

Nothing knocks out and disables like

Lumbago and Sciatica

Nothing reaches the trouble as quickly as



St. Jacobs Oil

Known the world over as

The Master Cure for Pains and Aches

Price, 25c. and 50c.

Curious Medical Phenomena.

A Philadelphia physician, while making a social visit at the house of a friend, chanced to meet a colleague. After some general conversation, a remark was made that gave a professional turn to the talk. The first physician said:

"You know one may look into the throat of a child and determine upon which foot it is standing merely by the way in which the blood collects on the other side of the body."

"A more remarkable fact than that," observed the second doctor, "is that by manual training you can actually increase the size of the brain of a stupid child, so that by proper mental exercise it develops a marked degree of intelligence."

It is probable that the host began to suspect that his medical friends were trying to "chaff" him; at any rate, he, as a layman, contributed the following extraordinary addition to the stock of medical knowledge:

"Gentlemen," said he, "the facts you mention are nothing compared to one coming under my own observation. I have actually seen a man who by looking in his pocketbook could tell you what he was to have for dinner."—Success Magazine.

Libraries of Ancient Days.

So far as existing records show the oldest approximation to libraries was brought to light by the Assyrian discoveries in the form of Babylonian books inscribed on clay tablets. They are supposed to have been prepared for public instruction about 650 B. C. Ptolemy is said to have founded a library at Athens about 337 B. C., but there is no clear evidence to that effect. According to Strabo Aristotle was the first known collector of a library and bequeathed it to Theophrastus, B. C. 322, the library finally going to Rome.

The average age of Senators is fifty-nine years; eight are less than forty-five.

Possible Explanation.

Scrabbles—I wonder how the custom of an editor calling himself "we" originated?

Drabbles—Doubtless some old-time blue-pencil wielder was on to the fact that in union there is strength and used the term when he had occasion to ring in a bluff on a poet.

Collier's Weekly Sued by the W. T. Hanson Company.

Papers have been filed in Schenectady in an action for \$100,000 damages for alleged libel, brought by the W. T. Hanson Company, manufacturers of Dr. Williams' Pink Pills, against Collier's Weekly, for alleged false statements regarding the company and its preparation. The suit is the result of the attacks made by Collier's on the patent medicine business and is similar in many respects to that of Dr. Pierce, of Buffalo, against the Ladies' Home Journal, in which the doctor was awarded heavy damages.

An international league for the extermination of rats has been formed in Denmark. In Berlin the authorities award a penny for every rat's tail brought to them.

You Can Get Allen's Foot-Ease FREE.

Write to-day to Allen S. Olmsted, Le Roy, N. Y., for a FREE sample of Allen's Foot-Ease, a powder to shake into your shoes. It cures tired, sweating, hot, swollen, aching feet. It makes new or tight shoes easy. A certain cure for Corns and Bunions. All Drugstores and Shoe stores sell it. 25c.

Gave Two Good Reasons.

Professor Booth Lowrey, the lecturer, is fond of telling stories of courtrooms. His favorites emanate from the court of an old Virginia judge, noted as a stickler for court ceremony and who is seriously handicapped in his efforts through the personality of the witnesses with whom he generally has to deal. Their answers to his sonorous questions are often ridiculous.

This particular judge once had a damage suit before him which necessitated the appearance of several witnesses. Knowing almost every person in his jurisdiction, it was his custom to see that the witnesses were always in court at the proper time. While the clerk was calling the names of the witnesses in this case he came to the name of James Brown, which no one in the room claimed to possess. Knowing James as a ne'er-do-well, the judge could not understand his absence.

"Does anyone in this court know a good reason why James Brown should not be here?" he finally queried.

After a short silence the question was repeated, when another witness spoke up.

"Yes, sir, judge," he said, "I know of two reasons why he should not be here."

"Well, what are they?" asked the judge.

"One is," said the witness, "that Jim died last night, and the second is that he is still dead."—Louisville Courier-Journal.

Stating Him Up.

"I'm glad to see you in our midst again," said the village editor, who was built like a pair of tongs, as he shook hands with the obese postmaster, who had just returned from a two weeks' vacation.

"Get out!" exclaimed the P. M. as he looked the thin party over. "You haven't any midst."

They're Expensive.

Youth—What do I have to pay for a marriage license?

Clerk—Well, you get it on the installment plan.

Youth—How's that?

Clerk—One dollar down and your entire salary each month for the rest of your life.—Cleveland Leader.

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. CHENEY & CO., Props., Toledo, O. Sold by Druggists, price 75c. Take Hall's Family Pills for constipation.

It Meant Nothing.

"He's engaged to her, and I think we may look for a wedding soon."

"Why?"

"She told me she believed in short engagements."

"So she does—short and frequent."

Worth Knowing

—That Alcock's are the original and only genuine porous plasters; all other so-called porous plasters are imitations.

Her Idea of It.

An official of one of the telegraph companies tells an amusing story of a young woman in a Pennsylvania town who wished to send a telegram to a New York firm ordering a supply of dress goods.

After some inquiries as to whether the line "really and truly" did "connect with New York," the young woman finally decided to afford the company the benefit of her patronage. Opening her hand bag, she took therefrom various samples which she consulted from time to time as she undertook the task of expressing her wants in the usual "ten words." When she had apparently completed the interesting operation, she attached two of the samples to the telegraph form and handed her message to the man at the window. Her telegram read as follows:

"Blank and Company. Send express four yards sample 'A' and six yards 'B.'"—Success Magazine.

A Postponed Dinner.

A Californian relates the following as illustrating the aptness evinced by a Chinese servant in his employ for an easy assimilation of American methods of dealing with the "hobo" type that is not less common in California than in the East.

A hungry tramp knocked at the kitchen door of the Californian's house one Tuesday afternoon, when he was promptly challenged by Lee Yuen. The "hobo" delivered himself of a long tale of woe to the Chinaman, concluding with a petition for something to eat.

"You like fish?" suavely insinuated the Chinese.

"Yes!" eagerly assented the tramp.

"Call Friday," responded Lee, with an imperturbable smile, as he closed the door.—Harper's Weekly.

HIS ROMANCE.

A stunning girl once passed my way,
My ardor I could not restrain.
Said I: "It is a pleasant day."
Said she: "I fear it's going to rain."
(And that was all I said,
And that was all she said.)

Her beauty troubled my repose,
And when she passed again my way,
Said I: "Will you accept the rose?"
Said she: "Oh, what a sweet bouquet!"
(And that was all I said,
And that was all she said.)

Two days passed and again we met;
I never saw a maid so fair.
She said: "Your flowers aren't withered yet."
Said I: "I envy them your care."
(And that was all she said,
And that was all I said.)

Then I resolved, so sweet was she,
That I would have her for my wife.
Said I: "Oh, will you marry me?"
Said she: "What? Not on your life!"
(And that was all I said,
And that was all she said.)
(No occasion for any further conversation, was there?)—Tit-Bits.

CUPIID IN THE ELEVATOR

THE inhabitants were chary of entering themselves to the elevator in Bailey Mansions, for it was of so unstable a character that the initiated had lost all confidence in it as a means of transportation.

Katherine, however, was not an inhabitant. In her own home elevators pursued the even tenor of their way without vagaries of any sort; so, when her call on the top floor was completed, with every reason to expect a swift and uneventful journey she stepped confidently into the elevator.

At the fourth floor it stopped to admit a second passenger, a man named Westcott. Westcott differed from Katherine in that he entered the cage-like apartment with a full knowledge of its treacherous tendencies, but Westcott was that morning in a frame of mind to court disaster. He assured himself as he stepped in that it was a



"WILL YOU HAVE A CHOCOLATE?"

matter of complete indifference to him whether the elevator shot suddenly upward and crashed through the skylight, or dropped without warning into the basement.

The elevator, however, did neither of these things. Under the guidance of a chubby, blue-eyed youth, it pursued its downward career until it reached the space between the first and second floors; there it stopped.

At the sight of her fellow passenger Katherine turned pink with embarrassment. The man had muttered something under his breath and bowed frigidly, for, before courting disaster, he had courted Katherine—apparently it had amounted to the same thing. They had parted forever only the evening before, and the ring she had worn for three months was at that moment in Westcott's vest pocket, where he had thrust it savagely at the end of their quarrel.

"Why are we stopping here?" asked Katherine, turning to the elevator boy of cherubic countenance.

"Cause we can't go on," returned the boy, producing a bag of nuts and a comic paper and proceeding to make himself comfortable. "The power's off again."

"Has it ever—does it often go off like this?"

"Oh, yes," replied the boy, cheerfully. "There's nothing to be scared of. Sometimes she runs all right for as much as a week; then, again, she won't budge for as much as six or seven hours at a stretch."

"Six or seven hours!" gasped Katherine.

"Yes," replied the boy, settling himself more comfortably on his stool. "Once it was longer, but gin'rally they get her going in an hour or two. There's no danger at all, miss."

The boy gently discouraged further conversation by burying himself in his paper. Katherine moved to the end of the long, leather-covered seat. Westcott, at the extreme other end, stared gloomily at the wall.

Kathryn looked at her watch; it was already past luncheon time, and she had been too miserable to eat much breakfast. Still—she brightened at the thought—she should not starve, for she had with her a box of chocolates, for she was taking home to her sister's children.

She looked at her watch again. Only four more minutes had passed, but the pangs of hunger were becoming unendurable. The chubby boy munched nuts with apparently no thought of his fellow-sufferers. Katherine untied the pink string that bound the chocolate box, unfolded the paper, lifted the lid and ate a chocolate.

When she had eaten three she glanced at Westcott. He was still gazing at the wall. The walls in elevator shafts are seldom interesting; this one

was tinted a bilious green—a color that Westcott abhorred.

"How he must have me, thought Katherine, eating another chocolate, when he'd rather look at a wall than at me. I wonder what I ought to do! If we were utter strangers, cast away on a desert isle, and he had one biscuit and three drops of water, I should think him horrid if he didn't offer me half. I suppose I ought to offer him some of these chocolates, even if we're not on speaking terms."

Katherine, sitting very erect, and gazing straight ahead, pushed the box along the seat. Westcott paid no attention.

"Will you have a chocolate?" asked Katherine, somewhat unsteadily.

Westcott was so sure that he was dreaming that he did not make any answer.

"The lady spoke to you," prompted the elevator boy.

Westcott looked inquiringly at Katherine.

"Will you—will you have a chocolate?"

"No, thank you," replied Westcott, returning to the contemplation of the green wall.

There was another long pause. The neglected box remained half way between the suspended passengers.

"I think you're very ungentlemanly," said Katherine at length.

"So you said last night," responded Westcott, coldly.

"You're more so to-day."

"How?"

"You—you know I'm too polite to eat these chocolates and let you go hungry, and I'm fairly starving."

Westcott, with an air of exaggerated politeness, took a chocolate and ate it, with his eyes fixed unobscurely upon the green wall. He dared not trust himself to look at Katherine. Katherine nibbled a bonbon, waited in silence for ten minutes, and again offered the box to Westcott, who gravely helped himself. This operation was repeated until only one remained in the box. The remaining one was heart-shaped.

"It's a heart!" exclaimed the elevator boy, who had read too many "dime shockers" not to recognize an interesting situation when face to face with one, and who was unable to contain himself longer. "You'll have to toss for it. It's a heart, isn't it?"

"Why, so it is," replied Katherine. "Will you have it, Bob—pardon me—Mr. Westcott?"

Westcott shot a quick glance at Katherine, who had gradually moved two feet away from the end of the leather-covered bench, and was consequently that much closer to the man she had jilted the previous evening.

"Do I understand that you are offering me a heart?" asked Westcott.

"It's your turn," said Katherine, flushing a beautiful crimson.

Westcott took from his pocket something that glittered, laid it in the box beside the chocolate heart, and pushed the box toward Katherine.

"Do we play fair?" he asked, with his eyes on Katherine's.

The elevator boy, agog with excitement, retired discreetly, but with reluctance, to the pages of his paper, but not before he had recognized in the glittering object a ring.

And when he looked again the box contained two hands, although only one was visible; the man was no longer gazing at the wall.

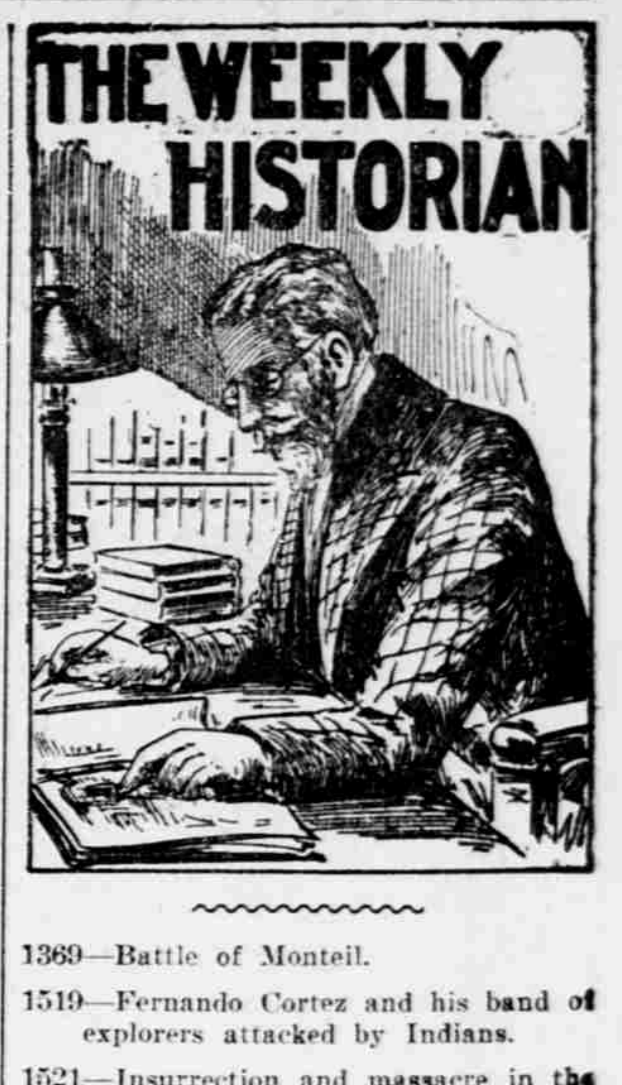
The hand of the indicator above the boy's head was leaping from number to number in curious fashion, sounds of ringing bells and impatient voices drifted from the elevator shaft; but the man and the maid paid no heed.

Then the boy moved the lever slowly, even reluctantly, and the elevator dropped quietly to the ground floor.

"Oh!" exclaimed Katherine, drawing her hand gently from Westcott's and giving a long sigh. "We're actually down."

"Yes," beamed the boy, "and you might have been down fifteen minutes ago just as well as not; but I see how things was going, and I thought I'd help them along some."

"You shall come to the wedding, Cupid," said Westcott, slipping a heavy coin into the cherubic boy's hand. And he added, as they stepped out of the elevator on to the solid ground: "If I ever own an elevator you shall run it."—Carroll Watson Rankin, in Pearson's Magazine.



- ## THE WEEKLY HISTORIAN
- 1389—Battle of Montiel.
 - 1519—Fernando Cortez and his band of explorers attacked by Indians.
 - 1521—Insurrection and massacre in the island of Majorca.
 - 1590—Battle of Ivry.
 - 1621—Plymouth colonists received first Indian visit. . . . Complaint against Lord Bacon for corruption presented to the House of Lords.
 - 1632—Treaty of St. Germain, by which Canada and Nova Scotia were restored to the French.
 - 1644—Roger Williams obtained charter for incorporation of Providence, R. I.
 - 1676—Narragansett Indians attacked Northampton, Mass. . . . Settlement of Warwick, R. I., destroyed by the Indians.
 - 1680—First Assembly of New Hampshire met at Portsmouth.
 - 1718—First person inoculated for small-pox in England.
 - 1757—Admiral John Byng shot at Portsmouth, England, for cowardice.
 - 1766—Celebration in Boston over repeal of the Stamp act.
 - 1776—Boston evacuated by the British.
 - 1778—Engagement at Quintan Bridge, New Jersey.
 - 1781—French surrendered island of St. Bartholomew to the British. . . . Cornwallis retreated from Guilford court house.
 - 1793—Battle of Linden.
 - 1800—British ship Queen Charlotte destroyed by an explosion off Leghorn.
 - 1802—Military institution established at West Point, N. Y.
 - 1808—King Charles IV. of Spain abdicated in favor of his son.
 - 1813—Delaware river blocked by British ships.
 - 1815—Kingdom of the Netherlands proclaimed William I. as King.
 - 1848—Insurrection at Milan; flight of the viceroy.
 - 1853—Nankin taken by rebels; 20,000 massacred.
 - 1855—First train across Niagara bridge.
 - 1858—Lucknow taken.
 - 1861—Kingdom of Italy established.
 - 1863—Prince William George of Denmark elected King of Greece.
 - 1865—Battle of Bentonville, N. C. . . . Lincoln issued proclamation to punish persons supplying arms to Indians. . . . Confederate arsenal at Fayetteville, N. C., destroyed by Sherman.
 - 1867—Mexico evacuated by the French.
 - 1869—Revolt of convicts in Sing Sing prison; a keeper killed.
 - 1871—Communist uprising in Paris. . . . Siege of Paris begun.
 - 1872—Execution of three Communists at Satory.
 - 1873—San Salvador destroyed by an earthquake.
 - 1875—Tornado devastated Rieni, Miss.
 - 1878—Great strike of weavers in England. . . . O'Donovan Rossa riot in Toronto. . . .
 - 1882—"Billy the Kid" captured in Minneapolis.
 - 1883—Collision on Edinburgh and Glasgow railroad at Central station; seventy-four killed. . . . Alleged attempt to assassinate Lady Florence Dixie at Windsor.
 - 1884—Egyptian troops defeated at Kharطوم. . . . Tribal rising in Egypt from Kassala to Berber.
 - 1885—One hundred and thirty-seven miners suffocated in Rhenish Prussia.
 - 1886—Geronimo and band surrendered to Lieut. Mans in Arizona.
 - 1887—Train fell through a bridge in Boston; forty lives lost. . . . Fire destroyed Richmond hotel in Buffalo; thirty-two lives lost.
 - 1888—Santa Fe railroad tied up by strikers. . . . Morocco refused demands of the United States.
 - 1889—Coper panic in Paris.
 - 1890—Boomers invaded the Cherokee strip.
 - 1891—Steamer Entopia sunk in Gibraltar bay; 571 lives lost. . . . Keystone National bank in Philadelphia closed its doors.
 - 1895—\$300,000 fire in Milwaukee. . . . Jules Ferry, president of French Senate, died.
 - 1894—Walter Wellman, Arctic explorer, sailed from New York.
 - 1895—Missing Spanish warship Reina Regente found sunken near Gibraltar; 420 persons lost. . . . Two hundred thousand bootmakers on strike in England. . . . Revolt crushed in Colombia.
 - 1905—Cruiser Washington launched at Philadelphia. . . . James H. Peabody, declared Governor of Colorado. . . . Gen. Linevitch appointed to succeed Kuropatkin in command of Russian army. . . . More than a score killed in coal mine explosion at Thurmond, W. Va.
- Notes of Current Events.**
- The national convention of wholesale grocers will meet in Buffalo June 5-7.
- An Italian prisoner confessed that there is an anarchist plot to kill the King of Italy on April 15.

The Coffee Debate.

The published statements of a number of coffee importers and roasters indicate a "waspy" feeling toward us, for daring to say that coffee is harmful to a percentage of the people.

A frank public discussion of the subject is quite agreeable to us and can certainly do no harm; on the contrary, when all the facts on both sides of any question are spread before the people they can thereupon decide and act intelligently.

Give the people plain facts and they will take care of themselves.

We demand facts in this coffee discussion and propose to see that the facts are brought clearly before the people.

A number of coffee importers and roasters have joined a movement to boom coffee and stop the use of Postum Food Coffee and in their newspaper statements undertake to deceive by false assertions.

Their first is that coffee is not harmful.

We assert that one in every three coffee users has some form of incipient or chronic disease; realize for one moment what a terrible menace to a nation of civilized people when one kind of beverage cripples the energies and health of one-third the people who use it.

We make the assertion advisedly and suggest that the reader secure his own proof by personal inquiry among coffee users.

Ask your coffee drinking friends if they keep free from any sort of aches and ails. You will be startled at the percentage and will very naturally seek to place the cause of disorder on something aside from coffee, whether food, inherited tendencies or something else.

Go deeper in your search for facts. If your friend admits occasional neuralgia, rheumatism, heart weakness, stomach or bowel trouble, kidney complaint, weak eyes, or approaching nervous prostration induce him or her to make the experiment of leaving off coffee for ten days and using Postum Food Coffee, and observe the result. It will startle you and give your friend something to think of. Of course, if

the person is one of the weak ones and says "I can't quit" you will have discovered one of the slaves of the coffee importer. Treat such kindly, for they seem absolutely powerless to stop the gradual but sure destruction of body and health.

Nature has a way of destroying a part of the people to make room for the stronger. It is the old law of "the survival of the fittest" at work, and the victims are many.

We repeat the assertion that coffee does harm many people, not all, but an army large enough to appal the investigator and searcher for facts.

The next pervarication of the coffee importers and roasters is their statement that Postum Food Coffee is made of roasted peas, beans or corn, and mixed with a low grade of coffee and that it contains no nourishment.

We have previously offered to wager \$100,000.00 with them that their statements are absolutely false.

They have not accepted our wager and they will not.

We will gladly make a present of \$25,000.00 to any roaster or importer of old fashioned coffee who will accept that wager.

Free inspection of our factories and methods is made by thousands of people each month and the coffee importers themselves are cordially invited. Both Postum and Grape-Nuts are absolutely pure and made exactly as stated.

The formula of Postum and the analysis made by one of the foremost chemists of Boston has been printed on every package for many years and is absolutely accurate.

Now as to the food value of Postum. It contains the parts of the wheat berry which carry the elemental salts such as lime, iron, potash, silica, etc., etc., used by the life forces to rebuild the cellular tissue, and this is particularly true of the phosphate of potash, also found in Grape-Nuts, which combines in the human body with albumen and this combination, together with water, rebuilds the worn out gray matter in the delicate nerve centers all over the body, and throughout the brain and solar plexus.

Ordinary coffee stimulates in an unnatural way, but with many people it slowly and surely destroys and does not rebuild this gray substance so vitally important to the well-being of every human being.

These are eternal facts, proven, well authenticated and known to every properly educated physician, chemist and food expert.

Please remember we never say ordinary coffee hurts every one.

Some people use it regularly and seem strong enough to withstand its attacks, but there is misery and disease in store for the man or woman who persists in its use when nature protests, by heart weakness, stomach and bowel troubles, kidney disease, weak eyes, or general nervous prostration. The remedy is obvious. The drug caffeine, contained in all ordinary coffee, must be discontinued absolutely or the disease will continue in spite of any medicine and will grow worse.

It is easy to leave off the old-fashioned coffee by adopting Postum Food Coffee, for in it one finds a pleasing hot breakfast or dinner beverage that has the deep seal brown color, changing to a rich golden brown when good cream is added. When boiled long enough (15 minutes) the flavor is not that of rank Rio coffee, but very like the milder, smooth and high grade Java, but entirely lacking the drug effect of ordinary coffee.

Any one suffering from disorders set up by coffee drinking (and there is an extensive variety) can absolutely depend upon some measure of relief by quitting coffee and using Postum Food Coffee.

If the disease has not become too strongly rooted, one can with good reason expect it to disappear entirely in a reasonable time after the active cause of the trouble is removed and the cellular tissue has time to naturally rebuild with the elements furnished by Postum and only good food.

It's only just plain old common sense. Now, with the exact facts before the reader, lie or she can decide the wise course, looking to health and the power to do things.

If you have any doubt as to the cause of any ache or ail you may have, remember the far reaching telegrams of a hurt nervous system travel from heel to head, and it may be well worth your while to make the experiment of leaving off coffee entirely for ten days and using Postum in its place.

You will probably gather some good solid facts, worth more than a gold mine, for health can make gold and sickness lose it. Besides there's all the fun, for it's like a continuous internal frolic to be perfectly well.

There's a reason for

POSTUM

Postum Cereal Co., Ltd., Battle Creek, Mich.