

# DEATH BEFORE 100 YEARS IS SUICIDE

### Prof. Munyon Says Ignorance of Laws of Health Explains Early End of Life.

## NOTED SCIENTIST HAS ENCOURAGING WORD FOR DESPONDENT MEN AND WOMEN

"Death before 100 years of age has been reached is nothing more or less than slow suicide. A man (or woman) who dies at an earlier age is simply ignorant of the laws of health."

Such was the original and rather startling statement made by Professor James M. Munyon, the famous Philadelphia health authority, who is establishing health headquarters in all the large cities of the world for the purpose of getting in direct touch with his thousands of converts.

Professor Munyon is a living embodiment of the cheerful creed he preaches. Vivid, well poised, active and energetic, he looks as though he would easily attain the century age limit which he declares is the normal one. He said:

"I want the people of the world to know my opinions on the subject of health, which are the fruit of a life-time devoted to healing the sick, people of America. There isn't a building in this city big enough to house the people in this State alone who have found health through my methods. Before I get through there won't be a building big enough to house my cured patients in this city alone."

"I want, most of all, to talk to the sick people—the invalids, the discouraged ones, the victims of nerve-wearing, body-racking diseases and ailments—for these are the ones to whom the message of hope which I bear will bring the greatest blessing."

"I want to talk to the rheumatics; the sufferers from stomach trouble, the ones afflicted with that noxious disease, catarrh. I want to tell my story to the women who have become chronic invalids as a result of nervous troubles. I want to talk to the men who are all run down, whose health has been broken by overwork, improper diet, late hours and other causes, and who are suffering from a clutch of serious, chronic illness."

"To these people I bring a story of hope. I can give them a promise of better things. I want to astonish them by showing the record of cures performed through my new system of treatment."

"I have taken the best of the ideas from all schools and embodied them in a new system of treatments individually adapted to each particular case. I have no 'cure alls,' but my present method of attacking disease is the very best thought of modern science. The success which I have had with these treatments in this city and all over America proves its efficacy. Old methods must give way to new medical science moves. I know what my remedies are doing for humanity everywhere. I know what they will do for the people of this city. Let me prove my statements—that's all I ask."

The continuous stream of callers and mail that comes to Professor James M. Munyon at his laboratories, Fifty-third and Jefferson streets, Philadelphia, Pa., keeps Dr. Munyon and his enormous corps of expert physicians busy.

Professor Munyon makes no charge for consultation or medical advice; not a penny to pay. Address Prof. J. M. Munyon, Munyon's Laboratories, Fifty-third and Jefferson streets, Philadelphia, Pa.

### MEAN MAN.



"Now, John, if I were to die you would weep over me and tell everybody what a good wife I was."

"No, I wouldn't, believe me."

"Well, I would for you, just for decency's sake. And that shows I'm not half as mean as you are."

### FELL TO THE GROUND.

Stricken Helpless With Terrible Kidney Trouble.

F. Henry Thomson, 409 W. 40th St., Savannah, Ga., says: "Something seemed to snap in my back and I fell to the ground helpless. I was carried to my bed all in a heap. At first I thought I was paralyzed, but later knew it was kidney trouble. An awful nausea came over me, and the dull ache through my back caused suffering such as I had never experienced. Doan's Kidney Pills strengthened my kidneys, rid me of the terrible pains, and in a few days I was a well man. Although past seventy, I am strong and vigorous."

"When Your Back is Lame, Remember the Name—DOAN'S."

For sale by druggists and general storekeepers everywhere. Price 50c. Foster-Milburn Co., Buffalo, N. Y.

### The Recall.

Tobaccoist—You learned long ago how to pack a barrel of apples, didn't you, Uncle John?

Horticulterist—Sure thing, Billy; same as you packed that box of cigars I bought of you the other day—all the nice ones in the top row.

**For COLDS and GRIP.**  
Hicks' CAPSICUM is the best remedy—relieves the aching and feverishness—the Coid and restores normal conditions. It's liquid—effects immediately. 10c., 25c., and 50c. At drug stores.

### Slang to Define Slang.

"He's in bad."  
"Yes; he's all in."

## STATE NEWS.

Stroudsburg.—The finding of a diamond ring, valued at \$1,000, by Roy Mann, a hotel bell boy, wrapped in tissue paper, is "part and parcel" of an interesting story behind a prosaic replevin suit entered in the court here. The ring was found at the Water Gap House about August 1. Young Mann gave the ring to Proprietor J. Purdy Cope, who placed it in an envelope awaiting a call from the owner. Mann has brought action of replevin against Mr. Cope. Congressman A. Mitchell Palmer appeared for Mr. Cope, who says that he does not claim ownership, but wants to protect the property of a possible patron, and Judge Staples has granted until November 1 for the owner to appear and file a bond to recover possession.

Erie.—That death was at the throttle of Erie & Pittsburgh passenger train, 201, when it crashed into a freight at Dock Junction the other night is the firm belief of officials, and the Coroner, after an investigation, and a talk with Fireman James Firman, who is in a hospital fatally injured. According to the latter's story Engineer John S. Jones, who has been a well-known engineer for forty-five years, must have been dead long before the crash, for he ran past all signals for five miles that were set against him, and contrary to rules, ran past Dock Junction with a full head of steam. The train crashed into the freight with the throttle wide open, and it is Firman's belief, in which officials coincide, that the engineer died in his cab some time before the crash came.

Harvey Osborne, aged seventeen, who is confined in the county jail charged with the murder of George Bellis, aged fourteen, told the story of the shooting and his escape in the mountains. Osborne declares he lived six days on apples entirely and that there was nothing between him and the boy who had been shot. He says they had been good friends and never had had words. According to his statement he cared nothing for Cora Sergeant, the twenty-one-year-old young woman who was supposed to be at the bottom of the case, and no jealousy existed. Asked why he had picked up the gun and fired at the Bellis boy, he declared he had no idea that it was loaded.

Norristown.—The Court dismissed the action of Frank Tragle, a Reading business man, to have revoked the hotel license of John Walker, at Perkiomenville, because Tragle and companions could not get accommodations at the hotel. The costs, about twenty-five dollars, were placed on Walker. In extending leniency, because of first offense, the Court serves notice on hotel keepers in the county that they must pay more attention to the needs of the traveling public than to the bar trade. In this case it was alleged that Walker's housekeeper "would not stand" for boarders because of the additional work involved.

Uniontown.—B. Frank Smith, who killed his father and brother-in-law, and who dramatically escaped from the county jail at this place July 2 last, and has since been leading a merry chase, was captured Thursday at the home of his wife at Bethelboro, six miles from Uniontown. Smith, who is wealthy, is a physical and mental wreck. He made no resistance, although he was armed with automatic pistols.

Marietta.—Mary, aged eight years, daughter of Mr. and Mrs. Alfred Woodward, of near town, is said to have been assaulted by William Stevenson, aged thirty-six, in a stable here. The little girl had been playing with some companions, when called away by Stevenson. Officers McElroy and Ensign arrested Stevenson, who was committed to the Lancaster jail for trial at court. The girl's condition is serious.

Brookville.—Plunging into a landslide at Mayport, a passenger train on the Buffalo and Allegheny division of the Pennsylvania Railroad was wrecked and Engineer C. H. Montgomery, of Dubois, was killed. Fireman Harry Hetrick, of Dubois, was seriously injured. The engine and baggage car went over a steep embankment.

Altoona.—William Shultz, aged seventeen, a student in the Central Grammar School, died of cancer, superinduced by a kick while playing in a game of football two years ago. He was hurt in scrimmage. A growth formed on the spot where he had been kicked, and despite the best experts in the country, it developed until his case was hopeless.

Womelsdorf.—An examination will be held at Sheridan on September 30, when candidates will be quizzed to see if they are competent to become postmaster at Reyland near here.

Seranton.—While tamping a hole with an iron drill, Mike Warren, miner, and Joe Sukatowski, his laborer, were instantly killed by a premature blast in a shaft of the Pennsylvania Coal Company, at Upper Pittston. Anthony Johalski, miner in an adjoining chamber, was seriously injured.

Slattington.—The Slattington Rolling Mills, this town's leading industry, which had been closed down since last November, has started up. Several hundred hands were given employment.

## PIRATE LEADER HAS BRILLIANT CAREER



Fred Clarke, Manager and Captain of Pittsburgh Team.

Fred Clarke has been a major league manager for fourteen years, and has developed some of the greatest stars that the game has ever known.

He has won four pennants and one world's championship.

Starting out as a grocery man's delivery boy, he has amassed a fortune and a world-wide reputation.

He owns a big ranch in Kansas and says when his baseball days are over he will go there to spend the rest of his life.

During his entire career on the diamond Clarke has been one of the leading hitters of the game, and he has an average of over 300 for fifteen years. In 1897 he was second in the National league to Willie Keeler, with an average of 406.

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Cubs Get Veteran Pitcher.

Charlie Smith, the veteran Boston and Washington pitcher, has been purchased by the Cubs from the Newark, N. J., club. The acquisition of Smith made three twirlers purchased in one day by President Murphy, Slapnicka and Marshall of the Rockford team of the Wisconsin-Illinois league being the other two.

## PETE BROWNING SPOILED IT

Old-Time Slugger Prevented Ad Gumbert From Getting No-Hit Game by Clever Trick.

"I never had the good fortune to pitch a no-hit game in the big league," says Addison Gumbert, big Pittsburgh politician and popular fellow—the same stocky, red faced man who was Ad Gumbert, Anson's pitcher in the long ago. "But I would have done it but for Pete Browning, once. I was going good; three, four, five, six in-



nings and no sign of a clean hit, and my ambition seemed sure to come true.

"Seven innings and no sign of a hit. Eight innings, and three men out in order. Ninth inning. The first man up struck out. Only two more to get. The second man popflew to Billy Nash on third. Two gone and only one to get, while the big crowd was rooting frantically for me to make good."

"Old Pete Browning stalked to bat. I didn't like Peter's looks, the murderous old slugger that he was, but I'll swear it was all on an accident. I didn't try to hit him so as to lose him and get a whack at the next one, but the ball slipped. It whizzed in with a load of speed and shelled old Pete in the ribs."

"He danced and groaned with fury, shook his bat at me, called me a barrel of nice names, and then ambled down to first. The next man up got two strikes and then hit weakly at a fast curve. The ball rolled across to the second baseman, Pete Browning, of course, running down from first. And just as the second baseman was dipping for the ball, old Pete deliberately stuck his leg in front of the bounding globe, letting it rap him on the calf."

"Under the rules, Pete was out—man hit by batted ball—and that ended the game. But, also under the rules, the batsman got a hit, and thus I was robbed of my no-hit game."

"I fixed ye," grinned old Pete, as he trotted in. "Get smart and soak me with the ball, will ye? You and your no-hit game. Haw, haw, he, he."

"And it was never again my fortune to get even that close to a no-hit game."

## TALK TO YOUNGSTERS

Too Much of the Mechanical in Baseball Nowadays.

Individuality Is Lost by Obeying Signals Given by Manager Sitting on Bench—Many Budding Stars Dimmed.

Nowadays there is too much that is mechanical in baseball. In fact, the playing on some major league teams has become so mechanical that many of the players lose their individuality. In order to become a good base runner a man must be allowed to act upon his own judgment and think for himself. It is a shame that players have to take signals from a manager on the bench and act accordingly even though his good judgment would dictate just the reverse. It is in this way that a player becomes a cog in the mechanism of a team.

Suppose a heady man is on second and sees an excellent opportunity to steal third. Now suppose again that he has just received the signal from Mr. Manager to hold the bag and wait for a hit. Or let us presume that he is on third and perceives an excellent opportunity of stealing home after having been flashed the signal to hold the base for a long sacrifice fly.

What will the ordinary ball player do? The answer is simple. He will hold his base no matter what happens and do exactly as the manager wants him to. If not, he knows what will happen to him. Suppose he takes a chance and is out sliding to the plate.

Dejectedly he makes his way to the bench. There stands the manager, glowering disgustedly at him.

"Why, you big dub, don't you know how to play the game? You act like a bush leaguer with a wooden head."

"Well, I thought I saw a good chance to—"

"Oh," butts in the manager, "that's the trouble with you. You think too much. There'll be something coming out of your pay for this for disobeying orders."

That is why many budding stars were dimmed before they had a chance to shine. The main reason why they failed to make good in many instances was because they were not allowed to think and act for themselves on bases.

Discipline of course is necessary on any team, but it is carried too far sometimes. Occasionally some tow-headed manager will have charge of a team and will direct almost all of the plays himself.

Probably a heady man will be on the bases, a man that knows more baseball in a minute than the manager ever will and will not be given a chance to use his own brains because the manager is "running the team."

## EARLY TROUBLES OF LOBERT

Barney Dreyfuss Paid His Fare Home From St. Louis—Spent Last Nickel to Get Shoes Shined.

Hans Lobert delights in telling the boys about his first professional experience. Hans was canned from Sioux City after he had been in the squad about ten days, and the German did not have the change to take him to his home in Pittsburg.

He managed to scrape together enough to take him to St. Louis. Hans says when he landed in the Mound City he had 15 cents and had not eaten for two days.

He proceeded to a three-cent hash-house and ate 10 cents' worth, and then, to show that he was a sport, he spent the other nickel to get his shoes shined.

Lobert met Barney Dreyfuss that very day, as the Pirates were playing the Cardinals. Dreyfuss had heard of Lobert, and knowing that he was a Pittsburg boy, gave him enough money to take him home.

Upon arriving home he got a letter from Mike Finn, Little Rock's manager, offering him more money



Hans Lobert.

than he could have gotten at Sioux City had he made good.

This was back in 1903. What Lobert did after that time is a matter of history. He entered "The Big League" as a member of the Reds the next summer.



## Cement Talk No. 5

The term "barrels" is usually used in speaking of quantities of cement. However, cement is seldom actually packed in barrels. A barrel is the unit of measure and simply means four sacks, each sack weighing 95 lbs. Universal Portland Cement is packed in paper or cloth sacks; in most cases cloth sacks are used. Universal is of the best quality of Portland Cement possible to manufacture. Forty million sacks are made and consumed yearly in this country. The railroads use hundreds of thousands of barrels. It is used by the biggest architects and contractors in the cities and the government uses it extensively in all departments. If you have any concrete work to do, ask your dealer for Universal. It is the best for concrete work of any kind.

UNIVERSAL PORTLAND CEMENT CO.  
FRICK BUILDING, PITTSBURGH  
ANNUAL OUTPUT 10,000,000 BARRELS

### THE BRUTE.



Wife—John, I listened to you for half an hour last night, while you were talking in your sleep.

John—Thanks, dear, for your self-restraint.

### Dust and Tuberculosis.

As a result of the dangers from consumption to those exposed to various forms of dust, and at the request of the National Association for the Study and Prevention of Tuberculosis, the United States government has recently appointed a commission to work in cooperation with state authorities in making an investigation into the conditions of the metal mining industries in the United States, with special reference to diseases of the lungs. The work of the commission engaged in this special task will follow lines somewhat similar to those worked out by the Royal Commission of Australia, whose report was recently received in this country.

### Megaphones in Oil.

Robert Henri, the painter, was discussing in New York a very mediocre "old master" for which a Chicago promoter had paid an exorbitant sum.

"The man is content with his bargain," said Mr. Henri. "I'm sure of that. To a millionaire of that type, you know, an 'old master' is merely a megaphone for his money to talk through."

### Efficiency in the Forest.

The Babes in the Woods were lost. "There is no hope," they cried, "they will try to find us by a filing system."

### A LADY LECTURER Feeds Nerves and Brains Scientifically.

A lady lecturer writes from Philadelphia concerning the use of right food and how she is enabled to withstand the strain and wear and tear of her arduous occupation. She says:

"Through improper food, imperfectly digested, my health was completely wrecked, and I attribute my recovery entirely to the regular use of Grape-Nuts food. It has, I assure you, proven an inestimable boon to me."

"Almost immediately after beginning the use of Grape-Nuts I found a gratifying change in my condition. The terrible weakness that formerly prostrated me after a few hours of work, was perceptibly lessened and is now only a memory—it never returns."

"Ten days after beginning on Grape-Nuts I experienced a wonderful increase in mental vigor and physical energy, and continued use has entirely freed me from the miserable insomnia and nervousness from which I used to suffer so much."

"I find Grape-Nuts very palatable and would not be without the crisp, delicious food for even a day on any consideration. Indeed, I always carry it with me on my lecture tours."

Read the little book, "The Road to Wellville," in pkgs. "There's a reason." Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.