

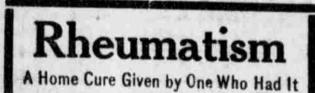
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The Commoner.

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 especieconomic, moral, educational, and for this purpose. health condition of its community. mercialize everything, including recreation and virtue. Such places community's health and morals. are confronted with more health handicap. Good business in the larstreets, healthful water supplies, and sanitation in the homes and places effective means the death rate is denearly disappeared. Likewise diphtheria, tuberculosis, etc., are noticeably on the decline.

Many young people leave the counpermanently. where he can best live.

The following suggestions are inpeople while in the town or city:

1. Do not drink water from a pollution. Some small towns have servation. 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.

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 ally is an outgrowth of the demands usually supposed. Let the country of rural people for trading, church, people share the expense of a restsocial life, and vice. The small town room. Some have suggested that in Nebraska is an index to the the churches might be thrown open

6. Drunkenness should be avoid-The larger places become more ed. It does not add to the dignity of specialized in business. They com- a rural community. It decreases human resources and degrades a

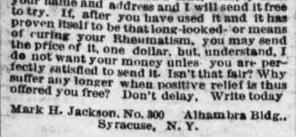
7. Avoid immorality while in the problems than the country and town, city. The results of carelessness in but by greater care, decrease the this direction are evident at thousands of places in the country, as ger towns and cities demands clean shown by persons suffering from some of the worst diseases known to man. Our survey has, through of business. By these and other hundreds of sources, been enabled to gather definite data to show the creased. In some places typhoid has 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 try for the town. Their health and the country should assume its full vigor are a distinct gain to urban responsibility in the regulation and life. A good many retired farmers control of this great problem, which with ungrown children go to town results, in considerable part, from This often results the demands of rural life. Many badly especially for the children. persons who have given serious and munities, take means of informing Old men from the country do not as careful thought to the problem are themselves on these subjects. There a rule know how to live in crowded of the opinion that the present state ought to be meetings of the people They sit on boxes and laws governing the social evil are de- addressed by physicians and others counters, and talk much, but say fective. They claim that the public who can explain these questions to little of value. They vote against health is suffering more than it the community, and in which the contown water supplies, sewerage, etc. would if the evil were segregated and ditions may be thoroughly canvassed The children, having no regular du- rigidly controlled. Be that as it and measures taken to alleviate ties, drift into habits that would put may, many practicing physicians re- those which are unfavorable. Parthe town boy to shame. The average port an increase in the social ticularly should communities everyfarmer should retire on the farm diseases. Just what measures will ultimately be taken to rid society of health officers, including the local immorality and the bad effects contended to have importance for rural nected therewith is not known. One only the existence of an actual epithing is sure, namely, that the subject must be handled primarily from well located too close to a source of the standpoint of health and its con-

THE PROMOTION OF HEALTH

VOLUME 12, NUMBER 52

"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 comwhere uphold all duly constituted and state boards of health. Usually demic 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 traincome doctors better trained and more disposed to lead in the field of health 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 activi-Strong ideals, backed by resistless





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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 tharough test. It's the famous Cluthe Automatic Massaging Truss —made on an absolutely new principle—has 18 patented fea-tures. Self-adjusting. Does away with the misery of wearing belts, leg-straps 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.

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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 contagion, disease, degenerates, and stands and stores and thereby contaminate the food that is exposed. Apples are in some cases polished by fruit venders 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. not the cheapest.

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 'rooms to rent" are positively bad. Never use a dirty towel.

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 from the street and the sputum of short life. Certain it is that our the walks. Flies and air currents system of public education has been are carrying such material to fruit 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 Do not eat in unclean places. It is address by Dr. R. H. Wolcott, dean pected that from such a school will good economy in the long run to of the medical college of the Unipatronize moderate priced places, versity of Nebraska, plainly show the importance of education along the conservation than those who come 4. Select a hotel with consider- lines of health conservation. Therein from privately endowed institutions. able care while remaining in a city, 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 places, especially those advertising constantly more practical. We are training our boys and girls more and more for the business of living, and 5. Do not become an habitual living so as to be efficient members of loafer in town. Many farmers de- society. Courses in hygiene and sanivelop the habit and transmit it to tation should be in every school, and ger share in the great work of health their children. It is better economy the country schools need such work conservation among our people." Box 771, Cluthe Co., 125 E. 23rd St., New York City to go to the town for business or as much as the city schools, or more.