

# The Daily Sentinel.

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## The Daily Sentinel.

JOSEPH TURNER, JR., EDITOR.  
From the Birth of an English Population,  
in Health and Honor.

### HOW CONSUMPTION MAY BE CURED.

September 25.—The first announcement to a patient that he or she has consumption is often like a death-knell. The vacant stare, the pale cheek, and the convulsive cough, indicate a shock of the most profound character. Indeed, I have known persons to swoon away, and require the most active exertions to restore them. And yet it is not true that consumption is necessarily a fatal disease. In point of fact, it is as curable as many diseases which prevail in every community, and yet excite no remark. Consumption results from a protracted asthmal condition, instead of that perfect asthma, the essential to sound health there is an imperfect elaboration of the nutritive fluids, which leads, by inflammatory action or other processes, to the deposition in the lungs and other tissues of crude material known as tubercle. Persons predisposed to consumption, or living under circumstances which lower the vital energies and prevent the nutritive process, are those in whom this affection most frequently appears. It follows that there is so specific a medicine for consumption, it is not curable by medicines; on the contrary, its fatal issue is more often hastened by medication.

For the encouragement of patients, and to illustrate the course of a life most likely to restore vigor to health, I will relate a case that has occurred under my observation. The following is an example among many: "A young medical student, having an hereditary tendency to consumption, began to realize its first well marked symptoms. It progressed rapidly toward a fatal termination. The cough, emaciation, and hectic betrayed his condition to the most superficial observer. Alarmed at his condition, but desiring to yield to the conviction of his friends that he was a victim of this disease, he refused to be examined, or even to talk on the subject. At length he became so weak and prostrated that he consented to have his lungs examined, and on the announcement of the physician that they contained large cavities he fainted, and was rallied with great difficulty.

Arrived to a pitch of desperation, he determined that he would not lie down and die, but would make himself an out-door life. He accordingly spent his entire day in horse back exercise, sawing wood, hard rowing, &c. At night he slept on a hard bed in an open house, through which the wind-blasts blew. His diet was plain and but little cooked; his clothing coarse and scant. His physician is a New England man. He is upwards of forty-five years of age, and his weight about one hundred pounds. A fine specimen of health is not seen in New England."

Recovered from the "latest stage of consumption" is therefore possible. The following outlines of the course of life to pursue is given:

Live in the open air and sunshine; avoid dampness and darkness in your dwelling; if possible, choose a dry mountain region; develop vigorous exercise every muscle in the body to its fullest capacity; select nourishing and easily-digested food, and be sure that it is not overcooked; dress in coarse woollen clothing; bathe for cleanliness and comfort; never forcibly distend the lungs; but increase their capacity by exercise, and, finally, take no medicine, except as aids or additions to the course of life recommended.

THE WORLD IN A HUGE PHOTOGRAPH.

There are other photographs besides those which are taken in the studio of the maker of portraits. Every object on the earth's surface is continually emitting rays, which affect all the objects around it, and produce on them impressions which may be visible to our eyes, but which are not so. A man's shadow, for instance, in the front lens of which there is plainly seen a beautiful landscape with all the varied hues of Nature. Some fifteen years ago, according to the owner's account, the instrument had been in use, and was left standing for a time, on the plain, in a scorching mid-day sun, fronting a woodland. When again brought into use, a correct picture of the scorching woodland, with all the various colors of the landscape, was photographed on the lens, and has remained unchanged to the present time. The truth of this is easily tested in the following manner: Take a sheet of clean white paper, on it lay a leaf, and place the whole for a few hours in bright sunlight. Remove the leaf and lay away the sheet of paper in a drawer, or other dark place. It, after the lapse of a few months, the paper be a pin placed in the sunlight, an image of the leaf will appear on the surface.

GROWTH OF POPULATION.

At the taking of the last census, in 1860, the population of the United States was 31,443,821. And it was then estimated by the Census Bureau that to 1870 the country would contain 42,325,423, in 1880 a population of 53,208,025, and in 1900 the population of 100,353,802, when the United States would embrace but twenty-eight States in the Union. It is interesting to note that the population of the United States in 1860 was 31,443,821, and in 1870 it was 42,325,423, an increase of 34 per cent. In 1880 it was 53,208,025, an increase of 25 per cent. In 1900 it was 100,353,802, an increase of 88 per cent. This shows a steady and rapid increase in the population of the United States, and it is probable that this increase will continue for many years to come.

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