

Doctor Brigham Says

MANY PHYSICIANS PRESCRIBE

Lydia E. Pinkham's
Vegetable Compound

The wonderful power of Lydia E. Pinkham's Vegetable Compound over the diseases of womanhood is not because it is a stimulant, not because it is a palliative, but simply because it is the most wonderful tonic and reconstructive ever discovered to act directly upon the generative organs, positively curing disease and restoring health and vigor.

Marvelous cures are reported from all parts of the country by women who have been cured of the most distressing ailments. Physicians and druggists everywhere have recognized the virtue of Lydia E. Pinkham's Vegetable Compound, and are fair enough to give credit where it is due.

If physicians dared to be frank and open, hundreds of them would acknowledge that they constantly prescribe Lydia E. Pinkham's Vegetable Compound in severe cases of female illness, as they know by experience it can be relied upon to effect a cure. The following letter proves it.

Dr. S. G. Brigham, of 4 Brigham Park, Pittsburg, Mass., writes: "It gives me great pleasure to say that I have found Lydia E. Pinkham's Vegetable Compound very efficacious, and often prescribe it in my practice for female ailments. My oldest daughter found it very beneficial for uterine troubles some time ago, and my youngest daughter is now taking it for a female weakness, and is surely gaining in health and strength."

"I freely advocate it as a most reliable specific in all diseases to which women are subject, and give it honest endorsement."

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

Women who are troubled with painful or irregular menstruation, bloating (or flatulence), leucorrhoea, falling inflammation or ulceration of the uterus, ovarian troubles, that bearing-down feeling, dizziness, faintness, indigestion, nervous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, at Lynn, Mass., for further free advice. No living person has had the benefit of a wider experience in treating female ills, she has guided thousands to health. Every suffering woman should ask for and follow her advice if she wants to be strong and well.

When Enough Was Plenty.

King Saul had just had his famous interview with the witch of Endor. "There, your majesty," said the lady, "that's positively the best I can do, for you in a 10 sitting. Now, if you would care to invest in one of the \$25 brand I could give you ever so much more detail." "No, I thank you," said Saul, "I think this will hold me for a while." And he went out and whetted his sword.

Perry Not to Be Killed.

Perry Shrum had the misfortune accidentally to shoot himself through the arm last week, making a very painful wound, but is recovering fast. It would be a hard matter to kill Perry unless you cut his head off and hid it from him.—Mitchell, Ore., Sentinel.

Cleanliness in the Dairy.

To have healthful milk and butter, absolute cleanliness in caring for it is necessary, as nothing will absorb impurities so quickly as milk. Many housekeepers who are otherwise careful, overlook this when they wash milk utensils with cheap soap, made from filthy fats. Use Ivory Soap and thoroughly scald and air all pans and buckets. ELEANOR H. PARKER.

Find Remains of Sea Reptile.

The remains of a big sea reptile, said to be the first of its kind known to scientists, have been dug out of the limestone in Humboldt county, Nevada, and shipped to the University of California.

Insist on Getting It.

Some grocers say they don't keep Defiance Starch because they have a stock in hand of 12 oz. brands, which they know cannot be sold to a customer who has once used the 16 oz. Defiance Starch for same money.

First English Actress.

The first woman on the English stage was Mrs. Chapman, who appeared as Islanthe in the "Siege of Rhodes," 1668.

More Flexible and Lasting.

won't shake out or blow out; by using Defiance Starch you obtain better results than possible with any other brand and one-third more for same money.

Flowering Evergreen.

The flowering evergreen, camellia, was brought from Japan by a Spanish Jesuit named Kamel; hence the name.

Piso's Cure for Consumption.

An infallible medicine for coughs and colds.—N. W. SAMUEL, Ocean Grove, N. J., Feb. 17, 1900.

Horses Aided Locomotives.

In the early days of railroading horses were used to help the locomotives on upgrades.

Superior quality and extra quantity must win.

This is why Defiance Starch is taking the place of all others.

Originated Board of Trade.

Cromwell is said to have originated the board of trade idea.

FARMS FOR RENT OR SALE ON CROP

payments. J. MULHALL, Sioux City, Ia.

Cremation in France.

The cost of cremating a body in France is only three francs.

"Dr. David Kennedy's Favorite Remedy"

will cure you of all the most distressing diseases. Dr. Senator Albert Kerritt, Paris Place, N. Y., is a bottle.

Is there any such thing as being

absolutely unselfish?—Aitchison Globe.

THE DAISY FLY KILLER

destroys all the flies and house-flies in dining-room, sleeping-room and places where they are troublesome. Clean, neat, kills without hurting anything. Try them one, you will never be without them. If not kept by dealer, send prepaid for five. Handwritten, 149 N. 10th St., Minneapolis, Minn.

LEWIS'S SINGLE

STRAIGHT CIGAR BINDER
Annual Sale \$7,000,000

Your jobber, or direct from factory, Peoria, Ill.

CARE OF THE BODY

How to Acquire and Retain the Priceless Possession of Good Health

Summer Disorders of Infancy.

The most common stomach disorder is known as acute gastric catarrh, acute indigestion, or acute dyspepsia—all three terms signifying the same disorder. The chief cause is irritation due to food, improper in quantity or quality, spoiling in the stomach.

This malady rarely occurs in infants fed on good breast milk, unless something occurs to upset the mother. Older children often have attacks from eating too much candy, unripe fruit, pastry and the like. In grown people this disorder is called a "bilious attack."

In bottle-fed infants, especially during the summer months, it is a very common complaint. The symptoms are loss of interest in play and surroundings, starting in the sleep, crying with colic pains, drawing up the legs on the abdomen, sharp, shrill cry, paleness around the mouth, blueness of the skin and cold feet; in severe cases, fever, nausea and vomiting of mucus and undigested food. When the food has been more than usually indigestible there are often convulsions and symptoms resembling those of inflammation of the brain and spinal cord.

The writer remembers well a typical case. A child of three years, after eating a number of windfall apples and drinking two cups of milk, was suddenly seized with convulsions, occurring every half hour or less, and remained unconscious for hours. Some effort had been made to empty the stomach by vomiting, but in vain. An emetic and tickling the throat with a feather brought up a mass of lumps of unripe apple and large, sour curds. This soon restored the little one to consciousness. A thorough enema and dose of castor oil freed the alimentary canal of the undigested food and poisons produced by it; but several days of fever followed, during which no food could be retained by the stomach, and even water was rejected for a time.

The best treatment in case of acute indigestion is to empty the alimentary tract at once by an emetic of warm water or the stomach lavage; a thorough enema and a mild cathartic to free the bowels. Stop all food at once, and do not try to put anything into the stomach until the vomiting ceases, unless it be ice-pills or sips of hot water.

The colic pains can often be relieved by fomentations. In the chill stage at the onset, a warm full bath or a warm sheet pack is good; and a hot mustard foot bath when the feet are cold. If there is diarrhea, hot enemata, followed by tepid or cool ones, are often very soothing. In cases of infants, especially bottle-fed babies, all milk should be kept out of the food for a time. During the first twenty-four to thirty-six hours, only pure cold water or ice should be given. After vomiting and purging cease, the child may be fed a teaspoonful or two of white of egg (the white of one egg mixed with four ounces of water or gruel). When the patient begins to convalesce, milk, modified and sterilized, may gradually be given.

Pleasant Prescriptions.

One word, you hypocochondriac! Let nature heal your woes. If you are blue, He'll give the green leaf tonic. And spices from the wood; One treatment will convince you His medicine is good. Mayhap ennui afflicts you; Go, call on Dr. Lark. (You'll find him in the meadows) And to his music, hark. He'll tell you of the woodland, Breathe secrets of the hills; And listening to his sweetest notes Will banish all your ills.

Simple Test for Pure Air.

Dr. A. T. Schofield, in his new book, "Nerves in Order, or The Maintenance of Health," gives the following simple test of indoor air which any one can easily make:

"Put one tablespoonful of clear lime water into a half pint bottle that has previously been brought into the room full of water, and emptied there so as to be filled with the actual air to be tested. If the bottle be then corked and the tablespoonful of lime water shaken up and down, it will get cloudy with chalk if the air be unfit to breathe, whereas it will remain clear if it is fairly pure."

"Second-Hand Breaths."

Dr. Northrup, one of the leading specialists in children's diseases in the United States, has recently reported remarkable success in the treatment of pneumonia by avoiding, as he calls it, giving the patient "second-hand breaths." He opens all the windows and doors to the sick room, so that the air the patient breathes is as pure as that out of doors.

It is astonishing to note the splendid improvement in the appetite when a tubercular patient is put out of doors. The same would be true of many a wretched dyspeptic. Likewise many patients who have to be put to sleep every night with morphine or other drugs, which stupefy the liver, stomach and other organs just as much as they do the brain, would soon sleep like healthy children if they were only given a liberal introduction to God's great out-doors.

In Stettin, Germany, nearly one-half of the children die the first year; while in Japan, where the children are born and reared in houses that are almost as open as wicker baskets, they are rarely sick at all.

To Balk the Merciless 'Skeeter.

With the ferocious mosquito now out hungrily seeking his prey, it would be well for those leading an outdoor life to know that a good way to keep these and similar pests at a distance is to apply to the hands and face the following lotion, recommended by the Journal of the Outdoor Life Society of camphor 12 dr. Oil of lavender 2 dr. Oil of pennyroyal 2 dr.

Here's another hint from the same journal. Scientists who have gone boldly into the favored haunts of the mosquito to study his ways, have discovered that the insects are partial to some colors and averse to others. They particularly dislike yellow. Their favorite is dark blue, with dark red next, then brown, then scarlet, then black, then blue gray, then olive green, then violet, then pearl gray, then white.

It should be borne in mind that the mosquito is the chief source of malarial infection. Certain species of mosquitos constantly carry with them in their bodies the malarial parasites, and in inflicting their bite they inject some of these parasites into the blood.

Dr. Schoo has observed that when mosquitoes have access to acid fruits their bite becomes less poisonous, or quite harmless. And Professor Celli has observed that in portions of Italy where tomatoes are largely cultivated, the people are practically free from malarial infection, although the region is naturally very malarious. It would seem, then, that the wide cultivation of acid fruits, such as tomatoes, strawberries, and other succulent varieties, may be made an important factor in ridding the world of this very troublesome pest.

Hygiene of Churches.

The poet tells us that the groves were God's first temples. From a health standpoint they were far superior to our magnificent modern edifices, where the worshippers come in contact with countless germs lurking in the upholstered seats, and in the dust-laden carpets, and their minds are stupefied by being compelled to inhale the poisons that are constantly exhaled from the lungs of others, be they sick or well.

Clergymen should feel pride in having their churches hygienically constructed and well ventilated. Fixed carpets should not be used in places of worship where so many people congregate. The example of the great Roman divine, the bishop of Fano, in Italy, is a good one to follow in this respect. A circular was recently issued by him in which he asks the priests of his diocese to comply with the following rules:

- "1. In every church the floor must be regularly cleaned with sawdust, saturated with a strong sublimate solution. This thorough cleaning should take place particularly after holidays when great masses of people have visited the church.
- "2. Every week all ordinary chairs and confessional chairs, should be thoroughly cleaned with moist rags.
- "3. The grate of the confessional chairs must be washed every week with lye and then polished."

Best Sleeping Place for Hot Weather.

The healing power of the great outdoors is rapidly becoming known to the great public, and an increasing number are availing themselves of the curative and hygienic advantages of the outdoor life.

The present is a favorable time for getting used to the outdoor life. A tent pitched in the yard or a screened porch is a far better sleeping place for the present season than an ordinary bedroom. To get the greatest possible benefit from the outdoor life, one needs to live out continuously, day and night. The average man spends one-third of his life in sleep. The conditions which surround the body during sleep must necessarily exercise a powerful influence upon life and health. If this time is spent outdoors, in contact with the fresh air and the invigorating influence of the open air, a result in the highest degree beneficial must certainly be experienced.

One who is accustomed to sleeping outdoors can hardly endure the atmosphere of the house. Even with windows wide open there seems something lacking. A sense of depression or oppression is felt—a sort of cloud, which is lifted when one again gets under the open sky.

Condensed Milk Bad for Babies.

In holding an inquest at Lambeth, England, on the body of a three-week-old infant that had died from exhaustion through inability to digest condensed milk, the coroner said that he thought it would be a good thing if each of the jurymen would tell three of their friends that condensed milk is a bad thing for babies, and ask them to pass it on in like manner. We contribute our share toward the diffusion of information.

Tuberculosis a "House Disease."

The most striking feature about tuberculosis is, that it depends almost entirely upon the house. The house is the granary of the tubercle bacillus outside the host. Were it not for the house, the tubercle bacillus would soon have to perish from the face of the earth. It could not be preserved. Sunlight, air and water are its natural enemies. The water dissolves it out of its cache, and the sunlight and air destroy it.—Flick.

Drink and Crime.

A leading London magistrate recently said: "Once you get rid of drunkenness, you might almost close the police courts. It is surprising how, on analysis, drink is found at the bottom of most of the offenses that come before a metropolitan magistrate."

Carnegie on Happiness.

When asked his opinion as to the secret of happiness, Mr. Carnegie, the Scotch-American millionaire, replied: "A good conscience and a good digestion; and poverty is favorable to both."

Banded for Good Purpose.

Paris possesses a curious social organization with an odd purpose. It is a band of prosperous tradesmen, who agree to trade with one another to the utmost extent possible, and when necessary to help one another with loans without interest. The clique calls itself "The Tranquil Fathers."

Rummage Sale Incident.

A clergyman at Yarmouth, England, who was attending a "rummage sale," that was being held for a charity laid a new straw hat on a stall, and when he turned around to get it a minute or two later found that the energetic stallkeeper had sold it for 4 cents to an unknown purchaser.

Monks Drink Champagne.

In the seventeenth century a monk named Perignon had charge of a vineyard belonging to the abbey of St. Peter Hautvilliers, Champagne, and he also superintended the making of the abbey wines. In the course of his experiments he discovered "sparkling champagne."

The Ideal Husband.

The real ideal husband should be a busy man and one whose day is very full. Men are not happy without plenty of work; and a man who has not outlet for his energy elsewhere bestows it on his household, with generally unfavorable results.—Lady St. Heller in Leisure Hour.

Bishop Invented Bombs.

Bombs, it is said, were first thrown March 24, 1580, on the town of Wachtendenck, in Guelderland. The historian, Hone, says "the invention is commonly attributed to Galen, bishop of Muenster."

To Cana for Water.

The boy had to describe our Lord's first miracle. The turning of water into wine, he wrote, was the first miracle and it happened at Cana. Then he added: "After that everybody went to Cana for water."

Work.

Even after Charity has covered a multitude of sins a good many of them are still in the open.—Puck.