

NOVEMBER AILMENTS

THEIR PREVENTION AND CURE.

November is the month of falling temperatures. Over all the temperate regions the hot weather has passed and the first rigors of winter have appeared. As the great bulk of civilized nations is located in the Temperate Zones, the effect of changing seasons is a question of the highest importance. When the weather begins to change from warm to cold, when cool nights succeed hot nights, when clear, cold days follow hot, sultry days, the human body must adjust itself to this changed condition or perish.

The perspiration incident to warm weather has been checked. This detains within the system poisonous materials which have heretofore found escape through the perspiration.

Most of the poisonous materials retained in the system by the checked perspiration find their way out of the body, if at all, through the kidneys. This throws upon the kidneys extra labor. They become charged and overloaded with the poisonous excretory materials. This has a tendency to inflame the kidneys, producing functional diseases of the kidneys and sometimes Bright's Disease.

Perna acts upon the skin by stimulating the excretory glands and ducts, thus preventing the detention of poisonous materials which should pass out. Perna invigorates the kidneys and encourages them to fulfill their function in spite of the chills and discouragements of cold weather.

Perna is a combination of well-tried, harmless remedies that have stood the test of time. Many of these remedies have been used by doctors and by the people in Europe and America for a hundred years.

Perna has been used by Dr. Hartman in his private practice for many years with notable results. Its efficacy has been proven by decades of use by thousands of people and has been substantiated over and over by many thousands of homes.

As early as 1847 a law was passed in New Hampshire making ten hours a legal day's work.

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NEURO BRAIN SMALL
Possibilities of Development in the Negro Race, Therefore, Limited.

The negro race is now considered to be one of the oldest races in the world, evidences of its existence in prehistoric times having been recently discovered throughout Africa, Australia and Oceania. In historic times negroes are depicted on the monuments of Egypt thousands of years before the Anglo-Saxon had emerged from barbarism. They have been in contact continually with the highest civilizations of antiquity, but have never risen to the eminence of other nations, having retained their primitive conditions, even as is now apparent in the Southern States, where they are isolated in large masses.

Another significant fact is that the negro brain is smaller than the Caucasian, the difference in size being represented in both gray matter (nerve cells) and white matter (nerve fibres). The efficiency of the brain depends upon the number and position of such nerve fibers, just as the efficiency of a telephone system depends upon the number of its various connections and ramifications. The negro brain having fewer nerve cells and nerve fibers, assuming that gray matter and white matter respectively represent the possibilities of developing the race, the possibilities are therefore limited, except by crossing with other races. This has been done to such an extent in times past that it is difficult to determine whether a pure negro really exists in America.—Century Magazine.

A DOCTOR'S TRIALS.
He Sometimes Gets Sick Like Other People.

Even doing good to people is hard work if you have too much of it to do. No one knows this better than the hard-working, conscientious family doctor. He has troubles of his own—often gets caught in the rain or snow, or loses so much sleep he sometimes gets out of sorts. An overworked Ohio doctor tells his experience:

"About three years ago as the result of doing two men's work, attending a large practice and looking after the details of another business, my health broke down completely, and I was little better than a physical wreck.

"I suffered from indigestion and constipation, loss of weight and appetite, bloating and pain after meals, loss of memory and lack of nerve force for continued mental application.

"I became irritable, easily angered and despondent without cause. The heart's action became irregular and weak, with frequent attacks of palpitation during the first hour or two after retiring.

"Some Grape-Nuts and out bananas came for my lunch one day and pleased me particularly with the result. I got more satisfaction from it than from anything I had eaten for months, and on further investigation and use, adopted Grape-Nuts for my morning and evening meals, served usually with cream and a sprinkle of salt or sugar.

"My improvement was rapid and permanent in weight as well as in physical and mental endurance. In a word, I am filled with the joy of living again, and continue the daily use of Grape-Nuts for breakfast and often for the evening meal.

"The little pamphlet, 'The Road to Wellville,' found in pkgs., is invariably saved and handed to some needy patient along with the indicated remedy." Name given by Postum Co., Battle Creek, Mich. "There's a reason."

FINANCE AND TRADE REVIEW

HOLIDAY GOODS ARE MOVING

Weather Conditions Affect Seasonable Lines of Merchandise—Iron and Steel Plants Behind Orders.

R. G. Dun & Co.'s weekly review of trade says:

Weather conditions have retarded trade in seasonable staple lines of merchandise, but holiday goods have begun to move unusually early and in a volume that promises satisfactory results. Wholesale business is maintaining a much better movement than last year, and further improvement is noted in collections. From the leading manufacturing plants come reports of employment of machinery, yet deliveries are much less prompt than desired and inadequate railway facilities receive a large share of the blame.

Consumers of iron and steel seek deliveries so constantly that there is little prospect that producers will overtake orders; it seems more probable that they will fall further behind. In structural steel there is a seasonal reduction in new business, augmented to some extent by the high money market. Inquiry for pig iron is not diminished by recent advances in prices. Notwithstanding new reports of output and shipments by coke ovens, there is a disposition to ask still higher prices for next year's deliveries.

Producers of cotton goods are unable to make deliveries according to agreement, delays causing serious complaints from buyers.

Activity in the hide market is fully maintained. Manufacturers are not seeking sole leather for the balance of this year, and there is little disposition to anticipate the requirements in 1907, although upper leather moves freely.

Liabilities of commercial failures thus far reported for November amounted to \$4,111,944, of which \$1,801,687 were in manufacturing, \$2,207,006 in trading and \$103,251 in other commercial lines.

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LATEST PARIS SENSATION.

The latest sensation in Paris is a lace shop in the Rue Saint Roche which has been organized and is being directed by a queen. The ex-Queen Dowager Marie of Sicily has started this shop in Paris, where nothing but Calabrian lace is being sold.—Lady.

JEWELS OF AN EMPRESS.

The German empress, in addition to jewels worth \$100,000 that are her own private property, has the right to use the splendid collection of gems that belong to the Prussian Treasury. The empress is thus able to sometimes appear at court wearing jewelry roughly valued at \$250,000.

FLOWERS AFFECT CHARACTER.

I have never known man or woman who has not improved in character by becoming devoted to the affairs of flowers, and I venture to say that the world at large is under the deepest obligation to pansies, violets, roses and lilies, to name but a few of the blossoms that silently help the good angel of mankind.—Norman Gale, in Christian World.

FAIR AND DARK WOMEN.

According to the Family Doctor, the chances of dark women obtaining husbands are, to those of fair women, in the proportion of three to two. This is all right so far as the definite brunettes and blondes are concerned, but how about girls with hair of old rose, sunset glory, copper-beech and the rest of the color schemes? A table of the odds on or against each tint is eagerly awaited.

THE FASCINATING AGE.

An amusing discussion recently took place between an artist and an author as to at which period of her life a woman was the most fascinating. According to the artist a woman should not be painted between the ages of twenty-five and forty, as she was in the greatest transition period of her life; the author, on the other hand, declares that she is at the height of her fascination and beauty between the ages of thirty and forty. The question is still unsettled.—Bremer Zeitung.

LEATHER GARMENTS THE FAD.

Fashionable English women, especially the devotees of outdoor sports, are having many of their winter garments made of leather. Smart red leather golfing coats, striped with black, are among the latest developments. They are worn with red leather motor caps, fixed with leather headed hat pins. Leather motoring coats, lined with fur, are in great demand. Narrow, pliable leather neckties, leather straps for trimming felt hats, leather cases for nightgowns and brushes are among the numerous other leather articles demanded.

THE RIGHT KIND OF A GIRL.

Let a girl be ever so graceful in the dance, let her be ever so elegant of walk across a drawing room, ever so bright in conversation, she must possess some other qualities to convince the great average run of young men that she can be a manager of his home. Frugality, woman instincts of love of home, an eye to the best interests of her husband and the careful training of her children—these are the traits which make the good wife of to-day, and which young men look for in the girls they meet. Men may sometimes give the impression that they do not care for common sense in their sweethearts, but there is nothing they so unfailingly demand of their wives.—New Haven Register.

HEAD DRESS.

Now that the hair is worn flat on the top of the head, the head dress has become a very important thing.

Last winter crowns made of green leaves and silver and gold leaves were very much worn, but this year the crowns are to be made of ostrich tips and are far more becoming.

The tips are small and are made to curl toward the front and the crown is worn all around the top of the head.

Black ostrich tip crowns, spangled in gold or silver and worn with a black and white gown, are particularly fashionable.

Crowns made of colored tips are also very becoming.

They are to be worn with theatre gowns as well as low-neck gowns.

For young girls these crowns are particularly effective, but the crown is not made too heavy and the tips put on far apart.—New Haven Register.

NEW AUTO COIFFURE AND HAT.

Although the automobile veil, which has been almost general, has been sent into retirement except for those who really ride in machines, many who can't go auto riding can fall back on the "motor coiffure," which, while it doesn't materialize autos, strongly suggests them. The coiffure which, it is said, gives its wearer an "auto air" has a pompadour which is built up over the middle of the head, instead of over the

TRIFLING OCCUPATIONS.

A woman who has won success in many directions gave consolation to a group of friends recently regarding the utility of trifling occupations. "There is something in this strange, frivoli way of squandering the hours which, in one view, appears vexatiously trifling and unprofitable," she admitted, "yet, taken in the true light, it is as much a part of life as more serious and important looking occupations. I believe it is often our pride than our virtue which is hurt by submission to what we are apt to deem trifles. It is not in the study of great affairs nor amid important actions that our hearts grow wiser or our tempers more even. It is in the daily occurrences of mere commonplace living, with all its mixture of folly and impertinence. It is in daily life that the temptations of vanity, selfishness and discontent arise. We have opportunity to struggle with these secret sins in our most trifling hours, and it is our own fault if the business of living is ever at a standstill."—New York Tribune.

POURTRAIT OF LADY BY GIBSON.

"I dined with Charles Dana Gibson at Princess' Restaurant in London during the season," said a Chicagoan. "The lofty spacious dining-room was filled with women in pale gowns, their hair uncovered, and their arms and necks bare, and though these women were fashionable, aristocratic, they smoked cigarettes with their coffee as they watched the biographic pictures that went on at one end of the big room, and as they listened to the singing that went on at the other. Amid all this feminine smoking we Americans began to discuss and define the word 'lady.' Was it ladylike to smoke? We asked. Would a lady ever smoke? What was a lady? I think Mr. Gibson's definition of a lady was the best that was given.

"A lady," he said, ignoring the smoke question altogether, "is a woman who always remembers others and never forgets herself."—Philadelphia Bulletin.

GIRL GETS PEANUT MONOPOLY.

Katherine Lovett, daughter of the famous Crimson mascot, John the Orangeman, has been appointed official peanut vendor at Harvard University to succeed her father.

Under the careful management of John the Harvard peanut business had grown to almost corporation size. The Orangeman peddled his wares at all the football and baseball games, using a little white cart inscribed with a big red "H," and drawn by the famous donkey, "Annie Radcliffe," which students had given him. He also made the rounds of the college yard.

Miss Lovett was given the official peanut monopoly by the Harvard Athletic Committee. Student sentiment was all for her.

She will not attempt to fulfil the duties of Harvard mascot which her father performed. This included marching around the home plate times before every ball game with Yale, wearing a tall hat and denouncing Yale. For this function she will employ "Mugsy" Shugren, a boy of fourteen.—New York World.

A MODERN CONVENIENCE.

Almost every large hotel in New York now has a "make-up" room. The women call 'em dressing rooms, because that name does not savor of cosmetics, paste and the like. "The absolute candor which women put on" while making up before each other in the hotel dressing rooms is amusing," said a hotel clerk. "Three out of every four women who come in after a walk or ride or before entering the cafe dab their faces plentifully with powder, touch up their lips, then ask the maid to bring a box of rouge kept in the dressing table with cork-tipped cigarettes for those whose 'nerves' demand a soothing puff or two of tobacco after dinner."

Of course, the hotels guarantee all the grease and powder—the maid shows the uninitiated woman how to apply a wholesome complexion how to want the coloring matter, and declares that it is harmless and not the kind which wicked cosmetic makers are accused of selling and which doctors say cause physical breakdowns.—Pittsburg Dispatch.

Rheumatism Cure From the Skies.

Captain Dolly, of Fort Leavenworth, has been struck by lightning three times. He received his first shock twenty years ago. At that time one of his knees had been badly crooked by rheumatism and one finger was so badly out of shape that he had planned to have it amputated. After the stroke his joints limbered up and got well.—Kansas City Journal.

FEARFUL PAINS

SUGGESTIONS HOW WOMEN MAY FIND RELIEF.

