



William Jennings Bryan

buys a ranch in the
GULF COAST COUNTRY

He has purchased 160 acres of irrigated land near Mission, Hidalgo County, Texas, on which he will at once plant a few acres to orange, fig, olive, pecan, almond trees, etc., and if they "do as well as he expects" he will build a home and spend a portion of his winters there.

And they should do as well as he expects, if we may judge by the experience of others. Mr. Charles Volz, whose land is not many miles from Mr. Bryan's, made \$1025 clear profit on one acre of celery.

Mr. George Federolf cleared \$3600 from 9 acres of cabbages.

Mr. A. P. Wright made \$4619 net profit from 14 acres of onions.

Mr. N. B. Vertress had 10 acres of cucumbers that yielded \$2250.

We could tell you of many others who have done as well. Isn't there a suggestion to you in these examples—are you doing as well as these men? Is there any reason why you shouldn't gain freedom, health and fortune in the Gulf Coast Country of Texas?

Raising fruits and vegetables in the Gulf Coast Country of Texas is not difficult—anyone can do it—even the city man.

BRYAN BUYS TEXAS LANDS.

Will Help Citrus Fruits and Make Water Home in Texas

Bryan has purchased 160 acres of land near Mission, Hidalgo County, Texas, on which he will at once plant a few acres to orange, fig, olive, pecan, almond trees, etc., and if they "do as well as he expects" he will build a home and spend a portion of his winters there.

160

A few acres will be all you will need—you can buy it on easy terms, and the first crop, if properly cared for, should pay for the land. You do not have long to wait for profits. Crops usually mature in 4 or 5 months.

The Gulf Coast Country of Texas is no longer an experiment—irrigation and quick transportation to northern and eastern markets have made large yields and big profits a practical certainty. The Gulf Coast Country of Texas has developed wonderfully in the past 2 or 3 years—small farms are everywhere in evidence—irrigation has been extended and methods of marketing improved.

The winters are delightful—the summers are pleasantly cooled by the Gulf Breezes.

Investigate this proposition while the land is within your reach. Next year it will cost more.

A trip of investigation will be inexpensive. Twice each month you can buy round trip tickets via the Rock Island-Frisco-C. & E. I. Lines to any point in the Gulf Coast Country of Texas at the following very low fares:

Chicago \$30.00	Kansas City \$25.00
Peoria 30.00	St. Paul 32.50
St. Louis 25.00	Minneapolis 32.50

These tickets are good for 25 days, and allow liberal stop-over privileges.

On excursion days tourist sleepers run through from Chicago, St. Louis, St. Paul, Minneapolis and Kansas City to Brownsville, Texas, via the Rock Island-Frisco Lines.

If you would like to know more of the big profits growers are making in the Gulf Coast Country of Texas, write me to-day for some very interesting literature we have prepared for free distribution.

JOHN SEBASTIAN, Passenger Traffic Manager, Rock Island-Frisco-C. & E. I. Lines, 1976 LaSalle Station, Chicago, or 1976 Frisco Bldg., St. Louis.

"SAVE-THE-HORSE" SPAVIN CURE.

REG. TRADE MARK

READ THESE TWO LETTERS FROM A BANKER

GOTTSBERG NATIONAL BANK.

CAPITAL & SURPLUS \$5,000,000

GOTTSBERG, NEBR.

TROY CHEMICAL CO., Binghamton, N. Y., May 11, 1908.

Enclosed \$5 for bottle "Save-the-Horse." The bottle I purchased in May did all you claimed for it. I gave the horse a long season, drove him every day and soon he was all sound as a dollar. He quit going lame before half of the bottle was used and the enlargement is all gone. I unhesitatingly recommend this remedy, and the fact that you have since received orders from this locality is proof of this.

Yours truly, L. A. BURSON.

Best for \$150

Baby

to

\$40

Will be comfortable in any position. Easy to push. This go-cart shown here—collapsible, with adjustable dash and back, is \$5.95 to \$11.00 according to materials.

Write today for catalogue

It shows this and 250 other styles—wood and reel go-carts and baby carriages, ranging in price from \$1.50 to \$10. We make 500 vehicles a day. Whatever price you pay, you get the greatest value for your money. If we have no dealer where you live, we'll supply you direct, satisfaction guaranteed. Write to THE NATIONAL CARTRIDGE & REED CO., 436 FINDLAY ST., CINCINNATI, OHIO, MAKERS OF

Ficks' collapsible go-cart can be folded and taken anywhere.

Ficks' Baby Vehicles

Money For You

In Your Town

If you live in a town of at least 10,000 population,—

If you will invest about \$1,000 in mechanical equipment,—

you can positively establish a permanent business of your own, dealing only with your own townspeople, that will pay you a daily net profit of \$10 to \$15, as long as you give it your attention. In larger cities, a slightly larger investment will bring correspondingly greater profits.

No special knowledge or training necessary. This opportunity is open to only one man in each locality. Full particulars on request. Address Box 888, Reading, Pa.

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We ship on approval, without a cent deposit, freight prepaid. **DON'T PAY A CENT** if you are not satisfied after using the bicycle 10 days.

DO NOT BUY a bicycle or a pair of tires from anyone at any price until you receive our latest art catalogues illustrating every kind of bicycle, and have learned one unheard-of price and marvelous new offers.

It is all it will cost you to write a postal and everything will be sent you free postpaid by return mail. You will get much valuable information. **Do not wait, write it now.**

TIRES, Coaster-Brakes, pump-up-Wheels and all sundries at half-price.

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From sworn statement of H. S. CUNNINGHAM.

AGENTS

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N 34, Gallery Fine Arts, Battle Creek, Mich.

COUPON NO. 1270. Send 16c. for a 3 Karat, Carlton Diamond Ring, Gold Shell Tiffany or Gypsy mounting, warranted brilliant and beautiful. Will wear for years. Pass for \$25.00 Ring. Advance Co. 44 W. Broadway, New York.

COMMONSENSE EXERCISE

By W. R. C. Latson, M.D.

INTEREST in physical development is well nigh universal. The various competitive games—tennis, baseball, football, rowing, golf, and intercollegiate and interscholastic games—have thousands of enthusiastic followers. Every college, almost every school, has its well equipped gymnasium; while in the large cities gymnasiums, each with its presiding genius, the "professor," hand out to confiding patrons positive assurances as to the wonderful curative value of their particular brand of physical culture.

In the face of all this activity we might look for some widespread and wholesome result. We might expect to see about us a majority of people who were at least fairly strong, active and healthy. But this we do not find. To be sure, one man in twenty-five or thirty may have an active interest in athletics; but even this is often to his injury.

The average man will confess that he ought to take exercise, but has not time nor energy to go through the elaborate preparations necessary. To get an hour in the gymnasium means at least as much time spent in getting to the place, undressing, dressing, then undressing, and finally dressing again. With the hurried journey, the dressing and the exercise, the man is, after his hour's exercise, likely to find himself thoroughly exhausted. He discovers that an hour of such exercise means two or three hours of strenuous exertion, and this coming after a hard day's work at the desk is too much for him. So naturally and justifiably he becomes disgusted and decides to give up the whole thing.

But suppose he persists and goes to the gymnasium faithfully for several months, devoting six or eight hours a week to it? What good results does he gain? There is usually a slight increase in the size and power of his muscles, particularly those of arms, chest, and back, his digestion has improved somewhat, and he feels vaguely better; but he is very tired of the gymnasium, and it is a great draft on his time. Besides, he feels much better, anyhow. So he decides to give up the gym—and in a few months he is as badly off as ever.

The Best Way

THERE is a better way to exercise than this,—a way that covers all requirements and has no drawbacks. But before telling about that let us briefly consider just what a proper system of exercise should be and what it should do for the body.

First of all it should produce, as a foundation for everything else, an enlarged, expanded and uplifted body. The masters of men—the men at the top in every line of human effort—have been big bodied men. Cromwell, Luther, Napoleon, Washington, Grant, Webster, Beecher, Roosevelt, John L. Sullivan,—whatever the line of effort, the conquerors have been big bodied men. Some have been tall like Washington, some have been short like Napoleon; but all have had bodies large in comparison to their height.

Why is this? Because the trunk is well named. It is merely a hollow box which contains the vital organs—heart, lungs, stomach, intestines, liver, and so on. When the trunk is expanded and uplifted, the organs are upheld by their normal supports each in its proper place, and each organ has space enough in which to do its work. Most of these organs, notably the heart and lungs do their physiologic duty by means of vigorous motion, and therefore it is important, nay it is essential, that each shall have sufficient space to move freely. Such space is provided only in the fully expanded trunk. And so a true system of physiologic development should first of all create an enlarged and uplifted, a more roomy, body.

Second, our ideal system should act to accelerate the operation of every vital organ, invigorating every function. Methods in vogue at the present time do this only to a slight degree. For instance, when a man puts up a heavy dumbbell there results undoubtedly an acceleration of the action of some of the vital organs; but gain in this direction is almost or quite offset by the strain on the muscles, and the will incidental to making the lift or other feat is so great that, while the muscles—at least some muscles—are developed in size and power, the general health and vitality actually suffer.

Again, the system should develop the muscles—not a few muscles or a few groups of muscles, but every muscle in the body—evenly and symmetrically; for the muscles are developed not in proportion to the amount of work they are called upon to do, but in proportion to the quantity of nutrient blood they receive. An ideal system of physical development, then, will increase the size and power of all the muscles equally, because it would increase the general blood circulation, not only to the muscles, but to every other part of the body.

"But what is this rational system, and how shall I practise it?" asks the overworked



1.



2.



3.



4.



5.

professional or business man. "I know I need exercise; but I have no time to go to a gymnasium, and I do not know how to exercise at home. Besides, I come home tired, and have no energy left to expend in fatiguing exercise."

You, sir, are the man for whom I am writing. Suppose I told you that there was a kind of exercise you could take in your bedroom, your drawing room, your office, that would occupy only an inappreciable portion of your time each day, that required no preparation, no special costume, that called for practically no conscious exertion either of mind or of body, which would leave you refreshed not fatigued, exhilarated not exhausted. And if I added that this system of physical exercise would do all and more, infinitely more, than any exercise ever designed by human beings if I assured you that it would invigorate the activity of every organ, develop the strength of and at the same time relax every muscle, restore to you something at least of the flexibility and elasticity of youth, add immensely to your power of endurance, help to allay nervousness—

"Really, now," you would say, "this is too much!"

But there is such an exercise. I did not invent it. Who did? I don't know. I only know that I found animals and healthy children and wholesome, handsome men and women, "undebauched by learning," who were doing it. And I tried it myself and found it good—more than good.

And I gave it to the sick and weak and tired, and they got strong and well and rested.

What is the secret? Why, I merely taught them to exercise as the animals, the healthy children, and the natural unrestricted adults exercise.

"And, for heaven's sake!" some one says, "how do they exercise?" Why, they go through certain movements taught them by Nature in that wonderful college of hers, called evolution. They stretch, yawn, shake themselves, dance, and roll on the ground. Stretching, yawning free rhythmical movements of the body, and rolling—in these natural and instinctive acts we have Nature's gymnasium. We have means by which to gain all and more,—much more than can possibly be acquired by any artificial system devised by men.

A Stretch and a Yawn

NOW for a few simple exercises of the many that the wise animals and the children taught me. First of all, a good stretch and a yawn. A stretch with a yawn is a whole gymnasium in itself—Nature's own gymnasium. Just note what it does. First of all, it uplifts and expands the trunk, which, as we have seen, is of infinite importance. After the stretch and yawn, thoroughly open and reventilate the lungs, forcing into them a large supply of fresh air. The expansion of the trunk and of the lungs communicates a stimulus to every other vital organ, so that the action of stomach, liver, and bowels is also greatly accelerated. Then also the size and strength of every muscle in the body is increased, because of the general even contraction made by each. Lastly the height is increased and the carriage is improved.

In doing these exercises, use no more force than you would put into an ordinary stretch accompanied by a yawn. A frequent mistake, with beginners at these exercises is to use too much effort. The object is rather to learn to move without effort.

A List of Exercises

STAND easily. Inhale slow, full breath, at the same time raising hands straight above head, turning face toward the ceiling. Then, holding the breath, stretch firmly upward, as though trying to touch something just beyond reach. After a few seconds of moderate stretching relax the muscles, exhale the breath, and return to original position of ease. (See Fig. 1.)

Standing easily, inhale slow, full breath, at the same time raising arms slowly straight out at the sides, palms up, until they are level with shoulders. Then, holding breath, stretch as though you desired to touch both walls of the room at the same time. After a few moments relax, exhale the breath, and return to easy standing position. (See Fig. 2.)

Stand easily. Take full breath, and, holding it, bend body forward, extend arms, and stretch. Keep knees unbent. After a few moments of firm stretching, relax muscles, exhale breath, and return to original position. (See Fig. 3.)

Stand easily, arms hanging at sides. Take one short step in advance with left foot. Then sway weight forward on left leg and inhale full deep breath, extend arms backward and downward, and stretch them in that direction at the same time the head is stretched up and back. (See Fig. 4.)

Stand easily, left foot about eighteen inches