

**NO MAN IS STRONGER THAN HIS STOMACH.**

Let the greatest athlete have dyspepsia and his muscles would soon fail. Physical strength is derived from food. If a man has insufficient food he loses strength. If he has no food he dies. Food is converted into nutrition through the stomach and bowels. It depends on the strength of the stomach to what extent food eaten is digested and assimilated. People can die of starvation who have abundant food to eat, when the stomach and its associate organs of digestion and nutrition do not perform their duty. Thus the stomach is really the vital organ of the body. If the stomach is "weak" the body will be weak also, because it is upon the stomach the body relies for its strength. And as the body, considered as a whole, is made up of its several members and organs, so the weakness of the body as a consequence of "weak" stomach will be distributed among the organs which compose the body. If the body is weak because it is ill-nourished that physical weakness will be found in all the organs—heart, liver, kidneys, etc. The liver will be torpid and inactive, giving rise to biliousness, loss of appetite, weak nerves, feeble or irregular action of heart, palpitation, dizziness, headache, backache and kindred disturbances and weaknesses.

Mr. Louis Pare, of Quebec, writes: "For years after my health began to fail, I became dizzy, eyes pained me, and my stomach was sore all the time, while everything I would eat would seem to lie heavy like lead on my stomach. The doctors claimed that it was sympathetic trouble due to dyspepsia, and prescribed for me, and although I took their powders regularly yet I felt no better. My wife advised me to try Dr. Pierce's Golden Medical Discovery—and stop taking the doctor's medicine. She bought me a bottle and we soon found that I began to improve, so I kept up the treatment. I took on flesh, my stomach became normal, the digestive organs worked perfectly and I soon began to look like a different person. I can never cease to be grateful for what your medicine has done for me and I certainly give it the highest praise."

Don't be wheedled by a penny-grabbing dealer into taking inferior substitutes for Dr. Pierce's medicines, recommended to be "just as good."

To gain knowledge of your own body—in sickness and health—send for the People's Common Sense Medical Adviser. A book of 1008 pages. Send 21 one-cent stamps for paper-covered, or 31 stamps for cloth-bound copy. Address Dr. R. C. Pierce, 663 Main Street, Buffalo, N. Y.

**Reassuring the Wealthy Father.**

"And how do you intend to support my daughter?" asked the merchant of the poor but proud young man who had just asked the fair maid's hand.

"I intend to work, sir," he answered, his tone as haughty and confident as the merchant's own.

"At what do you propose to work?" sneered the angry father.

"Any craft, sir, that is good enough to work and not had enough to be found out," replied the intrepid youth.

Touched to the heart, the merchant impulsively held out his hand to the young man. "She is yours, my boy," he cried in trembling tones.—Baltimore American.

**DON'T DESPAIR.**

Read the Experience of a Minnesota Woman and Take Heart.

If your back aches, and you feel sick, languid, weak and miserable day after day, don't worry.

Doan's Kidney Pills have cured thousands of women in the same condition. Mrs. A. A. Heiman, of Stillwater, Minn., says: "But for Doan's Kidney Pills I would not be living now. They cured me in 1899. I've been well since."

I used to have such pain in my back that once I fainted. The kidney secretions were much disordered, and I was so far gone that I was thought to be at death's door. Since Doan's Kidney Pills cured me I feel as if I had been pulled back from the tomb."

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

A temperature of 4,000 or 5,000 degrees can be produced only between the carbon points of an electric arc light. The next hottest place in the world is the crucible of an electric furnace.

**TO CURE A COLD IN ONE DAY**  
Take LAXATIVE BROMO Quinine Tablets. Druggists refund money if it fails to cure. E. W. Grove's signature on each box. 25c.

Shells filled with oil, intended to calm a stormy sea when fired into it, have been invented in France.

**Kemp's Balsam**

Will stop any cough that can be stopped by any medicine and cure coughs that cannot be cured by any other medicine.

It is always the best cough cure. You cannot afford to take chances on any other kind.

**KEMP'S BALSAM** cures coughs, colds, bronchitis, grip, asthma and consumption in first stages.

**Nasal CATARRH**

In all its stages.

**Ely's Cream Balm**

cleanses, soothes and heals the diseased membrane. It cures catarrh and drives away a cold in the head quickly.

Cream Balm is placed into the nostrils, spreads over the membrane and is absorbed. Relief is immediate and a cure follows. It is not drying—does not produce sneezing. Large Size, 50 cents at Druggists or by mail; Trial Size, 10 cents.

ELY BROTHERS, 56 Warren Street, New York.

**GOUT & RHEUMATISM**

The Great English Remedy

**BLAIR'S PILLS**

Safe, Sure, Effective. 50c. & \$1.

DRUGGISTS, or 93 Henry St., Brooklyn, N. Y.

If afflicted with sore eyes, use **Thompson's Eye Water**

S. C. N. U. - - N 1-1906

**PISO'S CURE FOR**

CURES WHERE ALL ELSE FAILS.

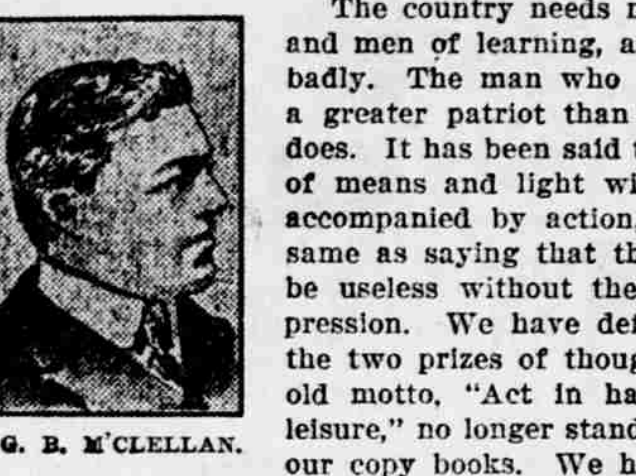
Best Cough Syrup. Tastes Good. Use in time. Sold by Druggists.

**CONSUMPTION**

**PAPERS BY THE PEOPLE**

**THE AMERICAN SPIRIT OF UNREST.**

By Mayor George B. McClellan.



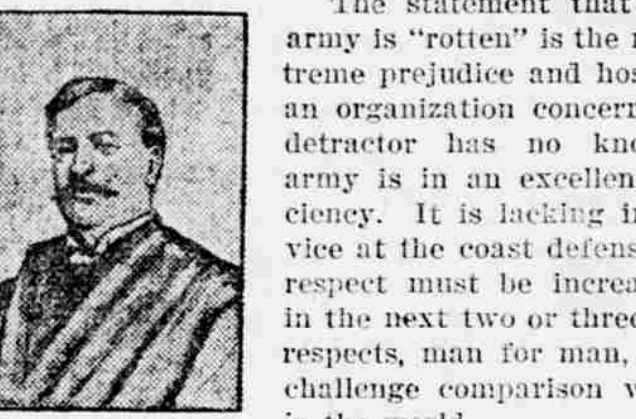
G. B. McCLELLAN.

ently preached the doctrine of action that we are almost convinced that any action is better than none.

We suffer from the spirit of unrest, which frequently prompts us to ill consider and take thoughtless action often merely for the sake of doing something. We are inclined to applaud the man who does, not so much because he accomplishes anything useful as because he accomplishes something, be it good, bad or indifferent. This spirit of unrest permeates our whole national life, political, social, educational. Contentment bids fair to be banished from our existence. He who is content is sneered at as being without ambition. Contentment and happiness are synonymous, but we refer to both in a struggle for the obtainable. Were our ambitions laudable our state of mind would be most comfortable, but unfortunately we scarcely know what we are striving for.

**THE ARMY AND ITS DETRACTORS.**

By Secretary of War Taft.



SECRETARY TAFT.

The statement that the American army is "rotten" is the result of an extreme prejudice and hostility against an organization concerning which the detractor has no knowledge. Our army is in an excellent state of efficiency. It is lacking in men for service at the coast defenses and in that respect must be increased somewhat in the next two or three years. In all respects, man for man, our army will challenge comparison with any army in the world.

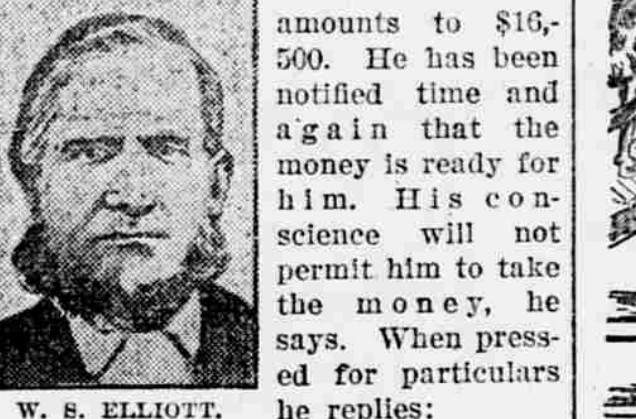
The army is rather a skeleton army than an organization for the field. It is much larger in cavalry and artillery in proportion to the infantry than it would be for campaign purposes. It would take comparatively short time to increase our infantry arm, and a much longer time to increase the cavalry and artillery branches of the line. The army has not had the educational benefit of extensive maneuvers that large European armies have, and perhaps there would be less experience on the part of our officers in commanding forces in the field than there would be among European commanders.

In the Philippine uprising it became necessary to divide the army into 600 posts, and thus to have a great many independent commands by captains and lieutenants, and in some cases by noncommissioned officers. This was a great strain upon the discipline of the army, but it showed a capacity of the American soldier, the noncommissioned officer and the company commander to exercise successfully the responsibilities of separate commands in a way, I venture to say, that could have been equaled in no other army.

The constant offer of better wages and greater opportunities to improve themselves furnished in the United

**FARMER REFUSES \$16,500 PENSION MONEY.**

William S. Elliott, a farmer near Kokomo, Ind., has refused to accept a government pension that has accumulated until it amounts to \$16,500. He has been notified time and again that the money is ready for him. His conscience will not permit him to take the money, he says. When pressed for particulars he replies:



W. S. ELLIOTT.

"What claim have I on the government? I did only my plain duty, and am not entitled to any reward for that."

Elliott was a private in Company H, One Hundred and Forty-seventh Indiana Infantry, and was six months in service during the Civil War. For several weeks he was in the hospital at Harper's Ferry, suffering from illness that resulted in a disability that became permanent. This, he says, could have happened to him at home as well as in the army.

"Yes, my pension is lying in the department unclaimed," said Elliott. "It amounted to \$15,000 three years ago, and I suppose it amounts to \$16,500 now. I do not need the money, neither does my family. If I felt that I had earned the money I would take it, but I am unable to figure out how I am entitled to it. I have a large and productive farm, well stocked, and everything to make me comfortable. I have earned these conveniences by daily labor."

"Suppose I had taken the \$30 a month pension and I and my children had lapsed into idleness, as so many would under the circumstances? The gift would be a curse instead of a blessing."

**President Eliot's Simple Life.**

President Eliot, of Harvard, lives a life of the greatest possible simplicity. After seventy years of life, more than half passed as head of the university, he declares that one of the most desirable satisfactions of his life comes from having had nothing to do with the attainment of wealth. Erect, light of foot and alert as a youth, he eats well, sleeps well, walks rapidly with his shoulders thrown back, and is as eager to get new facts as when he entered Harvard as a student fifty-six years ago. "I am satisfied with the rewards of my life," he said, simply.

Better a temperance pledge than a pawbroker's.

**CONSUMPTION IMPROVES THE HUMAN RACE.**

By G. Archdall Reid.

Tuberculosis injures the individual but confers resisting power on the race. Every race is resistant to every disease strictly in proportion to its past experience of it. Thus Englishmen, who have suffered much from tuberculosis, are more resistant to it than West African negroes, who have suffered less, and much more resistant than Polynesians, who have had no previous experience of it. Englishmen, under given conditions, contract the disease less readily, or, if infected, recover more frequently, or, if they perish, do so after a more prolonged resistance than negroes and Polynesians.

In America, when negroes were first taken to it, the disease prevailed to a comparatively slight extent, especially amongst the agricultural population; but the conditions slowly became worse, and the descendants of the early slaves underwent concurrent evolution. To-day they are able to persist in the Northern cities, though their death rate there is abnormally high. But though a constant stream of negro slaves and soldiers was poured for centuries into parts of Europe and Africa, they have left no trace on the population. All perished in a few generations, the elimination being so stringent as to cause extinction, not evolution. It is tolerably certain that a fresh immigration of African negroes to America would end disastrously.

It is not necessary, of course, to believe that variations are never caused by the direct action of environment. Presumably the insusceptibility of the germ-plasm is due to evolution, and evolution is never perfect. It is only necessary to believe that in circumstances normal to the species the insusceptibility is so high that the amount of variation produced by the direct action of the environment is so minute as to be negligible—that is, not a cause of racial change.

**HOW TO MAKE HAPPY MARRIAGES.**

By Mrs. T. P. O'Connor.

Marriage is an institution of the State; therefore she should put it out of the bounds of possibility that people can marry each other in two days or a week. How many marriages would be broken off if the State required a three years' engagement before people are married? After all, if a woman wants to become a nun in two months, no convent in the world will accept her. She must be a novice for two or three years; during that time she has to make an examination of her conscience every day and to find out if she has a vocation for a nun.

But women and men marry without the slightest preparation, without the slightest thought of the future, while dame Nature laughs at her most odd pairings. She wants her world peopled, that is her part; the men and women who are ill-suited to each other are not her affair.

Girls and boys at school should be taught to look upon marriage as the most beautiful, the happiest, the most desirable and the most possible thing in the world. Boys should be taught to keep their minds and their bodies pure for the state which they will probably enter, and to have a sense of protection and loyalty to girls; and girls should be taught industry, self-sacrifice and responsibility for the married state.

**WHEN MEN DO HOUSEWORK.**

Who ever heard of a woman having a horse hitched to her wash wringer? Yet that is the way man would make work easy if he had housework to do. He would hitch a horse to it, press a button or lift a lever. He wouldn't lift and tug and scrub himself into an early grave as long as there was at his command horse power, water power and electricity.

To use more strength than is absolutely necessary to accomplish a task is reckless extravagance. If men had the heavy furniture to drag about every sweeping day, would they strain their muscles and break their backs over it as women do. No, indeed, they would have in the house a set of adjustable trucks.

No man will ever stand by the side of an ironing board until his heel bones push through up his legs to his spine and bore holes in the base of his brain. He'll fix up a steel wringer, heated by artificial means and run by some power other than that lodged in his strong right arm. The necessities, the conveniences, even the luxuries that will make play out of labor will find a place in the home when man usurps the throne.

But there isn't a man who is more than half the time ignorant of the jitting and tugging and hard labor that his wife is doing. Because he is ignorant he has to be told. When a wife asks her husband to buy a horse to run her washing machine or to turn her wash wringer he will begin to wake up.

It costs money to fit up a house with labor and strength-saving devices. But it costs money to buy drills, drags, roll-top desks, etc., and to hire office boys and janitors.

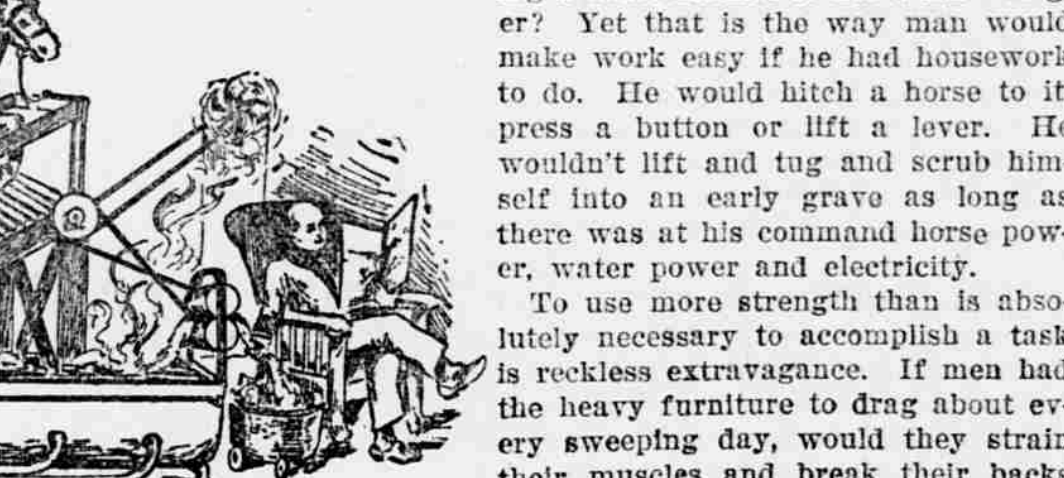
If father can afford to hitch an expert stenographer to his correspondence, a woman is justified in demanding an air plant to sweep her rooms, and improved machinery to do the heavy housework.—Cynthia Grey, in Chicago Journal.

**RAILROAD CONDUCTOR WHO GOT \$10,000 JOB.**

Gov. Higgins of New York made a sudden transformation in the position of Henry N. Rockwell, a railroad conductor, by appointing him a member of the State Board of Railroad Commissioners, a post paying \$10,000 a year. Rockwell, who has been in railroad service 40 years, was at his usual work on the Empire State Express when it pulled into Albany, and as he swung off to get his orders, a delegation headed by the Governor's secretary, approached and handed him an elaborately decorated document which made him railroad commissioner. He is 50 years old. As a boy he was an office boy in a railroad office, where he learned telegraphy. He became successively operator, assistant



H. N. ROCKWELL.



He Knew Mankind.

A group of microbes were conversing on the lip of a pretty girl. Suddenly a young microbe burst in upon them, greatly excited.

"Doomed!" he cried. "We are doomed! Mankind has discovered that kissing is the chief cause of our multiplication."

But the others laughed easily, and an old, wise microbe said:

"Don't worry, lad. Despite that discovery, we'll still continue to multiply at the same old rate."

There is a difference: A woman can laugh if a man shocks her, but when a woman shocks a man, he couldn't laugh if some one tickled him.

The patch is apt to come off in a patched-up quarrel.

**CASTORIA**

For Infants and Children.

The Kind You Have Always Bought Bears the Signature of

*Dr. J. C. Hatcher*

In Use For Over Thirty Years

**CASTORIA**

THE CENTAUR COMPANY, NEW YORK CITY.

**100 DROPS**

**CASTORIA**

Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of

**INFANTS & CHILDREN**

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

Prepared by **DR. J. C. HATCHER**

Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.

Fac Simile Signature of *Dr. J. C. Hatcher* NEW YORK.

16 months old  
5 Doses - 35 CENTS

EXACT COPY OF WRAPPER.

**Frequent Occurrence.**

Roderick—What do you think of the sight of his wife's hat driving a Chicago man to drink?

Van Albert—Very remarkable; but if it had been the bill for the hat that started him drinking he would have the sympathy of a thousand other men who have been there before.

**Mrs. Winslow's SOOTHING SYRUP** for Children teething; softens the gums, reduces inflammation, allays pain, cures wind colic. 25 cents a bottle.

**Managerial Joys.**

Opposing Captain—Why don't you fire Smithers? He can't bat, he can't run and he can't catch.

Manager Home Team—No; but every other member of the nine owes him money.—Puck.

Gratitude is the fairest blossom which springs from the soul; and the heart of man knoweth none more fragrant.—Hosae Ballou.

**A GUARANTEED CURE FOR PILES.** Itching, Blind, Bleeding, Protruding Piles. Druggists are authorized to refund money if PAIN OINTMENT fails to cure in 6 to 14 days. 50c.

If you would pose as an intellectual person let people know early and often that you admire them.

We are never without a bottle of Pilo's Care for Consumption in our house.—Mrs. E. M. Swayze, Wakita, Okla., April 17, 1901.

Never kick nor scream at a horse, nor jerk the bit in his mouth.

**THE WHOLE LOT**

If we don't heed prevention, we will need a cure. The Old-Monk-Cure

**St. Jacobs Oil**

is ready always for all forms of muscular aches or pains, from

**LUMBAGO RHEUMATISM**  
**STIFF NECK SPRAIN**

IT CURES ALIKE THE WHOLE LOT.

**READ**

THIS COUPON IS GOOD FOR \$1.00 ON PURCHASE

**FREE** Upon receipt of your name

Address \_\_\_\_\_

**GOOD FOR ONE DOLLAR PURCHASE** Druggist's Name \_\_\_\_\_

His Address \_\_\_\_\_

And 10c in stamps or silver to pay postage we will mail you a sample free, if you have never used Mull's Grape Tonic, and will also mail you a certificate good for one dollar toward the purchase of more Tonic from your druggist. Address

MULL'S GRAPE TONIC CO., 21 Third Ave., Rock Island, Ill.

**YOU WRONG YOURSELF TO SUFFER**

from Constipation and Stomach Trouble.

Why suffer or take needless chances with constipation or stomach troubles when there is a perfect, harmless, natural, positive cure within your reach?

**CONSTIPATION AND STOMACH TROUBLE**

causes blood poison, skin diseases, sick headache, biliousness, typhoid fever, appendicitis, piles and every kind of female trouble as well as many others. Your own physician will tell you that all this is true. But don't drug or physic yourself. Use

**MULL'S GRAPE TONIC**

the natural, strengthening, harmless remedy that builds up the tissues of your digestive organs and puts your whole system in splendid condition to overcome all attacks. It is very pleasant to take. The children like it and it does them great good. 25 cent, 50 cent and \$1.00 bottles at all druggists. The \$1.00 bottle contains about six times as much as the 25 cent bottle and about three times as much as the 50 cent bottle. There is a great saving in buying the \$1.00 size.

MULL'S GRAPE TONIC CO., 21 Third Ave., Rock Island, Ill.

**PRICE, 25 Cts**

**TO CURE THE GRIP IN ONE DAY**

**ANTI-GRIPINE**

THIS NO EQUAL FOR HEADACHE

**ANTI-GRIPINE**

**IS GUARANTEED TO CURE GRIP, BAD COLD, HEADACHE AND NEURALGIA.**

I won't tell Anti-Gripine to a dealer who won't guarantee it. Call for your MONEY BACK IF IT DOESN'T CURE.

F. W. Diemer, M.D., Manufacturer, Springfield, Mo.

Sale Ten Million Boxes a Year.

THE FAMILY'S FAVORITE MEDICINE

**Cascarets**

CANDY CATHARTIC

10c 25c 50c

THEY WORK WHILE YOU SLEEP

**BEST FOR THE BOWELS**