

SEEMED WORSE EVERY DAY.

A Dangerous Case of Kidney Complaint and How It Was Checked.

Mrs. Lucy Quebeck, Mechanic St., Hope Valley, R. I., says: "Eight years ago I contracted severe kidney trouble and my back began to ache continually. Every day it seemed worse. The least pressure on my back tortured me, and I could not stoop without a bad twinge. The kidney secretions passed irregularly with pain, and I bloated badly. My head swam and spots flitted before my eyes. One doctor said I was incurable. However, I found prompt relief when I started using Doan's Kidney Pills, and the troubles I have related gradually disappeared."

Sold by all dealers. 50c a box. Foster-Milburn Co., Buffalo, N. Y.

MADE ROACHES HIS FRIENDS.

Act of Artemus Ward That Had Far-Reaching Effect.

George V. Kelcey, a veteran journalist of Cleveland, remembers Artemus Ward well.

"Ward called on me," he said the other day, "the night before one of his panorama lectures. There were some three or four large roaches scurrying about my room, and they attracted his attention.

"I am very fond of roaches," he said. "Once, in my own home, I found a roach struggling in a bowl of water. I took a half walnut shell and put him in it; it made a good boat; I gave him a couple of toothpicks for oars. Next morning I saw that he had fastened a hair to one of the toothpicks, and had evidently been fishing. Then, overcome with exhaustion, he had fallen asleep. The sight moved me. I took him out, washed him, gave him a spoonful of boiled egg, and let him go. That roach never forgot my kindness, and now my home is full of roaches."

NINETY-EIGHT FEET SHY.



Mr. Gouty—Thank heaven, I'm not a centipede.

A Dead Bird.

Samuel Butler, the witty but eccentric author of "Erewhon"—which means "Nowhere"—and of many other remarkable and suggestive books, is now more read than during his lifetime. He died in 1902. In one of his notebooks he tells this incident, which must have amused the great Charles Darwin:

Frank Darwin told me his father was once standing near the hippopotamus cage when a little boy and girl, aged four and five, came up. The hippopotamus shut his eyes for a minute. "That bird's dead," said the little girl. "Come along."—Youth's Companion.

At the Riding School.

"Mount your horse on the left side." "Why? What difference does it make?" "It's the rule." "But why should it be the rule?" "Because in the past horsemen wore swords. They wore them on the left hip. Hence, had they mounted on the right side, the sword would have got in the way. So they mounted on the left, and we still mount on the left. Horses are accustomed to it, and if you try to get up from the right you are liable to be kicked."

LIVING ADVERTISEMENT

Flow of Health Speaks for Postum.

It requires no scientific training to discover whether coffee disagrees or not.

Simply stop it for a time and use Postum in place of it, then note the beneficial effects. The truth will appear.

"Six years ago I was in a very bad condition," writes a Tenn. lady, "I suffered from indigestion, nervousness and insomnia.

"I was then an inveterate coffee drinker, but it was long before I could be persuaded that it was coffee that hurt me. Finally I decided to leave it off a few days and find out the truth.

"The first morning I left off coffee I had a raging headache, so I decided I must have something to take the place of coffee." (The headache was caused by the reaction of the coffee drug—caffeine.)

"Having heard of Postum through a friend who used it, I bought a package and tried it. I did not like it at first but after I learned how to make it right, according to directions on pkg., I would not change back to coffee for anything.

"When I began to use Postum I weighed only 117 lbs. Now I weigh 170 and as I have not taken any tonic in that time I can only attribute my recovery of good health to the use of Postum in place of coffee.

"My husband says I am a living advertisement for Postum. I am glad to be the means of inducing my many friends to use Postum, too."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," 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.

DIET AND HEALTH

By DR. J. T. ALLEN
Food Specialist

Author of "Eating for a Purpose," "The New Gospel of Health," Etc.

WHAT SHALL WE EAT?

If it is true, as many eminent authorities say, that health, happiness, beauty and efficiency depend upon eating more than on anything else, it is worth while to know what to eat.

Henry Ward Beecher said that a man with a poor liver can't be a good Christian. Certainly it is easier to exercise the Christian graces when one is free from biliousness.

When Bishop Fallows says that "You can make a man good or bad according to the way you feed him," he is not denying the importance of the condition of the heart, but emphasizing the importance of the state of the stomach. Daniel prepared himself and his companions for the wonderful ordeals through which they passed by dieting as well as by prayer, and the Master himself by fasting 40 days.

As we watch the amoeba, the typical unicellular organism, which closely resembles a blood cell, under the microscope, we find it changing its form, gradually, continually. It is all stomach, enwrapping its food and digesting it as a single organ; and as a single organ it adapts means to ends in securing a meal, "as perfectly," says Cope, the eminent biologist, "as a statesman adapts means to ends in organizing a government."

The body, therefore, is made up of a myriad of cells, each seeking its own nutrition, its primary, fundamental function, yet possessing the power of socialistic, harmonious action, organized as lungs, liver, heart, etc., subject to the influence of the sympathetic nervous system, which binds all the bodily organs together, so that if one suffers all must suffer in sympathy; carrying on the vital processes into which the nutritional function is organized, unceasingly, while life lasts, yet ever amenable to suggestion through the sovereign, conscious will.

Digestion is not a purely physical process, performed independently by a set of digestive organs. The entire organism is engaged in the process, controlled by the sub-conscious mind, subject to the influence of the conscious mind, the sovereign will. And, conversely, the influence of feeding is not confined to the special digestive organs, nor to certain effects which we denominate "physical." The influence of feeding is all-pervading. It is the mainspring of the mental-physical life. In its essence spiritual, it manifests the life through the use of material substance, food. And upon the quality of the food and the degree of expenditure of vitality in the process of nutrition, depends largely the quality of the life, mental, moral and physical. The question: "What Shall We Eat?" becomes in this light doubly important.

The essential substance of which all animal tissue is made, from the amoeba to the brain of man, is albumen. This albumen is found in the food of all animals. The white of egg is almost pure albumen; and in milk, the food of the young of all the mammalia, albumen is a large constituent. Experiments have been made to determine what foods will alone support life, determining that wheat gluten, which is almost pure albumen, supports life indefinitely longer than any other single element. Flesh, of which the lean is principally albumen, will support life indefinitely, as will milk, eggs, nuts, beans, wheat, corn, oats, dates, which contain a large percentage of albumen with other food elements. Milk has been called the perfect food because it contains, in addition to albumen, all the other elements necessary to build brain, muscle and bone; and the same is true of wheat and of some nuts and fruits. The milk of all the mammalia contains the same food elements, differing chiefly in the amount and kind of the albumen. Cow's milk is not a perfect infant's food because it contains a larger percentage of albumen than its natural food and of a somewhat different character. This important subject will be treated in a subsequent article.

Albumen is found in large percentage in all nuts, in beans, peas and entire wheat bread. Peanuts contain about 30 per cent. of albumen, with 50 per cent. fat not inferior to olive oil, and four per cent. mineral.

Recent experiments have shown that the percentage of albumen required for perfect nutrition is much less than was formerly supposed. The growing child requires probably three times as much as the mature man because it must build new tissue besides repairing waste. An insufficient supply of albumen for the child, if long continued, leads to serious results. A case was recently brought to our attention in which an infant had been fed for several weeks on fresh cream, because it was found that the stomach retained that while the entire milk was persistently rejected. At first there was an apparently satisfactory gain in flesh, but this gave place to extreme weakness and wasting. The cream was mixed with a part of the balance of the milk, gradually increas-

ing the amount of albumen and other necessary elements of nutrition, and normal conditions soon returned. And here it may be remarked that excess of fatty tissue is an indication of disease, not of health.

The necessary albumen can be obtained from flesh because it is a necessary constituent of the flesh of all animals, including fish. But flesh contains a small percentage of waste matter of the animal's system. It has been repeatedly shown that flesh foods may communicate disease, despite the inspection; and the human alimentary canal is not as well adapted to the digestion of flesh as is the organism of the carnivora, in which the stomach and liver are relatively much larger and the intestines much shorter than in man. The well-known tests of endurance recently made at Yale university proved that non-flesh eaters had much greater sustaining power. In all the great walking contests in Germany and America the winners have been abstainers from flesh meat.

The best sources of albumen, aside from meat, are nuts, beans, eggs and whole wheat or graham bread.

But the character of the albumen is important. Albumen coagulates at a temperature of 160 F., and is then assimilated with difficulty. It is for this reason, partly, that the egg is found to be more nutritious uncooked than cooked. And it is for this reason, chiefly, that such apparently wonderful results have been obtained from the use of raw cereal foods, despite the indigestibility of raw cereal starch.

Understanding, then, that the essential element of food is albumen, in its natural state, the question arises: What is its best and most economical source? Considering economic conditions, which exclude the pecan, walnut, and other expensive nuts, the answer is: The peanut, which furnishes an abundant supply of easily assimilable albumen together with fat, which vies in nutritive value with olive oil. This, with a small amount of graham bread, gives the ideal protein and fat ration. The state of Texas alone can furnish the staple food of our people. The rapidly increasing consumption of the peanut with the corresponding rise in price should induce the planting of a still larger crop the coming season. The incoming crop is the largest ever produced in this country.

Not less than 80 per cent. of the solid part of our food should be that which supports combustion, maintaining heat and muscular energy. This is taken as fat or oil, starch or sugar. A certain percentage of fat is necessary for the best nutrition. If it be true, as many careful students of diet believe, that nuts and fruits are the most natural food of man, this percentage of fat should be large. Animal fats, even milk fat when separated, are assimilated with difficulty and they, particularly lard, are open to other objections. The consumption of olive oil has increased rapidly during the past few years. It is not generally known that peanut fat, as in the uncooked nut or in peanut butter, in which fatty acid has not been developed by excessive dry roasting, is equal, if not superior, in nutritive qualities to olive oil, being assimilated with wonderful facility, as the extreme degree of its solubility in water would indicate.

There are serious objections to cereal starch as the major element of food, which it now is in the dietary of the American people. The potato, especially if baked, is much to be preferred to fine white bread. Rice is far superior to the ordinary cereals as a source of carbon, as the example of the Japanese would indicate.

Sugars are the most easily assimilated of foods (including honey), and fruit sugar should be substituted for a large part of our cereal food, cane sugar being inferior. And the best sources of fruit sugar are the ripe banana (almost unknown in this country) figs, dates and prunes.

Fruits are better eaten separately from other foods. Nuts and meat digest in the stomach, chiefly, requiring about three hours there; fruits digest in about one hour, in the intestine chiefly. There is as much objection to mixing them as there is to eating and drinking at the same moment.

Now without here considering further the requirements of an ideal diet, does it not seem evident that we have already a knowledge of facts that would enable us to make a wonderful gain in good feeling and efficiency by improving the nutritive supply and saving a large part of the vital energy daily wasted in digesting and eliminating improper and unnecessary food, if not for the average person who is slow to realize the benefit to be obtained, at least for the athlete who can quickly demonstrate a gain in efficiency by right diet, for the invalid who needs to conserve his vitality and for the aged whose stock is low (but who has, alas, lost to a great degree the power of adaptation)? Hundreds of invalids who have gradually changed their diet have found new life. Many who have had only the desire for greater efficiency and immunity from disease have made the change. A well-known merchant of Aurora, Ill., for example, who has for nearly a year followed an exclusive diet of juicy fruits in the morning, peanuts with a slice of Graham bread at noon and prunes only in the evening, drinking only water between meals, declares that nothing could tempt him to go back to the old way. He says, and his clerks corroborate the statement, that he is worth three times as much in his business; he can write a better advertisement, a better letter; his mind is clear, his conception brilliant, his judgment prompt, his execution sharp, decisive. He rises two hours earlier than formerly and enjoys his work as never before.

Here, surely, is food for thought.

Solomon Chooses Wisdom

Sunday School Lesson for Dec. 6, 1908
Specially Arranged for This Paper

LESSON TEXT.—1 Kings 3:4-15. Memory verses, 10, 11.

GOLDEN TEXT.—"The fear of the Lord is the beginning of wisdom."—Prov. 9:10.

TIME.—About 1022 B. C. (or 971). The early part of Solomon's reign. PLACE.—Gibeon, a sacred place five or six miles northwest of Jerusalem, where the tabernacle had been erected for a time, and with its buildings had been a center of religious worship.

Comment and Suggestive Thought.

In Joel (2:28, 29) there is a prophecy quoted in the Acts (2:17-18), that "your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams." Visions and dreams bring before us the ideals and possibilities which we can press forward to make real and true. The whole church should keep before her the vision of a perfect church and a perfect world, the city of God.

How Solomon Reasoned Out His Decision.—Vs. 6-8. Solomon, before deciding what to choose, carefully considered his circumstances and needs, thus showing that well-balanced mind on which it was possible to bestow the gift of wisdom.

First Consideration.—The memory of what God had done for his father was a motive for walking in the same ways, receiving the same favor, and carrying out to perfect fulfillment what his father had begun.

Second Consideration.—His work was laid upon him by God. Solomon had not sought the place as did Absalom and Adonijah.

V. 7. "Thou hast made thy servant king." The fact that God has put a man in any position of trust or duty creates an obligation to fulfill the trust and perform the duty.

Third Consideration.—His youth and inexperience. "And I am but a little child." He was young and inexperienced compared with his father, who came to the throne after a youth of activity, and ten or twelve years of special training, and seven more as king over a small kingdom. "I know not how to go out or come in." This expression is proverbial for the active conduct of affairs. See Num. 27:17; Deut. 28:6; 1 Sam. 18:13. This was a strong reason for asking of God the things he decided to ask.

Fourth Consideration.—The greatness of the work to be done. V. 8. "Thy servant is in the midst of thy people." That is, is set over them as a king. They were a turbulent people, often going astray, often contending with each other, with strong wills and an impulsive temperament. Probably there was a strong party opposed to him, and brothers of full age ready to lead it. "Which thou hast chosen." It was not only a great nation, but the nation chosen to represent God before the world and carry out his kingdom and teach the world his truths. All this was a far greater responsibility than the ruling of an ordinary kingdom. "A great people, that cannot be numbered." This was a common and natural expression for a large number. See Gen. 13:16. From the number of men given in 2 Sam. 24:9 and 1 Chron. 21:5, 6, it is inferred that the population was about 6,000,000. It would have been very difficult in those days to get the exact number of the people.

Solomon Chooses Wisdom.—V. 9. "Give therefore." In view of all the above considerations, and because God had the gifts in vast abundance, and he alone was the source and fountain thereof. "An understanding heart." Wisdom for the administration of his duties, wise principles, and wisdom in the application of them to the nation.

V. 10. "And the speech pleased the Lord." Why? (1) It was right, noble, unselfish, like God himself. (2) It rendered it possible for God to give him large measures of the best things in all the universe. (3) It furnished an opportunity to give many other things. God loves to give. He gives us all we can beneficially receive. The more he can give us, the better he is pleased.

V. 11. "Because thou hast . . . not asked for thyself." The selfish man cannot receive the gifts God gave to Solomon, and he ought not to receive what he selfishly asks for himself. Selfishness is of hell, not of heaven, and bears the blossoms and fruits of the place to which it belongs.

Note that the religious, unselfish life is the essential condition on which the best earthly gifts can safely be bestowed. The spiritual city of God must come before it is possible or safe to have the outward glories and riches and pleasures which are the fruit of the perfect spiritual life.

Just as fast and as far as society becomes Christianized throughout, so far will it be able to work out the most helpful things which the laws of nature and the will of man can produce.

The world has been deprived of the best worldly conditions possible, because it was not safe to entrust all these forces and powers to selfish men, and to a community where ignorance and vice are unrestrained.

But just as far as any nation becomes Christianized are all these things added unto them.

He Gained the Blessing He Asked For.—He became very wise in many directions, his organizations, commerce, fortifications, temple, palaces, waterworks, literature, his wide-extended kingdom, his ability to keep the nation at peace internally and with surrounding nations, are proof of his wisdom.

ED GEERS, "The grand old man," he is called for he is so honest handling horses in races. He says: "I have used SPOHN'S DISTEMPER CURE for 12 years, always with best success. It is the only remedy I know to cure all forms of distemper and prevent horses in same stable having the disease." 50c and \$1 a bottle. All druggists, or manufacturers, Spohn Medical Co., Chemists, Goshen, Ind.

A Clever Fellow. "Did you friend make a hit at the literary club?" "I guess he did. He pronounced 'Les Miserables' in a brand-new way and then alluded to it as Victor Herbert's masterpiece." — Washington Herald.

Pensions for the heroes of the cross were advocated by Prof. J. W. Zeller before the Laymen's association of the Central Ohio Methodist conference.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle. Friend, what you'd get, first earn.—Browning.



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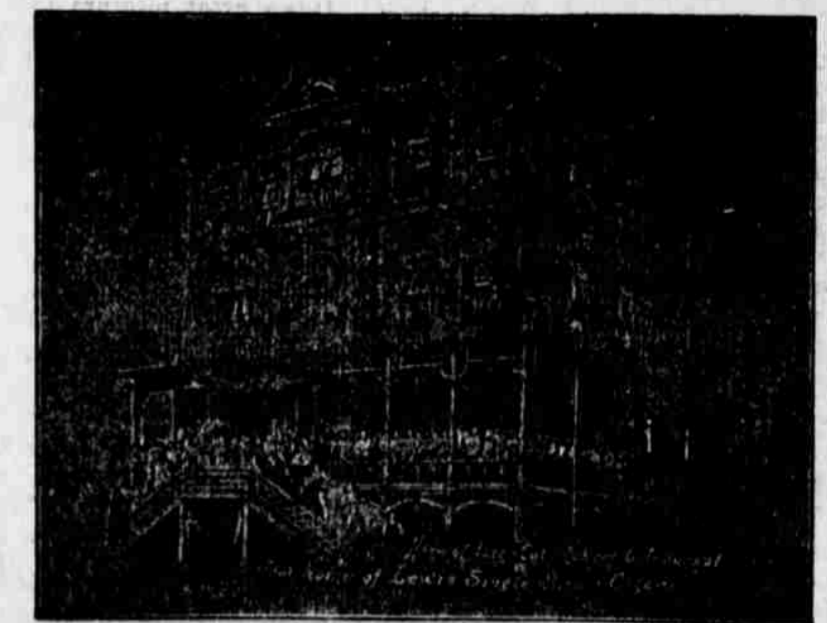
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