THE SCIENCE OF LIVING.

Dr. George F. Butler Tells How to Eut and How to Assimilate.

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Dr. George F. Butler, medical super-Intendent of the Alma Springs Sanitarium, Alma, Mich., in the October number of "How to Live," gives some interesting as well as sensible rules for acquiring and keeping health. He says: "Without we eat and drink, we die! The provocative to do both rests with the appetite, which, in process of time, becomes a very uncertain guide; for the palate will often induce a desire and relish for that which is most mischievous and indigestible. The old saying of 'eat what you like' is now shunned by everybody of 20 years' experience. Still, without appetite, it is a very difficult affair to subsist-for the pleasure depends chiefly upon the relish. The relish may become, as has been stated, a vitiated one, but it is quite possible to make the stomach, by a liftle forbearance and practice, as enamored of what is wholesome and nutritious as of that which is hurtful, and not concoctible.'

Again he says: "The delicate should feed carefully, not abundantly; it is not quantity which nourishes, but only that which assimilates."

"Be careful of your digestion" is the keynote of the doctor's argument. He says: "Health in man, as in other animals, depends upon the proper performance of all the functions. These functions may be shortly said to be three: (1) tissue change; (2) removal of waste; (3) supply of new material. For the activity of man, like the heat of the fire by which he cooks his food, is maintained by combustion; and just as the fire may be prevented from burning brightly by improper disposition of the fuel, or imperfect supply of air, and as it will certainly go out if fresh fuel is not supplied, and may be choked by its own ashes, so man's tissue change, and may be put an end freshness of youth. to, by an insufficient supply of new material and imperfect removal of tive which these photographic artists waste products.

"We should see to it that free elimination is maintained, for the ashes must be kept out of the system in order to have good health. The skin, kidney and bowels must do their eliminative work properly. If the bowels Just see the wrinkles, and Mr. Board occasionally become torpid, try to reg- | said most of them must come out," ula: them with exercise and proper called the girl with the auburn hair. food, such as fruits, green vegetables, salads, cereals, corn, whole wheat or graham bread, fish, poultry, light soups, etc. Pienty of water is also valuable, and a glass full of cold or her," was her comment. hot water the first thing upon rising coming constipation. Regular habit, cold baths and massage are very efficacious. In case the constipation does not yield to these hygienic measures, some simple, harmless laxative may be required, such as California Syrup of Figs a non-irritating preparation of senna in tig syrup-Laxative mineral waters are beneficial in some cases, but not to be employed continually. "Above all be an optimist, keep the heart young. Cuitivate kindness, cheerfulness and love, and do not forget that 'we shall pass through this world but once. Any good thing, therewe show to any human being, let us do it now. Let us not defer it or neglect it, for we shall not pass this way lives in Keithsburg, thirty-five miles again."

THE HAPPY WIFE.

You ask me why I'm happy when so many wives complain, And say their husbands only live to give them endless pain. My secret you demand to know, you've seen my happy nook, And you quiz me not a little, but-remember I can cook!

When other wives are envious, and tell my husband dear My gowns are very out of date, and at my wardrobe sneer, I have no fear, I only smile, I care not how I look! I know I've but to whisper-"Dear, remember I can cook."

My love has often said to me, "My dear, I know you're plain, But married life with you, my sweet, has brought me naught but gain, Let other women sing and dance, or even write a book, Yet you're above them all in charm-remember you can cook!"

And always when I'm begged by girls to tell them by what art I captured such a handsome man and won quite all his heart, I merely say, "My dears, I'm sure that all the pains I took, Was asking him to dinner-for remember I can cook!"

And all you modern women who are anxious to be wed, Be wise, throw up your arts and crafts, and learn to bake your bread. For be certain that no husband will forget the vows he took, If his wife will only please him by remembering how to cook.



r front of a large window in the to grant her request without sufficient fifth story of a business block sat reason. Whereupon Elsie, with the three girls before three easels. They blush of shame upon her cheek and a were still girls, though contact with little tremor in her voice, said: "That activity may be lessened by imperfect the world had rubbed off some of the old lady who wanted the wrinkles

On each easel was fastened a negawere retouching, enlivening their work

by divers comments upon the faces before them, the originals of which were unknown to the workers.

-Selected.

"Oh, Daisy, do look at this face! home." Daisy Barradell leaned over and looked at her neighbor's negative. "A vain old woman, I should call

said, while the tears welled up in her blue eyes as every moment brought her nearer home.

"Good-by, my dear. You are traveling in the right direction when you are going home to mother," were the old lady's parting words as Elsie left the car.

Depositing her bundles on a seat in the little waiting room, she walked up the road toward home with as little conscious effort as if she wore winged sandals.

Outside the familiar little white house two small boys were playing. Millionaires who claim pensions "to They looked at her as they would a stranger, and she failed to recognize them.

Surely she had not mistaken her fe- er. ther's house. No, this was the right place, for out of a side door came a freekle-faced boy of fifteen hearing a pan of dirty water. In spite of his added inches she knew him.

"Oh, David, where's mother?" cried Elsie, approaching the astonished boy, who almost dropped his pan of water. "Well, I think it time you were coming home. I've had enough of dish-

washing," was his doubtful welcome. "Who are those little boys in front

of the house?" she asked. "Cliff and Harvey. What's the matter with you, Elsie?"

Elsie hung her head. They were her own brothers, and she had not known them.

"But where's mother?" she inquired once more. "Upstairs, sick abed. Say, Elsie,

have you come home to spy on us or to help us out?" "I'm going to stay home and help

mother," answered Elsie, entering the house. "Hurrah for sister Eisie!" came from a pair of lusty lungs, as David emptied

his pan and followed her into the house. Another brother faced her at the

stair door and impeded her progress. "This is fine, Elsie. Mother has

just been fretting and wishing to hear from you. This will do her more good than medicine," said Ray Coen, a stur dy six-footer.

"What's the matter with mother,

"Overwork and worry, the doctor said. It does seem good to see you



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At any rate, the engineers agree that a canal can be dug. From that point on they disagree. Can Congress decide?-Tacoma Ledger.

perfect their army records" must have peculiar views of what an honorable discharge means .- Philadelphia Inquir-

The canal men want a clubhouse and the Canal Commission has agreed to furnish it. The Home for Superannuated Ditch Diggers can be built later.-Puck.

The New York Four Hundred has now been cut down to S1. If it were reduced to one the general public would be but little the poorer .-- Jacksonville Times-Union.

Let us build the canal for ourselves, not for our grandchildren. If our grandchildren want to be prominent in the game they can pay for it.-New York Evening Mail.

If New York's 400 has shrunk to 79, how long will it take the exclusive set to become extinct? This sum cannot be worked by vulgar fractions.-St. Louis Globe-Democrat.

Secretary Shaw says that we want a more elastic currency. Right you are, Secretary; something that will stretch from one pay day to another .-- Philadelphia Evening Telegraph.

The report that gold has been discovered on the Isthmus of Panama is probably founded on the fact that a good deal of it has gone there that never came back .- New York Mail.

It is evident that the Czar intends to keep Poland for the purpose of having something to kick when he feels the necessity of giving expression to his feelings .--- Chicago Record-Herald.

Chicago people are now objecting to the public use of toothpicks. For people who have just learned to use toothpicks, those Chicagoans are becoming awfully fastidious.-Atlanta Journal.

Died of Improvements.

The following is told of a patient, German woman, who, taken seriously ill, was sent to the hospital.

In the evening her husband inquired how she was getting along, and was told that she was improving.

Next day he called again, and was told she was still improving.

This went on for some time, each day the report being that his wife was improving.

Finally, one night when he called, he was told that his wife was dead. Seeing the doctor, he went up to him and said:

"Vell, doctor, vat did she die ofimprovements

Just Wonderful.

Vestry, Miss., Jan. 1st (Special)-The case of Mrs. C. W. Pearson, who resides here is a particularly interesting one. Here is the story told by Mr. Pearson, her husband, in his own words. He says:

"My wife's health was bad for a long time. Last July she was taken terrible bad with spasms. I sent for the doctor, and after making a thorough examination of her, he said undoubtedly the cause of her trouble was a disordered state of the Kidneys. His medicine didn't seem to be doing her much good, so as I heard about Dodd's Kidney Pills, I got her a box just to give them a trial. Well, the effect was just worderful. I saw that they were the right medicine and I got two more boxes. When she had taken these she was so much better that she had increased thirty pounds in weight. She is now quite well, and we owe it all to Dodd's Kidney Pills."

A Discouraged Chauffeur.

"So you are the applicant for the position as chauffeur?" asked the gentleman, looking up from his desk.

"Yes, sir," replied the man who had just entered the room.

"Are you a union man?" "Yes, sir."

"Well, after you have worked on a machine for eight hours and the thing won't go, what do you do?"

"Oh, well, sir, if you've got one of that kind of machines, I don't want the job!"-Yonkers Statesman.

Robbed in Church.

Just think what an outrage it is to be robbed of all the benefits of the services by continuous coughing throughout the congregation, when Anti-Gripine is guaranteed to cure. Sold everywhere, 25 cents. F. W. Diemer, M. D., Manufacturer, Springfield, Mo.

"And you are the daughter?" asked

smile.

"Then I will be glad to release you, Ray?" asked Elsie, anxiously. and may God bless you."

To Elsle the intervening hours be-

taken out for her daughter's sake is my mother."

the astonished man.

"Yes, sir; I never realized how much my mother needed me until I saw that negative, and I feel as if I must go

"To smooth out mother's wrinkles?" suggested Mr. Board, with a kindly

"I hope so."

Too many men use up all their religion on Sunday-and consequently have her." none left for the balance of the week.

Catarrh Cannot Be Cured

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces. Hall's Catarrh Cure is not a quack medicine. It was prescribed by one of the best physicians in this country for years and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers ,acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing Catarrh. Send for testimonials free. F. J. CHENRY & CO., Props., Toledo, O. Sold by Druggists, price 75c. Take Hall's Family Pills for constipation.

Divination seems heightened to its highest power in woman.-Alcott.

BOY'S TERRIBLE ECZEMA.

Mouth and Eyes Covered with Crusts -Hands Pinned Down-Miraculous Cure by Cuticura

"When my little boy was six months old, he had eczema. The sores extended so quickly over the whole body that we at once called in the doctor. We then went to another doctor, but he could not help him, and in our despair we went to a third one. Matters became so bad that he had regular holes in his cheeks, large enough to put a finger into. The food had to be given with a spoon, for his mouth was covered with crusts as thick as a finger, and whenever he opened the month they began to bleed and suppurate, as did also his eyes. Hands, arms, chest and back, in short the whole body, was covered over and over. We had no rest by day or night. Whenever he was laid in his bed, we had to pin his hands down; otherwise he would scratch his face, and make

The door opened, and Mr. Board, the fore train time seemed interminable. in the morning will aid much in over- photographer, entered. Nina Carr at She soon packed her trunk and sent it brother Ray glowed with delight. once appealed to him.

"There's a lot of work to do on this to leave the city. face. It won't look like her if you take out all those wrinkles."

old lady has a daughter who has been gway from home for several years, and the picture is for her. The daughter is home, if only for a short visit. But to be kept in ignorance of her mother's wrinkles, and I promised to humor the old lady's whim."

"Does she live here?" queried the girl at the third easel, looking at the negative with an air of interest. Uafore, that we do, or any kindness that | til now her attention had been wholly concentrated upon her own work.

"No," answered Mr. Board; "she west. She said she couldn't get anyone there to take a picture to suit

"But why does she want to look to different from what she really is?" asked Nina.

"Well, I suspect her daughter has been the cause of some of those wrinkles, and she wishes to keep the knowledge of that from her," was the photographer's response, as he closed the door.

The girl at the third casel took her ELSIE BURIED HER FACE IN HER HANI negative from its position and brought It to Nina, saying in a voice that trembled a little in spite of herself: "Will you change with me, Miss Carr? I'd rather do yours if you'll finish mine.' Nina Carr looked at the likeness of a dimpled baby which Elsie Coen held in her hands, and quickly made the exchange.

Elsie fastened the negative on her easel, and sat motionless while she studied the face before her. Presently she took up her pencil, and some of the wrinkles began gradually to disappear.

Elsie Coen was a recent addition to their force of workers. She was rather slight, with light hair and blue eyes, and a fact that always seemed ready to break into smiles at the slightest provocation. She was an acknowledged expert in her line, and had late ly arrived there from Chicago.

"My! she looks any amount better, to her. doesn't she, girls? She doesn't look so very old now," remarked Daisy Barradel, coming up behind Elsie's chair.

"I should say she didn't," said Nina, craning her neck to get a good view of the picture without leaving her seat. "Isn't that a dear face? If my mother had lived, I should want her to look just like that."

Elsie buried her face in her hands I'm going home to my mother, too." and commenced to sob. Daisy knelt "Does she live in Keithsburg?" in-

to the depot three hours before it was

While she sat in the waiting room she thought of her mother as she re-"Nevertheless, it must be done. The membered her, of her letters that had been answered so tardily, and of several urgent requests for her to return she had always spent her vacations at

AND COMMENCED TO SOB.

some pleasant resort with merry companions, and her mother's desires were inheeded.

As she sat there, her conscience was continually giving her little sharp pricks of remorse, and she was not sorry when the whistle of the train interrupted her self-condemning reflections.

She entered the car, and, with her bundles, occupied an entire seat. Having actually taken her place in the home-bound train, she allowed herself a little glow of anticipated joy. Just to think, she would soon be home again! How surprised and rejoiced her dear mother would be!

The car was rapidly filling up, but Elsie did not feel in the mood for a seat mate. However, when an old lady went through the aisle, vainly searching for a seat, Elsie eagerly motioned

"Thank you, dear," said the grateful ecipient of Elsie's generosity.

The old lady proved to be very chatty.

"Are you going far " she asked. "To Keithsburg. I'm going home to ny mother."

"Well, now, ain't that nice? I just know she'll be real glad to see you.

again," and the honest, kindly face of Elsie's eyes overflowed as she flew

upstairs to mother. How glad they were to see her, and how little she deserved her welcome.

Her heart was too full to utter a word as she knelt peside her mother and hid her face in the bedclothes. As for her mother, she understoodmothers always do-and her own joyful surprise found vent in repeating over and over again: "Oh, Elsie! Mother's only daughter! Mother's

dear, good girl." And Elsie felt that no sacrifice would be too great to atone for those years of selfish neglect.

When the doctor came next day he told Elsie her mother would have no further need of medicine, and as Elsie looked at her dear, loving face, beaming with joy, she knew he had told the truth.-Christian Standard.



His Solicitous Hostess Would Not Allow Him to Tell It.

The old judge had tried three times to tell his story, and each time had been interrupted by the solicitude of his daughter concerning the welfare of her guests. After the third interruption her father waited with a formal dignity that could not be ignored.

"Excuse me, father," she apologized, "you were going to tell us---"

"I was going to tell you," he replied, "of the time when I enjoyed the 'pleasures of the chase' for three weeks. It was down in King County. You know," turning to the guests, "the reputation they have down there for hospitality? Well, it surpasses its reputation-yes, sir, leaves it clear out of sight. They make you a gift of the whole estate the moment you enter its gates; I believe if you asked for the moon they'd contrive to have it on the table for you at the next meal. As for the things they did have-the

chicken and muffins and spiced hams -well, it's no use thinking about them now.

"There was just one thing that kept it from being paradise down there, and that was that you couldn't tell a story, not if Mrs. Madison was at the ta-

"I began one at breakfast one day, and I'd get no farther than two sentences before she'd interrupt to offer me some cream, or a particular pear, or an especial kind of pickle, or to tell Caroline to bring some hot muffins, or to inquire exactly how many lumps of sugar some one wanted in his coffee.

Several military and naval officers

are predicting another war. The wish is father to the thought, for a period of profound peace is not conducive to glory or promotion .- Duluth News-Tribune.

Mr. Rockefeller attributes his riches to association with good men and the influence of the church. It will be observed that not even Mr. Rockefeller is bragging about the secret rebate.-Kansas City Star.

It is estimated the Sultan could present every man, woman and child in his country with an ultimatum from his large collection and still have enough left to lay under all the carpets in his royal palaces .- Pittsburg Gazette.

It is pretty hard to figure out whether that false Czar who is trying to start something somewhere in Russia is a man of remarkable bravery, of almost unthinkable rashness or merely doesn't grasp the horrors of the situation .- Indianapolis News.

Ambassador Reid is arguing at great length over in London his right to be known as the "American Ambassador" to England. All right, Mr. Reid, you have our consent to assume any title that suits your fancy. Your purse is equal to any title.-Indianapolis Star.

The determination of the New York reformers to get the "man higher up" and connect him with the election irregularities is commendable, provided they get him. As a rule he takes his vacation after election and allows the other fellow to go to jail .-- Pittsburg Dispatch.

After nearly nine years of street railway reform agitation we have succeded in introducing the thermometer, which, by the way, does not indicate how hot the passengers are after they have been clinging for five miles to an unelastic strap. But it is something .-Chicago Inter Ocean.

At any rate, Haakon, of Norway, won't be under the disagreeable necessity of wearing a mailed shirt. When the Norsemen want to be rid of him they won't do anything more than shoot him out of the country, with a return ticket to Denmark .-- Cincinnati Commercial Tribune.

The only thing lacking in Russia at present is a fair trial for the constitution which has not as yet been formulated owing to the fact that the parties most deeply interested in it will not agree to drop everything else while they are trying on a little real liberty .- Chicago Inter Ocean.

Cleveland's One-Cent Warrant. Ex-President Grover Cleveland holds the only warrant for one cent ever drawn by the Secretary of the Treasury upon the United States Treasurer. It was in payment of the balance of the salary due the Democratic chieftain at the close of his term in 1897, and its issuance was made necessary by one of those mistakes that are rare on the part of the expert bookkeepers engaged in running the accounts of the government.

Every quarter the President of the United States is entitled to three checks-one for \$4,166.66 and two for \$4,166.67. The table of methods of paying government salaries shows that if the \$50,000 a year for the President is divided into twelve equal installments, one for each month, the amount will be \$4,166.66 2-3, but the two-thirds of a cent cannot be paid at the end of a month, and so the practice is to send the President a check for \$4.166.66 one month and the other two months of the quarter the amount is \$4,166.67.

In some manner President Cleveland failed to get a check one month for the extra cent that was due him, and when the books were balanced at the close of his term it was detected. With all due solemnity the officers of the treasury drew the famous warrant for one cent, and Mr. Cleveland received it with the same amount of seriousness. He has never cashed the warrant.

MALARIA???

Generally That Is Not the Trouble. Persons with a susceptibility to malarial influences should beware of coffee, which has a tendency to load up the liver with bile.

A lady writes from Denver that she suffered for years from chills and fever which at last she learned were mainly produced by the coffee she drank.

"I was also grievously afflicted with headaches and indigestion," she says, "which I became satisfied were likewise largely due to the coffee I drank. Six months ago I quit its use altogether and began to drink Postum Food Coffee, with the gratifying result that my headaches have disappeared, my digestion has been restored and I have not had a recurrence of chills and fever for more than three months. I have no doubt that it was Postum that brought me this relief, for I have used no medicine while this improvement has been going on." (It was really relief from congestion of the