

ALCOHOL AND THE ATHLETE

Question of Stimulants Discussed by an English Expert on Training.

VERY HARMFUL IN THE LONG RUN

But Very Useful in Emergencies—Ale, Wine and Whisky Allowed in Small Quantities—Trial of the Protein Diet.

(Copyright, 1901, by E. H. Miles.) As a general rule, I do not recommend alcohol to anyone, either for the body or brain, especially if no particular exertion be needed at the particular time and if other remedies be possible...

Even though the most sensible people will see that the best plan is to keep the blood so pure and strong that there will not be any need for stimulants...

Worth While in Certain Cases. It is all very well to say that it is not worth while to take alcohol. It is not worth while in certain cases...

Different Effects. Undoubtedly the effect of alcohol differs with its different forms. It is not always the proportion of alcohol that is important...

In my own case, alcohol has little or no appreciable effect on my games. Nor does it make any great difference in my standard of endurance...

Blatz Beer advertisement featuring the Blatz logo and text: 'These beers are brewed by the celebrated Blatz process, which accounts for the uniform purity and genuine beer goodness represented in every bottle.'

Millionaires to Order

An Incident in the Carnegie Mill

It was my privilege to be in the office of the Carnegie Steel company, says a writer in the Philadelphia Saturday Evening Post, when there occurred an event that, to my mind, has rarely been equaled for dramatic interest...

are constantly touching elbows with middle-aged, plainly dressed young men who are pointed out to you as "Carnegie men."

"situation" for any dramatist. Even through the oaken doors it thrilled me so that the conversation on my part lapsed. The Carnegie official noted my silence smilingly for some moments...

In the Carnegie atmosphere you become accustomed very soon to millions and millions.

Unfortunately I could not see through the two stout oaken doors that separated me from the room where Mr. Schwab was springing his little surprise on the workmen...

"As I have been told, almost every one of the thirty brilliant young men who made up the Carnegie company came into the mill on the same day...

Marriage and Divorce

Need of Uniform Laws

Abram H. Hummel of New York, one of the best known divorce lawyers in the United States, discusses in the New York Herald the conflicting statutes of states and territories governing marriage and divorce...

Nothing could be more dangerous than to assume because a remarriage of a divorced person might be legal in New Jersey it could be contracted anywhere in the union.

In Georgia and Florida the law of Moses has been re-enacted. In several states, including California, Iowa, Kansas, Maine and Montana, a man cannot marry his niece, Delaware and Kentucky include grandnieces in the prohibition.

This is a very serious object, about which too much cannot be said, as agitation may bring about a needed reform.

Even for a first marriage it is sometimes essential to study the geography. A man may elope with a girl who is less than 16 in New Jersey and contract a valid marriage with her...

In Rhode Island the matrimonial prohibition extends to step-parents and step-children, sons-in-law and parents-in-law, though there is a special provision that the Jews may contract marriages within the degree allowed by their religion.

The case carried to the supreme court of the United States involves this point: A man goes to South Dakota, sues for divorce and obtains a decree which is valid in that state, giving him the privilege of contracting another marriage.

There has been considerable agitation in the northwest within a few months about a proposed law to prohibit marriages of persons suffering from tuberculosis and other ailments liable to be transmitted to their progeny.

Inter-marriage between whites and blacks is deemed merely a matter of law in many sections of the country it involves a crime in the locality a white man may marry an octroon, but a quadroon, while in another locality the quadroon marks the boundary line in testing the guilt or innocence of a bride-groom in Ohio, to constitute a crime, one party must be white blood and the other must have a sufficient amount of African blood to render that fact visible to the naked eye.

Suppose that she does not see fit to sue. The husband may establish a home in the west and live there some time, raising a family. He may then conclude to return east to the woman whom he had left, and who is still his wife here, and he may have more children. Each family is legitimate at home, illegitimate in the other state.

Consanguineous marriages are generally abhorred among civilized nations. Although his father, Amram, had married Jochebed, a paternal uncle, Moses prohibited by the Levitical law marriage among kindred of near blood, and declares such practices an abomination in the sight of God.

I think that enough has been said to show the folly of the present system, in which the crossing of an imaginary line would make a marriage either valid or invalid, and involve endless complications.

never yet found alcohol reliable. One day it might clear the eyes and produce wonderful success; another day it would be absolutely the reverse. That is the worst of alcohol for training—it is unreliable.

Alcohol seems to fight against the power of long endurance. It may produce a flash for a time, but will be against steady and persistent work with the body of brain.

Before I finish I must say a word about immediate results; they are not to be taken for full results; they are not to be the criterion. When a man takes alcohol the immediate results are probably satisfactory, but he must not imagine that the final effect of alcohol is satisfactory because of this. He must be cautious before he decides. On the other hand, he may give up alcohol and find that the immediate effect is depression; he must not conclude from this that if he continues the treatment depression will continue also.

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Through the Picturesque Blue Mountains. The route of the Lehigh Valley railroad between Niagara Falls and Buffalo and New York and Philadelphia is one of scenery great beauty.

alcohol went. On the fleshless foods I believe, as a rule, the desire will disappear. There seems to be something in the flesh which creates the thirst for intoxicants; though I found that in case I did not take enough protein or albumen and did not take much work or exercise, I felt exhausted and the desire returned.

"The Destruction That Wasteth at Noonday."



Dying Man Turned Away!

THERE WAS NO ROOM IN A HOSPITAL FOR DENNIS KENNY, A CONSUMPTIVE.

New York.—Dennis Kenny, homeless, was found unconscious on the sidewalk at 44th Street and 1st Avenue on Thursday night. An ambulance surgeon from Flower Hospital said that the man was dying of consumption. He was taken to Bellevue and on Friday was sent to the Metropolitan Hospital on Blackwell's Island.

Figures are strangely inadequate to convey to the mind some of the most appalling facts of civilization. We are told that 60,000 people die annually of consumption. But the statement hardly touches us.

HOW TO AVOID CONSUMPTION. The one sure way to avoid consumption is to instantly arrest the conditions which tend toward it. If you have a cough cure it. If your lungs are weak make them strong.

"BETTER LATE THAN NEVER." Better use Dr. Pierce's Golden Medical Discovery late than not at all. It may be too late to cure. It can't be too late to try, and the evidence of the people who have been cured shows that no man dare shut the door of hope in the face of any one with the words "too late."

VALUABLE INFORMATION FREE! Henry I. Frank, of No. 305 East Water St., Urbana, Ohio, writes: "The People's Common Sense Medical Advisor contains in its many pages valuable information worth many times the price of the book, and it is a great help and benefit to any one."

Advertisement for Dr. Pierce's Common Sense Medical Advisor, containing 1008 large pages, sent free on receipt of stamps to pay expense of mailing only.

Advertisement for The Wabash Hotel, featuring the Dan American Exposition and Niagara Falls. Text: 'The Wabash Hotel, Buffalo, N.Y. Fireproof Construction. Architectural Beauty.'

Advertisement for The Bee Building, highlighting its reputation and firm foundation. Text: 'Its Reputation is Built on a Firm Foundation. The Bee Building. Fireproof Construction. Architectural Beauty.'