



This Fine Buggy for \$10.00
CASH; BALANCE \$ 5.00 PER MONTH

Latest, up-to-date style, twin auto seat, top removable to convert into a runabout, genuine leather upholstery, finely trimmed and finished, best of material and construction—retails for \$100.00.

Guaranteed 3 Years—Will Last 20
BUGGIES \$29.50 UP.

We cut out the middlemen's profits on all Century Vehicles and save you \$25.00 to \$45.00 on a buggy; \$35.00 to \$60.00 on a wagon; \$45.00 to \$100.00 on a surrey.

Sold for cash or on easy monthly payments—we trust honest people the world over. Shipped on approval—Guaranteed to please or your money back. Write today for Free Catalog. Also Ask for our Catalog of Fine Harness at wholesale prices. Get our Freight Paid Prices.

Reference—Southern Illinois National Bank.
CENTURY MFG. CO., Dep 956 East St. Louis, Ill,
132 N. Wabash Ave., Chicago, Ill.

DROPSY TREATED, usually gives quick relief and soon removes all swelling and short breath. Trial treatment sent Free.
Dr. H. H. Greens Sons, Box N, Atlanta, Ga.

Indian Runner Ducks averaging 240 white eggs annually. Grand prize record. Extra large Mammoth Bronze Turkeys. (Satisfaction guaranteed.) Marton Schlotzbauser, Specialist. Pilot Grove, Mo.

Rheumatism

A Home Cure Given by One Who Had It

In the spring of 1893 I was attacked by Muscular and Inflammatory Rheumatism. I suffered as only those who have it know, for over three years. I tried remedy after remedy, and doctor after doctor, but such relief as I received was only temporary. Finally, I found a remedy that cured me completely, and it has never returned. I have given it to a number who were terribly afflicted and even bedridden with Rheumatism, and it effected a cure in every case.

I want every sufferer from any form of rheumatic trouble to try this marvelous healing power. Don't send a cent; simply mail your name and address and I will send it free to try. If, after you have used it and it has proven itself to be that long-looked-for means of curing your Rheumatism, you may send the price of it, one dollar, but, understand, I do not want your money unless you are perfectly satisfied to send it. Isn't that fair? Why suffer any longer when positive relief is thus offered you free? Don't delay. Write today

Mark H. Jackson, No. 300 Alhambra Bldg.,
Syracuse, N. Y.

Relief For Rupture Without Operation

We Allow A 60-Day Test—
Entirely At Our Own Risk—To Prove It

No longer any need to drag through life at the mercy of leg-strap and spring trusses. No reason in the world for letting them force you to undergo a dangerous operation.



Away With Leg-Strap
And Spring Trusses

So far as we know, our guaranteed rupture holder is the only thing of any kind for rupture that you can get on 60 Days trial—the only thing we know of good enough to stand such a long and thorough test. It's the famous Cluthe Automatic Massaging Truss—made on an absolutely new principle—has 18 patented features. Self-adjusting. Does away with the misery of wearing belts, leg-strap and springs. Guaranteed to hold at all times—including when you are working, taking a bath, etc. Has cured in case after case that seemed hopeless.

Write for Free Book of Advice—Cloth-bound, 104 pages. Explains the dangers of operation. Shows just what's wrong with elastic and spring trusses, and why drugstores should no more be allowed to fit trusses than to perform operations. Exposes the humbugs—shows how old-fashioned worthless trusses are sold under false and misleading names. Tells all about the care and attention we give you. Endorsements from over 5000 people, including physicians. Write to-day—find out how you can prove every word we say by making a 60 day test without risking a penny.

Box 771, Cluthe Co., 125 E. 23rd St., New York City

CONSERVATION OF RURAL HEALTH

(Continued from Page 11.)

Such dependents are natural products and very costly to the public.

RELATIONS TO TOWN AND CITY LIFE

Practically all country people go to town with more or less frequency. Too many of them go there permanently. The small town especially is an outgrowth of the demands of rural people for trading, church, social life, and vice. The small town in Nebraska is an index to the economic, moral, educational, and health condition of its community. The larger places become more specialized in business. They commercialize everything, including recreation and virtue. Such places are confronted with more health problems than the country and town, but by greater care, decrease the handicap. Good business in the larger towns and cities demands clean streets, healthful water supplies, and sanitation in the homes and places of business. By these and other effective means the death rate is decreased. In some places typhoid has nearly disappeared. Likewise diphtheria, tuberculosis, etc., are noticeably on the decline.

Many young people leave the country for the town. Their health and vigor are a distinct gain to urban life. A good many retired farmers with ungrown children go to town permanently. This often results badly especially for the children. Old men from the country do not as a rule know how to live in crowded places. They sit on boxes and counters, and talk much, but say little of value. They vote against town water supplies, sewerage, etc. The children, having no regular duties, drift into habits that would put the town boy to shame. The average farmer should retire on the farm where he can best live.

The following suggestions are intended to have importance for rural people while in the town or city:

1. Do not drink water from a well located too close to a source of pollution. Some small towns have no public water supply, but secure drinking water from many wells badly located. In fact, the house, privy, and well are placed on a single lot as a rule.

2. Do not eat figs, dates, and other fruit exposed to the street. They are apt to be covered more or less with small particles of manure and many germs that have come from the street and the sputum of the walks. Flies and air currents are carrying such material to fruit stands and stores and thereby contaminate the food that is exposed. Apples are in some cases polished by fruit vendors using spit and the sleeve. Lemonade and pop-corn may or may not be clean.

3. Select a sanitary place in which to secure a meal. Let the food be wholesome rather than dainty. A little observation will show that most restaurants are quite clean, yet there are a good many in which the environs at the rear of the buildings are dirty in the extreme. Do not eat in unclean places. It is good economy in the long run to patronize moderate priced places, not the cheapest.

4. Select a hotel with considerable care while remaining in a city, especially so if not acquainted. Most of the high priced places are safe, both as to sanitation, fire, and morality, but some of the cheaper places, especially those advertising "rooms to rent" are positively bad. Never use a dirty towel.

5. Do not become an habitual loafer in town. Many farmers develop the habit and transmit it to their children. It is better economy to go to the town for business or

other helpful purpose and to return home soon or early. Purposeless loafing leads to neglect of farm work and usually to the loss of the farm. The town has provided places to hitch teams, but no rest rooms for people. Such a place is very much needed for the women and girls, for they are now required to walk the streets or stand around in the stores till the men are ready to go home. The ill-effects resulting from this neglect are more marked than is usually supposed. Let the country people share the expense of a rest-room. Some have suggested that the churches might be thrown open for this purpose.

6. Drunkenness should be avoided. It does not add to the dignity of a rural community. It decreases human resources and degrades a community's health and morals.

7. Avoid immorality while in the city. The results of carelessness in this direction are evident at thousands of places in the country, as shown by persons suffering from some of the worst diseases known to man. Our survey has, through hundreds of sources, been enabled to gather definite data to show the effects of the social evil on country people. The fact is that the worst contribution from the city to the country is the diseases contracted in this way. Let it be known also that the country should assume its full responsibility in the regulation and control of this great problem, which results, in considerable part, from the demands of rural life. Many persons who have given serious and careful thought to the problem are of the opinion that the present state laws governing the social evil are defective. They claim that the public health is suffering more than it would if the evil were segregated and rigidly controlled. Be that as it may, many practicing physicians report an increase in the social diseases. Just what measures will ultimately be taken to rid society of immorality and the bad effects connected therewith is not known. One thing is sure, namely, that the subject must be handled primarily from the standpoint of health and its conservation.

THE PROMOTION OF HEALTH THROUGH EDUCATION

The length of human life is increased about in proportion as the people are educated to live clean lives physically and otherwise. Where ignorance and superstition are most in evidence there also are contagion, disease, degenerates, and short life. Certain it is that our system of public education has been a great factor in conserving the health of the individual and society. It may be said that public expense for the education of the youth is justified many times over in that it decreases criminality, develops health and morality, and trains for service. No one will question the fact that bad health is a cause of crime. Furthermore, ignorance causes poverty, crime, and sickness. Our greatest safeguard, then, will be in the education of the youth for proper living.

The following copies from an address by Dr. R. H. Wolcott, dean of the medical college of the University of Nebraska, plainly show the importance of education along the lines of health conservation. Therein is also outlined the position our medical college is to assume in preventive medicine. Dr. Wolcott says:

"It is a matter of congratulation that education today is becoming constantly more practical. We are training our boys and girls more and more for the business of living, and living so as to be efficient members of society. Courses in hygiene and sanitation should be in every school, and the country schools need such work as much as the city schools, or more.

"Not only should the people be taught personal hygiene and be made to understand the importance of keeping themselves clean, but they should be taught community hygiene or sanitation, and made to understand the necessity of keeping the surroundings of the home and the community clean. Science has taught us not only that disease germs swarm in filth of all kinds, but that insects which abound about us are the means of transmitting those disease germs to us directly by bites or indirectly by transferring them to food or other objects we put into our mouths or bring in contact with our bodies. Flies breed in filth, carry filth, and disseminate the disease germs in filth. Mosquitoes transmit malaria as well as other diseases. The amount of malaria usually found in a new country is due to a lack of clearing of the land and deficient drainage of surface water. But ponds do not breed most of the mosquitoes which trouble us in our homes, for in ponds fish and other animals serve to keep down the numbers. On the contrary, they are mostly reared in rainwater barrels, in old casks and cans partly filled with water, in unused wells, and in other places about the house where, free from the attack of enemies, they breed in swarms and develop in a few days after a rain or during rainy weather.

Not only is it desirable that there be instruction in the schools in these matters, but it is highly desirable that communities, even farming communities, take means of informing themselves on these subjects. There ought to be meetings of the people addressed by physicians and others who can explain these questions to the community, and in which the conditions may be thoroughly canvassed and measures taken to alleviate those which are unfavorable. Particularly should communities everywhere uphold all duly constituted health officers, including the local and state boards of health. Usually only the existence of an actual epidemic can arouse public opinion. How much better it would be if public opinion could be so educated as to make it possible to prevent the epidemic.

The greatest development in the field of medicine today is in the direction of protective medicine. The great research laboratories are everywhere studying the problems of how to prevent disease, rather than how to cure it. The strongest argument in favor of the maintenance of state schools of medicine lies in the fact that in such schools the faculty, paid by the state, must of necessity feel an individual responsibility to the people of the state, and their time outside of their teaching work will be devoted, not to private gain, but to research into the cause and nature of the diseases found within the state, in order that such knowledge may be turned to the advantage of its citizens. At the same time the students graduating from such a school should be made to feel that they have a debt to the state which has provided them with the means of securing their professional training, and it can be confidently expected that from such a school will come doctors better trained and more disposed to lead in the field of health conservation than those who come from privately endowed institutions. The medical college of the state should also take the lead in the education of the public to understand these matters and to appreciate the value of highly trained medical service. In common with the medical colleges of other state universities, the medical college of this state is looking forward to widened activities in these directions, and to a larger share in the great work of health conservation among our people."

Strong ideals, backed by resistless