

COMPELLED TO USE A CRUTCH FOR EIGHT MONTHS. DOAN'S KIDNEY PILLS CURED MRS. P. CONLIN, CARBONDALE, PA.

Mrs. P. Conlin, 82 Greenfield Avenue, Carbondale, Pa., says: "I suffered with backache, and, despite the use of medicines, I could not get rid of it. I was compelled to use a crutch for eight months, and a part of the time was unable to walk at all. I fairly screamed if I attempted to lift my feet from the floor, and, finally, I lost control of my limbs through weakness, as I could neither bend nor straighten up to my full height, and if ever a woman was in a serious condition, I was. My husband went to Kelly's drug store and brought home a box of Doan's Pills. I felt easier in a few days, and, continuing the treatment, I



was soon able to walk. At the end of two weeks the pain in my loins left. When I had completed the treatment, I had not an ache nor a pain, and I have been in that condition ever since.

Aching backs are eased. Hip, back, and loin pains overcome. Swelling of the limbs and dropsy signs vanish.

They correct urine with brick dust sediment, high colored, pain in passing, dribbling, frequency, bed wetting. Doan's Kidney Pills remove calculi and gravel. Relieve heart palpitation, sleeplessness, headache, nervousness, dizziness.

## Odd Systems of Curing.

Here are a number of odd systems of curing disease which are now practiced in New York city:

The grape cure consists in reverting to a diet exclusively of grapes for several days at a time. It is much practiced in Europe. Patients go to the vineyards of the south and spend ten days there, eating the grapes all day long.

The fruit cure largely used in this country is merely a modification of the grape cure.

Allied to the grape and fruit cures are the two-meals-a-day, one-meal-a-day and the fasting cures.

A somewhat similar cure is the milk treatment, advocated and practiced quite extensively in New York city. Its disciples prescribe an exclusive diet of milk—as much in certain cases as two or three gallons a day.

The bathtub cure, largely practiced in Germany, but also in occasional use here, is a modification of one of Kneipp's systems. The patient's body is immersed in water at blood heat, and he remains there for days at a time, even sleeping in the water. The cure is of special efficacy in the treatment of burns, scalds and other external wounds.

Of baths there is an almost infinite variety used therapeutically. The Turkish, Persian and Russian baths are familiar. The needle bath is another.

The recently developed light treatment is assuming important proportions. It has many forms and is especially used in cases where disease is known to have a bacterial origin.

An important class of cures includes hypnotism, suggestive therapeutics and magnetic healing. Related to these methods also is Christian Science.

The National Health league is a million-dollar corporation formed for the promulgation of the nature cure. This includes many methods of treatment, but its central idea is the study of healthy conditions and the attainment of them by normal methods.

Complete rest is the cure-all devised by a prominent Philadelphia physician. He advocates an occasional week spent in bed under conditions favorable to the least possible exhaustion of vitality.

The olive oil cure is widely practiced. Pure oil is used externally with rubbing and internally as nourishment.

Deep breathing is claimed by many to be a specific in all manner of disease. The theory is that perfect aeration of the lungs means healthy blood and consequent health of all the tissues.

Physical culture is a very important branch of therapeutics. Its advocates claim that with regular exercise intelligently directed, and, as an essential accessory, right eating and drinking, the body may be kept in normal condition.

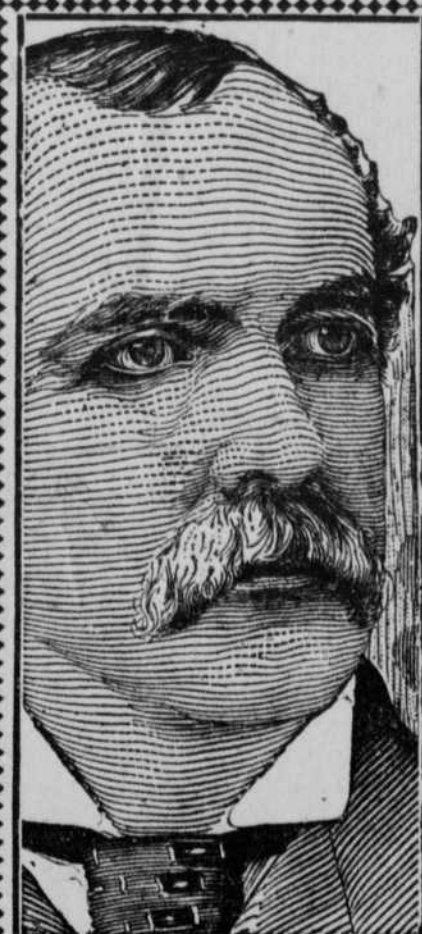
The treatment of certain diseases by baking the body in a special oven has recently been practiced with success.

The lean-meat cure is another system of dietetics.—New York World.

## U. S. SENATOR FROM SOUTH CAROLINA

Recommends Pe-ru-na

### For Dyspepsia and Stomach Trouble.



Ex-Senator M. C. Butler.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, O.

Catarrh of the Stomach is Generally Called Dyspepsia—Something to Produce Artificial Digestion is Generally Taken.

Hence, Pepsin, Pancreatin and a Host of Other Digestive Remedies Has Been Invented.

These Remedies Do Not Reach the Seat of the Difficulty, Which is Really Catarrh.

Ex U. S. Senator M. C. Butler from South Carolina, was Senator from that state for two terms. In a recent letter to The Peruna Medicine Co., from Washington, D. C., says:

"I can recommend Peruna for dyspepsia and stomach trouble. I have been using your medicine for a short period and I feel very much relieved. It is indeed a wonderful medicine besides a good tonic."—M. C. Butler.

The only rational way to cure dyspepsia is to remove the catarrh. Peruna cures catarrh. Peruna does not produce artificial digestion. It cures catarrh and leaves the stomach to perform digestion in a natural way. This is vastly better and safer than resorting to artificial methods.

Peruna has cured more cases of dyspepsia than all other remedies combined, simply because it cures catarrh wherever located. If catarrh is located in the head, Peruna cures it. If catarrh has fastened itself in the throat or bronchial tubes, Peruna cures it. When catarrh becomes settled in the stomach, Peruna cures it, as well in this location as in any other.

Peruna is not simply a remedy for dyspepsia. Peruna is a catarrh remedy. Peruna cures dyspepsia because it is generally dependent upon catarrh.

## WINCHESTER

### RIFLE & PISTOL CARTRIDGES.

"It's the shots that hit that count." Winchester Rifle and Pistol Cartridges in all calibers hit, that is, they shoot accurately and strike a good, hard, penetrating blow. This is the kind of cartridges you will get, if you insist on having the time-tried Winchester make.

ALL DEALERS SELL WINCHESTER MAKE OF CARTRIDGES.

## SOLID FACTS!



The heart gets weary, but never gets old.—Shenstone.

To Cure a Cold in One Day. Take Laxative Bromo Quinine Tablets. All druggists refund money if it fails to cure. 25c.

### An Absent-Minded Man.

Edward L. Henry, the academician, is considerably over 60 years of age, but his youthful, smooth face, aside from his gray hair, has deceived many persons. He is an inveterate joker and also exceedingly absent-minded. This is an actual experience he had at the Century Club not long ago. It was a reception and Mr. Henry was very busy talking to a fellow artist, when something irritated his ankle. He stopped down and lifted the edge of the bottom of one of the other man's trouser legs, calmly scratched the other man's ankle just above the patent tie, and, replacing the garment, went on talking, wholly oblivious of his action and apparently perfectly satisfied.

### Ring from Mrs. Sage's Coffin.

An interesting story appeared recently about an old-time rival—who has just died—for the hand of Mr. Sage's first wife, one of the "Emma Willard girls," a graduate of Mount Holyoke seminary. In commenting upon the story to a friend, the present Mrs. Sage, who was a school chum of the first wife, said that not long ago the old graveyard where her predecessor had been buried was torn up, and Mr. Sage went there to superintend the removal of the body. He stepped over the fence, and as he did so a coffin was borne past him. A wedding ring rolled out at his feet. It was that of his former wife. The present Mrs. Sage, who has much sentiment in her make-up, thought it a beautiful omen.

### A BACK NUMBER

#### The Milk and Egg Diet.

Starving the patient who has a sick stomach, is an out-of-date treatment and no longer necessary with the predigested and nourishing food Grape-Nuts, that the weakest stomach can handle and grow strong upon.

There is plenty of proof of this: "I had suffered from stomach trouble for six years and for most of the last two years had been confined to my bed, the trouble having become chronic in spite of the very best medical attention. I had always been a coffee drinker, but for the past year I could not drink it at all because it made me so nervous I could not sleep and my appetite was almost entirely gone.

"Then some friends advised me to try the predigested food Grape-Nuts and about three months ago I did so and since that time my improvement has been so rapid that my customers and friends are astonished and every day someone remarks upon my changed condition. I have gained 15 pounds, sleep well, my appetite is good and my digestion is perfect. Where I have lived on milk and light diet for years I now eat most anything I want and don't suffer any inconvenience either. The way Grape-Nuts food has built up my stomach and strengthened my nervous system particularly is just wonderful.

"I drink your food drink, Postum, too, and no longer feel the want of coffee. There is absolutely no doubt that leaving off coffee and using Grape-Nuts and Postum has brought me out of my bed from an invalid back to fine health." Name given by Postum Co., Battle Creek, Mich.

"There's a reason," and that reason is plain to anyone who will spend a few minutes investigating in the interest of health.

Send to the Co. for particulars by mail of extension of time on the \$7,500 cooks contest for 735 money prizes.

## Ruins to Be Preserved.

The United States has lately taken steps to preserve the extensive ruins discovered on the Navajo Indian reservation in the northeastern part of Arizona.

In these canyons are cliff dwellers' ruins, varying in size from a single room perched on some ledge to an extensive communal building, numbering as many as seventy-five rooms and several stories in height. On the canyon bottoms are most interesting pueblo ruins. There are more than 200 of both classes and at one time they must have housed a population of 15,000 souls. Students of America's prehistoric civilization hold that the cliff and pueblo dwellers belonged to the same race and possessed the same characteristics, dwelling in harmony. It is of interest to note that the Indians who now dwell in the canyon show a less advanced civilization than its prehistoric occupants.

Rev. Henry Mason Baum has made several visits to the canyons and discovered many valuable specimens. In the current issue of Records of the Past he tells about some of his visits. He found Del Muerto the most interesting.

It takes its name—"the canyon of death"—from the fact that at the time of the Spanish conquest a large force moved up the canyon and massacred hundreds of Indians.

It was in this canyon that he found a most peculiar mummy—an aged cliff-dweller warrior done up in a well-preserved feather cloth. By his side was a bow and arrow of perfect workmanship. "As I made the accompanying photograph," writes Mr. Baum, "it seemed to me that a more pathetic discovery had not been made in recent years."

In another cliff ruin was found the well-preserved skeleton of a male dwarf, supposed to be about 35 years old and measuring thirty-three inches in height. It is the first dwarf mummy found in the southwest and opens a new field of investigation. "It may bring the student face to face with a race of dwarfs as found in some of the native tribes of Africa. Each tribe is the possessor of from one to four of these dwarfs, whom they regard as their wise men. The saying is current among them that 'you can fool a native many times, but a dwarf but once.'"—New York Times.

## Are Small But Strong.

Everyone in a general way knows of the astonishing muscular power employed by insects and of the real force of force which they execute either in the pursuit of prey or in defending themselves against their enemies. At the same time one rarely has a precise idea of the strength of these insects because there are few standards of comparison, although nothing is simpler than to make a correct valuation of their strength.

The wing strength of insects is known because of the work of Felix Plateau and De Lucy, who showed that these little creatures could not raise a weight much heavier than themselves, no matter what the surface of their wings. During the course of these experiments a very interesting fact was discovered—namely, that the size of the wing decreases as the weight and size of the animal increases, a fact which explains the slow, heavy flight of the beetle and the swift, light movement of the gnat.

The case is entirely different, however, where the creature moves on a solid surface where six feet may obtain points of support. In this case we can approximately calculate the force exercised. Take, for example, a fly by the wings, leaving the legs free so that they may seize and raise a match. If a man wished to perform relatively equal labor he would have to raise a beam 24½ feet long by 14½ inches square. The earwig harnessed to a small chariot drags without difficulty matches, which for a large percheron horse would mean dragging 300 beams as long and thick as himself. The man who leaps the 300 meters of the Eiffel tower is merely repeating the action of the flea, which can leap 200 times its own height. Finally the Hercules is obliged to raise eighty large locomotives to equal the relative strength of an oyster, which in closing its valves exercises a force of fifteen kilograms. Thus it is a much more simple thing to calculate the strength of insects than to equal it and our modern athletes have yet a long road to travel before they can compete with animals occupying very humble positions in the living world.—Public Opinion.

## Want a Special Stamp.

The postoffice department is constantly in receipt of requests for the issue of a mourning stamp for use on black-edged stationery. Persons in all grades of life assert that there is no harmony or appropriateness in an envelope with a black edge and a red stamp in the corner and they beg the department to issue a black stamp. The department has given much consideration to the subject, but has been unable to comply with the requests on account of the rules of the universal postal union, which prescribe that our lowest value stamp shall be green; that the stamp used for domestic use

shall be red and the stamp carrying foreign mail—5 cent—shall be blue. In view of these restrictions it has not appeared possible to meet the requirements for a mourning stamp, as the department does not deem it advisable to print a stamp in red and also in black. However, the suggestion has been made that the 3-cent stamp, now printed in purple, might be issued in black, so that persons desiring to use a black stamp upon their mourning envelope might do so by paying the additional cent. The department may take up this suggestion later and act upon it.

### Right and Wrong Times.

"Why do some people invariably say 'Please could you tell me the right time?' How many wrong times are there, and what would be the advantage of knowing them? These are questions only fit for mathematicians and lunatics. They are like a story Lady Gregory heard in the West of Ireland workhouse and tells in her new book of 'Poets and Dreamers': There was a man in Ballinasloe asylum that was not very mad—just a

little mad—and he used to be raking about the gate. And there was a clock over the gate; and one day the doctor was going out, and he took out his watch and looked up, and he said to himself, 'That clock is not right.' 'If it was right it wouldn't be here,' said the man who was raking.

Harsh menaces are not always best—as the woman who marries a man to reform him is apt to discover to her sorrow.



### Mackay's Thoughtfulness.

The following incident furnishes one of the reasons why men in the employ of Clarence H. Mackay, president of the Postal Telegraph Company swear by him: Mr. Mackay was coming down in an elevator of the Postal building the other day, and noticed the operator perspiring in his heavy gray uniform. "Why don't you wear a lighter coat?" he said. "I haven't any," was the answer, "and they wouldn't let me wear it if I had." That afternoon Mackay issued an order. The elevator men in summer were to wear black alpaca coats, and the coats were to be provided by the company.

### Supreme Court Sustains the Foot-Ease Trade-Mark.

Buffalo, N. Y.—Justice Laughlin in Supreme Court has granted a permanent injunction with costs against Paul B. Hudson and others of New York City, restraining them from making or selling a foot powder which the court declares is an imitation and infringement on "Foot-Ease," now so largely advertised and sold over the country. The owner of the trade-mark and renders all parties liable who fraudulently attempt to profit by the extensive "Foot-Ease" advertising, in placing on the market the spurious and similar appearing preparation involved in the case. This the court declares was designed in imitation and infringement of the genuine "Foot-Ease." Similar suits will be brought against others who are now infringing on the Foot-Ease trade-mark rights.

### The blindness of justice should prevent her from winking at her favorites.

Truth knows how to be tolerant without truckling.

Clear white clothes are a sign that the housekeeper uses Red Cross Ball Blue. Large 2 oz. package, 5 cents.

Truth may lie at the bottom of a well, but falsehood can be found on nearly a tombstone.

A smile is the bud and a laugh is the full bloom.

\$36.00 per M. Lewis' "Single Binder," straight 5c cigar, costs the dealer some more than 50c cigars, but the higher price enables this factory to use higher grade tobacco. Lewis' Factory, Peoria, Ill.

Some men are locked up for safe-breaking and some for safe-keeping.

Those old boys who wore armor were the first mail carriers.

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

Don't pick a quarrel before it is ripe.

The fool never knows when to welcome either opportunity or good fortune.

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

Nothing surprises the woman who marries a man to reform him like the success of her efforts.

The only way to have a friend is to be one.—Emerson.

### GREATLY REDUCED RATES

WABASH RAILROAD. Home Visitors' Excursion to points in Indiana, Ohio and Kentucky, sold Sept. 1st, 8th, 15th and Oct. 6th, at very low rate, long limit returning. Little Rock, Ark., and return sold Oct. 2nd, 3rd and 4th.

### HALF FARE

Baltimore, Md., and return sold Sept. 17th, 18th and 19th.

Home-seekers' Excursion to many points South and Southeast, one way and round trip tickets sold the first and third Tuesdays of each month.

The Wabash is the only line passing the World's Fair Grounds, giving all a view of the buildings and grounds. Through connections. No bus transfer this route. Elegant equipment consisting of sleepers, FREE reclining chair cars and high back coaches, on all trains.

Ask your agent to route you via the Wabash. For rates, folders and all information, call at Wabash City office, 1601 Farnam street or address HARRY E. MOORES, Genl. Agt. Pass. Dept., Omaha, Neb.

It's only natural that a fellow on a lark is a bird.

A hard fall is often the result of trying to stand on one's dignity.

Fido's Cure cannot be too highly spoken of as a cough cure.—J. W. O'Brien, 323 Third Ave., N. Minneapolis, Minn., Jan. 6, 1900.

It is easy to tell a lie, but hard to tell only one lie.—Fuller.

In the sick room a jolly often does the work that a doctor sends in a bill for.

### HOW'S THIS?

We offer One Hundred Dollars reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure. F. J. CHENEY & CO., Props., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by him.

WEST & TRUAX, Wholesale Druggists, Toledo, Ohio; WALKING, KINNAN & MARVIN, Wholesale Druggists, Toledo, Ohio. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75c per bottle. Sold by all druggists. Hall's Family Pills are the best.

When a man thirsts for knowledge he isn't necessarily dry in his remarks.

What we learn with pleasure we never forget.—Mercier.

Superior quality and extra quantity must in. This is why Defiance Starch is taking the place of all others.

Any man who builded better than he knew evidently wasn't a government contractor.

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Rooms to rent, moderate charge to students over seventeen preparing for Collegiate Courses. A limited number of Candidates for the Ecclesiastical state will be received at special rates.

St. Edward's Hall, for boys under 15 years, is unique in the completeness of its equipment. The 60th Year will open September 8, 1903. Catalogue Free. Address P. O. Box 256, REV. A. MORRISSEY, C. S. C., President.

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One Mile West of Notre Dame University. Most beautifully and healthfully located. Conducted by the Sisters of the Holy Cross, Chartered 1855. Enjoying a national patronage. Thorough English, Classical, Scientific and Commercial Courses, advanced Chemistry and Pharmacy. Regular Collegiate Degrees. Preparatory Department trains pupils for regular, special or collegiate courses. Physical Laboratory well equipped.

The Conservatory of Music is conducted on plans of the best Conservatories. The Art Department is modeled after leading Art Schools. Minors Department for children under twelve years. Physical Culture under direction of graduate of Dr. Sargent's Normal School of Physical Training.

The best modern educational advantages for fitting young women for lives of usefulness. The constant growth of the Academy has again necessitated the erection of additional fine buildings with latest hygienic equipments. Moderate cost. New school year begins September 8th. Mention this paper. For catalogue and special information apply to The Directress of ST. MARY'S ACADEMY, Notre Dame, Indiana.

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## FREE TO WOMEN!



To prove the healing and cleansing power of Paxtine Toilet Antiseptic we will mail a large trial package absolutely free. This is not a tiny sample, but a large package, enough to convince anyone of its value. Women all over the country are praising Paxtine for what it has done in local treatment of female ills, curing all inflammation and discharges, wonderful as a cleansing vaginal douche, for sore throat, nasal catarrh, as a mouth wash and to remove tartar and whiten the teeth. Send today; a postal card will do.

Sold by druggists or sent postpaid by us, 50 cents, large box. Satisfaction guaranteed. THE R. PAXTON CO., Boston, Mass. 214 Columbus Ave.

Watched with care, use Thompson's Eye Water