

HEALTH COLUMN.

Hints in Health Matters. "Vigilance is the Price of Safety."

"Where sanitation is neglected, civilization, in its true sense, can not exist."

More attention should be paid, in education of the youth, to instructions in regards the prevention of disease.

Prudery is one of our most costly mistakes.

"Disease is the outgrowth of human stupidity—not a visitation of Providence."

Screened windows and doors in a home means less sickness, expense, and possibly less sorrow.

Don't forget that in the fly and the mosquito you have enemies that demand a terrible toll. Too much stress cannot be laid on their destruction.

"Sanitary Instruction is even more necessary than Sanitary Legislation."

"Damaged Goods," a book (and this is not an adv.) should be read by every father and mother.

Your healthy, fine looking boy, should know more about himself and what the future means to him; don't neglect that part of his education.

Inherited health means more to

the fortunate possessor than all the money he could possibly have left him. Fathers and mothers should consider this.

Your future in regards your health depends on what you are doing today for yourself. Time tells the story.

If you don't do anything for exercise but walk, by all means walk; it's cheap medicine, and easy to take.

Remember there is a reason for everything: give some consideration to the cause for those happy and pleasant moments, and see if you cannot keep up the game. It pays.

Try to live for others too; it helps to enjoy life, and enjoyment and pleasure are factors of importance in health.

"As we sow as shall we reap": nothing so true when we apply this to health matters.

Medicines are palliative and temporary; prevention is radical and permanent.

The advantages of a healthy father and a healthy mother emphasizes the seriousness of mistakes.

Clean up and keep clean and there will be less typhoid and malarial fever. Illness is a serious matter.

IF YOU HAVE A BABY, PLACE THIS WHERE YOU WILL SEE IT EVERY DAY.

Do you know that over one-fourth of all babies die before they are one year old?

Do you know that one-fifth of these deaths happen in July? Hot weather alone does not kill babies. Death comes most frequently from the effect of hot weather upon the food which they eat.

Remember, there is no better food for babies than mother's milk. If you can, nurse your baby—not oftener than once in two hours; when the baby is over three months old, every two and a half hours; when five months, every three hours.

Give the baby all the cool, boiled water it wants. Boil the water it wants. Boil the water for twenty minutes. Let it cool in a covered jar. Never leave the water uncovered. A quart fruit-jar will hold enough for a day's supply. Have it fresh every day.

Babies often cry because they are thirsty, or because they are getting too much food, or because they are hot. Dress the baby in as few things as possible on hot days. A little band of cotton and wool to absorb the perspiration, a petticoat and a thin dress are enough. On hot days leave off the dress. See that the legs and arms are left free to the air.

Do not wean the baby unless the doctor orders it, and follow his advice regarding the preparation of the milk for the bottle baby. Do not feed it on coffee, beer, syrups or solid food.

Buy the best and cleanest milk you can get. See that it is always kept covered and cool.

Bottles, pitchers and brushes, used to prepare the milk, should be perfectly clean. Dirt in the milk may make the baby very sick. Prepare enough bottles in the morning for all the feedings of each day. Place a stopper of clean absorbent cotton in each bottle. Keep the bottles in a separate ice-box, or in a special place in the ice-box. Milk must be kept cool if it is to remain fresh. Bottles should be boiled in soap water at least once a week.

Teething is a natural thing for a baby, and will not make it sick if it is properly fed and kept clean. Teething is not harder in summer than in winter. The second summer need be no worse than the first summer.

Bathe the baby in cool water at least once a day in hot weather. If it has been perspiring, dry carefully before bathing. If it has prickly heat, put a teaspoonful of bicarbonate of soda in the bath. Babies with prickly heat may have been dressed or covered too warmly.

If the baby is sick, stop feeding it altogether. Give it water instead, and see the doctor at once. Do not let the neighbors tell you what to do. More babies are lost through delay in seeing the doctor and from continuing to feed them after they are sick than in any other reason.

If the doctor orders Barley-water or rice-water to be added to the milk, or given alone, it should be carefully prepared.

For Barley-water, buy barley-flour. It is cheaper and easier to use. Take a teaspoonful to a cup of water. Stir the barley-flour into a paste with a little cold water and stir this paste into boiling water. It should cook in a double boiler at least fifteen minutes after the water in the under pot has come to a boil. Strain through clean, thin cheese-cloth, and cool in a pitcher or other vessel.

Rice-water is prepared by using a tablespoonful of rice to a cup of water. Wash the rice in cold water until clean. It should cook three hours in a double boiler. Strain off the water and use. The rice which is left is good food for the older children.

Fresh air is most important for the baby in summer. Keep it out in cool, shady places as much as possible. Keep the bedroom windows wide open at night.

Do not take the baby on long excursions for the day, bringing it home late at night. Boat rides, ferry trips, recreation piers, parks and trolley rides at times when there are not crowds will help the baby.

Remember, regular, sleep, fresh air, care of all foods, plenty of cool boiled water to drink, clean, dry clothes to wear, cool baths, and the doctor when the baby is sick, will save the baby during the summer months.

Remember, upon the health and strength of the babies the glory and greatness of our Nation depend. The babies who in a few years will be men and women, what kind will they be? Healthy and strong, or narrow chested, weak, dependent? Are they to be leaders among men, wise and healthy mothers, or the reverse?

Mothers! do you realize that the health, strength and goodness of your boys and girls are almost entirely in your hands? If your babies are brought up properly, and from babyhood are taught the principles of health, and truth, and honor, it will make us a Nation of healthy, clean men and women, with clean homes and honest hearts.—Metropolitan Life Ins. Co.'s Bulletin.

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WHY NOT EMPLOY THEM MORE PROFITABLY?

Governments feed, clothe and pay thousands of men in idleness in times of peace, in order that they may be in readiness to murder each other during war, which is worse than idleness.

If the purpose is to employ the unemployed, why not give them useful employment, such as working public highways, building bridges and cleaning out navigable streams? They could also be employed in cultivating farms, orchards and timber lands. There are thousands of ways in which they could be profitably employed and the money spent on navies profitably expended.

Of course, this idea will be ridiculed, but there is more logic in it than in expending millions for no other purpose than the training of men to murder each other—that is just what it is and nothing else—and hiring them to destroy property, while producing nothing on earth.

If men would refuse to be thus employed wars would have to cease.—Ruston Leader.

Take HERBINE for all disturbances in the bowels. It purifies the bowel channels, promotes regular movements and makes you feel bright, vigorous and cheerful! Price 50c. Sold by Estorge Drug Co.

(Advertisement.)

MOTHER IS KILLED BY LIGHTNING.

Breaux Bridge, La., June 16.—An infant in her arms, Mrs. Richard Hebert opened the door of her home here last night during the storm just as a bolt of lightning struck the house. The child was dazed and the mother instantly killed. Ten children and the husband survive. Funeral was from St. Bernard Catholic Cemetery today.

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure. F. J. CHERNEY & CO., Toledo, O. We, the undersigned, have known F. J. Cherney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm. NATIONAL BANK OF COMMERCE, Toledo, Ohio.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists. Take Hall's Family Pills for constipation.

(Advertisement.)

Judge Connolly, of Detroit, Mich., says that the average age of criminals who appear in his court is twenty-two years; that now and then a gray haired man stands at the bar before him, but the large majority are pale-faced, weak lipped boys, not old enough to vote, moral cripples, not strong enough morally to labor and too weak mentally to earn a living without physical toil.—Ruston Leader.

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. The first application gives Ease and Rest. 50c.

It seems that there are a few persons in this country who will be sadly disappointed if the United States government is not precipitated into the maelstrom of the war of nations; and you will look in vain for these blood thirsty agitators on the firing line if such calamity to our country should happen. Some of them would be seen in the market places, speculating on the misfortunes of their country.—Ruston Leader.

Children Cry FOR FLETCHER'S CASTORIA

RUSSIA AND THE JEWS.

Israel Zangwill in the London Nation is strong for the British, but he isn't in love with Russia. He writes that the attitude of the czar toward the Jews is a moral detriment to the cause of the allies. Germany, he points out, has granted the same legal rights to the Jews in Lodz as their polish citizens, but the Russians in Lemberg have deprived the Jews of all rights. In Russia there are 80,000 Jewish women who have been made widows since the beginning of the war. Their husbands died on the battlefield for the preservation of the throne of the Romanoffs, a kindly line of Jewish oppressors. Irish, Jews and Poles are not greatly interested in the outcome of this war. Fort Worth Record.

Blister on the hands, burns, scalds, old sores, lame back and rheumatism are all subject to the great healing and penetrating power of BALLARD'S SNOW LINIMENT. It is a powerful pain relief. Price 25c, 50c and \$1.00 per bottle. Sold by Estorge Drug Co.

(Advertisement.)

The thirty-ninth United States battleship to be built within twenty-three years, the Arizona, will be launched June 19th. Its displacement is 31,400 tons, will measure 600 feet in length, 97 feet, inches in width; will carry 12 14-inch guns and 22 five-inch rifles; range of guns fifteen miles. The crew will consist of 975 men. It is thought its speed will exceed the required 21 knots. It is the fourth battleship built entirely by the United States government in its own shipyard at New York. The Arizona will be sponsored by Miss Esther Ross of Preston, Arizona, and will cost \$16,000,000.

Don't Drench Horses.

Use Farris Colic Remedy. Simply drop it on the horse's tongue with the medicine dropper that is furnished with every 50c bottle. Cures fifty-nine times out of sixty, and the women can give it when you are away. Money back if it fails. O. Renoulet.

(Advertisement.)

"Big business is not necessarily bad business," writes the editor of the esteemed Waco Morning News. Certainly not! There are, as friend Roosevelt contends, good trusts and bad trusts, but, unfortunately, the bad trusts are the ones which seem to "get by" whenever Uncle Sam goes trust-busting.—Shreveport Journal.

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Each of the warring factions in Mexico is willing to accede to the demands of the United States government, provided our government recognizes the said faction as the Mexican government. It is willing to quit fighting if the United States government will choke the other fellow off.—Leader.

There is no horse liniment more effective for animal flesh than BALLARD'S SNOW LINIMENT, nor is there any healing remedy for the human body only, that is milder or more efficacious in its action. It heals the sores or wounds of man and beast. Price 25c, 50c and \$1.00 per bottle. Sold by Estorge Drug Co.

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