

Health

"For 25 years I have never missed taking Ayer's Sarsaparilla every spring. It cleanses my blood, makes me feel strong, and does me good in every way."—John P. Hodnette, Brooklyn, N. Y.

Pure and rich blood carries new life to every part of the body. You are invigorated, refreshed. You feel anxious to be active. You become strong, steady, courageous. That's what Ayer's Sarsaparilla will do for you.

\$1.50 a bottle. All druggists.

Ask your doctor what he thinks of Ayer's Sarsaparilla. He knows all about this grand old family medicine. Follow his advice and you will be satisfied. J. C. Ayer & Co., Lowell, Mass.

UNDER RUSSIA'S HEEL.

How the Denationalization of Finland Is Progressing.

From Helsingfors it is stated that the governors of Abo, St. Michael's, Wasa and Uleaborg have been dismissed. The reason assigned for this arbitrary proceeding on the part of the Russian governor general of the grand duchy is that the displaced Finnish governors failed to show a proper zeal in explaining and enforcing the new law of military conscription for the imperial army. They were, very naturally, of the opinion that Finnish conscripts should be drawn from Finland only. The Soviet has been brutally conceived article on the subject of these official dismissals. It denounces such Finnish officials as malignantly mischievous pseudo patriots, and recommends more sweeping and drastic measures for the Russification of the Grand Duchy. The volume of Finnish emigration is steadily increasing. During last year 27,000 Finns left their homes, chiefly for the United States of North America.

IDENTIFIED. No story or narrow-gauge use of Dr. Kline's Great Remedy. \$2.00 per bottle and treatise free. Dr. E. A. Kline, 281 Arch St., Philadelphia, Pa.

make a date with a fellow and no for him.

Drugs that contain Mercury.

will surely destroy the sense of sight. It is a blood and mucous surface. It is taken internally, acting on the blood and mucous surfaces. It is taken internally, acting on the blood and mucous surfaces. It is taken internally, acting on the blood and mucous surfaces.

Druggists: price, 75c per bottle. N. Y. Pills are the best.

follow who has fallen in love at 18 wishes he had taken another

Dr. Kline's Sweet Powders for Children

is used by Mother Gray, nurse in the Home in New York. Cures Croup, Bad Stomach, Teething Disorders and regulates the Bowels and Urine. Over 30,000 testimonials. Price, 25c. Sample mailed FREE. Write to Dr. Kline, P. O. Box 58, Elm St., N. Y.

perceived burglar will tell you that robbery isn't as safe as it

Habitual Criminals.

asserted that the Iowa Legislature passed a law under which a twice convicted for crime city or borough of the United States shall be deemed a habitual criminal and sentenced to 25 years.

was also introduced into the New York State Legislature providing for the conviction of habitual criminals for conviction for felony. The obvious convictions may have place anywhere within the limits of the United States. This law prohibits such life prisoners may benefit of parole under such regulations as the board of may impose. Superintendent of New York State has made recommendation in the same direction, claiming that the great majority of the professional criminals in the criminal institutions have three previous terms for felony and for these there is no reform. On the other hand, the Legislature last year repealed habitual criminal law.

THE MUSIC CURE.

Boston Exploiting a Novelty Old in Platina's Day.

The Boston papers are making quite an ado over the fact that music has been introduced occasionally in all the hospitals of that city and surrounding towns as a cure for disease, and that at the Massachusetts General Hospital a fund has been provided for its use. As the income from the fund is so small that the patients get the benefit of the alleged cure only on Christmas and Easter, and as in the other hospitals they have music on alternating Sundays only, the musical remedy cannot be of much account except as an occasional source of entertainment in some cases and distraction in others.

The most remarkable feature of the scheme is the impression which seems to prevail that music as a remedy for disease is something new, whereas from the days of Pythagoras and Plato until now it has been exploited as a cure not only for physical but for mental illness. The experiment has been tried over and over again for centuries, but without any practical result, or the musical remedy would have been adopted long ago. It has been introduced in hospitals for the sick and in asylums for the insane. In both it has been in the nature of entertainment, but it has not cured the sick in hospitals nor has it reduced the number of insane in asylums, notwithstanding the precedent of David driving the evil spirit out of Saul with his harp, which is always cited by the advocates of the music cure.

A characteristic feature of the scheme in Boston is the claim of its advocates that it is only a certain high order of music performed by orchestra and by professionals that is of any avail. Amateurs and volunteers who are not professionals are of no use. It is curious that church music is also barred, not being in sympathy with hospital environments, and we are gravely informed that fever patients do not enjoy negro minstrelsy, and upon one occasion objected to "Nellie Was a Lady: Last Night She Died." It is insisted upon that the music must not be unscientific in hospitals, though in the insane asylums the patients enjoy everything that makes a noise from a symphony to a two-step. In Boston sick patients are particular and will only have the best, which shows that they share fully in the musical culture that demands street hands shall play in tune and hand organs grind only the higher music.

It cannot be doubted that as a source of entertainment among the sick music is excellent in some cases, and may even be refreshing, as David "refreshed Saul," while on the other hand, it is certain that very sick and nervous patients are not entertained. But that music should be freshly exploited as a remedy after centuries of continuous failure, notwithstanding "such sweet compulsion doth in music lie," is unintelligible, if not absurd.—Chicago Tribune.

Trading in Furs to-Day.

First of all, when an Indian arrives to trade at a Hudson Bay post, then furs in the pack must be sorted, silver fox worth \$500 separated from cross fox and blue and white worth from \$10 down, according to quality, and from common red fox worth less. Twenty years ago it was no uncommon thing for the Hudson Bay Company to send to England yearly 10,000 cross fox skins, 7000 blue, 100,000 red, half a dozen silver. Few wolf skins are in the trader's pack, unless particularly fine specimens of brown Arctic and white Arctic, bought as a curiosity and not for value as skins. Against the wolf the trapper wages war as against a pest that destroys other game and not for its skin. Next to muskrat, the most plentiful fur will be that of the rabbit or varying hare. Buffalo was once the staple of the hunter. What the buffalo was, the white rabbit is to-day. From it the Indian gets clothing, tepee covers, blankets, tongs, food. From it, the white man who is a manufacturer of furs gets gray fox and chinchilla, and seal in imitation. Except one year in seven, when a rabbit plague spares the land by cutting down their prolific numbers, the varying hare is plentiful enough to sustain the Indian.—Frank Leslie's Popular Monthly.

Honoring a Noble Cook.

When Charlotte Booker, a colored cook, died in Nashville a few days ago her employer's place of business was closed in her honor, and later the funeral was held from the white man's mansion. These facts are cited by some of the Southern papers to show that the white people of that section are not hostile to negroes simply because of the color of the latter, but hate and punish them only when they exhibit lawlessness and depravity. This explanation may serve in part, but it does not take into consideration the fact that the cook referred to had remained for thirty-one years with a family which did her such honor when she died.

It is difficult for people who live in a Northern city to imagine such a thing as a cook staying for thirty-one years, and we are sure it will be generally agreed that the Nashville man did not a whit too much in closing his place of business and giving the good old soul a fine funeral. We would half-mast the flags for a cook like that and erect arches for the purpose of perpetuating her memory.

The cause would indeed be hopeless if the South could not overlook the color line in such a case as the one we have cited.—Chicago Record-Herald.

No Gentleman is Impolite.

It is a good thing to remember in these days of hurry and bustle, of competition and business excitement that politeness, which costs nothing, may often result in substantial benefits. It never pays to be rude, no matter whether the rudeness is to a man of influence or to a pauper. In the one case the rudeness may be followed by unpleasant material consequences; in the other one must feel a loss of self-respect, and self-respect is a valuable asset.

There are plenty of opportunities for politeness in this whirlwind city of affairs. In the street car, at the theatre, in crowded office buildings, in the streets themselves, you demonstrate several times a day whether you are a gentleman or a boor. And it is quite beside the mark to say that one has no time to bow and scrape to do this little thing and that little thing. One always has time, or ought always to have time, for at least a pleasant look, a kindly word, a friendly action. No gentleman ever forgets his good manners.—New York Press.

BATTLE OF THE THINGS

The recent explosion upon the submarine boat Le Francis has revealed a new danger in this type of craft. The accident established the fact that in stormy weather oxygen gas escapes from the electric accumulators.

A well-known English woman pays \$4000 a year to be made beautiful. Her treatment lasts from six to seven hours every day. She is kept in a bath for one hour, and a dark room for four, and for the remainder is bandaged from head to foot in chemical preparations.

The fact that fishes, after the loss of the ears, lose their equilibrium, but still respond to sounds, led to the belief that the ear in fishes was for equilibration, and that fish hear through the contact of sound waves with their skin. Now Parker of the United States Fish Commission has demonstrated that the fundulus heteroclitus hears after the nervous connector between the skin and brain is severed.

The city of Nankin, though the southern capital of China, does not possess a water works system. The American Consul, Mr. Martin, put down a "dove" well. The "American well," as it is called, soon attracted the attention of high officials living in the city, who one after another came to see and test it. The result of their investigations was the setting apart of an amount of money to be used in securing like wells about the city, to the number of 100.

It has often been urged that man could not travel at a much greater speed than sixty miles an hour, as no driver could stand the strain upon the nerves. An experienced engineer has, however, it is said, declared that when a man is running his engine at a mile a minute, he has reached the limit of mental strain, and an extra half-mile a minute could not add to his task. Further, the same authority gives the reassuring information that, if a train going at a rate of 100 miles an hour were wrecked, the consequences would be no worse than if the speed had been sixty miles.

A naturalist, while visiting Great Sangir, one of those islands of the Indian Ocean known as the Colobos or Spice Islands, found a curious time recorder lodged at the house of a rajah. Two bottles were firmly lashed together and fixed in a wooden frame. A quantity of black sand ran from one bottle into the other in just half an hour, and when the upper bottle was empty, the frame was reversed. Twelve short sticks, marked with notches from one to twelve, were hung upon a string. A hook was placed between the stick bearing the number of notches corresponding to the hour last struck and the one to be struck next. The sentry announced the time by striking the hours on a large gong.

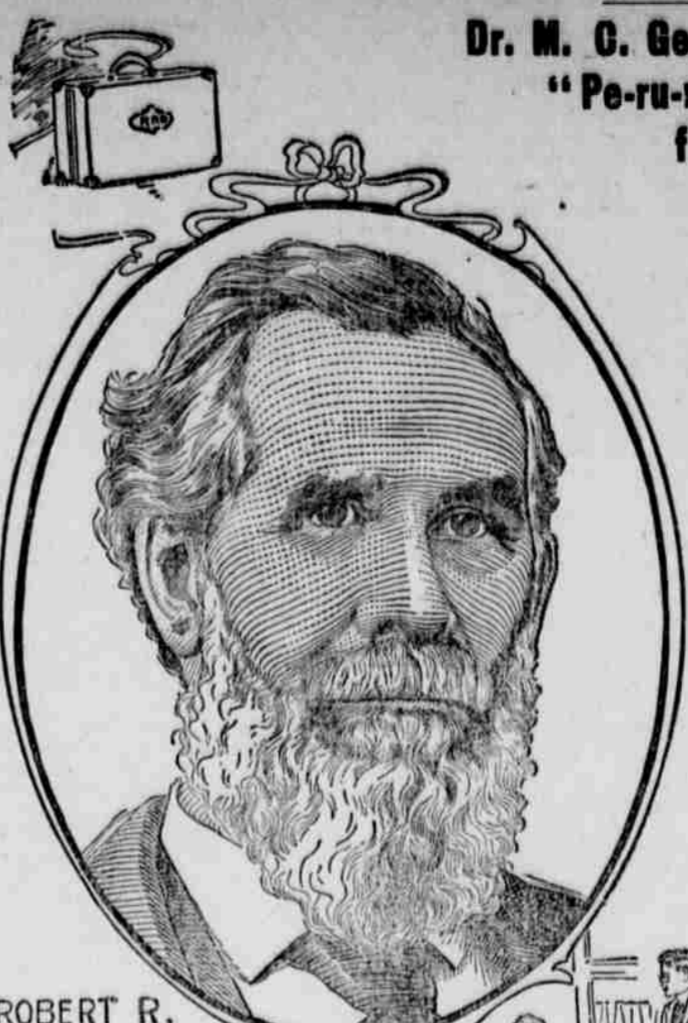
Origin of the Yale Cheer.

This story is told as the origin of the Yale cheer: "It was in '84, during the football game with Dartmouth, that the Yale Captain found to his astonishment that Dartmouth was in the lead with six points, while Yale had not yet scored. That afternoon the junior class in Greek was reciting from Aristophanes' 'Frogs.' One of the members of the class while unprepared attempted to recite. The Greek letters representing the croaking of the frog seemed singularly unintelligible, and he remarked that he was unable to translate that passage. To which the professor replied that it was only natural, since there was no translation. Shortly after this episode, word was passed around that Dartmouth was unexpectedly winning. It was too much to expect undergraduates to recite under such circumstances, and to the astonishment of the professor they all fled out.

"Three buses were procured, and they hurried toward the field. On the way it was suggested that a good cheer might contribute toward gaining a victory. When the queer-sounding croaking of the 'Frogs' was alluded to, he angrily taken up and quickly learned. Arriving at the field they repeated it, adding three 'Yales,' and the game resulted in a victory for Yale instead of Dartmouth. The students immediately adopted the impromptu cheer, and ever since it has been used wherever Yale men cheer their Alma Mater."—New York Times.

PROMINENT PHYSICIANS PRESCRIBE PE-RU-NA.

Dr. M. C. Gee, of San Francisco, Says "Pe-ru-na is of Especial Benefit to Women."



ROBERT R. ROBERTS, M. D.

Robert R. Roberts, M. D., Washington, D. C., writes: "Through my own experience as well as that of many of my friends and acquaintances who have been cured or relieved of catarrh by the use of Hartman's Peruna, I can confidently recommend it to those suffering from such disorders, and have no hesitation in prescribing it to my patients."—Robert R. Roberts.



MORE WONDERS OF RADIUM.

Terrific Force in a Tiny Particle of the New Chemical.

Radium is one of the rarest things upon earth, and is never found in the pure state. It must be dissociated from the other substances with which it is combined, by strong, tedious and costly chemical operations. It is obtained from a mineral called pitchblende, found in Bohemia, and during the two or three years that have elapsed since its discovery by Madame and Monsieur Curie, of Paris, they have succeeded in separating out of tons and tons of pitchblende less than two pounds of radium. That is all that exists, uncombined, in the world, and even that is not the pure thing. It is mingled with more or less barium. The Curies do possess, however, one tiny bit of chemically pure radium. It weighs about half a grain, and is said to be of the size of a buckshot. M. Curie has declared that he would not sell it for 100,000 francs. If he and his wife have a monopoly of this precious substance, they are not getting rich out of it. The demand is not active. Half a grain of impure radium in a little tube is offered in Paris for \$5,000. A thief who should run off with a bit of radium as big as a small diamond would find that he had caught a Tartar. If he kept it in his pocket, it would produce an inflammation that might cost him his life. If he held it near his eyes, he could easily lose his sight. If he handled it much, his fingers would get sore and might have to be amputated. Monsieur Curie is quoted as saying that he would not venture into a room containing a kilogram of pure radium; for, if he did, he would probably lose his skin, his eyesight and his life!

It gives off light also. Pure radium shines in the dark, although it is not hot like a flame. But, most wonder of all, it constantly projects into space around it streams of invisible corpuscles, smaller than atoms, with a velocity as great as a hundred thousand miles per second! It is this marvelous and ceaseless bombardment of its surroundings that makes radium so dangerous to handle. The infinitely minute particles cannot, of course, be seen, but they affect photographic plates, and it was in that manner that the existence of these inexplicable radiating streams were first demonstrated.

A CONSTANTLY increasing number of physicians prescribe Peruna in their regular practice. It has proven its merits so thoroughly that even the doctors have overcome their prejudice against so-called patent medicines and recommend it to their patients.

Peruna occupies a unique position in medical science. It is the only internal systemic catarrh remedy known to the medical profession to-day. Catarrh, as everyone will admit, is the cause of one-half the diseases which afflict mankind. Catarrh and catarrhal diseases afflict one-half of the people of United States.

F. H. Brand, M. D., of Mokena, Ill., uses Peruna in his practice. The following case is an example of the success he has through the use of Peruna for catarrh.

Dr. Brand says: "Mrs. C., age 28, had been a sufferer from catarrh for the past seven years; could not hear plain and had watery eyes. She came to me almost a physical wreck. She had tried the Loper and various other so-called specialists, and had derived no benefit from them. She told me she did not want to spend any more money on medicines unless I could assure her relief.

"I put her on Peruna and told her to come back in two weeks. The effects were wonderful. The catarrh look she had when I first saw her had left her, and a smile adorned her face. She told me she felt a different woman, her hearing was improved and her eyes did not trouble her any more.

"This is only one case of the many I have treated with your valuable medicine."—F. H. Brand, M. D.

Catarrh may invade any organ of the body; may destroy any function of the body. It most commonly attacks the head, nose and throat, but thousands upon thousands of cases of catarrh of the lungs.

tomach, kidneys, bladder and other private organs have been cured by Peruna. Peruna is able to cure catarrh wherever it may be located by its direct action upon the mucous membranes. Catarrh means inflamed mucous membrane. Peruna acts at once to cleanse and invigorate the catarrhal condition of the mucous membrane no matter where it may occur in the body. Its action is the same on the mucous lining of the nose as on the mucous lining of the bowels. It cures the catarrhal inflammation wherever it may occur.

Dr. R. Robbins, Muskego, I. T., writes: "Peruna is the best medicine I know of for cough and to strengthen a weak stomach and to give appetite. Beside prescribing it for catarrh, I have ordered it for weak and debilitated people, and have not had a patient not said it helped him. It is an excellent medicine and it fits so many cases.

"I have a large practice, and have a chance to prescribe your Peruna. I hope you may live long to do good to the sick and suffering."

We say Peruna cures catarrh. The people say Peruna cures catarrh. Prominent men and women all over the United States from Maine to California do not hesitate to come out in public print to say that Peruna is what it is recommended to be, an internal, systemic catarrh remedy that cures catarrh wherever it may be located.

Dr. M. C. Gee's Experience.

Dr. M. C. Gee is one of the physicians who endorse Peruna. In a letter written from 25 Jones Street, San Francisco, Cal., he says:

"There is a general objection on the part of the practicing physician to advocate patent medicines. Has when any one medicine cures hundreds of people, it demonstrates its own value and does not need the endorsement of the profession.

"Peruna has performed so many wonderful cures in San Francisco that I am convinced that it is a valuable remedy. I have frequently advised its use for women, as I find it insures regular and painless menstruation, cures leucorrhoea and ovarian troubles, and builds up the entire system. I also consider it one of the finest catarrh remedies I know of. I heartily endorse your medicine."—M. C. Gee, M. D.

Women are especially liable to pelvic catarrh, female weakness as it is commonly called. Especially in the first few weeks of warm weather do the disagreeable symptoms of female weakness make themselves apparent. In such cases, cold weather sufferers with pelvic catarrh do not feel so perfectly the debilitating effects of the drain upon the system, but at the approach of summer with its heat and tired feelings, the sufferer with pelvic catarrh feels the need of a strengthening tonic.

Peruna is not only the best spring tonic for such cases, but if persisted in will effect a complete cure. Write for a copy of "Health and Beauty," written especially for women by Dr. Hartman. If you want to read of some cures, also, write for a copy of "Facts and Faces." That will surely convince you that our claims are valid.

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.



Miss Agnes Millef Chicago, speaks to young women all dangers of the Menstrual Period — to avoid pain and suffering and remove cause by using Lydia E. Pinkham's Vegetable Compound.

"TO YOUNG WOMEN:—I suffer six years with dysmenorrhoea (painful periods), so much so I dreaded every month, as I knew it meant three or four days' intense pain. The doctor said this was due to an inflamed condition of the uterine appendages caused by repeated and neglected colds.

"If young girls only realize how dangerous it is to take cold at this critical time, much suffering would be spared them. Thank God for Lydia E. Pinkham's Vegetable Compound, that was the only medicine which helped me. With three weeks after I started to take it, I noticed a marked improvement in my general health, and at the time of my next monthly period pain had diminished considerably. I kept up the treatment, and in a month later, I am like another person since. I am in perfect health, my eyes are brighter, I have added 12 pounds to my weight, my complexion is good, and I feel light and happy."—Miss AGNES MILLEF, 25 Pac Ave., Chicago, Ill.

The monthly sickness reflects condition of a woman's health. Anything unusual at this time should have prompt and proper attention. Fifty thousand letters from women prove that Lydia E. Pinkham's Vegetable Compound regulates menstruation and makes those periods pleasant.

READ WHAT MISS LIBECK SAYS:

"DEAR MRS. PINKHAM:—Lydia E. Pinkham's Vegetable Compound has greatly benefited me. I will tell you how I suffered. My trouble was pain menstruation. I felt as each month went by it was getting worse. I had severe bearing-down pains in my back and abdomen.

"A friend advised me to try Mrs. Pinkham's medicine. I did and am now free from all pain during my periods."—JESSIE C. LINDBECK, 1301 6th Street, Kford, Ill.

FREE AID TO WOMEN.

Remember every woman is cordially invited to write Mrs. Pinkham if there is anything at her symptoms she does not understand. Mrs. Pinkham's address is Lynn, Mass., her advice is free and carefully given to every ailing woman who asks for it. Her aid has restored to health more than one hundred thousand women. Why don't you try it, my sick sisters?

\$5000 BOUNTY If we cannot forward you the original letters and signatures of above testimonials, which will prove their genuineness.

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

W. L. DOUGLAS
\$3.50 and \$5.00 Shoes Made
You can save from \$3.00 to \$5.00
by wearing W. L. Douglas \$3.50 or \$5.00 shoes.

They are just as good in every way as those that have been costing you from \$5.00 to \$10.00. The immense sale of W. L. Douglas shoes proves their superiority over all other makes.

Sold by retail shoe stores everywhere. The genuine have name and price stamped on the bottom. Take no substitutes and Exact Color Blind Proof.

W. L. Douglas 84 Gilt Edge Line cannot be equaled at any price.

BEST \$3.50 & \$5.00 SHOES IN THE WORLD

Established 1875.

The Douglas secret process of tanning the bottom soles (Goddard's) wear double and longer wearing leather than any other tanning. The sole has more than doubled the past year since which we have increased the price. 1000 Males: \$33,300; \$3112.91 1922 Sales: \$53,024,640.00

Resourcefulness.

Mr. O'Gorman has a funny story of a canny old dame whom he met in one of his motor tours. He had the bad luck to run over one of her chickens. It was not greatly hurt, but he stopped and offered the woman a trifle in compensation. "Yes, sir," she said, "when I wants a pullet killed I always puts it out in the road. Ten to one but it's runned over, and then I gets the payment and my pullet, too."

The new typhoid fever antitoxin is produced by injecting into animals the poison of typhoid bacilli extracted by crushing them in liquid air.

H. H. Green's Sons, of Atlanta, Ga., are the only successful Dropsy Specialists in the world. See their liberal offer in advertisement in another column of this paper.

A bad habit grows like a weed; a good one requires as much care as an orchard.

"The Clean, Kool Kit Ben Kind" of gloves make no smoke, snuff, wool, or hair or excessive heat. Always look for trade mark.

The average woman is more apt to speak her mind than to mind her speech.

Fiso's Cure cannot be too highly spoken of as a cough cure.—J. W. O'BRIEN, 222 Third Avenue, N., Minneapolis, Minn., Jan. 6, 1909.

The average man is known as a "good fellow" until his money is all gone.

PURNAM FADELESS DYES do not stain the hands or spot the kettle, except green and purple.

The few men who know themselves thoroughly keep quiet about it.

DON'T GET WET!

TOWER'S SLICKER

ASK YOUR DEALER FOR THE SLICKER

MADE FAMOUS BY A REPUTATION EXTENDING OVER MORE THAN HALF A CENTURY.

TOWER'S garments and hats are made of the best materials in black or yellow for all kinds of wet work.

SATISFACTION IS GUARANTEED IF YOU STICK TO THE SIGN OF THE FISH.

J. S. TOWER CO., BOSTON, MASS., U.S.A.

TOWER CANADIAN CO., LONDON, TORONTO, CAN.

If your constitution needs amending, the proper draught is

Hires Rootbeer

"The Nation's Temperance Beverage."

A pure molasses beverage. Add water for use for medicinal purposes.

CHAS. E. HIRES CO., Baltimore, Md.

Cascarets

CANDY CATHARTIC

Best for the Bowels

Genuine stamped C. C. C. Never sold in bulk.

Beware of the dealer who tries to sell "something just as good."

FISO'S CURE FOR COUGH, COLDS AND CONSUMPTION.

CURES WHILE ALL THE OTHERS FAIL.

Best Cough Syrup. Tastes Good. Use in Time. Stubborn Cases.

CONSUMPTION

P. N. U. 18, '03.