

FEED A COLD, STARVE A FEVER

How Far This Ancient Advice May Be Followed with Safety.

REASONABLE SUGGESTIONS FOR ATHLETES

Origin and Seat of the Trouble—Remedies Within Reach—Better Than Cure is Prevention.

Long ago Pythagoras said that disease was an effort of nature to restore health. But we do not treat a cold as if it were of this character; we regard it usually as a thing to be stopped rather than to be helped along gently in its own direction.

This gives us the best, or at least the most economical means of prevention and cure. When we have a cold the balance of nature has somehow been upset. The cold generally starts from the stomach. Give the stomach a rest—fast for a day or two, or for several meals—probably the cold itself will disappear.

Heat in Curing a Cold. So we come to the second cure, namely, heat or warmth. This can be produced by exercise, by massage, by Turkish or Russian baths, by warm baths, by compresses, by wrappings in blankets or wet packs; only let such help be followed by cool or cold water and friction, to close the pores of the skin again, and to harden them against a fresh cold.

There are some who, after drinking two glasses of hot water, will apply the stomach tube to the contents of the stomach. This is not to be confused with the stomach pump, a far more unpleasant mechanism.

Prevention Better Than Cure. This, again, is remedial. How much better it would be not to let the causes enter the system at all! It is so weak and negative to have to shun drafts, or even fresh air. He is better off who recognizes the drafts as something refreshing.

The flesh foods are acid. They contain uric acid and other chemicals, which, under certain conditions, are deadly poisons. Uric acid is one of the results of the wearing out of the tissues by the animal during its movements and during its life. Animals cannot live without destroying themselves.

It is a mistake to give up meat and to substitute no staple or basis for it. What this basis should be we cannot say. If wheat were properly prepared and not deprived of its most precious parts it might form one of the best foundations of diet.

ants might be thoroughly satisfactory. For my own part colds are almost unknown to me since I have made the backbone of my diet—no flesh foods, for I never eat them—but protein.

It is necessary, above all, for him who has to prevent or cure a cold to get rid of constipation. If air-raised whole wheat bread or biscuits can be eaten, then it is probable that the bowels will move freely.

Light in Plenty is Needed. The next means is light. It is probable that, if the whole body were allowed sufficient light, colds would be unknown. Dr. Forbes Winslow and Sir James Wylie, late physician to the emperor of Russia, and many other physicians, all emphasize the importance of light.

Such are a few of the cures for colds; a few out of very many. No single drug can be recommended; no single drug would be advised by the majority of doctors; no single drug has stood the test of ten years' experience, although it is possible that, in some cases, a drug may restore the upset equilibrium of the system.

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LABOR AND INDUSTRY.

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The thirty-six leading industries of New York state in 1900 embraced 24,477 establishments, or 31 per cent of the total; used a capital of \$1,482,964,000, or 30 per cent of the total; gave employment to 562,839 persons, or 31 per cent of the total.

The American Flint Glass Workers' union met in Wheeling in July that may be the first in a general movement for the ownership and control of mills and factories by national and international labor organizations.

PEARLS TRUE AND FALSE

Genuine Gems of the Sea Pre-Eminent for Natural Beauty.

THEIR FORMATION AND MANUFACTURE

Where the Most Valuable Are Found—Shape and Color Determined—Value—Method of Making Artificial Pearls.

Among all the products of the sea, says a writer in the New York Times, the pearl is pre-eminent for natural beauty, and rivals in splendor and preciousness gems of the earth. Unlike the latter, it requires no aid from art to reveal its beauty and luster, and doubtless for this reason it met with highest favor among the ancients.

The formation of pearls has been a subject of much speculation. It was formerly attributed to drops of dew falling into the pearl oyster when the shell was open. The natural inquiry as to how the dew "fell into the oyster" is met with the explanation that the oyster floated to the surface of the water and thus caught the dew.

The value of pearls depend on their form, size, color, texture and weight. As regards form, they are spherical, pear-shaped, button-shaped, oval, conical and irregular or baroque. The perfectly round pearl is generally the most valuable, other things being equal.

Pearls are of many colors. The choicest in the estimation of Europeans and Americans is generally of a silvery white, slightly blue, or more properly, azure tinted. Black pearls of perfect form and water fetch very high prices, frequently exceeding the price of white pearls in value.

How Harney Fooled the Sioux

An Indian Killing that Shocked the East.

He was an old cavalryman who had seen service on the plains in the wayback, when Harney went back to Leavenworth.

"It was after this fight that Harney threw the Society for the Protection of Western Savages into a particular frenzy. The wagon trail for Oregon and California led from Fort Leavenworth to Fort Kearney, Neb., then to Julesburg, in Colorado, from there to Fort Laramie, through old South Pass to Badger and then to Salt Lake.

"I oughtn't to have said anything about those days," he said, "but this talk about the war in Samar and the court-martial of old General Smith for trying to end hostilities brought something back to me. I knew Smith when he was captain and then when he was out of hearing. But Smith has nothing to do with this tale except that his case is nearly a parallel with the one I have in mind.

"None of you remember Harney, old General William S. Harney. He was a mighty big man in his day and hasn't been dead so long—did I make good, I believe. Harney was a Tennessee production, Tennessee grew the rustiest and the biggest men on earth—6 feet 3 inches. When he was 17 he got his commission and from that time until he was retired he fought when he wasn't sleeping. He helped to clear Florida of Indians and he was in the matter of the Seminole war. He was in the matter of the Seminole war. He was in the matter of the Seminole war.

SAVE MONEY ON YOUR SPRING PURCHASES

Chairs Dining Room Tables Sideboards. Solid oak cane seat chair \$60. Dining Room Tables: Six foot extension tables \$4.00. Sideboards: \$14.00 Sideboards for \$10.00.

RUGS! RUGS! RUGS! IT'S THE NIMBLE DIME, NOT THE RUSTY DOLLAR WE ARE AFTER. CARPETS CURTAINS RUGS. Good quality tapestry Brussels carpets, worth \$50c for \$30c. Rugs: 36-inch all wool Smyrna \$1.69.

SHIVERICK FURNITURE COMPANY

press Eugenie, who possessed a string of magnificent black pearls which at one time was valued at \$500,000 francs. Black pearls are obtained from the Gulf of California, Tahiti, and in very small numbers from Panama and Western Australia.

of the interest in the possibility of aiding or starting the growth of pearls in mollusks. This first suggestion in Europe by the Swedish naturalist Linnaeus in 1761. It is stated that an unsuccessful attempt was made to sell the secret of the process to the Swedish government, and finally it was bought by a merchant of Gothenburg.

Artificial Pearls. Experiments in growing pearls artificially in abalone or balliots were made in 1897 by M. M. L. Bentons, an account of which was given at the meeting of the Paris Academy of Sciences in 1898.

Where Donning Full Dress is Irksome. A belated traveler, who was compelled to stay all night in a backwoods cabin, related in the Detroit Free Press, that soon after the frugal supper of "sody biscuits" and fried "side meat," swimming in grease, had been eaten, a tall, gaunt youth of about 18 and an equally sallow and gaunt girl of 17, both barefooted, took their hats from wooden pegs on the wall prepared to go whereupon their mother, taking her pipe from between her yellow teeth, said reprovingly:

NATURE TELLS YOU. When the kidneys are sick, Nature tells you all about it. The back aches, is weak or lame; The urinary discharges indicate trouble; Intere, rent or too frequent in action— Calling for prompt attention.

DOAN'S KIDNEY PILLS

Cure all urinary disorders. Cure the aching back. Cure every kidney ill. Omaha testimony to prove it. Mrs. Fred Horn of 2009 Cumling street says: "In the winter of 1899 I could not sleep on account of pain in my back. It also bothered me during the day and I often had sharp cutting pains in the kidneys when stooping or leaning any strain on my back.