

LITTLE MOTHER.

Little mother, little mother, with the shadows in your eyes...

AGAINST THE DRAFT.

Midway in the five-mile railway tunnel, the shafting rose one thousand feet through Sutor Mountain.

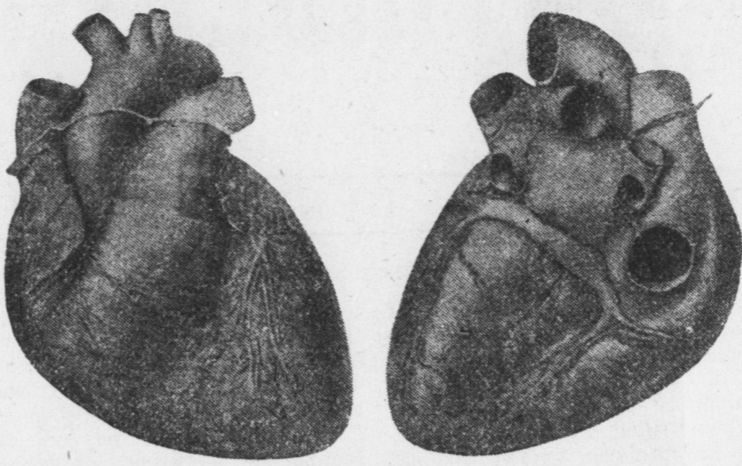
of the cleat. The violent, irregular gusts that drove into every corner of the room had jarred the prop loose and slammed the door shut.

work himself free. He stumbled into the dynamo room. Glancing at the clock, he saw that he had been in the smoke less than half an hour; but it had seemed ten times as long.

Why Die Before Your Time?

New Developments in the Treatment of Heart Disease.

By Henry Smith Williams, M. D., LL. D., in Hearst's Magazine.



If your protein food is not well digested it falls with identical malades. About three persons in a thousand complete their normal span of life and die of old age.

be affirmed that no one who lives a sedentary life should eat meat more than once a day. Suppose you apply that rule, and supplement it by taking only half the quantity of meat...