COLD IN THE HEAD

is the First Chapter in the History of Chronic Disease.

A cold in the head is the first chapter in the history of disease and death. This has been so often repeated that there are few people indeed who have not witnessed many examples of it.

A cold in the head is rarely severe enough to confine a vigorous person to the house. As a rule, it ends in recovery without any treatment. This has led many people to regard a cold in the head as of no importance. It is a terrible mistake, however, to pass by a cold in the head as a trivial matter. Every case should be treated.

Those who have used Peruna for such cases will testify unanimously that a few doses is sufficient to remove every vestige of the cold. How much better it is to treat a cold in this way than it is to allow it to go on and on for weeks, perhaps months, leaving effects that will never be eradicated.

Yet there are those who neglect to take Peruna for a cold in the head. This neglect is due to the false notion that a cold in the head is hardly worth noticing.

A cold in the head is in reality a case of acute catarrh. It ought to be called so, in order to awaken people from their lethargy on this subject. In a large per cent. of cases cold in the head will end in chronic catarrh. Unless properly treated with some such remedy as Peruna, perhaps 50 per cent. of cases of cold in the head will lay the foundation for chronic catarrh.

A tablespoonful of Peruna should be taken at the very first symptom of cold in the head. Usually where the cold is not very severe a tablespoonful of Peruna before each meal and at bed time is sufficient. It may be necessary, however, where the attack is more serious, to keep strictly in the house and take a tablespoonful of Peruna every hour. Younger people, feeble or delicate women, should take a teaspoonful every hour.

Don't Persecute Your Bowels

Cut out cathartics and purgatives. They are brutal, harsh, unnecessary. Try

CARTER'S LITTLE LIVER PILLS

Purely vegetable. Act gently on the liver, eliminate bile, and soothe the delicate membrane of the bowel. Cure Constipation, Biliousness, Sick Headache and Indigestion, as millions know.

CARTER'S LITTLE LIVER PILLS.

SMALL PILL, SMALL DOSE, SMALL PRICE.

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The Word of Life

By REV. H. W. POPE,
Superintendent of Men
Moody Bible Institute, Chicago

TEXT—"Holding forth the word of life." Phil. 1:16.

In writing to the church at Philippi which he had just founded Paul urges upon them two things: First: That they be blameless and harmless, or in other words that they live a consistent Christian life. Secondly: That they form the habit of holding forth the word of life to others. Paul then goes on to say that if these Philippian church members were satisfied simply to set a consistent example, and did not also engage in personal effort to help the unsaved he should consider his labor upon these as well nigh lost. The ease with which one can do this work, and the blessing which usually accompanies it makes it almost inexcusable for us to neglect it.

On one occasion I handed a little card to a man asking if he would like something to read. On it he saw the word Christian, and at once he said with a sneer, "'Christian,' yes, I have neighbors who are Christians, and I have some who are not, and the latter are more neighborly and more honorable in business every time." "That may be," I said, "but remember that it is not their religion which makes your neighbors mean and dishonorable, but the lack of it, and it is not fair to blame Jesus Christ for what does not belong to him."

Then I added, "It may be that you do not feel the need of a Savior now, but the time will surely come when you will feel it."

"I guess I need him enough now. My wife died about a year ago, and since then I have lost my daughter. My home is broken up and I haven't anything left to live for."

The man's voice trembled, and the tears began to come. I saw that I had touched a tender chord, and I said, "My friend, if there is any one on this earth that needs Jesus Christ, I think you are the man." Then I held up Christ as a comforter and told him how willing Christ was to come into his sad heart and make it glad, and into his desolate home and make it bright with heavenly hopes. Then, taking it for granted that he did not know how to find Christ, I went on to explain the way of salvation. Then I said, "Now my friend, with this ununderstanding of what it is to become a Christian, are you willing to accept Christ as your Savior right here and now, and give me your hand on it?" "Yes sir, I am," he replied, and he grasped my hand heartily. Then we removed our hats, and I prayed, and he prayed, after which he gave me his name and told me all about himself. This was at a county fair in the midst of noise and confusion. Horses were racing, fakirs were shouting and the merry-go-round was in full blast. And yet in the midst of that surging crowd this man with bared head was confessing his sins to God and inviting Jesus Christ to come into his heart.

It is a great aid in opening conversation with strangers to have with you a variety of leaflets or gospel cards. You can hand one to a person saying, "Would you like something to read?" If he does not express an opinion, you can give him another, saying, "This one is a little different," or "Here is one which I think you will enjoy." By this mean you gradually become acquainted, and by and by you can give him one which presents the way of salvation plainly, and ask him if he has accepted Christ as his Savior.

Sitting in a hotel in Denver I was reading a newspaper. By my side sat a young man talking with two others. Soon he uttered an oath. Taking out a little card entitled, "Why Do You Swear?" I laid it down on the arm of the chair between us, and went on reading. He picked it up and read it. As soon as his companions left he said to me, "My friend, that is the best thing on swearing I ever saw. It is an awful habit I know and I ought not to do it, but you see I am a newspaper man on the Chicago Inter Ocean. I am thrown in with a rough crowd and I cannot seem to overcome the habit." He then went on to tell me about himself and we had a long heart to heart talk. Remember he began the conversation, and he did most of the talking.

When we have ascertained one's real position, the next thing is to lead him to accept Christ. The main object is not to lead people to giev up their bad habits, or to attend church, or even to join the church, but rather to accept Christ as their personal Lord and Master. We should then show them from God's word that they have forgiveness of sins and eternal life (Acts 10:43; John 3:36).

They should also be instructed in the duties of the Christian life, especially the duty of confessing Christ publicly, and the habit of daily prayer and Bible reading.

NATURE MUST BE IMITATED

No Matter How Water Is Applied, Air and Blazing Sun Will Take Up Much Moisture.

It is the irrigator's business to imitate natural conditions as closely as possible. At the very beginning he is handicapped by the conditions that make irrigation necessary. No matter how he applies his water, the dry air and the blazing sun of the arid region will through rapid evaporation deprive him of a large part of the moisture. In other words, it requires more irrigation water than rain water to moisten the same area of soil to the same depth and degree of saturation. Even after he has succeeded in getting the water into the soil, the average irrigator does not know where it goes or what becomes of it.

As long as irrigation water was plentiful and the irrigated area small, loss of moisture through wasteful methods failed to attract attention. With small regard to water economy, giving no thought to the damage inflicted upon both land and crop through excessive moisture, the farmers after leveling their fields flooded them, allowing the water to seek its way without much guidance or attempt at proper distribution. The check or basin method under which the area to be irrigated is divided by ridges into rectangular basins of equal size brought about better distribution, but it did not reduce evaporation losses and it interfered with the use of farm implements. Under this method enormous evaporation losses were caused by the moistening of the entire surface and early cultivation was made impossible. Of late years the most progressive irrigators have adopted the furrow method wherever possible, especially in orchards and vineyards.

Heat and wind movement increase evaporation. A reduction of the temperature by seven degrees will, according to investigations, decrease the rate of evaporation from water surfaces one-tenth of an inch a day. Heat and wind movement as causes of evaporation are strongest at the surface of the soil. Observations in the arid region have frequently shown temperatures of 135 degrees at the surface of unshaded soil, with a decrease of from twenty to thirty degrees five inches below the surface. Furrow irrigation, therefore, by lessening the area moistened, by protecting the water from wind and from the high surface temperatures, makes a larger percentage of it available for the use of the plants.

FOLLY OF OVER IRRIGATION

Water in Plant Growth Is No More Important Than Proper Supply of Air and Temperature.

Last summer the writer of this article was visiting a farm and noted the stunted, yellow appearance of a field of spring wheat. "I don't know why the wheat should look so sickly. I have irrigated it three times already this spring," said the farmer, and right there was the solution of his problem, says a writer in the Utah Farmer. The delicate wheat plant needs warmth and sunshine and air if it is to thrive, but this thoughtless farmer was just pouring on the cold mountain water until the wheat had nearly given up the struggle for existence and succumbed to the ignorance and avarice of the owner. He had an abundance of water and thought that he had better use it while there was plenty. The field was already saturated by the frequent and generous storms, and adding more only tended to keep the soil cold and the plants stunted. What the wheat field really did need was a good harrowing to break the crest and facilitate the entrance of air and sunshine. With such treatment the plants would have become healthy and vigorous, the soil would have retained its moisture, and there would have been a much better condition all around. Farmers must learn the lesson sooner or later that water in plant growth is no more important than is air and temperature. If the soil is saturated with water there is no room for soil air, and as there is such an excess of water that there is constant evaporation going on the soil will be kept cold and growth will be retarded. Irrigate less, cultivate more, should be the motto of every progressive farmer.

PUT TREES IN WASTE PLACES

Can Be Planted When Other Farm Work Is Not Pressing and Will Furnish Needed Timber.

Why not set out Locust and Catalpa trees in waste places, such as small corners of fields, small fields that are cut off by creeks or ravines, rough lands, briar and brush lots and other places that cannot be worked to advantage, and grow post timber. The trees can be set out when other farm work is not pressing and in a very few years will furnish all of the post timber needed on the farm. The work of getting the trees started costs no more than keeping down weeds. If set in rows eight or ten feet apart and cultivated for about three years the trees require no further attention. Many of the out-of-the-way places that are producing scarcely anything of value, beside being an eye-sore to the farm, can be set to valuable trees at very little expense. In this way ragged corners and ravines can be transformed into fine groves that will pay larger profits than some of the other portions of the farm. Then the matter of having plenty of post timber right at hand is one of importance in these days of timber scarcity

OH! MY BACK!

A stubborn backache that hangs on, week after week, is cause to suspect kidney trouble, for when the kidneys are inflamed and swollen, bending the back brings a sharp twinge that almost takes the breath away.

It's hard to work and just as hard to rest or sleep.

Doan's Kidney Pills revive sluggish kidneys—relieve congested, aching kidneys. The proof is an amazing collection of backache testimonials.

AN IDAHO CASE

L. C. Warner 1305 No. Garfield Ave., Pocatello, Idaho, says: "For years I suffered from kidney trouble and was often confined to bed. More than once I passed kidney stones and the pain was awful. Morphine was the only thing that gave me relief until I used Doan's Kidney Pills. This remedy dissolved the stones and from then on I gradually improved until entirely cured."

"Every Picture Tells a Story"

Get Doan's at Any Store, 50c a Box

DOAN'S KIDNEY PILLS

FOSTER-MILBURN CO., Buffalo, New York

RECORD OF WORK WELL DONE

Anti-Tuberculosis Campaign Fruitful of Results for the Good of All Mankind.

Some comparisons showing the progress of the anti-tuberculosis campaign in the last eight years and the present needs of this movement are made by the National Association for the Study and Prevention of Tuberculosis in a brief report of its work recently issued. During the eight years of its work, the national association has assisted in the organization of over 800 state and local anti-tuberculosis societies located in almost every state and territory of the Union. Over 500 hospital and sanatoria have been established, with more than 30,000 beds for consumptives. About 400 dispensaries, with more than 1,000 physicians in attendance and at least 150 open air schools for tuberculous and anaemic children, have also been provided. Laws dealing with tuberculosis have been passed in 45 states, and ordinances on this subject have been adopted in over 200 cities and towns. An active field campaign of education against tuberculosis has been carried on in 40 states and territories by means of lectures, exhibits, the press, and the distribution of over 100,000,000 pamphlets on this disease.

BABY IN MISERY WITH RASH

Monroe, Wis.—"When my baby was six weeks old there came a rash on his face which finally spread until it got nearly all over his body. It formed a crust on his head, hair fell out and the itch was terrible. When he would scratch the crust, the water would ooze out in big drops. On face and body it was in a dry form and would scale off. He was in great misery and at nights I would lie awake holding his hands so that he could not scratch and disfigure himself. I tried simple remedies at first, then got medicine, but it did no good.

"Finally a friend suggested Cuticura Remedies, so I sent for a sample to see what they would do, when to my surprise after a few applications I could see an improvement, and he would rest better. I bought a box of Cuticura Ointment and a cake of Cuticura Soap and before I had them half used my baby was cured. His head is now covered with a luxuriant growth of hair and his complexion is admired by everybody and has no disfigurements." (Signed) Mrs. Annie Saunders, Sept. 29, 1911.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address post-card "Cuticura, Dept. L, Boston." Adv.

After Material.

Editor—"Why do you persist in coming here? I tell you I don't buy fiction." Author—"Oh, I don't wish to sell any of my stories. I am writing a short serial, entitled 'The Ugliest Man on Earth,' and came in merely to obtain local color."

For Curling Feathers.

To curl a feather that has become damaged with rain or dew sprinkle it thickly with common salt and shake before a bright fire until dry, when you will find it as good as new.

Preliminary.

"I am going to try this sleeping in the open air as a tentative proposition."

"Have you got the tent?"

Liquid blue is a weak solution. Avoid it. Buy Red Cross Ball Blue, the blue that's all blue. Ask your grocer. Adv.

Many a woman has the big head because she has credit at a hair emporium.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle. Adv.

A boy isn't necessarily good for nothing because his parents refuse to pay him for being good.

Counter-Thrust.

"A very good retort!" said Senator Lodge in an argument in this city over the immigration bill. "A very good retort indeed! It reminds me of Weeks.

"Weeks and his wife were quarreling. Weeks, with a hard, scornful laugh, 'you acted like a fish out of water.'

"Weeks sighed.

"'But a very cleverly landed fish,' he said, in a musing voice."

Profound Criticism.

Kin Hubbard, the Indiana humorist—one of them, that is to say—once was assigned to cover a performance of "Uncle Tom's Cabin." Hubbard had his brain-child, old "Abe Martin," report the play. This was the critique: "'Uncle Tom's Cabin' played down t' Melodeon hall las' night. Th' dogs was good, but they had poor support."—Everybody's Magazine.

Mean Insinuation.

"I have no way of killing time."

"Why, I've heard you sing."

SEEDS—Alfalfa $6; timothy, blue grass & cane $2; sweet clover $9. Farms for sale & rent on crop paym'ts. J. Mulhall, Soo City, Ia.

A bachelor is a bachelor because he is either too foolish or too wise to marry.

Smokers like LEWIS' Single Binder cigar for it's rich mellow quality. Adv.

But it isn't every high flyer who reaches the top.

TO WOMEN

Now Is The Time

those pains and aches resulting from weakness or derangement of the organs distinctly feminine sooner or later leave their mark. Beauty soon fades away. Now is the time to restore health and retain beauty.

DR. PIERCE'S
Favorite Prescription

That great, potent, strength-giving restorative will help you. Start today.

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The Man Who Put the EEs in FEET

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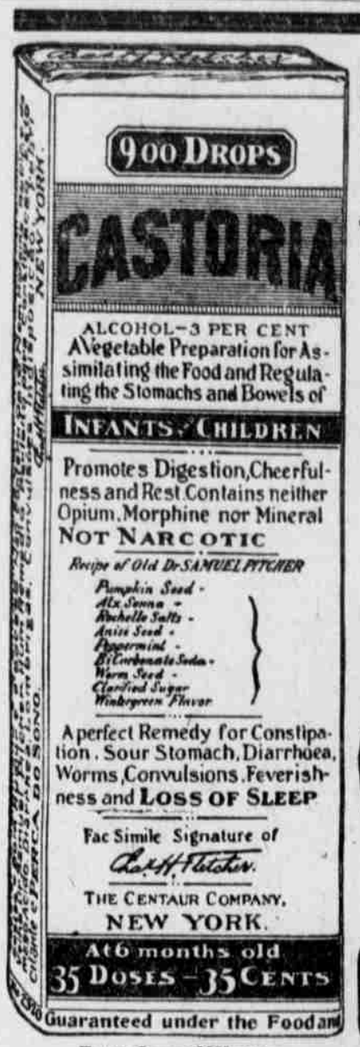

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