N. E. A. CONVENTION FINISHES ITS WORK

Two Intensely Interesting Addresses—Orient's Greeting to the Occident by Dr. C. M. Lacey—Sites of China—Some of the Future's Problems by Dr. J. H. Finley of Princeton University.

The forty-first annual convention of the National Educational association closed last evening, with two of the best addresses that have been given in the entire meeting. Although the attendance was scarcely as large as on former evenings, a large audience was present, and enjoyed the addresses to the full.

There was something almost pathetic in the message brought to the association by Dr. C. M. Lacey-Sites, from the fourth triennial meeting of the China Educational association, and the elucidation of some of the problems which confront it. So huge were some of them that the problems to be met here in America seem trivial indeed in comparison. The paper paid glowing tribute to the diplomacy and efficiency of John Goodnow, consul at Shanghai, as well as to that of Secretary Hay.

The second paper by Professor John Huston Finley, of Princeton University, was as unique as it was entertaining, taking up a prophetic phase of the future nationalization of the tropic and temperate zones. It took but a very few moments to forget all about the "way down east" pronunciation of the speaker, in the play of his wit, and the genuine deep

MISS ADELAIDE HOLTON, MINNEAPOLIS, President Department of Elementary Education.

thought of the paper he presented. His prophecy of the union of the white races in the occupancy of the temperate zone and of the union of the black, brown and yellow races for the occupancy of the torrid zone was intensely interesting, and the illustrations he used added a relish to the more solid course of deep thought and study which underlay what he had to say of the subject proper.

The evening was warm and the audience slow in gathering and it was considerably after the hour set when Mrs. E. W. French opened the meeting by singing Goring-Thomas' "My Heart Is Weary." She was obliged to respond to an encore, singing, "The Rosary."

Greetings from the Educational Association of China were brought by Dr. C. M. Lacey-Sites, secretary of the Educational association of China and special delegate to the American association just closing its forty-first annual convention.

Dr. Lacey-Sites thanked the committee for its invitation to present his greetings. He bore the assurance to this association that through all difficulties they were in China endeavoring to further the cause of true education. The period of reconstruction had commenced. No nation had shown in China such clear-eyed diplomacy emphasized with truth as had the United States, and with the name of John Hay the speaker was fain to link the name of John Goodnow, a business man, a diplomat and an American to the core. "His diplomacy must be right, for it always wins," said the speaker.

A Land of Paradoxes.

"China abounds in paradoxes," said Mr. Sites," for one stands before you now, a native of China, a citizen of America, a resident of Shanghai and educated in America. During the last year this same government of China, which two years ago tried to extripate Americans from China, has put forth a series of edicts, which are little short of marvelous, opening the doors of China to the effects of modern education. There are many members of the Chinese Educational asscioaitn, some of whom, like myself, are government teachers in the Chinese schools. Others are Christian workers from many mission schools. One problem in teaching in China is the provision of books. Another is the substitution of the Roman alphabet for the Chinese characters. A third problem is the necessity for the invention of technical terms. At the last convention in China no less than 12,000 were reported by the committee on that problem. My intention here to-night is to catch some of the spirit and enthusiasm of the American whose educational system is the wonder of the world. What we want most of all is your smypathy.

"I have said that these reform edicts have provided on paper for the establishment of a complete system of education from the college to the kindergarten. One of the leading characteristics of the Chinese is inertia, and it is no wonder that we have met with difficulties."

While something had been done by the government much depended on what the people of China would do. An interesting letter written to a publishing-house in Shanghai, from a missionary in western China showed an insatiable thirst for books. The activity of the Chinese mind must be reckoned with and the people were leading the government instead of following it.

The speaker narrated a pleasant conversation with a group of Japanese students in Tokio, regarding the Japanese-English alliance. This conversation was carried on in English.

Dr. Finley's Address.

Dr. John Huston Finley, professor of politics in Princeton university, was then introduced. "The Problem of the Tropics," that is the relation of the temperate to the tropic zones, was his subject. The "western civilization trust" controlled practically all the fashion, both sartorically and politically, he said. The origin of the race, whether one followed the Simian or the prophetic plan, was evidently in the tropics. It would be interesting to study the forces which drove man from an idle, sensuous life to a life of hard adventure and effort. There were occasional lapses, as evidenced by Alexander, Anthony, and modern peoples who have gone to the tropics to live.

"If the Pilgrim fathers had landed on the coral shores of one of the West Indies or in Brazil instead of near Boston, it is unpleasant," said Dr. Finley, "to imagine what might have happened. Man of the temperate zone sometimes finds enjoyment and adventure in the arctic zone, but the tropic of cancer, if I haven't the two tropics mixed, has been the great transcontinental line which has kept the man of the temperate zone in his bounds. We have now a problem greater than has ever been faced before. The population of the European peoples had increased from 175,000,000 to more than 500,000,000 in the last century. From this the preponderance of European peoples among the nations of the earth is argued and statisticians say that there is no fear from the black, yellow or brown races. On the other hand these races seem to be filling the countries of the tropics. Another prophet says that the time is not far distant when the yellow and brown races will occupy and hold the tropics for their own, which they will govern and control absolutely and be recognized by the European nations in the temperato zones, even so far as to permit intermarriage. The Europeans have conquered many times before and they may again. The state of Minnesota may furnish the sweetest of bread and butter, but we are still importing every day a million of dollars' worth of foods from the tropics. Economic necessity and altruistic desire are ever more strongly pressing against the boundaries of the tropics. Resources practically unguarded formerly are now all occupied. Competition has become more and more intense and the profit smaller and smaller. The only barrier now is something that is humanly impossible, but the discovery of gold broke down the barriers of ice separating us from the north. Soon, however, the overflow must go toward the tropics."

Commercial Meridians.

The speaker continued by referring to a series of maps prophetic of future achievements, and in these the lines were nearly all at right angles to the equator. These lines represented the "Cape to Cairo railroad," the "South American railroad," and other similar engineering feats.

"The rivalry has now begun. Some of the European nations are beginning to be conscious of it. This rivalry is for the inheritance of the tropics, for their control. We find ourselves now with new responsibilities. Our fathers had simply to frame their own code of liberties. If there is a higher task it is to bring to the tropics the blessings of the civilization and welfare of the temperate zone. We could do this best by leading a politically righteous life. We have advertised our civilization as we have our soap. But we have not allowed that theory to interfere in Cuba. We have indeed, put the Pearl of the Antilles into the suds. But our example has done no more than has the statue on Bedloe's island, to give that island its freedom.

The speaker took occasion to say that he knew that Governor Wood, when in Cuba, had not only had no private gain from his life in Cuba, but that he had come from there without even a peso. He had been there not only governor, but schoolmaster, sanitary inspector, judge and jury. (Applause).

"No one," said Professor Finley, "has greater opportunities than we have at the present time to make brothers of mankind."

MR. SHEPARD RE-ELECTED

N. E. A.'s Secretary Retained for Another Four Years.

At a meeting of the board of trustees Irwin A. Shepard, of Winona, was reelected secretary of the N. E. A. for a term of four years at a salary of $4,000 a year. In his letter of notification, Dr. Butler, secretary of the board, said, "We congratulate you upon your years of splendid and effective service to the association and assure you of the unwavering confidence and support of its officers and members."

THE RESOLUTIONS

Report of the Committee as Adopted Last Evening.

The report of the N. E. A. committee on resolutions adopted last evening covered the following points:

The organization of the bureau of education upon broader lines, creating a cabinet department of education.

Schools "for the education of all" and faith in a conservative compulsory education law.

Higher standards for teachers, and uniformity in the requirements of the various states.

Unity of effort in the complete education of the child.

Faith in movement to consolidate weaker country districts and to provide free transportation to and from schools.

Greater care in the arrangement of courses of study so as to adapt them to the pupils in hand, and greater thoroughness in elementary work.

A full appreciation of the public school as a moral agency is urged.

Decadence of familiarity with the Bible is deplored and a wider use of the book as an aid to interpretation of "history and literature, law and life," is recommended.

Conduct of schools should be non-sectarian and non-political. Merit system approved.

Thorough sanitation recommended.

Standing association committees on secondary education, elementary education and rural schools suggested.

Summer schools are indorsed.

Supplementary resolutions expressed appreciation of the prominence given to education in the St. Louis exposition plans, thanked those who had arranged the details of convention accommodations, expressed appreciation of M. E. Sadler's trip from London to address the association, congratulated W. C. Martindale of Detroit, and Charles H. Keyes of Hartford for their services to the association and expressed sympathy with Dr. Beardshear in his illness.

N. E. A. DEPARTMENT ELECTIONS

Miss Holton of Minneapolis Honored by Elementary Department

Miss Adelaide Holton, supervisor of primary work in the Minneapolis public schools, was the only prominent educator from this city chosen as president of any of the departments at the concluding sessions of the N. E. A. held yesterday afternoon. Miss Holton was elected president of the department of elementary education. She is an educator of prominence throughout the country and this honor was merited. Other officers named at the meeting held at the First Congregational church were:

Vice-president—Superintendent F. A. Truedley, Youngstown, Ohio.

Secretary—Miss Adda P. Wertz, Carbondale, Ill.

Other departments chose officers as follows:

Special Education.

President—E. E. Allen, president of the school for the blind at Philadelphia, Pa.

Vice-president—Miss Mary McCowen, Chicago.

Secretary—Miss Sarah Fuller, Boston, Mass.

Department of Higher Education.

President—Benjamin Ide Wheeler, California.

Vice-president—Professor William H. Smiley of Colorado.

Secretary—John H. McCracken, Missouri.

Committee to Confer with Society for the Promotion of Engineering Education—President Pritchard, of the Massachusetts Institute of Technology; William Hallock, Columbia; President Stone, Purdue; H. E. Eddy, Minnesota; E. V. Robinson, St. Paul.

Department of Child Study.

President—G. W. A. Luckey, Lincoln, Neb.

Vice-president—Stuart H. Rowe, Connecticut.

Secretary—Miss Susan B. Chase.

Department of Business Education.

President—J. H. Francis, Los Angeles.

Vice-president—T. P. Twiggs, Detroit, Mich.

Secretary—C. E. Stevens, Cleveland, Ohio.

Library Department.

President—J. H. Canfield, New York.

Vice-president—Reuben Post, Halleck, Ky.

Secretary—Mary E. Ahern, Illinois (reelected).

Department of Science.

President—Dr. C. W. Hall, University of Minnesota.

Vice-president—Dr. W. A. Fiske, University of Indiana.

Secretary—Frank M. Gilley, Chelsea, Mass.

THE NATIONAL COUNCIL CLOSE

The Final Session Was Held Yesterday Afternoon.

A brief business session of the National Council was held yesterday afternoon in First Unitarian church. The resignation of Dr. Nicholas Murray Butler as chairman of the committee of nine appointed to investigate the matter of taxation for schools, was accepted and J. M. Greenwood, Kansas City, appointed in his place. Two new members were added to the committee, Charles D. McIver, North Carolina, and Frank Fitzpatrick, Massachusetts. A message of sympathy was dispatched to the president of the council, J. H. Phillips, Birmingham, Ala., who was prevented from attending the meeting by the serious illness of his wife. The report of the committee on changes in the constitution was read and approved.

WHEEL FLEW IN PIECES

Iron Works Employe at St. Cloud Is Dying.

Special to The Journal.

St. Cloud, Minn., July 12.—Louis Anderson, 38 years old and unmarried, was fatally injured this morning by the breaking of an emery wheel in the Aetna Iron Works. He was a blacksmith by trade. A 12-pound piece from the wheel fractured his skull and he is in a comatose condition. He has no relatives here. He belonged to the lodge of Odd Fellows at Grand Rapids, Minn.

WORST IS OVER

Water in Both Rivers at Des Moines Receding.

Des Moines, Iowa, July 12.—Water in both rivers is receding slowly and no further damage from the flood is expected. The river still covers miles of residences and business territory and factory and wholesale business is largely suspended. Many hundreds of flood sufferers are sheltered and fed at public expense and will be dependent on charity for several weeks.

A Pair of N. E. A. Sketches

Rheumatism

What is the use of telling the rheumatic that he feels as if his joints were being dislocated?

He knows that his sufferings are very much like the tortures of the rack.

What he wants to know is what will permanently cure his disease.

That, according to thousands of grateful testimonials, is

Hood's Sarsaparilla

It promptly neutralizes the acid in the blood on which the disease depends, completely eliminates it, and strengthens the system against its return. Try Hood's.

BROUGHT A CROWD

Soldiers at Lakeview Delighted With Visit of Journal Excursionists.

BAND SERENADED HEADQUARTERS

Surprising Practice Work of the Artillery Battalion With the Heavy Field Pieces.

Special to The Journal

Camp Lakeview, Lake City, Minn., July 12.—The Journal excursion arrived as scheduled and brought a monster crowd. The enterprise of The Journal was greatly appreciated by the boys, who lined the river bank to welcome the boat. Cheers were freely given. Several of the companies scheduled for volley firing found it impossible to locate the men for the range, and their records will fall below the average. The special train departed for the cities shortly before 8 o'clock. The band serenaded both infantry and artillery headquarters.

The practice of the artillery battalion with the heavy field pieces is almost wonderful. Very few shots miss the target, and most of them count high. Major George C. Lambert is greatly interested in the results, and believes the Minnesota boys will be far better able to compete with their opponents this year than last, as many of their new men are proving excellent shots. Corporal Prasko, Battery B, Minneapolis, yesterday made one of the best scores ever recorded on the artillery range—six consectutive bullseyes, or a possible 30. The competition will be keen between the two teams in August on the Camp Douglas, Wis., range. The Minnesota boys are confident, for the reason they now have men who can be depended upon for scores.

Best Company Inspected.

Captain W. W. Price, brigade inspector, arrived in camp Thursday evening, and commenced the inspection promptly at 8 o'clock the next morning. Company F, Minneapolis, Captain Percy Walton commanding, was the first company to be inspected, and it made an excellent showing. The ceremony of inspection was carried out almost faultlessly, and the manual and foot movements were almost as good. This company last year took first place in the state. The present Company F is not the company which went through the Philippine service, but was organized in the fall of 1898 as Company D of the Fourth regiment, and afterwards transferred to the First regiment when the volunteer company was mustered out. It is the only company of the Fourth regiment to remain in existence.

The competition for the colonel's prizes goes on merrily. Company B, Minneapolis, will win the prize for largest number of of men in camp, and Company A, Minneapolis, for the largest average of enlisted strength in camp. Company A reports a full company of fifty men on each morning's report. Each company will receive a cash award of $1 for each man in camp. Company D has almost a "cinch" on the orderly prize. Nothing can be told as to the prizes on shooting as the company team shoot has not yet taken place.

A change in the inspection program will bring the St. Paul battalion up on Sunday instead of Monday. The artillery will be inspected Monday. The change does not cause any trouble, and, in fact, is preferable as it will allow two full days before camp breaks to work the battalions and regiment without the worry of inspection.

A REVIEW FOR TORRANCE

Col. Reeve's Compliment to the G. A. R. Commander-in-Chief.

Special to The Journal.

Camp Lakeview, Lake City, July 12.—An unusual event will take place in the camp of the First regiment to-night, when Colonel Reeve will hold a review of the regiment and artillery in honor of General El Lorrance, commander of the Grand Army of the Republic, and other distinguished guests.

General Torrance is here and with him a distinguished company. Among the visitors are Perry Starkweather, department commander, G. A. R.; Major R. R. Henderson, commander of the Loyal Legion; Judge L. W. Collins, of the supreme court; Judge Daniel Fish, Minneapolis; Major Gerlach, of the Loyal Legion; General Alexander Hughes, ex-attorney general of North Dakota; Colonel A. D. Reade, commander of Rawlins post, Minneapolis; ex-Mayor Robert Pratt of Minneapolis; Captain James Compton, commander of the state soldiers' home; D. W. Jones, quartermaster of Morgan post, Minneapolis; I. L. Mahan, senior vice commander state G. A. R., St. Paul, and Edwin C. Chittenden of Acker post, St. Paul.

The entire regiment turned out and met the fighters of '61 and the other visitors at the station. They were then received at headquarters by Colonel Reeve. Guardsmen are taking the keenest pleasure in entertaining their distinguished guests, and Colonel Reeve is doing the honors handsomely. The review to-night will be a fine spectacle.

General Torrance will remain until a late hour in order to attend a meeting of the men who served in the Philippines.

Notes of the Camp.

Mrs. George C. Lambert, accompanied by her son Paul, arrived last evening.

Company B chartered a boat and crossed the lake to Stockholm last evening.

Harry J. Van Keuren, Company E, St. Paul, has been promoted to corporal.

Mrs. C. T. Spear, St. Paul, wife of the major of the third battalion, is in camp.

Lieutenant M. C. McMillen, Company K, and eighteen men, arrived in camp yesterday.

J. A. Clapperton, Company K, Stillwater, was yesterday chosen as orderly at headquarters.

Mr. and Mrs. W. G. Marson, Pillsbury avenue and Thirty-fourth street, visited in camp yesterday.

Colonel C. A. Van Duzee, Third regiment, received a review of the First regiment and battalion of artillery last evening.

Mr. and Mrs. J. G. Rogers, Mrs. Perry Van Sky, Mrs. B. M. Lennon and Mrs. E. G. Everett, all of Minneapolis, are guests of Company A.

F. A. Jones has been promoted to first sergeant of Company F, Minneapolis. The company has its full strength, fifty-nine men, now in camp.

The mere fact that Rossiter's First Regiment band of Minneapolis is here is assurance enough that the music is excellent. This band has been doing some excellent work.

Company K, Stillwater, has a full attendance of sixty-seven men in camp for inspection. This company is in excellent shape and, under the hand of Captain Staples, will soon have a top place.

Commissary Sergeant R. M. (Dick) McWade arrived in camp to-day and will remain over Sunday. Dick was captain of Company A in the volunteer service and is kept busy telling his stories.

Sergeant Hugh McElhaney, Battery A, was thrown under his horse on parade last evening. The horse stepped on his leg and bruised it badly. He received prompt medical attendance and will come through nicely.

Lieutenant H. D. Lackore, Minneapolis, received the intelligence of his father's death Thursday afternoon and left immediately, accompanied by his wife, for home. Lieutenant Harry L. Taylor will act as adjutant during his absence.

The guard mountings, as carried out by Lieutenant Roy Pearse, are of an excellence seldom noted at Camp Lakeview. The details are excellent in appearance and the ceremony of inspection is carried out without a flaw. Colonel Reeve wears a tell-tale smile during the mountings. Company D has succeeded in securing all the orderlies so far except three. These are, one from each of B, I and K. The sentinels are well instructed and know their duties.

County Auditor Hugh Scott of Hennepin county arrived last evening and will remain over Sunday in order to be present at the meeting of veterans this evening. Mr. Scott was a lieutenant in the Thirteenth Minnesota volunteers and served through the Philippine campaign.

Lieutenant R. M. Whyte, Company F, Minneapolis, had as his guests yesterday his mother, Mrs. M. J. Whyte, and his sister, Mrs. A. W. Joyce, the Misses Jennie Thompson and Jennie Sullivan, all of Minneapolis, and Mrs. Ira L. Jones of Chicago.

Owing to the absence from camp of Major T. C. Clark, medical department, Lieutenant Colonel Fitzgerald has charge of the hospital again with this regiment. He is assisted by Lieutenants Harry P. Ritchie and Judd A. Goodrich, both of St. Paul. Lieutenant Ritchie was assistant surgeon of the Thirteenth regiment and is popular. Hospital Stewards "Poko" Foster, Minneapolis, and N. J. Sylvander, Red Wing, are also on detail. "Poko" is an old member of the Thirteenth and is a practicing physician.

NO PROSELYTING

Secretary Root Writes a Letter on the Philippines.

Washington, July 12.—Secretary Root has addressed an identical letter to persons complaining that the teachers in the Philippines have been proselyting and attempting to convert Catholics to the Protestant faith. It is as follows:

I beg to advise you that on the 5th of July Vice Governor Wright, the acting governor of the Philippines, was requested to report by cable the facts bearing upon the charge, which has recently been extensively circulated, that official positions in the public schools service in the Philippines have been used for proselyting purposes, especial reference being made to an article which had just appeared in the Catholic Times.

[Here the dispatch of Governor Wright is included. It says, in part:]

There are now two American Catholic teachers in the school of instruction (normal school) and five in the Manila city schools. The native teachers in the city, numbering 140, are all Catholic.

It is untrue that the teachers of normal schools are proselyting and that the school graduates only Protestants. It is exceptional that any graduate is other than Catholic. It is untrue Filipinos are taught that Protestantism is that bringing enlightenment and Catholicism ignorance and tyranny.

The private secretary of Commissioner Moses is a Catholic, as is also the private secretary of Atkinson, the general superintendent of the public instruction; also three division superintendents. I have shown your cable to Rev. William D. McKinnon, Catholic priest, a member of the advisory board of general instruction, who confirms the statement of facts made by me.

The secretary of war then quotes from the address of Archbishop Ireland at Minneapolis, and continues: None of the prelates of the Roman Catholic church whose duty it is to safeguard the interests of their church and who are familiar with the facts have made any such charges as are referred to in the inquiry addressed Governor Wright, and in his answer above quoted. I am confident that they know better what the facts are than the unknown and irresponsible sources of these adverse statements. It is the purpose of the Philippine government to maintain in the archipelago the same kind of free nonsectarian instruction which exists in the United States and which has proved to be for the interest of religion and all religions.

SAYS PLATFORM IS O. K.

Congressman McCleary Calls on Gov. Van Sant.

J. T. McCleary, congressman from the second district, called on Governor Van Sant yesterday. He is on his way home from Washington. He said:

The Minnesota platform suits me first rate. There is no difference between our delegation and the president. He wanted something done for Cuba in a manner that would not help the trusts or injure our home industries. That is just what we contended for, and we did not think that the bill presented filled the requirements. I believe the Cuban plank in the platform would be satisfactory to the president as it is to us. I would like to have any one who objects to it put his finger on the part he finds fault with.

Mr. McCleary does not look for any opposition to his renomination.

Coarse Grain Grades.

The proposed change in coarse grain grades was referred by the warehouse commission yesterday to a committee of nine, three representing the shippers, three the receivers and three the state inspection department. This committee is to report to the board of grain appeals before the annual meeting in order that any change may take effect Aug. 1, the end of the crop year.

Chief Inspector Marshall was directed to report on the advisability of reducing the 5 per cent commission now paid railroad agents for collecting inspection fees.

NEW STORE HALF HOLIDAY

The New Store Will Close Friday Afternoons During July and August.

The New Store began yesterday its usual custom of closing the store Friday afternoon to give its employes a half holiday.

The help appreciated the half day off and they spent it in picnic parties and various forms of amusement.

Eczema, No Cure No Pay.

Your druggist will refund your money if PAZO OINTMENT fails to cure ringworm, tetter, old ulcers, sores, pimples, blackheads on face; all skin diseases. 50c.

Starting and Staying.

At the start in a long race, the advantage often appears to be with an outsider. But the race is won not in starting but in staying. The quality which wins is staying power. It is so in the race of life. Staying power wins, and as a rule the best stayer is the man with the best stomach. All physical strength is derived from food which is properly digested and assimilated. When the food eaten is only partly digested and assimilated there is a loss of nutrition which means a loss of strength and the general result is physical break-down.

Dr. Pierce's Golden Medical Discovery gives strength and staying power, because it cures diseases of the stomach and other organs of digestion and nutrition. It enables the perfect digestion and assimilation of the food eaten, and so strengthens the body naturally by the nutrition derived from food.

"I was troubled with indigestion for about two years," writes Wm. Bowker, Esq., of Juliaetta, Latah Co., Idaho. "I tried different doctors and remedies but to no avail, until I wrote to you and you told me what to do. I suffered with a pain in my stomach and left side and thought that it would kill me. Now I am glad to write this and let you know that I am all right. I can do my work now without pain and I don't have that tired feeling that I used to have. Five bottles of Dr. Pierce's Golden Medical Discovery and two vials of his 'Pleasant Pellets' cured me."

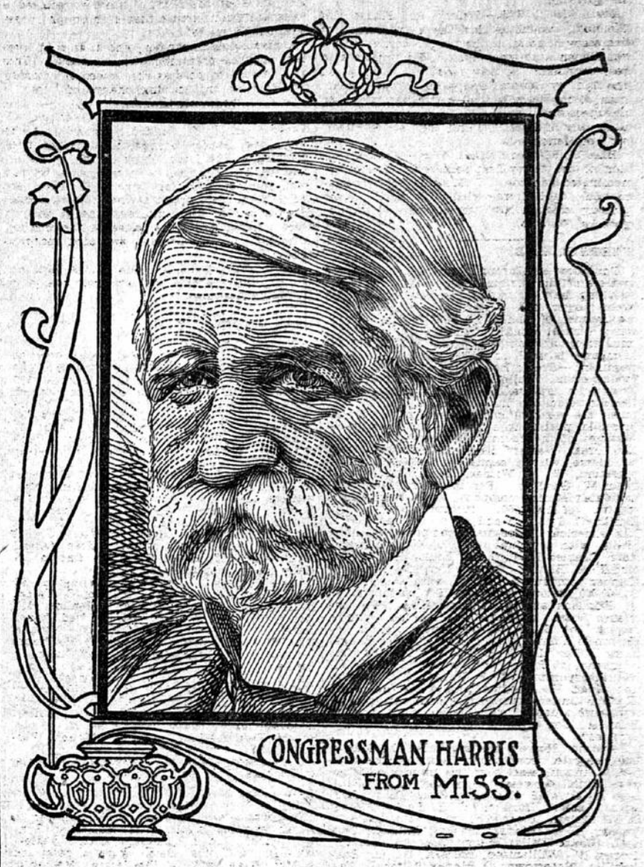
Accept no substitute for Golden Medical Discovery. There is nothing "just as good" for diseases of the stomach, blood and lungs.

Dr. Pierce's Pellets are easy and pleasant to take. A most effective laxative.

"I AM FULLY AWARE

Of the Excellent Curative Qualities of Pe-ru-na."

[Says Congressman Geo. E. Harris From Mississippi.]



Hon. Geo. E. Harris of Mississippi, Lawyer and Author of several law books, was member of 41st and 42nd Congresses, after which he was elected Attorney-General of the State of Mississippi. This prominent gentleman writes from 1247 5th St., N. W., Washington, D. C., as follows:

"I take pleasure in recommending your Peruna to anyone suffering with catarrh. I am fully aware of its excellent curative qualities. GEO. E. HARRIS.

A STRAIGHT COURSE

Pointed Out to Those Who Have Catarrh in Any Form.

You have chronic catarrh, have you? You have had it some time? And could not find a cure? Well, there are thousands more like you in this country. If the slightest vestige of the catarrh remains over during the hot weather it will begin to make itself felt now. If you really want to get cured this is the way to do it.

Get a bottle of Peruna and take a tablespoonful between each meal and at bedtime. When you have continued this for thirty days sit down and write a letter to Dr. Hartman, Columbus, Ohio. Tell him exactly your symptoms; how long you have had catarrh; what effect the medicine has had on you. He will answer your letter promptly telling you what to do further. He will make no charge. And if you will continue to write to the doctor you are sure to get cured. Some cases take longer than others. Perhaps the average length of time it takes to cure a genuine case of catarrh is three months. Some get cured much quicker than this. Stubborn cases may require longer treatment. Time or trouble ought to be no barrier to one afflicted with this dreadful disease.

All people who are interested in knowing about catarrh can get an instructively illustrated 64-page book on chronic catarrh in all stages and locations, free of charge.

J. R. Allen, Lock Box 50, Florence, S. C., writes:

"Last fall I went to my physician for treatment. He told me that my nervous system was run down, and gave me some medicine. I received no relief, and it began to look as if I was not going to get well. I saw Peruna advertised to be good for nervous prostration (systemic catarrh), and bought six bottles. I am 50 years old, and am now heavier than I ever was in my life—gaining twelve pounds from the use of Peruna."

J. R. ALLEN.

Mr. T. M. Pletcher, Cincinnati, Ohio, writes:

"I am traveling for the Regina Music Box company, of No. 11 East Twenty-second street, New York. I have had catarrh of the head for the past five years until there was hardly a day passed that I didn't have a headache. I tried a great many blood and catarrh medicines without any visible results, until after hearing about Peruna. I decided to give it a trial. I commenced to use it about four months ago. I now have a fine appetite, and the pains in my head have entirely left me. I certainly have been greatly benefited by Peruna."

T. M. PLETCHER.

Mrs. Nancy L. Stewart, Admiral, Texas, writes:

"I would like to tell you what Peruna has done for me. I had catarrh of the nose, head and throat, and could hardly swallow or get my breath for two months. I tried every medicine available, but could secure no relief. I commenced to take Peruna, and it was like a charm. It not only cured me completely, but I am stouter than I have been for many years.

"Every one says I look twenty years younger. I do not hesitate to recommend Peruna to my friends."

MRS. NANCY L. STEWART.

Address The Peruna Medicine Company, Columbus, Ohio.

JOYOUS HEALTH.

To be free from pain again! To have peaceful sleep, to awake refreshed and full of energy! To be rid of the nervousness, the trembling, the gloomy forebodings that come from a debilitated system! To be light-hearted and full of self-confidence! To eat and sleep as nature intended; to get nourishment from your food and enjoy the strength a person of your age should possess! To feel and know you are healthy and strong! Such is joyous health, the health which renders life, with all its thorns and troubles, a play ground upon which we may breathe the fresh air and shout in joy. Such health comes to those who drive away disease and regain nature's glorious strength by wearing every night

DR. McLAUGHLIN'S ELECTRIC BELT.

The whole purpose of this wonderful appliance is founded upon the fact that all good health comes from the electrical vitality in the body, and all pain, all nervousness, all weakness, comes from the absence of it. Therefore, I renew the supply, and health, gladness and vivacity bubble forth like clear water from a spring. Would you be strong? Would you be happy? Then be one of the 50,000 and odd who are now praising it.

I CURE, to stay cured, Nervous Debility, Varicocele, Weakness of any kind, whether in Nerve, Stomach, Heart, Liver or Kidneys, Rheumatism, Pains in Back and Shoulders, Sciatica, Lumbago, Indigestion, Neuralgia, Constipation, Dyspepsia and all troubles where new life can restore health.

Free Book. I want you to call if you can and test it free. If you can't call, send for my book, which gives full information and is worth $100 to any weak man. Sent free, closely sealed.

DR. M. E. McLAUGHLIN, 304 Nicollet Avenue. **Minneapolis, Minn.**

Office Hours—8 a. m to 8 p. m. Sunday, 10 to 3.