

HEALTH COLUMN.

Chinese Doctors.

There is a Chinese proverb, "Soldiers may not be needed for a hundred years, but cannot be dispensed with for a single day." This same theory is carried out in China in regard to health. To cure disease is difficult, and so the effort is made to avoid or prevent illness. In China the doctors are engaged by the year. They are paid, not to give treatment in sickness, but to keep their patients in health. If they fail, their pay is reduced according to the number of visits they have to make to sick patients.

We are capable of being Chinese doctors unto ourselves. We now realize that the Chinese have the correct idea of the doctor, and we study to-day, not only how to cure our ills, but how to prevent them. We must not wait until the disease comes, but anticipate it and strike before. When we do not observe the rules of health, or overtax our strength, and sickness comes upon us, we have failed, and like the Chinese doctor we must pay for it, not alone in money, but in suffering, and some of us in want.

How are we to become good Chinese doctors? If we are to be good ones we must learn the simple fundamental laws of health and hygiene. Foremost, we must breathe clean air! Eat clean food! Drink clean water! Have clean homes! Have clean bodies! Live clean lives! This sounds like the simple and natural thing to do, but how many of us really do it? Did you ever stop to think about the air you were breathing into your lungs or the water you were drinking? If we should look well into these simple, everyday things, we would soon become good Chinese doctors. Let us learn how to prevent sickness from coming upon us as the doctors across the waters do—let us learn to avert illness in order to save our families from suffering.—Bulletin of the Metropolitan Life Ins. Co.

Care of the Baby in Summer.

Summer Complaint.
"Summer complaint," or diarrhea, is one of the most dreaded ills which may befall the baby. It is the principal symptom of various forms of indigestion, some of them mild and some very serious. But any undue looseness of the baby's bowels should put the mother on guard against illness.

At the appearance of diarrhea, the city mother should take her baby to a good doctor. If she has no doctor, she should go to the nearest infant welfare station, where a competent physician will advise her as to the care of the baby, and the nurses in attendance will help her carry out his directions.

In the country, where it is very difficult to get the advice of a doctor, the mother has a harder problem. Because she is out of the range of infant welfare stations, hospitals, and, often of physicians as well, it is most important to prevent every attack of illness possible by careful attention to the baby's food and general care, as already advised in these articles.

A pamphlet which may be of help to the country mother is "Infant Care," sent free to any one mailing a request to the Chief of the Children's Bureau, U. S. Department of Labor, Washington, D. C. This pamphlet contains simple directions for the care and feeding of the baby, and suggests some ways of dealing with various emergencies.

The healthy baby usually has one or two bowel movements a day. If this number is increased to four or more it is time to take measures against sickness.

It is well to remember, however, that the bowel movements of a baby fed entirely at the breast are normally more frequent than those of a bottle-fed baby, and that a slight increase in the number of movements is not so serious a matter to a baby at the breast as to one artificially fed. A baby fed at the breast does not usually have diarrhea, and when such a baby shows signs of digestive disturbance, it is usually because he is overfed—either he is nursed too often, or at irregular intervals, or is allowed to nurse too long at one time. When he does have diarrhea, the time between nursings should be increased to four hours, and the time at the breast reduced to or 10 minutes. If the bowels continue loose, the breast should be withdrawn entirely for several feedings, if necessary,

giving the baby instead cool drinking water at frequent intervals. In this case, the mother should pump her breasts at the regular nursing times, both to keep them from drying up, and to prevent their caking.

Bottle-fed babies are the most frequent sufferers from summer diarrhea, and this fact furnishes another strong argument in favor of breast feeding. Diarrhea in a bottle-fed baby is also best treated by reducing the amount of food. The bottle should be omitted for 8, 12 or 24 hours, according to the severity of the attack, and in place of the milk should be given as much boiled and cooled water as the baby will take.

Food should not be withheld for more than 24 hours, without the advice of a doctor. When the bottle is resumed, the food should be much weaker than before; water should be substituted for at least half the milk previously given. The milk should be skimmed, and the sugar omitted.

The return to the former feeding should be made gradually by adding a little more milk each day and beginning to add sugar. The more severe the attack has been, the more slowly should changes be made.

If the baby is on "mixed" feeding, that is, partly breast and partly bottle fed, the bottle feedings should be omitted if diarrhea appears, and the breast given once in four or five hours, with nothing but drinking water between meals.

Diarrhea is much more frequent in July and August than in the cooler months of the year, which fact has earned for it the name of "summer complaint." Accordingly the mother should use every means in her power during the hot weather to keep the baby cool. In the heat of the day the baby should wear only a diaper, with possibly one other thin garment.

Frequent cool spongings and at least one full tub bath each day, plenty of sleep, and a constant supply of fresh air will help to protect the baby from the excessive heat, and keep him well. Directions for this health care of the baby in summer have already been given in this series of articles.—Children's Bureau, U. S. Department of Labor.

TEXANS RESCUED BY WONDERFUL REMEDY.

Find Swift Relief From Ailments of Years' Standing With First Dose of Treatment.

Many Texans needlessly suffer from stomach ailments and disorders of the digestive tract which appear to be particularly prevalent in the South. Many others have found a way to health by the use of Mayr's Wonderful Remedy.

The first dose of this remedy proves what it will do.

T. B. Goodpasture, 802 Sabine St., Houston, Texas, wrote: "I took your treatment last spring. I don't think I will have to take any more—it completely cured me."

R. L. Randall, Laredo, Texas, wrote: "I have just finished my fifth bottle of your treatment and passed several gall stones. Your preparation has worked simply wonderfully during my course of treatment."

Mayr's Wonderful Remedy gives permanent results for stomach, liver and intestinal ailments. Eat as much and whatever you like. No more distress after eating, pressure of gas in one stomach and around the heart. Get one bottle of your druggist now and try it on an absolute guarantee—if not satisfactory money will be returned.

All the machinery of the Chain Oil Co. were hauled this week on Mr. Clerfe Gauthier's property near Cypress Island. They will begin the well sometimes this week, the indications are very good and the company expect to bring in a first-class gusher. Mr. Bontte is the driller.—St. Martin Banner.

You can't dodge the malarial germ while your liver is torpid. It makes you an easy mark for the disease. HERBINE is the best protection. It puts the liver in sound, healthy condition and purifies the stomach and bowels. Price 50c. Sold by Estorge Dr. Co.

(Advertisement.)

PEACE DISCUSSION.

Rotterdam, via London, Aug. 10—(3:19 A. M.)—There is much talk in Holland of the possibility of opening a peace discussion between the belligerents. The Courant publishes an article from an anonymous diplomatic source urging that an immediate peace might be possible, if not easy, and recommending that the press of neutral countries undertake the task of "mediation and reconciling and removing the errors."

The Dutch Anti-War League at a meeting last week at The Hague, adopted a resolution urging the Dutch government to call a conference of neutral powers in the interest of peace "the conference to sit until the end of the war for the purpose of preparing for and introducing mediation measures at the proper time."

The article in the Courant which has attracted wide attention in Holland says in part:

"Although the prospects of the Germanic powers now are better than they ever were before they cannot hope for a settlement by battle and therefore wiser counsels may prevail. As to the British, it is not impossible that they ultimately will listen to the voice of reason. There is no reason why the opponents should offer conditions that would only prolong the war unduly. There are increasing signs that international hatred is decreasing. In the not too distant future the peoples of Europe will demand to know how long the war is still to last."

Woman Cures Horse Colic.

The men were away as usual. The horse was bad. A lone woman could not "drench" in the old way. She called up a neighbor and her men were away—but "We have Farris Colic Remedy that you drop on the horse's tongue," says Mrs. Neighbor. So she came over and dropped Farris Colic Remedy on the horse's tongue and the horse was well when the men came home. Moral: Get Farris Colic Remedy so the women can cure horse colic. We sell it at 50 cts. a bottle on the Money Back Plan.—O. Renouet, New Iberia.

(Advertisement.)

WARSAW HOSTAGES TAKEN BY GERMANS.

London, Aug. 10, 4:30 P. M.—The proclamation of Prince Leopold of Bavaria to the inhabitants of Warsaw is textually reproduced in the Cologne Gazette from the Lodzer Zeitung of Lodz, Poland, according to the Amsterdam correspondent of Reuters News Agency who transmits it as follows:

"Inhabitants of Warsaw:—Your city is in German hands but we wage war against only hostile troops, not against peaceful citizens. Peace and order shall be preserved and rights protected.

"I expect the citizens of Warsaw to undertake no hostile action, to trust German sense and justice and obey the instructions of German commanders. It has however, come to the knowledge of the German military commanders that the enemy has prepared attacks against the safety of our troops in Warsaw.

"Therefore, I am compelled to take as hostages leaders and most prominent citizens of the town who will be pledged for the security of our troops.

"With you rests the lives of these fellow citizens of yours. It is the duty therefore of any one who has any knowledge of a design to make attacks of any kind promptly to notify the German authorities in the interests of his fellow citizens as well as the peace and safety of Warsaw. Who ever is guilty of negligence in this respect or gives assistance to attacks must expect to pay the death penalty."

TAKES OFF DANDEUFF. HAIR STOPS FALLING

Save your Hair! Get a 25 cent bottle of Danderine right now—Also stops itching scalp.

Thin, brittle, colorless and scraggy hair is mute evidence of a neglected scalp; of dandruff—that awful scurf. There is nothing so destructive to the hair as dandruff. It robs the hair of its lustre, its strength and its very life; eventually producing a feverishness and itching of the scalp, which if not remedied causes the hair roots to shrink, loosen and die—then the hair falls out fast. A little Danderine tonight—now—any time—will surely save your hair.

Get a 25 cent bottle of Knowlton's Danderine from any drug store. You surely can have beautiful hair and lots of it if you will just try a little Danderine. Save your hair! Try it!

(Advertisement.)

A GOOD ROADS LESSON.

Says the Neshoba Democrat: We had one of the best lessons thrown up to us a few days ago of the value of good roads we have ever had. There was a gentleman here from Indianapolis looking at a tract of 640 acres of land about 6 miles from here, on which he wanted to establish a hog farm. He admitted the land was what he wanted and even surpassed what it had been represented to him as to quality. He also said the price was ridiculously low. He never closed the trade for the land while here, but said it was what he wanted and told the owner if he did not take it he could attribute it to one cause alone, that was, using his own words, "these d—roads we had in this country." Now, this is a true story, yet we have some people who are content with the present system and we actually know one man who stopped his paper because we have been untiring in our efforts for better roads.

"A customer came into my store the other day and said to one of my clerks, 'have you anything that will cure diarrhoea?' and my clerk went and got him a bottle of Chamberlain's Colic, Cholera and Diarrhoea Remedy, and said to him, 'if this does not cure you, I will not charge you a cent for it.' So he took it home and came back in a day or two and said he was cured." writes J. H. Berry & Co., Salt Creek, Va. Obtainable everywhere.

(Advertisement.)

The Chronicle is still opposed to the costly Constitutional Convention, and while it believes East Baton Rouge has elected worthy delegates, should it be held, it is necessary that this paper be in possession of more facts proving its necessity than it now possesses to make us believe that \$75,000 must be spent at once to get representatives together in New Orleans for a mere talk fest in which they may not accomplish anything of practical value, but will augment the big expense bills already planned for the State to pay. One very good way to get out of the financial "hole" is to spend less money for a while, and this convention will not allow us to do this, by any means.—Baton Rouge Chronicle.

For a Sprained Ankle.

If you will get a bottle of Chamberlain's Liniment and observe the directions given therewith faithfully, you will recover in much less time than is usually required. Obtainable everywhere.

(Advertisement.)

Strange that no film manufacturer has thought of the bull moose party as a subject for a comedy picture. Charley Chaplin would look about as funny as a broken crutch compared to T. Roosevelt, Vic Murdock and G. Washington Perkins standing at Armageddon.—Beaumont Enterprise.

Whenever You Need a General Tonic Take Grove's

The Old Standard Grove's Tasteless Chill Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 50 cents.

When an empire is engaged in war it gets very generous toward its dominions. Recently Russia was making many promises to Poland and now it is stated that England proposes to her various dominions more privileges than they have heretofore enjoyed.—Beaumont Enterprise.

Sallow complexion comes from bilious impurities in the blood and the fault lies with the liver and bowels—they are torpid. The medicine that gives results in such cases is HERBINE. It is a fine liver stimulant and bowel regulator. Price 50c. Sold by Estorge Drug Co.

(Advertisement.)

Whenever three days pass without the Mexican capital changing hands we begin to think that the country has been pacified.—Ex.

WHAT CATARRH IS

It has been said that every third person has catarrh in some form.

Science has shown that nasal catarrh often indicates a general weakness of the body; and local treatments in the form of snuffs and vapors do little, if any good.

To correct catarrh you should treat its cause by enriching your blood with the oil-food in Scott's Emulsion which is a medicinal food and a building- tonic, free from alcohol or any harmful drugs. Try it.

Scott & Bowne, Bloomfield, N. J. (Advertisement.)

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Every woman in this community can save money if she wants to. She can save it by doing her trading right at this store. She can save it because we sell everything at this store at the closest margin of profit of any store in the community. She can save it because we take advantage of every discount known to the wholesale market and give our customers the advantage of that discount. She can save it because we are making these close prices in order to permanently the patronage and good will of the people in this community.
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ICE

ISN'T IT TIME to go to your refrigerator and find milk, butter and other goods all fresh and sweet? That's the experience of all whom we supply with ice. Let us serve you regularly and you'll save the cost of the ice. Shall we commence to-morrow?

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