

HEALTH COLUMN.

EDITED BY CITY PHYSICIAN

It was a cough that carried him off; A cough they carried him off in. More air—less doctor.

Now we know why is a sneeze—to spread the gripple.

A handkerchief, properly applied over the mouth and nose, prevents spraying your friends with gripple and pneumonia bugs, during the act of coughing or sneezing.

No man liveth unto himself; clean up that back yard for your neighbor's sake.

Stealing your neighbor's horse is not exercising personal liberty; nor is stealing the health of his family, by maintaining insanitary premises.

If you want the smallpox, that's your business; if your neighbor don't want it, that's his business; if you insist on exposing him to it, that's our business.

Every person at work is worth so much per day to the community. For every day that such person is incapacitated on account of sickness, the community is the loser—just so much. Preventing sickness is profitable business—to the community.

Not who have violated the laws and sanitation, and survived, but who have succumbed, that's the question. Not the scarred veteran of a dozen wars, but the unmarked graves of forgotten thousands—there's your tale.

If the right eye offend thee, pluck it out and cast it from thee. If hook worm are sapping your life's blood see a physician. It's a poor skate that will keep a hookworm, anyway.

It is cheaper to wage war on mosquitoes with screens and drainage, than on malaria with quinine. The former is prevention of the right sort, and prevention is greater than cure.

Hookworm harmony; when we get together and eradicate the disease from our midst.

Cornbread when I'm hungry; Meat's so awful high. Hookworms when I'm ailin'; Pellagra when I die.

Now comes pyorrhoea, or Rigg's disease, characterized by loose, soft, spongy, receding, bleeding gums; causing not only local manifestations and false teeth, but all sorts of physical defects from secure, failing health to pains in the joints, rheumatism and dyspepsia. Curable? Yes, sir. A dentist and a few shots of emetine (obtained from ipecac), and there you are, sound as a dollar. Then a little fluid extract of ipecac on your tooth brush, three or four times a day will keep you well. Ask the tooth man.

When your mouth tastes bad And your tongue's all brown, And you slam the door As you rush up town; When the sun don't shine And the wind blows cold, And your grouch gets bigger As the day grows old; You're bilious, by George, you're bilious.

Shut the screen—shoo the skeeter.

An egg a day keeps pellagra away.

Give us this day our bread that is wrapped.

Clean, cold milk for the babies. Give the little suckers a chance.

The white man's burden is carried by fleas, flies and mosquitoes.

A hotel that provides a roller towel for a guest can't be classed among the best.

Successful restaurant men attribute their success to cleanliness, clean food and clean service.

We don't know what makes the chattering chimpanzee chatter. Perhaps he has a malarial chill.

The male mosquito is a strict vegetarian. It's the female that swans us malarial parasites for a meal of our good red blood. That's right, blame it all on the women.

Dust particles are the flying machines of bacteria; the machines are harmless but the occupants, many of them, are the enemies of men.

We don't know why our good women folks wear dust caps to protect their hair while they sweep, yet, with each respiration, drink deeply of the rising fog. We don't know why they protect the hair, that can be washed, and not the lungs, that can't.

A sore or cut kept free of germs heals without scars or bage spots. Buy a pint of linseed oil if you want a healing oil, or a pound of hog lard or vaseline if a salve, mix with a 50c bottle of Farris Healing Remedy and you have 16 ounces of the finest healer you ever tried. You can use twice a day or oftener because you have oodles of it. Farris healing Remedy sold on the Money Back Plan. O. Renoulet. (Advertisement.)

CURING PORK ON THE FARM.

The late Hon. Chas. Schuler, at one time State Commissioner of Agriculture and Immigration, employed the following methods of curing pork on his farm with much success:

When hogs are fat, select any time during the month of December, January, or first half of February, when weather is clear, wind from north to northwest, with the thermometer registering below 35 at sunrise. Have the water hot and scald as soon as the hog is dead. Hang up and disembowel the animal just as soon as it is cleaned. No butchering animal should ever be allowed to cool off until after it is disemboweled. Cut up the carcass as soon as it is through dripping. Saw or spit the backbone. Let it and the spare rib remain on the side, and make them as long as you can. Hams to sell readily should weigh from fifteen to eighteen pounds. The jowl will mix very nicely with trimmings and shoulder in making sausage, either for house use or the market. Feet, when cleaned properly, and put, raw, in strong brine, will keep all right for several months. Spread the joints and sides in the smoke house, applying a small quantity of salt to each piece. Let it remain until next morning to cool, then pack away, using plenty of clean salt.—La. Press Bulletin.

AFTER GRIPPE

Vinol Restored Mr. Martin's Strength
Wapakoneta, Ohio.—"I am a farmer by occupation, and the gripple left me with a bad cough and a nervous, weak, run-down condition, and I could not seem to get anything to do me any good until I took Vinol which built me up, and my cough and nervousness are all gone, and I can truly say Vinol is all that is claimed for it."—JAMES MARTIN. Vinol is a constitutional remedy for all weak, nervous and run-down conditions of men, women and children, and for chronic coughs, colds and bronchitis.

John R. Taylor & Bro., Druggists, New Iberia, La.

THE POLITICAL STRIFE MAKER.

If it were not for the idle political strife maker, who is busy would not be so much useless talk about this sort of business, there and impossible propositions going the rounds of the State. In each parish, especially in South Louisiana, there has arisen a faction that is bent on getting in power. Not willing to submit its claims on public issues or matters of governmental improvement, it stirs the citizenship with the shortcomings of those who are presently in office.

This sort of campaign cannot appeal to the thinking people of any parish, and those who are hoping to win by tearing down his opponent, will find that such tactics are not at all what will attract the disinterested voters. Prejudice instead of making votes drives them away. A community that is constantly being divided by such campaigns is unfortunate, indeed, and it is up to the people to frown down all political strife makers. They are a nuisance.—Assumption Pioneer.

Every family that has children is liable to have croup; invariably at night. If BALLARD'S HOREHOUND SYRUP is kept in the house, it saves going after the medicine at an inconvenient time and checks the attack promptly. Price 25c, 50c and \$1 per bottle. Sold by Estorge Drug Co.

ALLIES SCORED FOR TACTICS IN GREECE.

Nation Wants Peace Not War, Says Greek Minister; King Thinks Germans Will Win.

London, Nov. 23.—"The only thing we want is peace, and you are trying to force us to make war," said D. G. Rhallis, the Greek minister of justice and guiding spirit in the cabinet of M. Skoufopoulos, in an interview last Thursday with the Daily Mail's correspondent at Athens.

"The British government and the British press," continued M. Rhallis, "are taking a disgraceful and infamous attitude toward us. You are starving us, only today two more vessels have been stopped by you."

"Your government having piled fault on fault and delay on delay, with only a few thousand troops to help us, wants to force us to step in and die. You want us to succor you when our English soldiers have shed their blood in Serbia—when scarcely an English rifle has been fired."

Would Avoid Serbia's Fate.

"We do not wish to be another Belgium or another Serbia. We love Serbia, but before attempting to rescue a drowning friend one should be sure his efforts are not merely useless sacrifice."

Regarding the attitude of Greece in case the allies should be forced over the frontier, M. Rhallis said:

"Certainly no attempt would be made to disarm them. They can dig trenches and defend themselves if they must. We will even go to the extent of establishing a cordon to safeguard their retreat."

The Daily Mail's correspondent says he believes the attitude of M. Rhallis reflects that of a majority of the Greek people, who are unanimous in their desire for peace.

"From the most ragged boatman to the king himself," the correspondent remarks, "the whole of the Greek people get up in the morning with the prayer on their lips, 'Let there be no war today.'"

The correspondent discusses at length the attitude of this Greek king, who, he declares under the influence of the queen.

King Thinks Germans Will Win.

"The king does not love Germany," says the correspondent. "He offered to join the allies last April on condition that the Dardanelles project be abandoned, and an advance be made through Thrace. Since that date the king has gained implicit belief in German prowess. He said a few days ago: 'They cannot beat Germany, they will never conquer her. They tell me that I am between the devil and the deep sea, and that I may as well throw in my lot with the allies, whose pressure can be immediate. But France and England, whatever happens will never be severe with my country, while Germany will be implacable. It is my duty to save my country from the horrors of Belgium.'"

Children who have worms are pale, cross, fretful and sickly most of the time. To rid the little body of these parasites WHITE'S CREAM VERMIFUGE is an approved remedy. When the worms have been driven out the child grows strong, healthy and robust. Price 25c per bottle. Sold by Estorge Drug Co. (Advertisement.)

Here is a reform—Mrs. Jones said: "We women have organized a society to reduce rents." Mr. Jones answered: "Fine! you can begin by mending this rent in Willie's trousers."

LIME-LOSS IN TUBERCULOSIS

In the Journal of the American Medical Association (January 17, 1914) was the following: "It has been many times stated that in tuberculosis or in the pre-tuberculous stage an increased amount of calcium (lime) is lost, both in the urine and feces. In fact, a demineralization has been thought to be a forerunner of the development of tuberculosis." "Forced feeding of tuberculosis patients with a enormous amount of eggs and milk once given such patients are not now considered advisable by a large number of physicians who are specializing in the treatment of pulmonary tuberculosis." "If tuberculosis is due to a loss of lime from the system, the success of Eckman's Alternative in the treatment of this disease may be due, in part, to the fact that it contains a lime salt so combined with other valuable ingredients as to be easily assimilated." "Always we have urged users of Eckman's Alternative to attend strictly to matters of food."

In addition to rest and proper diet, such effective remedial agent seems to be needed, and in numerous cases of apparent recovery from tuberculosis and kindred throat and bronchial affections Eckman's Alternative has supplied this need. It does not contain opiates, narcotics or habit-forming drugs, so it is safe to try. Your druggist has it from stock, or you can get it from us direct. Eckman Laboratory, Philadelphia. John R. Taylor & Bro. New Iberia, La.

EXHIBITORS PLEASSED WITH POULTRY SHOW.

New Iberia Fancier Carries Away Many Prizes.

Every year the poultry show held in connection with the fair proved this year to be a great success. It was largely due to the efforts of C. W. Emmer, chairman of the poultry committee, that such a good show was held. Mr. Emmer got some good birds for this show, and the exhibitors are all pleased with the manner in which it was handled.

Some of the best chickens exhibited in the show were the Black Orpingtons shown by L. F. Lallande of New Iberia, La. These chickens, however were not judged in competition with the parti-colored birds. The birds exhibited by Mr. Lallande would win in any show in this section, and Mr. Emmer is of the opinion they would make a good showing at the Madison Square Garden show, the biggest poultry show in the world.

The second premium for the solid color birds went to E. C. McRay has one of the largest poultry farms in this section. He is an old Rhode Island Red breeder, but he did not exhibit any of his favorite class of birds at this show.—Beaumont Enterprise.

IN NEW IBERIA.

The Evidence Is Supplied by Local Testimony.

If the reader wants stronger proof than the following statement and experience of a resident of New Iberia, what can it be?

Phil L. Kramer, marine engineer, 617 W. St. Peter St., New Iberia, says: "I suffered from pain in the small of my back. The trouble prevented me from resting well and I was very nervous. I didn't know if the suffering was due to weak kidneys or not. Doan's Kidney Pills, procured at Taylor's Drug Store, proved to be the remedy I needed and brought me quick relief."

Price, 50c at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mr. Kramer had. Foster-Milburn Co., Props., Buffalo, N. Y.—Adv.

DO YOU WONDER AT

We are reliably informed that on last Saturday night several young boys of Colfax were drunk and staggering around the streets. One of these boys named to us is scarcely ten years of age. Another one who is said to have laid out all night in a ditch on his drunken spree is scarcely fifteen years of age. Where did these boys get their liquor? Did they get it from Alexandria, or did they get it from one of the miserable excuses for manhood who flaunts himself in the face of the community as a respectable citizen, but secretly bootlegs and dishes out the filthy stuff for a few paltry dimes? Will the decent citizens of the community stand for such as this.—Colfax Chronicle.

Nothing strange Brother. You cannot expect anything else in a dry (?) community.—Avoyelles Enterprise.

10 CENT "CASCARETS" IF BILIOUS OR COSTIVE

For Sick Headache, Sour Stomach, Sluggish Liver and Bowels—They work while you sleep.

Furred Tongue, Bad Taste, Indigestion, Sallow Skin and Miserable Headaches come from a torpid liver and clogged bowels, which cause your stomach to become filled with undigested food, which sours and ferments like garbage in a swill barrel. That's the first step to untold misery—indigestion, foul gases, bad breath, yellow skin, mental fears, everything that is horrible and nauseating. A Cascaret to-night will give your constipated bowels a thorough cleansing and straighten you out by morning. They work while you sleep—a 10-cent box from your druggist will keep you feeling good for months.

Warrants have been served on a large number of oyster fishermen in Terrebonne parish for violating the oyster law. The fishermen are making a revolt against the tax which is levied by the State Conservation Commission.

In damp, chilly weather there is always a large demand for BALLARD'S SNOW LINIMENT because many people who know by experience its great relieving power in rheumatic aches and pains, prepare to apply it at the first twinge. Price 25c, 50c and \$1.00 per bottle. Sold by Estorge Drug Co.

Will You Read This Twice?

A very important question to-day which every housekeeper must decide for herself is whether she prefers pure, cream of tartar baking powder like Royal or whether she is willing to use baking powder made of inferior substitutes which do not add healthful qualities to the food.

One kind is easily distinguished from the other, since the laws of various States require the ingredients to be printed upon the label. If anyone is in doubt which kind is most healthful, it is worth while to ask the family doctor. Then decide.

And when once a decision is reached let no advertisement or dealer's argument or canvasser's solicitation change the decision. It is not a question of a few cents or of pleasing a salesman. It is a question of health.

If this appeals to you as reasonable and sensible advice, it is worth reading twice. And it is worth remembering.

ROYAL BAKING POWDER CO.
New York

NEW ENTERPRISE AT MORGAN CITY.

Waddell Williams Lumber Co., at Rhoda have acquired the site adjacent to their property, from Messrs. O'Brien's, and it is stated that the box factory will be erected as quickly as possible. One of the largest corporations in the State is to erect and operate the factory, which it is said will employ between 150 and 200 laborers. The name of the company, who will erect the factory has not been made public, however; the plant is coming to Morgan City, and is expected to be in operation by the first of the year.—Morgan City Review.

SPENDING MORE TO IMPROVE VEOP BRAIN POWER

Consider the facts as they relate to education. For each child of school age within her borders Massachusetts spends \$25 a year while our Southern states in the average spend less than \$10 each child (although they have additional expense of a two school system) spend only as follows: Oklahoma, \$13; West Virginia, \$11; Florida \$8, Louisiana, Texas and Kentucky \$7 each; Arkansas, \$6; Georgia, North Carolina, Alabama and Mississippi, \$4; and South Carolina \$3. And natural results come out in census statistics (1910) when find that of native whites of parentage Massachusetts has 4 persons in each 1,000 over years of age who cannot read write, while Virginia has 82, North Carolina 123, South Carolina 153, Georgia 80, Florida 52, Tennessee 99, Alabama 101, Mississippi 53, Arkansas, 71, Louisiana Oklahoma 35, and Texas 33. Massachusetts spends \$2 a year developing brain-power each Massachusetts child grows up worth \$1,800. South spends \$3 to \$10 a year each child and he grows up less than \$900. Which is wiser policy?—The Progressive Farmer.

Beware of Cheap Substitutes

In these days of keen competition it is important that the public should see that they get Chamberlain's Cough Remedy and take substitutes sold for the sake of extra profit. Chamberlain's Cough Remedy has stood the test of forty years. Obtainable everywhere.

Mat Gilmore, a trapper, was foully murdered in a swamp seven miles from Franklin, where his body was found, and it revealed that he had been shot in the back with buckshot. His wife and son have been arrested with his murder. Mr. Gilmore was a relative of Hon. W. B. Gilmore of Morgan City.—Morgan City Bulletin.

HERBINE

For the Bowels

A Cure for Chronic Constipation, Torpid Liver and Irregular Bowel Movements.

Constipation is the most common disorder of the bowels. It affects both sexes and all ages but is more prevalent among women because their duties in the household require less physical exercise than the occupations of men; therefore women suffer most from its baneful effects.

A constipated person is an easy victim when exposed to any serious disease—Typhoid Fever, Malaria, Rheumatism, Small Pox, Yellow Fever and Bright's Disease gather their annual harvest of death among those who are habitually constipated. Even though they escape these diseases, such persons are always illing more or less. They have headaches, bad digestion, nervousness, vertigo (blind staggers), sallow complexion, flatulence, loss of strength, and no energy at all. Herbine has a most admirable effect in the bowels; it is cooling, purifying and regulating. It puts a prompt check on biliousness, wind in the bowels, nervousness, heartburn, bad breath, low spirits, drowsiness in the day and nervous wakefulness at night.

Price 50c per Bottle.

JAMES F. BALLARD PROPRIETOR ST. LOUIS, MO.

For Weak Sight or Sore Eyes, use Stephens Eye Salve. It cures.

SOLD AND RECOMMENDED BY ESTORGE DRUG CO., INC.