

MARSHALL REPUBLICAN

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Next comes Thanksgiving—we can certainly all join in that.

Republicans who stayed at home Tuesday will regret their indifference before 1908.

The American Live Stock Exposition will be held in Chicago on December 1st to 8th.

Our roosters are not fat enough yet, so we will hold them over to November 29th instead.

The Democrats of Saline county, had an election Tuesday. It was raining Wednesday morning.

The "old guard" in the Democratic party in Saline came out as usual but the big vote of by-gone days did not materialize.

St. Louis spends approximately 25c per week for advertising for every man, woman and child in the city. Saline county less than 25c per capita during a year. This shows two extreme cases. Both are somewhat modified by surrounding conditions, but the comparison is a striking one. We believe if our citizens were more carefully instructed on the harmful effects on the community for trading with mail order houses or away from home there would be less of it.

We are told that \$5000 at least was taken to Kansas City form Marshall Saturday and spent in shopping. Nearly that much no doubt also goes out of Saline weekly to the mail order houses and is draining a wealthy community of its most valuable asset—a surplus.

These matters should be remedied. Merchants ought to devise some means to instruct the people of Saline as to the harmful effects to themselves in continuing this kind of trading either through the local press, or by circulars, and if instead of spending 25c per year per capita they would spend \$1.00 the facts could easily be impressed upon every thinking man.

Is it not worth an effort to keep at home approximately \$250,000 annually? If kept at home, wouldn't it make our towns "wax and grow fat" and give our farmers a home market that would make their pockets bulge and their land values soar?

Life Insurance Facts

Mr. Editor:— I notice there is considerable confusion among the policy holders of the old line life insurance companies as to what is their duty in regard to sending their proxies for the coming election of board of managers. Most of our people have received lists of names with urgent calls to vote for their candidates. It is not necessary to review what has been done the last twelve months in the investigation of said companies, suffice it to say the corruption



BOOTEES!

Buy one pair and you will never go through another winter without them. We have the best one made in the U. S.

HOUX BROS.

Only Shoe Store in Marshall.

that has been shown should be enough to make every man scan closely what he does with his ballot. The New York Legislature passed a law, making all proxies, given prior to October the 18th of this year, void in order that the policy holders could elect such a board of managers as might suit them. Now we find the old regime active at work in order to defeat the purpose of the legislature and to overthrow, if possible, the work of the international committee, which appeals to you to guard well your interest. If our people are as they boast an intelligent people, we can acquaint ourselves with the facts and vote intelligently upon the selection of said officers. You will find men in every walk of life, wholly ignorant of what has been done and what is being attempted by the company. It will take concert action to overthrow them. I want to appeal to every policy holder to come out to our meeting on November the 10th, 2:30 p. m. at the court house and assist in fighting the machine which is now in control. Those who should not be able to attend, should heed the recommendation of the international committee and vote for a new board.

Yours truly, J. R. Thomas.

Death from Appendicitis

decrease in the same ratio that the use of Dr. King's New Life Pills increases. They save you from danger and bring quick and painless relief from constipation and ill's growth; out of it. Strength and vigor always follow their use. Guaranteed by P. H. Franklin Druggist. 25c Try them

Select a Wife with Care

In selecting a wife many men go on the principle that, it being a matter of small consequence, almost any young thing will do. This is a great mistake, for the careful man, even in detail like this, will still be governed by proper circumspection. The display wife is extensively used in this country. She is well made, stylish, ready in social emergencies and gives much pleasure in showing her around. Under cover she is disappointed and apt to run up bills, but for certain purposes is in large demand. The domestic wife sews and mends nicely, makes mustard' plasters and griddle cakes, is a poor cloak model, saves money, raises children and is useful in illness. The literary wife reads, writes and talks. She entertains people you hate, gives functions you despise, make cozy corners and trouble. The economical wife makes over her own clothes, starves you nearly to death and saves enough money so that you can have a good time with her successor—if you are lucky enough to have one. The extravagant wife gives you a good time at twice what it is worth. In selecting a wife always, of course, pick out your opposite. If you have a large generous wholesomely nature, that loves company and is fond of travel, stag parties and demijohns, marry a combination cook, house keeper, and a trained nurse. Some one should watch the house. If you are a mean, petty niggardly humanshrimp marry a lovely, sweet angelic,

Public Sale!

I will sell at public sale to the highest bidder at my residence in north Slater, second house east of the residence of F. E. Skinner, Wednesday, Nov. 14, '06,

The following personal property:

- 2 draft horses, weight 3100 lbs., 5 and 6 years old—an extra good team.
One bay horse 8 years old
One brown horse 9 years old
One yearling colt, coach stock
One extra good young milk cow
11 head of shoats, weighing about 125 lbs.
One 3 1/2 inch Luedinghaus wagon
One 3 inch Luedinghaus wagon
One hay frame
Two cultivators
One buggy
One harrow
One 16 inch breaking plow
One 5 shovel plow
One wood frame
Two sets of good tug harness
One set of buggy harness
One extra good saddle
Household and kitchen furniture, and numerous other articles.

Terms Cash. Sale to begin at 1:00 p. m. Henry Akeman.

patient, deservingly womanly woman. Her character will be developed by suffering, thus giving you the opportunity to do some good. Do not marry any woman because she has money. Become instead her confidential adviser. You will make just as much out of it in the end without having to live with her.—Ex.

Good Roads

The State Board of Agriculture has inaugurated a campaign for better roads in this state that is meeting with the approval of farmers and business men and which will, if carried to completion, give to Missouri a road system second to no other state in the Union. A Good Roads Convention, continuing for four days and which was participated in by some of the best authorities in this and other states was held in Chillicothe, recently, and was attended by several thousand people including more than two hundred regularly appointed delegates sent by county courts and commercial organizations of nearly every county in north Missouri. The sentiments of the Convention are expressed in the following resolutions which were unanimously adopted:

Missouri, the fourth state in the American Union in wealth and population and the first in potential resources, demands and should have a system of public highways fully adequate to her necessities. It is therefore resolved by the Good Roads convention held at Chillicothe under the auspices of the State Board of Agriculture, September 3-8, as follows:

First. We favor the creation by the next general Assembly of the office of State Highway Engineer, under the jurisdiction of the State Board of Agriculture to co-operate with the local offices in the furtherance of good roads.

Second. To provide an adequate number of trained men for the supervision of road construction in the various localities of this state, we recommend the immediate establishment of a course in Road Engineering and the equipment of a suitable laboratory for the testing of road materials at the State University at Columbia.

Third. All the people of the state being interested in and benefited by a better system of highways, state aid should be extended to the various counties for the construction and improvement of the public roads, such state aid being provided from new sources of revenue other than those now existing or in the treasury.

Fourth. Redress from the present distressing situation in road maintenance and construction can only come through judicial changes in our state constitution, and such changes being possible more quickly and more surely by the adoption of a new constitution covering adequate sources of revenue than by any amendment to the present constitution, we therefore strongly urge upon the legislature the calling of a constitutional convention at the earliest possible moment.

Fifth. We strongly endorse the Drag as the most effective and practical method of maintaining dirt roads and would suggest that some law be enacted whereby its more general employment for this purpose may be affected.

Is It Your Own Hair?

Do you pin your hat to your own hair? Can't do it? Haven't enough hair? It must be you do not know Ayer's Hair Vigor! Here's an introduction! May the acquaintance result in a heavy growth of rich, thick, glossy hair! And we know you'll never be gray.

"I think that Ayer's Hair Vigor is the most wonderful hair grower that was ever made. I have used it for some time and I can truthfully say that I am greatly pleased with it. I cheerfully recommend it as a splendid preparation."—Miss V. Brock, Wayland, Mich.

Made by J. C. Ayer Co., Lowell, Mass. Also manufacturers of SARRAPARILLA, PILLS, CHERRY PECTORAL.



HICCOUGH

I have recently been called upon to relieve a severe case of hiccough which has lasted several days. Although a great deal of medicine has been used, the case was growing steadily worse. Five minutes' treatment with my two hands effected a complete cure, and there has been no return of the trouble.

Hiccough, being a simultaneous spasmodic contraction of the diaphragm and the glottis, it is only natural to suppose that the proper way to overcome the difficulty is to remove the contractions. But, before proceeding further, the correct thing to do is to learn just what this diaphragm is. First, it is a muscle; it is the partition between the firebox and ash pan of the body. Above this partition are the organs which receive the fuel and convert it into power, and below it are those through which the ashes or matter from which all useful properties have been extracted are to be eliminated.

It occupies an oblique position just between the lungs and the stomach, separating the two and forming what is often termed the floor of the former and the roof of the latter. But, as said before, it separates the fire box or thoracic cavity, and the ash pan, or abdominal cavity; the two particular organs which it lies immediately between, however, are the stomach and lungs.

The diaphragm is concave in form, the concave side being toward the abdomen. You have doubtless frequently seen a little hollow rubber ball, such as children play with. Well, if you were to cut one of those balls in two through the center, the shape of either side would very much resemble that of the diaphragm, excepting that the hollow is not quite so pronounced—the diaphragm is as large as a hat crown. Then if this half-ball were placed in an oblique position between the stomach and lungs, it would represent the diaphragm very well.

The prime use of this muscle is in respiration. The fibers of the muscle contract, causing it to become nearly straight, instead of concave, thus making the cavity in the chest larger and tending to produce a vacuum. The air rushes in to fill this space, and thus the air cells of the lungs are filled; the diaphragm again resumes its natural shape, thereby forcing the air out again, completing respiration.

Has not everyone observed that a full breath is always taken just before coughing, sneezing, or, in fact, any act causing a violent expulsion of air from the lungs? This explains why a "good laugh" or "good cry" is beneficial, both requiring deep inspirations. And in all of these the diaphragm is, of course, brought into active service.

Now that it has been explained that hiccough is a spasmodic contraction of the diaphragm, just what this diaphragm is, what it does, and how it does it, the next thing is to determine how this condition (spasmodic contraction) is to be overcome.

The technical term of hiccough is singultus; but that does not in the least change the impression upon the mind of the suffering individual, unless by soberly announcing it to him the effect is to cause a profound fright, in which case the trouble is likely to disappear, for the nerves controlling the action of the diaphragm are intimately associated with the emotional or abdominal brain. That is the reason why some experimenters have advised people to place the elbows far apart and slowly bring the points of the index fingers together. This fixes the attention closely upon the points of the fingers, the breath is usually held, while the arms being away from the sides, give freedom to the muscles in expanding, and the combination effects a cure.

But this is only in instances caused by simple and harmless things. There are cases caused by fatigue, nervous debility, low fever, an excess of food

or liquids in the stomach, or inflammation or irritation of an obscure nature, and these will not readily yield to such treatment.

One noted writer tells of a case in which all of the remedies prescribed by the authorities were used successively, each in turn failing to bring relief, and finally the attending physician gave up the case in desperation. It was speedily cured, however, by a motherly neighbor woman, with tea-spoonful doses of onion juice. Another successful home remedy is a very few drops of oil of cloves on a spoonful of sugar. Bits of ice swallowed has also been found useful, as well as hot fomentations to the abdomen. At the best, all of these remedies are uncertain and unreliable. Therefore, it becomes the duty of the Home Health Club to teach the members of a certain, safe, sure, and, at the same time, simple method of cure.

In the first place, it might be well to remember that the movements of all the muscles are controlled by nerves. It was shown that the diaphragm is a muscle, and that the difficulty in question is a spasmodic contraction of this organ of respiration; so, then, the thing to determine is what nerve or nerves control the action of this special muscle, where it is most easily accessible—and the rest will be plain enough.

The nerve controlling the action of the diaphragm is the phrenic, and it can be most readily reached by pressure applied immediately to the front of the third, fourth and fifth cervical vertebrae.

And now for administering treatment. The patient is seated on a stool and the neck bared. The operator takes a position just behind the sufferer, and then uses the fingers of either hand in pushing the muscles at the side of the neck forward, at the same time applying a firm, gentle, forward pressure to the third, fourth and fifth cervical vertebrae. In this way reaching the phrenic nerve. The operator then places his knee between the shoulders of the patient, at the same time taking him by the wrists and strongly raising his arms high above his head—and the hiccough entirely disappears. I would advise you to give this method a trial, and believe you will have perfectly satisfactory results.

CLUB NOTES.

If D. F. F., of St. Peter, Minn., will write again, giving name and address in full, I will cheerfully answer his query.

Connecticut.—Dr. David H. Reeder, Laporte, Ind.—Dear Doctor: We take this paper regularly, and I have always been specially interested in your department. Now I have come to trouble you. I am an old woman, 77 years, and have always been healthy. Last year I had a lump in my right breast. There are so many cases of cancer these days, that I felt that I must do what would help me from suffering and dying with a terrible cancer. I went to a prominent surgeon and had my breast examined. Dr. X— pronounced it cancer without doubt, and advised me to have the breast removed by a surgical operation. "The sooner the better for me." In making plans when and where to have it done, I concluded to go to a Massachusetts hospital, because it was nearer my home. I also consulted another surgeon, who also said it was cancer, and gave me the same advice as Dr. X—. I engaged him to perform the operation at the Massachusetts hospital on Decoration day. I went through all the preliminaries and operation like a hero, and came out of everything nobly; did not even have any sickness from taking the anesthetic. One of the hospital doctors who gave me the anesthetic came in my room to see me, and told me there were doubts about its being cancer—that they had sent it to a laboratory to be analyzed. It proved to be a cystic growth. Now, was not that too bad that such a mistake should have been made? I feel that it has cut short my life ten years in taking away my vitality, as I am weaker for it, and want you to help me out by sending me medicine to give me strength and advice, if you think I need it. I feel like changing Dr. Franklin's advice, and say to all surgeons: "Be sure you are right, then don't go ahead until you try other remedies."

I have a simple cure for burns that I have used for years. It may be of some benefit to some one if you see fit to put it in the paper. It is ten leaves. It is the best I ever used, and it will prevent any blistering and smarting, and seems to draw out the fire and toughen the skin. I go to the teapot and take the tea leaves that have been steeped, or, if I do not have them, I take the dry tea and moisten with hot water. Sincerely, Mrs. G. J.

I am sure that all of my readers, as well as myself, will heartily sympathize with you. If you had only been able to know the contents of my recent lecture on breast cancer, all of the suffering might have been saved, as well as the great expense of such an operation. I know that hereafter all who read of your experience will write to the Home Health Club for the simple and practical treatment which I give in the lecture referred to before submitting to surgery. I think, however, that you need not despair, but follow up the suggestions which I give you in a private letter. I thank you on behalf of my readers for the helpful suggestion you make for the home treatment of burns.

DR. COE'S SANITARIUM.



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