

IS DISEASE DUE TO EATING?

Under the above caption an exchange has the following to say on the subject of the hot water cure. We commend the matter to the careful consideration of dyspeptics as we feel safe in saying many will find relief:

"But as wonders never cease, we have recently chanced upon a book on hygiene so clear, so intelligent, so founded on common sense as to be within the ken of every thinking man and woman. This rare avis comes from the publishing house of J. H. Vail & Co., New York, and is entitled: 'The Relation of Alimentation and Disease.' The author, Dr. J. H. Salisbury, is best known for having invented hot water as a beverage and medicine. Dr. Salisbury's theory on this subject, by the way, finds a proper place in this book and is worth transcribing. Dr. Salisbury claims that if human beings will keep their stomachs in good condition they can avoid all ills saving those brought on by accidents. The great saving grace from his point of view and from that of his disciples, who are multiplying in all parts of this country and in England, is this same inexpensive hot water. Americans are the most dyspeptic people on the face of the earth, a lamentable fact not due to climate but to hot breads and griddle cakes, pies, candies, and the insane use of ice water while eating. The poor stomach is unequal to the work put upon it and leaves much of the food undigested. This food ferments, and from fermentations arise all the horrors of dyspepsia. Such digestive organs Dr. Salisbury likens to an old vinegar barrel, and, like this barrel, they require frequent and thorough washing out before any fermentable food can be taken in without disaster. This washing out should be done by drinking hot water at about 110 degrees Fahrenheit, and should take place long enough before each meal to allow the water and washings to leave the stomach before food is eaten and to keep ahead of the food as it passes downward. From experience Dr. Salisbury finds that this hot water washing should not be nearer the meal than one hour, and it is often better to set back the time two hours. The water should be slowly sipped, so that the stomach may not be uncomfortably distended. The object of this drinking, argues Dr. Salisbury, is to wash out a dirty, yeasty, slimy, sour stomach before eating and sleeping. It should be taken on retiring, not only for cleansing purposes, but to prevent fermenting products from lying over night next the diaphragm, heart and lungs, partially paralyzing them and exciting cough or disturbing the breathing and circulation. This washing should be kept up persistently for months, and even years, before the digestive apparatus becomes so thoroughly free of yeast plants and the products developed by their growth as to allow normal digestion, unaided by hot water. Hot water is best taken in the morning while in bed, or, if up, it is well to lie down on the left side after taking it. It is not alone in consumption that this practice of drinking hot water is of use, but in all diseases arising from defective digestive processes and from the fermentation of foods. Even comparatively healthy persons find it of much benefit. It excites downward peristalsis, dilutes theropy secretions of the body, dissolves all abnormal crystalline substances that may be present in the blood and everywhere promotes elimination. It supplies a foundation for the thorough treatment of all chronic diseases by an inside bath which refreshes the whole system. Cold water cannot take its place. It was at first tried in connection with food experiments, and found to cause pain and colic. It does not excite downward peristalsis, as does water at 110 to 150 degrees Fahrenheit, such as is liked in drinking tea and coffee.

"The common and excessive use of cold water, both in drinking and in bathing, is a great mistake. It depresses the system and wastes the animal heat in the effort to restore the temperature of the economy which is sensibly lowered by it, and the nerve force needed by the various organs, of which we have none too much at any time, is draughted off to repair our error. When we ice our water we intensify this error a hundredfold and sacrifice the well being of all internal organs for the temporary cooling of mouth and throat. If those surfaces were in perfectly normal condition we should not crave this cooling. Lukewarm water has also been tried, but was found to excite upward peristalsis and to make the users sick."

"Dr. Salisbury's treatise aims to prove that health should be man's normal condition; that if it is not man alone is to blame. He is not willing to make our ancestors responsible for our sins. Predisposition to disease does not necessitate disease. It rests with ourselves whether we overcome or succumb to heredity. Man is the victim of his own stomach. Treat that vital organ with distinguished consideration and health will wait upon good digestion."

While Southern civilization is being roasted for the Clayton murder in Arkansas, it may be well to note the case at Mt. Horeb, Wis., the first of this month. G. G. Manot, the editor of the Sun, was called to his door at midnight and shot by unknown assassins. It was charged to those who differed with him on a question of public interest advocated in his paper. The guilty parties are not likely to be detected, but as the case did not occur in the South, it is passed as a spasmodic event, and the fountains of indignation have a very limited flow.

The official title of the company of which Colonel Lamont is to be president is the Houston, West Street and Pavonia Ferry Railroad Company. The road runs from the foot of Chambers street, New York, up the west side, across town through Houston and Prince streets up Avenue C and back across town to the Grand Central depot, at Forty-second street and it does an enormous business. Colonel Lamont took the position at the request of Secretary Whitney.

President-elect Harrison, talking to a Tippecanoe club at Indianapolis on Saturday, declared that he had set before him as "the pole star of public life a patriotic purpose to promote the true glory of the country. Five initial p's in one breath. As the boys used to say, Peter Piper picked a peck of pickled peppers.

There really isn't any use in the newspapers and the public exciting themselves so over General Harrison's cabinet. In less than a month, now, they will have official information on the subject, and the country will have no actual use for a new cabinet before that time, anyway.

Professor Seelye, of Amherst, whose boast it is that he was once elected to Congress at a cost of five cents, is now in Florida enjoying a needed rest. The five cents were spent for a postage stamp, a sheet of paper and an envelope with which to accept the nomination. Times have changed since then.

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