

**NEW STRENGTH FOR WOMEN'S BACKS.**

**How to Make a Bad Back Better.**

Women who suffer with backache, bearing down pains, dizzy spells and that constant feeling of dullness and tiredness, will find hope in the advice of Mrs. Mary Hinson of 21 Strother St., Mt. Sterling, Ky. "Had I not used Doan's Kidney Pills, I believe I would not be living today," says Mrs. Hinson. "My eyesight was poor, I suffered with nervous, splitting headaches, spots would dance before my eyes and at times I would be so dizzy I would have to grasp something for support. My back was so weak and painful I could hardly bend over to button my shoes and could not get around without suffering severely. Doan's Kidney Pills helped me from the first, and I continued until practically well again."

Remember the name—Doan's. Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

**Not Their Fault.**  
A broad-minded dominie, whose parish was near the headwaters of the Susquehanna, had among his parishioners a character who was more punctual at the fishing-hole down the river than he was at the church on Sundays. Bright and early one Monday morning this Sabbath fisherman called the preacher to the door and presented him with a very fine and tempting string of pickerel. The dominie was very profuse with his thanks for a gift that was indeed welcome.

"But, look here, parson," said the man, still retaining the fish, "those fish were caught yesterday, and may be your conscience won't let ye eat 'em."

"Never mind that," said the dominie, stretching out his hand for the string. "There's one thing certain; the pickerel were not to blame."

**One Was Enough for Johnny.**  
The Sunday school lesson was from that scripture which teaches that if your brother strike you on one cheek, you should turn the other also and endure even for seventy times seven. Johnny had listened to his teacher very attentively, while she emphasized this fact, and after the lesson the superintendent rose to make a few remarks.

"Now, boys," he said, "how many times ought another boy to strike you before you hit him back?"

"Just about once!" promptly answered Johnny.—Delineator.

**Grace.**  
A paper out in northwestern Kansas tells of a pious old farmer who has the habit of gazing at the rafters in his dining-room when saying grace One day while so engaged he forgot himself, and his grace sounded something like this: "We thank thee for this food and—by Joe! there's that darned gimlet I've been looking for the last six months. I'll have Jim go up there and get it. Thou hast been gracious to us, O Lord, and again we thank thee. Amen!"—Kansas City Star.

**Relics of the Stone Age.**  
During excavations conducted near Willendorf, on the Danube, by the prehistoric section of the Austrian Natural History museum, a chalk figurine, 11 centimeters high, has been discovered in a stratum containing instruments and weapons characteristic of the stone age. The figurine shows traces of having been painted and represents a female figure with remarkable precision of artistic execution.

**Brought Their Relations.**  
Small Nettie, seeing some large insects on the back porch, asked what they were, and was told that they were ants. The next morning she discovered a number of small ants among the large ones, and exclaimed: "Oh, mamma, the ants have brought their little nieces with them to-day!"

**In the Same Boat.**  
A magazine contributor, being hard pressed by his creditors, recently wrote to his editor: "Please send check at once, as my gas bill is due." The candid editor replied in this brief fashion: "So is mine. God help us all."

**In Cannibal Land.**  
First Cannibal—That last mission-ary was a polite fellow.  
Second Cannibal—How so?  
First Cannibal—Before I ate him he offered me an after-dinner cigar.

**Easy.**  
She (at the art exhibition)—How can you tell the masterpieces?  
He—By the price tags on them.

**SOME HARD KNOCKS**

**Woman Gets Rid of "Coffee Heart."**  
The injurious action of coffee on the heart of many persons is well known by physicians to be caused by caffeine. This is the drug found by chemists in coffee and tea.  
A woman suffered a long time with severe heart trouble and finally her doctor told her she must give up coffee, as that was the principal cause of the trouble. She writes:  
"My heart was so weak it could not do its work properly. My husband would sometimes have to carry me from the table, and it would seem that I would never breathe again."  
"The doctor told me that coffee was causing the weakness of my heart. He said I must stop it, but it seemed I could not give it up until I was down in bed with nervous prostration."  
"For eleven weeks I lay there and suffered. Finally Husband brought home some Postum and I quit coffee and started new and right. Slowly I got well. Now I do not have any headaches, nor those spells with weak heart. We know it is Postum that helped me. The Dr. said the other day, 'I never thought you would be what you are.' I used to weigh 92 pounds and now I weigh 158."  
"Postum has done much for me and I would not go back to coffee again for any money, for I believe it would kill me if I kept at it. Postum must be well boiled according to directions on pkg., then it has a rich flavour and with cream is fine."  
Read "The Road to Wellville," found 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."



**NEW LIGHT ON CANCER; ITS CAUSE AND CURE**

BY **DR. THOMAS J. ALLEN**

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**T**HE CAUSE and cure of cancer is the most difficult and now the most urgent problem ever imposed upon the healing profession for solution. More than a dozen theories have been offered to explain its cause, yet it is admitted to-day by the highest authority that cancer is incurable; and though many cures have been proposed, the only hope is still the possibility of removing it by operation, which, however, often serves only to hasten the end.

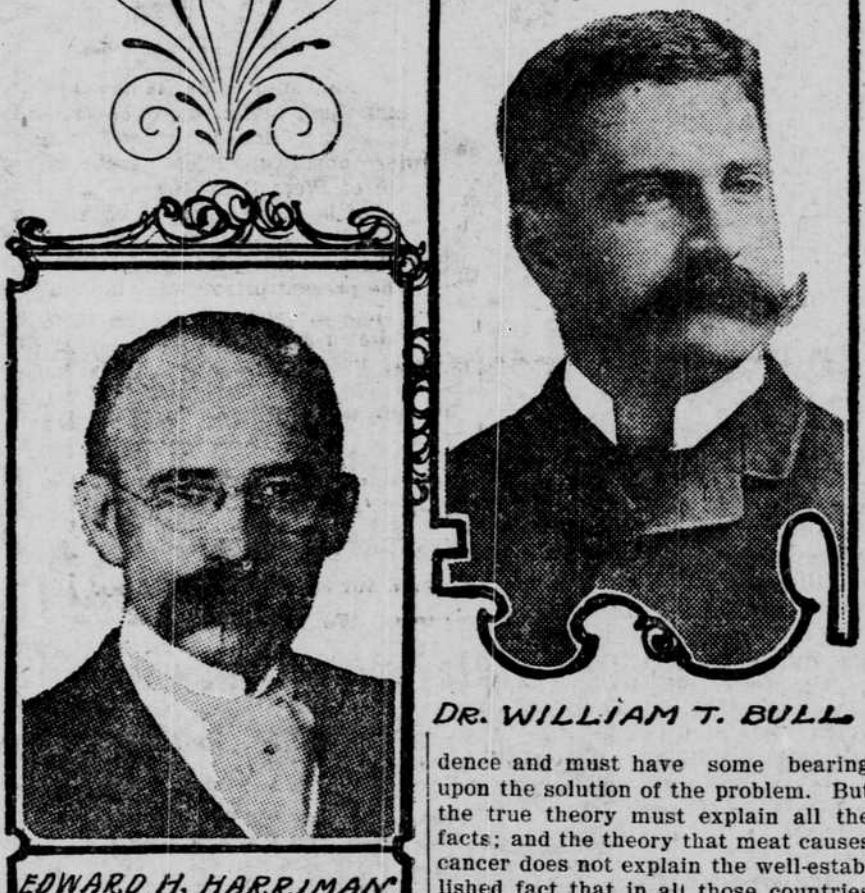
Recent investigation into the effects, hitherto not fully recognized, of disorganized nutrition, resulting chiefly from complex diet and overeating, have led me to the conclusion that cancer is due to abnormal cell proliferation resulting from those causes and that, consequently, it can be cured by restoring normal nutrition—by a course of rigid dieting and by proper mental control in harmony therewith, the mental state now being understood to have a very important bearing upon physical conditions. Though this natural cure has the virtue of simplicity and entire freedom from risk, it is no less worthy of consideration than the now well established treatment of consumption by fresh air, scientific feeding, exercise and suggestion.

Plants and animals have an organized growth, each organ bearing a certain proportionate size and doing a certain work in the social group. At maturity growth ceases, but organic tissue continues to be renewed by new cells replacing the old. In cancer, there is a disorganization of this harmonious growth and renewal, which is dependent upon normal nutrition, this term including not only the appropriation of food, but the elaboration of tissue, the elimination of waste and the control of all the processes by mental states. A colony of stomach cells, for instance, is established on the liver, gradually encroaching upon that organ until it seriously interferes with its functions and poisons the blood by the secretion of abnormal poisonous matter. Such a renegade cell organization shows some capacity for the function of, in this case, the stomach, secreting a quasi-gastric fluid; but the cancer cell is irregular in growth, irregular in function, irregular in nutrition.

If the cancerous tumor be excised scattering cells may migrate and, establishing themselves elsewhere, grow more rapidly than before, or, some remaining in the same location, renew the growth—if indeed the growth is not too far developed when explored by the surgeon, to allow of removal.

What is the origin of this growth? Disorganization, surely; loss in some degree of the normal processes of nutrition. And careful inquiry into the nature of nutrition has shown that disorganization is induced by abnormal complexity of diet, the eating of many different foods at the same meal, each having its own requirement for elaboration into cell tissue; emphasized by excessive eating and abnormal mental states, especially after middle life, when the requirement for food is reduced without reduction in the supply, as is common in prosperous America, England, France and Germany, more particularly, where cancer is very common and increasing among the well-to-do.

Statistics show that one of every eight women above the age of 35, and one of every 14 men, in America, die of cancer; and these not as in the case of tuberculosis, chiefly from the lower classes, but of the flower of the race, not so largely from the slum districts of New York, where consumption reaps its largest harvest, as from Fifth Avenue and Brooklyn. No class is immune from cancer, but its largest roll of victims is made up from our most intelligent and highly cultivated men and women, our most valued society women and the most valued professional and business men. Recently an eminent surgeon, Dr. William T. Bull of New York, himself a specialist in the removal of cancerous



EDWARD H. HARRIMAN

DR. WILLIAM T. BULL

tumors, was taken; also Father Gorham, the Irish-American orator priest. Edward H. Harriman has been cut off in his prime, and the loss of one of the nation's presidents from this cause comes to mind. In view of these facts it may be said that cancer is the direst blight of humanity and every near prospect of the discovery of its real nature, its cause, and consequently its cure, is profoundly alluring.

The late eminent Dr. Nicholas Senn twice circled the globe on this great quest—a search far more important than for the location of the north pole. After visiting all classes of mankind, from the Greenlander, subsisting on blubber, to the lowest tribe in Africa, he could only say that cancer is a disease of over-indulgence.

In recent years gratifying progress has been made in determining the nature of cancer by means of experiments on animals.  
The facts thus obtained have thrown much light upon its development, but thus far no conclusion has been arrived at as to its true nature, the means by which it may be prevented and the specific cure.  
The true theory of the cause of cancer and its cure must be found by reasoning from the data furnished by those experiments conducted on both sides of the Atlantic, all of which are at the command of independent investigators, together with the statistics of deaths from cancer recorded in this country and in Europe.  
It has often been pointed out that cancer is rare in those countries in which the consumption of meat is least—India, China, Arabia, Italy, Greece—and highest in those in which the supply of animal food is most abundant—America, France and Germany—and the conclusion has been drawn that this is at least a remarkable coincidence and must have some bearing upon the solution of the problem. But the true theory must explain all the facts; and the theory that meat causes cancer does not explain the well-established fact that in all those countries of Europe in which the consumption of beer is high mortality from cancer is high, and in all those in which the consumption of beer is low mortality from cancer is low, unless the people who eat most meat consume most beer, which is true so far as England, Germany and America are concerned, but is not true of Greenland, in which meat consumption is very high, beer consumption is very low, and mortality from cancer very low; nor does it apply to semi-cannibal tribes, in which meat consumption is high, beer unknown, and cancer unknown, according to Dr. Senn.

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Pawlow, a Russian chemist, has shown that for each particular food a particular digestive fluid is secreted. The system must adapt itself to the assimilation of each particular food, and it is reasonable to assume that complexity in the food, extreme variety, as we have it in England and America particularly, would tend to the disorganization of normal cell growth, would lead to abnormal proliferation, which is cancer. A great variety in food must interfere with normal metabolism; cells having a preference, for instance, for animal food, might proliferate in a manner different from those selecting vegetable food.

All the facts, all the statistics, support this theory and indicate the natural means of immunity, and the natural cure when the disease has been contracted.  
Cancer rarely occurs before mature life, the most susceptible period being the age of 40 to 55. During the period of growth, when albumen, from which cells are formed, is needed in large proportion, and when waste and repair are more active, cancer is rare, but when the supply of albumen is excessive, and the diet in general complicated, as it is with the wealthier classes in northern Europe and

America, the tendency to abnormal proliferation is great, especially if the exercise is not sufficient to maintain normal katabolism, or breaking down and renewal of cells, so as to provide a normal use for the elaborated cell material.

Why, it will naturally be asked, are women more subject to cancer than are men? Woman is more delicately constituted and under the same conditions is more easily disorganized. The fact that those organisms are more frequently the location of cancerous tumors which are subject to periodical growth, whose growth is variable and therefore more easily disorganized, when the conditions are favorable to cancer, harmonizes with the general principle of causation.

Prof. Metchnikoff arrived at the conclusion that auto-intoxication, self-poisoning by the absorption of the waste products of superfluous foods, is the chief cause of physical decay, a theory presented before, but the remedy for which he found in buttermilk, which prevents the development of certain pathogenic germs in the colon. A close relation exists between auto-intoxication and cancer, and it can be readily shown that as each food requires special adaptation for its digestion, so the waste of each food requires special adaptation for elimination, and that the natural preventive of auto-intoxication is the simplification of food.

The statistics on cancer, which have been published for half a century in England and America, are elaborate beyond the requirements of any systematic investigation, and the many thousands of catalogued experiments made upon animals leave nothing to be done that can throw further light upon the problem.

LeBlanc, an eminent Parisian veterinary authority on cancer, says that the dog, cat and pig are the animals most subject to cancer, that the chances of recovery are slight when the knife and cauterization are used, and that carnivorous animals will be much more likely to recover if kept on a strict vegetable diet. These animals vary most in domestication from their natural diet. I think their chances would be better on a purely meat diet. The important point is that the diet should not be mixed. It is interesting in this connection to note that Dr. Salisbury, originator of "the meat cure," held that an exclusive diet of meat, little cooked, would cure cancer. It doubtless would if the patient would not die from resulting auto-intoxication. An ardent follower of Dr. Salisbury says: "Cancers are curable, but they require such close attention, such careful watching that the patient would have to be under the daily and most vigilant care of one that has had experience in handling the disease. There are so many little things to do in keeping the moral, mental, psychic, and physical condition all in perfect balance, that the sufferer cannot go on successfully alone, as he very often can, if he will, in other illnesses. The diet has to be most rigid."  
I am fully in accord with the statement above, especially as to the neces-

sity of rigid diet and the importance of the mental condition, and while opposing the meat diet as a cure for cancer, I am glad to acknowledge that Dr. Salisbury has shown the absurdity of the claim that there is any virtue in vegetarianism, per se.

Dr. W. Roger Williams says in the "Twentieth Century Practice of Medicine": "Of 194 cancer patients, 99 had been moderate, 78 small, and 16 large meat eaters—not a single vegetarian and only a few great eaters of vegetables." It does not follow that meat causes cancer, as many suppose. Probably the 99 moderate meat eaters indulged in greater variety than the 78 small meat eaters.

Davidson, in his "Geographical Pathology," says that cancer is entirely absent in Central Africa, Gold Coast, New Caledonia, Persia, Jamaica, Guiana and among other primitive tribes which are either cannibal or are VERY SIMPLE IN THEIR DIET." This refutes alike the meat and the vegetable theory and confirms the "nutriopathic" theory.

Dr. J. H. Kellogg holds that cancer is due to eating meat. "It has long been recognized," he says, "that cancer seldom appears in persons who abstain from flesh. It is very rare among the vegetarian natives of India. A physician who practiced for many years among the natives of Tierras Calientes, New Mexico, who subsist almost wholly upon tropical fruits and other vegetables, says he never saw a case of cancer among these people."

This is no doubt true, but it is equally true that the natives of Greenland and cannibals generally are practically immune from cancer, according to Dr. Senn, but not because they abstain from vegetables.

There is a persistent popular belief, in this country and in England, that tomatoes cause cancer. Tomatoes cause cancer only in the same sense in which beans or meat cause it. Vegetarians are less liable than meat eaters.

Evidently not any one food, but excessive and indiscriminate mixing, together with abnormal mental states is the general cause. And the remedy is clearly indicated, though requiring skill in its application; a gradual restoration of normal nutrition through the application of the principle of the monodiet, in harmony with normal mental conditions.  
Since this article was put in type, Dr. Bashford, of the Cancer Research Institute, London, has given the results of his recent investigations into the cause of cancer. He says it is not hereditary; this is favorable to the "nutriopathic" theory. His reported statement that men are more liable than women is, I think, erroneous. His discovery that the trout is especially liable, among fish, also supports my theory. I have investigated the habits of trout, and find that, according to the nutriopathic theory it should be the most susceptible of fish. The New International Cyclopaedia says: "They are all (varieties of trout) voracious and more or less gamy. Their food consists of any sort of fresh animal matter."  
Another point which is favorable to the "nutriopathic" theory is the fact that the trout is especially liable among fish, also supports my theory. I have investigated the habits of trout, and find that, according to the nutriopathic theory it should be the most susceptible of fish. The New International Cyclopaedia says: "They are all (varieties of trout) voracious and more or less gamy. Their food consists of any sort of fresh animal matter."

**ANOTHER IMPORTANT VICTORY FOR THE CARTER MEDICINE COMPANY IN THE UNITED STATES COURT.**

The United States Circuit Court for the Southern District of New York—sitting in New York City—has just awarded to the Carter Medicine Company a decree which again sustains the company's exclusive right to use the red package for liver pills.

By the terms of the decree, it is, among other things:  
Adjudged that the Carter Medicine Company is the owner of the sole and exclusive right to the use of red colored wrappers and labels upon said small, round packages of liver pills of the style described in the bill of complaint; said right having been acquired by the prior adoption of said style and color of package for liver pills by the complainant predecessors more than thirty years ago, and established by the continuous and exclusive use of the same in constantly increasing quantities by said predecessors and by the complainant, the Carter Medicine Company, itself, from the time of their said adoption until the present day.

The decision just announced is perhaps the most important and far-reaching of all, by reason of the character of the tribunal which rendered it. No Court in the country stands higher.  
—National Druggist, St. Louis, Mo.

**REPENTANCE CAME TOO LATE**

Small Boy Had Taken Drastic Action to Avoid Being Invited to Party.

A small boy had something to say to his father at the dinner table the other night, says the Philadelphia Record "Papa," he said, "Johnnie Burton is going to have a party nex' week, an' he said he'd invite me. An' I got to take a present." "A present? What's that for?" "It's for Johnny's birthday. All the kids take presents." Things hadn't gone just right during the day with the boy's father. He was not in an agreeable humor. "That's all nonsense," he declared. "Every day or two it's a present here or a present there. If you can't go to a party without taking a present you might as well stay at home." The boy's lip trembled, but he made no reply. The next day the father regretted his hasty words and that night turned to the boy. "George," he said, "there are a couple of new books in my overcoat pocket. You can take them to your friend Johnny's party." "It's too late," said George, gloomily. "I licked him to-day so that he wouldn't invite me."

**ECZEMA COVERED HIM.**

Itching Torture Was Beyond Words—Slept Only from Sheer Exhaustion—Relieved in 24 Hours and Cured by Cuticura in a Month.

"I am seventy-seven years old, and some years ago I was taken with eczema from head to foot. I was sick for six months and what I suffered tongue could not tell. I could not sleep day or night because of that dreadful itching; when I did sleep it was from sheer exhaustion. I was one mass of irritation; it was even in my scalp. The doctor's medicine seemed to make me worse and I was almost out of my mind. I got a set of the Cuticura Soap, Ointment and Resolvent. I used them persistently for twenty-four hours. That night I slept like an infant, the first solid night's sleep I had had for six months. In a month I was cured. W. Harrison Smith, Mt. Kisco, N. Y., Feb. 3, 1908." Potter Drug & Chem. Corp., Sole Props., Boston.

**As to the Hessian Fly.**  
The Hessian fly is a German product which was conceived in iniquity and born in sauerkraut. It is a long, rangy fly with a bite like a steel trap, and it lays a pale blue, oblong egg at the rate of 30,000 an hour. The Hessian fly will eat anything from decayed custard pie to a glass inkwell, but its favorite dish is the double neck of a fat gent. The bird can perform a two-step on sticky fly paper without crooking its toes, and is proof against rough on rats, the daisy fly killer, and a strychnine hypodermic. No Hessian fly was ever known to die of anything but old age, which accounts for the color of its whiskers. If it ever fastens upon your jawl, it will stay until removed by the undertaker.—Manchester (Ia.) Press.

**Many Children Are Sickly.**  
Mother Gray's Sweet Powders for Children, used by Mother Gray, a nurse in Children's Home, New York, cure Summer Complaint, Feverishness, Headache, Stomach Troubles, Teething Disorders and Destroy Worms. At all Druggists. 25c. Sample mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

**How Kind.**  
Edyth—Jack says I was made to kiss.  
Mayme—A diplomatic way of referring to your turned-up nose, wasn't it?  
If a giddy woman could hear what is said about her giddiness behind her back it would knock some of the giddiness out of her.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

**TRUTHFUL ADVERTISING THE BASIS OF SUCCESS.**

Since the Ingredients Entering Peruina Are Known, Its Power as a Catarrh Remedy and Tonic is Understood.  
COLUMBUS, OHIO.—The active ingredients entering the most popular household remedy in the world have been made known to the public. This means a new era in the advertising of popular family medicines—Peruina leads.  
Peruina contains among other things, golden seal, powerful in its effect upon the mucous membranes. Cedron seed, a rare medicine and unsurpassed tonic. Cubeb, valuable in nasal catarrh and affections of the kidneys and bladder. Stone root, valuable for the nerves, mucous membranes as well as in dropsy and indigestion.

**A. Jackson, His Tavern.**

The old Whitney Tavern in Shelbyville, Tenn., erected in 1810, is still in a good state of preservation. It is built of cedar logs, which are chinked and pointed between, and with the exception of the renewing of the weather boarding and shingles it has undergone no change. The large stone chimneys, with their board fireplaces, are still in as perfect condition as when Gen. Jackson and other noted patriots were entertained there.

**GOOD WORK DONE BY WOMEN**

Positions Occupied by the Gentler Sex in Banks Have Come to Be of Importance.  
In addition to the stereotyped duties usually performed by men in a bank many women have made new positions for themselves, some as managers of women's departments, where they explain carefully and patiently the mysteries of banking to other women. to

whose minds anything that pertains to finance seems quite as puzzling as the black arts.  
Such a woman, says the Bookkeeper, must know thoroughly every detail of banking, for her duties will cover a wide field—from making out a check for some old lady to explaining the uses of a letter of credit to a party of school teachers contemplating their first trip abroad.

Other women have taken upon themselves the work of making a personal canvass of the tenements for the savings of the poor, thereby accomplishing in addition to their duties a very practical sort of charity in teaching those who most need such instruction something of the difficult art of saving.  
South to Build Roads.  
Eight hundred miles of improved roads to be undertaken by the

Southern Appalachian Good Roads Association. Of these 300 miles are to be in North Carolina. Poor roads are said to cost that state \$10,000,000 a year.  
An enormous number of tourists go to the southern Appalachian region, but because of the poorness of the highways in general they see but a small portion of it. The great system of roadways now proposed is planned to make that wonderful region one of the most attractive in all the world.—Manufacturers Record.