

CONSUMPTION IN RUSSIA

Fermented Mare's Milk Used As a Basis of Cure.

MANY ARE BENEFITED

A British Doctor the Founder of the Great Resort Where the Patients Drink Enormous Quantities of Koumiss Each Day—Life There Far From Unpleasant.

Janetovka, the Russian consumptive resort in the Samara steppes, is the queerest "cure" in all the world. It is based on the "koumiss treatment."

Koumiss as every one knows, is formerly practising in St. Petersburg; this has been found to possess marvelous nutritive and restorative powers when combined with clear strong air and sunlight. Janetovka is due to Dr. G. L. Carrick, a British physician formerly practising in St. Petersburg; years ago he was one of the surgeons at the Brompton Consumption Hospital in London.

The season at Janetovka lasts only from June till the end of August. Summer on the steppes is excessively hot—often 105 degrees in the shade—yet in the night it may sink to 45 degrees or even lower. Nevertheless, no dew falls except about an hour before sunset so that the nights left cool and dry—a delightful change after the blazing sunshine of the day. And these long silent nights have no inconsiderable part in the cure, for many restless patients are almost forced into slumber by the heavy, mysterious silence of the great steppes.

No fewer than 170 persons are engaged in Janetovka, largely herdsmen for the great troops of milch mares. The servants in the cottages are odd little Bashkir walters, clothed in smart uniforms. They get some \$7.50 for their three months of service. Of course they make a good deal out of the tips from patients and finally slip home to their native hamlet over the Asiatic border swaggering in new clothes and as proud as peacocks.

There are large staffs of horse herds and koumiss makers—the one men, and the other women. The koumiss is made in three qualities—weak, medium and strong. The former is of less than twenty four hours fermentation, the medium between twenty four and forty eight and the strong well over forty eight.

Koumiss is made in thousands of gallons every day at Janetovka; the output being calculated on a basis of six full champagne bottles every day for each patient. This may seem a pretty liberal allowance, but the milk is partly digested or peptonized during fermentation, thus enabling the patients to consume immense quantities without any feeling of repletion.

Some patients, indeed, consume nine bottles a day comfortably, drinking chiefly between meals and never after 7 in the evening. Far from satisfying the appetite koumiss seems rather to sharpen it and in this way real zest is created for the gigantic meals.

During fermentation the koumiss acquires quite a champagnelike quality, and is elevating to those unaccustomed to it. The strong variety will often burst the stout champagne bottles with a bomblike report and on that account servants handling it are protected with wire masks.

It is interesting to watch a general muster of the vast herds of horses and mares out on the steppes near Janetovka. Riding about among the playful animals the indefatigable Dr. Carrick himself may be seen, conspicuous in his smart Glengarry cap. The Khirgiz and Bashkir horse herds are armed with curious lassoes, consisting of loops of hide at the end of six foot poles, and by means of these any animal required may be taken out from the mob.

Agricultural work is done entirely by camels in this cure resort of the steppes and there are hundreds of acres under wheat and other varieties of grain for the needs of the great establishment. For fourteen hours out of the twenty-four the mares are out at pasture with their foals, and spend many hours besides in their stables feeding continuously until milking time. The long feathery kovil grass of the steppes is their favorite food.

The patients profiting by their milk are surprisingly cosmopolitan. You will find Americans and Britons, semi-Asiatics from the banks of the Amur and the borders of China; and Russians from as far north as Archangel. And from as far south as the Riviera and Spain men and women come thither in search of health and strength.

The number of cures varies considerably from season to season, but usually runs into four or five hundred. Some of these gain enormously in weight—as much as thirty or forty pounds in three months.

One of the features of Janetovka is the absence of system. At many resorts whither people flock in search of health the doctors lay down laws about early rising and map out every day of the year. Here on the steppes, however, there is no apparent system, and every one is free to do as he pleases.

It is easy to be generous when we have too much.

The Knock-out Blow.

The blow which knocked out Corbett was a revelation to the prize fighters. From the earliest days of the ring the knock-out blow was aimed for the jaw, the temple or the jugular vein. Stomach punches were thrown in to worry and weary the fighter, but if a scientific man had told one of the old fighters that the most vulnerable spot was the region of the stomach, he'd have laughed at him for an ignoramus. Dr. Pierce is bringing hope to the public a parallel fact; that the stomach is the most vulnerable organ out of the price ring as well as in it. We protect our heads, throats, feet and lungs, but the stomach we are utterly indifferent to, until disease finds the solar plexus and knocks us out. Make your stomach sound and strong by the use of Dr. Pierce's Golden Medical Discovery, and you protect yourself in your most vulnerable spot. "Golden Medical Discovery" cures "weak stomach," indigestion, or dyspepsia, torpid liver, bad, thin and impure blood and other diseases of the organs of digestion and nutrition.

The "Golden Medical Discovery" has a specific curative effect upon all mucous surfaces and hence cures catarrh, no matter where located or what stage it may have reached. In Nasal Catarrh it is well to cleanse the passages with Dr. Sage's Catarrh Remedy fluid while using the "Discovery" as a constitutional remedy. Why the "Golden Medical Discovery" cures catarrhal diseases, as of the stomach, bowels, bladder and other pelvic organs will be plain to you if you will read a booklet of extracts from the writings of eminent medical authorities, endorsing its ingredients and explaining their curative properties. It is mailed free on request. Address Dr. R. V. Pierce, Buffalo, N. Y. This booklet gives all the ingredients entering into Dr. Pierce's medicines from which it will be seen that they contain not a drop of alcohol, pure, triple-refined glycerine being used instead. Dr. Pierce's great thousand-page illustrated Common Sense Medical Advisor will be sent free, paper-bound, for 21 one-cent stamps, or cloth-bound for 31 stamps. Address Dr. Pierce as above.

Ventilator Potato Barrel.

A writer in Prairie Farmer shows a novel potato crate, which he has found to be very satisfactory for storing potatoes.

This potato grower uses ventilated barrels, which he is able to construct at a cost of about 15 cents each. He buys sugar barrels, being careful to secure both heads. The barrel is



knocked down and then built up again and nailed in the manner shown in illustration.

The top is used for the bottom of one barrel and the top of the same barrel is used for the bottom of another. In this way he makes two barrels out of one. The open space furnishes necessary ventilation and insures the good keeping qualities of potatoes stored.

Hog Notes.

The best way of using cooked feed is to mix with some bulky material. If there is any one animal that enjoys comfort above another it is the hog.

Feeding buttermilk tends to constipation, giving a little oil meal will overcrowd this tendency.

While the growing pig should never get hungry he should be kept so that he will have a good appetite.

For perfect comfort, shelter must be given along with liberal feeding. Usually it is not the stupid sow, but the vicious feeder that makes a cannibal of the sow.

The good strains of pigs must be kept so by proper care, intelligent and "stick to it" feeding.

Instead of early maturity being against the proper development of constitutional vigor, it is a great step to secure it.

A Brush Burner.

A convenient portable brush burner, for getting rid of lopped off limbs in the orchards, during the pruning season, can be made thus. Take a section of an old smoke stack, about five or six feet long, cut it lengthwise and open it so as to make a trough. Close both ends with pieces of sheet iron, and fasten the contrivance to a sled. Throw some dirt in the bottom of the trough and start a fire. Hitch a horse to the sled, but at a safe distance from the fire. Pile on the brush and it will be consumed, leaving the ashes in the trough. Be careful not to haul the burner under the trees while it is in operation. The horses draws the burner wherever needed.

Adjusting the Collar.

We never like to begin horses with pads under the collars until it becomes absolutely necessary, says Field and Farm. Some will put pads under the first thing, regardless of whether they are needed right then or not. After a horse has worked off some of his winter's keep a pad is sometimes necessary to fill out the collar, but if a collar is too big to start on, a new collar is better.

CHEAP BOOKS!

To close out an estate a private library is for sale. It includes

HISTORIES, THE POETS, NOVELS, BIOGRAPHIES, BOUND MAGAZINES, RELIGIOUS WORKS, and many miscellaneous books.

There are about 300 volumes, and have been divided into lots at

5c., 10c., 20c., 25c., 50c. and \$1 per book.

Set of 3 Books that Cost \$3.75 now \$1

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Very Cheap, and a Rare Chance to get

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COLUMBIAN OFFICE.

PENNSYLVANIA RAILROAD TEN-DAY EXCURSIONS

Atlantic City, Cape May, Anglesea, Wildwood, Holly Beach Ocean City, Sea Isle City, Avalon NEW JERSEY

Thursdays, August 8 and 22, 1907.

\$4.60 Round Trip Via Delaware River Bridge. **\$4.50 Round Trip** Via Market Street Wharf. Tickets good going on trains leaving East Bloomsburg at 8:25 a. m., or 11:47 a. m., to Philadelphia; thence on regular trains to all resorts named.

TICKETS GOOD RETURNING WITHIN TEN DAYS.

For full information consult nearest Ticket Agent. **J. R. WOOD** Passenger Traffic Manager. **GEO. W. BOYD** General Passenger Agent.

PENNSYLVANIA RAILROAD FIVE-DAY EXCURSIONS

Atlantic City, Cape May, Anglesea, Wildwood, Holly Beach Ocean City, Sea Isle City, Avalon NEW JERSEY

Sundays, August 11 and 25, 1907.

\$4.60 Round Trip Via Delaware River Bridge. **\$4.50 Round Trip** Via Market Street Wharf. Tickets good going on regular trains from East Bloomsburg to Philadelphia; thence on regular trains to all resorts named.

Tickets good returning until the following Thursday inclusive

For full information consult nearest Ticket Agent. **J. R. WOOD** Passenger Traffic Manager. **GEO. W. BOYD** General Passenger Agent.

PENNSYLVANIA RAILROAD.

PERSONALLY-CONDUCTED EXCURSIONS TO

NIAGARA FALLS

August 21, September 11, 25, and October 9, 1907.

ROUND-TRIP RATE \$6.90 FROM EAST BLOOMSBURG

Tickets good going on train leaving 11:47 a. m., connecting with SPECIAL TRAIN of Pullman Parlor Cars, Dining Car, and Day Coaches running via the

PICTURESQUE SUSQUEHANNA VALLEY ROUTE

Tickets good returning on regular trains within TEN DAYS. Stop-off within limit allowed at Buffalo returning.

Rated Booklet and full information may be obtained from Ticket Agents **J. R. WOOD** Traffic Manager. **GEO. W. BOYD** General Passenger Agent.

8-8-15-22-29; 9-5-12-19-26; 10-3

September Jury List.

The following is the jury list for the September term of court:

GRAND JURORS.

J. H. Mensch, Montour. Lloyd M. Pettit, Berwick. Charles Ross, Berwick. Henry Gottshall, Franklin. Charles H. Berger, Pine. Augustus Hartline, Madison. C. W. Shannon, Berwick. Valentine Heisz, Bloom. I. M. Hartman, Catawissa Boro. George Martz, Catawissa Boro. Isaiah Hagenbuch, Montour. J. C. Sanders, Pine. Tillman Sadler, Millville. J. Howard Welliver, Benton Twp. Marvin J. Kline, Greenwood. Harvey T. Doan, Berwick. Robert Morris, Bloom. David Armstrong, Bloom. H. S. Barton, Bloom. C. R. Ruckle, Millville. Douglas Wright, Berwick. Austin Ohl, Scott. Alfred Reese, Greenwood. O. H. Henry, Berwick.

PETTIT JURORS (First Week.)

Elmer Kline, Orange Twp. Chauncey B. Ikeler, Benton Boro. Henry S. Keck, Berwick. Wm. Adams, Briar creek. Samuel Weaver, Fishing creek. Harrison Levan, Millin. John Chamberlin, Madison. Neil Maust, Hemlock. Ed. G. Sweenheiser, Centre. Daniel W. Martz, Briar creek. Albert Kline, Catawissa Boro. John Mellick, Mt. Pleasant. Jacob Travelpiece, Orange Boro. Asa Hess, Sugarloaf. Robert Vanderslice, Bloom. W. O. Raig, Cleveland. Wm. E. Davis, Centralia. Harry J. Lattimer, Sugarloaf. Isaiah Giger, Bloom. Cyrus Karns, Fishing creek. Warren W. Welsh, Orange Twp. Wm. Heckman, Scott. Wm. Bangs, Greenwood. J. C. Cotner, Madison. Wm. S. Ash, Briar creek. Henry Hile, Fishing creek. Wm. Smith, Stillwater. Charles Hink, Scott. Frank E. Winner, Fishing creek. Norton B. Cole, Benton Twp. W. H. Bitner, Locust. Uriah Chamberlin, Pine. Levi Ash, Benton Twp. Joseph G. Swank, Millin. Jason H. Mensch, Millin. B. F. Mather, Sugarloaf.

PETTIT JURORS (Second Week.)

Frank Bachman, Millin. Jeremiah Rhodes, Jackson. Jacob F. Gearhart, Millin. George B. Thomas, Greenwood. Isaiah Ohl, Bloom. Wm. Rauck, Montour. Samuel Leiby, Franklin. Zerbin Low, Orange Boro. Geo. P. Ringler, Bloom. Gideon Shultz, Benton Boro. W. H. Clewell, Benton Boro. D. A. Shultz, Madison. Wm. Kester, Madison. Isaiah Mausteller, Madison. Alonzo P. Fritz, Sugarloaf. Hugo W. Appleman, Hemlock. Bruce Frens, Centre. Ben Golder, Sugarloaf. Lincoln Boddy, Montour. Cyrus Demott, Madison. Philip Rider, Madison. Chas. E. Patterson, Orange Twp. Flemming Steward, Franklin. B. F. Rice, Scott. Chas. T. Berger, Briar creek. Nelson A. Hunsinger, Berwick. Daniel Yoder, Locust. Cyrus Smith, Berwick. Frank Fester, Centre. T. H. B. Davis, Briar creek. Rider Smith, Millin. Wm. Lawton, Bloom. Alex. Bitler, Main. James E. Werkheiser, Bloom. A. B. Kressler, Mt. Pleasant. Franklin P. Harman, Sugarloaf. John S. Scott, Centre. Wm. R. Long, Roaring creek. Webster Eves, Millville. Wm. J. Hilday, Scott. J. S. Grimes, Bloom. Jere. O. Fry, Beaver. Elmer K. Creveling, Millin. Patrick J. Burns, Centralia. Jonathan Lorenan, Franklin. W. G. Creveling, Fishing creek. Geo. Everett, Mt. Pleasant. J. Paxton Creasy, Fishing creek.

ADMINISTRATOR'S NOTICE.

Estate of Sarah E. Johnson, Deceased.

Notice is hereby given that letters of administration on the estate of Sarah E. Johnson, late of the township of Pine, Columbia County, Pennsylvania, deceased, have been granted to John R. Herring, residing at No. 51 Church street, in the city of Wilkes-Barre, Penna., to whom all persons indebted to said estate are requested to make payment, and those having claims or demands, will make known the same without delay.

JOHN R. HERRING, Adm. of Sarah E. Johnson, deceased. No. 51 Church St., Wilkes-Barre, Pa. Clinton Herring, Attorney. 7-4-07

DIVORCE NOTICE.

Emma J. Harmony vs. John Harmony

In the Court of Common Pleas of Columbia County, Pa. Subpoena in Divorce. No. 147 May Term 1907.

To John Harmony, Respondent in the above cited case:

You are hereby notified, in pursuance of the order of the Court of Common Pleas of the said county of Columbia and State of Pennsylvania, to be and appear in said Court on or before the first Monday of September next, being the second day of said month, to answer petition heretofore preferred by the libellant, Emma J. Harmony, your wife, and show cause, if any you have, why the said Emma J. Harmony should not be divorced from the bonds of matrimony entered into with you, agreeably to the Act of Assembly in such case made and provided. Hereof fail not, under the penalty of having the said petition heard and a decree of divorce granted against you in your absence.

CHARLES B. ENT, Sheriff.

Professional Cards.

H. A. MCKILLIP

ATTORNEY-AT-LAW, Columbia Building 2nd Floor Bloomsburg, Pa.

A. N. YOST,

ATTORNEY AT LAW, Ent Building, Court House Square, Bloomsburg, Pa.

RALPH R. JOHN,

ATTORNEY AT-LAW, Hartman Building, Market Square Bloomsburg, Pa.

FRED IKELER,

ATTORNEY-AT-LAW, Office Over First National Bank, Bloomsburg, Pa.

CLYDE CHAS. VETTER

ATTORNEY-AT-LAW, Office in Wirt's Building, Bloomsburg, Pa.

W. H. RHAWN,

ATTORNEY-AT-LAW, Office Corner of 3rd and Main Sts. CATAWISSA, PA.

CLINTON HERRING,

ATTORNEY AT LAW, Office with Grant Herring, Bloomsburg, Pa. Orangeville Wednesday each week

A. L. FRITZ,

ATTORNEY-AT-LAW, Office—Bloomsburg Nat'l Bank Bldg. Bloomsburg, Pa.

J. H. MAIZE

ATTORNEY AT LAW, INSURANCE AND REAL ESTATE AGENT, Office in Townsend's Building Bloomsburg, Pa.

N. U. FUNK

ATTORNEY AT LAW, Ent's Building, Court House Square Bloomsburg, Pa.

SADE T. VANNATTA

(Successor to C. F. Krapp) GENERAL INSURANCE, Office 238 Lion St., Bloomsburg, Pa. Oct. 31, 1907. 11*

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EDWARD FLYNN,

ATTORNEY-AT-LAW, CENTRALIA, PA. Office Liddicot building, Locust Avenue

H. MONTGOMERY SMITH, ATTORNEY-AT-LAW, Office:—Ent building, 11-15-07

WILLIAM C. JOHNSTON,

ATTORNEY-AT-LAW, Office in Wells' building over J. G. Wells' Hardware Store, Bloomsburg. Will be in Millville on Tuesdays.

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