Healthy Old Age Is What Dr. Hartman Advocates

S. B. HARTMAN, M. D.

See here, young man, I heard you complaining the other day of being nervous, sleepless, brain fagged, and the like. A young man, hardly in the zenith of your life, complaining of such things!

And this is very common, too. You are not the only one. Probably three out of four of the young men of today have just such symptoms as you describe. What does it mean?

Look at me. I am eighty-two years old. Sound as a nut. Tough as hickory. Do not know what it is to be tired. While I cannot do as much physical work as I used to when a young man, I can do a great deal. Probably twice as much as the average young man of today.

What has kept me so strong and well? I will tell you. I do not use tobacco. I do not use alcoholic stimulants. I do not use tea or coffee habitually. I go to bed early. I get up early. I am always doing something; something that occupies my body and mind. I love to work. I take a cold water towel bath every morning, winter and summer. It is these things that have kept me well and strong. You could be just as well and strong as I am if you would do as I do.

You may ask, do I never get sick, have I never had occasion to take medicine at all? Yes, I have got sick. Sometimes I feel a little touch of climatic trouble, like cold, malaria, slight catarrhal symptoms, but my only medicine is Peruna. I always keep a bottle of Peruna in the house. I keep a bottle of Peruna on my desk in my office. Once in a while I take some. I do not take it habitually. Take it only when I feel a little out of sorts. One swallow will perhaps be all that will be necessary, but it is always handy by.

It is a sorry sight to see the young men of today begin to peter out physically when they ought to be in the glory of their manhood and the height of their vigor. Eat plain food. Live frugally. Give up all weakening habits. Live as God intended you to live. Take Peruna when you do not feel as well as usual.

If you want me to I will send you a book which will tell you a great many more things about yourself and about matters that may be of great value to you. Enclose a two-cent stamp for postage and the book will be sent in a plain wrapper and you will not be troubled with any follow-up letters or advertisements.

Peruna is for sale at all drug stores.

Too Late for Answer.

Henry Watterson, the well-known American journalist, told this story at a recent dinner party:

"One day when I was the city editor of a small newspaper, a fine turkey was left at the office. We all hankered after the bird, but the editor finally claimed it, took it home, and had it cooked for dinner. The next day a letter was handed in to him, which he opened and read:

"'Mr. Editor—I sent you a turkey yesterday which had been the cause of much dispute among us. To settle a bet, will you please state in tomorrow's issue what the turkey died of?'"

Constipation causes many serious diseases. It is thoroughly cured by Doctor Pierce's Pleasant Pellets. One a laxative, three for cathartic. Adv

The Exposition.

"You are mine!" cried the impecunious nobleman as he embraced the heiress.

"Yes," said the latter, "a gold mine."

To Relieve the Pain of a Burn Instantly and take out all inflammation in one day, apply the wonderful, old reliable DR. PORTER'S ANTISEPTIC HEALING OIL. Relieves pain and heals at the same time. 25c, 50c, $1.00.

And platonic friendship frequently makes a noise like a flirtation.

TAKE FOLEY KIDNEY PILLS
For Backache Rheumatism Kidneys and Bladder
Contains No Habit Forming Drugs

It Pays to Clip

HORSES, MULES and COWS. They are healthier and render better service. When the heavy coat that holds the wet sweat and dirt is removed, they are more easily kept clean, look better—get more good from their feed and are better in every way. Insist on having

The Stewart Ball Bearing Clipping Machine

It turns easier, clips faster and closer and stays sharp longer than any other. Gears are all file hard and cut from solid PACIFIC steel bar. They are enclosed, protected and run in oil; little friction, little wear. Has six feet of new style easy running flexible shaft and the celebrated Stewart single tension clipping head, highest grade. Get one from your dealer or very machine guaranteed to please.

$7.50

CHICAGO FLEXIBLE SHAFT CO.
Wells and Ohio Sts. CHICAGO, ILL.
Write for complete new catalogue showing world's largest and most modern line of horse clipping and sheep shearing machines, mailed free on request.

You Need
NO "SPRING MEDICINE"
If you keep your liver active, your bowels regular and your digestion good
WRIGHT'S INDIAN VEGETABLE PILLS
Regulate the Bowels
Stimulate the Liver
Improve Digestion and
Purify the Blood

A WONDERFUL DISCOVERY.
In this age of research and experiment, all nature is ransacked by the scientific for the comfort and happiness of man. Science has indeed made giant strides in the past century, and among the—by no means least important—discoveries in medicine is that of Therapion, which has been used with great success in French Hospitals and that it is worthy the attention of those who suffer from kidney, bladder, nervous diseases, chronic weaknesses, ulcers, skin eruptions, piles, &c., there is no doubt. In fact it seems evident from the big stir created amongst specialists, that THERAPION is destined to cast into oblivion all those questionable remedies that were formerly the sole reliance of medical men. It is of course impossible to tell sufferers all we should like to tell them in this short article, but those who would like to know more about this remedy that has effected so many—we might almost say, miraculous cures, should send addressed envelope for FREE book to Dr. Le Clerc Med. Co., Haverstock Road, Hampstead, London, Eng. and decide for themselves whether the New French Remedy "THERAPION" No. 1, No. 2 or No. 3 is what they require and have been seeking in vain during a life of misery, suffering, ill health and unhappiness. Therapion is sold by druggists or mail $1.00. Fougera Co., 90 Beekman St., New York.

AGENTS Startling invention, make big money selling new kind lamp burner. Over 200% profit. Sells itself wherever demonstrated. Write for particulars. Send no money. Sunlite Burner Co., Toledo, O.

QUININE AND IRON—THE MOST EFFECTUAL GENERAL TONIC

Grove's Tasteless chill Tonic Combines both in Tasteless form. The Quinine drives out Malaria and the Iron builds up the System. For Adults and Children.

You know what you are taking when you take GROVE'S TASTELESS chill TONIC, recognized for 30 years throughout the South as the standard Malaria, Chill and Fever Remedy and General Strengthening Tonic. It is as strong as the strongest bitter tonic, but you do not taste the bitter because the ingredients do not dissolve in the mouth but do dissolve readily in the acids of the stomach. Guaranteed by your Druggist. We mean it. 50c.

There is Only One "BROMO QUININE" That is LAXATIVE BROMO QUININE. Look for signature of E. W. GROVE on every box. Cures a Cold in One Day. 25c.

RELIEVES PAIN AND HEALS AT THE SAME TIME

The Wonderful, Old Reliable Dr. Porter's Antiseptic Healing Oil. Prevents Blood Poisoning. An Antiseptic Surgical Dressing discovered by an Old R. R. Surgeon.

Thousands of families know it already, and a trial will convince you that DR. PORTER'S ANTISEPTIC HEALING OIL is the most wonderful remedy ever discovered for Wounds, Burns, Old Sores, Ulcers, Carbuncles, Granulated Eye Lids, Sore Throat, Skin or Scalp Diseases and all wounds and external diseases whether slight or serious. Continually people are finding new uses for this famous old remedy. Guaranteed by your Druggist. We mean it. 25c. 50c. $1.00

Universal Hero.

For America, at least, there is the one universal hero. No one questions his greatness. None names him but to praise.

Who is this universal hero?

Is it Napoleon? Many condemn him, as Ingersoll did, as the "imperial personification of force and murder." No, it is not Napoleon.

Washington, then? Wendell Phillips said: "But the great Virginian held slaves." So, even Washington had his detractors.

Lincoln? Perhaps later on; but not yet.

Well, who is this universal hero of America?

John Hampden, of course. He objected to paying taxes.—Kansas City Times.

Sensational Methods

of advertising and bold promises to cure every ailment, are not resorted to by the manufacturers of BOND'S LIVER PILLS. Such methods are left to the struggling tradesmen in their grand "Bargain Sales," and to the newly fledged medical candidates, with their "wonder working," but alas! unknown "remedies."

BOND'S LIVER PILLS are no experiment. They are honestly and skillfully prepared from the best known agents, without regard to cost or trouble.

They are gentle, safe and satisfactory laxatives, intended to relieve the ailments arising from torpidity or engorgment of the liver or the bowels.

Headaches, Sour Stomach, Neuralgia, Colds, Biliousness and Constipation cannot linger if Bond's Pills are properly used.

Take just ONE pill at bed time; you will usually WAKE UP WELL!

All druggists, 25c. Adv.

Equally as Good.

A Sunday school teacher in the middle west asked all of her pupils who wished to go to heaven to hold up their right hands. All did but one little girl.

"Why, Mary," said the teacher, "why don't you hold up your hand today, just as you did last Sunday when I asked the same question?"

"I know," said Mary, "but papa has just got tickets for Los Angeles."

FROM ECZEMA AND RINGWORM

You can obtain instant relief by using Tetterine, also the best remedy known for Chafes, Bites of Insects, Tetter, Itching Piles, Burns, Chilblains, old Itching Sores, etc. Because you have spent hundreds of dollars and experienced no relief for your itching skin troubles, besides devoting a great deal of energy scratching and pawing at the plague spot until the blood issued forth, don't despair. Nature wisely provides a remedy for every ill that flesh is heir to. Tetterine will cure you permanently, positively and completely, nothing else will.

Sold by druggists or sent by mail for 50c. by J. T. Shuptrine, Savannah, Ga. Adv.

Warning to Women.

Very Meek Husband—I just finished writing your speech for the club, Mariah.

His Wife (not so meek)—What's the subject?

Very Meek Man—"The Lady Who Will Strike Her Husband Is No Man."—Satire.

Important to Mothers

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of Chas. H. Fletcher.

In Use For Over 30 Years.

Children Cry for Fletcher's Castoria

Feminine Arithmetic.

Typist—It's my birthday tomorrow; I'm going to take a day off.

Bookkeeper—Why don't you take five years off, same as you did last year?—Bystander.

PILES CURED IN 6 TO 14 DAYS

Your druggist will refund money if PAZO OINTMENT fails to cure any case of Itching, Blind, Bleeding or Protruding Piles in 6 to 14 days. 50c.

One is more likely to applaud the man who has done some good things, if one is not one of them.

ITCH Relieved in 30 Minutes.

Woolford's Sanitary Lotion for all kinds of contagious itch. At Druggists. Adv.

The world likes a good loser, especially if it gets some of his money.

DEAD ARE IGNORED

U. S. Has Done Little to Honor Resting Places of Presidents.

Former Executives of This Country Are Buried in Many Odd Places, Without Proper Monuments to Their Memory.

Washington.—Presidents cannot be kept very long after they are dead—"we are but mortals, after all." Even their initials are often forgotten. The chances are that six and a quarter men out of every ten if they were suddenly asked what were the initials of President Harrison would answer, "Benjamin H.," just as thousands, even now while he "lags superfluous on the stage," think that the only living ex-president is T. R. Roosevelt. Mr. Watterson himself is often written Henry W. Watterson, and George Brinton McClellan Harvey is simply known as George, says a correspondent.

Mrs. Martin Littleton's active campaign for the recovery of Monticello does not touch directly the question, "What shall we do with our presidents?" but it suggests inquiry into what we have done with them after they have "shuffled off this mortal coil;" and it must be said that the nation has done very little in their honor—in most cases it has not provided for their sepulcher or any adequate monuments to their memory.

The former presidents are buried in all sorts of odd places—in country churchyards, in city cemeteries, in vaults of massive masonry, in leaden caskets and in plain coffins, after the manner of the plain people from whom they sprang—these imperious Caesars, so to say, "dead and turned to clay," who "might stop a hole to keep the wind away"—this "phantom caravan" that "has reach'd the nothing it set out from."

Why not dig up the bones of Thomas Jefferson—which have been resting in the grave chosen by himself at Monticello, his home in Virginia, for eighty-six years—and re-inter them in the National cemetery at Arlington? That would dispose finally and in the most effective way of the question of securing by gift or purchase the home of Jefferson for a national shrine. Without his dust his former place of residence would lose its chief interest to the American people who would do him honor. Buried again at Arlington, still in the soil of the commonwealth which he served so steadfastly, his resting place would be a national charge, a sentimental spot within easy reach of the national capital, to which all pilgrims to the heart of the country could readily resort and pay their vows to the father of American democracy.

Washington is buried at Mount Vernon, his estate situated on the southern bank of the Potomac river, and sixteen miles distant from the national capital. His monument is not one of the most imposing of the memorials to the presidents, but it is the most impressive because of its simple dignity. The tomb is a brick structure, twelve feet high, entrance to which is provided through an iron gateway, flanked by pilasters, and on the arch surmounting the gateway there is this inscription: "Within the inclosure rest the remains of Gen. Washington." In a plain marble sarcophagus placed in the ante-chamber of the tomb rest the remains of Washington. This sarcophagus was fashioned by John Struthers of Philadelphia, from a design made by William Strickland. Another severely plain sarcophagus of the same workmanship and design and containing the remains of Martha Washington stands in the tomb hard by that of her illustrious husband. These sarcophagi were presented by Mr. Strickland to the relatives of Washington. The grave of Washington and his home at Mount Vernon are under the protection of the Mount Vernon association, composed of women from all the original thirteen states, and are well cared for as a patriotic duty by these women as a shrine to which lovers of the country journey every year to pay their vows and catch fresh inspiration meditating upon the virtues of the father of his country.

Martin Van Buren was buried in the Reformed church cemetery at Kinderhook, Columbia County, N. Y., and his grave is marked by a plain granite shaft.

POLICE CENSOR A BIG BALL

Munich Society Stirred by Action of Authorities in Sending Inspectors to Govern Actions of Dancers.

Munich.—The action of the police authorities in sending four criminal inspectors to watch over the Munich Press ball, one of the big social events of the season, has stirred society circles to such an extent that the municipal government have to name a new head for the police. The elite of Munich society was at the ball. Four officers appeared and said they had structions to see that the moral code was not violated. One of these walked about on the floor and frequently shouted to a dancing couple "don't shove," or "don't hug," under threats of having them removed from the floor. Several couples were arrested.

SWALLOW HAD LONG JOURNEY

Positive Proof That Bird Traveled the Distance From England to South Africa.

The capture of a swallow bearing an aluminum ring in Natal, South Africa, the other day, has resulted in an astonishing insight into the migratory habits of birds. From a number and address stamped on the ring it was discovered that the swallow was one of 11,483 British birds marked in a similar way last summer by enthusiasts, desiring to learn more as to the routes taken by bird migrants, and whether birds return again to their previous nesting sites. This systematic marking of birds began in 1909, since when nearly 32,000 have been "ringed." About three per cent are afterwards noted, but the swallow reported from Natal appears to have made the longest flight so far. A black-headed gull ringed as a nestling in Yorkshire in July, 1911, was found in February, 1912, in Flores, Azores. A starling ringed in Berkshire in January, 1912, reached Helsingfor, Finland, in April. A teal ringed in Staffordshire in the autumn of 1910 was found at Dalarne, Sweden, July, 1911.

SUITED HIM.

"I've just been reading in this history of France all about Charlotte Corday. She sure was a great dame, all right."

"What did she do?"

"Killed a guy what was taking a bath."

CRUST COVERED BABY'S HEAD

532 Brunswick St., Baltimore, Md.—"My baby's face broke out in pimples, which after bathing would weep and form scabs until his head and face were completely covered with a crust and his hair all fell out. It was cross and would not sleep. Each day it spread until his entire face and head were covered with weeping sores. I tried several prescriptions, but did not find any relief. Then I decided to try Cuticura Soap and Ointment.

"After using them two or three times the sores dried up and after a half dozen applications all disfigurement disappeared. In less than three weeks the sores and scales were completely gone, and baby's skin as smooth and clear as when he was first born. Cuticura Soap and Ointment cured him." (Signed) Mrs. Lottie V. Steinwedel, Jan. 14, 1912.

Cuticura Soap and Ointment, sold throughout the world. Sample of each free, with 32-p. Skin Book. Address post-card "Cuticura, Dept. L, Boston." Adv.

Efficacious Spanking.

Little Martha was cantankerous and just would not go to sleep, notwithstanding frequent orders from father and mother, who were anxious to get to sleep themselves. Finally, after many threats, the mother arose, and went through the motions of giving Martha a spanking. There was hearty squalling for a few minutes, then quiet. The father and mother, relieved, were dozing off again, when a little voice piped up:

"Mamma."

No answer.

"Mamma, w'at 'd you 'pank me for? I fordet."

Anyhow, Boy Had the Right Idea.

An overgrown schoolboy who found English grammar entirely beyond him was given the sentence "The girl purchased a hat" to diagram.

"Now, of what word is 'hat' the object?" asked the teacher, encouragingly.

"Hat is the object of girl," stammered the youth.

"Perhaps you're right," replied the teacher.

Got His Answer.

Standing by the entrance of a large estate in the suburbs of Dublin are two huge dogs carved out of granite. An Englishman going by in a hack thought he would have some fun with the Irish driver.

"How often, Jack, do they feed those two big dogs?"

"Whenever they bark, sir," was the straight-faced reply.

Sarcasm Wanted.

Cook—There's no use, sorr, I can't stand the missus.

Master (sarcastically)—It's a pity, Bridget, that I couldn't have selected a wife to suit you.

Cook—Sure, sorr, we all make mistakes.—Boston Evening Transcript.

AROUSES THE LIVER AND PURIFIES THE BLOOD.

The Old Standard general strengthening tonic, GROVE'S TASTELESS chill TONIC, arouses the liver to action, drives Malaria out of the blood and builds up the system. A true tonic. For adults and children. 50c.

Speaking of "human dynamos," there is a man who has everything charged.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle. Adv

A man may develop into a ripe scholar if he lives to a green old age.

Woman Is As Old As She Looks

No woman wants to look old. Many in their effort to look youthful resort to the "beauty doctor's" prescriptions. Their mistake is that they visit the wrong department in the drug store.

Beauty depends upon health.

Worry, sleepless nights, headaches, pains, disorders, irregularities and weaknesses of a distinctly feminine character in a short time bring the dull eye, the "crow's feet," the haggard look, drooping shoulders, and the faltering step.

To retain the appearance of youth you must retain health. Instead of lotions, powders and paints, ask your druggist for

Dr. Pierce's Favorite Prescription

This famous medicine strikes at the very root of these enemies of your youthful appearance. It makes you not only *look* young, but *feel* young.

Your druggist can supply you in liquid or tablet form; or send 50 one-cent stamps to Dr. Pierce's Invalids Hotel and Surgical Institute, Buffalo, N.Y. and a trial box will be mailed you.

"The Makings"

40 "Rollings" in each 5¢ Muslin Sack

These are facts that talk!

10 ordinary ready-made cigarettes cost	5 cents
10 better ready-made cigarettes cost	10 cents
10 more expensive ready-made cigarettes cost	25 cents
40 of the very best possible cigarettes, rolled from one muslin sack of "Bull" Durham, cost	5 cents

GENUINE "BULL" DURHAM SMOKING TOBACCO

This pure, honest, thoroughly good tobacco makes better cigarettes than any ready-made kind that money can buy. In your pipe it is perfection.

"Bull" Durham is smoked by *more millions of men* than all other high-grade tobaccos *put together!* Get a 5-cent muslin sack at the nearest dealer's today and "roll your own."

A book of "papers" free with each 5-cent muslin sack

Enough "Bull" Durham was sold last year to make approximately 12 billion cigarettes—about the same number as all brands of ready-made cigarettes in this country combined!

PUTNAM FADELESS DYES

Color more goods brighter and faster colors than any other dye. One 10c package colors all fibers. They dye in cold water better than any other dye. You can dye any garment without ripping apart. Write for free booklet—How to Dye, Bleach and Mix Colors. MONROE DRUG COMPANY, Quincy, Ill.

They Got Left.

John and Betty, aged five and four years, had started on a railway journey with their parents on Monday, but reached the station just in time to hear the engineer ring his bell and see the train pull out of the station, leaving the family behind.

Next Sunday John and Betty were started out on the way to Sunday school. When they were half way there the bell rang, and presently they came regretfully back.

"We got left," they announced.

Corrected.

"Bliggins always knows the latest story."

"Not the latest," replied Miss Cayenne, wearily, "the longest."—Washington Star.

PATENT INFORMATION BUREAU
BARRISTER BUILDING WASHINGTON, D. C.

WHY INCUBATOR CHICKS DIE Write for book saving young chicks. Send us names of 7 friends that use incubators and get book free. Raisall Remedy Co., Blackwell, Okla.

Trade Mark.

ALLEN'S FOOT-EASE,
The Antiseptic powder shaken into the shoes—The Standard Remedy for the feet for a quarter century. 30,000 testimonials. Sold everywhere, 25c. Sample FREE. Address, Allen S. Olmsted, Le Roy, N. Y.
The Man who put the EEs in FEET.

GALL STONES (No Oil) Liver, Stomach and Appendicitis Trouble. HOME REMEDY FREE
Avoid operations. Send for 56 page book.
Gallstone Remedy Co., Dept. 453, 219 S. Dearborn St., Chicago

Sweet Potato Plants, "Providence," "Norton Yam," "Nancy Hall," and "Sugar Yam" $1.75 per 1000. Orders booked now for fall. Cabbage, lettuce, Bermuda onion and beet $1.25 or 5000 for $5. Tomato and Pepper $2.50. Catalog free. Wm. Buchlin, Dinsmore, Fla.

FOR SALE—STOCK FARM, 900 a. Lampasas Co., Tex.; 250 a. cult., one 5 and one 3 r. house, outbldgs. C. Garner, Proctor, Tex.

FOR SALE—175 A. HARRIS CO., TEX.; 90 a. cult., one 8 and one 4 r. house, 2 barns, outbldgs., orchard, etc., 12 mi. from Houston. E. P. EDMUNDSON, Almeda, Texas.

INVALIDS Get well. Come to Manitou, Colorado, the greatest health resort in the World. FREE booklet. RHOADES-WALTERS REALTY COMPANY

Pettit's FOR SORE Eye RED EYES Salve

You Look Prematurely Old

Because of those ugly, grizzly, gray hairs. Use "LA CREOLE" HAIR DRESSING. PRICE, $1.00, retail.