

HOME HEALTH CLUB.

By Dr. David H. Rosner, Chicago, Ill. AUTO-INTOXICATION. The significance of this condition has but recently been fully realized. Not that it is a new condition, for it is not, but the results of it have until recently been attributed to many other causes.

Failure to reason from effect back to the cause has held in check the progress of the Science of Medicine for at least a hundred years. Medical men for the last half century have been busy looking for "bugs" and trying to discover antitoxins, serums, and "specifics", to stop and study thoroughly and from a logical standpoint, the human body and the real cause of the disease affecting it.

It is one's thorough knowledge of the human body and the laws governing its existence, the matter of finding the cause of its disease is not so very difficult. The removal of the cause is, however, a different matter. There are many things which the physician must meet and it is possible to overcome. Some of these are: the mental attitude of the patient—his confidence in, and his cooperation with, the physician determines to a large degree the outcome of his case. Here, duty, as in the case of diphtheria or tetanus, will greatly influence any treatment; Idiocy (special characteristics on temperament); this condition is not often met with, but when it is, the case must be studied and the treatment outlined with extreme care.

Auto-intoxication is to the medical dictionary: "Poisoning by faulty assimilable products elaborated within the body; Auto-intoxication." In other words, it is self-poisoning induced by faulty assimilation and elimination.

Food taken into the stomach must be acted upon by certain juices secreted by glands in the stomach, before it is passed into the intestines for further digestion. If it is passed into the intestines without having been acted upon thoroughly by the juices of the stomach, the bowels will be unable to thoroughly digest it. Consequently the undigested portion rapidly decays. This decaying mass gives off poisonous gases and other poisonous products, which may cause diarrhea at first, but will probably cause constipation later.

A certain amount of these poisonous products are reabsorbed into the system and thrown into the blood stream. The poorer the digestion and the poorer the elimination the greater and more active the symptoms. The symptoms, by the way, are legion. They include nearly everything in the catalogue of human ailments. They will be discussed further on in an article.

To illustrate: A lady 35 years old, had for a number of years been suffering with rheumatism, poor eye-sight, and a general feeling of lassitude. She had been under usual treatment for a long time, without benefit. It was a plain case of auto-intoxication. Her diet was corrected and proper treatments given. To-day—1 year later—The lady enjoys excellent health in every respect.

Hurry and easiness, in respect to food and mastication is ever increasing the demand for the services of a physician, as well as that of the patient "dope" venders.

The reader will naturally ask: How can I know that I have auto-intoxication? What are the symptoms? To discuss these symptoms at length perhaps not come within the province of this article, but a few of the symptoms, which in nearly every instance, indicate auto-intoxication will be discussed.

HEADACHE: This symptom, perhaps more than any other indicates auto-intoxication. The how and the why of this cannot now be discussed, but its truth of statement cannot be questioned.

LOSS OF ENERGY AND AMBITION: This is nearly every instance, indicates auto-intoxication. The poison has permeated the entire system; the intellect is not so acute, all the functions of the body are impaired, and they do not readily respond to the weakened nerve impulses. The person thus affected expresses himself as feeling "all in."

ENTIRENESS: This condition indicates an acute attack of auto-intoxication, and shows a marked effect on the part of nature to rid the system of poison.

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The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA? Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrup. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It regulates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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The Kind You Have Always Bought In Use For Over 30 Years.

FACTS AND SUPERSTITIONS AS TO THE PRESIDENCY.

There are certain sorts of superstitions that are regarded more or less by even highly intelligent persons. One of these is the notion that the breaking of a mirror in a family home will be followed by the death of some member of the family within a year. Another is that it is most unlucky to walk under a ladder which leans against a building, as it has a more or less uncanny suggestion of a gallows. Certain it is that it is often dangerous to walk under such a ladder if a man is working overhead on it, or it may bode damage to one's clothing if a painter be working above the pedestrian.

There are many other such superstitions, and the people of every trade and calling have one or more peculiar to the incidents of their lives. It might be interesting to mention a number of these, but it will suffice to refer to some that have been long supposed to have some influence upon the political fortunes of our American public men. They have been gathered by Edward Stanwood, a journalist and political writer of note, and are worth at least momentary notice, as they appear in the Atlantic Monthly for October.

For instance, from the beginnings of the nation to the present time, with the single exception of General U. S. Grant, no man with a middle name had ever been re-elected president of the United States. The simple fact is that every president with a middle name up to Grant had for one reason or another failed to be re-elected: John Quincy Adams, Martin Van Buren—if his was a triple name—William Henry Harrison and James Knox Polk. Even since Grant, who may be said to have been exempt from all rules, the tradition has held good. Rutherford Richard Hayes, James Abraham Garfield and Chester Allan Arthur were not re-elected; William McKinley and Theodore Roosevelt were, also Grover Cleveland.

When General Jackson was president there had arisen a public feeling against even two terms for a president and Jackson himself, in 1830, in a message to Congress, recommended an amendment to the Constitutional confining the chief magistracy to a single term.

The writer mentioned recalls the history to the extent that after Jackson no president was re-elected until 1864, and Lincoln was assassinated six weeks after his second term began. Grant was elected in 1868 and re-elected in 1872.

There is something about Hunt Lightning Oil that no other liniment possesses. Others may be good, but it is surely the best. It does all you recommend it for, and more. For sprains, cuts, bruises, burns, aches and pains it has no equal on earth. It stands head on my medicine shelf.

Very truly yours, T. J. BROWNLOW, Livington, Tenn. 25 and 50c bottles.

The Grand Cane Item, angry because its bid for piloting the constitutional amendments was ignored, calls upon Gov. Hall, State Auditor C. P. Deville and Secretary of State Hebert for an explanation and tenders them the use of its columns in which to reply. We do not know what particular reason actuated them in this course, and doubtless they are able to defend themselves, but the law requiring the letting of the publication of these amendments in each paper is the lowest bidder is a fool law, and the sooner it is repealed the better. It is based upon the incorrect and degrading assumption that for advertising purpose one newspaper is just as good as another. Independent of age, location, circulation and character. Publication of the amendments in some papers under this plan is so much money thrown away.—Lake Charles American-Free.

1872 As his second term was drawing to a close there were rumors that he was not disinclined to be a candidate for another term. A check upon his aspiration, it in truth he cherished it, was given by a resolution of the House of Representatives, in December, 1875, which declared that "the precedent established by Washington and other presidents of the United States in retiring from the presidential office after their second term had become, by universal concurrence, a part of our republican system of government, and that any departure from this time-honored custom would be unwelcome, unpatriotic and fraught with peril to our free institutions." The resolution was Democratic in its origin, the Democratic Party being then in control of the House, and it received the votes of all the members of that party who were present. Eighteen Republicans only opposed the declaration. The affirmative votes numbered 234. Not long afterward, in January, 1876, the House voted, yeas 148, nays 105, to submit to the state legislatures an amendment to the Constitution in these words: "No person who has held, or may hereafter hold, the office of president, shall ever again be eligible to said office."

These legislative declarations, although they were not final, because they did not pass both houses of Congress, show how popular feeling was both before and after the Civil War, and it may not be out of place to mention that the Constitution of the Confederate States provided for a single term of six years. The third-term question came up again in 1880, when Grant was really a candidate for a third term after the lapse of four years of four years since his retirement. The prolonged contest in the Republican convention of that year, when Mr. Conkling was able to hold his 306 votes for Grant even on the ballot that nominated Garfield, is a part of our political history which is familiar to all. Grant was probably the only president ever desired a third term until Colonel Roosevelt began his remarkable campaign for it. He contends that the popular objection is to three successive terms, but there can be no objection to a third term provided it be separated from the others by intervening incumbencies.

The danger in the third term for a president of this great nation is that if he were sufficiently unscrupulous and carried away by ambition and be encouraged by a large popular following, he might use popular favor and all the power of the government to perpetuate his reign. But there is nothing to be feared from Colonel Roosevelt. He is out of office, with no present possibility of getting in. Thus ends his chapter.—Picaque.

\$100 Reward, \$100. The reader of this paper will be pleased to learn that there is at least one dishonest citizen who has been caught. The reward is offered for the recovery of a certain amount of money, which was stolen from the office of the undersigned. The reward is offered for the recovery of a certain amount of money, which was stolen from the office of the undersigned.

In many states during the coming school term a forfeit will be made to teach the children of the homes by applying them with the aid of the old-fashioned parents, but which have been much out of fashion in the present generation. Young girls will be shown that headgear for which from \$5 to \$15 is charged in the stores can be made by them at a cost of from \$1.50 to \$3. Boys will be taught how to mend their own shoes, to mend furniture, and other useful trades by which a living would not be so seriously felt if there was more economy in the average American home, and schools throughout the land cannot engage in better work than to teach the children that a dollar and a dime is a dollar made.—Hayne Tribune.

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Some of the most stubborn cases of bowel trouble have been relieved by BRODIE'S CORDIAL. 50c bottle at druggists.

Gov. Brown of Georgia Tuesday issued a proclamation declaring martial law in Cumming, Ga., upon the arrival there Wednesday of our companies of militia, accompanying the six negroes who are to be placed on trial there for assault and murder of two white women.

Subscribers to the Picaque can have their papers delivered on Sundays if they leave addresses at Blumenthal's News Depot. Subscriptions taken.

EDWIN P. ROBB, CIVIL ENGINEER. M.E.M. AM. SOC. ENG. CON. OFFICE ROOM 11 MASONIC BUILDING, PHONE 212. NEW IBERIA, LA.

NOTICE. Taken up in the public road by John W. Lewis, Sept. 7th, 1912, a Crook Black Mare, no brand. Owner can recover same by paying all costs of advertising and keeping in good shape, or else I will sell the mare at public auction to the last and highest bidder on Saturday the 12th day of October at my office, at 10 A. M. EVERETT L. BLANC, Justice of the Peace.

COW TAKEN UP. Taken up by the undersigned a yellow cow with red and white spots. The cow had broken into my pasture on Lascalle St. New Iberia on Friday night last. Owner can recover property by paying all cost of keeping and advertising. CLAUDE M. MARRIN.

\$5.00 REWARD. A reward of \$5.00 will be paid for the return of information leading to the recovery of my female dog which either strayed from home or was carried off by the following description: White and liver colored with tail out short. The animal was formerly owned by Joe Bijou. WILLIE FOLSE, New Iberia.

MARSHAL SALE. C. F. LAUGHLIN vs. SELVIN BROUSSARD. State of Louisiana, Parish of Iberia, City Court of New Iberia.

Notice is hereby given that by virtue of a writ of Fieri Facias, issued by John E. Davis, Judge of the City Court of the 6th Ward of Iberia Parish in favor of C. F. Laughlin and against Selvin Broussard and to me directed, I will at 11 o'clock A. M. on SATURDAY, OCTOBER 19th, 1912, at the front door of the City Hall, offer for sale at public auction the following described property to the last highest bidder for cash:

ONE GAS ENGINE. This engine is an under shaft write to pay and satisfy a judgment of \$20.00 and interest and all cost of these proceedings. Same being seized as the property of Selvin Broussard. M. J. DOMINGUE, Marshal.

SUCCESSION SALE. Succession of Jean Baptiste Cedotal and of his wife Lorenza Breaux, both deceased. 19th Jud. District Court of Louisiana, Parish of Iberia.

By virtue of a commission issued unto me, the undersigned Administrator, out of the above said Court, under an order granted on the 3rd day of October, 1912.

There will be sold by the undersigned Administrator or a duly authorized Public Auctioneer, FOR CASH, (for the purpose of realizing funds to pay debts of the above said Succession) at Public Auction, to the last and highest bidder, on SATURDAY the 9th Day of November, 1912,

between legal sale hours, at the late residence of deceased in the 2nd Ward of Iberia Parish, the property belonging to the above said Succession, and described as follows, to-wit:

1st. A certain tract of land with all the buildings and improvements thereon and thereunto belonging, situated at Isle Aux Cannes, in said Parish and State, containing fifty-two and one-half (52 1/2) arpents, bounded North by lands of Leon Broussard, South in part by lands of H. Patout and in part by lands belonging in indivision to H. Patout and to the Succession of Jean Baptiste Cedotal and wife, Lorenza Breaux, East in part by lands of Leon Broussard and in part by those of Eugene Broussard and West by lands of H. Patout.

2nd. A certain tract of land situated at Isle Aux Cannes in Iberia Parish, Louisiana, containing twenty-six and one-fourth (26 1/4) arpents and bounded North by lands belonging in indivision to H. Patout and to the Succession of Jean Baptiste Cedotal and wife, (hereinafter described) South by lands of H. Patout, East by Public Road and West by lands of H. Patout.

3rd. The undivided three-fourths (3/4) right, title and interest in and to a certain tract of land with all the buildings and improvements thereon and thereunto belonging situated at Isle Aux Cannes, in the Parish of Iberia, La., containing twenty-five (25) arpents, more or less, bounded North in part by lands of the Succession of Jean Baptiste Cedotal and wife, South by lands of the Succession of Jean Baptiste Cedotal and wife, East by Public Road and West by lands of H. Patout.

Also all the movable property belonging to said Succession enumerated in the inventory taken before A. J. Maumus, Deputy Clerk of Court & Ex-Officio Notary Public on file in said Succession.

COME TO THE LOUISIANA STATE FAIR OCT. 30 - NOV. 6TH SHREVEPORT, LA. - 8 DAYS

\$25,000 in PREMIUMS AND PURSES. GREAT AGRICULTURAL AND LIVESTOCK FAIR. BOYS' CORN AND PIG CLUB - ALSO GIRLS' TOMATO CLUB EXHIBITS. WONDERFUL AMUSEMENT PROGRAM. SEE LOUIS DISBROW in HIS 290hp JIC AUTOMOBILE in HORSE RACES-5 DAYS. AUTOMOBILE RACES - 3 DAYS - NOV. 3-5-6. OCT 30-31-NOV 1-2-4.

SHREVEPORT BRASS BAND. GOOD SHOWS ON THE GLADWAY. HORSE SHOW IN THE COLEUM AT NIGHT. [FREE, EVERY NIGHT FIREWORKS DISPLAY. ADMISSION-DAY-50¢ - AT NIGHT AFTER 6 P.M. - FREE. EXCURSIONS ON ALL RAILROADS. WRITE FOR CATALOG. LOUIS N. BRUEGGERHOFF, Secy.

FOR BARGAINS IN REAL ESTATE SEE ROBT. A. JACOB, Phone 266. Box 371. ANHEUSER-BUSCH BREWING ASSOCIATION. ST. LOUIS LAGER BEER.

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Popular and Classical Sheet Music. Having made arrangements with the McKinley Music Company, I have on hand all the popular and Classical Music published by that Company. Your choice for Ten Cents. Why send off and pay 25 and 50 Cents for Music when you can buy same at home for Ten Cents. Catalogue free on application. Have also on hand Musical Instruments, Violins, Flutes, Guitars, Banjos, Mandolins, Accordions, Harmonicas, Violin and Guitar Strings. Instruction Books.

E. J. CARSTENS, New Iberia, La. Agents WANTED. \$5 to \$7 daily selling New France Brooms; 100 per cent profit; every woman will buy. Begin canvases at once. Sample by express, 30 cents. WYNNER BROOM CO., Elmira, N. Y.

FOR SALE. Farm of 104 Arpents, 5 Mule Cane Wagons and farm implements. Residence of 7 rooms, tenant house, and stables. Two miles South of New Iberia. Perfect drainage. R. H. MORRELL, Jr.

SUCCESSION SALE. Succession of DUPRE N. ROMERO AND OF HIS WIFE MARIE CARMELETE ROMERO, BOTH DECEASED. 19th Judicial District Court of Louisiana, Parish of Iberia.

By virtue of a commission issued unto me, the undersigned Administrator, out of the above said Court, under an order granted on the 25 day of September 1912 there will be sold by the undersigned Administrator or a duly authorized Public Auctioneer, FOR CASH, (for the purpose of realizing funds to pay debts of the above said Succession) at Public Auction, to the last and highest bidder, on SATURDAY the 12th DAY OF OCTOBER 1912, between legal sale hours, at the late residence of the deceased in the 5th Ward of Iberia Parish the property belonging to the above said succession, and described as follows to-wit:

All the movable effects including the buildings and improvements enumerated in the inventory taken in the above succession, and about two loads of corn. J. LASTIE ROMERO, Administrator. Cammack & Broussard, Attys.

SUCCESSION SALE. Succession of LOUIS PRINCE AND OF HIS WIFE AURELIA GRANGER, BOTH DECEASED. 19th Judicial District Court of Louisiana, Parish of Iberia.

By virtue of a commission issued unto me, the undersigned Administrator, out of the above said Court, under an order granted on the 12 day of September, 1912, there will be sold by the undersigned or a duly authorized Public Auctioneer, FOR CASH, (for the purpose of realizing funds to pay debts of the above said succession) at Public Auction, to the last and highest bidder, on SATURDAY the 19th DAY OF OCTOBER, 1912, between legal sale hours, at the late residence of the deceased in the 2nd Ward of Iberia Parish, the property belonging to the above said succession, and described as follows to-wit:

"A certain tract of land and improvements situated in the Parish of Iberia, State of Louisiana, in the second Ward of Iberia Parish, containing thirty five arpents in area and bounded as follows: North by the property of Ozene Bonin, South by that of Jules Olivier, East by that of Dupron Broussard, and West by that of Joseph Labieche, being the property purchased by the deceased Louis Prince during the existence of the matrimonial community which existed between him and his deceased wife Aurelia Granger."

All improvements on said land, except those claimed by the Administrator as belonging to him. OCTAVE PRINCE, Administrator Succession of Louis Prince and of his wife Aurelia Granger, both deceased. Hacker and Muller, Attorneys.

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