

"POOR DIGESTION LANGUID AND TIRED."

[An Interesting Letter Concerning Pe-ru-na.]



MISS DELLA JANVEAU

Miss Della Janveau, Globe Hotel, Ottawa, Ont., is from one of the oldest and best known French Canadian families in Canada. In a recent letter to The Peruna Medicine Co., of Columbus, Ohio, she says:

"Last spring my blood seemed clogged up, my digestion poor, my head ached and I felt languid and tired all the time. My physician prescribed for me, but a friend advised me to try Peruna. I tried it and am pleased to state that I found it a wonderful cleanser and purifier of the system. In three weeks I was like a new woman, my appetite had increased, I felt buoyant, light and happy and without an ache or pain. Peruna is a vegetable family medicine."

Adia Brittain, of Skilton, O., writes: "After using your wonderful Peruna three months I have had great relief. I had continual heaviness in my stomach, was bilious, and had fainting spells, but they have all left me since using Peruna."—Adia Brittain.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case and he will be pleased to give you his valuable advice gratis. Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.

Said She Knew Him.

Whenever the "masher" may annoy women in other cities it isn't in a blue moon that he ventures to be impertinent in Washington. However, he does crop up occasionally, and he cropped up one day, or evening rather, last week in a Capitol Hill car. When my eyes first fell upon him he was sitting opposite a very quiet looking young woman and annoying her as much as he could by his bold stare. He was too noticeably dressed to look like a gentleman, but he obviously fancied himself tremendously in that suit of clothes. As the car filled up he left his seat and stood directly in front of the young woman, making his presence perfectly intolerable. The young woman flushed painfully, and endured in silence for a moment. Then she looked straight up at him. "Don't you know me?" he asked, under his breath. The girl looked him over for a fraction of a minute. Then she said, in tones loud enough to be heard all over the car: "I didn't know you in those clothes," she said distinctly. "You're the man who takes our garbage away, aren't you?"

TURTLES LIVE 400 YEARS

EVOLUTIONISTS CAN TELL US NOTHING OF THEIR ORIGIN.

Some That Weigh a Ton—Facts About Only Animal Who Needs No Strong Backbone—Well Developed Senses, Theirs—Eggs Hatch by Themselves.

A turtle, waddling his solitary way along some water course, attracts little interest outside of his clumsy, grotesque shape, yet few who look upon him are able to give, off hand, even a bare half dozen facts about this humble creature. And if they could give any, their information would be limited to two or three unages his body is put to—soup and mandolin picks—also combs.

There are about two hundred different kinds of turtles, and they live in all parts of the world, except in very cold countries. Australia has the fewest, and North and Central America the greatest number of species. Evolutionists can tell us nothing of their origin, for as far back in geological ages as they are found fossil (a matter of a little over ten million years), all are true turtles, not half turtles and half something else. Crocodiles and alligators, with their hard, leathery coats, come as near to them as any living creature, and when we see a huge snapping turtle come out of the water, and walk about on land we cannot but be reminded of the fellow with the armourer back.

Turtles are found on the sea and on the land, the marine forms deserving the name of turtles, more properly; tortoises being those living on land or in fresh water, but we will use the name, turtles, as significant of the whole class. The most natural way of classifying these creatures is by the way the head and neck are drawn back under the shell; whether the head is turned to one side, or drawn straight back, bending the neck into a letter S shape.

The skull of the turtle is massive, and some have thick false roofs on top of the nasal brain box.

The "house" or shell of a turtle is made up of separate pieces of bone, a central row along the back, and others arranged around on both sides. These are really pieces of the skin of the back changed to bone. Our ribs are directly under the skin of the back, and if this skin should harden into a bonylike substance, the ribs would lie flat against it, and this is the case with the ribs of turtles. So when we marvel that the ribs of a turtle are on the outside of its body, a second thought will show that this is just as true of us as of these reptiles.

This hardening of the skin has brought about some interesting changes in the body of the turtle. In all the higher animals from fishes up to man a backbone is of the greatest importance, not only to carry the nerves and blood vessels, but to support the entire body. In turtles alone the string of vertebrae is unnecessary, the shell giving all the support needed. So as nature seldom allows unused tissues to remain, these bones along the back become, in many species, reduced to a mere thread.

The pieces of bone or horn which go to make up the shell, although so different in appearance from skin, yet have the same life processes. Occasionally it moults or peels, the outer part coming off in great flakes. Each piece grows by the addition of rings of horn at the joints, and (like the rings of a tree) the age of turtles, except very old ones, can be told by the number of circles of horn on each piece. The rings are very distinct in species which live in temperate climates. Here they are compelled to hibernate during the winter, and this cessation of growth marks the intervals between each ring. In tropical turtles the rings are absent or indistinct. It is to this mode of growth that the spreading of initials which are cut into the shell is due, just as letters carved on the trunks of trees in time broaden and bulge outward.

The shell has the power of regeneration, and when a portion is torn away or crushed the injured parts are gradually cast off, and from the surrounding edges, a new covering of horn grows out. One-third of the entire shell has been known to be thus replaced.

Although so slow is their locomotion and actions, turtles have well-developed senses. They can see very distinctly, and the power of smell is especially acute, certain turtles being very discriminating in the matter of their food. They are very sensitive to touch, and will react to the least tap on their shell. Their hearing is more imperfect, but as they have tiny piping voices during the mating season, this sense must be of some use.

Water tortoises can remain beneath the surface for hours and even days, at a time. In addition to the lungs, there are two small sacs near the tail which allow the animal to use the oxygen in the water as an aid in breathing.

All turtles lay eggs, the shells of which are white and generally of a parchment like character. They are deposited in the ground or in sand, and hatch either by the warmth of the decaying vegetation or the heat of the sun. In temperate countries the eggs remain over winter, and the little turtles do not emerge until spring. The eggs of turtles are very good to eat, and the oil contained in them is put to many uses. Young turtles have a hard time of it, in all the countries they inhabit, for thousands are devoured by storks, alligators and fishes. Even old turtles have many enemies, not the least curious being jaguars, which watch for them, turn them on

their backs with a flip of the paw, and eat them at leisure.

Leathery turtles—which live in the sea—have been reported weighing over a ton. This species is very rare, and a curious circumstance is that only large adults or very small baby individuals have been seen, the turtles of all intermediate growths keeping out of view in the great ocean.

Snapping turtles are among the fiercest creatures in the world. Their first instinct on leaving the egg is to open their mouths and bite at something. They feed on almost anything, but when in captivity they sometimes refuse to eat, and have been known to go a year without food, showing no apparent ill effects. One method which they employ in capturing food is interesting. A snapping turtle will lie quietly at the bottom of a pond or lake, looking like an old water-soaked log with a branch—its head and neck—sticking up at one end. From the tip of the tongue, the creature extrudes two small filaments of a pinkish color, which wriggle about and bear a perfect resemblance to the small round worms of which fishes are so fond. Fishes are attracted by these, swim up to grasp the squirming objects and are engulfed in the cruel mouth of the angler. Certain marine turtles have long-fringed appendages on the head and neck, which they wave about and thus make to serve a similar purpose.

The edible terrapin has become very scarce in places, so that thousands of them are kept and bred in enclosed areas or "crawls" as they are called. This species has a great deal of curiosity, and if often captured by being attracted by some unusual sound.

The tortoise-shell of commerce is obtained from the shell of the hawksbill turtle, the plates of which being very thin, are heated and welded together until of the required thickness. The age to which turtles attain has often been exaggerated, but they are certainly the longest lived of all living creatures. Individuals from the Galapagos islands are estimated to be over four hundred years of age.—Uncas in the New York Post.

NATURAL BENT.

The Last Estate of One Who in Youth Was a Mathematical Prodigy.

"Speaking of his idea of entering to the natural bent of the child reminds me of a rather curious instance which has come under my observation," said a man who was in a reminiscent mood, "and it goes to show that you cannot always tell just what the bent may be in a particular child."

"Back in my school days—I was living in the country at the time—I had an acquaintance in the school room who was exceptionally bright in mathematics. Mathematics was an open book to him. He took to the study like a duck takes to water, and things which would often stump all of his classmates were as plain to him as the nose on a man's face. He was a wonder, and the natural dulness and stupidity which I displayed at the time in the study caused me to marvel at the boy's talent. He was a sort of rural sensation, and his friends made high predictions for him. He could juggle with figures until he made you dizzy with wonderment. His friend said he would be in the legislature by the time he was 21 years old, and by the time he was 23 he would be a member of the national congress from his district, and at 35 he would certainly be in the United States senate."

"There was no question about the boy's future. It was as bright as a May morning. In the meantime he kept hammering his bent for mathematics and he attained great proficiency in the science. I drifted out into the world and lost sight of all my old friends. More than 20 years afterwards I dropped back to the scenes of my boyhood days. The first fellow I thought of was the brilliant young mathematician. I scanned all the papers of the section from time to time as I could get them, expecting to see that my old friend was doing big things in the world. I found no mention of him and concluded that he was dead."

"One day I was walking along the road toward my old home place when I came upon a man driving an ox team. The steers looked more like jackrabbits than oxen, and the driver was a typical countryman, unburned, with a red handkerchief tied around his neck, a broad-brimmed hat on his head, brown shoes, and other things in keeping. He asked me if I didn't want to ride. I thanked him and crawled up on the tongue with him. He was a red-headed fellow with a stubby, sandy beard all over his face, and an Adam's apple that worked up and down like a pump when he talked. He held in his hand a long whip fastened to a long, willowy handle, the kind generally used in driving oxen. Directly a horsefly landed between the horns of one of the steers. With unerring accuracy, after swinging the long whip around his head once, he struck the fly with the crackle of the whip and killed it. "That makes 104," he said proudly as the fly rolled off in the road. There was my mathematician, and no mistake. I afterward told him who I was and we talked over old times. So you can't always tell about this thing we call the natural bent."—New Orleans Times-Democrat.

Quite Stuck Up. "They thought he was dead, you know, and all the papers printed obituary notices." "And then?" "Why then he turned up, and since he's read those notices he's too proud to speak to any one."—Chicago Post.

PEARLS OF THOUGHT.

A great man is made up of qualities that meet or make great occasions.—Lowell.

A thought provoked is worth 10 thoughts imparted.—Phillips Brooks.

The world has a million roots for a man, but only one nest.—O. W. Holmes.

The space between a man's ideal and the man himself is his opportunity.—Margaret Deland.

He who wanders from the path of rectitude will find the grave of his manhood near by.—United Presbyterian.

If I were you, I would not worry. Just make up your mind to do better when you get another chance, and be content with that.—Beatrice Harraden.

Misery will not last—happiness will; if only in remembrance. No pure joy, however fleeting, contains any real bitterness, even when it is gone by.—D. M. Craik.

Let us speak the fullest truth and do the plainest duty that we know; and then we shall not widely fall of what is best for us in this or any world which shares the boundless fullness of the life of God.—J. W. Chadwick.

Be good to the depths of you, and you will discover that those who surround you will be good even to the same depths. Nothing responds more infallibly to the secret cry of goodness than the secret cry of goodness that is near.—Maurice Maeterlinck.

One can go through his work well or shirk it. One can consider his neighbor or neglect him. One can repress the fever-fit of impatience or give it wild way. And the perpetual presence of such a choice leaves no hour without guidance.—George S. Merriam.

WIND WHEEL LIGHTS TRAIN.

Novel Idea of Producing Electric Power by Rotary Fan on Engine.

A novel idea in lighting trains by electricity is the "Gullott" system, which has been experimented with successfully on a small scale on an important road and is now to be applied to an express train, says the Engineering Review. As in the case of the "axle light" the motion of the train is used to generate the electricity. Instead, however, of taking this power from the car axle, it is furnished by a rotary fan attached to the front end of the locomotive.

The fan is located close to the boiler head and presents a moving and cutting surface to the air pressure, causing the air to travel to the outer end of the fan's blades until discharged. No air pressure is massed on the flat surface of the boiler head, but the curved surfaces of the fan utilize the traveling air and thereby generate power. The fan cutting through the air revolves swiftly and does not add to the resistance of the air nor retard the speed of the train. No gale of wind is required to cause the fan to operate; the ordinary pressure of the train moves it sufficiently to generate the electrical energy required to light any train and leave a large surplus for ventilating fans and other purposes. The apparatus so located does not obstruct the view of the engineer nor offer any objectionable complications.

The dynamo is located either on or under the pilot and is direct-connected to the fan by a special device. A storage battery is located on the tender or underneath each car; and so equipped automatically with cut-outs as to properly govern the flow of current from dynamo to battery. It is evident that the cost of illumination will be only the expense of installing and maintaining this apparatus.

Marketing with a Barrel.

Boarding house keepers, with old-fashioned ideas, who used to run houses down town until the up-town fever got hold of them, insist that they can buy more cheaply at the big public markets down town than they can anywhere else. The chief obstacle with most of them is that the public marketmen will not deliver goods, and that no woman can possibly get along in either an elevated or a surface car if she has a lot of bundles. One boarding-housekeeper in West Ninetieth street has one way of doing it. She goes to Washington market with nothing but her purse to carry and buys two empty barrels in the market, for which she pays 10 cents each. The butcher she patronizes usually has them ready for her. She goes very early and makes the round of the stalls, carrying her purchases as she makes them to her barrels at the butcher's. His boy stows the packages away safely and ties a newspaper over the tops of the barrels. By 10 o'clock her purchases are made and she pays an expressman 25 cents apiece to have the barrels delivered at her house before 4 o'clock in the afternoon. The expressman makes a business of Harlem deliveries and takes the barrels at a reduced rate in consideration of a regular job three times each week. The boarding-housekeeper declares that she saves at least \$3 out of every \$10 that she would spend for the same produce at retailers up town.—New York Times.

What Made Her Die?

A sixty-year-old girl died recently in the General Hospital in Birmingham, England. The physicians announced that she died either from eating sausages or from scarlet fever. If she had not eaten the sausages it would have been the fever which killed her, and vice versa.

The standing timber of Canada equals that of the continent of Europe and is nearly double that of the United States.



A prominent club woman, Mrs. Danforth, of St. Joseph, Mich., tells how she was cured of falling of the womb and its accompanying pains and misery by Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—Life looks dark indeed when a woman feels that her strength is fading away and she has no hopes of ever being restored. Such was my feeling a few months ago when I was advised that my poor health was caused by prolapsus or falling of the womb. The words sounded like a knell to me, I felt that my sun had set; but Lydia E. Pinkham's Vegetable Compound came to me as an elixir of life; it restored the lost forces and built me up until my good health returned to me. For four months I took the medicine daily and each dose added health and strength. I am so thankful for the help I obtained through its use."—Mrs. FLORENCE DANFORTH, 1007 Miles Ave., St. Joseph, Mich.

A medicine that has restored so many women to health and can produce proof of the fact must be regarded with respect. This is the record of Lydia E. Pinkham's Vegetable Compound, which cannot be equalled by any other medicine the world has ever produced. Here is another case:—

"DEAR MRS. PINKHAM:—For years I was troubled with falling of the womb, irregular and painful menstruation, leucorrhoea, bearing-down pains, backache, headaches, dizzy and fainting spells, and stomach trouble. I doctored for about five years but did not seem to improve. I began the use of your medicine, and have taken seven bottles of Lydia E. Pinkham's Vegetable Compound, three of Blood Purifier, and also used the Sanative Wash and Liver Pills, and am now enjoying good health, and have gained in flesh. I thank you very much for what you have done for me, and heartily recommend your medicine to all suffering women."—Miss EMMA SNYDER, 218 East Center St., Marion, Ohio.

"FREE MEDICAL ADVICE TO WOMEN."

Women would save time and much sickness if they would write to Mrs. Pinkham for advice as soon as any distressing symptoms appear. It is free, and has put thousands of women on the right road to recovery.

Mrs. Pinkham never violates the confidence thus entrusted to her, and although she publishes thousands of testimonials from women who have been benefited by her advice and medicine, never in all her experience has she published such a letter without the full consent, and often by special request of the writer.

\$5000 FORFEIT if we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness.

Lydia E. Pinkham Medicine Co., Lynn, Mass.

Bromo-Seltzer

Promptly cures all Headaches

USE FOR TATTOOING.

It Serves for Identification of Foreigners in the Banks.

"I would be up against it if it were not for the habit that a large number of foreigners have of tattooing themselves," said the cashier of one of the Canton banks. "Some of their signatures may be all right, but for the purpose of identification, tattoo marks and scars are much more convenient. Most of the new arrivals start an account, and instead of relying on their signatures we use a modified Bertillon system. We locate a certain scar, which is described on our books, and it is a common thing to have them come in and brush back their hair or roll up a sleeve as they enter the door. We have but to glance at them and we are sure that they are the right persons. A scarifier is a common place twice, so it causes confusion."



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FASTEN AGE MARKS.

Sick Kidneys make people look older than they are; hasten the evening days of life; fasten the marks of premature old age. The world over Doan's Kidney Pills is the recognized Kidney Specific.

Aching backs are eased. Hip, back, and joint pains overcome. Swelling of the limbs and droopy signs vanish. They correct urine with brick dust sediment, high colored, excessive pain in passing, dribbling, frequency, bed wetting. Doan's Kidney Pills dissolve and remove calculi and gravel. Relieve heart palpitation, sleeplessness, headache, nervousness.

SALM, MASS., March 31, 1903.—I received the sample of Doan's Kidney Pills, and with the use of one more box from my druggist I am entirely cured of a very lame back.—W. A. CLEVELAND.

CAMBRIDGE, ILL., March 30, 1903.—The sample of Doan's Kidney Pills have been of great benefit to me. Since using them I have no occasion to get up so often at night. My complaint affected the bladder more when catching cold.—JOSEPH LITZBERAL.

ROSE GLEN, PA., March 29, 1903.—The free trial of Doan's Kidney Pills have been of great benefit to me. Since using them I have no occasion to get up so often at night. My complaint affected the bladder more when catching cold.—JOSEPH LITZBERAL.

CAMBRIDGE, WYOMING.—Previous to taking the sample of Doan's Kidney Pills I could scarcely hold my urine. Now I can sleep all night and rarely have to get up, and that aching across my back a little above my hips is gone.—ISAAC W. STEPHENS, Cambridge, Wyo.

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KALSOMINES ARE WHAT?

Unnatural glue and whitening decompositions for walls and ceilings that stick only until the glue by exposure decays, when they rub and scale off, spoiling walls and rendering them unsanitary and the rooms almost uninhabitable.

Alabastine possesses merit while the only merit hot or cold water kalsomines possess is that your dealer can buy them cheap.

There are many reasons why you should not use poisonous wall paper and unsanitary kalsomines. Buy Alabastine in 5 lb. packages only and properly labeled.

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