

### Conditions in Occupied Belgium

Washington, April 27.—(Special.)—The Belgian legation gives out the following statement:

The Governor General von Falkenhayn has handed down an order forbidding, under severe penalties, the stuffing of mattresses, cushions, pillows, bolsters, etc., with hay or straw or feathers or wheat husks or chaff.

In order to replace the wool which has been seized they may be stuffed with old paper cut into small bits. The scarcity of paper is acute and all the woodlands where the inhabitants might have procured broomstraw, twigs and leaves have been seized.

The inventory of church bells and organs in Belgium has been ordered. The Belgian bishops have protested strongly against the measure, announcing this sacrilege. Cardinal Mercier has forbidden the Catholics to assist in the removal of the church bells.

Life is particularly difficult in the military zone which embraces Flanders, Tournaisis and part of Luxembourg. In Tournaisis, for example, the land owners have been expressly forbidden to get rid of all animal and vegetable products and certain mineral products and have been obliged to preserve them in good condition at the disposal of the German authorities until they commandeer them, which does not take long.

Objects falling especially under the law of seizure, notably cattle and horses, must be inventoried, and as a result of the extremely careful control the inhabitants are under the constant menace of fines and imprisonment, even of deportation into Germany. So many things, indeed, fall under the working of the laws of seizure that it is rare that the searching of a house, and they are frequent, does not result in the discovery of something already commandeered, such as a copper or bronze door latch, cheap copper lamp, empty bottles, casks, old corks, rubber.

Mattresses, clothing, shoes have been commandeered, as well as the most part of food products. As for the native ones, draconian laws force the inhabitants to hand them over in such amounts that there remains nothing for the population. Thus almost all the vegetables are commandeered as well as coal. Of the coal taken from the mines the Germans leave 20 per cent for the population and keep 80 per cent for themselves only. The very small children alone continue to receive milk, thanks to the Oeuvre de la Goutte de Lait (Charity for a Drop of Milk). As for meat, the weekly ration is two and one-half ounces, including the bones. Thus the great majority of the population, destitute and unable to buy food at exorbitant prices, must apply to the "soup kitchens," inadequate, alas! The population grows weaker day by day, and easy prey to tuberculosis.

Moral torment is not less than material suffering—the Germans respect nothing. For instance, on November 14, 1917, soldiers penetrated into all churches and convents in the Tournaisis, interrupted the services, cleared the altars, forcing even the priests at the altars to stop the reading of the mass. They rummaged everywhere, destroying the altars; locked up or carried off vessels and church property; in many cases forced the priests to open the tabernacle and expose the contents of the ciborium. In a convent at Tournai the commanding officer dared to remove the ciborium with his own hands. Money and valuables were taken from rectories and convents. On many occasions soldiers forced their way into even cloistered convents—holding the nuns at their mercy.

Nevertheless, the people of Tournaisis, instead of allowing themselves to be cast down, keep up a wonderful courage. Suffering, hatred, unshakable patriotism—such is their life today.

Various detailed reports, reliable because of their agreement, prove that the Germans continue to requisition in the Flemish territory large numbers of men, of 17 to 45 years of age, to deport them into the north of France, near the front, under the fire of the allied aviators and cannons. They are subjected to a systematic regime of exhaustion. They are forced to labor of a military nature, veritable forced labor, which they must execute regardless of the temperature.

One can imagine the working conditions of these unfortunate people, torn from their families and their professions, under the administration and direction of enemy soldiers. They are lodged in barracks, exposed to wind, rain and cold. There are no books except planks or tumbledown lathices infested with vermin. Those deported suffer particularly from the lack of food. The situation is aggravated by fatigue and unsanitary lodgings.

This barbarous treatment develops among them sickness, such as dysentery, digestive troubles, nephritis and tuberculosis. The deported are beaten when they falter at their work. Hundreds faint in the workyard. They are carried to the hospital only when they are unable to rise. They are to be seen arriving at the hospitals, or carried thence in a condition of complete exhaustion. These seem like living skeletons. Some have lost up to 30 kilograms of weight and deaths are frequent.

The Germans push their cruelty so far as to hold the families responsible when one of these unfortunates tries to escape, seizing wife or other close relative for imprisonment.

The Germans transported from Lokeren (east Flanders) to the western front, for works of a military nature, 2,700 men—laborers and citizens. Announcement is now made that 200 of these unfortunates have returned to their native town. All are in wretched health, the majority, consumptive. Dysentery, typhus, lack of food, the rigors and riles of their masters, have in three months found many victims among them; who lie now in unmarked graves.

Conditions as described are constant, while the Germans pose as the liberators of Flanders.

The regime to which those deported from Luxembourg are subjected is similar.

The abominable deportations continue in the military zone of Mons. Not only men but children are taken away. February 25 Mons had to give up 500 youths, all 15 to 18 years old.

In the province of Hainaut they are proceeding with the census of young girls between 13 and 15.

If the food situation is terrible in the military zone, it is likewise painful in other portions of occupied Belgium, as can be seen from the following figures sent from Antwerp—but applicable to any Belgian locality.

The national committee supplies to citizens of Antwerp, individually, at very low prices:

Coffee, 2 1/2 ounces every two months.  
Sugar, 2 1/2 ounces every two months.  
Butter, 2 1/2 ounces almost every month.  
Rasp, 1 1/2 ounces every month.  
Potatoes, 10 1/2 ounces every week.  
Meat, chopped, 2 1/2 ounces every week.  
Bacon, 2 1/2 ounces every two months.  
Lard, 1 1/2 ounces every month.

Bread, poor, 10 1/2 ounces daily.

Prices quoted by the dealers to whom the inhabitants must apply, in order to eke out these rations, are as follows:

Before the war. Now.  
Coffee ..... \$1.00 ..... \$12.00-14.  
Sugar ..... .25 ..... .30  
Butter ..... .50 ..... .60  
Tea ..... .50 ..... .60  
Rice ..... .10 ..... .15  
Olive oil ..... .25 ..... .40  
Soap ..... .05 ..... .10  
Potatoes ..... .02 ..... .03  
Meat ..... .40 ..... .60  
Bacon ..... .40 ..... .60  
Lard ..... .25 ..... .35  
Eggs ..... .15 ..... .25  
Cheese ..... .40 ..... .50  
Peas ..... .05 ..... .10  
Coal (a ton) ..... 7.00 ..... 12.00  
Thread (spool) ..... .04 ..... .06  
Stockings ..... .10 ..... .15  
Cloth (meter) ..... 1.00 ..... 1.50-2.25

The letter, written from Antwerp, which furnishes these figures, says, in conclusion:

"It will therefore not surprise you if I add that internments in a single cemetery here have risen from 150 to 175 a month before the war, to 540 now. All who fall ill, go there because many medicines are lacking—or else the people need nourishing food and have not the means to procure it."

The Institute of France has just bestowed its highest reward, the "Prix Audifrenet," to Cardinal Mercier, the president declaring the institute desired thus to honor one of the noblest characters known to our times—a prelate personifying the solemn protest of a martyred Belgium against the most insulting barbarism.

He quoted the words pronounced by the Cardinal in one of the churches of Brussels at the time of the deportations.

"In civilized countries man has a right to liberty in the choice of work. He has a right to his home. He has the right to reserve his services for his own country. Any regulations that violate these rights do not bind the conscience."

He mentioned, also, this portion of a letter from the Cardinal, to the governor general:

"There is a barrier at which military forces must halt and behind which is sheltered, in inviolate safety—Right. On this side of the barrier,

were brought down, two as the result of an engagement, the third by artillery fire. The crew of one of the planes was captured. In April, in spite of unfavorable atmospheric conditions, there has been some aerial activity. A squadron of enemy aeroplanes attempted an attack on a Belgian war balloon, but was put to flight by a squadron of Belgian planes. On April 4, a German Gotha, disabled by artillery fire, was forced to descend within the Belgian lines. The crew, two officers and a corporal, were captured.

During the week of April 5-12, artillery activity continued in the region of Nieuport and along the southern portion of the front.

During the nights of April 8 and 9 Belgian detachments penetrated enemy positions near Lombeertzeide, St. Georges, Dixmeude and Zevecoote, and brought back several prisoners. More prisoners were captured during an unsuccessful attack by the German troops in the zone of Mereken and the forest of Houthulst.

On April 9 German torpedo boats shelled the coast.

President Poincaré, escorted by King Albert and Prince Leopold of Belgium, visited, on April 17, a number of military establishments on the Belgian front. General Foch paid a visit on this same day to Lieutenant General Gillain, the new chief-of-staff of the Belgian army.

A captain of industry was addressing the students of a college.

"All my success in life," he said proudly "all my enormous financial prestige, I owe to one thing only—pluck. I want all you young men to take that for your motto—pluck, pluck, pluck!"

He, pluck, pluck, and a small student seated in the front row queried: "Yes, sir, but won't you please tell us how many and whom did you pluck?"—Harper's Magazine.

Good But Vague.

Neither do those others yield—senators, deputies, provincial or municipal councilors—who, with admirable energy, and in ever greater numbers, protest so energetically against the enemy's attempts to disunite.

On March 22, Secretary Baker had a long interview, with King Albert with whom he visited the Belgian front.

The North Sea sector, long held by the French, and recently taken over by Belgian forces, has been the theater of increasing activity. Several attacks in the region east of Nieuport were successfully repulsed.

A violent attack by German assaulting troops, as well as a number of minor attempts, broke down. At one point the enemy was able to cross the Yser and took 300 prisoners.

On March 26, during an engagement near Stuyvelenskerke, and on March 28, in the vicinity of Bulthoek, Belgian troops took a considerable number of prisoners. The enemy vainly attempted attacks on small outposts, near Bixshoote.

During the week, March 25-30, fine weather aided the aviation in scouting operations. Numerous photographs were taken. Three German planes

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HOW TO AVOID TROUBLE

The way to avoid sickness and to keep feeling full of ambition is to watch your bowels. Just as you keep the outside of your body clean, you should also KEEP THE INSIDE CLEAN. It is even more important to keep the bowels clean than it is to keep your body washed, because the millions of pores in the thirty feet of bowels quickly absorb poisons generated by decaying food left carelessly in the bowels. Don't allow the old, fermenting, filthy stuff to stay in your bowels for weeks, but GET IT OUT and keep it out. Remember, filthy bowels are the cause of most sickness—no stomach, liver or any other organ can do its work with a foul cesspool sending out gases and poisons. Even

if your bowels move slightly each day, that is not enough. There must be an occasional THOROUGH, complete cleansing to rid your system of all accumulated, decaying matter.

HOW TO CLEAN BOWELS QUICK

THE MOST COMPLETE bowel cleanser known is a mixture of buckthorn bark, glycerine and ten other ingredients, put up in ready prepared form under the trade name of Adler-I-ka. This mixture is so powerful a bowel cleanser that it ALWAYS does its work properly and thoroughly. It removes foul and poisonous matter which either castor or laxative mixtures are unable to dislodge. It does a COMPLETE job and it works QUICKLY and without the least discomfort or trouble. It is so gentle that one forgets he has taken it until the THOROUGH evacuation starts. It is astonishing the great amount of foul, poisonous matter a SINGLE SPOONFUL of Adler-I-ka draws from the alimentary canal—matter you would never have thought was in your system. Try it right after a natural bowel movement and notice how much MORE foul matter will be brought out which was poisoning your system. In slight disorders, such as occasional constipation, sour stomach, "gas on the stomach" or sick headache, one spoonful brings relief almost INSTANTLY. Adler-I-ka is the MOST THOROUGH bowel cleanser and antiseptic ever offered in ready prepared form. It is a constant surprise to people who have used only ordinary bowel and stomach medicines and the various oils and waters.

REPORTS FROM PHYSICIANS

Dr. James Weaver, Los, Utah: "I have found nothing in my 50 years' practice to excel Adler-I-ka."

Dr. W. A. Lina, West Baden, Ind.: "I use Adler-I-ka in all bowel cases and have been very successful with it. Some cases require only one dose."

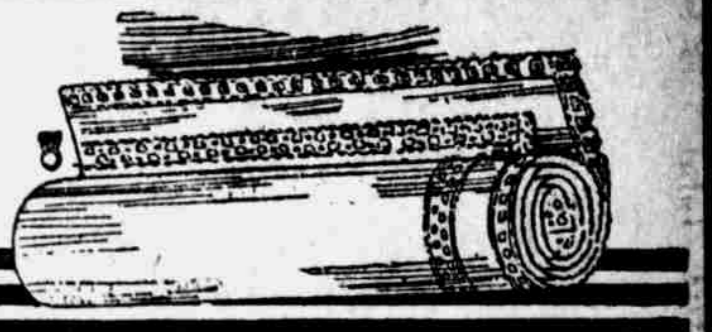
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J. E. Puckett, Gilliam, Ark.: "I had had stomach trouble. After taking Adler-I-ka I feel better than for twenty years. Haven't language to express the awful impurities which were eliminated from my system."

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Adler-I-ka is sold only by the leading druggist in each city. Sold in Omaha only by Sherman & McConnell Drug Co., 16th and Dodge; Babson Drug Co., 16th and Farnam; Yates Drug Co., 16th and Chicago. Throughout Nebraska by the leading druggists in each city.—Adv.



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# HOW TO PREVENT APPENDICITIS

Appendicitis is primarily due to the poisons formed by decaying food in the bowels. It is a disease caused by improper and insufficient bowel elimination. Many people have only a small passage in the center of the bowels while the sides are clogged with old, stale, fermenting matter. They may have a bowel movement every day, but it is not a complete movement and the old, stale matter stays in the system to ferment and cause trouble. Besides appendicitis, such trouble causes headaches, stomach trouble and 80 per cent of all other sickness. The old, foul matter sticking to the sides of the bowels often stays in for months, poisoning the body and causing that listless, tired feeling known as "auto intoxication."

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