

HEALTH COLUMN.

HINTS ON HEALTH MATTERS.

The warm days are with us and if we are not careful disease will be with us too.

To avoid sickness and disease avoid the occasion which is a factor in the causation; most of our troubles along that line are preventable.

Destroy the mosquito and the fly and two of the worst enemies of the human race are destroyed. It was practically demonstrated in Panama what sanitary measures meant. We would never have had the Canal if it had not been for the active work along this line.

Keep down the dust; it contaminates the food you eat and the air you breathe. Intestinal and pulmonary troubles would be less a factor in our trials and tribulations if our food and air were cleaner.

The most scientific way to treat disease is to prevent it. Drugs and other agents looking to an improvement in health are all right in their way but it would be better if we did not have to resort to them.

No amount of wealth is comparable to good health; the richest man or woman, if in bad health, would gladly give their all to be well again.

Take a few moments vacation each day and look over your premises. Don't let the other fellow do it; do it yourself, and if the situation is not what it should be, put things right. The garbage cart is at your disposal and lime is cheap.

Clean up and keep clean; it's worth while in dollars and cents and in other things too.

SUMMER.

Hot Weather Hints.

Eat less meat, more vegetables, more fruit.

Eat less than in winter.

Take a bath and then another.

Drink—water—plenty of it.

Let coffee and tea stay in the store; you will feel better and have more money.

If you can't swim be careful how you "go near the water."

"Dog days" are in August, but dogs have rabies any time.

Hydrophobia is a disease; children die of it every year; don't let a dog bite you, but if one should, have proper treatment at once.

Don't think hot weather an excuse for laziness; you need exercise in summer just as you do in winter.

If you go away for a vacation, and you don't know about the water, be vaccinated against typhoid.

When you get tired of yourself, work.—La. Board of Health Bulletin.

POINTS TO BE REMEMBERED.

1. Pure water is a luxury.
2. Pure water is a necessity.
3. Purified water is cheap.
4. Impure water is dangerous.
5. Impure water is expensive.
6. Ground-waters must be protected.
7. Surface-waters must be purified.
8. Qualities to be sought in water—wholesomeness, cleanliness and softness.

9. Filtration makes water clean.

10. Filtration makes water safe.

11. Hard water may be softened.

12. Filtration has been justified by experience.—Iowa State Board of Health Bulletin.

YOUR BABY.

Needs:

- Two healthy parents,
- One intelligent mother,
- A good doctor
- Its birth registered,
- Mother's milk for food,
- Pure fresh air and good water,
- Sleep, alone and undisturbed,
- Daily baths,
- Comfortable clothing.

Regular Habits:

- Of eating,
- Of sleeping,
- Of bathing,
- Of exercise,
- Of bowel movement.

Does Not Need:

- Everybody's advice,
- Old-fogy practices,
- Soothing syrup and other dopes,
- Pacifiers,
- Cradle-churning,
- Flies,
- Ault food,
- Dirty milk,
- Kissing on the mouth,
- Any contagious diseases.

—Buffalo Sanitary Bulletin

IF YOU WANT TO ENJOY THE SUMMER, KEEP WELL.

Typhoid fever may appear in your home because it was contracted where people were ignorant or careless. This you cannot prevent. But you can take such precautions that no one else in your family will catch the infection. Have a fly-proof closet, keep flies from the sick and from food, take care not to have the water supply contaminated and keep hands clean.

Before you select a place to spend your vacation inquire about typhoid in that community.—La. Board of Health Bulletin.

VACATION.

Make it count. Do something worth while. Think what this can be. It should be a pleasure. It should be something useful. Do you like to read? Plan a course; stick to it. Do you like to see things grow? Help with the garden. Can you sew? Learn. Did you ever make light bread? Try. The habit of idleness is a poor companion. To be able to do will make you happy. Leisure is appreciated only by those who earn it.—La. Board of Health Bulletin.

LOCKJAW

The germ of lockjaw lives just under the surface of the soil or in dust, and it may be on the rusty nail or the foot that has been pierced may not be clean and the little germ may be pushed in. If a nail gets into one's foot, first wash the wound carefully with hot water in which there is some

CONSTIPATION

Indigestion, Bad Breath, Dizziness, Vertigo (blind staggers), Headache, Bilious Complexion, a Tired, Discouraged Feeling are all symptoms of a Torpid Liver.

HERBINE

is an Effective Liver Tonic and Bowel Regulator.

Its powerful reviving influence on the torpid liver brings on an immediate improvement. You feel better at once. The bowels move freely so that the impurities which have clogged up the digestive organs find an outlet. When the system has been thus purified, the bilious, half sick feeling disappears, the complexion clears, the breath becomes sweet, the mind alert and cheerful and there is a fine feeling of exhilaration all through the body.

Price 50c per Bottle.

James F. Callard, Prop., St. Louis, Mo.

Use Siphonia Eye Salve for Sore Eyes. It Cures.

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antiseptic, and squeeze gently so as to make the blood flow, and the harmful germs will very likely be brought out with the blood. Then take a little piece of clean rag or absorbent cotton, soak it in the water, put it over the wound and tie it on. Be careful that all the rags used are very clean. Such a wound should be carefully washed. If it becomes inflamed or seems to be very painful, consult the doctor at once.—La. Board of Health Bulletin.

WORTH KNOWING.

Of each 1000 deaths in the United States in 1913, 179 were under 1 year of age. Chances to live: Breast-fed baby ten times greater than bottle-fed baby. To keep a bottle-fed baby well, give it clean, fresh milk out of a clean (sterilized) bottle. Prepare according to doctor's directions. "If your dairyman brings you warm milk, make it hot for him."

The "wiggler" (the mosquito larva) hatches in water and spends its life there, but it breathes air. Every few seconds it comes to the surface to take in a supply of oxygen. If oil is poured on the water, the wigglers die. If mosquitoes bother you, look for the stagnant water where they breed and cover it with oil.—La. Board of Health Bulletin.

A child can't get strong and robust while intestinal worms eat away its vitality. To give the child a chance to grow these parasites must be destroyed and expelled. WHITE'S CREAM VERMIFUGE is guaranteed to remove the worms; it also puts the vital organs in healthy, vigorous condition. Price 25c per bottle. Sold by Estorje Drug Co. (Advertisement.)

FREEDOM OF THE SEAS.

We are going to have international law and not Prussian law at sea. We are going to have international law not in part but in its entirety. We are not going to bargain to Germany for this right. The bullies of Berlin have retreated half way. They are going to retreat all the way. This dictum of The New York World appeals to us, if the World means it.

While we are asserting ourselves against Germany for the right of our ships to sail the seas on peaceful missions with the cargoes of peace, let us assert the same right against Britain's aggressions on this neutral commerce.

The elementary considerations of international law entitle us to ship non-contraband to all parts without hindrance by belligerent ships of war not conducting actual and effective blockades. These considerations entitle us to hold free commerce with all neutral ports under all circumstances. Let us have international law on the seas, without respect to those who challenge the freedom of the ocean, whether they rule in Berlin or in London.—New Orleans Item.

For a Torpid Liver.

"I have used Chamberlain's Tablets off and on for the past six years whenever my liver shows signs of being in a disordered condition. They have always acted quickly and given me the desired relief," writes Mrs. F. H. Trubus, Springville, N. Y. For sale by all dealers.

ITALY SPURNS ALL OFFERS NOT TO ENTER WAR.

Berlin, via London, May 18.—"You are aware," said Dr. Von Bethmann-Hollweg, the imperial chancellor, speaking in the reichstag today, "that the relations between Italy and Austria-Hungary, within the last few months, have been strongly strained."

"From the speech made yesterday by Count Tisza you have gathered that the Vienna cabinet in a sincere effort to insure enduring peace between the dual monarchy and Italy, and to take into account the lasting great vital interests of both empires, had resolved on far-reaching concessions to Italy of a territorial nature."

Concessions Offered.

"I consider it proper to indicate these concessions to you."

"First, part of the Tyrol inhabited by Italians, was to be ceded to Italy."

"Second, the western bank of the Isonzo, insofar as the population was purely Italian, and the town of Gradisca, likewise, was to be ceded to Italy."

"Third, Trieste was to be made an imperial free city, receiving an addition which would insure the Italian character of the city and to have an Italian university."

"Fourth, Italian sovereignty for Aveonia (a seaport of Albania), and a sphere of interest belonging thereto to be recognized."

"Fifth, Austria-Hungary declared her political disinterestedness regarding Albania."

"Sixth, the national interests of Italians in Austria to be particularly respected."

"Seventh, Austria-Hungary to grant amnesty to political military prisoners belonging to the ceded territory."

"Eighth, the further wishes of Italy regarding the general question to be assured every consideration."

"Ninth, Austria-Hungary after the conclusion of the agreement to give a solemn declaration concerning the concessions."

"Tenth, mixed committees for the regulation of details for the concessions to be appointed."

"Eleventh, after the conclusion of the agreement, Austria-Hungary soldiers, natives of the occupied cities, shall not further participate in the way."

"I can add," added the imperial chancellor, "that Germany undertook to give a full guarantee for the loyal fulfillment of these offers."

Italy Will Now Decide.

"With its parliament the Italian people will now decide whether it will reach the fulfillment of all national aspirations in the wide extent in a peaceful manner or whether it will plunge the country into war and tomorrow draw the sword against its allies of yesterday and today."

"I will not give up the hope that the scales of peace will be heavier than the scale of war, but whatever the decision of Italy may be, we together with Austro-Hungary have done all within bounds of possibility to support an alliance which was firmly rooted among the German people and had brought profit and good to the three empires."

The president of the reichstag opened the sitting by saying:

"We begin our work inspired with full confidence which is justified by the course of events up to the present. The German people are looking forward quietly to the future which must bring the development of all our forces for the good and greatness of our beloved fatherland."

YOUR FRECKLES

Now is the Time to Get Rid of These Ugly Spots.

There's no longer the slightest need of feeling ashamed of your freckles, as the prescription othine—double strength—is guaranteed to remove these homely spots.

Simply get an ounce of othine—double strength—from any druggist and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than an ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength othine as this is sold under guarantee of money back if it fails to remove freckles

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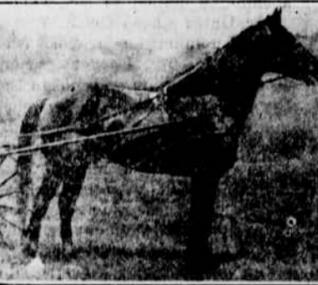
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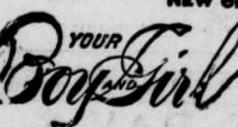
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HUSBAND RESCUED DESPAIRING WIFE

After Four Years of Discouraging Conditions, Mrs. Bullock Gave Up in Despair. Husband Came to Rescue.

Catron, Ky.—In an interesting letter from this place, Mrs. Bettie Bullock writes as follows: "I suffered for four years, with womanly troubles, and during this time, I could only sit up for a little while, and could not walk anywhere at all. At times, I would have severe pains in my left side.

The doctor was called in, and his treatment relieved me for a while, but I was soon confined to my bed again. After nothing seemed to do me any good.

I had gotten so weak I could not stand, and I gave up in despair. At last, my husband got me a bottle of Cardui, the woman's tonic, and I commenced taking it. From the very first dose, I could tell it was helping me. I can now walk two miles without tiring me, and am doing all my work."

If you are all run down from womanly troubles, don't give up in despair. Try Cardui, the woman's tonic. It has helped more than a million women, in its 50 years of continuous success, and should surely help you, too. Your druggist has sold Cardui for years. He knows what it will do. Ask him. He will recommend it. Begin taking Cardui today.

Write for Chattanooga Medicine Co., Ladies' Advisory Dept., Chattanooga, Tenn., for detailed instructions on your case and 64-page book, "Home Treatment for Women," sent in plain wrapper.