

# Stop Treating Catarrh Symptoms!

**You Must First Remove the Cause!**

WHAT most people believe to be the disease **Catarrh**, is really only a symptom.

The most common symptom of the presence of **Catarrh** in the system is an inflamed and tender condition of the breathing passages and the blocking of throat and nostrils with mucous. It is a frequent mistake to treat this symptom and neglect the actual disease that causes it.

**Catarrh** is the result of poisons and impurities in the blood. These impurities must be removed before the disease can be cured.

The use of washes, nasal douches and soothing creams on the irritated membranes, can have but little effect—they merely ease the local irritation but do not reach the disease.

**Catarrh** is a disease of the blood. To cure it you must go to the seat of the trouble. **S. S. S.** has proved in its

use in such cases for nearly half a century to be a most powerful antidote to poisons in the blood.

**S. S. S.** is a scientific blending of the extracts of certain native roots and herbs which act directly on the blood. Its action is to cleanse and purify and strengthen the blood corpuscles so they fight off disease.

Because of this function **S. S. S.** is the one remedy that goes to the source of the trouble and removes the cause of catarrh.

If you suffer from catarrh in any of its forms, don't be misled into treating the symptoms, take **S. S. S.** and remove the cause of the local trouble.

Druggists all over the Country can supply you with **S. S. S.**—be sure you get the genuine; "just-as-good" substitutes are never as good.

The Swift Specific Co., Atlanta, Ga.

# S. S. S.

A Purely Vegetable Remedy for Diseases Of The Blood

# PAPE'S DIAPEPSIN FOR INDIGESTION—IT'S FINE

The Moment It Reaches Your Stomach all Pain, Gases, Sourness, Acidity and Heartburn Goes

Don't suffer! In a few moments all stomach distress will go. No indigestion, heartburn, sourness or belching of gas, acid, or eructations of undigested food, no dizziness, bloating, foul breath or headache.

Pape's Diapepsin is noted for its speed in regulating upset stomachs. It is the surest, quickest and most certain indigestion remedy in the whole world, and besides it is harmless.

Millions of men and women now eat their favorite foods without fear—they know Pape's Diapepsin will save them from any stomach misery.

Please, for your sake, get a large

better-cent case of Pape's Diapepsin from any drug store and put your stomach right. Don't keep on being miserable—life is too short—you are not here long, so make your stay agreeable. Eat what you like and digest it; enjoy it, without dread of rebellion in the stomach.

Pape's Diapepsin belongs in your home anyway. Should one of the family eat something which doesn't agree with them, or in case of an attack of indigestion, dyspepsia, gastritis or stomach derangement at daytime or during the night, it is handy to give the quickest, surest relief known.

## Pay Physicians to Keep People Healthy Urged

Chicago, Feb. 23.—Taking a hint from a Chinese medical custom established several thousand years ago, physicians of the United States are now considering a radical change in payment for medical services.

The proposal, made by Dr. Otto V. Huffman, before the twelfth annual congress on medical education and public health here, is that doctors be paid to keep people well and not to make them well after they become sick.

Only the American adaptation of this system is termed "compulsory national sickness insurance."

quack physician," Dr. Huffman said. "It would also save the working population with an income of less than \$1,200 a year from the great hardship of doctors' bills."

"The system is to have the government pay each physician who chooses to enter the plan an annual fee from each patient who comes to him. The number of patients each doctor would have would be limited, and patients could transfer from one doctor to another at will.

"This will place medical practice on a better economic basis. When medical practitioners are paid to keep people well instead of when anyone becomes sick, we will have removed all incentive to quackery."

## Most Eminent Medical Authorities Endorse It

A New Remedy For Kidney, Bladder and All Uric Acid Troubles.

Dr. Eberle and Dr. Braithwaite as well as Dr. Simon—all distinguished Authors—agree that whatever may be the disease, the urine seldom fails in furnishing us with a clue to the principles upon which it is to be treated, and accurate knowledge concerning the nature of disease can thus be obtained. If backache, scalding urine or frequent urination bother or distress you, or if uric acid in the blood has caused rheumatism, gout or sciatica or you suspect kidney or bladder trouble just write Dr. Pierce at the Surgical Institute, Buffalo, N. Y.; send a sample of urine and describe symptoms. You will receive free medical advice after Dr. Pierce's chemist has examined the urine—this will be carefully done without charge, and you will be under no obligation. Dr. Pierce during many years of experi-

mentation has discovered a new remedy which is 37 times more powerful than lithia in removing uric acid from the system. If you are suffering from backache or the pains of rheumatism, go to your best store and ask for a 50-cent package of "Anuric" put up by Dr. Pierce. If he does not keep it, you can obtain a large trial package by sending 10 cents to Dr. Pierce, or 50 cents in stamps for full treatment. Dr. Pierce's Favorite Prescription for weak women and Dr. Pierce's Golden Medical Discovery for the blood have been favorably known for these remedies for forty years and more. They are standard remedies to-day—as well as Doctor Pierce's Pleasant Pellets for the liver and bowels. You can have a large trial package of any one of these remedies in Tablet form by writing Dr. Pierce and enclosing 10c.—Advertisement.

# FOODS

THEY BUILD OR DESTROY

Amazing but Rarely Suspected Truths About the Things You Eat.

(Copyright, 1916, by Alfred W. McCanna)

**CHAPTER 23**  
The thyroid gland, dependent upon food minerals for its health, is a poison destroyer. Disaster follows when this gland is deprived of its food, iodine.

We shall now consider one more instance of the subtle relationship existing between the food minerals and the health of the body. There are glands in the neck called the thyroids, the importance of which, in the economy of life's processes, was never suspected until Breisacher, Plum, Kishi and Bryce made it clear that the thyroids, like every other organ or gland of the human body, are really created for a special purpose.

Sometimes when the thyroid becomes diseased it attains an abnormal size and swells out in the form of a great lump above the neck. At other times when even more seriously diseased its enlargement may be almost unnoticeable, except to the touch.

It has been almost conclusively established that in the proper functioning of the thyroid it depends in a little understood manner upon the compounds of food iodine.

We have seen how the food minerals help to build up the body. We have also seen how they help to tear down the tissues. In the processes of assimilation and elimination they are equally important.

In this work of elimination the food mineral iodine and the thyroid gland, which iodine affects profoundly, are actively engaged, thus helping to rid the body of many of its enemies and defending it against the assault of disease.

Let us see how the thyroid gland operates and then we shall understand why food iodine is essential to health.

Alexander Bryce has proved that the intestinal decomposition of meat produces poisonous products of putrefaction which are absorbed by the walls of the bowels and which, having thus entered into the system, are most powerful irritants. They thus produce an increase in the connective tissues of the organs and blood vessels, setting up what the doctors call hardening of the arteries, senile decay, tumors, and cancers.

Metchnikoff long ago suggested that to aid the body in its effort to protect itself against the poisonous products nature has provided poison-destroying organs, among which is the thyroid gland.

Breisacher has proved that the poisonous products of meat can quickly kill a dog if the thyroid gland is removed, although after its removal the life of the animal can be indefinitely prolonged if it is fed upon bread and milk.

His experiment conclusively established the function of the thyroid as a poison destroyer.

Both Plum and Kishi were brought to the conviction after a series of experiments that the function of the thyroid gland may be neutralized by poisons derived from the putrefaction of albumen in the intestines.

An exclusive diet of eggs causes a condition among children which their parents term "biliousness." This so-called "biliousness" is simply the result of self-poisoning through the imperfect elimination of the protein poisons.

In children some glands do not develop until their twelfth, thirteenth, or fourteenth year of life. Hence the child lacks its assistance in tearing down these poisons and eliminating them from the system.

It is for this reason that beef extracts, which contain alkaloids that no infant or young child is permitted to swallow, become under many conditions dangerous food.

People in a feeble state of health, who are put on a beef tea diet, are frequently made worse because of the imperfect functioning of the thyroid and other glands. These alkaloids stimulate and bring about a state of functional excitement. Functional excitement does not mean invigoration.

Neither beef nor beef extract contains the merest trace of iodine, yet it has been established that the thyroid depends for its activity upon the presence of iodine compounds abstracted from food.

It has been further established that animals, during the period when they feed on fresh grasses and the seeds of grasses, in accordance with the dictates of the Book of Genesis, have much more active thyroids glands.

The above points out a certain advantage of this phenomenon to manufacture the thyroid extracts advertised in the medical journals.

Some experiments of Seidell and Fenger on animals shipped to the Union Stockyards, in Chicago, from all parts of the United States led to a surprising discovery. It was shown by these on the part of the thyroid gland of iodine found in the healthy thyroid glands of sheep and hogs was about three times as much between the first of November, when the animals were put to feed naturally on green pasture, as that found between December and May, when they were fed on many impoverished commercial feed products.

It was also curiously noted that the thyroid glands become larger during the months in which their low iodine content was observed, indicating some relationship between iodine and the swelling of the glands.

What effect had the removal of the iodine from the food of the 1,500,000 children under the United States during the last four years upon the health of those children prior to their deaths?

## TURKS ARE BRAVE ALMOST TO POINT OF FOOLHARDINESS

In Gallipoli Just Before the Evacuation They Exhibited the Utmost Daring

Sydney, Australia, Feb. 23.—(Correspondence of the Associated Press).—Some interesting incidents of the last days of the allied operations on the Gallipoli peninsula are reported in delayed correspondence from the official press representative with the Australian forces at the Dardanelles. He tells of the daring manner in which the Turks sought to learn the extent of the withdrawal of the allied forces, and he pays tribute to the Turk as an enemy.

"Four days ago," he writes from Anzac, without date, "just as the first light began to broaden into a bitter wintry dawn at 7 o'clock in the morning the Australian sentries at the trench blew their unglazed fingers behind the parapets at Quinns Post saw about thirty Turks creeping up from behind the hummocks of broken earth which separates our front trench from that of the Turks. Their heads appeared about fifteen yards away. Twenty-six of them—two or three—were crawling down into a small depression between the trenches where for some moment they were hidden from this part of the line. But the other four came boldly across straight to the center of Quinns trenches. For a particular reason our men let them come. They walked straight up to the slanting wire netting set on sloping framework which protects our trench from their bombs—the Turks have just such another fifteen or twenty yards away—caught hold of it in their hands and pulled two short lengths of it down. They threw in half a dozen bombs—there was a scatter to each side amongst our men in the trench; and then into the trench jumped the leading Turk.

"He had a rifle in his hand with bayonet fixed. He landed on his feet turned to his right and strode down the trench. Four men were leaning against the wall of the trench wounded by the bombs. He pushed past them and straight into the dark mouth of our bombproof—that is to say a section of the trench with a tight roof of earth and beams overhead. As he strode into the darkness, just in the mouth of it, a sergeant met him. The sergeant was coming the other way, also with his bayonet. The two faced each other in the narrow way. They parried and guarded past. The Turk seized the sergeant's bayonet and the sergeant wrenched it away. But by

this time an unwounded Australian was coming up the trench from behind the Turk. That sealed the man's fate. He was bayoneted from behind and before the Turk could turn and a shot from a third man also hit him. He fell dead on to the narrow floor of the trench. His comrades had run away—I believe they scattered in front of our bombs.

The Iron Crescent

"On the breast of the brave man, who lay inert dead in the bottom of the trench, our men discovered a strip of bright color. It was a couple inches of ribbon twisted through his buttonhole—a bright cherry-colored ribbon. The Turk had a white stripe near either edge of it. It was fastened with his blood, but there was no mistaking its identity.

"It was the ribbon of the Iron Crescent. It is not anyone here who has seen it. The Turks have instituted for them—a decoration on the part of the Turk in the medal of honor—a crescent instead of a cross. This was the first Turk we have come across who has gained one. He was clearly chosen to lead the exceptionally daring reconnaissance on account of the bravery which won him the cross on the former occasion. And the deed which he performed on this occasion was as brave as any man could do. The Turks, who are quite as well aware of any difficulties that there may be in our position here during the winter as we are ourselves, and who have read all the discussions in Parliament and the London papers as to whether we should hold on here or leave the peninsula, have for the past two weeks been constantly feeling at night, to see whether our trenches were any less strongly held. They have tried all along the line—and with exception, was Quinns Post, with one lead the attempt from so deadly a position as Quinns they chose this brave man to lead the attempt. He was clearly every man who went into the Quinns trenches. If ever a man deserved an honor, this man did.

"The strip of red ribbon which I have seen the sort of deed that gained it—that is to say the only people whose opinion on the subject is worth any more than that of the world at large. The war is no more likely to be won by sneering at iron crescents than by the Germans making fun of Victoria crosses; the great question has been done is not in the least altered by the fact that some people are ignorant of the meaning of the iron crescent. There is a foolish type of criticism which we have seen in some newspapers which seems to wonder whether our men fight the Turks as well as we otherwise would. The troops in the peninsula so obviously do not hate them. One might ask these people how much better they expect us to fight anyway. But it is sufficient to wonder why when we have been impossible for the British race to fight an enemy if it respects him.

To Our Dear Enemy

"For very assuredly the same incapacity, in that case, must affect the New Zealanders. Some curious incidents which happened a few weeks ago help to prove this.

"Either think the Turks are celebrating a feast or a fast, anyway, near daybreak one morning, there came out of their trenches at Quinns a packet tied to a string, thrown so that it landed in our parapet and lay out of our sentries waited for it to explode or fizz or burst into smoke or for some such devilry. The sergeant near it looked at it very carefully through a periscope. While he was looking Turkish hands must have come up and waved and then a cautious head and head on our side went up too and gradually a line of heads on each parapet; and before the sergeant knew what was happening the man next him had climbed up on to the parapet and stooped round the netting and into the deadly area between the trenches and was bringing back the packet.

"It was a small packet of cigars. And it was so wrapped in indelible pencil ink in both ends that the words, 'A Notre Heros enemies,' 'To our heroic enemies.'"

"Of course some return had to be



## Ready!—"Roll Your Own!"

A fresh, lively "roll your own" cigarette of "Bull" Durham is as quickening and inspiring as the roll of drums or the "get busy" notes of a bugle call. "Bull" Durham is the smoke of the red-blooded—the bright and breezy smoke that goes with youthful enthusiasm and energy.

GENUINE

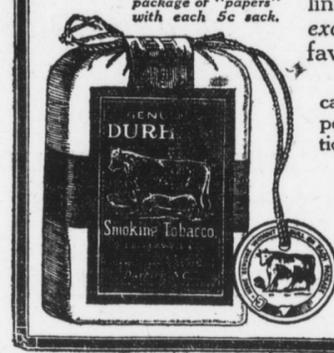
# "BULL" DURHAM SMOKING TOBACCO

No other tobacco in the world has the unique, mellow-sweet mildness or the delightful aromatic fragrance of "Bull" Durham.

Made of rich, ripe Virginia-North Carolina leaf, "Bull" Durham has that distinctive, exclusive quality which has made it the favorite smoke of three generations.

Only by "rolling your own" with "Bull" Durham can you get a cigarette with the individuality and personality that give such perfect, lasting satisfaction.

Ask for FREE package of "papers" with each 5c sack.



FREE An Illustrated Booklet, showing correct way to "Roll Your Own" cigarettes, and a package of cigarette papers, will both be mailed, free, to any address in U.S. on request. Address "Bull" Durham, Durham, N. C.

THE AMERICAN TOBACCO COMPANY



mentation has discovered a new remedy which is 37 times more powerful than lithia in removing uric acid from the system. If you are suffering from backache or the pains of rheumatism, go to your best store and ask for a 50-cent package of "Anuric" put up by Dr. Pierce. If he does not keep it, you can obtain a large trial package by sending 10 cents to Dr. Pierce, or 50 cents in stamps for full treatment. Dr. Pierce's Favorite Prescription for weak women and Dr. Pierce's Golden Medical Discovery for the blood have been favorably known for these remedies for forty years and more. They are standard remedies to-day—as well as Doctor Pierce's Pleasant Pellets for the liver and bowels. You can have a large trial package of any one of these remedies in Tablet form by writing Dr. Pierce and enclosing 10c.—Advertisement.

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## LOOKING FOR WORK

Everywhere men complain about work; even boys and girls in school or business find work tedious and irksome, but it isn't the work half so much as their own lack of physical strength that makes it hard.

Rich blood, strong lungs and healthful digestion make work pleasurable in business, in school or even household, and if those who are easily tired—who are not sick, but weak and nervous—would just take Scott's Emulsion for one month and let its pure concentrated food create richer blood to pulsate through every artery and vein—let it build a structure of healthy tissue and give you vigorous strength—you would find work easy and would look for more. Insist on Scott's.

Scott & Bowne, Bloomfield, N. J. 25-25

## Try This If You Have Dandruff

There is one sure way that never fails to remove dandruff completely and that is to dissolve it. This destroys it entirely. To do this, just get about four ounces of plain, ordinary liquid arvon; apply it at night when retiring; use enough to moisten the scalp and rub it in gently with the finger tips.

By morning, most if not all, of your dandruff will be gone. After three or four more applications will completely dissolve and entirely destroy every single sign and trace of it, no matter how much dandruff you may have. It will find, too, that all itching and digging of the scalp will stop instantly, and your hair will be fluffy, lustrous, glossy, silky and soft, and look and feel a hundred times better. You can get liquid arvon at any drug store. It is inexpensive, and four ounces is all you will need. This simple remedy has never been known to fail.

## BIRDHOUSES AS CONTEST SCHEME

Secretary Patton Makes a Suggestion That Should Receive Much Support

A competition in bird houses between the public schools of Pennsylvania, especially the rural schools, as a means of arousing the interest of the pupils in the importance of attracting birds to farms is suggested by Secretary of Agriculture Charles E. Patton in his bulletin from the department offices this week.

"Insectivorous birds are a splendid help to agriculture, as they are particularly valuable in destroying the insect life which infests gardens, trees and fields, parks and woods, in city and country," says the secretary. It is suggested that the teachers interest people living in their districts in giving prizes and then stir up the boys to the value of bird life conservation by talks on what good the birds do, how the boys may help keep them and how they may build bird houses.

The prizes would be given for the boys making the best bird houses and for the houses showing the first nesting. In order to arouse interest the department will send a bulletin on building bird houses, telling what birds are beneficial to the farmer and how to attract them, which has been written by Dr. H. A. Surface, the State zoologist, to every teacher requesting it. Dr. Surface says that if the people of the State would only make it attractive for the birds, they would save thousands of dollars now lost because of destruction of valuable trees, plants and vines by bugs which are the food of the insectivorous birds.

In addition to urging the contests in bird houses the Department of Agriculture is stirring up interest in early hatching of chicks by poultry raisers by issuing figures showing the early ones are the money makers.

## RESTORE YOUR HAIR TO YOUTHFUL COLOUR

Let Me Send You My Free Proof That Grey Hair Can Be Restored to Natural Colour and Beauty

No Dyes or Other Harmful Method. Results in Four Days.

At 27 I was prematurely grey—and a failure because I looked old. To-day at 35 I have no trace of grey hair and I look younger than I did eight years ago. I restored my own grey hair to its natural colour and beauty of youth and am a living example that grey hairs need no longer exist. No dangerous dyes, stains or other forms of hair paint are necessary to keep your hair young.

Old and Grey at 27 Young and Happy at 35

Let me send you full information that will enable you to restore your own hair to youthful colour so that you never have a grey hair again, no matter what your age or the cause of your greyness. Write to-day. Address Mrs. Mary K. Chapman, Office 882 D. Grosvenor Bldg., Providence, R. I.—Advertisement.

## When You Think of Your Eyes

You think of your best friends. Treat them right and they will serve you well. Abuse them and you may regret it. For nearly a quarter of a century I have been considered authority on eye troubles. If you have never consulted me, why not?

**W. S. GOLF**  
OPTOMETRIST

With H. C. CLASTER  
302 MARKET STREET

## CHAS. H. MAUK THE UNDERTAKER

Sixth and Kelker Streets  
Largest establishment. Best facilities. Near to you as your phone. Will go anywhere at your call. Motor service. No funeral to small. None too expensive. Chapels, rooms, vault, etc., used without charge.

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Non-greasy Toilet Cream — Keeps the Skin Soft and Velvety. Rough Weather. An Exquisite Toilet Preparation, 25c.

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