

# FOR HEALTHY AND LONG LIFE

Simple Rules, the Observance of Which Will Double Capacity for Work and Pleasure

**Daily Exercise.**  
Clerks, bookkeepers and thousands of other indoor workers suffer from the lack of pure air and muscular exercise. If an attempt is made to begin systematic exercise, or an hour or so is spent in digging or chopping wood, undue soreness and fatigue are produced. This disagreeable result often stops the experiment. Instead of discouraging the trial, the very soreness should point out the great need of the body.

If the work were persisted in and gradually increased the stiffness would soon disappear, and leave in its place a general feeling of increased vigor. The nerves are strengthened and the bodily activities quickened. The effect is not alone on the muscles used, but upon each organ. The blood is purified and the digestion strengthened.

The effects of a prolonged sedentary life are overcome only by working off the accumulated poisons and creating an appetite for new pure food. This is built up in the body, and thus the whole man is renewed.

Exercise must be carefully increased and adapted to the individual muscular strength. The weakest muscles must be brought up to the standard of the others.

For feeble persons who are not able to do the desired work, massage, Swedish movements and mechanical exercises should be employed.

For more robust persons, walking, horseback riding, rowing, bicycle riding and especially swimming are to be recommended.

## How to Have a Clear Head.

The man who desires to have a clear head, a brain keenly alive to the subtle influences of the universe about him, alert to respond to every call made upon it by the bodily organs under its supervision—ready to receive impressions from the infinite source of universal thought, and capable of thinking the high thoughts of God after Him, must live simply, abstemiously, naturally, and must avoid every harmful and inferior food. He will select the choicest foodstuffs. These consist of fruits, nuts, dehydrated grains—that is, well toasted grain preparations, toasted bread, toasted wheat flakes, etc. He will eat sparingly, never to repletion. He will exercise out of doors at least two or three hours daily, living as much of the time as possible in the open air. He will sleep eight hours at night. He will take a vigorous cold bath every morning on rising, and will take at least two or three times a week, a warm, cleansing bath, just before going to bed at night. He will conserve for useful work every energy of mind and body. He will endeavor to live righteously in the largest sense of the word.

## Night Air and Consumption.

The old fallacy that night air is a dangerous miasm is not yet dead. Much has been said about fresh air, outdoor life and sunshine for tuberculosis. Many victims have experienced the healing power in these natural agencies. But too often the consumptive, after a day in the sunshine or in the cold, crisp winter air, retires for a night's sleep in a dark, stuffy, airtight room. Don't be afraid of night air.

Open the bedroom to all the sun possible during the day. The room will then be dry, though cold. Dampness is dangerous and more apt to occur in a closed than in a wide-open room. Keep at least one window in the bedroom open day and night, summer and winter. The door should shut the chamber off from the rest of the house. In the morning the patient should be taken quickly into a warm room for the cold sponge bath.

## Insidious Poisons.

The poisonous effects resulting from the use of tea and coffee are very decidedly manifest to one who has given thought to this question, and has made careful observations in relation to it. The sallow complexion, common among women of the higher classes who have reached middle life, the almost universal nervousness among American women, and many common digestive disorders, and the increasing prevalence of nervous or sick headaches, afford to the experienced physician ample evidence of the toxic or poisonous character of tea, coffee, and the allied beverages, cocoa and chocolate. The well-known effect of these drugs in producing wakefulness, banishing as if by magic the sensation of fatigue, affords sufficient evidence of their poisonous character. No one would doubt for a moment the poisonous character of a drug capable of producing irresistible drowsiness in a person who is not weary. The power of a drug to produce wakefulness in a person strongly inclined to sleep as the result of fatigue, is equally evidence of its poisonous character.

## The Only Safeguard Against Tuberculosis.

Tuberculosis is a low-level disease. People are not subject to it until their bodies have become weakened and their whole constitution undermined. It used to be thought that one could not have tuberculosis if only he exercised his lungs. A man who had this disease went to a professor in Vienna for advice. The professor said, "You had better get a horn and learn to play it, to exercise your lungs." "Alas, professor," answered

## VEIL DRAWN OVER THE SCENE

St. Petersburg Believes Army Will Not Be Totally Ruined.  
ST. PETERSBURG—A veil is drawn over the progress of General Kurovitch's heroic effort to extricate his beaten army, but the general staff insists that while he has been defeated, yet there has been no disaster.

The peril of the whole army, especially of the rear guard, is admitted, and Mukden may have been evacuated during last night, although nothing definite has been received on this point.

Yesterday General Bilderling's army which held the center, fell back upon the Hun river, clinging all the day desperately to Madyapi at the apex of the city.

One of General Linevitch's corps was hurriedly withdrawn during Wednesday night and sent to the support of General Kaulbar's hard pressed forces, who were fighting off General Noz's flanking legions west and northwest of the city. At the same time the remainder of General Linevitch's army fell back to the north bank of the Hun river where it checked temporarily the pursuing columns of General Kuroki, who hemmed him in west, south and east.

All day yesterday and last night, wounded men, munitions, baggage and stores streamed northward. The railroad and the Mandarin road were almost blocked at the last moment notwithstanding the fact that an immense amount of stores, etc., was removed last week.

## THAT QUARANTINE MEASURE

Said to Be a Menace to Live Stock Interests.  
WASHINGTON—W. G. Comstock of Ellsworth, Neb., in a telegram to Senator Millard says that the president's message to congress on the quarantine bill is a menace to the live stock interests of the country. In connection with this matter, which is exciting the liveliest kind of interest among live stock men of Nebraska, Senator Millard has received a letter from S. P. Delatour of Llewellyn, complaining against the quarantine regulation with respect to cattle exposed to mange. He makes the broad statement that not 2 per cent of the cattle on the ranges had been known to have mange; that out of 4,000 head of cattle he handled in recent years he had lost but four head from mange. Mr. Comstock, in addition to his statement that the bill would be a menace to the live stock interests if passed, said that he was in favor of federal control of quarantine rather than state control. Mr. Delatour says that what is most needed is an inspection for feeders at the point of destination and not at the point of embarkation.

## Believed Smallest Shetland Pony.

A Blackburn (England) man owns a Shetland pony which is believed to be the smallest in the United Kingdom. Four years old, fully grown, jet black, with a long, shaggy coat, it is only twenty-seven and one-half inches high, or one-half inch short of seven hands.

## Tobacco and Deafness.

Tobacco has been discovered to have a selective action upon the auditory nerve. Moderation in the use of the drug, and avoiding it altogether where deafness has already begun or where there is a family history of such troubles, is advisable.

## Curious Weather Vane.

An Englishman has erected a curious weather vane on his house along side the road near Westerham. It depicts a motor car running over a pedestrian, while at the arrow end of the vane stands the avenger—a policeman with uplifted arm.

## What London Spends on Cabs.

A statistician has arrived at the conclusion that \$25,000,000 is spent yearly by the public of London on cabs. He also estimates that of that great sum perhaps \$7,500,000 represents tips and overcharges.

## At the government station Lulea, in Sweden, experiments are being made to secure varieties of plants not likely to be injured by frost.

## Unlike the human being, the horse with the biggest "pull" does the most of the pulling.

## THE TRICKS.

## Coffee Plays on Soma.

It hardly pays to laugh before you are certain of facts, for it is sometimes humiliating to think of afterwards.  
"When I was a young girl I was a lover of coffee but was sick so much the doctor told me to quit and I did but after my marriage my husband begged me to drink it again as he did not think it was the coffee caused the troubles.  
"So I commenced it again and continued about 6 months until my stomach commenced acting bad and choking as if I had swallowed something the size of an egg. One doctor said it was neuralgia and indigestion.  
"One day I took a drive with my husband three miles in the country and I drank a cup of coffee for dinner. I thought sure I would die before I got back to town to a doctor. I was drawn double in the buggy and when my husband hitched the horse to get me out into the doctor's office, misery came up in my throat and seemed to shut my breath off entirely, then left all in a flash and went to my heart. The doctor pronounced it nervous heart trouble and when I got home I was so weak I could not sit up.  
"My husband brought my supper to my bedside with a nice cup of hot coffee but I said: 'Take that back, dear, I will never drink another cup of coffee if you gave me everything you are worth, for it is just killing me.' He and the others laughed at me and said:  
"The idea of coffee killing anybody.'  
"Well, I said, 'It is nothing else but coffee that is doing it.'  
"In the grocery one day my husband was persuaded to buy a box of Postum which he brought home and I made it for dinner and we both thought how good it was but said nothing to the hired man and they thought they had drunk coffee until we laughed and told them. Well we kept on with Postum and it was not long before the color came back to my cheeks and I got stout and felt as good as I ever did in my life. I have no more stomach trouble and I know I owe it all to Postum in place of coffee.  
"My husband has gained good health on Postum, as well as baby and I, and we all think nothing is too good to say about it." Name given by Postum Co., Battle Creek, Mich.

## Jap Cruisers Go South.

LONDON—The correspondent at Hong Kong of the London Standard states that three Japanese cruisers with colliers passed southward Sunday afternoon and that men of war and colliers passed southeasterly on Friday.

## Control of Big Trees.

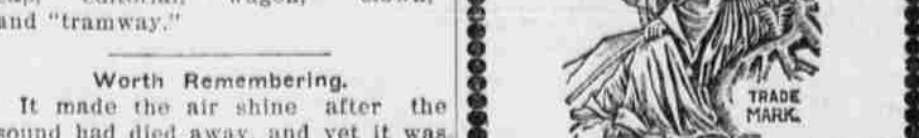
SACRAMENTO, Cal.—Final steps in the recession to the federal government of the Yosemite valley and the Mariposa big trees, so far as California is concerned, was taken by Governor Pardee when he signed the bill providing for the regrant. Specially prepared pens were made from quills taken from the eagle mounted in the assembly chamber. At conclusion of the ceremony only one of the pens was retained by the governor and the other was presented to Senator Belshaw, author of the recession bill.

## Nebraska Members Work Hard.

WASHINGTON—Every member of the house from Nebraska was on the floor Friday night awaiting an opportunity to rush bills through under suspension of the rules. The senate put a paragraph in the deficiency appropriation bill to continue the salary of Miss Cora B. Thomas, the treasury department clerk who was so frightfully mangled in an elevator at the treasury department building. An appropriation for her relief was stricken out of the bill in the house on a point of order.

## FROM MISERY TO HEALTH.

A Prominent Club Woman, of Kansas City, Writes to Thank Doan's Kidney Pills for a Quick Cure  
Miss Nellie Davis, of 1216 Michigan Avenue, Kansas City, Mo., society leader and club woman, writes: "I cannot say too much in praise of Doan's Kidney Pills, for they effected a complete cure in a very short time when I was suffering from kidney troubles brought on by a cold. I had severe pains in the back and sick headaches, and felt miserable all over. A few boxes of Doan's Kidney Pills made me a well woman, without an ache or pain, and I feel compelled to recommend this reliable remedy."  
(Signed) Nellie Davis.  
A TRIAL FREE—Address Foster-Milburn Co., Buffalo, N. Y. For sale by all dealers. Price, 50 cents.



## Worth Remembering.

It made the air shine after the sound had died away, and yet it was just the remark of a young man who walked past me one day arm-in-arm with a companion: "Depend upon it, Tom, St. Edmund of Canterbury was right when he said to somebody, 'Work as though you would live forever; live as though you would die today.'"—Exchange.

## Close Prisoner for 21 Years.

Twenty-one years ago a peasant in the village of Jaemeradorf, near Ostprignitz, placed his son in a small building, and, after walling him in, kept him there. Food was handed in through a small opening not many inches in diameter, which was the only channel for light and air within. The peasant is now aged 90, his wife 86 and the son 46.

## Promptly Fixing the Blame.

Mrs. Three-Year-Old was obliged to remain indoors because of a severe cold. Looking out of the window, she saw her favorite boy playmate with another little girl. They were having a fine time in the snow. Turning to her mother, the cooped-up exclaimed: "I never did like that girl."

## Dealing with Burning Oil.

To extinguish burning oil do not throw water on the flames, for it will only spread them by causing the oil to float. The right plan is to throw on flour, earth or sand. Any of these things will soak up the oil—generally paraffin from an overturned lamp—and quickly extinguish the fire.

## Every housekeeper should know that if they will buy Defiance Cold Water Starch for laundry use they will save not only time, because it never sticks to the iron, but because each package contains 16 oz.—one full pound—while all other Cold Water Starches are put up in 3/4-pound packages, and the price is the same, 10 cents. Then again because Defiance Starch is free from all injurious chemicals. If your grocer tries to sell you a 12-oz. package it is because he has a stock on hand which he wishes to dispose of before he puts in Defiance. He knows that Defiance Starch has printed on every package in large letters and figures "16 oz." Demand Defiance and save much time and money and the annoyance of the iron sticking. Defiance never sticks.

## Love leaps over the grave.

**Important to Mothers.**  
Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it Bears the Signature of *Chas. H. Fletcher.* In Use For Over 30 Years. The Kind You Have Always Bought. You can only sell honor once.

## DO YOU COUGH DON'T DELAY TAKE KEMP'S BALSAM THE BEST COUGH CURE

It Cures Colds, Coughs, Sore Throat, Croup, Asthma, Whooping Cough, Bronchitis and Asthma. A certain cure for Consumption in first stages, and a sure relief in advanced stages. Use at once. You will see the excellent effect after taking the first dose. Sold by dealers every where. Large bottles 25 cents and 50 cents.

## THOMPSON'S EYE WATER

As afflicted with Thompson's Eye Water

## SAY PLAINLY TO YOUR GROCER

That you want LION COFFEE always, and he, being a square man, will not try to sell you anything else. You may not care for our opinion, but

## What About the United Judgment of Millions of housekeepers who have used LION COFFEE for over a quarter of a century?

Is there any stronger proof of merit, than the Confidence of the People and ever increasing popularity? LION COFFEE is carefully selected at the plantation, shipped direct to our various factories, where it is skillfully roasted and carefully packed in sealed packages—unlike loose coffee, which is exposed to germs, dust, insects, etc. LION COFFEE reaches you as pure and clean as when it left the factory. Sold only in 1 lb. packages.

## Lion-head on every package. Save these Lion-heads for valuable premiums. SOLD BY GROCERS EVERYWHERE WOLSON SPICE CO., Toledo, Ohio.



## FOR CUPBOARD CORNER

## St. Jacobs Oil

Straight, strong, sure, is the best household remedy for Rheumatism Neuralgia Sprains Lumbago Bruises Backache Soreness Sciatica Stiffness Price, 25c. and 50c.

## BEST BY TEST

"I have tried all kinds of waterproof clothing and have never found anything at any price to compare with your Fish Brand for protection from all kinds of weather."  
(The name and address of the writer of this unolicited letter may be had upon application.)

A. J. TOWER CO. The Sign of the Fish Boston, U. S. A. TOWER CANADIAN CO., LIMITED Toronto, Canada. Makers of Warranted Wet Weather Clothing.

## Chicks Well Hatched Are Half Sold

To be profitable an incubator must hatch chicks to average 85% of fertile eggs set—good, strong, healthy chicks that will live and grow to maturity. That's what the SURE HATCH INCUBATOR does. 50.00 of them doing today. Sold on 60 Day TRIAL, with \$100.00 5 Year Guarantee. Operates with half the oil and half the trouble others do. High percentage hatched, hatched early that live and grow, make money. Best chicks are those that are hatched early. The best procedure can't be overdone. Hatched chicks. Our 120-Egg INCUBATOR, complete with all fixtures, delivered, all charges prepaid, for only \$10. Write for free catalogue today and learn why sure Hatches make money while others lose money. SURE HATCH INCUBATOR COMPANY, Clay Center, Neb., Indianapolis, Ind.

## MIXED FARMING WHEAT RAISING RANCHING

Three great pursuits have again shown wonderful results on the Free Homestead Lands of Western Canada this year. Magnificent climate—farmers plowing in their shirts sleeves in the middle of November. "All are bound to be more than pleased with the final results of this past season's harvest."—Extract. Coal, wood, water, hay in abundance, schools, churches, markets convenient. Apply for information to Superintendent of Immigration, Ottawa, Canada, or to authorized Canadian Government Agent—W. V. Brouck, 301 New York Life Building, Omaha, Nebraska. Please say where you saw this advertisement.

## FARMS For Sale on CROD payments

J. MULHALL, Sioux City, Iowa.