BLOT ON STATE'S GOOD NAME

Unsanitary Condition in Prisons and Slum Districts a Crime.

authorities was so forcibly called to mysterious principle that protects and the conditions present in the penitentiary other states have been investigating.

The rapid growth of tuberculosis among prisoners in the Joliet, Ill., penitentiary, attended by a marked increase in the prison death rate, has aroused the officials to action. An investigation and reform is to be instituted by the State Board of Health.

The members of this board do not deny that under the present conditions all efforts to combat the disease are hopeless. Better general sanitary conditions must be established or it will be impossible to prevent the spread of tuberculosis to all the present prisoners and to all who may be so unfortunate as to be sentenced later.

This is another instance of the state forcing its citizens to live under conditions which mean almost sure death. It is surprising in this day of enlightenment that the state should allow its citizens to live, voluntarily, in unsanitary homes. Yet it does. The residents of the slum and tenement districts are dying from faulty sanitation and bad hygiene. But more- the state forces some others to spend from one to ten years in a dark cell from which they so often come, stricken by the great 'white plague"wrecks of their former selves and a continual expense to the community.

With the message of "prevention and cure" of consumption in every paper let the state not forget its prisoners who must silently suffer whatever fate is decreed for them.

A Slaughterhouse Victim.

The papers recently reported the death at Cripple Creek, Colo., of a woman who three years ago, while visiting the slaughterhouse of the Armour Packing company in Chicago, was completely paralyzed on one side as a result of the shock produced by the sight of the terrible tragedies which are constantly being enacted in that great killing establishment. This victim of slaughterhouse horrors is only one of many thousands who meet their death through the slaughterhouses every year. It may not be said, indeed, that the death can be traced so directly and immediately to the slaughterhouse as in this case, but the multitudes of men and women who die of gouty disorders, rheumatism and other maladies resulting from urle-acid poisoning might enjoymany years of life were it not for the deadly dose of uric acid and other poisons derived from the products of the slaughterhouse-meat eaters' disorders, among which must be included trichina and tapeworm, tuberculosis and possibly cancer as well as those which have been traced directly to urle acid.

"Fashion" Notes.

Don't wear thin-soled shoes at any season of the year. One may take cold from chilling of the feet as the result of wearing thin-soled shoes in walking over a cold pavement, even when the pavement is perfectly dry.

Don't adjust the clothing to suit the season of the year only, but adapt it to the weather conditions of each particular day.

Don't wear high-heeled shoes, nor pointed shoes, nor narrow-soled shoes, nor tight shoes, nor low shoes. Don't wear slippers, except in the house. Shoes must have broad, reasonably thick soles, plenty of room for the toes, low heels. Rubber heels are a great comfort.

Don't support the clothing by bands tight about the waist.

Don't constrict the limbs by means of elastic bands to support the stockings. Support all clothing from the shoulders, not by bands, but by a properly constructed waist free from bones, on the "union" plan.

A Centennial Celebration.

The people of Fayette, Ohio, recently showed their appreciation of the favor conferred on them in having in their community a fine old lady who has rounded out the full measure of her hundred years. The centennial of Mrs. Amelia DuBois was celebrated by hundreds of people who met to do her honor. The public schools were closed, that the children might join in the celebration. In charge of their teachers, they marched to the home of Mr. and Mrs. DuBois and escorted them to the opera house, where an interesting program, in which many prominent people of the neighborhood took part, was carried out.

One pleasing feature was the presentation by the children of a quantity of flowers the money for which had been collected among themselves,

The interest shown in the occasion by the people of Fayette and surrounding towns is evidence of the high esteem in which this remarkable old lady is held. Every faculty of her mind is alert and responsive, and her brown eyes still retain their attractive sparkle. She is an accomplished needlewoman, and still spends much time in preparing dainty gifts for her DuBois was married sixty-one years tive eld age of this fine couple is a natural, peaceful life of activity. Com-

simple that it is not necessary for fifty years.

Since the attention of the Chicago | anyone to transgress. Instinct, that preserves all creatures, would protect us if we did not bury it under an avalanche of artificialities. Our falling away from nature is what kills. Our getting back to it will revivify, and this principle of 'sticking to' nature is what one sees so distinctly in these grand old people."

Changed Its Mind. As mamma was preparing her boy for breakfast she said: "How many cakes can Eugene eat for his breakfast this morning?"

"I can eat four, Mamma." Seated at the table, his appetite seemed to have materially diminished, for he ate only one of the cakes. "Mamma thought you were going to eat four cakes this morning. What is the matter?"

"Well," said the five-year-old, "my

stomach changed its mind." It occurs to us that the wise man's stomach often "changes its mind," as in this case, but too often that much abused organ is so pressed upon as to be convinced against its will, though of the same opinion still, and, yielding to the demands of an abnormal appetite, finds itself wishing the real man had been master over the lust of the flesh.

To Prolong Life.

The British Medical Journal recently devoted eight pages to a discussion or the best means for the prolongation of life. The greater part of this space was occupied by a lecture re-cently delivered by Sir Herman Weber, D. D., F. R. C. P., before the Royal College of Physicians of London, and the main points of his advice were as follows:

Moderation in eating, drinking and physical indulgence. Pure air out of the house and with-

The keeping of every organ of the body as far as possible in constant

working order. Regular exercise every day in all weathers; supplemented in many

cases by breathing movements, and by walking and climbing tours. Going to bed early and rising early, restricting the time of sleep to six or seven hours. (We question the

wisdom of this teaching. Most people

require eight hours' sleep; some, more.) Daily baths or ablutions according to individual conditions, cold or warm,

or warm followed by cold. Regular work and mental occupa-Cultivation of placidity, cheerful-

ness and hopefulness of mind. Employment of the great power of the mind in controlling passions and nervous fear.

Strengthening the will in carrying out whatever is useful, and in checking the craving for stimulants, anodines and other injurious agencies.

Hothouse Plants.

The following abstract from the Cincinnati Lancet-Clinic in regard to one of the worst evils of modern child life is very timely:

"Refinement in matters of social life proceeds hand in hand with refinement in other lines as civilization advances. From the standpoint of the physician and of the anthropologist, it is a question whether the physical side of mankind is improving or degenerating.

The method of bringing up children, especially in the families of the well-to-do, is too often a serious menace to the child's health and development. Too much indoor life, too much supervision, too little freedom of motion and will is undoubtedly the cause of the many weaklings seen in the families of the wealthy. Such children have the characteristics of hothouse plants.

The remedy is, of course, to do away with the surplus care and attention bestowed on the child, to let the child do more for itself, have more freedom, more fresh air, more play with other children. Foods and medicines are only temporary helps for child weakness.

Nature is its own best doctor, and in the end can take care of "hothouse children" if fond parents will only give her the chance.

A Wholesome Medicine.

"A wholesome medicine is Cheer, And Hope a tonic strong; He conquers all who conquers fear, And shall his days prolong.

"A happy heart, a cheerful lip, Contagious health bestow As honey-bees their sweetness sip From fragrant flowers that blow.

'Let cheerful thoughts prevail among The sons of men alway, And sighs shall change to Love's sweet And night to golden day."

Rejected Candidates.

It is reported that at a recent examination of candidates for admission to the Naval academy at Annapolis only eleven out of twenty-five were found sufficiently sound physically to friends. Mr. DuBols, to whom Mrs. be admitted. The whole twenty-five passed the mental examination, but ago, is no less remarkable than his fourteen of them were unable to prewife. The unusually healthy and ac- sent the necessary physical requiremnts. This fact is a fair index of the testimony to the value of their simple, rate at which the physical decadence of the American people is progressmenting upon this, the Fayette Review ing. Insanity, idlocy and epilepsy are all increasing at a very rapid rate-"One's relation to the ALL are so three hundred per cent within the past

BATTLEFIELDS LITTLE CHANGED

Country Over Which Raged Conflicts That Made History Remains To-Day Much as It Was In Civil War Days

The battlefields of Bull Run have I which figured so conspicuously in the undergone little change since the civil Fitz-John Porter case, is standing.

Cub run and Rocky ford are still pouring into Bull run, and that historic stream rolls sluggishly from the moun-

tains to Aquia creek. There are the same open fields and stretches of woods shown on the topographic maps used in 1861 and '62.

Sudley Springs and Groveton are no bigger hamlets than at the time of the battles; Centerville has rather shrunk than grown, and Haymarket, on the Sudley road, which was a group of three or four houses, bas disappeared.

Manassas, from a mere hamlet at the junction of the Orange & Alexandria railroad and the Manassas Gap railroad, has become a small village and is the seat of Prince William county, whereas Brentville had that distinction la America's heroic age.

The bells of Sudley meeting house and Centerville church ring out every Sunday, and old men pray there who listened to the firing, saw glimpses of the struggles, carried water to the wounded and helped bury the dead.

Memorial Hymn.

Mrs. Dogan, through whose farm Catharpin creek, Young's branch, runs the railroad cut where Porter, Sigel, Reynolds and King fought to dislodge Jackson on Aug. 30, 1862, is still living at Groveton. She is 87 years old and hearty. She likes nothing better than to tell of the red, grim scenes of war.

The fields in that bloody square bounded by Centerville on the east, Groveton and Galnesville on the west, Sudley on the north and Manassas on the south, are as a rule, still tilled by the families who worked them when Prince William and Fairfax counties shook under the tread of armies and the crash of guns.

It is believed that most of the bones of the men slain at Blackburn's ford. July 18, 1861; Bull Run, July 21, 1861; Stone bridge and Gainesville, Aug. 27 and 28, 1862, and Groveton and Sudley, Aug. 29 and 30, 1862, have been exhumed.

Those recovered from the Federal positions were removed to Arlington, where many hundreds are heaped under the monument to the "Unknown."

near the "cut," the place of greatest slaughter, were not given sufficient burial. Earth was simply shoveled over the poor corpses where they lay. The first heavy rain washed away the earth and exposed the remains. This statement is made on authority of Mrs. Dogan, who, ordered from the field by Jackson's men as the fighting began, returned to her farm before the removal of all the wounded or the burial of the dead.

Reminders of the fighting are ever coming to light. Hunters often come upon skeletons in woods far from the field. These are the bones of men who, wounded, straggled off and died. With each spring plowing bones of men and horses, buckles, canteens, bayonets, gun barrels and buttons are upturned. Around some of the farm houses are big piles of solid shot and broken shell. Tons of this battlefield fron have been collected and sold as scrap-iron. Nearly every farmer in the neighborhood has a collection of swords, guns and bayonets gathered from the field.

When the Groveton monument was

faint and in every way wretched from anæmia or scantiness of blood; another had horrible headaches, was nervous and couldn't sleep; another was left with weak lungs, difficulty in breathing and

dedicated three years after the last

scute neuralgia. In every case relief was sought in vain until the great bloodbuilder and nerve-tonic, Dr. Williams' Pink Pills, was used. For quickness and thoroughness of action nothing is known that will approach it. Mrs. Van Scov makes a statement that supports this claim. She says: "I had a severe attack of grip and, before I had fully recovered, rheumatism set in and tormented me for three months. I was in a badly run-down state. Soon after it began I was so lame for a week that I could hardly walk. It kept growing steadily worse and at last I had to give up completely and for

GRIP'S UGLY SEQUE

KNEES STIFF, HANDS HELPLESS

RHEUMATISM NEAR HEART.

Mrs. Van Scoy Experiences Dangerous After-Effects from Grip and Learns Value of a Blood Remedy.

The grip leaves behind it weakened

vital powers, thin blood, impaired di-

gestion and over-sensitive nerves-a

condition that makes the system an easy

prey to pneumonia, bronchitis, rheuma-

tism, nervous prostration, and even con-

The story told by scores of victims of

the grip is substantially the same. One

was tortured by terrible pains at the

base of the skull; another was left tired,

sumption.

helpless. Then the pains began to threaten my heart and thoroughly alarmed me. "While I was suffering in this way I chanced to run across a little book that told about the merits of Dr. Williams' Pink Pills. The statements in it impressed me and led me to buy a box. These pills proved the very thing I needed. Improvement set in as soon as I began to take them, and it was very marked by the time I had finished the first box.

three weeks I was obliged to keep my

bed. My knees were so stiff I couldn't

bend them, and my hands were perfectly

Four boxes made me a well woman.' Mrs. Laura M. Van Scoy lives at No. 20 Thorpe street, Danbury, Conn. Dr. Williams' Pink Pills are equally well adapted for any other of the diseases that follow in the train of grip. They are sold by all druggists.

A man, 103 years of age, who has used tobacco and alcoholic drinks

Aids to Longevity.

since boyhood and is still robust, says he has always carefully avoided danger-he has never ridden on a trolley car or elevated train, and never consulted a physician.-New York Times.

SIMPLE WALL DECORATIONS.

New Material and New Ideas for the Decoration of Homes.

The styles of home decorations have completely changed in the last few years, and it is pleasant to say that have changed for the better. Time was when we hung monstrous patterns printed on paper against our walls, and considered them more or less pleasantly. It would hardly be fair to say that we considered them beautiful or artistic. But they were the vogue and were put on. The time has come when, with our better methods for interior decoration, better effects can be secured.

In wall coverings, whether they be of paint, or of kalsomine, or of Alahastine-whatever the material used to cover the wall-the thing desired is that which has the greatest covering power, as well as permanency and beauty of color. Alabastine, a wall covering ground from Alabaster rock -which means a hard white rock-is the ideal covering for a wall.

The most beautiful wall decorations in the world are those which are laid on with the brush. The mural designs in our large public buildings, and the frescoed designs in the large cathedrals and churches, have a permanency and an art of which wall paper is but a cheap imitation. These mural schemes and frescoed designs can be brought within the reach of the every day home. They can be done with Alabastine, which is permanent in its coloring. It does not rub off, and it has the soft effect of pastelle.

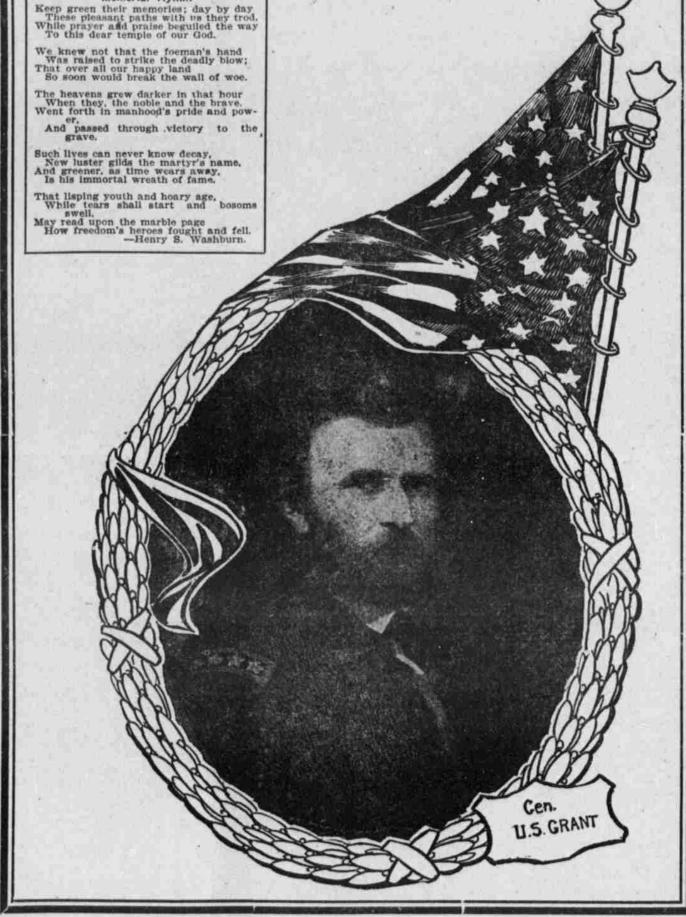
A great many people defer the redecorating of their rooms not only because of the expense but because of the discomfort of it. With Alabastine there need be no discomfort and there can be no muss, for all that is needed is to lay a sheet or canvas on the floor, have your man come in with a pail, make the solution and simply brush it on the wall. That is all there is to it, and the room is perfectly clean and thoroughly renovated

A darning machine, one which will in ten minutes cover a hole that an industrious woman could hardly fill in an hour, is a recently invented piece of laboring saving apparatus.

Every housekeeper should know that if they will buy Defiance Cold Water Starch for laundry use they will save not only time, because it never sticks to the iron, but because each package contains 16 oz .- one full pound-while all other Cold Water Starches are put up in %-pound packages, and the price is the same, 10 cents. Then again because Defiance Starch is free from all injurious chemicals. If your grocer tries to sell you a 12-oz. package it is because he has a stock on hand which he wishes to dispose of before he puts in Defiance. He knows that Defiance Starch has printed on every package in large letters and figures "16 ozs." Demand Deflance and save much time and money and the annoyance of the iron sticking. Defiance never sticks.

There may be "plenty of room at the top," but the climbing is not what it is cracked up to be.

No chromes or cheap premiums, but a better quality and one-third more of Defiance Starch for the same price of other starches.



and after both battles.

A shot from a Union battery, which

made a breach in the walls of Sudley meeting house, is preserved by a member of the congregation.

Bethel church, which was Fitz-John Porter's headquarters when he lay behind Dawkin's branch on Aug. 28, 1862, has been removed four miles south of its old site, but the foundation stones may be seen by those who will enter the thicket of undergrowth that obscures them.

The Henry house, the Chinn, Dogan and Matthew houses, destroyed by shells, were long ago restored on their first foundations and are to-day as they were in '61.

The Stone house still stands at the crossing of the Warrenton pike and Sudley road, and until recently was occupied by a Virginia farmer, who as a cavalryman under Stuart fought over the fields around the house.

the first shell thrown from Tyler's alvision when the fight opened at the Stone bridge, is still there. So, too,

The Van Pelt house, damaged by is the Robinson house, and Rookson, the old negro who dwelt there when Hunter and Heintzelman crove Bee. Bartow and Evans from the heights are mingled at Arlington and Manasnorth of the pike to those on the outh, dwells there to-day.

he Lewis house, Johnston's headwarters, is still occupied by Mr. Lew-

Those churches were hospitals during | and many other hundreds are buried | battle, the fields were still thickly in individual graves marked with a little slab also inscribed "Unknown."

Bones dug from the Confederate positions in the first battle are interred under a red sandstone shaft at Manassas, five miles south of the central fighting ground. This shaft is inscribed "Dedicated by the Ladies' Memorial Association of Manassas on August 30, 1889, to the Heroes of Virginia and Her Sister States, Who Yielded Their Lives on July 18 and 21, 1861, and August 29 and 30, 1862, in Defence of the Confederate Cause." Close by the Henry house there is a

rude Union monument erected "In Memory of the Patriots Who Fell at Bull Run. Erected June 10, 1865." In a bit of cedar woods by the railroad cut at Groveton there is another

little Union monument "In Memory of the Patriots Who Fell at Groveton August 28, 29 and 30, 1862."

There is no Confederate monument on the battlefield. Bones taken from the Confederate lines of the second battle are buried

un a knoll at Groveton. As the positions of the armies ofthat northern and southern soldiers

sas.

Identification of the bones at Groveton vas not difficult, for while the Confederate dead were buried in deep is, and the Hampton Cole house, trenches, the Union soldiers who fell know more than you do."

strewn with weapons and articles of soldiers' equipment. The line of railroad bed (the road

was never finished) along which Jack-

son formed from Gainsville to Sudley

is well preserved, though overgrown with pine and cedar. Earthworks around Manassas and Centerville clearly mark the camps of Beauregard and McDowell. There are no earthworks on the fighting ground.

None was built. On the Henry farm stakes have been driven to mark where Col. Cameron of the 79th New York and Gen Bee were killed, where Rickett's battery was cut to pieces and where Wade Hampton was wounded. In a dense woodland off the field two bits of board tell that Gens. Willcox and Kirby Smith were shot there.

A rail fence stands just where the rail fence stood along which Jackson's brigade was drawn up when Gen. Bee gave Jackson the soubriquet of "Stonewall."

The place on the Chinn hill where Col. Fletcher Webster, son of Daniel Webster, was killed in the second batten overlapped, it is safe to believe the is pointed out by the people who live there.

What "Etc." Means.

An English schoolboy was saked what "etc." meant. "It is a sign used in writing to make people think you