

SECTION THREE

Part One

HELPFUL HEALTH HINTS

CONSTIPATION

The word constipation, as commonly used, means the retention of the feces—the large bowel contents.

Constipation then means a slowing up of the bowel movements—a blocking of intestinal activities.

Constipation is the cause of more unhelth than any other one factor we know anything about.

The retention of the feces causes fermentation, gas formation, auto-intoxication and general sistemic poisoning, as well as pressure simptoms.

A constipated person cannot digest starches. That is why I have certain starches, such as grains, potatoes and beans taken from the diet of one who is trubld with constipation.

COARSE FOODS IRRITATE

Many think that to eat "coarse foods," or substances, like bran, that constipation can be relievd. This is often a fatal error, for the bran and other coarse substances will "bake" in the large intestins and caus impaction and very serius trubls.

Refined sugar helps caus constipation, and so does common salt. Use brown sugar or honey.

YEAST DRIES THE BOWELS

Yeast fermentation in the bowels causes first a diarrea, then a drying of the mucus membranes in the bowels which helps produce a serius intestinal trubl. That is why "live yeast" is bad for the intestins. Yeast, to be safe, should be well cookt before it is eaten.

MINERAL OIL DRIES THE INTESTINS

Mineral oil is not absorbd, but as it lubricates the bowels it will help make them move for a time, and in so doing the bowel secretion is checkt and a dry bowel is the result. Magnesia in the oil is helpful.

"INTESTINAL BATHS NOT ADVISED

The so-called "Internal-bath" is a snare in the dark for it makes the bowels stop their natural action and they "lie down on the job."

Taking of enemas makes the lower bowel dry and makes it "forget" to act independently. Then the bowel hyer up gets too much work and givs up the job.

VICIOUS HABIT

The habit of taking daily enemas to "clean out" is a vicious one. It is worse than the "drug habit," for the victim does not realize what is rong until it is too late.

The talk of "an unclean bowel," or a "clean bowel," in the way it is often talkt, is misleading. The bowel is made to carry the waste from food, and wear and tear, of the body. For its work the bowel is as "clean" as the mouth, or the nose, or any other part of the body—inside or out.

The most "lookt-down-on parts of the body are of the greatest importance.

AN IDEAL ENEMA

When an enema is necessary for quick emptying of impacted material in the rectum, the following directions are safe and the results are the best I know of.

Use one-half pint of the best molasses, to one pint milk. Stir together, and warm to a littl more than body temperature—but not more than 110°F. Fill the enema receptacl, NOT rubber, with a mixture. Have the outlet of the receptacl not more than three inches hyer than the anus, so the enema can be given VERY SLOWLY. Take the enema while in the "knee-chest" position, holding this position for thirty minits, if possibl. If the knee-chest position is uncomfortabl, then lie on the left side. The entire amount of liquid should be taken, and when given in this manner the milk-and-molasses mixture is allowd to work its way up beyond the sigmoid flexture and into the transverse colon.

PRESSURE ENEMAS DANGEROUS

The enema bags that the users sit on are doing untold damage to the thousands who have been fooled into using them.

Enemas (injections) under pressure are sure to weaken the lower bowel beyond repair.

Eat correctly and exercise correctly and the bowels will act correctly. Don't take enemas except on rare occasions.

HEALTHY THOUGHTS

Keep the body healthy and the thoughts of the bowel contents should never enter the healthy mind.

Mental agitation will often bring on a severe attack of constipation. Hence, excitable persons are more liable to be constipated at various times than the calm persons.

FOODS RELIEVE

Find the foods that will keep your bowels in proper condition and stick to them. The sweet fruits and the green, leafy vegetables keep the bowels "in good shape." Avoid condiments, for they irritate and dry the bowels. *Common salt also dries the intestinal lining.*

With many persons apples will keep the bowels active, while with others prunes act best.

Drink a large glass of cool water before each meal and between the meals.

RAPID EATING INJURIOUS

Eating rapidly crowds the stomach and it has to let the *mixt* food out into the intestines. The intestines are also crowded and the result is constipation or diarrhea.

DIARRHEA

Diarrhea is opposite to constipation in action, but the causes are often just the same. In fact, the one condition often follows the other, so the remedy for one is usually the-remedy for the other.

All these bowel troubles can be prevented and cured by care-

ful diet and proper exercises and deep abdominal breathing. No one ever knew a good singer to be constipated.

No one can be "helthy," if constipated or trubld with diarræa.

ROCKING HELPFUL

Rocking, after drinking several glasses of cool water, will do more than any other "simpl" method for making the bowels act and for the relief of constipation.

Rocking helps the digestion and the circulation.

Beacaus a person rocks is no sign that he or she is "nervus."

Rocking is as natural to humans as the swaying branches are to birds, and other tree-seeking animals.

Many can sleep well in a swaying hammock, when a "still bed" makes them uneasy.

When seeking helth comfort, don't forget the "old-fashioned rocking chair."

EXERCISES FOR CONSTIPATION

There are several exercises that help to lift a fallen, or prolapst colon. These exercises help to strengthen the abdominal wall and to increase peristalsis in the intestins.

The *kicking-out* exercise, while lying on the back, is one of the best. Don't let the heels tuch the bed while doing this "*kicking-out*" exercise. Begin by kicking out five times without letting the limbs fall. Increase one time daily until U can kick out stedily over one hundred times.

Another excellent exercise to reliev constipation, is walking on all-fours—feet and hands. Take at least one hundred steps nite and morning while entirely nude.

Many other exercises are illustrated in my books "Intestinal Normalizing and Pelvic Culture for Men;" and Intestinal Normalizing and Pelvic Culture for Women."

COLITIS

Colitis means an inflammation of the colon, or large intestin. This condition may be acute (come on suddenly), or it may be chronic (of long standing).

CAUSES

Constipation is one of the most common causes, as constipation causes irritation of the bowel lining and that interferes with the bowel secretions. When this irritation is carried far enough we have a state of congestion, and when congestion is carried far enough we have a condition known as inflammation.

The taking of cathartics and the eating of irritating foods and seasonings often create this inflammatory condition.

The eating of foods containing refined sugar and flour, as well as eating of fried foods, irritates the lining of the intestines and causes colitis.

Fear and worry change the stomach secretions and in turn change the bowel secretions and act as a potent cause of colitis.

Rapid eating, and the drinking of water with meals, and the eating of very cold food, all act unkindly on the bowel secretions and cause colitis.

Eating of denatured foods and preserved foods, or pickled foods, will often irritate the intestines as to cause an acute attack of colitis.

The chilling of the abdomen, as in sudden cooling off after sweating, will often bring about a severe attack of colitis.

The eating of starches ("mushes") mixed with other foods, such as oatmeal, sugar and milk, or fruit juices and starches, or "cereals," acts as a common cause of colitis.

Reading while eating is a common cause for constipation.

SYMPTOMS

The most prominent symptoms are constipation alternating with diarrhea. Another common warning is a severe pain in the lower right-hand side of the abdomen. This pain is often diagnosed as "appendicitis." It is what we used to call "colic."

Uneasiness in the bowels with a "quiver" about the navel is a symptom often complained of. The "sinking feeling" so often noticed in the abdomen is caused by the congestion in the abdominal vessels. This "heavy feeling" will often make one faint and fall down in a heap. Infants often have "fits" with colitis.

With any of the above symptoms the tongue will usually be thickly coated and there will be a dull headache. The stools will contain mucus in varying quantities.

"The blues" are usually present with adults suffering with this bowel inflammation. Any congestion in the lower part of the abdomen is liable to cause the melancholic condition known as "the blues."

TREATMENT

First, clean the bowels out well with castor oil. Years of practical experience has proved that good castor oil is the quickest and best bowel cleaner. Many herb teas will clean the bowel well, but they require too much time to act for acute colitis.

Enemas will often clean the lower bowel quickly, but the upper bowel will often remain congested with mucus after any kind of enema. Never use any enema that distends the large bowel by sitting on the water-bag. That is dangerous in every case of colitis, and *harmful in all cases.*

Hot applications, in these conditions, are always soothing when placed over the abdomen.

Sunlite is excellent when radiated thru green leaves over the bared abdomen. The leaves cut out the irritating rays and allow the deeply penetrating rays to pass into the body.

The diet after an attack of colitis should be as free from starches as possible. Fruit juices and raw, green, leafy vegetables act as a remedy in this condition.

The drinking of an extra amount of good, pure, cool water before each meal is helpful in all conditions of bowel inflammation.

Deep abdominal breathing helps wonderfully in establishing a normal and active circulation throughout the abdomen. Such breathing gives the intestines a "respiroidal massage."

Don't use castor oil as a regular physic. It is only for an emergency.

Eat nothing cooked in aluminum, or stored in aluminum.

Use no tobacco in any form, and nothing containing alcohol.

APPENDICITIS

The majority of all cases said to be inflammation of the appendix is catarrh of the Cecum. We used to call it plain *colic*. The remedy for *colic* is pressure on the bowels and hot applications. *Never use cold applications on the abdomen for inflammation.*

There are cases of *colic* that can be cured by cooking in iron all foods U eat cookt. Just what cooking of foods, or water, in aluminum does to them, I am not always sure, but the fact that a person gets well of the bowel trouble by discarding aluminum kitchen-ware, gives us one of the apparent causes of unhealth.

AUTO-INTOXICATION

Constipation leads to Colitis. Colitis leads to the sagging, or dropping down, of the transverse colon (called Enteroptosis). Then the transverse colon, which should be above the navel, sags down to be like a letter "U," and a general slowing up of the bowel action follows. This produces stagnation in the intestinal tract.

Stagnation in the intestinal tract allows the poisons that are naturally carried out of the bowels, to be absorbed and *auto-intoxication* results.

Hence, the cure for auto-intoxication is the remedying of constipation and colitis and the enhancing of *elimination*. (A suitable abdominal support does wonders in relieving colitis, when accompanied by Enteroptosis).

To aid in elimination, the food and fluids taken into the stomach must be such as will prevent the stagnation in the intestinal tract.

This brings us down to the question as to what to eat and what to drink.

It is much more simple to instruct patients as to what NOT to eat or drink, than to enumerate what to eat and drink, for no two parts of the world and no two seasons are alike as to supplies.

WHAT NOT TO EAT

For all cases of Constipation, Colitis, Auto-Intoxication and allied conditions, (Colds, Tonsillitis, Headakes, Rheumatism, Neuritis, etc.,) the following articles of food, or what is used as "food," should be omitted from the diet; because they either ferment in the intestins, or help *caus* fermentation in the intestins, and help *caus* gas.

EAT NOTHING MADE FROM GRAINS

This includes all cereals and all kinds of bread. "Mushes" are made from cereals and must be omitted from the diet. Cereals are digested in the intestins and when there is inflammation in the intestins, cereals, as well as other heavy starches, cannot be digested. They lie there and ferment.

Rice is a "heavy starch" and must be omitted from the diet. *Wild rice may be eaten.*

Potatoes of all kinds—no matter how prepared—must be taken from the diet. They are very hard for the intestins to care for and often *caus* "colds," tonsillitis, rheumatism and neuritis, because of the fermentation they produce in the intestins.

Eat no beans, except string beans, *no bean flour.*

Refined sugar, and everything with refined sugar in it, must be taken from the diet.

In place of refined sugar, use a little honey, or brown sugar.

Use no cow's milk, except as buttermilk.

Use very little or no salt in the food. No salt is better. Salt acts as an irritant in the digestive tract. (This doesn't apply to sauerkraut, which seems to be helpful, because it contains lactic acid.)

Use no pepper, or condiments of any kind.

If the bladder be irritable, asparagus, radishes, peppers and water-cress are contra-indicated and should be omitted.

Use no coffee, tea, or chocolate, cocoa, or carbonated beverages.

SALAD DRESSING

Sesame Seed Oil, or Olive Oil are the best salad oils to be

had. Preferably Sesame Seed Oil, as it does not become rancid.

Ether of the salad oils used with lemon juice makes the ideal salad dressing. Note: By leaving lemons in hot water for several minits before cutting them they will yield nearly dubl the quantity of juice.

DIAPHRAGMATIC BREATHING

Diafragmatic Breathing means Abdominal Breathing. It is done by elevating the chest—expanding the chest—and holding the chest up, or expanded, while exhaling as well as inhaling.

This mode of breathing causes the abdomen to go outward while inhaling, and to go inward while exhaling.

This Diafragmatic, or Abdominal Breathing produces a *Respiroidal Massage* to the intestins and all the organs in the abdomen and pelvis.

This is the method of breathing used by famus singers. No one can have asthma, if this method of breathing be used. Nothing in the way of exercises is so helpful to reliev constipation and sluggish stomach and bowel action as Abdominal Breathing.

When once U become used to this method of breathing it will be ackward to breath in any other manner.

This natural method of breathing takes into the lungs about five times as much air as the "common method" of breathing.

HOT SITZ-BATH

A hot sitz (sitting) bath, into which a cupful of Epsom salts have been dissolv'd, is helpful in all cases of Colitis, if taken just before retiring.

One should sit for about twenty minits in water as hot as can be comfortably borne—about 110°F.

A brisk rub-down with a ruf Turkish towel is recommended after the sitz-bath.

BOWEL TRUBLS

Bowel trubls can usually be rectified by *diet* alone, but there

are a certain number of cases that require a reliable herb tonic and bowel reconstructive to help out.

My large text books give a list of the medicinal herbs that I have compounded for years for my patients, but it gave too much work and worry to make these up for my patients, so I lookt far and near for an herb bowel-reconstructive.

I finally found, that for sluggish liver, or inactive gall bladder, the "old-fashioned" Mandrake, or May-appl. known as Podofyllin, was the best.

SENNA-PRUNES

Senna-prunes are often helpful for Constipation, as well as for other bowel troubles.

Senna-prunes are prepared as follows:

Over one ounce of Senna Leaves pour one quart of boiling water. Let stand two hours and strain, throwing away the leaves. To the clear part add one pound of well-washed and pitted prunes. Let them soak over night. In the morning cook the prunes in senna-water over a very slow fire for twenty minutes. Add water to make up for what has evaporated. (Or simmer down to make a syrup.)

After the Senna-Prunes have cooled down to body temperature, two tablespoonfuls of honey may be added. Keep this mixture in the refrigerator or ice-box.

DIRECTION FOR EATING SENNA-PRUNES

Eat one prune and a little of the juice after each meal, or eat one, two, or three after the evening meal. Graduate the amount of prunes and juice according to looseness of bowels.

BLADDER TROUBLES—FOR IRRITABLE BLADDER

If the bladder, or any part of the Urinary Tract be irritable, so one has to urinate often, or has a burning, or pain while urinating, don't eat any radishes, or peppers, or seasonings of any kind, or any asparagus, or watercress. Eat okra (gumbo), when it is to be had. It is soothing to the intestines and urinary tract.

"GETTING UP NITES"

Many persons have to get up often during the nite to empty the bladder. There are many causes for this, but the principal caus is the pouching downward of the urinary bladder. No matter what caused the bladder to pouch, or dilate, in this manner, the way to empty such a bladder is to "tip it up." U can do this by getting on the hands and knees to urinate. This tecnic should be employd at least every nite just before retiring, by every person, male or female, who has to arize several times during the nite to urinate.

Don't eat or drink anything within two or three hours before going to bed. This helps keep the bladder empty during the nite.

Eat nothing with beans or "bean-flour," or "bean-meal" in it. *No exceptions.*

WHAT SHALL I DRINK

Scores of letters reach me daily asking: "What shall I drink?"

Many want hot drinks, while others seek helthful, cold drinks.

First of all let me say that pure water (distild is the best) cannot be exceld. Never drink anything ice-cold. The stomach has to warm a cold drink to body temperature before it can pass it on. That chills the blood and givs the whole body a shock.

"Room tesperature" is the best temperature, when that is not below 68 degrees F.

A "hot drink" should not be hot enuf to burn the mouth when taken in. Hotter than that will injure the inlet to the stomach, as well as the stomach. Very hot drinks will caus ulcer of the stomach, as well as a contracture of the inlet to the stomach.

Tea or coffee I cannot recommend. Both have a damaging effect upon the stomach, whether drunk "strait," or with cream and sugar. The notion that cream and sugar added to the tea or coffee are what make them harmful needs no discussion, if one has had experience with "drinkers" for many years.

Coffee is more injurius to the majority of persons than tea.

but both produce toxins that sooner or later show themselves in many different forms. Some of the worst cases of eczema that I have ever treated have cleared up when coffee—"strait or otherwise"—has been taken out of the sistem.

Some cases of blindness quickly subside when the patients take NO coffee, or anything with coffee in it.

Tea may seem to be "soothing," but it is only soothing as any warm drink would be. The tea stimulant has a toxic influence upon the sistem and injures the nervus organism.

Many brands of coffee with the caffenin taken out seem to have as bad an effect upon some livers as the "true coffee." Don't be foold by the advertized "coffee-with-the-caffenin-removed" product. That is "trick advertizing" regardless of who is paying for the advertizing.

Remember that caffenin can be gotten from coffee, tea, and mate, as well as from many other herbs and seeds.

The use of coffee and tea has increast by leaps and bounds since "rapid living" came into being. Coffee, especially, is becoming a menace, as such great quantities are being consumed as a "bracer."

Cocoa and chocolate are made from the cacao bean. They are not so harmful as tea or coffee, but if used to any excess will produce severe toxemia.

Kola, in many of its varius forms and under many advertized names, is very harmful. Many beverages, supposed to be made from kola, contain habit-forming drugs and are becoming more dangerus to the public at large than alcoholic drinks.

All of the beverages above named have had a bad effect upon the heart and blood vessels, as well as upon the eyes and ears. Many of the "bad hearts" today are caud from drinking one or more of the beverages above named.

CARBONATED DRINKS

Carbonated drinks of all kinds should be shund. They have an injurius effect upon the skin and giv the complexion a sallow, or "tallowy" appearance. Probably the bad action of

carbonated beverages upon the skin is what has brot face decorations so rapidly into vogue. The use of carbonated drinks, and the decorating of the face by women, has increast with about the same rapidity.

When the skin is injured the breathing action is injured and the kidneys have extra work thrust upon them. This is one reason why carbonated beverages have such a bad effect upon the kidneys.

MILK AS A BEVERAGE

Milk, as it is deliverd to homes now, is not fit to drink. Milk was never intended as a beverage, but should be eaten with a spoon the same as soups are eaten. A pint of milk a day is too much for any person — yung or old. Advertizing has made it "popular," altho it is harmful. *Natural* milk cannot be had in large cities any more.

WATER BEST OF ALL

The water-drinking habit is the best habit I can suggest.

If persons like a hot drink that will do no harm, but will be helpful in digestion and at the same time help the kidneys in their work, by helping the skin to do its work, I can suggest nothing better than the *old-fashioned peppermint tea* such as our grandmothers made for us when we were "out of sorts." One does not need to be "out of sorts" to drink good peppermint tea. It is one of the very best and most helpful beverages.

To make peppermint tea use the best dried peppermint leavs, stript off the stems before "curing." (They cannot be purchast at drug stores.)

Crush them well and use a teaspoonful to a large cup of boiling water. Let the leavs steep for about twenty minits. Then strain and drink as is, or with a littl honey for sweetening, if desired.

If the beneficial effects of peppermint were well known, the demand would be enuf to start "peppermint-tea parlors" thru-out our cities.

Peppermint is easy to grow in the average garden. It is

easily dried and stript from the stalks. It is well to strip the leavs off before the drying has gone too far, as the stems and stalks have a slitley "strong taste."

WHEN TO DRINK

Most drinks should be taken before meals. None should be taken after the meals except peppermint tea. This is especially helpful and "satisfying" after the meal. It can also be taken before the meals, or between the meals.

Water is best taken before meals—never with the meals.

The foregoing instructions apply also to the following conditions:

"Appendicitis"	Neurasthenia
Asthma	Neuritis
Belching	Palpitation of the Heart
Bloating from Gas	Pellagara
Bronchitis	Pelvic Inflammation
Cancer	Pelvic Pains
Catar in any part of Body	Prostatitis
"Colds"	Pyorrea
Colitis	Reumatism
Conjunctivitis	Seminal Vesiculitis
Cystitis	Skin Trubls of All Kinds
Dyspepsia	Sinusitis
Epilepsy	"Smotherd Feeling"
Flu, Influenza or Grip	Sore Throat
Furred Tongue	Stomac Trubls of All Kinds
Gall-Bladder trubls	Tonsillitis
Hyperacidity	Tuberculosis
Liver Trubls	Uterin Catar
Nervs"	

SULFUR THERAPY

Sulfur is a non-metallic element. It combines readily with Oxygen as well as with Hydrogen.

Flowers of Sulfur (Sublimed Sulfur) is a fine yellow powder. It can be had in all drug stores. It is usually sold for dusting rose bushes and other shrubs.

Flowers of Sulfur, when sifted, or dusted, into the shoes U wear, will work thru the stockings and thru the skin. After this Sulfur gets thru the skin, the natural fluids of the body in circulation take up what it can use and changes it into a wonderfully helpful "*blood purifier*."

Sift this Sulfur into the shoes every morning for thirty days; then omit five days, and start over again. Keep this treatment up for three or four months; then skip a month or two, and start over again. Along with this manner of using the *Flowers of Sulfur*, a quarter of a teaspoonful of the powder may be mixed in a tablespoonful of the best molasses and taken every morning for a month or so. This acts as an alterative and mild laxative. This is what our grandmothers used to wisely give us when we were children. What was good for the children then, is even better today, not only for the young folks, but for the older ones too.

This *Sulfur Therapy* has a remarkable action on the skin to make it free from pimples and blemishes. It also is noticeably good for all kinds of rheumatism and muscle cramps.

If U wear any gold or silver ornaments, do not be surprised to see them turn black after having taken this treatment a few weeks.

ALUMINUM KITCHEN UTENSILS ARE THEY SAFE?

Thru my Helth Books sold to persons thruout the world, I have had many inquiries asking for definit information regarding Aluminum-ware for the kitchen, or nursery.

I shall not discuss "laboratory findings." We are not at all interested in them. What we are interested in is the *clinical effect of foods cookt in aluminum!*

As we are dealing only with *Humans*, we are not at all interested in the "laboratory findings" of aluminum cookt foods on pigs, rats, mice, monkeys, or goats. We are not running a rattery, niether are we running a piggery. We are teaching *humans* how to liv to get the most out of life, and how to keep away from doctors. In other words, teaching *humans* how to retain helth, or how to regain helth.

Many persons have written me, telling of their recovery from all manner of unhelth, simply by throwing all Aluminum-ware out of the house.

Is ALUMINUM A POISON?

Some of the worst cases of bowel and stomach trubls I have been able to quickly cure by having all aluminum-ware discarded from the kitchen. Aluminum, combined with salts from cooking foods, is a terribl bowel poison and often seems to be one caus of cancer of the intestins.

Never eat or drink anything that has been cookt or heated in aluminum. Clinical experiece has proved to me, as well as to many other observers, that the cooking, or heating, of food or liquid in aluminum changes that food or liquid and makes it a poison to many persons.

In place of aluminum cooking utensils, use enamel-ware cooking-glassware, or, best of all, is *stainless steel*.

Steam cookers, made of stainless steel, are to be had. They should be universally used, as the best part of the food is not thrown down the sink, when a Steam Cooker is used.

Stainless steel utensils are more costly to begin with than

some other utensils, but they will last a "life-time," and are safe to cook in. Iron utensils are also safe.

Clinical findings we must go by. Practically all laboratories can be hired to give "findings" to suit the case. The more capital back of the product, the better the "laboratory findings" usually are.

Some animals can eat strychnine and not become poisoned by it. Some persons can eat tobacco and not die from its poisonous effect. Some persons can eat food cooked in Aluminum and not get rheumatism or stomach ulcers or cancer from it, *but why take chances?*

My books give a few *clinical cases*. Read them. I shall not discuss the subject. I have done my duty to warn the public. I learn from my patients and not from laboratories.

SPIDERS

Some spiders are said to be "poisonous," while others are said to be "non-poisonous." The fact is NO spider is a "safe companion." The bite of ANY variety of spiders may cause great pain, sickness, and death.

Spider-webs should be regularly swept down from walls, or from trees or shrubs. Webs of any kind on shrubs or trees can do much harm.

Never sleep under trees with the face up without a net cover to prevent spiders from "dropping down" to bite U. Many cases of blindness are caused by spider bites on the eyelid. These eyelid bites are made while the victim is sleeping, or having the eyes closed. The spider "drops down" from a ceiling or from a branch of a tree and for some reason will bite the eyelid more often than other parts of the body. I think it is because the eyelid twitches automatically, when hit by any object, and the twitches annoy the spider, so it bites and that bite may cause total blindness in the eye under the bitten eyelid.

THE "BLACK-WIDOW" SPIDER

The "Black-Widow" has been made very popular thru timely press notices; but, as no information as to how to keep this

notoriously venomous spider from our homes and buildings was forthcoming. I set out to experiment and observe on my own account.

In the first place the natural enemies of this spider are the lizards (including the horned "toad,") frogs and toads. There is a small insect that lays its eggs on the spider egg-sac, so the young insects bore thru the sac and devour the eggs. That's good.

The Black-Widow (shoe-button) spider will not remain on wood or metal first painted with aluminum paint and then with glossy white paint. All dark places, and corners, and seats of "out-houses" should be so painted.

MOSQUITOS AND THEIR CONTROL

I don't like mosquitoes any better than anyone else, but I like to see "fair play." If the innocent blood-sucker that hypoes malaria into a fellow, did not have a malarial patient to suck from, it would not be inoculated in the first place, so in reality man gives the mosquito one form of "malaria," and the "honest mosquito" in turn gives man another kind that is more active than what it gets.

If the swamps were cleaned up, man would not get malaria in the first place to give "doctor mosquito," and if the swamps were cleaned up, mosquitoes would not multiply to get and give the malarial parasites.

Nature has a very good way of equalizing all pests, and for the curtailing of mosquito breeding. Nature has herbs of various varieties that will destroy, or prevent mosquitoes, if man would allow them to grow. Nature also has many different kinds of fishes and water bugs, or water inhabitants, that will devour the mosquito larvae as soon as they begin to circulate, but man has acted to curtail the presence of the very animals that would destroy the baby mosquitoes.

It is interesting to know a little about the peculiar plants that will destroy or prevent mosquitoes. Some forms of algae, the green moss or "scum" plants that grow in and on water,

giv off an oily substance that will kill mosquito larvas. There is the bladderworth that grows in water and allows its myriads of "bladders" to hang under the water to act as baits, or traps, to catch, among other animals, the mosquito larvas. Countless numbers of "wigglers" are enticed to enter the bladderworth's parlors and giv food to the plant.

If white clover be cultivated in "malarial districts," the mosquito inoculators clear out. It is said that the profusion of white clover fields on the delta of the Nile, which are allowd to flower profusely during certain months of the year, have saved Egypt from the malaria-inoculating mosquito, tho its nabor, Palestine, is a victim.

The best artificial way to destroy "Doctor Mosquito," (so-cald becaus she, and sometimes he, carries a hypodermic needl for transferring serum from one body to another, accord- ing to the "modern medical fashion"), is to drain the swamps and pour a littl crude oil into all pools of stagnant, or slow- moving water.

Again I say, don't blame the mosquito for malaria, becaus the mosquito has to be infected from man before it can re-infect another man. Tit for tat, as it were.

The worse thing the mosquito ever did was to teach the medical profession how to use serums and vaccins. That time it was the medical doctor who BIT—not the mosquito!

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