

Health of School Children. The medical inspection of school children—a subject now provoking general discussion in this country, and particularly in this city—is the topic of a book recently published in London, "The Health of the School Child," by Dr. W. Leslie Mackenzie. It is a question of doubtful politics; it is "passed into the region of administration." A point of great practical interest which he brings out is that, by a little cooperation among the teachers, the amount of work thrown on the doctors and the consequent cost of the inspection may be considerably lightened. Dr. Kerr, for example, of the London county council, "found that, with a little care, the teachers were able to find out almost all the children that suffered from eye defects." This testimony will not surprise casual and unofficial school visitors—who are often amazed at the indifference of teachers to defects of sight or hearing that are a manifest handicap to pupils. Boys and girls who are half-blind or deaf will move slowly from grade to grade, without a word of warning to parent or guardian from the unobservant teacher. We hope that the growing attention to this matter will, even where there is no formal medical inspection, quicken teachers to a duty that is too often neglected.

How intensely practical and sensible is much of the modern missionary work is shown by Dr. Wilfred T. Grenfell, the medical missionary of the Labrador coast. In a recent address descriptive of his work he said, "We paid more attention to benefiting the poverty-ridden people by aiding in their physical welfare than by preaching and prayer. We established hospitals to care for the sick, opened stores where clothing and food and tobacco could be obtained at a lower price and of a better quality than in the regular stores. We helped to teach the fishermen more about their business of fishing and the conditions under which they lived, and how they could better the conditions; and by so doing we accomplished a greater good than might have been wrought by a host of preaching and praying missionaries who ignore men's bodies in the cure of their souls."

An American clergyman who has recently returned from Venezuela reports that soon after he reached Caracas he was arrested on the charge of violating a law which forbids foreign clergymen to enter the country. Through the intercession of the American consul he was released on the promise that he would leave within seven days. The reason for excluding clergymen is not evident, for ministers of the gospel are rarely inciters of revolution, at home or abroad.

Women in Great Britain are well represented in the professions and trades, and about 4,500,000 earn their own living. There are 124,000 who teach; 10,000 are bookbinders; over 3,000 are printers, and nearly 500 act as editors and compilers; 1,300 are engaged in photography; civil service clerks number nearly 2,300; 3,300 are engaged in medical work and nursing and 250 women are blacksmiths.

The conductor of a Boston street car who returned \$5,869 to a woman who had lost it in his car was rewarded with a smile. Boston must have remarkable street cars. In there one in any other city where a passenger could smile, even when handed \$5,869? And it shows, too, that there are women in Boston who can smile.

Among the interesting things shown in the Longfellow exhibit in the Cambridge public library, in honor of the hundredth anniversary of the poet's birth, was the first manuscript of "Excelsior." The poem was written on an invitation, the poet evidently having used the first piece of paper that came to his hand.

Col. Watterston furthermore remarks that half the people of Spain live on olives and air, while the other half wears cloaks and sombreros. Fortunately the colonel is traveling and taking notes in his private and individual capacity.

A Boston woman who had dropped nearly \$6,000 in a street car rewarded the conductor who restored it to her with a pleasant smile. That is probably more than she would have done for a man who stood up to give her a seat.

If the man who started the story; that a Wisconsin citizen had discovered \$5,000 under a carpet thinks he can reconcile any of his fellow sufferers to the approach of house-cleaning he is vastly mistaken.

John Keen of New York, now serving his second term in the United States senate, has never participated in the debates, and now Frank O. Briggs, who never made a speech, succeeds John F. Dryden, who was another silent senator.

A gifted woman has invented a shoestring "that will not come untied." Approval of the invention is withheld until assurance is given that it can be untied when it becomes necessary to take the shoe off.

IOWA STATE NEWS

Events of Recent Occurrence Throughout the Commonwealth.

WARE'S MIND WRECKED.

Cashier of Defunct Seymour Bank in Pitiable Condition. Centerville.—Leroy Ware, cashier of the defunct Seymour Farmers and Drivers' bank, is a raving maniac and it is feared will commit suicide. He is watched hourly by physicians and nurses. A trained nurse has been called from the Centerville hospital to take charge of him and remain with him constantly. The victim of friends who imposed upon his indulgence is now paying the debt of his false and illegal acts as cashier of one of the best banks in southern Iowa. Those closest to him have grave fears that before the matter is finally settled up Roy Ware will be either in his grave or the madhouse. Bank Examiner Windsor has made a significant comment as he has been asked the condition of the institution while his examination has progressed: "Worse and more of it." The estimate of a shortage of \$200,000 made yesterday is regarded as reasonably conservative. Yet the depositors amount to but \$160,000 on the books. It is one of the marvelous cases. Some of the liabilities not represented by paper in the bank have been secured since the examiner began his work. Directors of the institution have decided, amidst to ask the court at Corion to appoint a receiver for the institution. The enormous shortage makes reorganization and resumption of business impossible.

STORY OF DOWNFALL.

One False Step Led to Another by Cashier Ware of Seymour. Des Moines.—"Every one in Seymour thinks Cashier Ware of the Farmers and Drivers' Bank is perfectly honest," said Auditor of State Carroll, "and I have no doubt that he has had the most upright and honorable intentions. But he made one false step and in the effort to right the mistake by adding other false steps he has embarrassed himself very deeply, how deeply only the report of the bank examiner will disclose. "The disgrace and responsibility fall upon him; likewise the punishment, if there will be punishment, unless evidence of which I now know nothing is disclosed later. If he allowed men to overdraw their accounts at the bank and falsified the books to conceal it, and issued time certificates instead of bills payable, as he confesses that he did, it would appear that he and none of the beneficiaries of what he did will have to bear the penalty. There does not seem any feeling against Ware, however, in the community, and what the grand jury will do I do not know. As to the beneficiaries of his peculations, I suppose that there will be no way to reach them. "Of course there will be no loss. That is the utmost confidence as to that. The stock is \$20,000 and the deposits but \$160,000. There is money on hand and lots of good bills receivable. The assessment of the stock would produce almost \$50,000, without question. So that there can be no loss to the depositors. The only question involved is whether the shortage is so large that the owners of the bank will feel like reorganizing and reopening it."

MORE PAYROLL PADDING.

Another Sensation Sprung in the Hollenhorst Case. Marshalltown.—Another sensation in connection with the Hollenhorst defalcation was sprung here in the arrest of O. S. Kercham of Mexico, Mo., former agent of the Great Western at Melbourne, and John Donegan, section foreman of Melbourne. Kercham is charged with padding and passing forged instruments, and Donegan with obtaining money under false pretenses and "padding" his payroll. The formation was filed by Carl G. Kerner, special agent. Kercham is claimed to have made the request for a check for a fictitious person, one Charles Whelan, one of which he is alleged to have secured for himself for \$31.35 by signing Donegan's name. The check was issued by Hollenhorst, dated Des Moines, June 29, 1905. Donegan is accused of adding the name of Fred Vogt to the time book and drawing \$16.25 after endorsing Vogt's name. Hollenhorst, saying it is Kercham was prominent while in Melbourne and moved in the best society. He is a member of several secret societies.

DECLARE WAR IN DUBUQUE.

For First Time in History a Real Saloon Fight is on. Dubuque.—It is known that the law and order league is perfecting plans to enforce the mullet law. The organization is the result of the Rankin meeting which raised \$600 to prosecute saloons. State and local anti-saloon league will have charge of the prosecutions. Outside attorneys and witnesses will be called in, and detectives are already at work. Local men might be embarrassed if compelled to appear and therefore strangers will be employed. Archbishop Keane has changed his front, declaring the complete enforcement of the law will be insisted on. He has previously declared that Sunday closing would suffice. The saloons failed to do this and it is insisted that the full provisions be enforced. For a time, it is predicted, Dubuque will be a comparatively dry town.

Most Shave Off Whiskers.

Pullington.—After May 1 whiskers will be a thing of the past with Burlington Route passenger conductors. Orders have been issued compelling men to have their faces shaved and to shave every other day. They must wear white linen collars on duty. No celluloid or rubber shoes. White ties and white waistcoats will also be part of the compulsory summer togs. Conductor D. B. Dana, who has been wearing a beard for 26 years, will be the principal sufferer.

Killed On Way To Sweetheart.

Lebanon, Mo.—John Rowan, aged 23 years, of Masonville, Iowa, was killed by falling under a train since the train just as he was starting on a trip to visit his sweetheart at Manchester.

SHOOTS SERENADERS.

Three Young Men at Lovilla Carry Bullets in Their Bodies. Albia.—Three boys were seriously injured while serenading a wedding party at Lovilla, when G. W. Wilson, the father of the bride, opened the window of his home and began shooting into a crowd of forty young people, girls and boys. The wounded are: Arthur James, shot in eye; serious. Edward Morrissey, shot in neck; condition dangerous. James McFall, shot in shoulder. The young folks had come to the house early in the evening and were treated to ice cream and cake. Later they went away but came back within an hour and began throwing bricks and stones at the house. The father of the bride opened the window in the upper story and began shooting at the crowd, which scattered at once. Many girls were among the number, but all escaped unharmed.

The three most serious hurt were taken to their homes and placed under a doctor's care. Information was filed against Mr. Wilson and he was arrested. He came to Albia to secure the services of a lawyer. His daughter, Miss Grace Wilson, who is but 13 years old, was married to Earl Porter, aged 19, of this city. The shooting did not occur until after the family had retired for the night, when the crowd came back. They were heard to mutter that they would "do up" "Old Man Wilson" and it is thought that he was prepared for them, or else was warned.

CHILDREN BURN TO DEATH.

Boy Aged Three Years and One Aged Eighteen Months. Centerville.—Two children, the sons of Mr. and Mrs. Charles Bratwell, were burned to death one-half mile east of Mystic. Their bodies were burned to an unrecognizable crisp. One of the children is a boy of 3 years and the other a baby of eighteen months. Another son, 5 years old, was so terribly burned he cannot recover. The mother had left the house to take one of the children to school and it was not until her return that she saw flames coming from the doors and windows of her home. It is supposed that the 5-year-old boy had secured matches somewhere and started a fire. When the mother, with the help of the rapidly gathering neighbors succeeded in rescuing the children two of them were so terribly burned that it was difficult to recognize them. Their bodies were frightfully charred and were almost burned to a crisp. The third lad was burned in a number of places and it is thought that he inhaled smoke. He cannot recover.

The father is a miner. He left home early in the morning and the mother prepared her eldest child for school. How the boy secured matches is not known. It is thought that he lighted a pile of straw that was in the house, which was totally destroyed.

DIES OF NATURAL CAUSE.

McCaffrey of Fort Dodge Found Smothered in Ashes. Fort Dodge.—The coroners jury returned a verdict of death from natural causes in the case of O. H. McCaffrey, found dead in an alley. The verdict ran: "We find that deceased came to his death from asphyxiation by unconsciousness, cause unknown." Members of the jury said that they meant by this that it was asphyxiation and not foul play which led to the end of the man. McCaffrey, when found, had his face and head buried to the ears in a pile of ashes and there were a number of bruises on the back of the head, which led to the suspicion that he might have been done away with. As it became known, however, that he had been drinking heavily, the murder theory rather lost force. McCaffrey was 45 years old and unmarried. He was the local agent for the American Life insurance company of Des Moines, where he was well known in a business way. At one time he lived in Jackson county at Maquoketa and served a term as sheriff.

FIRE HITS ONEIDA SYSTEM.

Manchester.—Fire ruined a railroad system. The engine house of the Oneida short line caught fire from an unknown cause and the two engines of the system, the two tenders and the two combination cars were destroyed or rendered useless. This is the total equipment of the road, which was built to connect the city with the Great Western line at Oneida. The loss is 5,000 and there is no insurance. The city of Oneida is that for the first time since the road was built five years ago it has just begun to be operated on a paying basis. Another engine has been procured to do the work.

Dedicates \$300,000 School.

Dubuque.—The new German Theological Presbyterian school of the northwest which cost \$300,000, was dedicated on the 25th. Senator Allison, Dr. Shaw of Chicago and Rev. Schmitt, president of the board of Lake Forest, Ill., delivered addresses. Dr. Stiffens read the money mostly from eastern philanthropists. Carnegie's leading with \$25,000. The structure was building since 1903.

Banker Thrown From Train.

Fort Dodge.—Frank Corey, president of the Yetter Savings Bank, was found lying unconscious a mile and a half west of Rockwell City along the Illinois Central track. He caught the fast evening train out of Yetter and boarded the wrong side of a loaded vestibule with a heavy tank boot weighing twenty-five pounds under his arms.

Gimbel Dies of His Wounds.

New York.—Eduard Gimbel, the wealthy Philadelphia merchant who cut his throat and wrists with broken glass in a hotel in Hoboken, soon after he had been arrested on serious charges in this city, died shortly before three a. m. Monday.

Respite for Murderer.

Jefferson City, Mo.—Gov. Folk Monday granted a respite of 60 days to William Spaugh, Jr., sentenced to be hanged for the murder of Sheriff Polk of Iron county.



"LORD BARRINGTON" TO DIE

FEDERAL SUPREME COURT DECIDES AGAINST HIM.

Convicted of Murder of James P. McCann—Prisoner Greatly Depressed by the News.

Washington.—In an opinion by Chief Justice Fuller, the supreme court of the United States Monday dismissed the case of Frederick Seymour, alias "Lord Barrington," under sentence of death in St. Louis for the murder of James P. McCann in June, 1903, thus affirming the decision of the supreme court of Missouri and sustaining the verdict of guilty returned by the trial court. This case has been before the public for several years, and has attracted great attention, largely because of Barrington's pretense of bearing an English title, under which shortly before the tragedy with which his name is connected he married a young woman of good family residing at Kansas City. Barrington made a vigorous fight in the St. Louis courts, contending that his conviction was the result of prejudice and that the charge was not sustained by proof. When the Missouri supreme court decided against him he brought the case to the federal supreme court on a writ of error, contending that his trial had not been fair. St. Louis.—When the information concerning the United States supreme court's decision, sustaining the verdict of guilty of the murder of James P. McCann rendered by the trial court, was conveyed to "Lord" Frederick Seymour Barrington, who is confined in the county jail at Clayton, Barrington was apparently greatly depressed but endeavored to conceal his feelings. "I expected the decision Monday," he said, "and I had a feeling that the ruling of the court would be against me. I suppose this is the last resort. As I see it, there is nothing left but the fixing of the date of execution by the Missouri supreme court. The United States supreme court passed only on a question of jurisdiction. It seems hard that a man's life should be taken away on a mere technicality like that."

THIRTY-NINE DROWN IN NEVA.

Boat on Russian River Strikes Ice Floes and Founders. St. Petersburg.—It was definitely established Monday that 39 persons lost their lives through the foundering of the ferry steamer Archangelok on the Neva Saturday night. Divers have recovered several bodies, but the majority were borne by the current into the Gulf of Finland. The owner of the line will be prosecuted on the charge of gross negligence. The accident occurred during a snowstorm when the steamer was two-thirds across the river and was caused by it striking an ice floe. Owing to the thick weather the accident was not seen from the shore, but the shouts for help of those in distress attracted the crews of two steamers, which hastily went to the scene, only, however, to find that the Archangelok had foundered. A number of passengers, mostly workmen, were rescued, but owing to the swiftness of the current many others were swept under the ice floes.

Minnesota Solons Adjourn.

St. Paul, Minn.—The Minnesota legislature adjourned sine die at noon Wednesday. The actual business of the legislature was finished last night by the passing of a large number of bills and the meeting at noon Wednesday was for the purpose of passing a few minor resolutions. This legislature has passed a two-cent fare bill, an anti-pass bill and started what may be a searching investigation into the coal and lumber combinations.

Safe Blower Train Escapes.

Peoria, Ill.—Ed. Tate, safe-blower who was held in this city on the charge of blowing the school board safe and destroying the N. C. Dougherty script, escaped Wednesday night from the St. Francis hospital.

Steamer Is Burned at Sea.

Bridgetown, Barbadoes, B. W. I.—The British steamer Thornhill, Capt. Dickens, which left New York April 5, was burned at sea and sunk April 16. The entire crew came into this port Wednesday in their own boats.

Fails to Elect a Senator.

Providence, R. I.—Until January next Rhode Island will have but one United States senator. The joint assembly adjourned Tuesday night at the end of the eighty-first ballot, which showed the deadlock was as complete as before.

Mrs. Charles F. Crisp Dies.

Americus, Ga.—Mrs. Charles F. Crisp, widow of Speaker Crisp of the national house of representatives, died at her home here Tuesday, aged 69.

DEATH IS HIS BRIDE.

Oil City, Pa., Man Slain by Woman on His Wedding Day.

Oil City, Pa.—Thaddeus Stevens Ross of this city was shot three times and instantly killed here Wednesday by Miss Belle Stroup. The woman then shot herself through the heart. The tragedy occurred in the office of Dr. George W. Magee while the physician was at lunch. Both victims were members of prominent families. Ross was to have been married Wednesday night at nine o'clock to Miss Drusilla Sampell, of this city. There were no witnesses to the shooting. The murderer and suicide was a former sweetheart of the dead man. Miss Stroup arrived at noon from Bradford where she had been employed in a hospital, and went directly to the office of Dr. Magee. Finding no one in the office, she called Ross on the telephone and asked him to come to the office and see her. When Dr. Magee returned from lunch he found the dead bodies. In a chair in a corner of the office sat Ross, his head lying back on the chair and blood streaming from a bullet wound in his neck. His forehead was burned with powder where a bullet entered his brain. Another bullet had pierced his heart. Miss Stroup was lying a few feet away face downward, where her body partly blocked the office door. Blood was flowing from a wound in her left side. Miss Stroup was born in this county 28 years ago. Both her parents are dead and she is survived by one sister and two brothers who live at Coal Hill. Ross was a son of Mr. and Mrs. J. D. Ross and was 35 years old. He was employed in the post office here. He was a veteran of the Spanish-American war and served in the Philippines with the regular army at its close. Miss Sampell, the bride-to-be, is prostrated.

STOLEN BONDS RECOVERED.

Part of Douglass' Alleged Plunder Found in Manhattan Club. New York.—A portion of the bonds alleged to have been taken from the Trust Company of America by William C. Douglass, who is under arrest on a charge of larceny, were recovered Monday in an apartment in the Manhattan club.

It was stated Monday afternoon that Mrs. Douglass had disappeared and her friends became exercised over her absence. She was found at night, however, at the home of her parents in Brooklyn. There were rumors of possible additional arrests but the detectives denied they had taken any action. New York.—O. M. Dennett, a broker, was arrested Tuesday night at his office at 42 Wall street, charged with receiving stolen property, in connection with the arrest of William O. Douglass, assistant loan clerk of the Trust Company of America, who is accused of the theft of about \$50,000 worth of bonds. The arrest of the broker had been forecast because of charges preferred to the police by officers of the trust company after their investigation of the larceny and because of the recovery of \$20,000 worth of the missing securities in Dennett's room at the Manhattan club Monday.

VALUES MINNESOTA BONDS.

Senate Committee Puts the Figure at \$215,000,000. St. Paul, Minn.—Railroad property in Minnesota is valued at \$215,000,000 by the Sundberg investigating committee, which returned its report to the Minnesota state senate Monday. This is approximately \$27,000,000 a mile. The property is capitalized to the extent of about \$400,000,000, or \$50,000 a mile on an average. The net earnings, according to the committee's findings, averaged over \$5,000 a mile last year, or 18 per cent on the committee's valuation.

Mangled by a Vicious Horse.

Mason City, Ia.—Walter Beverly, a horse trainer, Wednesday was attacked by a vicious horse. His arm was mangled and his body was trampled so that he may die.

Park College Dormitory Burned.

Parkville, Mo.—Sherwood hall, a frame dormitory connected with Park college, and a one-story frame building used as a dining-hall were destroyed by fire Wednesday. The dormitory was occupied by 30 girls.

Heavy Snow at Green Bay.

Green Bay, Wis.—The second severe snow storm of the spring raged here Wednesday. Six inches of snow were recorded. Traffic is suffering great delay and still greater trouble is anticipated.

Taft Back in Washington.

Washington.—Secretary of War Taft and party arrived at the Washington navy yard on board the Mayflower Monday night after an absence of a month on a trip that included Panama, Cuba and Porto Rico. Canning Plant Burned. Lubec, Me.—The entire plant of the Seacoast Canning company, leased to the American Canning company of New York, at North Lubec, was burned. No one was injured. The loss is estimated at \$200,000.

HITS CRITICS HARD

PRESIDENT ANSWERS A MOYER-HAYWOOD PROTEST.

REPLY TO HONORE JAXON

Deplores Efforts to Influence Course of Justice—Repeats Condemnation of "Undesirable Citizens."

Washington.—In a letter addressed to Honore Jaxon of Chicago, chairman of the "Cook county Moyer-Haywood conference," made public Tuesday, President Roosevelt replied to the criticisms of his recent letter in which he referred to Moyer and Haywood, officials of the Western Federation of Miners, charged with implication in the murder of former Gov. Steunenberg of Idaho, as "undesirable citizens."

The president says he regrets any body of men should so far forget their duty to their country as, by formation of societies and in other ways, to endeavor to influence justice and coerce court or jury; that they, not he, are trying to influence justice, and he condemns what he calls their flagrant impropriety in the matter. He says that he indicated no opinion as to their guilt of the Steunenberg murder, but that it was a simple absurdity to suppose that because a man is on trial he is free from criticism as to his manner of life. He said he might as well be accused of trying to influence the suits against Harriman, some of whose friends had also accused him. He said that Moyer and Haywood stand as representatives of those who habitually appear as guilty of incitement to or apology for bloodshed and violence. He added that he was profoundly indifferent to the condemnation of him for his criticisms of the undesirable types of citizens, regardless of the power of either labor or capital.

To Take President to Task.

Milwaukee.—A movement, national in scope, to set aside a Moyer-Haywood-Pettibone day early in May, on which day every union in the country is to protest against the action of President Roosevelt in denouncing the Western miners before they have been tried, has been launched in Milwaukee. The plan is to have leaders in every city in the country agree on a day on which large demonstrations shall be arranged and the president taken to task not only for his utterances in his recent letter but more especially in his communication to Honore Jaxon, of Chicago, in which he reiterates his criticism.

SKIN SORE EIGHT YEARS.

Spent \$300 on Doctors and Remedies but Got No Relief—Cuticura Cures in a Week. "Upon the limbs and between the toes my skin was rough and sore, and also sore under the arms, and I had to stay at home several times because of this affliction. Up to a week or so I had tried many other remedies and several doctors, and spent about the hundred dollars, without any success, but this is to-day the seventh day I have been using the Cuticura Remedies (coating a dollar and a half which have cured me completely, that I can again attend to my business. I went to work again to-night; I had been suffering for eight years and have now been cured by the Cuticura Remedies within a week. Frank Hirsch, 24 Columbus Ave., New York, N. Y., March 29 and April 1906."

United States Leads in Oil.

Of every 100 gallons of illuminating oil used in the world, 54 gallons are produced in the United States.

The Evolution of Household Remedies.

The modern patent medicine business is the natural outgrowth of the old-time household remedies. In the early history of this country EVERY FAMILY HAD ITS HOME MADE MEDICINES. Herb teas, bitter, laxatives and tonics, were found in almost every house, compounded by the housewife, sometimes assisted by the apothecary or the family doctor. Such remedies as pills, which were aloes and gualala, dissolved in any brandy. Sometimes a hop tonic, made of whiskey, hops and bitter bark. Some were more of popular, home-made remedies were thus compounded, formulas for which were passed down from house to house, sometimes written sometimes verbally communicated. The patent medicine business is the natural outgrowth from this whole, some, old-time custom. In the beginning, some enterprising doctor, pressed by the usefulness of some of these home-made remedies, would take it up, improve it in many ways, manufacture it on a large scale, advertise mainly through almanacs for the home and thus it would become used over a large area. LATTERLY THE HOUSEHOLD REMEDY BUSINESS TOOK A MORE EXACT AND SCIENTIFIC FORM.

Peruna was originally one of the old-time remedies. It was used by the Menonites, of Pennsylvania, before it was offered to the public for sale. Dr. Hartman, THE ORIGINAL FOUNDER OF PERUNA, is of Menonite origin. First, he prescribed for his neighbors and his patients. The sale of it increased, and at last he established a manufactory and finished it to the general drug trade.

Peruna is useful in a great many climatic ailments, such as coughs, colds, sore throat, bronchitis, and catarrhs of the respiratory system. THOUSANDS OF FAMILIES HAVE LEARNED THE USE OF PERUNA and its value in the treatment of these ailments. They have learned to trust and believe in Dr. Hartman's judgment, and to rely on his remedy, Peruna.

ADVICE TO RHEUMATICS

Noted Physician Tells How to Prevent and Cure Rheumatism, Kidney and Bladder Troubles.

(By Geo. Edmund Wood, M. D.)

If you would avoid Rheumatism, Kidney and Bladder Troubles, be moderate in the consumption of rich foods, substitute as far as possible soups, broths, fresh milk and water—lots of water. Take plenty of time to eat, and don't eat after you have had enough, even if it does not seem good. If your work is confining, take a moderate amount of exercise every day in the open air.

Of course, neither diet, water, nor exercise will cure these afflictions. I advise them as preventives only. The benefit of the readers of this article who are now afflicted with Rheumatism, Kidney, Bladder or Urinary trouble, and desire to be cured quickly, I give below, complete in every detail the famous prescription which has made me so successful in the treatment of these diseases. It is the certain cure for these diseases that have ever used. It is pleasant to take, it is not expensive, it can be filled in any drug store, and I believe it is the greatest prescription for Rheumatism, Kidney and Bladder Trouble ever known. It is also a valuable spring tonic and blood purifier. If you are a sufferer, save this, take it to your druggist and have it filled, or get the ingredients and mix them at home.

Fluid Extract Cascara Aromatic, ounce. Concentrated Barkola Compound, ounce. Fluid Extract Prickly Ash Bark, drachm. Aromatic Elixir, 4 ounces.

Adult dose, take one teaspoon after meals and at bedtime; children one-fourth to one-half teaspoonful after meals.

After you are cured follow the advice I have given you in regard to diet, exercise and water, and you need not the services of a physician again for these ailments.

Other papers are privileged to copy.

Custom Strict in Japan.

Society is very strict in Japan about the little matters of dressing, and we beside the woman who neglect to abide by the prevailing custom. Not alone in the better classes, but among the poorer people as well, the eligible young woman the widow who wishes to marry again, and the widow who does may always be distinguished by the way in which they dress their hair. Modern Society.

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"Upon the limbs and between the toes my skin was rough and sore, and also sore under the arms, and I had to stay at home several times because of this affliction. Up to a week or so I had tried many other remedies and several doctors, and spent about the hundred dollars, without any success, but this is to-day the seventh day I have been using the Cuticura Remedies (coating a dollar and a half which have cured me completely, that I can again attend to my business. I went to work again to-night; I had been suffering for eight years and have now been cured by the Cuticura Remedies within a week. Frank Hirsch, 24 Columbus Ave., New York, N. Y., March 29 and April 1906."

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