

Syrup of Figs
and **Elixir of Senna**
acts gently yet promptly on the bowels, cleanses the system effectually, assists one in overcoming habitual constipation permanently. To get its beneficial effects buy the genuine.

Manufactured by the
CALIFORNIA FIG SYRUP CO.
SOLD BY LEADING DRUGGISTS - 50¢ PER BOTTLE

Plenty of Asphalt.
Asphaltic layers have been found in Syria near Kferie, a village about 25 miles northeast of the port of Latakia, along the road leading toward Aleppo, which have been declared by competent mining engineers to be not only rich in asphalt, but also practically inexhaustible.

ECZEMA FOR FIFTY-FIVE YEARS.
Suffered Torments from Birth—In Frightful Condition—Got No Help Until Cuticura Cured Him.

"I had an itching, tormenting eczema ever since I came into the world, and I am now a man fifty-five years old. I tried all kinds of medicines I heard of, but found no relief. I was truly in a frightful condition. At last I broke out all over with red and white boils, which kept growing until they were as big as walnuts, causing great pain and misery, but I kept from scratching as well as I could. I was so run down that I could hardly do my work. I used Cuticura Soap, Ointment, Resolvent, and Pills for about eight months, and I can truthfully say I am cured. Hale Bordwell, Tipton, Ia., Aug. 17, 1907."

"I cheerfully endorse the above testimonial. It is the truth. I know Mr. Bordwell and know the condition he was in. Nelson R. Burnett, Tipton, Ia."

Lightning Strikes.
Fire insurance men estimate that 40 per cent of barn fires are due to lightning, 10 to 15 per cent to carelessness, 8 to 12 per cent to overheated flues, the balance to other causes, including incendiarism. According to the report of the weather bureau of the department of agriculture for 1900, the total number of strokes of lightning in 1899 which caused damage was 5,527, the number of buildings injured 6,256, value of property lost \$3,016,520, number of deaths by lightning 563, number of persons injured 820, number of live stock killed in the field 4,251.

Tall chimneys emitting smoke that carries moisture with it are more often struck than other objects, barn containing hay that gives off moisture by evaporation, and porous tree bark are frequently struck. For the same reason ice-houses are more attractive to lightning than other storehouses.—Suburban Life.

His Time Will Come.
The thing most talked about in the closing scenes of Harvard and Yale is the boat race. The man who leads in mathematics, sociology or Latin composition wanders in the valley of forgetfulness. But he will turn up some time when the fellows who won the boat race have been forgotten.

German Trust.
Negotiations among the German manufacturers of wall paper have finally led to the organization of a trust. The seven leading manufacturers who have already joined have a combined annual production of about \$2,620,000.

FRIENDLY TIP
Restored Hope and Confidence.
After several years of indigestion and its attendant evil influence on the mind, it is not very surprising that one finally loses faith in things generally.

A N. Y. woman writes an interesting letter. She says:
"Three years ago I suffered from an attack of peritonitis which left me in a most miserable condition. For over two years I suffered from nervousness, weak heart, shortness of breath, could not sleep, etc."
"My appetite was ravenous but I felt starved all the time. I had plenty of food but it did not nourish me because of intestinal indigestion. Medical treatment did not seem to help. I got discouraged, stopped medicine and did not care much whether I lived or died."
"One day a friend asked me why I didn't try Grape-Nuts, stop drinking coffee and use Postum. I had lost faith in everything, but to please my friends I began to use both and soon became very fond of them."
"It wasn't long before I got some strength, felt a decided change in my system, hope sprang up in my heart and slowly but surely I got better. I could sleep very well, the constant craving for food ceased and I have better health now than before the attack of peritonitis."
"My husband and I are still using Grape-Nuts and Postum." "There's a Reason."

Name given by Postum Co., Battle Creek, Mich. Read, "The Road to Wellville," in pkgs.
Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

A War That Descends From Father to Son and Takes All Man's Strength to Finish.

The Fight Against Alcohol is Largely Physiological in Its Nature, Say the Medical Experts, Involving Many Complex Factors and Developing Some Remarkable Instances of Heroism.

War has its gains and its losses, but the grim records of men who fight the liquor habit to a finish, when they are divested of every element of hysteria, every trace of pathos, are as eloquent of tragedy as the stories of individual strife on the bloodiest battlefield.

A fairly large share of the tragedy of the world is the tragedy of alcohol. Physicians will tell you that what is generally regarded as a moral and psychological battle is in reality a physiological battle—a fight against disease. The neurologist, the specialist in mental diseases, will declare that the dipsomaniac who uses every effort of will power and resorts to the aid of science to be freed from the curse of drink is a victim of heredity; he fights a double battle—that against himself and that against his ancestors.

A peculiarly disheartening feature of this conflict of man against the enemy which overwhelms him, in the view of the scientific observer, is the waning resistance of the victim's will under the insidious and aggressive power of alcohol. Usually the victim is unaware that each fresh wrestle with the enemy weakens his determination, giving alcohol, in its physiological action, a distinct advantage.

The purpose of this article is to record plain, unembellished stories of men in all classes of life who did their best to overcome the drink habit. Some of them won out, and some were defeated. Some of them are alive, and others dead. In some instances the will power alone seems to have been the conquering agent, while in other cases artificial aid in the shape of the newer devices of science were brought into play.

A Case of Inheritance.
The first instance is that of a brain-worker, a man in his early forties. His story, as told to the writer by himself, indicates a strong hereditary element.

"My father," he said, "drank moderately in his early manhood. He received a sabre cut on the head in the Civil War, and I feel sure that his mentality was impaired as a result."

"Later in his life he began to drink heavily. He was clearly a victim of alcohol. Finally he became practically a mental wreck from it, and he ended his life with a shotgun. Two of my mother's brothers died as the result of drink."

"I began to drink at fourteen; in fact, at that age I walked four miles through the snow at night to a distillery to get brandy. I got a gallon of it, and with the assistance of some young friends drank it. I kept on drinking. When a young man I began to study for the ministry. I put in three years taking a course in theology, and as a student preached in three parishes in one of the Southern States. I still drank, and I suddenly abandoned all thought of the church."

ever since as heavily as in his younger days.

The combination of a woman's influence and the artificial support of a so-called cure averted the threatened wreck of the prospective happiness of two young people in this city. A young man who had a responsible position as general agent of a great wholesale house in this city was engaged to be married. A round of social calls and after-theatre parties in company with his fiancée was responsible for his fondness for wine, in a month he was readily classed as a victim of drink.

The young woman viewed the situation with increasing alarm, and finally with growing horror and despair. The young man fought the bitter fight, but all his efforts to overcome what had grown into a confirmed habit were unavailing. Finally the young woman said to him:

"Our engagement is at an end for the present. Unless you have fore-sworn this habit inside of six months our marriage is out of the question."

The Value of Religion.
Still the man's efforts to rehabilitate himself were fruitless. One Sunday morning the woman prevailed upon him to go to church. After the service she requested him to make a call with her. Before he knew it he was inside of an institution for the treatment of the victims of alcohol. He was informed that he must stay there until cured. That was several years ago, but he has not taken a drink of any intoxicating beverage since leaving the institution.

In the Middle West there is a retired railroad man, now well along in years, whose name is known to every other railroad man in the United States. He was a conductor on passenger trains for twenty-five years. In all that period of service he was noted for his great physical endurance, his consumption of liquor and tobacco, and his profanity.

For several years this conductor had a run of fifty miles back and forth twice in twenty-four hours. He took a train out in the morning, came back in the afternoon, and covered the same route again before the next morning. This train stopped at every station, and the physical strain on the conductor was tremendous. The man was literally soaked in whisky all the time, but apparently kept himself well in hand while on duty. Once every two weeks he got two days. With the mental and physical relaxation, alcohol gained the ascendancy, and he usually reeled home to sit in front of a table loaded with pipe and tobacco, cigars and bottles of whisky.

Finally there came the inevitable row with the division superintendent over the conductor's habits, and the conductor lost his place. He stopped drinking, smoking and chewing on the same day. That was twenty years ago, and he has not touched whisky or tobacco since. Although an extremely profane man, this was his reply when asked how he was able to overcome the fixed habits of a quarter of a century:

"The only thing that gave me strength to quit was God Almighty." The following story was told to the writer by a man who travels around the world once a year, on the average, and who has had many strange experiences in out-of-the-way places:

"Some years ago, at Sheppard's Hotel, in Cairo, I met a young man who, apparently, was engaged in a most earnest endeavor to rid himself of the liquor habit. He was a New Yorker and wealthy, having inherited a considerable fortune on the death of his father. Before leaving New York he had taken three courses of treatment in an institution whose business is to cure inebriety."

was a commotion in the water all about him, and then those on deck witnessed a horrifying spectacle. The swimmer was seized by sharks, dragged down and was seen no more."

Shipmasters, as a rule, abstain from intoxicants sufficiently to insure the safety of life and property so that it is not endangered through inebriety. There are, nevertheless, startling instances where sea captains have been unable to resist the craving for drink until there was reformation through the stimulus of despair. The writer was acquainted with a man who had a master's certificate, but who, because of his drinking habits, was unable to get command of a vessel. His father, a shipowner, at his death left him a square-rigged sailing ship.

The newly made captain and owner was drunk when he left port with his ship. He remained drunk for two weeks, gave a wrong course to his first mate, and the vessel was wrecked in shoal water. The crew clung to the top rigging, and lashed themselves there. At the expiration of nine days a vessel sighted them, but all had died of thirst and hunger with the exception of the captain, whose remarkable vitality had preserved a spark of life.

The captain recovered, and later obtained command of another ship. When he left port he was intoxicated again. The vessel was wrecked, and he was rescued. He never drank again, but his master's certificate was canceled, and he served as mate in humble vessels until his death two years ago.

Some years ago a two-term convict found himself on trial for a third felony. He declared that he had no recollection of any of his crimes and asserted that all were committed while under the influence of liquor. He was sentenced to State prison, and upon going there stated that while in prison he intended to find a way to cure not only himself of the whisky habit, but all who would listen to him.

He was put to work in the kitchen and in some way he obtained a quassia cup. These cups are turned from the trunk of the quassia tree, which is extremely bitter. Quassia is a well-recognized medicinal agent with tonic properties. The convict discovered that water embittered by contact with the quassia cup diminished his taste for liquor, and in time he overcame it altogether.

Once out of prison, this man devoted a great deal of time to advocating the "quassia cure" for the liquor habit, and so far as is known, he had no relapse.

Frequently the change to an unexpected and unwelcome occupation provides the stimulus necessary to bring out the indomitable will power which rehabilitates a man who has been in the grip of drink.

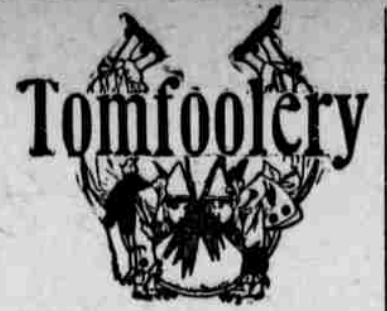
A Texan told of his own experience in this connection, as follows:

"I was young, married and had what I considered an easy job as bookkeeper in a store in a small town. I began to drink, and before I knew it I was drinking altogether too much. I found that my hands were shaky in the morning, and I had to take a 'bracer' before going to work. Then I got to drinking in the daytime, and neglected my work. Finally, I lost my job. Then my father took me aside and said:

"Young man, I have fifteen acres of sandy soil out back there. You know where it is; get out there and see if you can find your salvation."

"I worked that piece of ground one year, and besides its being 'sandy soil,' it was a bad year for crops. I worked it a second year with little better success. The third year about averaged up with the others. Then I resolved that I was no farmer, but I made a solemn promise to myself that if I could get a job in the city again I would manage to get along without liquor."

"I got the city job, and I have kept my promise."



THE FATAL GIFT OF BEAUTY.
The novel reader cried:
"I'm sick of the beauties of Enid and Fair, And proud Lady Gwendolen gives me a pain. Paint me a freckle-faced girl with red hair; Write me a novel of plain Mary Jane."

So the novelist wrote.
But the novel read:
Like roses bedewed with gold was her face.
A halo of flame-colored tresses had she; Though a duchess, she waived all her rights to "Your grace," And said, "To my lover, I'm plain Jeanne Marie."
—Judge.

FEW SPEAKING PARTS.
"All the world's a stage."
"Yes; and the majority of us are billed as 'citizens, villagers, populace,' and the like."—Houston Chronicle.

ONE EFFECT.
Knicker—"What would women do if they could vote?"
Bocker—"They would always look cool in a convention hall."—New York Sun.

A HAIRBREADTH ESCAPE.
Stella—"I suppose you have had many hairbreadth escapes?"
Knicker—"Yes; a woman's coiffure was all that kept me from seeing a play once."—Harper's Bazar.

HER INHERITANCE.
Jeannette—"Does Miss Boardman get her lovely complexion from her father or her mother?"
Gladya (sweetly)—"From her father. He's a chemist."—Tit-Bits.

WOMEN IN POLITICS.
"Mrs. Wardheel is making trouble for the organization."
"As to how?"
"Declares she'll wear no bosses' collarette."—Washington Herald.



MUST BE.
She—"Is he such a credulous chap?"
He—"I should say. Why, he carries an umbrella if the weather man predicts snow."—New Orleans Picayune.

WHAT SHE WANTED.
Captious Customer—"I want a piece of meat without any bone, fat or gristle."
Bewildered Butcher—"Madam, I think you'd better have an egg."—Sketch.

ONE GOOD FEATURE.
"I am not adroit. Every day I do something that makes me worry."
"That's bad."
"Well, each new worry makes me forget the worry of yesterday. It might be worse."—Washington Herald.

IT IS.
"The vaudeville people seem to think the old jokes go best."
"That's a mighty comforting thought," declared the press humorist, as he tried to arrange some new angles to an ancient jest.—Washington Herald.

THE EXTREME OF STRENGTH.
"When I see what Barlow accomplishes I am forced to admiration," said Busting. "He has great physical endurance."
"Yes," replied Gargoyle. "That man has the constitution of a debutante."—London Telegraph.

A SCHEME.
"To what do you attribute your success?"
"To taking people at their word," answered the Polonius with chin whiskers. "Take a man at his word nowadays and it surprises him so that he never fails to live up to it."—Houston Chronicle.

NEW ARABIAN NIGHTS.
A struggling author was once dreaming of the time when magazine publishers would come to him and fight for the exclusive rights to his writings at \$1 per word.
"But I shall spurn them," murmured he, at the same time launching a vigorous kick, which wrecked his typewriter.

It cost him \$2.35 to get the instrument repaired.—Louisville Courier-Journal.

Switzerland Prohibits Absinthe.
At a time when the prohibition of alcoholic beverages has become more than an academic question in some parts of the United States, it is interesting to read that Switzerland has outlawed absinthe, which, as is well known, is an emerald liquor made largely of wormwood macerated in alcohol. The decision to forbid the manufacture and sale of absinthe in Switzerland was arrived at through the medium of a national referendum, which showed a majority of over 80,000 in favor of the proposition. This action of the democratic electorate is little short of heroic, for the most famous brands are made in Switzerland, notably at Neuchatel, and have been extensively exported, so that the prohibition put upon their manufacture and sale will seriously affect the government's revenue.—Providence Journal.

NATURE AND A WOMAN'S WORK



LYDIA E. PINKHAM
Nature and a woman's work combined have produced the grandest remedy for woman's ills that the world has ever known.

In the good old-fashioned days of our grandmothers they relied upon the roots and herbs of the field to cure disease and mitigate suffering.

The Indians on our Western Plains to-day can produce roots and herbs for every ailment, and cure diseases that baffle the most skilled physicians who have spent years in the study of drugs.

From the roots and herbs of the field Lydia E. Pinkham more than thirty years ago gave to the women of the world a remedy for their peculiar ills, more potent and efficacious than any combination of drugs.

Lydia E. Pinkham's Vegetable Compound is now recognized as the standard remedy for woman's ills.

Mrs. Bertha Muff, of 515 N.C. St., Louisiana, Mo., writes:

"Complete restoration to health means so much to me that for the sake of other suffering women I am willing to make my troubles public."

"For twelve years I had been suffering with the worst forms of female ills. During that time I had eleven different physicians without help. No tongue can tell what I suffered, and at times I could hardly walk. About two years ago I wrote Mrs. Pinkham for advice. I followed it, and can truly say that Lydia E. Pinkham's Vegetable Compound and Mrs. Pinkham's advice restored health and strength. It is worth mountains of gold to suffering women."

What Lydia E. Pinkham's Vegetable Compound did for Mrs. Muff, it will do for other suffering women.

W. L. DOUGLAS
\$3.00 SHOES \$3.50

W. L. Douglas makes and sells more men's \$3.00 and \$3.50 shoes than any other manufacturer in the world, because they hold their shape, fit better, and wear longer than any other make.

Shoes at All Prices, for Every Member of the Family, Men, Boys, Women, Infants & Children

W. L. Douglas \$4.00 and \$5.00 GOLF SHOES cannot be equaled at any price. W. L. Douglas \$2.50 and \$3.00 shoes are the best in the world.

Foot Comfort Explores Used Knowledge

Take No Substitute. W. L. Douglas shoes and price is stamped on the bottom. Send everywhere. Shoes mailed from factory to any part of the world. Catalogue free.

W. L. DOUGLAS, 137 Spark St., Brockton, Mass.

Paxtine
TOILET ANTISEPTIC

Keeps the breath, teeth, mouth and body antiseptically clean and free from unhealthy germ-life and disagreeable odors, which water, soap and tooth preparations alone cannot do. A germicidal, disinfecting and deodorizing toilet requisite of exceptional excellence and economy. Invaluable for inflamed eyes, throat and nasal and uterine catarrh. At drug and toilet stores, 50 cents, or by mail postpaid.

Large Trial Sample

WITH "HEALTH AND BEAUTY" BOOK SENT FREE

THE PAXTON TOILET CO., Boston, Mass.

T. N. U. 25, 1908.

DROPSY NEW DISCOVERY

Keeps the blood and organs clean and free from the germ-life and disagreeable odors, which water, soap and tooth preparations alone cannot do. A germicidal, disinfecting and deodorizing toilet requisite of exceptional excellence and economy. Invaluable for inflamed eyes, throat and nasal and uterine catarrh. At drug and toilet stores, 50 cents, or by mail postpaid.

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