

Battle Creek Sanitarium:

Battle Creek? What memories that name conjures up—memories of other days—even the pioneer days, when the redmen of the northern lake region bent the bow and smeared their faces with red—braided their flowing locks with feathers of the porcupine and wild eagle, that they might appear more wild, if possible, than before. And as they painted the cheeks and braided the hair, the squaw-women sharpened the flint arrow heads and shaped new bows, that their lords might do battle to the death with other redmen.

And here at Battle Creek, way up in Michigan, a great battle one day did occur, and when it was over, and the sun kissed the range to the far west, the tom-toms were muffled and the squaw-women wrapped their heads in var-colored blankets and wept, for with the going down of the sun, many braves passed to the proverbial happy hunting grounds.

But that was many, many moons ago, as the Indians measure time, and a new era has long since dawned. True, it is "Battle Creek" to-day, just as it was decades ago, but, instead of the cry of the savage, is heard the hum of industry; the throbs of life; the greeting of men and women of the Anglo Saxon race—the shouts of happy boys and girls, who know of Battle Creek's former history only by tradition. And here on the site of the famous battle between the redmen stands now one of the fairest cities of the great Northwest; a city sought out among thousands, for in it dwell, month after month, as the years come and go, men and women who find within the charmed circle that which they have long sought elsewhere—health.

When one speaks of health, the mind naturally wings itself to Battle Creek, for up there health is to be found as at few other places on earth.

Forty years ago there began in Battle Creek a return to nature movement, with purposes and principles in many respects similar to those which led to the famous "Brook Farm Experiment" twenty years before and to the Grahamite movement of that period. This movement, while religious, was avowedly non-sectarian, and was in a broad sense philanthropic, altruistic and reformatory. The immediate results were the establishment of a monthly journal now known as Good Health and shortly afterwards the erection of a health institution called "The Health Reform Institute." The chief features of the institute at this early period were diet reform, dress reform and the use of water as a curative agent.

In 1876 the present management took charge of the institution and with the consent and co-operation of the Board of Directors (the institution having been incorporated ten years before), a thorough reorganization was effected. Broader plans were introduced, the methods of treatment were placed upon a substantial and thoroughly scientific foundation, and the name was changed to the Battle Creek Sanitarium. Since this time the growth of the institution has been constant and rapid.

From year to year accommodations for patients and facilities for treatments were enlarged to meet the increasing patronage until February, 1902, when a great fire swept away the two principal buildings of the establishment. The erection of a new building was speedily begun, and the following year, May 31, 1903, the present fireproof main building, erected at a cost of more than \$600,000, was dedicated. The cost of the entire establishment, including equipment, twenty dormitories, cottages and other buildings has amounted to more than \$1,200,000.

The Battle Creek Sanitarium as it stands to-day is recognized the world over as the most complete and thoroughly equipped establishment of its sort and the headquarters for physiological therapeutics or natural methods. Connected with the Sanitarium is a Training School for Nurses, in which from two to three hundred nurses are constantly under training.

These principles and methods have penetrated to the remotest parts of the civilized world, and scores of men and women who have been trained in these methods are devoting their lives to medical missionary work in heathen lands.

The Battle Creek Sanitarium may be regarded as an epitome of the "return-to-nature" idea in practical operation. Its success in the restoration of sick people to health brings to it annually many thousands of men and women, many of whom have been pronounced incurable, but who, nevertheless, with rare exceptions, return a few months later to their homes prepared to enter again upon the battle of life.

There are many sanitariums in the world, but few, if any, that are conducted on the same plane as that at Battle Creek. This haven of rest and health is in no sense a money-making scheme, and every cent that is made from patients who are able to pay for their accommodations is used to help those who have nothing but broken health. All over this country, and even beyond the seas, branch institutions are springing up—creepers from the mother plant at Battle Creek. One point in view is down on State street, in the center of the metropolis of the Middle West, Chicago, where hundreds of the city's poor are cared for as tenderly as if in the parent institution at Battle Creek.

In a few brief paragraphs one can tell but little of the good work of the Battle Creek Sanitarium, but a postal card will bring pamphlets that will tell all—except the knowledge obtained by actual experience, and that experience must be had at Battle

Creek to be appreciated to its full worth.

This institution at Battle Creek was not built up in a day—it took years of toil to reach the perfected state, and the work has but begun—the great work is to come from rising generations who are imbibing ideas from the Battle Creek home, and what it stands for.

For Three Decades.

For more than three decades the present institution has been the center of a wonderful educational, philanthropic and reform movement which has finally culminated in success undreamed of a few years ago, and in this connection a brief history is most opportune. In February, 1902, the two main buildings of the Sanitarium were destroyed by fire. For a short time the days were dark for those who had worked so hard to build it up. But strong hearts are not to be awed by misfortune, and a new building sprung from the ashes upon the old site.

The dedication took place May 31, and June 1, 1903. An elaborate program was carried out and many men of national reputation made speeches and highly complimented the managers and their co-workers on their good work. Invitations were sent to all patients, rich and poor, who had ever been at the Sanitarium. Many responded in person, and hundreds sent letters of regret.

One of the prettiest sights in connection with the whole event was the procession of nurses and matrons which formed on the college grounds, opposite the new Sanitarium building, and marched through the audience to reserved seats at the right and left of the speakers' stand. The matrons in their usual cream white uniform, the nurses in blue and white, and the gentlemen nurses clad in new white-duck suits presented a sight which moved the audience to one simultaneous burst of applause.

Sanitary Ideas.

As before stated there are many sanitariums in the world, but none just like that at Battle Creek, it being the first of the kind, so far as known, where an attempt has been made, and crowned with success, to bring together in one place and under one management all rational healing agencies, giving special prominence to those physiological or natural healing agents the scientific knowledge of which has been chiefly developed within the last century, especially hydrotherapy, electrotherapy, massage, exercise, diet, sunlight, mental and moral influences, rest, and general health culture.

Of course the first thing to be taken into consideration was the construction of the building to be occupied, for much depended upon that. But after it had been discussed pro and con a plan entirely satisfactory was adopted and the structure to-day plays no small part in the healing process that goes on from day to day at Battle Creek.

A Return to Nature Movement.

The philosophy of the Battle Creek Sanitarium may be defined as the return-to-nature idea. The doctors teach the use of natural foods, natural life, the use of natural agents in the treatment of disease. A great amount of attention is given to dietetics. Fruits, nuts and nut preparations, cereal foods and easily digestible vegetables are the basis for the delicious menus which are daily served in the great Sanitarium dining room, at which sit down hundreds of intelligent men and women from all parts of the United States and even from foreign countries. Milk, eggs and other dairy products are also freely used. Great care is taken to provide the very best and choicest of everything edible, of which the physicians approve.

During the year which has just closed a vast amount of these things were required to provide for the army of patients who visited the sanitarium, for several thousand sufferers housed there during the twelve months of 1904. As to the expense for the past year it was considerable, amounting to a total of \$327,189.99, divided as follows: Nut foods, 50 tons, \$26,768.80; cereal foods, 101,994 pounds, \$9,521.19; bread, 65,026 pounds, \$2,657.43; canned goods, 3,699 cases, \$19,506.65; fruit juices, etc., made on the place, 11,430 gallons, \$2,930.80; fresh fruit, 5,783 bushels, \$10,203.46; vegetables, 5,137 bushels, \$3,695.20; sundry grocery items, 41,558 pounds, \$3,396.38; eggs, 25,301 dozen, \$6,782.65; butter, made on the place, 29,961 pounds, \$5,951.59; cream, 68,678 quarts, \$10,323.70; milk, 57,366 quarts, \$1,692.46; coal, 5,714 tons, \$20,000.00; labor, \$213,553.59; total, \$327,189.99.

The amount of charity dispensed during the past ten years at this sanitarium amounted to \$585,610. To care for the patients an average of 725 men and women were employed during each year, and an average of 550 patients are under treatment at this sanitarium every day in the year.

We have given our readers only a brief glance at the workings of this unique establishment. Another article would be required to give something of the details of the daily routine of a guest at the Sanitarium, and of the methods which have given to this institution its world-wide reputation as a Mecca for sick folks.

Must Marry to Get Prize.

An artillery volunteer won recently at a shooting match at Blackpool, England, a prize consisting of a wedding ring, gratuitous marriage ceremony, a wedding equipage, a polished cradle, and a bassinet. But he must marry within twelve months to get the prize.

WORK THIS WEEK

ELECTORAL VOTE WILL BE CANNASSED WEDNESDAY.

VOTE ON THE STATEHOOD BILL

All Amendments and Measure Itself to Be Disposed of at Once—Railroad Rate Legislation Has the Right of Way in House.

WASHINGTON—The senate has laid out an extended program for itself this week. According to this plan Monday and Tuesday will be given over almost entirely to the statehood bill. Wednesday the senate will proceed to the hall of representatives and assist in canvassing the electoral vote. On Monday the statehood bills will be displaced temporarily to permit the managers of the Swayne impeachment trial to present the replication of the house of representatives to Judge Swayne's answer in the proceedings against him, but it is not expected that they will consume much time. Appropriation bills will occupy the balance of the time during the week.

The republican steering committee has decided that the pure food bill shall become the unfinished business after the disposal of the statehood bill, but it is not believed that much if any time will be found this week for its consideration.

The agricultural appropriation is now under consideration and will continue to be discussed as opportunity offers and it is expected that by the time it is out of the way the District of Columbia and the Indian bills will be ready for consideration. With the statehood bill out of the way, the policy will be to press the supply bills persistently and nothing but the Swayne trial will be permitted to stand in their way.

In accordance with the unanimous agreement reached the statehood bill and all amendments offered to it will be voted on before adjournment on Tuesday.

The contest over some of the amendments to the bill will be sharp and may continue the session into the night.

Railroad rate legislation is to have the right of way in the house of representatives during Monday and Tuesday and Wednesday. The rule making the bill giving the Interstate Commerce commission power to fix rates a special order during sessions which are to begin an hour earlier than usual on Tuesday and Wednesday will be the subject of lively debate on Monday. Opposition to the bill which has been agreed on by the republicans on the committee of interstate commerce will be voiced in the debate on this rule. This opposition may come from the minority developed in the republican conference Friday, as well as from the democrats of the house. If the two should unite to defeat the rule those who have counted noses say this could be accomplished. Should the rule be adopted, as is the belief of the majority leaders, there will be no opportunity to amend the bill. The democrats will be given an opportunity to show their strength on the Davy bill to be offered as a substitute for the Each-Townsend bill, when the time comes to vote on that measure at 4 o'clock Wednesday. The discussion will be interrupted on Wednesday to permit the two houses of congress to assemble in the hall of the house and count the electoral vote for president and vice president.

NEBRASKA MINISTER DIES.

Rev. C. E. Bentley Passes Away at Los Angeles.

LOS ANGELES, Cal.—Immediately after entering a room in a cheap lodging house with a young woman heavily veiled, Rev. C. E. Bentley of Lincoln, Neb., dropped dead in this city Sunday night. His companion attempted to restore him, but, seeing he was dying, fled. Detectives have been unable to find her. An autopsy revealed symptoms of heart trouble.

Rev. Bentley and his wife had been here four days. He was candidate for president on the silver prohibition ticket in 1896, and has been prominent in temperance work in Iowa and Nebraska.

The woman with whom he entered the lodging house and asked for a room was about 30 years old and handsome. Bentley's widow says her husband was innocent of wrong. She says he has been afflicted with heart disease for months. An inquest will be held and the widow will take the body to Lincoln for burial. The police do not suspect murder, but are scouring the city for trace of the woman.

WASHINGTON—The house committee on the judiciary, by a vote of 8 to 5, ordered a favorable report on the Clayton bill repealing the bankruptcy laws. A minority report will be made to the house by Mr. Powers (Mass.)

Repeal of Bankruptcy Laws.

Will Try to Adjust Rates. CHICAGO—Traffic officials of the Gulf roads will meet in St. Louis to decide how much lower the export rates on corn from Omaha to the Gulf shall be than those to Atlantic ports. At a meeting of executive officers the eastern roads urged their western connections to reduce rates to prevent the Gulf lines from having a differential or lower rate by more than three cents. It was decided that no further cuts should be made to the Atlantic ports until after the meeting at St. Louis.

WHAT DOES TRUST?

No. Evasion of Decision Relative Thereto.

WASHINGTON—It can be said by authority that unless the corporations constituting the alleged "beef trust" shall heed the injunction made permanent by the decision of the supreme court of the United States, the government will institute proceedings against the individual members of the corporations to enforce the decision of the court.

The proceedings will be under the criminal law, if such can be instituted. The minds of the president and members of his cabinet are made up fully on the question. They have determined that the "beef trust" shall obey the law, and now that the highest court in the land has upheld the hands of the administration, it is said they will permit no further "dilly-dallying" with the subject.

At Tuesday's cabinet meeting the president and Attorney General Moody shared in the congratulations of the members of the cabinet on the result of the "beef trust" cases before the supreme court. The president, who made no attempt to conceal his satisfaction at the decision of the court, united with the members of the cabinet in congratulating the attorney general. The subject was considered briefly at the meeting, but no definite conclusion was reached as to what action, if any, the government would take in the future, except the general determination to enforce the law as it has been construed by the courts. The president and the members of the cabinet regard the decision of the supreme court as a signal triumph of law as they have viewed it and are prepared to carry it into effect absolutely.

All the members of the cabinet were present at the meeting except Secretaries Hay and Wilson, the former still being confined to his home by a severe cold.

Again, the president emphasized his interest in the arbitration treaties pending before the senate. He holds that the opponents of the treaties are proceeding on wrong premises in maintaining that they may be used by foreign countries as a basis for action against certain of the southern states in the collection of old claims.

Some departmental matters were considered at the meeting, the most important of which was the action of Postmaster General Wynne in notifying John G. Capers, republican national committee-man of South Carolina, that postmasters in that state will be dismissed from the service if, in the future, they pay the expenses of delegates to political conventions. The action of the postmaster general was approved by the president and the cabinet. In principle the declaration of Mr. Wynne will apply to all other states where such methods are practiced.

FAILS TO FIT CASE.

House Bill on Railroad Rates Thought To Be Faulty.

WASHINGTON—Congressman Hinshaw called at the white house to confer with President Roosevelt on matters pertaining to the Fourth Nebraska district and also to measures pending before the house relating to subjects of legislation of paramount public interest. Incidentally, the talk turned upon the bill which Mr. Townsend introduced in the house January 21, providing for additional powers to be vested in the interstate commerce commission. Mr. Hinshaw expressed the opinion that while the Townsend bill would meet the public demand for a better regulation of railroads rates, it does not go far enough, and since that bill will be considered by the house within a few days, Mr. Hinshaw desired to learn whether its provisions would be satisfactory to the administration. The president, however, did not express approval or disapproval of the Townsend bill, but Mr. Hinshaw left the white house with the impression that the president would like to the present session enact a law empowering the interstate commerce commission to fix rates, to prevent discrimination between shippers, to abolish private car lines, and to give the commission authority to enforce its decrees.

Mr. Hinshaw is of opinion that nothing short of such legislation would satisfy his constituents, but he is not at all sanguine that the senate would pass such a bill while it is not yet settled that the house will do so.

Fire in Old Women's Home. BUFFALO, N. Y.—Fire Friday night destroyed a part of the Ingleside Home for Women. In a panic among the fifty inmates Mrs. Mary Kytile was killed and four women were severely hurt. The injured: Mrs. Betsy Caldwell, 84 years old, overcome by smoke; Mrs. Margaret Creishaber, fell from ladder, internally injured; Miss Nott Englehart, 60 years old, jumped from the third-story window, leg broken and internally injured; Mrs. Marion Orton, asphyxiated, may die.

Nobility with the People. MOSCOW—At a private meeting of the provincial nobility after a discussion of reform proposals, it was decided to vote for a modified form of an address to the government to the effect that the members of the nobility are eagerly awaiting a word from the emperor which would show that the bonds uniting the throne and the people are still unbroken and that the emperor would, when he deemed it advisable, summon representatives of the people to participate in the government.

JAPS AGAIN WIN

THE RUSSIANS FAIL TO TURN OKU'S LEFT FLANK.

ASSAILANTS AT DISADVANTAGE

Moving Over a White Surface and Frozen Ground With Cold Weather They are Targets for Fire of Men in Trenches.

GENERAL OKU'S HEADQUARTERS—The Russian attempt to turn General Oku's left flank has proved a complete failure. Following on the failure of the recent cavalry raid down the railway this, it is thought by the Japanese, will probably induce the Russians to await in the future Japanese attacks. The attempt, even with the bombardment of other portions of the line or a cavalry movement around the flank, was doomed to failure from the start. The Japanese were at Heikoutai, but withdrew their small force from there and allowed the Russians to occupy the positions until they could move over enough men to make its recapture certain.

The recapture of this position was easily accomplished, although the loss was heavy. The casualties have not yet been reported, but it is believed that they will amount to fully 3,000.

The Russians had five divisions engaged at Heikoutai and in that direction. They were driven back by less than two Japanese divisions.

Over 100,000 men were engaged in the Russian demonstration against the Japanese positions immediately east of Heikoutai, a force strong enough to have been successful, as but one Japanese division was sent against them. The Russian loss is estimated at over 4,000, although prisoners say that one regiment was practically annihilated. The Japanese loss is placed at only 200, due to the fact that they remained in their trenches while the Russians were forced to cross open ground, solidly frozen, where the construction of shelter trenches was impossible. The ground being covered with snow, was naturally a great disadvantage to the attacking force, as it was plainly visible against the white background for a long distance. The Japanese suffered the same disadvantages in the recapture of Heikoutai. The weather was very cold during the fighting, the minimum being 6 degrees below zero, and the maximum 14 degrees above zero. The Russians did not retreat north, but retired, well out of range, with no sign of further activity.

ST. PETERSBURG—The emperor has received the following dispatch from General Kuropatkin:

The Japanese during the night of January 31 attacked Djanianchenan, on the left bank of the Hun river, opposite Changtan. They captured the village, but subsequently were driven out with great loss. The Russian casualties were 190.

MEANS MUCH FOR OMAHA. Proposition to Make It General Distributing Point for Supplies.

WASHINGTON—There is pending in the war office a proposition to raise Omaha to the importance of a general distributing point for quartermaster's supplies. It is now the distributing station for army supplies destined to military posts within the department of the Missouri. The recent completion of the new addition to the quartermaster's supply depot warehouse in Omaha has provided ample space for the handling of a much larger tonnage. It is understood that there are but three general supply depots in the United States, viz., New York, San Francisco and Jeffersonville, Ind., the latter station having been established during the civil war and maintained largely because of tradition. The development of the west in the matter of transportation facilities has given rise to a demand for a general supply station in the mid-west. Omaha has been advocated by Senator Millard, who recently took the matter up with General C. F. Humphrey, quartermaster general of the army. General Humphrey was for a long time stationed at Omaha as chief quartermaster of the department of the Platte and is personally conversant with the situation, as he is, of course, with the needs of the service in every part of the United States. Senator Millard feels confident that he will have the good will of General Humphrey in the effort to enhance the importance of Omaha as a supply station. Success in this matter would, of course, enable the wholesale merchants and manufacturers of Nebraska to bid on a variety of army supplies for use throughout the United States and the Philippines, and no doubt they would receive large contracts. It is possible that an act of congress may be necessary to bring this about, but Senator Millard is in hopes that it can be done by order of the secretary of war.

Decide on Railroad Bill. WASHINGTON—The house committee on interstate and foreign commerce by a party vote authorized a favorable report to the house on a bill extending authority to the interstate commerce commission to fix rates, increasing the size of the commission from five to seven members and creating a "court of transportation." And the bill is a combination of the Each-Townsend measures, with amendments taken from the Hepburn bill. This action was reached after long sessions.

AN OLD MAN'S TRIBUTE.

An Ohio Fruit Raiser, 78 Years Old; Cured of a Terrible Case After Ten Years of Suffering.

Sidney Justus, fruit dealer of Mentor, Ohio, says: "I was cured by Doan's Kidney Pills of a severe case of kidney trouble, of eight or ten years' standing. I suffered the most severe backache and other pains in the region of the kidneys. These were especially severe when stooping to lift anything, and often I could hardly straighten my back. The aching was bad in the daytime, but just as bad at night, and I was always lame in the morning. I was bothered with rheumatic pains and dropsical swelling of the feet. The urinary passages were painful, and the secretions were discolored and so free that often I had to rise at night. I felt tired all day. Half a box served to relieve me, and three boxes effected a permanent cure."



A TRIAL FREE.—Address Foster-Milburn Co., Buffalo, N. Y. For sale by all dealers. Price 50 cents.

By taking revenge, a man is but even with his enemy, but passing it over, he is superior.—Bacon.

In Winter Use Allen's Foot-Ease.

A powder. Your feet feel uncomfortable, nervous and often cold and damp. If you have sweating, sore feet or tight shoes, try Allen's Foot-Ease. Sold by all druggists and shoe stores, 25 cents. Sample sent free. Address Allen S. Olmsted, Le Roy, N. Y.

The American Ankle.

Our transatlantic cousins have certainly cultivated to perfection the art of looking dainty as they cross the street. Somehow they always contrive to look attractive while engaged in this usually unbecoming action.—London World.

Eye Strain in Children.

If one remembers the fact that more than 10 per cent of all persons have normal eyes and takes into consideration the sensitive organism of the growing child it is not difficult to believe that many children suffer from eye strain.

Millinery Trade Not Popular.

While women are invading nearly all of the employments heretofore belonging to men, milliners, both here and abroad, report a growing difficulty in finding girls willing to devote themselves to the art of making hats.

London Policeman Is Fined.

For unnecessarily striking a man with his club a London policeman has been condemned to pay his victim \$100 and costs of court. The man had resisted arrest violently, but was on the ground when struck.

Adulteration of Liquors.

A New York physician says: "The greater part of the whisky, brandy and beer sold in New York today is chemically prepared and is absolutely unfit for the human stomach."

A FELLOW FEELING.

Why She Felt Lenient Towards the Drunkard.

A great deal depends on the point of view. A good temperance woman was led, in a very peculiar way, to revise her somewhat harsh judgment of the poor devil who cannot resist his cups and she is now the more charitable. She writes:

"For many years I was a great sufferer from asthma. Finally my health got so poor that I found I could not lie down, but walked the floor whilst others slept. I got so nervous I could not rest anywhere.

"Specialists told me I must give up the use of coffee—the main thing that I always thought gave me some relief. I consulted our family physician, and he, being a coffee fiend himself, told me to pay no attention to their advice. Coffee had such a charm for me that in passing a restaurant and getting a whiff of the fragrance I could not resist a cup. I felt very lenient towards the drunkard who could not pass the saloon. Friends often urged me to try Postum, but I turned a deaf ear, saying, 'That may do for people to whom coffee is harmful, but not for me—coffee and I will never part.'

"At last, however, I bought a package of Postum, although I was sure I could not drink it. I prepared it as directed, and served it for breakfast. Well, bitter as I was against it, I must say that never before had I tasted a more delicious cup of coffee! From that day to this (more than two years) I have never had a desire for the old coffee. My health soon returned; the asthma disappeared, I began to sleep well and in a short time I gained 20 pounds in weight.

"One day I handed my physician the tablets he had prescribed for me, telling him I had no use for them. He stayed for dinner. When I passed him his coffee cup he remarked: 'I am glad to see you were sensible enough not to let yourself be persuaded that coffee was harmful. This is the best cup of coffee I ever drank.' He continued: 'The trouble is so few people know how to make good coffee.' When he got his second cup I told him he was drinking Postum. He was incredulous, but I convinced him, and now he uses nothing but Postum in his home, and has greatly improved in health." Name given by Postum Co., Battle Creek, Mich.

Look in each package for the famous little book, "The Road to Wellville."