

# TO PILL EATERS

The stomach and intestines are lined with mucous membrane. The excessive flow from an irritated mucous membrane is called a *flux* or *catarrh*. A flux or catarrh however caused, is never a sign of health, but always a sign of disease. **AVOID THEM.**

Purgatives, (from *purgo*, I cleanse) commonly called "physics," that produce a painful diarrhea accompanied with straining and the discharge of mucus, act like green or over ripe fruits or tainted meats, they are simply irritants and foreign substances in the bowels which nature violently rejects. That is the action of Colocyath, Gamboge, Blaterium, Jalap, etc. **AVOID THEM.**

Physics that cause a griping watery diarrhea, which is followed by costiveness as bad or worse than before they were taken, contain resins that dry the mucous membranes. Podophylin, Scammony, Leptandrin, Aloes, Rhubarb, etc., are such drugs. **AVOID THEM.**

Mineral physics such as Arsenic, Calamel and other form of Mercury, break down and clog up the large glands of the body, destroying their usefulness more or less permanently. Alkali physics, of the Potash, Soda and Magnesia kind, whether in the form of "mineral" waters or pulverized salts, attack the vitality of the blood, lessen the purity and strength of the natural secretions, and act on the entire system as a slow poison. Rochelle Salt, Seidlitz Powder, Epsom Salt, Calcined Magnesia are common forms of these alkalis. **AVOID THEM.**

Whether bought in bulk or in *than internal resourse stamp on them*, they are responsible for much of the stomach, bowel and liver complaint of to-day. **AVOID THEM.**

We guarantee that ANTI-PILL (the latest and greatest discovery of the age for the curative treatment of Constipation, Biliousness and Dyspepsia) contains no mineral of any kind or any drug mentioned above; that it contains no other drug that has any of the above mentioned objectionable features or results. We will give a thousand dollars to anybody who can prove these claims untrue. ANTI-PILL is not a "patent" nor a "dope," but a purgative that is a purgative in the true sense of the term. When you need a cleansing medicine, don't you think you ought to buy Anti-Pill? *Doubt it? Try it! That's the test.* All druggists, 25c, or address ANTI-PILL CO., Lincoln, Nebraska.



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## IS THERE A NEED FOR THE Y. M. C. A. IN THE UNIVERSITY?

The question is often asked: Is there a demand for a Young Men's Christian association in a college or university? Those who would answer this negatively say that our students come from good homes, largely Christian young men and women and of good habits, are usually interested in church work at home and so naturally fall into that kind of work in the church of the college town. This may, in a measure, be true in our denominational schools, but surely to the careful observer of a university it is far from being the real condition. In the church school the two are usually closely allied. The pastor often a teacher in the other school or the president of the college the pastor of the church and so it is hard to separate the two institutions, as they are so closely connected, but in a large university things are different and naturally so, as you consider the difference in the nature of the two schools. The average student leaves home for the first time when he comes to college; he is in a strange land for the first year; he soon is entering upon his studies and is interested in his school work, he is one of a large number in this condition, he knows he will not be missed if he is not at Sunday school. No one reproves him if he does not attend church. No one directs him to a certain line of church work that he might do, he is a little timid about offering his services and so in this condition he passes through the first year. By this time he has lost interest in the welfare of those about him and is now living to himself entirely. John R. Mott, that king of Y. M. C. A. men, says students are the most selfish class in the world, he is about right. Their work makes them so. During the present school year a young man lay sick for two weeks within two rods of the university campus and his condition was not known to over six men. The ordinary student is so intent upon his own work and future attainments that he thinks little of those about him. It takes constant urging by those interested to have cases of sickness or need reported that they may be attended to. Another says: We have in our university a large number of literary societies and fraternities with many other fraternal organizations and do these not meet the need of the student body as far as organization is concerned? There are in the University of Nebraska about 1,000 young men. Of this number about 200 are members of the fraternities and 110 members of the literary societies. What of the remaining 700. More than half the young men of the university have no social life whatever, except what they get in the class room or upon the campus. It is to this class that the Young Men's Christian association opens its doors. They come in and here meet the men of the fraternities and literary societies. It proves to be a place where there is no distinction, a great central organization where men rise above petty strife and form a great brotherhood for mutual helpfulness. Usually college parties are of the good natured sort, a friendly competition, but some times this is not true, which ever way it may be, is not the ideal condition when all these things may be laid aside, when "oudu" and "frat" and "barb," the students from the farm, the embryo lawyers, the carpenter, the blacksmith, all regardless of affiliations, may meet on a common ground and show an interest in the welfare of each other. The Young Men's Christian association is where this can be done and so for no other reason the association may rightfully claim a place in the university.

The many ways in which it offers, pay for Christian work, are too well known to need enumeration here. Visit any church in the city, watch the workers and you will find but a small per cent of the students who are members of churches at home, doing any active work. Let a young man spend four years in college without doing any active Christian work and he is of little value in a short time at the end of the college course. The Young Men's Christian association offers opportunity for active service while a young man is in college. It trains men as Bible teachers and along various other lines of Christian activity. It teaches men to be interested in their fellow men and to seek for opportunities to be of service to them. The Young Men's Christian association does not claim that it contains all the Christian force of the university, far from it. We all rejoice that at the head of our university we have a man who is intensely interested in the moral life of the students. This is not confined to the chancellor alone, but almost all members of the faculty are anxious about the character and lives of the students who are members of their classes. Many students are desirous of doing some active work and so it would be unjust to say that there would be no Christian work if there was no association. But an army will win the battle more quickly if organized and trained. This is what the association seeks to do with this force. It seeks to organize and unify the working members of the university and to stimulate in all young men a desire to be more helpful to those about them.

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