

Women in Our Hospitals

Appalling Increase in the Number of Operations Performed Each Year—How Women May Avoid Them.



Going through the hospitals in our large cities one is surprised to find such a large proportion of the patients lying on those snow-white beds women and girls, who are either awaiting or recovering from serious operations.

Why should this be the case? Simply because they have neglected themselves. Ovarian and womb troubles are certainly on the increase among the women of this country—but every one of those patients in the hospital beds had plenty of warning in that bearing-down feeling, pain at left or right of the womb, nervous exhaustion, pain in the small of the back, leucorrhoea, dizziness, flatulency, displacements of the womb or irregularities. All of these symptoms are indications of an unhealthy condition of the ovaries or womb, and if not heeded the penalty has to be paid by a dangerous operation.

When these symptoms manifest themselves, do not drag along until you are obliged to go to the hospital and submit to an operation—but remember that Lydia E. Pinkham's Vegetable Compound has saved thousands of women from surgical operations.

When women are troubled with irregular, suppressed or painful menstruation, weakness, leucorrhoea, displacement or ulceration of the womb, that bearing-down feeling, inflammation of the ovaries, backache, bloating (or flatulency), general debility, indigestion, and nervous prostration, or are beset with such symptoms as dizziness, lassitude, excitability, irritability, nervous-

Lydia E. Pinkham's Vegetable Compound Succeeds Where Others Fail.

ness, sleeplessness, melancholy, "all-gone" and "want-to-be-left-alone" feelings, they should remember there is one tried and true remedy.

The following letters cannot fail to bring hope to despairing women.

Mrs. Fred Seydel, 412 N. 54th Street, West Philadelphia, Pa., writes:

Dear Mrs. Pinkham—
I was in a very serious condition when I wrote to you for advice. I had a serious womb and ovarian trouble and I could not carry a child to maturity, and was advised that an operation was my only hope of recovery. I could not bear to think of going to the hospital, so I wrote you for advice. I did as you instructed me and took Lydia E. Pinkham's Vegetable Compound, and I am not only a well woman to-day, but have a beautiful baby girl six months old. I advise all sick and suffering women to write you for advice, as you have done so much for me.

Miss Ruby Mushrush, of East Chicago, Ind., writes:

Dear Mrs. Pinkham—
I have been a great sufferer with irregular menstruation and ovarian trouble, and about three months ago the doctor, after using the X-Ray on me, said I had an abscess on the ovaries and would have to have an operation. My mother wanted me to try Lydia E. Pinkham's Vegetable Compound as a last resort, and it not only saved me from an operation, but made me entirely well.

Lydia E. Pinkham's Vegetable Compound at once removes such troubles. Refuse to buy any other medicine, for you need the best.

Mrs. Pinkham invites all sick women to write her for advice. Her advice and medicine have restored thousands to health. Address, Lynn, Mass.

Lydia E. Pinkham's Vegetable Compound Succeeds Where Others Fail.

OLD FAVORITES

Give Me Three Grains of Corn, Mother.
Give me three grains of corn, mother—
Only three grains of corn,
It will keep the little life I have
Till the coming of the morn.
I am dying of hunger and cold, mother—
Dying of hunger and cold,
And half the agony of such a death
My lips have never told.

It has gnawed like a wolf at my heart, mother—

A wolf that is fierce for blood;
All the living day, and the night beside,
Gnawing for lack of food.

I dreamed of bread in my sleep, mother,
And the sight was heaven to see;
I awoke with an eager, famishing lip,
But you had no bread for me.

How could I look to you, mother—
How could I look to you,
For bread to give your starving boy,
When you were starving, too?

For I read the famine in your cheek,
And in your eyes so wild,
And I felt it in your bony hand,
As you laid it on your child.

The Queen has lands and gold, mother—
The Queen has lands and gold,
While you are forced to your empty breast.

A skeleton babe to hold—
A babe that is dying of want, mother—
As I am dying now.

With a ghastly look in its sunken eye,
And fainting upon its brow.

What has poor Ireland done, mother—
What has poor Ireland done,
That the world looks on, and sees us starve.

Perishing one by one!
Do the men of England care not, mother—
Do the men of England care not, mother—

The great men and the high—
For the suffering sons of Erin's isle,
Whether they live or die?

There is many a brave heart here, mother—
There is many a brave heart here,
Dying of want and cold.

While you are forced to your empty breast,
Are many that roll in gold;
There are rich and proud men there, mother.

With wondrous wealth to view,
And the bread that they fling to their dogs to-night
Would give life to me and you.

Come nearer to my side, mother—
Come nearer to my side,
And hold me close as you held
My father when he died;

Quick for I cannot see you, mother,
But my breath is almost gone;
Mother! dear mother! ere I die,
Give me three grains of corn.

Kubla Khan.
In Xanadu did Kubla Khan
A stately pleasure dome decree,
Where Alph, the sacred river, ran,
Through caverns measureless to man,
Down to a sunless sea
So twice five miles of fertile ground
With walls and towers were girdled round;
And there were gardens bright with sinuous rills,
Where blossomed many an incense-bearing tree;
And here were forests ancient as the hills,
Enfolding sunny spots of greenery;
The shadow of the dome of pleasure
Floated midway on the waves;
Where was heard the mingling measure
From the fountain and the caves,
It was a miracle of rare device,
A sunny pleasure dome with caves of ice;
A damsel with a dulcimer
In a vision once I saw;
This was no Abyssinian maid,
And on her dulcimer she played,
Singing of Mount Abora,
Her sallow skin was
To such deep feeling 'twould win me
That with music loud and long
I would build that dome in air—
That sunny dome! those caves of ice!
And all who heard should see them there,
And all should cry, Beware! Beware!
His flashing eyes, his floating hair!
Weave a circle round him thrice,
And close your eyes with holy dread,
For he on honey dew hath fed,
And drunk the milk of Paradise.
—Samuel T. Coleridge.

DEMAND FOR WATER POWER.

Waterfalls Enable World, While Increasing Machinery, to Spare Coal.

Every day sees more and more of the wasted power of waterfalls which lies at man's disposal in every hilly or mountainous country, turned to use in furnishing electric energy.

The power of waterfalls is driving the greatest of all tunnels, the double Simplon bore, through the Alps; it is sending another tunnel, by devious ways, behind precipices and under glaciers to the summit of the snowy Jungfrau; and a plan is now being perfected for constructing, once more with the aid of waterfalls, and to be run by them, when finished, a rival to the Simplon road, which shall cross the Alps between Turin and Martigny.

Everybody knows what Niagara is doing, and how the waterfalls of California, and of other mountainous States, are being harnessed.

A. A. Campbell Swinton at the recent meeting of the British Association for the Advancement of Science, presented accurate statistics, which he had personally collected, showing that no less than 1,500,000 horsepower derived from waterfalls is now being utilized in various parts of the world for the development of electric energy. Of this great total, which he believed did not represent the full truth, for he thought it probable that the real aggregate is 2,000,000 horsepower, nearly one-third must be credited to the United States.

There is one feature of this utilization of water power in place of steam power, which Mr. Swinton brought

out, and which is seldom thought of, and that is the saving of coal which it effects. On the basis of 2,000,000 horsepower derived from waterfalls, this saving amounts to nearly 12,000,000 tons of coal per year.

But the maximum amount of water-power that is available has not yet begun to be approached in actual utilization, so that the annual saving of coal must become larger and larger every year. This, in view of the increasing difficulty of working many coal mines, owing to the great depths to which they have penetrated, and in view of the approaching exhaustion of some of the most famous fields, becomes a highly important consideration.

Every little while the world is reminded, more or less sensationally, of a coming coal famine. The fact is that coal, of the better grades, possesses so many advantages and conveniences as a fuel that the earth's supplies of it should be conserved for human use as long as possible. Men of science have more than once sounded a warning against the waste of coal, for coal is the gift of a geologic age which can not be renewed. Thus waterfalls, by enabling us to spare coal, are performing an indirect service only less important than their direct service in supplying electric power. But for them the growing use of electricity would soon make a drain upon the coal mines of the most serious character.

The era of waterfalls seems certainly to have dawned. Every great cataract will become a focus of industry, just as every great river valley has always been a center of population, and Professor Brigham's prediction, that Niagara is to be the industrial center of America, may be fulfilled within a generation.—Success Magazine.

OLDEST ALTAR IN AMERICA.
Church Built by Cortez' Order in Tascala Still Stands.

Many Americans with the two historical dates of 1607 and 1620 firmly fixed in their minds may be surprised to learn that for nearly a century before the days of Jamestown and Plymouth Rock Christian altars had been standing on this side of the great waters.

The daring Spaniards followed close after the great discovery, says a writer in the Pilgrim, and braved the seas in search of treasure. So it was that the intrepid Cortez marched upon Montezuma's capital after burning his ships behind him at Vera Cruz. Here at Tascala, twenty miles north of Puebla and less than fifty miles east of Mexico City, Cortez found staunch allies. Their four chiefs he baptized from a huge black lava font. Each of these rulers had a key to the great treasure chest, which can still be seen, an enormous affair having four locks.

Here is also shown the banner Cortez carried in his conquest and afterward presented the Tascalans for their loyalty. It is about ten feet long and forked at the end; its fine and heavy silk was once a beautiful crimson.

The Tascalans have again and again refused almost fabulous sums offered for it on behalf of Spain. These natives throughout the country cling with a wonderful tenacity to any such relic, for in their eyes it is supremely sacred. At the time of Cortez, Tascala was an important city. Charles V. of Spain, signed the grant of arms to the city, while Philip II, affixed his signature to the city charter at Barcelona, May 10, 1585.

The church of San Francisco, the original one built by order of Cortez, is in good preservation, having been well cared for. On the pulpit in the chapel is found this unique inscription, "Aqui tubo principio el Santo Evangelio en este nuevo mundo." ("Here the holy gospel had a beginning in the new world.") Like the interior of all Mexican churches, this chapel is highly decorated, being especially rich in elaborate statuary.

Tascala is the capital of the state of the same name, which happens to be the smallest commonwealth in the Mexican union. The city now numbers barely 4,000 inhabitants, while the greater part of its public buildings show there is no progress and very little repair.

Emerson on the Sea.

On the ensnare the play of the Atlantic with the coast! What wealth is here! Every wave is a fortune. One thinks of Etlers and great projectors who will yet turn all this waste strength to account. What strength and fecundity, from the sea monsters, hugest of animals, to the primary forms of which it is the immense cradle, and the phosphorescent infusories; it is one vast rolling bed of life, and every sparkle is a fish. What freedom and grace with all this might! The seeing so excellent a spectacle is a certificate to the mind that all imaginable good shall yet be realized. The sea is the chemist that dissolves the mountain and the rock, pulverizes old continents and builds new, forever redistributing the solid matter of the globe, and performs an analogous office in perpetual new transplanting of the races of men over the surface, the exodus of nations. We may well yield us for a time to its lessons. But the nomad instinct, as I said, persists to drive us to fresh fields and pastures new. Indeed the variety of our moods has an answering variety in the force of the answer, and the sea drives us back to the hills.—Ralph Waldo Emerson, in Atlantic.

The average girl may be hard to please in the presents given to her by the family, but any old thing her steady sends suits.

To gloat after you have won is a cheap luxury.

DANGERS TO BE AVOIDED IN FEBRUARY.

Intense Cold Breeds Catarrh.

Sudden Changes Breed Catarrh.



Severe Weather.
February is a month of severe storms and intense cold.

Even in the South, where the prevailing temperature is much above wintry latitudes, February brings sudden changes of temperature.

Mercury sometimes drops 20 degrees in a single night.

Therefore, the following health hints are applicable to the whole of North America:

Ventilation.
The sleeping rooms should be well ventilated, but so as to avoid direct currents of air.

Bathing.
Those in vigorous health should take a cold water towel bath every morning before breakfast. Those in feeble health should take a brisk dry-towel-rub every morning.

Diet.
The diet should be a generous one, including meat, and occasionally fresh vegetables.

Sunshine.
The nights being long and the days short, as much sunshine as possible should be let into the house during the day.

Clothing.
The head should be kept cool at all times. The feet should be kept warm and dry, day and night.

Peruna.
When unavoidably exposed to cold or wet, a few doses of Peruna will avert bad consequences.

Precaution.
When seized with a chill, or even slight chilliness, a dose of Peruna should be taken at once.

Behind the Age.

New Clerk (anxious to show his shrewdness)—Mr. Sellfast, I have an idea. Put a little more lead into your weights. Then your customers will get overweight, and when they deal elsewhere they'll think other grocers are cheats. You can make up by adulterating the goods a little.

Grocer—The goods are adulterated to the utmost limit already. Now skip down cellar and bring up another lot of Maine herring for sardines, and a gross or two of cottonseed oil for olive.

CASTORIA
For Infants and Children.
The Kind You Have Always Bought
Bears the Signature of *Charles H. Fletcher*

UNITED STATES
IMPORTING CANADA
WHEAT IS NOW A FACT

GET A FREE HOMESTEAD IN WESTERN CANADA

At any time of the best wheat lands on the continent, and become a producer. The average yield is about 20 bushels to the acre. The soil and water crop will also yield abundantly. Splendid climate, good schools and churches, excellent farming facilities. Apply for information to Superintendent of Immigration, Ottawa, Canada, or to E. T. Holmes, 310 Jackson St., St. Paul, Minn., and J. M. McLachlan, Box 125, Watertown, So. Dakota. Authorized Government Agents. Please say where you saw this advertisement.

DO YOU COUGH
DON'T DELAY
KEMP'S
BALM
BEST COUGH CURE

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

The climate is mild in
The crops are good in
The land is cheap in
Kansas
Rich, Productive, Smooth Farms,
\$5 to \$15 per acre.

Address WISE & STERN,
St. Louis City, Mo. or Kansas City, Mo.

BECC'S CHERRY COUGH SYRUP
cures coughs and colds.

WISCONSIN CURE FOR
SORES WHERE ALL ELSE FAILS.
Best Cough Syrup. Tastes Good. Use in Time. Sold by druggists.

CONSUMPTION

GREGORY'S
SPECIAL CREAM SEPARATOR
FOR \$25.00 we will sell the celebrated GREGORY'S SEPARATOR. It separates the cream from the milk in less than 10 minutes. It is made of pure brass and is guaranteed to last for years. It is the best separator ever made. It is sold by all dealers in household goods.

10,000 Plants for 16c.
More gardens and farms are planted to plants than ever before. There is a reason for this. It is because the plants are so cheap. They are sold for 16c per 10,000. This is a great saving. The plants are of all kinds, including flowers, shrubs, and trees. They are of all sizes and colors. They are of all kinds of soil and climate. They are of all kinds of uses. They are of all kinds of beauty.

BECC'S CHERRY COUGH SYRUP
cures coughs and colds.

WISCONSIN CURE FOR
SORES WHERE ALL ELSE FAILS.
Best Cough Syrup. Tastes Good. Use in Time. Sold by druggists.

CONSUMPTION

The U. S. Dept. of Agriculture gives to Salzer's Oats its highest endorsement. Salzer's New National Oats yielded in 1901 from 59 to 330 bu. per acre in 30 different States, and you, Mr. Farmer, can beat this in 1905, if you will.

Speltz or Emmer, above illustrated, gives 80 bushels grain and four tons hay besides per acre. It's wonderful. Salzer's seeds are pure and bred up through careful selection to big yields.

Per Acre. Salzer's Beardless Barley yielded 121 bu. Salzer's Home Builder Wheat... 300 bu. Salzer's Victoria Rape... 6000 lbs. Salzer's Tossie Dollar... 16000 lbs. Salzer's Billion Fold Grass... 50000 lbs. Salzer's Pedigree Potatoes... 1000 bu. Now such yields pay and you can have them, Mr. Farmer, in 1905.

SEND US IN STAMPS
and this notice to the John A. Salzer Seed Co., La Crosse, Wis., and you will get their big catalog and lots of farm seed samples free. [C. N. U.]

Where the Bub Comes.
Untraveled Youth—I believe I will go to Florida next week. What is the fare?
Traveled Elder—Young man, if you had enough to pay your board after you got there, you wouldn't ask about such a trifling incidental as the railroad fare.

I find Piso's Cure for Consumption the best medicine for crampy children. Mrs. F. Callahan, 114 Hall street, Parkersburg, W. Va., April 16, 1904.

As Explained.
Judge Lowder—Oberer, why didn't you go to the aid of the defendant in the fight?
Policeman—Faith, an' 'O didn't know which av them wuz gin' to be th' defendant, yer Honor.

Figs as Food.
Figs have been used as food in the Orient from the earliest times and were also believed to be an antidote to poison.

Mrs. Winslow's Soothing Syrup for Children teething; soothes the gums, reduces inflammation, allays pain, cures wind colic. 2 cents a bottle.

The most expensive lace manufactured to-day is valued at \$5,000 a yard.

WET WEATHER WISDOM!
THE ORIGINAL
TOWER'S
FISH BRAND
SLICKER
BLACK OR YELLOW
WILL KEEP YOU DRY
NOTHING ELSE WILL
TAKE NO SUBSTITUTES
CATALOGUES FREE
SHOWING FULL LINE OF GARMENTS AND HATS.
J. A. TOWER CO., BOSTON, MASS., U.S.A.
TOWER CANADIAN CO., LTD., TORONTO, CANADA.

ACHED IN EVERY BONE.

Chicago Society Woman, Who Was So Sick She Could Not Sleep or Eat, Cured by Doan's Kidney Pills.

Marion Knight, of 23 N. Ashland Ave., Chicago, Orator of the West Side Wednesday Club, says: "This winter when I started to use Doan's Kidney Pills I ached in every bone and had intense pains in the kidneys and pelvic organs. The urine was thick and cloudy, and I could barely eat enough to live. I felt a change for the better within a week. The second week I began eating heartily. I began to improve generally, and before seven weeks had passed I was well. I had spent hundreds of dollars for medicine that did not help me, but \$5 worth of Doan's Kidney Pills restored me to perfect health."

A TRIAL FREE—Address Foster-Milburn Co., Buffalo, N. Y. For sale by all dealers. Price, 50 cents.

No Horsewhips in Moscow.

There is a notable law in force in most of the large Russian towns concerning horses. Among the curious things that arrest the attention on arriving in Moscow is the entire absence of whips among drivers of cabs, carriages and all sorts of vehicles. There is a law prohibiting their use and there is not a single whip in use in Moscow. The excellent condition of the horses attest the benefit of this humane law. Nothing can exceed the beauty of the sleek and well-groomed horses used in the carriages of Moscow.

A GUARANTEED CURE FOR PILES.

Relief, Balm, Bleeding or Protruding Piles. Your Druggist will refund money if PRAZZO OINTMENT fails to cure you in 6 to 14 days. 50c.

Real Sorrow.

A little girl had the whooping cough very badly, and it seemed that no one could aid her in any way when a paroxysm of coughing seized her. One day, after a most severe one, she sat down all tired out, and with a look of patient resignation said: "Oh, I do feel so sorry for myself!"

Germany exported last year over \$30,000,000 worth of books and works of art. England and the United States were her best customers.