

What is a Backache?

IT IS NATURE'S WARNING TO WOMEN

Diseases of Woman's Organism Cured and Consequent Pain Stopped by Lydia E. Pinkham's Vegetable Compound.

"It seems as though my back would break." Women utter these words over and over again, but continue to drag along and suffer with aches in the small of the back, pain low down in the side, "bearing-down" pains, nervousness and no ambition for any task



Miss Maude Morris

They do not realize that the back is the mainspring of woman's organism and quickly indicates by aching a diseased condition of the female organs or kidneys, and that the aches and pains will continue until the cause is removed.

Lydia E. Pinkham's Vegetable Compound has been for many years the one and only effective remedy in such cases. It speedily cures female and kidney disorders and restores the female organs to a healthy condition.

"I have suffered with female troubles for over two years, suffering intense pain each month, my back ached until it seemed as though it would break, and I felt so weak all over that I did not find strength to attend to my work but had to stay in bed a large part of the first two or three days every month. I would have sleepless nights, bad dreams and severe headaches. All this undermined my health."

"We consulted an old family physician, who advised that I try Lydia E. Pinkham's Vegetable Compound. I began taking it regularly and soon found that I could sleep and eat better than I had done for months. Within two months I became regular and I no longer suffer from backache or pain."—Miss Maude Morris, Sec. Ladies' Aid and Mission Society, 85 E. Hunter St., Atlanta, Ga.

In England the word city was not used until after the Reformation, before which the metropolis was known as London-burgh.

FOUR YEARS OF AGONY.

Whole Foot Nothing but Proud Flesh—Had to Use Crutches—"Cuticura Remedies the Best on Earth."

"In the year 1899 the side of my right foot was cut off from the little toe down to the heel, and the physician who had charge of me was trying to sew up the side of my foot, but with no success. At last my whole foot and way up above my calf was nothing but proud flesh. I suffered untold agonies for four years, and tried different physicians and all kinds of ointments. I could walk only with crutches. In two weeks afterwards I saw a change in my limb. Then I began using Cuticura Soap and Ointment often during the day and kept it up for seven months, when my limb was healed up just the same as if I never had trouble. It is eight months now since I stopped using Cuticura Remedies, the best on God's earth. I am working at the present day, after five years of suffering. The cost of Cuticura Ointment and Soap was only \$6; but the doctors' bills were more like \$600. John M. Lloyd, 711 S. Arch Ave., Alliance, Ohio, June 27, 1905."

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Topics of the Times

Between 800 and 900 British towns and villages have namesakes in the United States.

Intoxicating liquors have been made from the sap of the birch, the willow, the poplar and the sycamore.

"Whistling for half an hour after meals," says a well-known woman whistler, "is the best possible aid to digestion."

Sir Wilfred Lawson is said to be rejoiced over the fact that 150 of the new members of the House of Commons are total abstainers.

The Chinese pen is a brush made of soft hair, which is best adapted for painting the curiously formed letters of the Chinese alphabet.

La Belle Otero, the famous continental dancer, takes no chances of loss through the twisting of an ankle, as each of her feet is insured for \$10,000.

Certain perfumes are said to aid health by destroying disease microbes. Of these, thyme, lemon, mint, lavender, eucalyptus and attar of roses are the most useful.

When the wife dies first, the husband, on an average, survives nine years; while if the husband dies first, the wife survives eleven years, according to insurance statistics, states an English paper.

The Sultan of Turkey is far from being an indolent sovereign. He has been described as the "imperial convict," a designation which is not inappropriate, for he works on an average fifteen hours a day.

The deepest lake in the world is believed to be Lake Baikal, in Siberia. Nine thousand square miles in area, or nearly as large as Lake Erie, it is 4,000 to 5,000 feet deep, so that it contains nearly as much water as Lake Superior.

Nuremberg, Germany, is and has been for years a great center of the pencil trade, possessing between thirty and forty factories, which give employment to 8,000 to 10,000 hands, while the annual output of pencils numbers 350,000,000, of a value of upward of \$2,500,000.

Denmark's kings for 384 years have all been named Christian or Frederick. It is the law of Denmark that Christian must be succeeded by Frederick and Frederick by Christian. To attain this, every Danish prince, no matter what other names he may receive, always has Christian and Frederick among them.

The King of England has in Asia more than 300,000,000 subjects; in America, 7,500,000; in Africa, about 43,000,000; in Australasia, over 5,000,000, and in Europe, over 42,000,000. Classifying them broadly by religions, there are 208,000,000 Hindus, 94,000,000 Mohammedans, 58,000,000 Christians, 12,000,000 Buddhists and 23,000,000 of various pagan or non-Christian religions.

The death has just occurred at Westbury workhouse, Wiltshire, England, of a 46-year-old "baby." The person was born in Westbury, and at the age of twelve months its further development, both physically and mentally, was arrested. Throughout its life it was attired in baby's frock clothes, and continued to act and play and had to be fed and taken care of precisely as an infant.

Items in the first great athletic meeting held in China, which took place at Canton, were arithmetic races. Pupils from schools carried slates and pencils, and in the course of the race they encountered a blackboard containing a sum to be solved. The boys were lined up as they reached the goal, and those whose calculations were wrong were then eliminated. The first three left in the line were counted winners.

One of the wealthiest peers in England is Earl Fitzwilliam, who is the possessor of about 115,000 acres of land in England and Ireland. Under the recent land-purchase measure, however, he has disposed of some of his Wicklow property. Twenty years ago the Fitzwilliam estates were put at about 92,000 acres in Ireland, worth \$250,000 per annum, and about 24,000 acres in England, worth about \$440,000 a year.

SLEEP OF HIBERNATION.

How It Differs from Repose—Shock That Causes Death.

The sleep of hibernation is a very different matter from the sleep of repose. If it be complete, respiration can no longer be detected, according to the London Spectator. A torpid bat when disturbed will heave a sigh or two, and, being left alone, again to all appearances ceases to breathe.

Submerged in water of a temperature slightly higher than his own, the hedgehog not only continues to live, but appears to suffer neither inconvenience nor harm. Inclosed in an air-tight receptacle, his atmosphere undergoes a change so slight that it cannot

be imputed to breathing. But circulation does not cease. As respiration diminishes the irritability of the muscles of the heart increases, and thus, without the stimulus of oxygen, although much more slowly, the heart continues to beat. In the absence of the fresh air drawn into the lungs in times of activity, unenclosed and unrevigorated and venous blood passes on to fill the whole system of circulation.

A profound lethargy ensues, only distinguishable from death by the slight beating of the heart. The waste is very small. The fat accumulated during the plenty of summer and autumn supplies all expenditure until the coming of spring, when earlier or later the hibernating animal, having no capital in reserve, begins to suffer the pangs of hunger. In response to the demand respiration very slowly increases. His oxidized blood flows more quickly and his energy returns.

Then the bat flies forth once more from the hollow tree in the wood, to find the warm dusk teeming with insect life, and the hedgehog comes, it may be, from the cavity under the guarded roots below, to find beetles, worms and slugs once more among the spring grass. Hibernation has saved him from starvation; but if his nook had not been snug and wisely chosen, it could not have preserved him from death from frost.

The hiding place also must be secret and free from intrusion, for the hibernating animal cannot bear to be suddenly aroused. Even the little dormouse, which comes out at intervals to feed, when in deep sleep does not survive too hasty an awakening. The heat of the hand gradually passing through the nest or to be carried indoors to the warmer temperatures of a room, is well enough.

He awakens refreshed, full of activity, and with a disposition speedily to become tame and make friends. But if you warm him suddenly back to life before he has gradually breathed the torpor out of his blood and established an equilibrium between his respiration and muscular irritability, his heart will beat at a tremendous rate, and in a few minutes he is dead.

SCRUPLES OF ONE JUROR.

Reason for Being Opposed to Capital Punishment Explained in Court.

A group of eminent Southern lawyers occupied chairs in the Raleigh and it was worth any man's while to hear their stories of court house episodes in Dixie. After Colonel John Allen and Judge Charlie Stuart, of Muscogee, and Colonel Edward L. Russell of Mobile had each narrated some funny yarns Judge "Jim" Melville of Gulfport, Miss., one of the most successful lawyers of his State, recounted this one:

"Some years ago while I was on the bench there came up for trial a murder case of more than usual interest. A great deal of difficulty was had in trying to get a jury, man after man being told to stand aside, mainly for the reason that he had already formed an opinion or that he was opposed to the infliction of capital punishment. So many of them made this last an excuse that I got a trifle irritated and came to the conclusion that it was merely a dodge to avoid jury service.

"Finally a long, lank specimen of a countryman was called upon for examination as to his fitness as a juror. When asked the regulation question he replied that he was opposed to capital punishment. Looking at him sternly and in tones somewhat suggestive of wrath I asked the fellow if he did not think there were conditions so extraordinary as to warrant the hanging of the offender. He said he did not believe anything could make him assent to such a verdict and I impatiently waved him aside and called for a new man.

"But will your honor let me explain," said the disqualified citizen, 'I'd like to give the court my reasons.' "I don't wish to hear an explanation from you. Go and sit down." "Excuse me, judge, but you must hear my reason."

"Well, then, give it and go along with you." "The reason I am opposed to capital punishment, your honor, is that my old mammy taught me it were a sin to kill anything that wasn't fit to eat."—Washington Post.

Arithmetic.

Teacher—How many commandments are there, Sally?

Sally—Please, teacher, ten.

Teacher—Suppose you were to break a commandment— (Impressive pause).

Sally—Then there'd be nine.—Punch.

The Wonderful Part.

"Jigley's new home is one of the best built houses I ever saw."

"Yes, it must be simply wonderful."

"Haven't you seen it?"

"No, but Jigley tells me that even the stairways don't squeak."—Philadelphia Press.

Women are supposed to be vain, but no man is as handsome as he thinks he is.

There are times when a lie would look better in print than the truth.

WEIGHING THE BABY



Physicians, Pharmacists, and Nurses endorse Cuticura Soap because of its delicate, medicinal, emollient, sanative, and antiseptic properties derived from Cuticura, the great Skin Cure, united with the purest of cleansing ingredients and most refreshing of flower odors. For preserving, purifying, and beautifying the skin, as well as for all the purposes of the toilet and bath, Cuticura Soap is priceless. Absolutely pure and may be used from the hour of birth.

Sold throughout the world. Cuticura Soap, 25c. Ointment, 50c. Remedial, 50c. (In form of Chocolate Coated Pills, 50c. per trial of 60, may be had of all druggists. Potter Drug & Chem. Corp., Sole Props., Boston, Mass. 62-1/2 Mailed Free. "All About the Skin, Soap, and Hair

Twelve hundred barrels of sweet mash whisky are turned out every seven days by one distillery in Kentucky, making a total annual output of 82,400 barrels.

Cape Horn was so named by Sponten, a Dutch sailor, who first "doubled it" from the name of his birthplace, Hoorn, a village on the Zuyder Zee.

It is shown by statistics that in fifty years the average height of British men has risen an inch. The present average height of a man of 20 is 5 feet, 8 1/2 inches.

If the skin becomes dry and wrinkled you may know that the condition is caused by using soap too freely. Soap takes the natural oil out of the skin. Almond paste is a good substitute for soap.

Thirty-nine thousand Salvation Army meetings are held every week and the average number of weekly open-air meetings is 37,000. The average attendance at the indoor meetings only every week is 1,292,885.

Over 200 cattle stalls are already reserved at the coming State Fair to be held at Lincoln the first week in September and very few stalls are unoccupied in the horse barns.

A sort of wafer made from a resinous juice and used by the natives in the Malay peninsula is the smallest coin in actual circulation. It has a value of one ten-thousandth of one cent.

Hard water is injurious to the skin. Wear clothing suitable to the climate and season.

Care for your complexion, hair, nails and every part of your person regularly spasmodically.

500 VIRGINIA FARMS, buildings, timber, best climate, water, markets, future. Grains, trucking, dairying, poultry. Great opportunities for farmers. Write for Real Estate Herald, Pyle & Co., Petersburg, Va.

The seed of Abyssinian coral tree was once used for weighing gold and precious stones because it is so small and always of the same weight and size.

Mrs. Winslow's SOOTHING SYRUP for children teething, softens the gums, reduces inflammation, allays pain, cures colic. Price 25c bottle

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