

# Women and Their Interests

## By ELLA WHEELER WILCOX

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If you, sir, or madam, are thinking about undergoing a surgical operation in order to drive away uncomfortable feelings or to cure malady which you are confident you possess and which your surgeon says can only be cured by the knife wait a bit. Try first for a whole day, drinking only water; then a diet of barley water for two days; then not milk and water for a few more days. Then take a course of osteopathy and live out-of-doors as much as possible and eat nourishing, simple food.

After two months, perhaps, you will abandon your idea of an operation. Baths, external and internal; violet and X-rays, deep breathing and regular outdoor exercise with the persistent belief that you will avoid the knife will do miracles for you.

Here are some true stories which are worth perusal by all who contemplate surgical operations:

A gentleman in England became ill through worry over his wife, who had undergone four hospital operations. His case was diagnosed as "pernicious anemia," whatever that may mean. Finally a surgeon was called and said there must be an immediate operation for duodenal ulcer. This is a dangerous malady, and the man says:

"I was told that the only alternative was to go on being ill until I had no strength left, so I submitted. The case having aroused great interest, six doctors put in appearance when the operation was performed. It got so hot that we were afterward told by the nurses that one of them had to spend the time mopping the face of the operator. What am I to say as to the result of this operation? Finally, the doctors felt quite certain that I should not survive for more than forty-eight hours. (The surgeon some months afterward told my brother this.)

"We were, before all, given to understand that he was going to perform a 'short circuit' operation and afterward I had been told that this had been done, but my wife and friends were told that they had found a duodenal ulcer, and that it was as large as half a crown, but that it had healed itself, undoubtedly under the gastric ulcer treatment of a few months earlier, but that they had found that my appendix was peculiar so that it had been removed.

"Imagine me lying in bed and feeling this pain at my side, and continually telling the nurses and my friends that I was sure I was going to have appendicitis, and think what an idiot the doctor was not to allow them to tell me what they knew.

"To cut a long story short, I did get sufficiently well to go away, but when I got home again I was as ill as ever. This time I found myself under another doctor and he naturally tried to know all about my condition. Then a cool letter came from the surgeon saying when he operated he found that there was a small wrinkle in the peritoneum, which at that time

he attributed to a duodenal ulcer, but he now thought that it had no significance. I was, again, and could only say what a lot of liars they were.

"The whole thing, you can see, was a plot. Firstly, I think that my case so interested them that they could not resist the temptation to open me up and have a look to satisfy their curiosity, and then when it was done they decided that I could not survive it, so that all they had to do was to satisfy the anxiety and curiosity of my friends, so they made up these lies and persuaded by wife that it was best for me not to know the truth (which I am afraid I never shall), but I do know that I required no surgical treatment at all, and that they lied when they made up the ulcer-the-size-of-half-a-crown story.

"Why my appendix was taken away for being 'peculiar' I don't know. Anyway, I am rather glad it was because it would have been an excuse for another operation for it hadn't been, when I was ill again.

"At this time another consultant visited me, who advised arsenic injections and a diet of sour milk only, and in ten weeks I was about, and since have been keeping fairly well.

"What was and still perhaps is the matter with me I don't know, but the second specialist said it was pernicious anemia. I only wish I had the money that I wasted owing to the curiosity of those infernal surgeons, to say nothing of all the pain I suffered."

From the same country comes this letter from a lady. She says:

"I was told when I was bothering with a critical period that I would die unless I had a major operation. At last I found a human doctor who attended me for some time and am thankful to say that, as regards that matter, I am perfectly sound now—in fact, better than for fifteen years back, all without such a fearful operation, which I feel certain would have killed me. The whole thing was a plot to get me to have a major operation. I think a great many doctors and nurses have too little patience and perseverance to try alleviating the suffering first, resort to the knife immediately. So many of the trained nurses I had did not take much interest in my case because it was not an operation, and told me they hoped I would soon have done with them, as I liked a 'grand case'—it was worth talking about. I thought it was funny they never seemed to think it was grand to save any one from the agony of such a fearful operation as the one they wanted me to have. A lady who was not so ill as I was underwent it, and died three months afterward."

Another says: "My sister has just had an operation, and the surgeon found a perfectly healthy organ after he removed it. She will probably be an invalid for life."

The rage of vivisection has made surgeons more rabid to operate upon human beings. Doctors and nurses have become more or less under the influence of this modern medical mania, and excitement and love of experimentation take possession of their minds to the exclusion of human sympathy. Because wonderful operations are performed and lives saved and health

restored by the skilled use of the knife (and surgeons crowned with wealth and fame) the desire to operate has become a menace to motherhood and to life itself.

There are malignant growths which only the knife can cure (and usually these operations even have to be repeated, and quite frequently the patient dies within a few months after the second one).

But there are numerous growths which yield absolutely to the X and violet ray treatment, and simple blood remedies, and the building up of the bodily strength and vitality.

The writer intimately knows a lady who suffered from two internal growths for a period of years; and they vanished after a time through treatment of nourishing food, baths, massage, and a course in a school of physical culture.

Ten years have passed since they disappeared and the lady is in perfect health.

A woman who found a small growth of a similar nature was advised to have it removed, and went into a famous hospital for that purpose. She and her husband were assured that it would be a most simple matter. Yet the physicians performed a major operation on this woman, without consulting her husband, and she died the third day afterward. The physician now admits that similar growths have been known to become absorbed and vanish without treatment.

Yet this woman was killed, by an unnecessary operation, and the husband is unable to obtain any reparation because the physicians belong to a regular school and the hospital is a famous one in Pennsylvania. The woman who was killed was in the prime of life and had never suffered any pain from this slight growth, but was advised to have it removed before it made her any trouble.

With such cases as these occurring continually all about us, is it not time that the world good common sense to their command, when suffering from maladies peculiar to their sex; and before they put themselves in the hands of surgeons that they should decide to use all of Nature's simple methods first?

And then turn to the light and its beneficent rays and to the sensible, sane treatment of the spine through osteopathy, and with all these that they should learn the vast power which lies in their own minds?

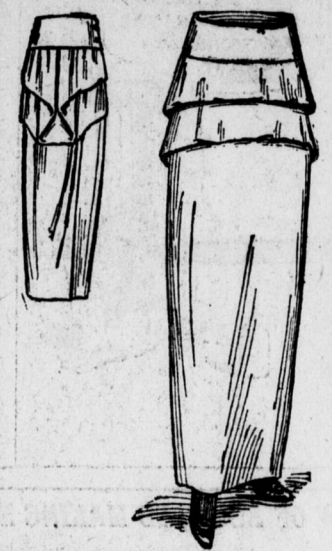
Scores of women turn to the hospital operation as a means of diversion. They are disillusioned with life in some way; they are lacking an object, an aim, a purpose; and through worry and self-centered habits of thought they grow ill; soon the thought of an operation presents itself as an escape from monotony. Afterward it is their light to talk of what they have passed through.

But frequently "afterward" comes on another plane; for the percentage of women who die within two years after an operation is not a small one. We were to know the statistics.

Not more than one operation in a score is needed.

Be sure your case is the exception before they add one more to the foolish women who rush upon the surgeon's knife.

## ATTRACTIVE DESIGN TUCKED OR DRAPED Adaptable to Girls and Small Women For Early Spring Frock



8146 Skirt for Misses and Small Women, 16 and 18 years.

ONE-PIECE SKIRT WITH YOKE AND DRAPERY.

Girls and small women will be sure to welcome this pretty skirt. It shows the very latest and newest features, it is graceful and charming and can be utilized for one material throughout or for two. In the picture, it is made of the new chiffon taffeta that is such a pronounced favorite and so charming, but a good effect could be obtained by using one material for the skirt proper and another for the yoke and drapery, as flowered silk over plain or crepe de chine over velvet. The skirt itself consists of one piece draped at the right of the back and attached to a deep foundation yoke. The drapery is in one piece, folded to give the double skirt effect, and there is a narrow yoke arranged over the foundation that covers all seams and is closed at the right side.

For the 16 year size, the skirt will require 4 1/2 yds. of material 27, 3 1/4 yds. 36, 3 yds. 44 in. wide. The width at the lower edge is 1 yd. and 10 in.

The pattern of the skirt 8146 is cut in sizes for girls of 16 and 18 years. It will be mailed to any address by the Fashion Department of this paper, on receipt of ten cents.

Bowman's sell May Manton Patterns.

"I've Always  
Admired Your Good Teeth.

Here's the Reason—It's

WRIGLEY'S  
SPEARMINT

It makes teeth white—  
smiles bright. It makes  
your breath pure—it  
refreshes your mouth.

It sharpens appetite and helps  
digestion. It  
stimulates saliva and adds  
digestion - aiding mint leaf  
juice.

It's clean,  
pure,  
healthful  
if it's  
WRIGLEY'S



BUY IT  
BY THE BOX

at most dealers — for 85 cents.  
Each box contains twenty 5 cent packages.

Be SURE it's WRIGLEY'S after every meal

### GLEE CLUB TO GO SOUTH

Special to The Telegraph  
Annville, Pa., Feb. 19.—Last evening home concert by the Men's Glee Club of Lebanon Valley College was held in the Engle Conservatory of Music and was very well received. The duet by Bender and Von Beresghy was rendered in a very pleasing manner, and the sketch, entitled "The Hazing of the Infant," was extremely funny as well as interesting. The club will make its Southern trip in about three weeks.

### WOMAN COULD NOT SIT UP

Now Does Her Own Work.  
Lydia E. Pinkham's Vegetable Compound Helped Her.

Ironton, Ohio.—"I am enjoying better health now than I have for twenty years. When I began to take Lydia E. Pinkham's Vegetable Compound I could not sit up. I had female troubles and was very nervous. I used the remedies a year and I can do my work and for the last eight months I have worked for other women, too. I cannot praise Lydia E. Pinkham's Vegetable Compound enough for I know I never would have been as well if I had not taken it and I recommend it to suffering women."

Daughter Helped Also.  
"I gave it to my daughter when she was thirteen years old. She was in school and was a nervous wreck, and could not sleep nights. Now she looks so healthy that even the doctor speaks of it. You can publish this letter if you like."—Mrs. RENA BOWMAN, 161 S. 10th Street, Ironton, Ohio.

Why will women continue to suffer day in and day out and drag out a sickly, half-hearted existence, missing three-fourths of the joy of living, when they can find health in Lydia E. Pinkham's Vegetable Compound?

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened read and answered by a woman and held in strict confidence.

**Crème Simon** PARIS

The only preparation which removes absolutely Chapping, Roughness and Redness, and protects the hands and face against the winter winds.

SIMON'S Powder Soap | Maurice LEVY, sole U.S. Agent, 15-17, West 38th St., NEW-YORK

**Potts' Greaseless Cold Cream**

Softens and Relieves Chapped Skin.

For Sale at  
Bowman's (Toilet Articles Counter)  
And Potts' Drug Store, Third and Herr Streets.  
25c the Jar.

**Good Coal Means Less Coal**

Buy only good fuel and you'll buy less. Good coal gives off heat steadily and the consumption is less than it would be if mixed with slate and other impurities which decrease heat value. To buy our coal is to buy good coal. It costs no more—try it.

**J. B. MONTGOMERY**  
BRANCH OFFICE: 617 CAPITAL ST. BOTH PHONES MAIN OFFICE: THIRD AND CHESTNUT STS.

**BACON'S COUGH DROPS**

— NOW! —  
D.B. on every drop

**EVEN IF  
YOU HAD  
A NECK  
AS LONG AS THIS  
FELLOW AND HAD  
SORE  
THROAT  
ALL THE  
WAY  
DOWN  
TONSILINE  
WOULD QUICKLY  
RELIEVE IT.**

A quick, safe, soothing, healing, antiseptic relief for sore throat, briefly described: Tonsiline relieves sore throat, soothes inflamed parts, loosens mucus, kills germs, and prevents relapse. 25c and 50c. Hospital Size \$1.00. All Druggists. THE TONSILINE COMPANY, - - Canton, Ohio.



If You Are Looking  
For an eyeglass that will not slip—that will not pinch or tilt—that will hold easily and comfortably, that will insure your glasses against breaking, then call and let me show you the Stay Best mounting. I guarantee it against breakage of any kind. The price is right, \$1.50 and \$2.50. Lenses replaced from 75c up.

**E. S. Gault**  
EYESIGHT SPECIALIST

With H. C. Claster, 302 Market St.  
**Cumberland Valley Railroad  
TIME TABLE**  
In Effect November 30, 1913.  
TRAINS leave Harrisburg—  
For Winchester and Martinsburg at 6:05, 7:35 a. m., 1:15 p. m., 4:45 p. m.  
For Hagerstown, Chambersburg, Carlisle, Mechanicsburg and Intermediate stations at 6:08, 7:38 a. m., 1:18 p. m., 4:48 p. m.  
Additional trains for Carlisle and Mechanicsburg at 7:15, 8:15, 9:15, 10:15 a. m., 1:25, 2:25, 3:25, 4:25 p. m.  
For Dillsburg at 5:05, 7:35, 11:55 a. m., 2:15, 5:40, 8:15 p. m.  
Daily. All other trains daily except Sunday.  
J. H. TONGE, Supt. H. A. RIDDL, G. P. & O.

**EDUCATIONAL  
MAKE NEW YEAR  
RESOLUTION  
to enroll next Monday in  
Day or Night School.  
SCHOOL OF COMMERCE**  
15 S. Market Square, Harrisburg, Pa.

**Harrisburg Business College**  
Day and Night. Business, Shorthand and Civil Service. Individual Instruction. 28th year. 329 Market St. Harrisburg, Pa.

Try Telegraph Want Ads.

### Meeting of Newport High School Literary Society

Special to The Telegraph  
Newport, Pa., Feb. 19.—An open meeting of the Literary Society of the High School will be held to-morrow evening in Centennial Hall, at which time the students will present the following program:  
Singing, "America"; tribute to Washington, first year students; oration, "Colonial Customs," Miss Margaret Bassett; oration, "George Washington," Elizabeth Smoyer; "The Courtship of Miles Standish," arranged for dramatic presentation. Characters, Miles Standish, the captain of Plymouth, Stanley Fickes; John Alden, Standish's secretary, John Layton; Sunday; Priscilla, a Puritan maiden, Margaret Wertz; messenger, William Soule.

**ELSON ART EXHIBIT**  
Special to The Telegraph  
Newport, Pa., Jan. 19.—An art exhibit is being held in the vacant rooms of the school building. This exhibit consists of some 350 carbon photographs and engravings loaned by Elson Art Publishing Company of Belmont, Mass., and contains the very best reproductions of the masterpieces of art of different countries and periods.

### Mrs. J. S. Leiby Will Be Hostess For Woman's Club

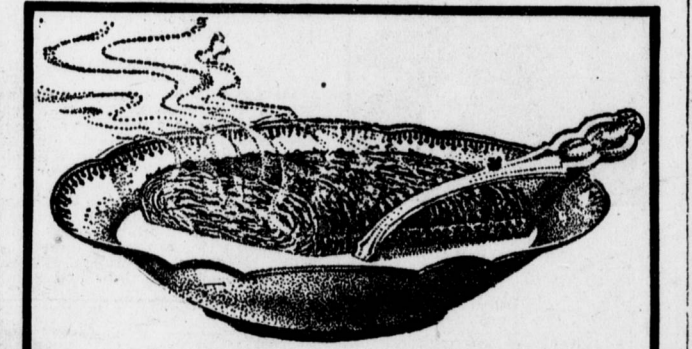
Special to The Telegraph  
Newport, Pa., Feb. 19.—To-morrow afternoon the Woman's Club will have a meeting with Mrs. John S. Leiby as hostess. The program for the afternoon will be:  
Children's sayings; paper, "Louis XVI., 1774-1792, and the Causes of the Revolution," Miss Anne Lynn Irwin; sketch, "Robespierre," Mrs. H. A. Pennell; question, "What is the Origin of the Fleur-de-lis?" Mrs. John S. Leiby. Refreshments will be served.

**PUPILS WILL GIVE PLAY**

Special to The Telegraph  
Blain, Pa., Feb. 19.—From the sale of tickets the attendance will be large on Saturday night at the play, "Mrs. Briggs and the Poultry Yard," which will be given by the grammar school. The entertainment will be held in the Town Hall and the Blain Band will furnish music.

**ORANGES FROM FLORIDA**

Special to The Telegraph  
Blain, Pa., Feb. 19.—Dr. Harvey W. Woods received by express a large box of fine Florida oranges shipped by William H. Woods, his cousin, from Sarasota, Florida.



Of course you should "eat more bread"—but be sure your "bread" contains all the body-building material in the whole wheat, in digestible form. The only "bread" that meets these requirements is

## SHREDDED WHEAT

made of whole wheat, steam-cooked, shredded and baked. It is a natural, elemental food and is not treated or compounded with anything. Endorsed by the highest health and dietetic authorities.

Two Shredded Wheat Biscuits (heated in the oven to restore crispness) eaten with hot milk or cream, will supply all the nutriment needed for a half day's work. Deliciously wholesome with baked apples, stewed prunes, sliced bananas or other fruits.

The Shredded Wheat Company, Niagara Falls, N. Y.



### Madame Isbell's Beauty Lesson

LESSON XI—PART VIII.  
PHYSICAL CULTURE.  
The Sedentary Life.

Women who lead a sedentary life, who are confined in an office or school-room during the entire day, are undergoing a test for endurance that calls for a strain on the strongest constitution. Such a woman is in danger of becoming physically enfeebled. If she can devote only ten or fifteen minutes twice a day to physical exercise, she will find that she will find that the walk will refresh rather than tire her. If she walks to her office and after a little perseverance she will find that the walk will refresh rather than tire her. If she walks to her office and after a little perseverance she will find that the walk will refresh rather than tire her.

To derive any benefit from walking, however, the stride must be light and elastic, the weight of the body swinging easily from one leg to another. Hold the chest erect, the chin well in as if a string were pulling from the middle of the head, lifting it skyward. Take care to breathe deeply and correctly, through the nose with the mouth closed, taking in long breaths and retaining them some time before exhaling. Begin by holding each breath while walking ten steps and gradually increase this until twenty steps may be taken in one breath.

Walking is not a rapid reducing exercise, but there is nothing better calculated to keep a person in good condition of body and to promote general ease and health of the body.

Lesson XI to be continued.

### School Children Will Buy Pictures and Start Library

New Bloomfield, Pa., Feb. 19.—Next Saturday evening the public schools of this place will give an entertainment in the courthouse which promises to surpass anything presented in recent years. A silver offering will be received for the purpose of purchasing pictures for the schoolrooms and for beginning a public school library.

### CONCERT AT NEW BLOOMFIELD

Special to The Telegraph  
New Bloomfield, Pa., Feb. 19.—Tuesday evening the Chatham Concert Company, composed of Miss Myrtle Chatham, reader; Miss Adelaide Rynders, violinist; Miss Lillian Cooper, soprano; and Miss Marguerite Gilliam, pianist, gave a concert in the courthouse under the auspices of the Lutheran Church of this place which was highly enjoyed. The appreciation of the large audience was evidenced by the generous applause each selection received.