

FOR HEALTHY AND LONG LIFE

Simple Rules, the Observance of Which Will Double Capacity for Work and Pleasure

Daily Exercise.

Clerks, bookkeepers and thousands of other indoor workers suffer from the lack of pure air and muscular exercise. If an attempt is made to begin systematic exercise, or an hour or so is spent in digging or chopping wood, undue soreness and fatigue are produced. This disagreeable result often stops the experiment. Instead of discouraging the trial, the very soreness should point out the great need of the body.

If the work were persisted in and gradually increased the stiffness would soon disappear, and leave in its place a general feeling of increased vigor. The nerves are strengthened and the bodily activities quickened. The effect is not alone on the muscles used, but upon each organ. The blood is purified and the digestion strengthened.

The effects of a prolonged sedentary life are overcome only by working off the accumulated poisons and creating an appetite for new pure food. This is built up in the body, and thus the whole man is renewed.

Exercise must be carefully increased and adapted to the individual muscular strength. The weakest muscles must be brought up to the standard of the others.

For feeble persons who are not able to do the desired work, massage, Swedish movements and mechanical exercises should be employed.

For more robust persons, walking, horseback riding, rowing, bicycle riding and especially swimming are to be recommended.

How to Have a Clear Head.

The man who desires to have a clear head, a brain keenly alive to the subtle influences of the universe about him, alert to respond to every call made upon it by the bodily organs under its supervision—ready to receive impressions from the infinite source of universal thought, and capable of thinking the high thoughts of God after Him, must live simply, abstemiously, naturally, and must avoid every harmful and inferior food. He will select the choicest foodstuffs. These consist of fruits, nuts, dehydrated grains—that is, well toasted grain preparations, toasted bread, toasted wheat flakes, etc. He will eat sparingly, never to repletion. He will exercise out of doors at least two or three hours daily, living as much of the time as possible in the open air. He will sleep eight hours at night. He will take a vigorous cold bath every morning on rising and will take at least two or three times a week a warm, cleansing bath, just before going to bed at night. He will conserve for useful work every energy of mind and body. He will endeavor to live righteously in the largest sense of the word.

Night Air and Consumption. The old fallacy that night air is a dangerous miasm it not yet dead. Much has been said about fresh air, outdoor life and sunshine for tuberculosis. Many victims have experienced the healing power in these natural agencies. But too often the consumptive, after a day in the sunshine or in the cold, crisp winter air, retires for a night's sleep in a dark, stuffy, airtight room. Don't be afraid of night air.

Open the bedroom to all the sun possible during the day. The room will then be dry, though cold. Dampness is dangerous and more apt to occur in a closed than in a wide-open room. Keep at least one window in the bedroom open day and night, summer and winter. The door should shut the chamber off from the rest of the house. In the morning the patient should be taken quickly into a warm room for the cold sponge bath.

Insidious Poisons.

The poisonous effects resulting from the use of tea and coffee are very decidedly manifest to one who has given thought to this question, and has made careful observations in relation to it. The sallow complexion, common among women of the higher classes who have reached middle life, the almost universal nervousness among American women, and many common digestive disorders, and the increasing prevalence of nervous or sick headaches, afford to the experienced physician ample evidence of the toxic or poisonous character of tea, coffee, and the allied beverages, cocoa and chocolate. The well-known effect of these drugs in producing wakefulness, banishing as if by magic the sensation of fatigue, affords sufficient evidence of their poisonous character. No one would doubt for a moment the poisonous character of a drug capable of producing irresistible drowsiness in a person who is not weary. The power of a drug to produce wakefulness in a person strongly inclined to sleep as the result of fatigue, is equally evidence of its poisonous character.

The Only Safeguard Against Tuberculosis. Tuberculosis is a low-level disease. People are not subject to it until their bodies have become weakened and their whole constitution undermined. It used to be thought that one could not have tuberculosis if only he exercised his lungs. A man who had this disease went to a professor in Vienna for advice. The professor said, "You had better get a horn and learn to play it, to exercise your lungs." "Alas, professor," answered

the man, "I am a hand master now."

To live a natural life is the only safeguard against tuberculosis. One climate may do as well as another if only you live out of doors, get plenty of cold, fresh air, bathe the body with cold water daily, eat simple, nutritious food and take as much exercise as possible without exhausting the body.

Inherited Consumption.

Some people think that because their parents died with consumption, they are doomed by the same plague. This is not so. Cases of inherited consumption are very rare. The real reason why so many in a family suffer from tuberculosis is to be found elsewhere than in heredity.

The afflicted member does not know the necessity for personal cleanliness, for religiously collecting and burning all matter spit up. The use of the ordinary pocket handkerchief and the washing of it in the family laundry is a constant source of danger. Rice paper handkerchiefs or old linen should be used and then burned.

The person himself is almost harmless. It is only the lack of care in scattering the germs that makes him a dangerous companion. These bad practices are usually due to ignorance.

It is not necessary to isolate the patient for the protection of the family. Each person not affected should breathe fresh air, exercise out of doors, eat simple food, bathe daily and sleep eight hours each night. This will increase the body's vital power and resist the deadly germs which may be breathed in. The rest of the family being thus fortified, the patient should cooperate in the protection.

Let him study to prevent the germs from being scattered broadcast through the house. Then let all cooperate in the fresh air cure of the patient, and he may live in peace and pleasure, gradually fighting his way back to health, and in no way dangerous to his friends.

When every consumptive intelligently cooperates with the family and physician, the day of "inherited consumption" will be passed.

Stomach.

The majority of people never stop to think that the stomach is anything more than a receptacle for things that have been chewed. They get hold of something that tastes good and swallow it into the stomach to get it out of the way, so there will be room for something more. That might be all right if the stomach were a garbage box that could be carried off and emptied; but nature intends the stomach for another purpose. We are constructed of what we eat. We should stop to think of that. We should be careful what we swallow, for it becomes brain, heart, limbs, blood; and if we are to have good blood, clear brains, sound minds, sturdy legs and strong arms, we must eat food that is capable of making that sort of tissue.

Foot Prints of Alcohol.

Employers find that those addicted to the use of alcoholic beverages are not to be depended on. Even if they are always at their work the character of it suffers just in proportion to their indulgence. Now this condition is only a sign of disease in certain controlling centers in the nervous system. In this simple condition, as well as in a multitude of other diseases of the nervous system, we may trace the foot-prints of alcohol. Here we have an explanation of the overcrowded insane asylums of to-day, to say nothing of the army of sufferers at large. Statistics from France and other European countries show that the increase of insanity is parallel with the increase in the consumption of alcohol per capita.

RECIPES.

Cheese Straws.—Roll scraps of puff paste thin, and sprinkle with nut cheese, grated; fold, roll out, and sprinkle again, and repeat the process. Then place on ice to harden. When cold, roll in rectangular shape one-eighth of an inch thick; place it on a baking pan, and with a pastry cutter dipped in hot water, cut into strips four or five inches long, and less than a quarter of an inch wide. Bake in a moderate oven.

Easter Lily Cake.—Bake sunshine cake in layer tins not more than one inch thick when done; also bake angel food in the same way. With a fancy pastry cutter of lily design cut the white cake into small cakes. Cut the sunshine cake in the same way, and put one of the yellow flowers on top of the white, with a white filling between. Cover the top of the sunshine layer with white icing, or if the white flower comes on top, cover the white with a yellow tinted icing. The cakes might be served separately with the lily formed from being put on the top using white for the petals and yellow for the centers.

Tomato Sauce.—Put half a can of tomatoes over the fire in a stewpan, with a quarter of a minced onion, a little parsley, a bay leaf and twenty minutes. Remove from the fire and strain through a sieve. Melt in another pan a tablespoonful of coconut oil or dairy butter and as it melts, sprinkle in a tablespoonful of flour; stir until it browns a little. Mix with the tomato pulp and it is ready for use.

LATE MARKET REPORT.

KANSAS CITY.	
NATIVE STEELS.....	4 03 @ 4 70
HOPS—Heavy.....	3 00 @ 3 65
WHEAT—No. 2 hard.....	1 01 @ 1 02 1/2
No. 2 red.....	1 02 @ 1 04
CORN—No. 2 mixed.....	— @ —
No. 2 white.....	— @ —
No. 2 yellow.....	8 51 @ 10 01
No. 2 blue.....	7 73 @ 8 25
BUTTER.....	21 @ 26
EGGS.....	— @ 14 1/2

Chicago Live Stock.	
GOOD TO PRIME STEERS.....	4 35 @ 6 25
STOCKS & FEEDINGS.....	3 31 @ 4 65
HOGS.....	2 30 @ 4 61
No. 1.....	4 85 @ 5 13

Chicago Cash Grain.	
WHEAT—No. 2 Red.....	1 11 1/4 @ 1 12 1/2
No. 2 Hard.....	— @ —
CORN—No. 2.....	47 @ 47 1/2
OATS—No. 2.....	— @ 31 1/2

St. Louis Live Stock.	
BEEF STEERS.....	4 33 @ 6 00
COWS & HEIFERS.....	3 01 @ 4 53
TEXAS STEERS.....	2 70 @ 3 00

Cotton.	
LIVERPOOL.....	12 1/4 @ 8 50
NEW YORK.....	— @ 7 50
GALVESTON.....	— @ —

Chicago Futures.	
WHEAT—	Open High Low July
Mar.....	114 114 112 110 114
July.....	92 93 92 91 94 94 1/2
No. 2.....	87 87 86 85 87 87 1/2
CORN—	Open High Low July
Mar.....	85 1/2 86 1/2 85 1/2 84 1/2
July.....	65 1/2 66 1/2 65 1/2 64 1/2 65 1/2
OATS—	Open High Low July
Mar.....	31 1/2 31 1/2 31 1/2 31 1/2 31 1/2
July.....	31 31 31 31 31 31

Wichita Live Stock.	
HOGS.....	4 70 @ 4 75
COWS.....	3 00 @ 3 40
STOCKS.....	— @ 2 41
HOPS.....	— @ 2 50
EGGS.....	3 10 @ 3 41
CATTLE.....	— @ 1 50

LATEST NEWS IN BRIEF.

George W. Wakefield, judge of the district court and member of the State Bar Association, is dead at Sioux City, Ia., aged 65 years.

Dowager Empress Marie Feodorovna of Russia will soon leave St. Petersburg for Denmark at the urgent request of King Christian, her father.

General Kuropatkin has lost 200 guns and 60,000 prisoners, besides about the same number killed, or wounded, according to a military club report.

Henry Norcross Munn, editor of the Scientific American, is dead at his home in New York. He was a member of the firm which publishes that paper.

Active trade in smuggled arms between Ostrowo, Prussia, and Kalisch, Russia, has been broken up by the combined efforts of the Russian and German police.

E. E. Snyder, the Olin, Iowa, banker who assigned last December, has disappeared. A warrant for his arrest has been issued. Snyder's liabilities amount to \$145,000, mostly bank deposits.

Almost everybody says the battle of Mukden should end the war, but add that as soon as hostilities end the government must prepare to resume the struggle in the future. The general depression is very acute.

The French geographical society has awarded to Henry Vignaud, secretary of the American embassy, the Jomard prize for historical and geographical researches. The prize consists of a collection of valuable old maps.

Fire has broken out in the main hold of the British steamer Heathburn, which arrived at Manila January 31 from Barry, Wales, and is spreading. The cargo is being discharged and the holds are being flooded.

The treasury officials in commenting on the decision of the United States court at New York in the case of the American Sugar Refining Company against the United States, stated that the government would take an appeal from this decision. The question at issue is as to the exact date when the Cuban reciprocity treaty went into effect. If yesterday's decision is sustained the government will be compelled to refund about \$5,000,000 paid by the American Sugar Refining Company as customs duties on sugar imported from Cuba.

According to Count Cassini, the Russian Ambassador, the latest Russian reverses will have no effect in hastening the inauguration of peace measures. He said "After Liao Yang there was talk of peace. Russia's answer was to send reinforcements. Like Liao Yang, Mukden is another retreat and Russia will again answer with large reinforcements, but of peace not a word."

Prince Ferdinand of Bulgaria has arrived here from London. He played the part of engine driver between Calais and Paris with great skill.

Private advices say that 900 officers of the Manchurian army have signed a round robin demanding that General Kuropatkin conclude hostilities because of threatened famine. The troops are discouraged as a result of the chronic failure of their efforts.

Minister of War Terentchik has telegraphed congratulations to Field Marshal Oyama and all officers and men of the army on their great victory. Oyama, replying, ascribed the victory to the Emperor and the bravery of his officers and men.

The Japanese army under General Kuroki has broken through the Russian lines on the Hun river east of Mukden. A large part of General Kuropatkin's army is trapped between the forces of Generals Kuroki and Nogi.

A rumor is current that the czar is considering summoning a special council to consider conditions for peace. The informant states that this does not necessarily mean that peace will follow, for after taking the opinion of his advisers, the czar may decide to continue the struggle.

IN PURSUIT OF ENEMY

Japanese Soldiers Are Hard After General Kuropatkin.

OPPOSITE FORCES ON THE RUN.

In All the Speculation as to Peace, the One Point That is Coming to the Front is That Russia Would Prefer to Settle Directly With Japan.

The Russian general staff reports that "the main body has already completed its retreat and the rear guard southward are falling back slowly." What either "the main body" or "the rear guard" consists of has not been definitely fixed, but from the dispatches from the Associated Press correspondents with the Japanese and the Russians, the two combined must be but a small portion of the army which General Kuropatkin had gathered along the banks of the Shakhe and Hun rivers. And yet those who have reached Tie Pass, worn out from days of fighting and retreating, are not out of danger, the Japanese, it is reported, having already started another turning movement which will force the Russians on the plain north of Tie Pass, where, in their disorganized state, they would be easy prey for the victory-flashed soldiers of the Mikado. The men who escaped are strengthening the fortifications in Tie Pass, but it is hardly possible that the pass can be held in the face of the overwhelming forces opposed to the Russians, and it is not likely that Oyama will rest satisfied with his victory at Mukden as he did after Liao Yang. There will be no unbusiness as to the food supply as long as communications are maintained to the northward, as large bands of cattle roam the plains under Cossack herders, and every station on the railway is a huge commissariat department. The Russian soldiers are always well fed, the soup kitchen on wheels always keeping in touch with the men.

As to the Losses.

As to the losses, General Kuropatkin now admits that 50,000 wounded were carried off the field. This, with the 26,500 dead left on the field, the 40,000 prisoners and the wounded left in the hospitals, comes somewhat nearer the latest Japanese estimate that the total Russian losses were 155,000. At this rate, Kuropatkin can not have more than 100,000 effective fighting men with him. The army of General Linewich seems to have made the best retreat, but this no doubt was due to the stubborn fight made by General Rennenkampf on his extreme left and the equally fierce resistance of General Kaibara on the right, the latter general losing 25,000 men. Neither the army of Kaibara nor of Rennenkampf has yet been accounted for by the dispatch. After his defeat around the western tundra, Kaibara, finding his retreat directly northward cut off, made a detour to the eastward, where he was still fighting at last accounts. Rennenkampf must also still be in the hills to the eastward, as it took the Associated Press courier three days to reach Tie Pass. The Japanese report the capture of 24 more guns, 66 in all, a rather small number, considering the decisive defeat and the number of men captured. The Japanese losses have been remarkably light, in view of the length and severity of the fighting.

The Associated Press correspondent with General Kuroki's army tells how the battle of Mukden was won. The Russian general was deceived as to where the blow was to be struck, and after massing his forces on the Japanese right flank, when too late, that his right was the objective of the Japanese.

In all the speculation as to peace, the one point that is coming to the front is that Russia would prefer to settle directly with Japan, without the aid of any third nation. This is in line with the dream of many leading Russians that the natural allies in the Far East are Japan and Russia, they being the only nations whose domains border on Korea and Manchuria, both having interests besides those of trade.

MAD MAN'S DEED.

The Beaten Man Went Gunning With a Rifle.

Denver, March 14.—Mad with rage because of his defeat in a lawsuit in which the man he pronounced his bitter enemy had been victorious, and swearing vengeance against him and his family, George Schistler, a teamster, armed himself with a rifle today and when the smoke of battle had cleared away, three persons were dead, one was missing and three others lay wounded, two at least dangerously.

Negro Murderer Caught.

Des Moines, Ia., March 14.—Neil Matthews, colored, wanted on a charge of murdering Rawlings Diggs and Bert Travis, both colored, six months ago, has been located at McCloud, I. T., and will be returned here for trial immediately.

Railroad Rate Talk.

Washington, March 14.—Railroad rate legislation was the subject of a talk between the President and Senator Elkins, chairman of the Interstate Commerce committee of the Senate.

NO PAUSE IN GREAT REFORM.

Zemstvos Demands Representation on the Committees Named.

St. Petersburg, March 15.—In the midst of all the confusion incident to the defeat of the Russian army in Manchuria, there is no pause in the great reform movement. The zemstvos of various governments held a meeting in Moscow and the Moscow douma have telegraphed Interior Minister Boulganin a request, which is practically a demand that they be represented on the committee formed under the imperial rescript, and other local organizations are preparing to follow their lead. Minister Boulganin and his advisers are engaged in drafting the plan of the commission or assembly, but nothing has taken definite shape as yet.

Some improvement in the internal situation is noticed. Confronted with cavalry, the peasant bands who for a week have created in parts of the governments of Orel, Tschernigoff and Kursk a reign of anarchy, arson and plunder, have dispersed. Several hundred arrests have been made. Uprisings in other sections are yielding before the show of force, and unless another general mobilization should be ordered there seems to be a probability that order will be restored.

Local authorities are preparing even now for an unexpected outbreak of cholera, building quarantine sheds and instituting restrictive measures on railroad travel.

TO ADJOURN THIS WEEK.

Senate Will Rush the Santo Domingo Treaty Through.

Washington, March 15.—The senate will do its utmost to complete the Santo Domingo treaty, ratify it, and adjourn this week. This was manifested when the treaty was taken up in executive session today. For more than an hour the senators discussed ways and means and finally agreed to meet at 11 a. m. daily in order to give time for a full discussion of the measure and still adjourn by Saturday. It is conceded that, if the vote is delayed beyond that time, a quorum of the senate could not be maintained.

With the present number of absentees and the uncertainty as to the number that will return to vote, the fate of the treaty cannot be foretold.

Only one amendment was offered today. That was presented by Senator Bacon and provided that such expenses of the army and navy as may be incurred by carrying out the provisions of the treaty shall be paid from the revenues of Santo Domingo. This amendment was pending at the time the senate adjourned and will be taken up tomorrow.

LATEST WAR BULLETINS.

Chinese Railways Announce Suspension of Service at Present.

Tientsin, March 14.—Owing to the unforeseen decisions the Chinese railway administration announces a suspension of train service on Monday until further notice between Koupaiz, Yinkow and Simintin. The suspension, according to information, is owing to the Japanese military authorities insisting upon the railway carrying military stores.

Fushun, March 14.—General Oku and staff entered Mukden this afternoon. The Japanese armies continue pursuing holy the retreating Russians. Ten thousand prisoners have been captured. Of General Oku's army only 800 were wounded. Three hundred Japanese were found in Russian hospitals. Quantities of stores and many horses and wagons have been captured. Chinese set fire to hospitals and other buildings when the Russian retreat began.

Tientsin, March 14.—Later estimates place the Russian dead left on the field at about 20,000. Over eighty guns and 65,000 rifles were captured.

Tokio, March 14.—Field Marshal Oyama reported that 40,000 prisoners were taken and that there were 90,000 Russian casualties in the Shakhe river direction alone.

Tokio, March 14.—Field Marshal Oyama estimates that the number of Russian prisoners captured will exceed 30,000.

The Japanese casualties are estimated at 41,000.

The Japanese captured a retreating Russian column at the Pu river yesterday (Saturday).

Caught in a Wire Fence.

Homestead, March 14.—Carl Simmers, 7-year-old son of John Simmers, living near Bull Run, is very ill at his father's home and may die from exposure through being caught in a barbed wire fence some nights ago and being compelled to remain there over night.

Loses Eye in Peculiar Manner.

Eureka Springs, Ark., March 14.—An employe of the Eureka Stone Company lost an eye Saturday as a result of an accident by which particles of his eyeglasses were driven into the eyeball by a bolt which flew out of a machine he was operating.

Pius as an Arbitrator.

Berlin, March 14.—Pope Pius X is to act as arbitrator between King Frederick August of Saxony and the Countess of Montignono, if the eloquence of Prince Max of Saxony can induce him to do so.

Explosion in Mint.

Irwin, Pa., March 14.—An explosion in the Yough mine caused by a miner igniting a blast started a fierce fire in the shaft and endangered the lives of 150 men, who were at work at the time.

Calumet Baking Powder

A perfectly healthful powder made by improved chemical methods and of accurately proportioned materials

Calumet Baking Powder sells for 45 or 50 cents per pound and may be identified by this emblematic price. They are a menace to public health, as food prepared from them contains large quantities of bicarbonates, a dangerous cathartic drug.

The pass itself will have some difficulty in sneaking into heaven that way.

Sweet are the smiles a man's wife hands him on pay day.

Two bores never get any amusement out of each other.

The Best Results in Starching can be obtained only by using Defiance Starch, besides getting 4 oz. more for same money—no cooking required.

Courtship and novels are more interesting than marriage and history.

Cater to the average man's vanity and the rest is easy.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures whooping cough, croup, and colic.

A woman possibly may admit that she is 20 years old, but that she snores—never.

Many so-called political plums prove to be only sour grapes.

A GUARANTEED CURE FOR PILES. itching, bleeding, or protruding. Your druggist will refund money if FAGO OINTMENT fails to cure you in 4 to 14 days, 50c.

Some new men never seem to know their own minds until the day after.

If you lack sense, it will show when you get a gun in your hands.

Mrs. J. H. Giles, Everett, Pa., Suffered years with kidney and gravel trouble. Cured by Dr. David Kennedy's Favorite Remedy, London, N. Y. 40c.

When it comes to being a fool, it is no conceit to claim versatility.

An Englishman could see a joke if he only knew it when he saw it.

I do not believe Tiso's Cure for Consumption has an equal for coughs and colds.—JOHN F. BOWEN, Trinity Springs, Ind., Feb. 15, 1900.

We make our friends ashamed of us by making ourselves ashamed of them.

A first-class phonograph ought to be able to speak for itself.

Try One Package.

If "Defiance Starch" does not please you, return it to your dealer. If it does you get one-third more for the same money. It will give you satisfaction, and will not stick to the iron.

A Dimpled Chin.

Not one girl in 10,000 has a dimple in her chin. Indeed that kind of dimple seems to be more frequent in men than in women. It has another peculiarity—namely, that it is permanent, whereas other dimples of the face come and go with changes of expression.

When You Buy Starch

Buy Defiance and get the best, 16 oz. for 10 cents. Once used, always used.

Good Character the Best of All.

A good character is the best tombstone. Those who loved you and were helped by you, will remember you when forget-me-nots are withered. Carve your name on hearts, not of marble.

Overcrowded.

It is a pretty dangerous thing to allow your system to get overcrowded with undigested foods—poisons, bile poisons, bowel poisons. Get rid of them by taking Dr. Caldwell's (Laxative) Syrup Pepsin, and you will, right away, feel such a wonderful change for the better, that you will never let yourself get into that condition again. Safe and pleasant relief and cure, for headache, constipation, biliousness, etc. Try it. Sold by all druggists at 50c and \$1.00. Money back if it fails.

A Brand From the Morning.

Early Wednesday burning a fire broke out on the east side at Coahoma and wiped out everything except the Chinaman, whom the insurance companies had refused.—Friars Point (Miss.) Coahomian.

Talking machines—Victor and Edison are the best; cash or payments, \$1 weekly. Write to-day. JENKINS' MUSIC CO., KANSAS CITY, MO. 30,000 records in stock. Mention this paper