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## HEALTH NEWS FROM CAPITOL

Great things have small beginnings. A spectacle maker, Jan Leippersheim by name, living in Holland, invented the crude magnifying glass in 1608. Anton von Leuwenhoek, born in Delft, this day 1632, improved this clumsy toy and evolved a compound microscope which has become the most valuable sanitary tool yet devised by man. The first microscope was as far removed from the high wedged instrument of today as is the modern American from the original caveman. Yet by this faulty means, Leuwenhoek naturalist, physician and botanist, discovered certain minute bodies which he called "little animals." He made drawings of these and today we know them for those useful friends and malignant enemies of man—bacteria.

We spend our days surrounded by another world, a living world of countless billions, invisible to the naked eye, silent, tireless, destroying the living, consuming the dead, useful in the science and arts, yet often followed by a tarin of sickness, suffering and death. A curious paradox this, yet bacteria are at once the greatest friends and the fiercest foes of every living thing. Not animals, as Leuwenhoek thought, but vegetables, bacteria consist of two classes, those which prey on living things and those which reduce to their original minerals, fluids and gases, every dead thing which they attack. They are of various shapes, round like marbles or straight like little sticks. They grow in clusters, chains, and in pairs. They are ubiquitous. The dusty air, the earth and its waters, the interior of animals and plants all contain them. They cause the fermentation of foods, they make cheese, they produce disease and a dome of them when killed and injected into an animal protect it against the very disease which they would have produced if living. Many of them live as harmless creatures in the body of an animal for years, only to kill their host when the opportunity presents. Their study has given birth to a science, bacteriology, one of the foundation stones of public health.

Their mere presence does not necessarily produce disease. Recalling the parable of the sower, some bacteria fall by the wayside, some fall upon stony places, and some fall in the ground and bring forth the fruit of sucering, perhaps death. A normal, temperate life, free alike from the gluttony of idleness or overwork, the sound mind in the sound body, a cheerful, normal environment, these form the stony places in which bacteria take no root. The depraved appetites of mind and body, the dark and sordid atmosphere of penury, the nerve racking and strength undermining trades, these prepare the good ground. The greatest weapon against bacteria is cleanliness. The mastery over

er premature death lies to a great measure in our own hands. Clean persons, clean cities, clean workshops and clean lives are the makers of public health. The United States Public Health Service and other sanitary bod bodies of this country are gradually bringing these facts home to the general public. In this way cleanliness is becoming more general, and the span of life in America is gradually being lengthened. All of which is largely due to the microscope.

## A WOMAN'S BACK

The Advice of This Devils Lake Woman is of Certain Value.

Many a woman's back has many aches and pains. Ofttimes 'tis the kidneys' fault. That's why Doan's Kidney Pills are so effective. Many Devils Lake women know this. Read what one has to say about it: Mrs. A. Otto, 709 E. First St., Devils Lake, says: "I, and others in my family, have used Doan's Kidney Pills. We have found them to be the best medicine anyone can buy for lame back or disordered kidneys. We use them for a dull, heavy ache in the back, headaches and other kidney disorders. We have always had good results." Price 50c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mrs. Otto recommends. Foster-Milburn Co., Props., Buffalo, N. Y.

## IS THE U. S. PREPARED

Hudson Maxim's book "Defenseless America," has been made the basis of a remarkable "preparedness" campaign to be waged particularly through the motion picture theaters. Facts set forth in the book have been used by Commodore J. Stuart Blackton as the basis for a wonderful feature film called "The Battle Cry of Peace," in which nineteen film stars, headed by 25,000 National guardsmen; 800 members of the G. A. R., 5,000 horses, 8,000 supernumeraries, Admiral George Dewey, Major General Leonard Wood, Dr. Lyman Abbott and the inventor-author Hudson Maxim take part. Running simultaneously at the Vitagraph theater, New York, the Majestic theater, Boston and the Olympic theater Chicago, to packed houses twice a day, the film has caused a sensation not yet equaled in the "movies" and on a par to that which would be caused by the bombardment of New York, which the film vividly portrays. The author of the film takes issue with the headed by William Jennings Bryan. It is a frank plea for peace through preparedness. The horrors of war are brought before the vision in the pictures which show a foreign foe on

American soil, the explosion of bombs in Times Square, New York, and the destruction of fortifications and coast defenses by means of submarines, Zeperlins, aeroplanes and seaplanes. Prominent persons all over the country have indorsed the movement and newspapers are assisting with reams of publicity as a means to obtain action at the next session of Congress.

## SCHOOLS ARE URGED TO HELP

To Superintendents and Teachers

By formal proclamation of Governor L. B. Hanna, the week beginning November 14th, has been set aside as "North Dakota Appreciation Week. It is the wish of Governor Hanna and many other prominent citizens of our state that a special effort be made to bring home forcibly to our people the fact that we reside in a state of wonderful resources which, as yet, are just beginning to be appreciated. The future of our state requires the development of these resources to their fullest extent.

You are requested to devote a portion of the afternoon of Friday, November 19th, to exercises in your school which will strongly impress on our boys and girls the wonderful opportunities our state offers to industries, thrifty, and upright citizens. Impress on them the fact that, while our natural resources are great and in need of development, we must bear in mind that god citizenship must be developed at the same time.

Let each teacher and superintendent write at least one letter to a friend in another state explaining the splendid opportunities our state offers to industries, law abiding citizens. Call attention to our schools and churches, colleges and the splendid spirit of fraternalism which prevails in North Dakota.

Respectfully,  
E. J. TAYLOR,  
Superintendent of Public Instruction.

## NINETEEN DRY STATES

When South Carolina voted dry she was the nineteenth state to enter the dry column. The other arid states are: Washington, Oregon, Idaho, Arizona, Colorado, Kansas, Oklahoma, Iowa, North Dakota, Tennessee, Arkansas, Alabama, Georgia, North Carolina, Virginia, West Virginia, Maine, Mississippi. The total population of the dry states is 27,344,043. The population of the twenty-nine wet states is 64,628,223, according to the 1910 census. Ohio is the only state

to vote this fall on state-wide prohibition. The state-wide prohibition amendment voted on in 1914 lost by a majority of nearly one hundred thousand, and the county option law was repealed by about twelve thousand majority. In addition to the state-wide prohibition amendment, the people of Ohio will vote on an amendment which will prevent a measure voted down twice in succession from being brought up again for six years.

## USE "CASCRETTS" FOR LIVER, BOWELS WHEN CONSTIPATED

When bilious, headachy, sick, for sour stomach, bad breath, bad colds. Get a 10-cent box.

Take a Cascaret tonight to cleanse your liver, Stomach and Bowels, and you will surely feel great by morning. You men and women who have headache, coated tongue, a bad cold, are bilious, nervous, upset, bothered with a sick, gassy disordered stomach, or have a backache and feel all worn out. Are you keeping your bowels clean with Cascarets— or merely forcing a passageway every few days with salts, cathartic pills or castor oil?

Cascarets immediately cleans and regulate the stomach, remove the sour, undigested and fermenting food and foul gases; take the excess bile from the liver and carry off the constipated waste matter and poison from the bowels.

Remember, a Cascaret to-night will straighten you out by morning. A 10-cent box from your druggist means healthy bowel action; a clear head and cheerfulness for months. Don't forget the children.

## PIANO TRANSPORTED BY THE BURROS

Not long ago the proprietor of a mountain resort in southern California decided to purchase a piano for the entertainment of his guests. Access to his alpine place is gained only by following a long and exceedingly narrow trail which hugs the sides of the mountains and occasionally overlooks an uninviting precipice. Freight is always carried up the trail on the backs of pack animals, and these, most often are sure-footed burros. It devolved upon two of these little beasts to transport the piano up the mountains, which they did with the aid of several mountaineers. The heavy instrument was securely strapped to a pair of long timbers, the burros were placed at either end, and the planks lashed to the pack saddles. The men guided the animals and steadied the load. The burros negotiated the mountain safely and delivered the piano uninjured.

## Take Your Sick Shoes to the Red Cross Shoe Hospital

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## UNIQUE RECORD IN ADVERTISING

Foster-Milburn Co., whose product, Doan's Kidney Pills, is advertised in our columns, is one of the oldest advertising firms in the United States. They began using the daily and weekly newspapers 35 years ago, and have kept it up ever since. This is one of the strongest proofs of the value of

newspaper advertising. Twenty years ago Foster-Milburn Company conceived the idea of proving the merit of their goods with local testimonials. It took them fifteen years to collect testimonials from every one of the 3,500 United States towns in which they do this kind of advertising. It was a tremendous task, but they stuck to it until they succeeded, and the result is that Doan's Kidney Pills are one of the best advertised and best recommended remedies in the world.

Get your "No Hunting" signs at the World office.