REMARKABLE PIPE LINES

How Various Necessities Are Distributed from Central Stations.

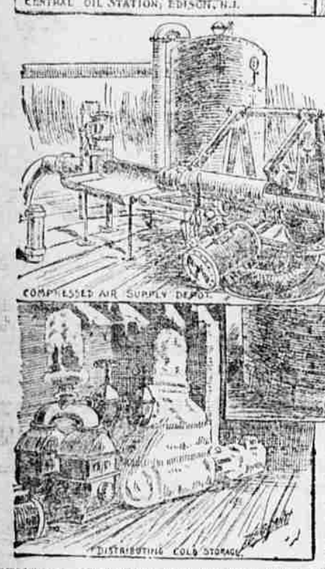
COLD STORAGE NOW KEPT ON TAP

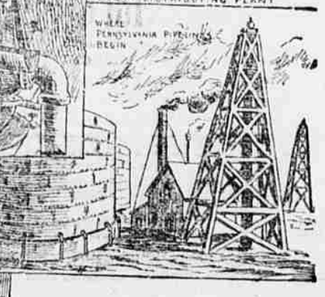
Latest Development in the Distribution of Oil, Steam, Compressed Air, Water, Electricity and Zero Temperature.

One of the remarkable features of modern urban development is the growing tendency to do away with individual effort in providing many of the material comforts of our nineteenth century civilization. It is coming to be more and more the case that the common necessities which every household requires are not supplied by each family for itself, but are sent out from great central establishments which supply a district of greater or less extent, according to the nature of the commodity they handle. Once each house drew all the water it required from its own well; now in all but the smallest villages the whole water supply of a town is obtained from some lake or stream and pumped out from a single reservoir to all the inhabitants. Light and fuel have in most places been added to the list of things supplied from some central point, and in the largest cities it has been expanded to include a hundred other things that our parents, or we ourselves a few years ago, never dreamed of getting in this way.

The result of this movement has been to build up under every big modern city a second city of pipes, conduits, vaults and passages where many of the operations essential to the health and comfort of the pampered modern citizen go on. Few persons realize what progress has been made in this direction already; but from present indications it is likely that there will be a still more rapid extension of such centralized activities.

The most recent development in the direction of centralized energy is put forward by a great freezing and warehousing company in New York City. This concern proposes in connection with its cold storage warehouse, to pump refrigeration to its principal customers in different parts of the city, including the great markets and produce houses. To the person unfamiliar with the recent development in this line of business it would seem a difficult matter to transmit cold over long distances in sufficient quantities to reduce the temperature of great vaults and packing rooms to 15 or 20 degrees below zero. As a matter of fact the company anticipates little difficulty in putting its system into operation.





CENTRAL STATIONS FOR DISTRIBUTING POWER.

DISTRIBUTING COLD IN PIPES.

The ammonia system will be used, and the fluid will be forced by hydraulic pumps from the condensing tanks through conduits to the places where it is to be used. These conduits will be laid underground, and in general will be constructed like ordinary water mains, except that the outside will be surrounded by a cork jacketing, which will be coated over with a tar-like preparation to prevent leakage of cold. The promoters of the scheme guarantee that the refrigerating pipes will not interfere with the steam and other underground conduits, and assert that there will be very little loss of freezing power in passage. It is intended at first to supply only concerns requiring a large amount of refrigeration, but there is no reason why the same system should not, in time, be extended to dwellings and other buildings, so that every house may presently have its "zero" room. The transmission of cold storage has already been tried in St. Louis between main and branch warehouses, so there seems to be no reason why the present more extensive undertaking should not succeed. The extent to which this centralization in the supply of ordinary necessities has gone is realized by few of those who daily profit by it, and strikingly illustrates the interdependence to which urban civilization is bringing us. Petroleum is pumped from the fields where it is found through pipe lines hundreds of miles in length to all the big cities. Thence it is distributed in smaller pipes to the factories which use it in large quantities for fuel, so that in many cases the connection is complete without the intervention of a single pair of hands from the oil well to the furnace. A more familiar example of the same thing is illuminating and fuel gas, which is everywhere distributed direct to the consumer, who merely has to turn a valve and touch a match to get his light and fire.

Electricity is beginning to work a great change in domestic economy by entering the domain of the kitchen. The house of the future will have no fires in it and the kitchen range will lose its terrors. Electricity will keep the oven at any desired temperature; will broil the beefsteak and heat the water. In the laundry it will be hitched to the flatirons and will smooth the bosom of the Sunday shirt. Cooking and washing will be done by pressing a series of buttons and the housemaid can read her novel undisturbed while the electric cook stove does its work.

STEAM AND COMPRESSED AIR.

All kinds of motive power, steam and compressed air are now distributed in pipes. Indeed, in cities like New York there are few factories which have their own power plants, for it is found to be cheaper and rather more convenient to lease power of the various companies which make a business of supplying it. A New York company, for example, sends out 17,000 horse-power from its main station in the lower part of the city. This is distributed through iron conduits, copper-jacketed at all joints with very little loss in npower or efficiency.

It is recognized that compressed air is today the great rival of electricity, and it is peculiarly adapted to transmission from a central power station, since it can be stored without loss and supplied to any point in variable quantities, as desired, more easily than electricity. The compressed air plant which operates the engine recently put into service on the Manhattan elevated road gets the steam to operate its compressers from one of the big steam supply companies. Its apparatus consists of two tanks holding about 15,000 gallons of water. The water is circulated between the tanks in iron pipes, which spray it through small holes, thereby cooling it. The air is drawn over these cooling tanks through window-like openings to a small room, which is connected by a conduit with the low-pressure cylinder. It passes through four cylinders, being cooled in the course of each journey, and in these the pressure is increased respectively to fifty-five pounds, 160 pounds, 780 pounds, 2,500 pounds. It will be seen that the production of compressed air is a comparatively simple process, and its use, especially for traction purposes, is likely to become general.

PNEUMATIC TRANSPORTATION.

Those who are living "on the edge of the future" see many other ways in which modern invention is changing city life along similar lines. One direction in which there is likely to be a marked development is in the transmission of all kinds of articles through pneumatic tubes by compressed air. Mail is already sent between the New York postoffice and some of its branches. At the trial of the part of the postoffice system first installed, which took place a short time ago, a great variety of articles were sent a distance of nearly a mile and back, making the round trip in four minutes. The test was made by Dr. Chauncey Depew, in the presence of General Shallenberger of the Postoffice department and other prominent men. Among the articles sent through the tubes were a copy of the bible, an American flag, fruit, bric-a-brac, a pair of shoes, a bottle of wine and a live kitten.

"This opens a wonderful vista of possibilities," said Mr. Depew, after the test. "The department store can deliver its goods to branch stations, the markets can serve their customers, newspapers can be delivered and possibly in time human freight can be shot from office to home with a rapidity that almost annihilates distance."

EDISON'S SCHEME.

Though the enthusiast who suggested the piping of wheat from Chicago to New York through pneumatic tubes may be some years ahead of his time it is true that Thomas A. Edison was considering a plan scarcely less elaborate in connection with his gigantic scheme of magnetic ore extraction which he is putting into effect among the New Jersey mountains at Edison.

"I first considered the plan of piping the sand to a place more convenient for market by means of pneumatic tubes," said Mr. Edison, in discussing his great project. "The thing that deterred me from attempting it was the discovery that sand, and especially this sand, would cut the pipes to pieces, acting on them as a sand blast, which, when operated by compressed air, is found so effective in cutting into iron and other hard substances."

In his New Jersey mine the inventor has a central station oil distributing plant. The oil is pumped from this central depot all over the establishment; lubricating dynamos engines and crushers and getting rid of friction generally. Having performed its good office it returns to the starting point to be used all over again.

Some time ago it was suggested that New York could be efficiently served with milk by pumping it through properly constructed pipes and one of the great brewing companies actually considered the plan of supplying their branch bottling establishments and some of their principal customers in this manner. In both these cases it was the objections of consumers rather than any practical mechanical objections that prevented the carrying out of the suggestions.

A glance into the near future shows that the one tendency to which attention here has been called will bring about some remarkable changes in the appearance of our big cities. The city of the future will be much more quiet than the existing town for the roar of overhead locomotives and the clatter of surface cars will give place to the noiseless progress of the compressed air or electric motor. It will be much cleaner, too. Horses will be banished from the street, except where used for pleasure driving, and heavy trucks as well as cabs will be driven in the same way as the cars. Dust and ashes will not rouse the ire of every housekeeper, for electricity will have driven out the coal fire and ashes will be taken only from the few power generating stations.

The streets will be less crowded, for many things now conveyed in wagons will be shot through pneumatic tubes to all parts of the city. Life will be easier, for every house will have heat and cold, light and power, pure air and ordinary drinks on tap. The only danger to civilization then will be that the inhabitants may get nervous prostration from the mental effort of remembering which particular button to press for each thing that they may happen to want.

CONNUBIALITIES.

N. R. Freeman, a justice of the peace at Winamac, Ind., who is 94 years old, has married 2,897 couples.

An earnest, intending benedict of Barren county, Kentucky, walked thirty-two miles after a marriage license.

It is said that one of the single-button men of Van Buren county, Arkansas, when he came to get married, interrupted the ceremony to fix his suspender.

The Neodesha (Kan.) Register says: "John Holly is again a widower, his fifth wife having packed her grip and returned to Indiana, after a brief honeymoon of about four weeks."

J. R. Watts of Kinderhook, N. Y., recently took unto himself one Sallie Roebuck, a full-blooded Choctaw maiden. Mr. Watts is a graduate of Union college, but as they do not teach Choctaw there and the dusky Sallie knows no English the courtship was carried on by signs.

Thomas McKean of Philadelphia, who has just given $100,000 for the new Law School building of the University of Pennsylvania, is a great-grandson of Chief Justice Thomas McKean, one of the most prominent representatives of Pennsylvania, and of Delaware, as well, during the revolutionary period. He was a signer of the Declaration of Independence, chief justice of Pennsylvania from 1777 to 1799, and governor of the state from 1799 to 1808. Previously he held office as president of Delaware, and drew the constitution of that state. In prominent public positions he was among the most able compatriots of George Washington and Thomas Jefferson.

The verdict of the people is that Dr. Bull's Cough Syrup is the best remedy for coughs, colds, sore throat, asthma, etc.

HOW TO BECOME A GENIUS

Swami Abhedanandra Gives Some Infallible Rules.

PROMOTES INSANITY IN BAD MEN

Regular Breathing and Mental Exercise Sets Up a Rhythmic Flow of Nervous Currents—Beliefs of a Hindoo Sage.

"Man can now do certain things with matter which his ancestors could not do, and as he grows wiser and better he can learn to do things beside which the miracles of our time will pale into insignificance."

This statement is made by a Hindu sage, Swami Abhedananda, who is delivering a series of lectures on the ancient Vedanta philosophy. This young Hindu is a co-worker of Swami Vivekananda, who by his lectures proved to be the chief attraction at the celebrated congress of religion, at Chicago in 1893. Swami Abhedananda is seeking to teach the western mind the interesting secret of Hindu psychology and philosophy. Many of the exercises and means whereby mental concentration and a state of profound meditation are reached have never been so much as published in India, but have been handed down from teacher to student. Many of these secrets have been acquired and kept by persons for purely selfish purposes, but the real Hindu sage has been averse to the revealing of his means of power from the fear of their abuse and debasement by less well-disposed and philosophical morals. Some of the methods by which these Hindu yogis have acquired such marvelous psychic powers cannot fail to be of profound interest to any reader. The Swami's account is as follows:

"In India, more than 2,000 years ago, monks sat in their caves and made complete and accurate astronomical calculations without an instrument of any kind. In their silent meditations they saw and recognized the whole movement of the stellar world, which required years of observation from such men as Galileo, Sir Isaac Newton and Sir William Herschel to work out with their telescopes and mathematical instruments. The difference between their calculations of the solar eclipses and those of the western astronomers was but a few seconds in time. Without laboratories, they discovered many of the laws of chemistry. Some of these discoveries are on record in India.

PSYCHIC POWER.

"How did they do these things? By psychic control, the result of long mental concentration, whereby the mind may attain to complete domination over matter. You see, our minds in the ordinary condition are very closely associated with our bodies. But we know that our mind and our body are two very different things. Now, the more the mind, or rather the soul, is separated from the body, the more powerful and independent does it become, because this mind-soul is immortal. By concentration it is able, as it were, to detach itself from the body, and the more complete this detachment the greater will be its knowledge of matter. Now conceive, if you can, of a person who has learned by concentration to take his mind out of his body, so to speak, and to look at the body and all other bodies as outside objects. If the separation of the mind is complete enough, that person will discover the secrets of nature without so much as going out of the room. Anything that the mind happens to address itself to in this state it will grasp and understand.

"Any person with a healthy body and mind can attain a considerable degree of mental concentration by hard practice of the physical and mental exercises adopted by our yogis. All your hypnotists, clairvoyants, mind readers, and the like are illustrations of what a comparatively limited degree of concentration will do for the mind. Such persons use their minds for selfish ends as a rule. No Hindu yogi ever does that. Any mind to become supremely powerful must have no material attachments or desires. It is, therefore, possible for comparatively few mortals at one time to rise to a very high psychic state, for the conditions involve not only the vows of chastity and poverty, a strictly vegetable diet, absolute honesty and universal love, but days and months of continuous meditation. Some persons are born predisposed to this psychic state, as persons are born geniuses, and others seem to blunder upon it without knowing just how they got their powers. Every great genius, great reformer, and, in fact, great character of any sort must have more or less of it.

MIND CONCENTRATION.

"The state of the mind at all times is dependent physiologically upon three things—the brain, the spinal cord and the breath. These three must work in absolute harmony before the mind can fully concentrate itself upon itself or any object without. Concentration is the goal. Now, it has been found that the brain, the spinal cord, and the breathing can be trained to work in such unison that a powerful rhythmic flow of nervous energy can be created. This tremendous current of nervous energy, upon reaching the brain, produces entirely new reactions. Every thought or idea produced by means of the brain is the result of some sort of reaction taking place. The vividness of such ideas depends upon the intensity of the reaction and the intensity of the reaction depends upon the strength of the nerve current producing it. These nerve currents are rushing to the brain and resulting in reactions every moment of our lives, although we are not conscious of a great many of them. Now, if one can manage to send new and greatly increased nerve currents to one's brain they are sure to produce new and greater reactions. That is just what occurs when the brain, the spinal cord and the breathing are working in harmony, for then the motion of the current is rhythmic, circulating from foot to head.

"The manner of breathing has much to do with the result. When the breath passes into the lungs, just opposite the thorax, it sets in, or rather keeps up, the two nerve currents that pass up and down the spinal column to the brain and other parts of the body. Every inhalation and exhalation completely controls the motion of these currents. If the inhalation and exhalation are irregular the currents are of necessity irregular. Irregular currents are without rhythm, and it is the rhythmic motion of the currents that produces the wonderful thrilling reaction of the brain.

"But what is rhythm in this case? All electric currents are by nature rhythmic; that is, the motion is all in the same direction. In an ordinarily quiet room there is a good deal of motion, almost enough to knock us down if it were all in the same direction, but being in all directions we do not feel it. Let it move in the same direction and you would see what a whirlwind would take possession of the room. Just such motion—uninterrupted electric motion, as it were—is wanted for the nerve currents. But there is scarcely a person in a million who breathes in a rhythmic manner, or who has any sort of control over the breath. This must be acquired by hard practice. One of the great difficulties for an unhealthy person to overcome in acquiring the art of rhythmic breathing is the irregular change of breath from one nostril to the other. In a perfectly well person the breath changes from one nostril to the other in about every two hours, but in poor health the breath sometimes remains in one nostril for hours and even days at a time. In such condition it is impossible to maintain rhythmic circulation.

A LESSON FROM NATURE.

"Did you ever observe the manner of your breathing when the mind is aglow with some great idea or engrossed with some tremendous problem? How regular and quiet the breathing becomes in such moments, but the motion is perfectly rhythmic. The nerve currents are moving through their channels without the slightest obstacle. The mind at such moments is in a profound state of concentration, which has been accomplished by the regularity of the breath, which has in its turn produced the regular nerve currents. We speak of watching a play or hearing a speech with breathless interest. We yogis in India try to emulate this lesson from nature. We go to some quiet place, assume an easy posture, in which the chest, neck and head will be on a perpendicular line and the spinal cord will hang straight down. Then we practice this slow, measured breathing three or four times a day, until we have acquired the habit. The exercises are begun in childhood, and a yogi's breath is as regular as the tick of a watch, under any circumstances, for he has acquired absolute mastery of it.

"Now, a person who has not acquired this habit should begin by practicing fifteen minutes at a time, at sunrise or on resting at noon, at sunset and on retiring. After a few weeks of such practice, if it has been done with a desire to concentrate the mind, he will notice that a change is coming over his nerves. He has become calmer and more serene, less liable to irritation and disturbance from his circumstances. If he continues to persevere the health will greatly improve, wrinkles will depart from the skin and it will acquire a sort of clearness and transparency indicative of high thinking and clean living. The voice will grow soft. No yogi ever had a harsh, croaking voice, for the breath has as much control over the voice as over the nerves. It not only creates the rhythmic nerve currents, but it purifies and strengthens the nerves as well.

"But we in India have another breathing exercise that enables us to reach a much higher state of psychic action. This is forcing the change of breath from nostril to nostril. The greater the reaction in any part of the brain the greater the concentration of all other parts to that part. Why do we speak of one's being absent-minded while walking along the street? Because his mind is detached from the things about him and is busy with some strong reaction produced from within. Now, when we force the breath we increase the rhythmic nervous flow, and consequently the reaction in the brain cells.

SPINAL NERVE FIBRES.

"The spinal cord in every human being contains two regular nerve fibres, one down the right side and the other down the left side. In the center of the cord is a very small hollow tube, open through the medulla, which connects the cord with the brain, and this tube reaches to the lower end of the cord. Western physiologists have never known what this hollow tube was for, for it is completely closed up at the lower end of the cord in the average person, who employs only the nerve fibres on either side for the transmission of the nerve currents. But the yogi has found a most important use for this hollow tube, once he has succeeded in opening its lower end.

SWAMI ABHEDANANDA, THE YOGI.

"Connected with the cord at its lower end is a small bundle of nerve fibres in the form of a triangle. This bundle or coil is a great battery, supplying nervous energy. By forcing breath from side to side and increasing the rhythm one will be able to arouse this coil and to force open its connection with the hollow tube in the cord. This done, a sweeping current is sent up the hollow tube to the brain. It is precisely like telegraphing without wires. Now the current is open and every inhalation and exhalation of the breath keeps the current in rhythmic motion, passing through the great potential nerve coil at the lower end of the spinal cord, sweeping up through this hollow tube and rousing into the gray-coated cells of the brain. This nerve circuit is open in all real yogis and that is why they can sit for hours and meditate and bring their minds to the highest state of detachment.

"Begin this exercise by closing the right nostril with the thumb and slowly inhaling for four seconds through the left nostril. Imagine while doing this that you are sending a current down the spinal column. Hold your breath for sixteen seconds and try to imagine that you are forcing the current through this triangular nerve coil. Then close your left nostril and open your right, through which you are now to exhale the breath at the rate of eight seconds. In this last you must try to imagine that you are drawing the current up the spinal cord. Then inhale through the right and exhale through the left. Do this for four times at a sitting and practice three times a day, morning, noon and evening; always assume an upright, easy posture, in which the ribs will support the body and the spinal cord hang free. While in this exercise allow no one to disturb you.

"Some persons will begin to feel the effects of this exercise in a very short time. For others it will take months. But its success means a revolution in the psychic existence of any person. A person of evil mind and body may acquire some power in this way, but only temporarily, for right thinking and right living are absolutely necessary to reach and hold a high state of such psychic existence, and there is danger for any person who follows these exercises and leads an unchaste life of becoming insane.

MENTAL PHENOMENA.

"When one is well on the road to success, the mental phenomena sometimes appearing will often startle him. One will now and then see flashes of beautiful light, hear sounds of sweet music, and smell most fragrant odors, which would be entirely imperceptible to the ordinary senses. As the mind gains control the body seems to become slighter and much less sensitive to pain, hunger, thirst and other animal feelings. The rhythmic thrill and the mental calmness and indifference to ordinary desires and troubles cannot be described to one who has not experienced this exalted state. You lie down and you sleep to rest your body and mind, but you scarcely know what real rest is until you have successfully practiced these exercises. A real yogi never sleeps as you do. He simply rests in a state of consciousness.

"To aid further the concentration of the mind, there are a number of purely mental exercises, such as fixing the eyes for fifteen minutes on the tip of the nose; fixing the imagination on some point in the heart or some other part of the body, and tracing the feeling of the clothing on the skin from the foot to the head. In many cases the mind is set to wandering and made to watch its rambling. Then we discover that something in us which does the watching like a mother over her child, that something none of us can understand, for that is the soul."

The Swami was asked if these exercises would help to make a genius of the average mind.

"Yes," he immediately replied, "the perceptive faculties of the mind are greatly benefited by the purification of the nerves in these breathing exercises. Genius is memory of world facts and concentration, and by such training the mind can more readily concentrate itself upon any subject. The inclination, however, of every person who has attained to a high psychic state is to withdraw himself from the affairs of the world, for he finds more happiness in company with his soul. But, as I said awhile ago, the subjective training of the mind will prove to be superior to its objective training, for the understanding of the physical nature. The mind is capable of understanding all the secrets of matter without so much as making an objective examination of them. This is the goal of the mind. Do not forget that."

COOK'S	(extra)	CHAMPAGNE.
COOK'S	IMPERIAL	CHAMPAGNE.
COOK'S	(dry)	CHAMPAGNE.

A FOOT BALL STORY.

The Player Performed a Great Feat, but Didn't Know It.

Harper's Round Table contains a capital foot ball story, in which the following vivid description of the sensations of a contestant in a game between the Harvard and Yale teams is given by one of the Harvard players:

As the play was started I was shot forward, tipping the opposing guard completely over, and we all went down together. I can only remember scrambling savagely over two men, jumping wildly from one man to another, with the ball just ahead of me under the legs of what seemed to be a thousand people. Then I heard a wild, unearthly yell. Nothing like it had ever come to my ears before, and I remember wondering what it could be. It swelled and grew with each moment. Now it died away: now it spread out stronger than ever. I had a queer feeling of wonder if I were still playing the game. Nobody seemed to be near. Then a black-faced, fierce looking figure rose up in front of me. I must get out of his way at any cost. I moved aside and thrust my open hand straight into his face, caught his hair and ear and scrambled all over him. He seemed to be the only one out of the game except myself, and the maddening feeling that I had made some mistake lost me the strength to throw him rolling away on the ground.

There was that same wild, exultant yell again. It swept over the field as I have seen a cloud of dust sweep up a street. And then all in a moment I knew the cocaine had given out and my strength was gone. I got a swinging blow on the head, and lay quietly down with the feeling that I was tired out.

Still there seemed to be no explanation for my being alone, and I started to get up, saying between my teeth, "Get 'em low, Jim, get 'em low."

"Oh, Jimmy, my boy! Jimmy! Jimmy!" cried a voice, and an arm went round my neck and lifted me up.

"Low, Jack, l-o-w!"

"Oh, Jimmy," said Jack himself, holding me up, "it's over, and—look at the crowd!"

I could scarcely see, but over to the right somewhere there was a wave of red color that swung back and forth. Then I looked up at the faces about me, and they wavered too.

"Peter," I cried, with tears rolling down my cheeks—for the life of me I couldn't help it—"Peter, get me up! I'm all right. We'll stop 'em yet. They can't get over that line."

"He's gone," said somebody; "he's mixed. Take him over to the house." But I couldn't let them take me off now. It was too critical a time.

"Why don't they go on with the game? I'm all right, I tell you."

"Go on, man, go on? Why, don't you know where your are?"

I looked up and saw goal posts over my head, and the next instant there was another wild, wavering cheer and a ball went sailing over the cross-bar.

"What is it, Farragut?" I asked.

"Good heavens," said some one nearby, "he doesn't know! Why, man, you've run the 130 yards of the field through the whole team, and that's a goal from the touchdown!"

Trouble on Foot.

Cleveland Plain Dealer: "There's a girl," said the first man, "who is as full of independence as Thomas Jefferson. She can stand squarely on her own feet and ask odds from nobody."

A spasm of pain flitted across the other man's face.

"In a crowded car yesterday," he gasped, "she stood squarely on my feet all the way down town!"

Try Grain-O! Try Grain-O!

Ask you Grocer to-day to show you a package of GRAIN-O, the new food drink that takes the place of coffee.

The children may drink it without injury as well as the adult. All who try it, like it. GRAIN-O has that rich seal brown of Mocha or Java, but it is made from pure grains, and the most delicate stomach receives it without distress. ¼ the price of coffee. 15 cents and 25 cents per package. Sold by all grocers.

Tastes like Coffee
Looks like Coffee
Insist that your grocer gives you GRAIN-O
Accept no imitation.

AN OPEN LETTER To MOTHERS.

WE ARE ASSERTING IN THE COURTS OUR RIGHT TO THE EXCLUSIVE USE OF THE WORD "CASTORIA," AND "PITCHER'S CASTORIA," AS OUR TRADE MARK.

I, DR. SAMUEL PITCHER, of Hyannis, Massachusetts, was the originator of "PITCHER'S CASTORIA," the same that has borne and does now on every bear the fac-simile signature of Chas. H. Fletcher. wrapper. This is the original "PITCHER'S CASTORIA" which has been used in the homes of the mothers of America for over thirty years. LOOK CAREFULLY at the wrapper and see that it is the kind you have always bought, on the and has the signature of Chas. H. Fletcher. wrapper. No one has authority from me to use my name except The Centaur Company of which Chas. H. Fletcher is President.

March 8, 1897. Samuel Pitcher M.D.

THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY.

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IN EVERY SENSE OF THE WORD?

Are You Bearing a Secret Burden Because of Sexual Weakness.

IF YOU ARE, THEN ACCEPT THIS

Honest Offer to Suffering Men

A COURSE OF MEDICINE SENT ABSOLUTELY FREE BY MAIL

Every man suffering from the effects of youthful folly or later excesses restored to PERFECT HEALTH AND VIGOR. Premature Decline, Lost Manhood, Spermatorrhœa, Emissions, and all Diseases and Weaknesses of Man, from whatever cause, permanently and privately cured.

Send the famous PHYSICIANS' INSTITUTE, of Chicago, a description of your trouble, with 6 cents for postage and packing, and our eminent physicians will prepare for you a course of medicine of such strength as your case may require. We send it FREE to introduce our remarkable method of treatment for Lost Manhood. No Quackery or C. O. D. Fraud. We have thousands of thankful letters that praise our honorable, liberal business methods, as well as our remarkable quick cures. We have cured cases that have baffled others. Failure impossible by our method.

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Thousands of weak men who have become discouraged after trying all other treatments, have been restored to Health and Perfect Manhood within a very short time after placing themselves in our hands. Procrastination is dangerous. Do not neglect your case. Write us today in strict confidence.

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BEFORE AND AFTER

MANHOOD RESTORED "CUPIDENE"

This great Vegetable Vitalizer, the prescription of a famous French physician, will quickly cure you of all nervous or diseases of the generative organs, such as Lost Manhood, Insomnia, Pains in the Back, Seminal Emissions, Nervous Debility, Pimples, Unfitness to Marry, Exhausting Drains, Varicocele and Constipation. It stops all losses by day or night. Prevents quickness of discharge, which if not checked leads to Spermatorrhœa and all the horrors of Impotency. CUPIDENE invigorates the liver, the kidneys and the urinary organs of all impurities.

CUPIDENE strengthens and restores small weak organs.

The reason sufferers are not cured by Doctors is because ninety per cent are troubled with Prostatitis. CUPIDENE is the only known remedy to cure without an operation. 500 testimonials. A written guarantee given and money returned if six boxes does not effect a permanent cure. $1.00 a box, six for $5.00, by mail. Send for FREE circular and testimonials.

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"EAST, WEST, HOME IS BEST," IF KEPT CLEAN WITH

SAPOLIO

GIRL INVALIDS.

How sad it is to see a young woman slowly losing her health. But thousands of girls do become helpless invalids every year. At first there is just a little irregularity or weakness. Then they have to remain in bed two or three days every month. After awhile they never feel well at all. They lose interest in everything and don't care very much whether they live longer or not.

It is a terrible thing for a girl to be in that condition. She ought to grow more attractive and lovable and womanly every day. And we want to say emphatically that not one out of twenty girls or women who are invalids need to be invalids. If they would take Wine of Cardui at the first symptom of trouble ninety-nine out of every hundred would be strong and well. This great remedy will cure nearly every case of any kind of "female trouble." It will do that even when the disease has assumed an aggravated form and physicians have failed to control it.

These are strong statements but the record Wine of Cardui has made substantiates them More than two thousand women buy Wine of Cardui every day. They take it for every trouble that comes under the head of "female complaints." And they are benefitted by it. Any druggist will tell you he never hears a complaint about Wine of Cardui.

Give Wine of Cardui to a dull listless girl and you will be surprised at the result. Her eyes will become bright. Her cheeks rosy. Her heart light. Her whole being will glow with health. It's the same way with an older woman. A really healthy woman is a beautiful woman. An unhealthy woman cannot be attractive. No medicine in the world does so much to make healthy girls and women as Wine of Cardui. $1.00 at all drug stores. Every girl ought to have this medicine as she approaches womanhood.

LADIES' ADVISORY DEPARTMENT.

For advice in cases requiring special directions, address, giving symptoms, Ladies' Advisory Department, The Chattanooga Medicine Co. Chattanooga, Tenn.

McELREE'S Wine of Cardui

Baco Cure

Don't Stop Tobacco

Suddenly and test the nerves. Take BACO-CURE, the only cure while using tobacco. 50c. or $1 boxes. 3 boxes (Guaranteed Cure) $2.50; of Druggists or of us.

It Gently Weans.

EUREKA CHEMICAL AND MFG. CO., La Crosse, Wis.