COLD IN THE HEAD

Is the First Chapter in the History of Chronic Disease.

A cold in the head is the first chapter in the history of disease and death. This has been so often repeated that there are few people indeed who have not witnessed many examples of it.

A cold in the head is rarely severe enough to confine a vigorous person to the house. As a rule, it ends in recovery without any treatment. This has led many people to regard a cold in the head as of no importance. It is a terrible mistake, however, to pass by a cold in the head as a trivial matter. Every case should be treated.

Those who have used Peruna for such cases will testify unanimously that a few doses is sufficient to remove every vestige of the cold. How much better it is to treat a cold in this way than it is to allow it to go on and on for weeks, perhaps months, leaving effects that will never be eradicated.

Yet there are those who neglect to take Peruna for a cold in the head. This neglect is due to the false notion that a cold in the head is hardly worth noticing.

A cold in the head is in reality a case of acute catarrh. It ought to be called so, in order to awaken people from their lethargy on this subject. In a large per cent. of cases cold in the head will end in chronic catarrh. Unless properly treated with some such remedy as Peruna, perhaps 50 per cent. of cases of cold in the head will lay the foundation for chronic catarrh.

A tablespoonful of Peruna should be taken at the very first symptom of cold in the head. Usually where the cold is not very severe a tablespoonful of Peruna before each meal and at bed time is sufficient. It may be necessary, however, where the attack is more serious, to keep strictly in the house and take a tablespoonful of Peruna every hour. Younger people, feeble or delicate women, should take a teaspoonful every hour.

Don't Persecute Your Bowels

Cut out cathartics and purgatives. They are brutal, harsh, unnecessary. Try

CARTER'S LITTLE LIVER PILLS

Purely vegetable. Act gently on the liver, eliminate bile, and soothe the delicate membrane of the bowel. Cure Constipation, Biliousness, Sick Headache and Indigestion, as millions know.

CARTER'S LITTLE LIVER PILLS.

SMALL PILL, SMALL DOSE, SMALL PRICE.

Genuine must bear Signature

Brent Good

The Man Who Put the EEs in FEET

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ALLEN'S FOOT-EASE

The Antiseptic Powder for Tender, Aching Feet. Sold everywhere, 25c. Sample FREE. Address, ALLEN S. OLMSTED, Le Roy, N. Y.

Trade-Mark.

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EYE ACHES **Pettits Eye Salve**

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Making Future Naval Officers

MIDSHIPMEN MARCHING INTO BANCROFT HALL

"GUN DRILL AT THE NAVAL ACADEMY"

SHAM BATTLE AT THE NAVAL ACADEMY

IT is a far cry from the tall, dignified and soldierly looking officer who walks the quarterdeck of the superintendent's house at the United States Naval academy, and whose word is law to the 750-odd youths whom Uncle Sam is training to command his forces afloat, to the tall but sad faced youngster who for 13 blessed Saturday afternoons paraded the academy grounds, carrying the black flag, back in '78, but the fact that they are one and the same only goes to prove that there is a generous amount of human nature in the man who now presides over the destinies of the 750-odd embryo admirals. Furthermore, it constitutes strong contributive evidence that human nature, and especially boy nature, has not changed much from 1878 to 1912. But the melancholy tale of "the death of liberty" and the black flag which marked it must give place to more serious matters for the present.

It was in May, 1911, that Secretary Meyer detailed Capt. John H. Gibbons as superintendent of the naval academy. Captain Gibbons had recently completed a tour of duty on the Asiatic station, where he commanded the cruiser Charleston, and had been assigned to the general board when the late Captain Bowyer's failing health compelled him to resign the superintendency of the naval academy. Captain Gibbons was chosen to succeed him.

Fully half of the new superintendent's service had been spent at sea, and twice he had circumnavigated the globe. He had seen service on the little old training ship Jamestown, and rounded the Horn in her back in '82, and one of his tours of shore duty had been as naval attache of the American embassy to England. Thoroughness had marked all his work. His courtliness of manner had won for him, almost back of his "plebe" days, the sobriquet of "Marquis de Gibbons," and, above all, he was imbued with the spirit of the navy. It is not surprising that his selection should have been greeted with expressions of approval from all who knew him well.

Neither is it surprising that all he has achieved and sought to achieve as superintendent of that educational institution, which was awarded the gold medal at the Paris exporsition as the finest governmental educational institution in the world, should have been of a nature to commend itself to popular as well as to professional approval.

It is not necessary to talk to Captain Gibbons to perceive that he takes his work seriously, but when one does talk to him and hears him modestly discuss his aims and aspirations for the academy which is so dear to his heart one is impressed with the full measure of thought and study and, perhaps, even worry which this quiet, determined man is giving to the most important work in the navy. Poor ships may be made to give a fairly good account of themselves in the hands of skilful officers, but the best ships can accomplish nothing if they are not well commanded. Moreover, on the brains and skill and energy of the young men now being trained at the naval academy must depend the future efficiency of the fleet, for on them will fall the responsibility of designing as well as fighting the navy of the future.

Five distinct reforms has Captain Gibbons set himself to achieve during his present tour of duty. These are (1) the facilitation of admission of candidates; (2) the simplification of the curriculum; (3) the substitution of naval officers for civilian teachers wherever practicable; (4) the absolute elimination of hazing, and (5) the "dignification," if the coining of a word be allowed, of the first class.

Sad experience—for every occasion for severe discipline is an occasion of sadness to Captain Gibbons—has taught the evils of the training or coaching schools for candidates for the academy, especially those which involve absence from home, an absence free alike from the influences of the home and the restrains of military discipline. Boys preparing for their entrance examinations are usually young and impressionable, and too often those who go away from home to coach form habits and associations which remain to hamper them throughout their career at the academy, which sometimes destroy their chances of success. At many of these schools are met what are known in academy parlance as "bilgers," young men who for one reason or another have failed in their studies and have been dropped, but who can command sufficient political influence to grain re-entry. That there may be young men of worth among them is not denied, but that in the generality of cases there is some grave defect of character is the contention of the academy faculty, and it is emphatically asserted that contact with them rarely fails to injure the boy who is preparing for his inital examination. For this reason Captain Gibbons has made a serious and a successful effort to modify the entrance examinations in order to obviate, as far as possible, the necessity for special coaching for the boy with a good high school education and sufficient brains to carry him through once he gains admission..

Second chronologically, but not in importance, are the changes which Captain Gibbons is effecting in the curriculum of the academy. The complexity of modern naval warfare as compared with that of a former generation, the intricacies of the modern battleship as compared with the sailing frigate of the early part of the last century, must be apparent to the veriest tyro. And with this development came increases in and complication of the academy curriculum. In the effort to turn out midshipmen proficient in all the phases of duty they would be called upon to perform there has been an ever increasing danger that, like the proverbial jack of all trades, they would be master of none. The importance of a change of system was obvious to those who gave the subject sufficient serious consideration. The first step toward correcting the evil was necessarily in the direction of specialization. There were no superfluous subjects, therefore provision must be made for special training in the subjects eliminated after graduation. Some progress along that line had already been made, but now a post graduate school has been established at Annapolis and a systematic and varied course provided. Captain Gibbons has been made head of the more advanced school, as he is of the Naval academy.

The entrance examination has been somewhat simplified by the elimination of world's history and in some minor details. The first year's work has been made more elementary and is better designed to afford asubstantial basis for subsequent education. The practice of sending the first and second classes to sea with the fleet instead of on school ships during the summer months, in order that they may have an opportunity to apply their knowledge and to supplement theoretical experience, has been adopted, and the more advanced features, such as tactics, law and constructive and designing technical work, have been either eliminated or abridged, with a view to their further pursuit after graduation.

The post-graduate course will, in the main, be preceded by three years of sea service and qualification for the grade of junior lieutenant. For the present the course will include ordnance and gunnery, marine engineering, electrical engineering, radio-telegraphy, naval construction and civil engineering.

An immediate occasion of some, at least, of the changes in the curriculum, etc., was the enactment of congress providing that midshipmen should be commissioned as ensigns on the completion of their four years' course at the Naval academy, instead of being carried as passed midshipmen for two years before attaining the grade of ensign.

Captain Gibbons is convinced that no influence is so beneficial to the young men at the academy as association with officers of the navy, from whom, he believes, they will, even unconsciously, absorb much of that spirit which has made the navy always the pride of Amedcans and the admiration of the military world. It is to that end that he would, where it can be done without detriment to the academy substitute officers for civilian teachers In some degree this is getting back to the custom which prevailed when he was himself a midshipman, or, rather a cadet, as they were termed in those days, the cadet becoming a midshipman only after graduating from the academy.

The brigade was far smaller than it is today. Officers were more numerous in proportion to the demands of the fleet than they have been for a considerable time, and small classes with numerous officer instructors were the rule. To the good influence of the instructors with whom he came in contact Captain Gibbons is ever ready to testify. This does not mean, of course, that the superintendent contemplates substituting officers for the instructors in foreign languages—termed "dago" by the midshipmen—or that he would seriously impair the efficiency of the instructing body to carry out his theory, but he does believe that the more the midshipmen can be brought in contact with naval officers the more thoroughly they will be fitted for their vocation, and he would even sacrifice something of pedagogic proficiency to gain such association.

For the practice of hazing, or ever "running," which is the term given by the midshipmen to the milder forms of that delectable pastime, Captain Gibbons has little toleration. Congress has forbidden all forms of hazing, and that alone, in the eyes of the superintendent, makes it his duty to stamp out the practice. And it is safe to say that he has done more to achieve this end than any of his predecessors. He has visited swift and summary justice on those found guilty of disobeying the law and the regulations in this respect.

In summarizing the aims of Captain Gibbons, reference was made to the "dignification" of the first class, that is, the graduating class. It is a part of the superintendent's policy to enhance the standing of that class in the eyes of their fellow-midshipmen in all ways possible and at the same time to impose on first class men additional responsibilities, making them in large degree accountable for the enforcement of discipline, and, precisely as from among their number are chosen the officers of the brigade, still further to fit them for the duties of command for which they are being trained while incidentally they render valuable assistance by way of example and control in governing the younger midshipmen.

HE SAVED WOULD-BE SUICIDE

Absentmindedness, which has done some very rash things in its universal career, was the alchemy that nearly turned a would-be suicide into just a suicide here.

Harry Such, after the usual fight with his wife, decided to go to the place where wives and marriages are reputed not to be, which ought to be a fine place. He tied a few yards of clothesline around his neck and jumped off a chair. John Korem, who rooms on the floor above, felt the jar, and hustled downstairs. He is one of those absentminded men who put their clothes in bed and go to sleep in the wardrobe. Therefore, instead of cutting the rope with a knife, he searched leisurely around for a saw, and then—sawed down the beam. It is hard to say what Such thought of the delay, but he must have been mad, for he was blue in the face when Koren finally released the rope. When resuscitated he was asked if he still wanted to die. He turned a savage eye toward Koren and muttered:

"Not yet; not until I get even with that absentminded duck!"—South Norwalk (Conn.) Dispatch to Philadelphia Record.

Truth crushed to earth will rise again, but on the other hand a lie, under the same conditions, doesn't have its anchor fast in the mud, either.

Outwitting Chancery.

A strange story of "corpse reviving" to save legal fees, has just leaked out in Paris. The late Duc de D——, the most popular figure of clubland in the French capital "died" last June at ten o'clock in the evening. His younger son was due to be of age at midnight. For the sake of two hours, the younger son, being still an "infant," it seemed as if the whole of the duke's estate would have to go, so to speak, into chancery. The legal advisers of the family, who were by the bedside, had heard of the recent theories of "artificial life." They pointed out to the doctors the awful legal consequences of the duke's death before midnight. Powerful hypodermic injections were resorted to. The heart began to beat again, the temperature of the body went up, breathing was restored. In fact, the body came back to "life," and in this state it was kept until a quarter of an hour after midnight. A magistrate had been called to the house to see to the interests of the "infant ward," and witness the revival from seeming death to life.

In Society.

Mrs. Stuyvesant Fish, who is now the leading hostess of America, is noted for her epigrams. Her latest epigram to be quoted in New York was a remark which she addressed to a young matron, who is at the same time ultra-exclusive and ultra-sharp-tongued. "My dear," said Mrs. Fish to this young woman, "pick your company—but don't pick them to pieces."

OH! MY BACK!

A stubborn backache that hangs on, week after week, is cause to suspect kidney trouble, for when the kidneys are inflamed and swollen, bending the back brings a sharp twinge that almost takes the breath away.

It's hard to work and just as hard to rest or sleep.

Doan's Kidney Pills revive sluggish kidneys—relieve congested, aching kidneys. The proof is an amazing collection of backache testimonials.

AN IDAHO CASE

L. C. Warner 1205 No. Garfield Ave., Pocatello, Idaho, says: "For years I suffered from kidney trouble and was often confined to bed. More than once I passed kidney stones and the pain was awful. Morphine was the only thing that gave me relief until I used Doan's Kidney Pills. This remedy dissolved the stones and from then on I gradually improved until entirely cured."

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DOAN'S KIDNEY PILLS

FOSTER-MILBURN CO., Buffalo, New York

RECORD OF WORK WELL DONE

Anti-Tuberculosis Campaign Fruitful of Results for the Good of All Mankind.

Some comparisons showing the progress of the anti-tuberculosis campaign in the last eight years and the present needs of this movement are made by the National Association for the Study and Prevention of Tuberculosis in a brief report of its work recently issued. During the eight years of its work, the national association has assisted in the organization of over 800 state and local anti-tuberculosis societies located in almost every state and territory of the Union. Over 500 hospital and sanatoria have been established, with more than 30,000 beds for consumptives. About 400 dispensaries, with more than 1,000 physicians in attendance and at least 150 open air schools for tuberculous and anaemic children, have also been provided. Laws dealing with tuberculosis have been passed in 45 states, and ordinances on this subject have been adopted in over 200 cities and towns. An active field campaign of education against tuberculosis has been carried on in 40 states and territories by means of lectures, exhibits, the press, and the distribution of over 100,000,000 pamphlets on this disease.

ONLY DOUBTFUL CITIZEN.

"Everybody is telling exactly what you will do if you are elected to office."

"Yes."

"Well, what will you do?"

"I don't know yet."

BABY IN MISERY WITH RASH

Monroe, Wis.—"When my baby was six weeks old there came a rash on his face which finally spread until it got nearly all over his body. It formed a crust on his head, hair fell out and the itch was terrible. When he would scratch the crust, the water would ooze out in big drops. On face and body it was in a dry form and would scale off. He was in great misery and at nights I would lie awake holding his hands so that he could not scratch and disfigure himself. I tried simple remedies at first, then got medicine, but it did no good.

"Finally a friend suggested Cuticura Remedies, so I sent for a sample to see what they would do, when to my surprise after a few applications I could see an improvement, and he would rest better. I bought a box of Cuticura Ointment and a cake of Cuticura Soap and before I had them half used my baby was cured. His head is now covered with a luxuriant growth of hair and his complexion is admired by everybody and has no disfigurements." (Signed) Mrs. Annie Saunders, Sept. 29, 1911.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address post-card "Cuticura, Dept. L, Boston." Adv.

Preliminary.

"I am going to try this sleeping in the open air as a tentative proposition."

"Have you got the tent?"

A mouse can create as much excitement among half a dozen spinsters as an eligible bachelor.

Liquid blue is a weak solution. Avoid it. Buy Red Cross Ball Blue, the blue that's all blue. Ask your grocer. Adv.

Many a woman has the big head because she has credit at a hair emporium.

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

A boy isn't necessarily good for nothing because his parents refuse to pay him for being good.

Explaining the Needle.

A typesetter in a printing house became very adroit in explaining the large number of misprints for which he was responsible. Even when he changed his work and became a waiter in a restaurant, says Das Echo, his skill did not forsake him.

One day he had served a guest with a plate of soup, and was turning away, when he was called back sharply.

"This is an outrage!" cried the indignant diner. "I find a needle in my soup! What does this mean?"

"Just a misprint, sir," explained the former typesetter. "It should have been a noodle."—Youth's Companion.

Counter-Thrust.

"A very good retort!" said Senator Lodge in an argument in this city over the immigration bill. "A very good retort indeed! It reminds me of Weeks.

"Weeks and his wife were quarreling. Weeks, with a hard, scornful laugh, 'you acted like a fish out of water.'

"Weeks sighed.

"'But a very cleverly landed fish,' he said, in a musing voice."

After Material.

Editor—"Why do you persist in coming here? I tell you I don't buy fiction." Author—"Oh, I don't wish to sell any of my stories. I am writing a short serial, entitled 'The Ugliest Man on Earth,' and came in merely to obtain local color."

Mean Insinuation.

"I have no way of killing time."
"Why, I've heard you sing."

SEEDS—Alfalfa $6; timothy, blue grass & cane $2; sweet clover $9. Farms for sale & rent on crop paym'ts. J. Mulhall, Sioux City, Ia.

A bachelor is a bachelor because he is either too foolish or too wise to marry.

Smokers like LEWIS' Single Binder cigar for it's rich mellow quality. Adv.

But it isn't every high flyer who reaches the top.

Good for Small Towns.

A few big shoe manufacturers are fighting us because we have always refused to give them better terms than we give to the small manufacturer.

The little fellows stand with us because we treat all manufacturers alike, no matter how many machines they use. Hence, competition in the shoe business and prosperous factories in small towns!

Write us and we will tell you all about it.

The United Shoe Machinery Co., Boston, Mass.—Adv.

His Reason.

"Why does that museum freak complain that he is a dead one?"

"Because he is a living skeleton."

On the "firing line"

If you would maintain your place in the "front rank" you must keep strong and robust. Sickness soon relegates you to the rear. Try

HOSTETTER'S Stomach Bitters

when the appetite lags—when the digestion is bad—when the liver and bowels are inactive. It will surely help you.

PATENTS Watson E. Coleman, Washington, D.C. Books free. Highest references. Best results.

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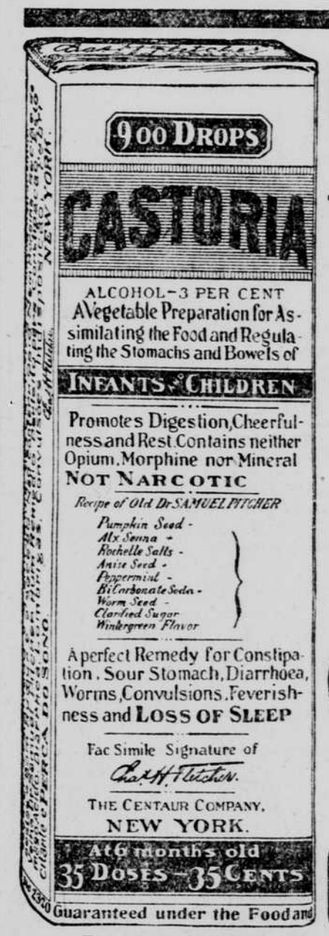

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If W. L. Douglas shoes are not for sale in your vicinity, order direct from the factory and save the middleman's profit. Shoes for every member of the family, at all prices, by Parcel Post, postage free. Write for Illustrated Catalog. It will show you how to order by mail, and why you can save money on your footwear.

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