relieve it, he cannot help feeling that to alleviate a little of it is the duty of those who have been fortunate or successful. The care of the sick poor is, in my opinion, our most practical charity."

So Disgraced to Die Rich. Russell Sage agrees with Mr. Morgan that to relieve the sick and charity, that should appeal to wealthy men. He says that he gave several thousands toward a woman's hospital. However, he does not agree with Mr. Carnegie's dictum. He says: "I do not see how it is a disgrace for a man to die rich. It is, I am afraid that Mr. Carnegie will die disgraced. My opinion is that a man may better employ his money in productive enterprises that give employment and benefit the community than to give it away. Suppose I gave away all that I own to thousands of poor people in this city, and in a week it would all be gone and they would be back to work for more. But by using it in the business enterprises which I represent it gives steady work to hundreds of honest workmen, who do not want any charity beyond what they can earn."

Nathan Strauss, the wealthy merchant, who has given away large sums to various practical charities, such as providing pure milk at a nominal price in the tenement districts of New York, believes that the question of philanthropy has to face. He says: "Undoubtedly our wealthy men are coming more and more to regard their possessions as a trust held in keeping by them and to be devoted in part at least to the betterment of the unfortunate. It is a good belief that if any man has a million or several millions to give away the best use he can put it to is to furnish work to the unemployed. It cannot be denied that there are thousands of men in the country all the time who are willing and anxious to do hard work, but who cannot find it. It is a good belief that if any man has a million or several millions to give away the best use he can put it to is to furnish work to the unemployed. It cannot be denied that there are thousands of men in the country all the time who are willing and anxious to do hard work, but who cannot find it.

A Cleric's View. Dr. William E. Rainford, pastor of St. George's Episcopal Church in New York, who gives a great deal of money every year for charitable work, holds very different opinions. Dr. Rainford said: "If a man came to me today and asked: 'How can I best employ a million dollars in charitable work in New York City?' I

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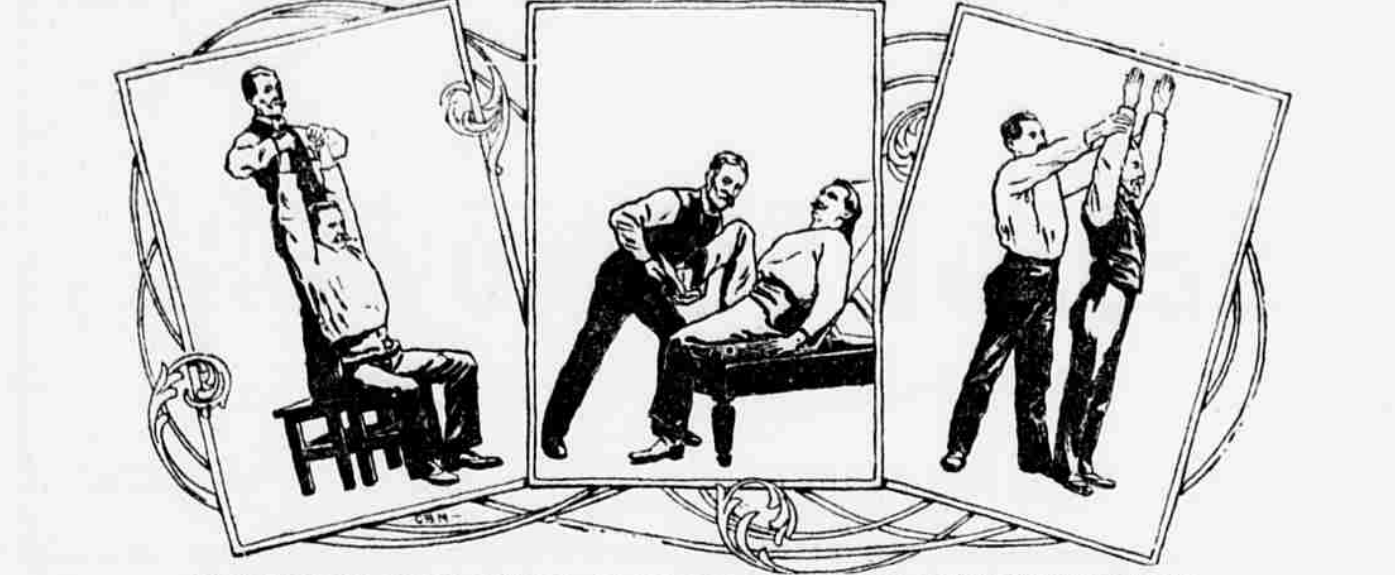
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\$7.50 is the price ordinarily asked for this style Iron and Brass Bed—full swell foot—brass top rails, rings, spindles and knobs—well made and enameled—heavy and strong—full size—at our price only \$6.00
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\$21.00 Rocker—this special Rocker, at a special price, was never sold for less than \$21.00—made of select oak—rich polish and fine carving—extra heavy rocker—upholstered seat and back in genuine leather—this extra choice rocker goes on sale Monday at only \$15.00
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cessive editions of newspapers which contained information of all their lives, in most cases not one hour old. The world and children partook of this rush and bustle in greater or lesser degree. And all this in spite of the fact that the Post Generators had prepared them for a condition directly opposite to the existing one. To be sure, after several generations the race has worked itself into step—it may be said to have come up abreast of its environment, but the effect physically has been the degenerating of men, which frequently has meant death in bed, in office or in the frenzied pursuit of amusement. The blame for most of these fatalities has been attributed to heart disease.

The Great American Malady.

Dr. Thomas E. Satterthwaite of New York, who is on the staff of the Post Generators in the Orthopedic hospitals, has been to Bad Nauheim to study the treatment and is now practicing it in America. He was asked to describe it and talk about some of the curious aspects of the great American malady. He said: "The heart, being the central pumping station for all the rapidly moving currents of the human body, is naturally very susceptible of changes that may take place in these currents. It may vary greatly in bulk during twenty-four hours. Its beat may go down to fifty and up to three hundred. If a man stands up or lies down, the difference in his position will cause his heart to vary ten beats a minute, or six hundred an hour. When we think that each one of these lost or gained beats alters the speed of the blood through the veins, we get some idea of what slight changes in this organ may mean to the body at large, for the above change is what takes place in a healthy man; in a diseased man the difference becomes much greater. It is curious, also, that the heart sometimes murmurs when its owner is lying down in

DISEASE—ATTENDANT RESISTS THE PATIENT'S MOVEMENTS.

would any other muscular organ of the body. He proceeded to treat it from the standpoint of the relation of exercise to growth. All bodily organs which are exercised grow; any organ which is not exercised atrophies. On the other hand, I believe the cure can be carried on with even better effect in America than in Germany. Schott has no exclusive right to the baths. They are public affairs, under the control of the government, and there are twenty doctors in Nauheim giving the treatment. The baths, too, are open only during the summer months. In America our excellent plumbing arrangements are well adapted to the purpose. In Nauheim the patients have to go in the daytime and stand under the open, waiting to get off. Here we give the baths at bedtime, with much greater effect. The difficulty of procuring a substitute for the Nauheim salts will have to be bridged by the family physician. I believe the crystallized product of the baths can be imported, but the ingredients can be produced chemically. If you can obtain sea salt, chloride of calcium, bicarbonate of soda, muriatic acid and a bath tub, you will have all of the essentials of the Nauheim bath, but I should not care to put these chemicals into the hands of the uneducated layman. He might do damage to himself and the tub. Better go to a chemist and have him mix you up the necessary ingredients. Almost any doctor should be able to give the prescription. The bath should be only slightly saline at first, gradually increasing in strength as the days go forward. Do not attempt the strong solution at first, or it might have bad effects. After all, the best way is simply to go to your family physician and tell him you want the Nauheim treatment. If he is willing to give it, he will give it to you without sending you to Germany.

Success Under Certain Conditions.

"Personally, I have had no bad results from the Nauheim treatment, but the contrary. I feel that it introduces a new era in cardiac therapeutics. But in saying this I must state that success means that the patient must surrender himself to requirements of a systematic course, and the physician must have daily acquaintance with the condition of his patient. There should be a definite system as to diet, baths, etc., but the physician must be prepared to vary them if necessary, and that means, in every case, the best results are, of course, obtained by baths and exercises combined, but this treatment gives good results without baths, though the course will be longer. "In connection with this treatment I have adopted a new and simple method of showing the size and position of the heart. I draw on the skin with a pen a line through the nipple and a vertical line from the apical notch to the umbilicus. I then trace out by percussion the outline of the heart, and indicate the position of the apex with an X. I then apply tracing paper to the chest and trace the drawing through the paper. At each examination I make a similar tracing. In this way I have an accurate diagram of the heart showing the changes it undergoes from time to time. In Germany, as the treatment goes on, the chest is photographed and each patient's chest radiographs are taken of each patient, so that a radiograph of the organs of the body may be watched."

A Narrow Escape.

Hart of Groton, S. D.: "Was taken with a bad cold which had to be treated for a long time and finally terminated in consumption. Four doctors gave me up, saying I could live no longer. I determined to try the Nauheim treatment. I gave myself up to my friends on earth I would meet absent ones above. My husband was advised to get Dr. King's New Remedy for Consumption, Coughs and Colds. I gave it to me and to all eight bottles. It has cured me, and, thank God, I am saved and have a well and healthy woman." (Traces bottles free at Kuhn & Co's drug store. Regular size 50c and \$1.00, guaranteed or price refunded.)

A New Jersey man asks for a divorce because his wife and he are getting up in the middle of the night to get a primary result of which is that he has to run for the doctor by daybreak. Certainly this was not a budding for the husband.

afraid they could not be thoroughly impressed with the absolute necessity of going slow. Every movement should be made as slowly as possible, and the rest should be taken as the patient is able. On the other hand, I believe the cure can be carried on with even better effect in America than in Germany. Schott has no exclusive right to the baths. They are public affairs, under the control of the government, and there are twenty doctors in Nauheim giving the treatment. The baths, too, are open only during the summer months. In America our excellent plumbing arrangements are well adapted to the purpose. In Nauheim the patients have to go in the daytime and stand under the open, waiting to get off. Here we give the baths at bedtime, with much greater effect. The difficulty of procuring a substitute for the Nauheim salts will have to be bridged by the family physician. I believe the crystallized product of the baths can be imported, but the ingredients can be produced chemically. If you can obtain sea salt, chloride of calcium, bicarbonate of soda, muriatic acid and a bath tub, you will have all of the essentials of the Nauheim bath, but I should not care to put these chemicals into the hands of the uneducated layman. He might do damage to himself and the tub. Better go to a chemist and have him mix you up the necessary ingredients. Almost any doctor should be able to give the prescription. The bath should be only slightly saline at first, gradually increasing in strength as the days go forward. Do not attempt the strong solution at first, or it might have bad effects. After all, the best way is simply to go to your family physician and tell him you want the Nauheim treatment. If he is willing to give it, he will give it to you without sending you to Germany.

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should reply: 'Go buy some blocks of the tenements; tear them down and turn the space into a playground for poor children.' Anything that adds to the enjoyment, healthfulness and right training of children improves the moral and physical tone of the community and gives assurance that the coming men and women shall be decent and worthy citizens.

Views of a Railroad Manager.

James J. Hill, the railroad king of the northwest, who has developed a vast section of this country's territory within the last two score years, at the same time creating one of the most noteworthy private fortunes of the age, believes that men who have large sums of money at their command should devote it to the great work of bringing the country and its people to the highest possible state of development as speedily as may be. For these men of wealth who devote their time and their means mainly to the promotion of their personal comfort, who live socially for the purpose of going through certain social programs from year's end to year's end, he has not the slightest sympathy, nor does he consider them of sufficient importance to warrant discussion. He looks upon the world, especially this part of it, as a vast and splendid field of labor, and has little regard for all those, whether rich or poor, who refuse to obey the call to work therein. His views upon the correct use of money were indicated in outline in a recent private conversation, the parties to which were discussing the education of rich young men.

"In these days the greatest dangers to the sons of rich men," said Mr. Hill, substantially "are indolence and the tendency to disregard the obligations every human being owes to his fellow. It seems necessary to send such young men to the great universities that they may be fitted properly to play their parts in modern life, which is far broader than any which has gone before. There are many influences at these universities which are not good for young men, but which must be met fairly and not in any sense avoided. If not combated, these influences would tend to foster indolence, triviality, love of ease and disinclination to meet the real problems of life. Every rich young man who manfully overcomes these influences is a distinct addition to the valuable forces of the entire nation, besides being far better fitted than he who weakly yields to live a life in which he may take personal pride. Young men who pass through the period of education without loss of moral fiber will use the money they inherit to their own credit and the moral, material and intellectual uplifting of the race. The others will come to naught; they will be the victims of nature's inexorable law as to the survival of the fit, and in this country, which has no law of entail, they will be speedy victims, too. It is well for the public that there is no law of entail here; it is a safeguard to the institutions of the country that those who, through incompetence or disinclination, rightly to employ their wealth, mispend it, are certain, soon or late, to find that it has flown."

What is a Trust.

Darius O. Mills, the San Francisco and New York multi-millionaire, has given hundreds of thousands to charity and has unique and practical views on the subject. He says: "Probably there never has been a time when so many men were ready to give largely to worthy objects. It is a good thing in an age that has often been denounced as greedy material that so many men are ready to devote at least a considerable portion of their wealth to altruistic purposes. "I do not believe that any one can say off-hand that any particular charity is the most useful or the most practical. Any man who is deeply interested in such matters is more familiar with certain lines of charitable endeavor than he is with others. He is apt to exaggerate the importance of that which he knows most about. "For myself, I do not know of any form of charity that I would condemn. Neither do I know of any that is doing more practical good than the Mills hotels. When the plan of providing cheap, clean and comfortable lodgings for poor working men was discussed I was freely predicted that it would result in failure. It was said that a scheme which was part business and part philanthropy would never work. But the test of actual operation has proved that the Mills hotels are all business, as well as successful philanthropy. They are proving successful far beyond my expectations. "In my opinion the success of the Mills hotels, as of any philanthropic undertaking that is to be really beneficial, lies in helping men to help themselves. My idea of charitable work is not the reforming idea, but the building up idea. If a man is determined to go down hill, you can't hold him back. But it is the man who has failed, the honest man who has had ill-luck, the hard-working man out of a job, who deserves help and who will profit by it. "If you give such a man a chance to put food in his stomach and a roof over his head you give him a new outlook, fresh encouragement. He will feel that he has a chance and will set to work to make the most of it."

Keep him from becoming a pauper. By making him pay as little as possible you do not make him attempt to rise to a better condition a hopeless one. "This is my idea of the most useful charity today—to help the honest, the unfortunate, the deserving poor man to help himself. And there are enough such men and such ways of employing money to use all the spare millions in the country today."

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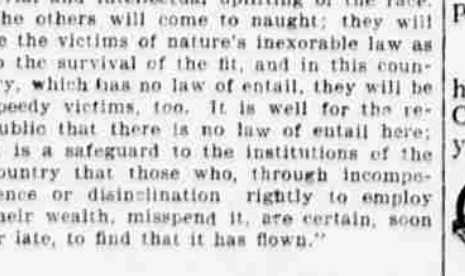
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RHEUMATISM



This Shows Your Hair

as it lives and dies on your head from year's end to year's end. One hair dies and another takes its place. All this goes on so long as your hair root is healthy. When it gets sick, new hair falls out. Your hair falls out faster than it can be replaced, or it may lose its color. The end of it is gray hair and baldness. How to prevent it? Simply by the use of Hair Food. Simply by feeding the hair back to health. Simply by giving it natural strength instead of fictitious stimulation.

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