

FRESH AIR FOR CONSUMPTIVES

Most Effective Weapon Available for Conflict With Dreaded "White Plague"

The following abstracts from an article by J. R. Stubbert, M. D., in the Medical Record, should receive wide and careful attention. No doubt if these ideas could be carried out, the "white plague" would be robbed of much of its terror.

In ancient times it was highly improper to expose a tuberculous patient, especially one beyond the first stage, to a breath of fresh air except on the mildest days in summer, while the night air was considered as deadly as the plague. Then the more observant and thoughtful men noticed that those who lived more in the open air did not die as quickly as the tuberculous patients, and they began to urge an outdoor life and moderate exercise as a prophylactic as well as a cure for those in the early stages of consumption. Those in the more advanced stages were allowed fresh air only when it was at summer temperature, but even this was better than being kept indoors in warm, illuminated rooms the whole year.

There are several plans by which the strain of tuberculosis can continuously breathe pure, fresh air by night as well as by day. Sleeping out in the open air is not harmful to a large majority of tuberculous people. Millet, of Lyons, France, reports the cases of five patients whom he recommended to sleep out of doors at night. They were allowed no roof over their heads except in rainy weather. They wore flannel hats and cotton nightgowns, sleeping under ordinary bedclothes in beds arranged on the roofs of their houses. Improvement was noted in two weeks. Coughs disappeared, their appetites came normal, respirations were easier and weight increased rapidly. No attention was paid to dampness and drafts, and heavy dewes were regarded as an inconvenience rather than a necessity of drying the bedclothes.

Sleeping in a small room with an open window does not appear to be nearly so beneficial to the patient as when the night is passed on a veranda or in a tent where there is a free circulation of air on all sides. If a patient were fortunate enough to have a large room with a southern exposure and commanding view of two open fresh-air hills, in addition to large windows on three sides, which might be opened at night, he might derive approximately the benefit incident to tent life.

McGraham, of South Carolina, prefers the circular to the army tent, and thinks it better to place it on a platform two feet from the ground, and to do without carpets and curtains. Draperies are necessary, but rugs add greatly to the comfort and convenience of those in ill health, and their use can be made perfectly safe by exposing them to the sunlight for a few hours daily.

Special Hospitals for Consumptives.

A hundred years ago the city of Naples, Italy, erected a large hospital for consumptives and required the isolation of all persons suffering from this disease. It is only recently, however, that the authorities of modern cities have become awakened to the importance of this disease, and have recently a number of cities have taken steps for the establishment of hospitals especially for the treatment of cases of consumption by the so-called "open-air" method. Excellent results are reported from this method of treatment.

The German government has a large central committee numbering more than thirty members, which is organized for the purpose of erecting hospitals for the treatment of tuberculosis. This committee has under its supervision seventy-four such hospitals, and has treated over three thousand patients, of whom eighty per cent were cured after remaining in hospitals on an average of a little less than three months.

An Extra Good Appetite.

A good appetite is a symptom of good health. An extra good appetite is sometimes a symptom of constitutional disturbance elsewhere. A sample letter sent to the "Questions and Answers" column of a prominent health journal was something like this:

"I am troubled with pimples, not to a great extent, but still very annoying. They appear principally on the forehead, but occasionally on other places. I often feel languid, and tire easily. I cannot gain flesh although I have an extra good appetite. Still I am fat and sick, and have not been in bed for a day in my life. Age nineteen years. Will you kindly advise me what you think would remedy this ailment?"

"There is little doubt, but that the "extra good appetite" alluded to affords the key to the situation. The digestive organs have more than their share to take care of, and consequently do not properly take care of anything for a while. There will be frequent headaches, skin disorders and alternate constipation and diarrhea with such persons. Pimples are the result of such depraved blood conditions.

With many people the habit of hearty eating is continued when they were spring days come. Food which was appreciated when the thermometer was at zero is continued in the same quality and quantity when the thermometer rises to ninety degrees in the sun, and averages above that all day and night. The person who loses his appetite under such a condition

is on safe ground. The person with an extra good appetite, or placed on the retired list to learn wisdom by experience.

Cigarettes.

Tobacco injures men and kills children. The Chicago school board has been having a medical examination of certain pupils before allowing them to take part in certain athletic sports. Boys and girls were subjected to the same examination. Not one girl was found unable to pass, while a large number of the boys, in almost every case smokers, were found to be in a physical condition which made violent exercise of any kind very dangerous. Twenty-one out of a hundred were found unfit, and all but three suffered from some form of heart trouble. All without exception of the unfit ones were cigarette smokers.

How to Earn Sound Sleep.

All persons are not so grateful of the welfare of their patients as they might be. Here is a story of one who went to the limit. He is the proprietor of a famous health resort not far from the city of New York. "I am a patient for treatment," he says.

"Now, I want it understood that unless you do exactly as I say, there is no use of your staying."

This condition requires him to be very harsh, but he never hesitates. He acts on the theory that he can better afford to offend a single patient and lose him than to have that patient go back home and tell his friends by Sea-Isle that he never had good, relates the Washington Star.

Not long ago a well-known clergyman went to this resort for treatment. The doctor looked him over upon his arrival and said:

"While you are here you must take long walks every day."

"But I can't take walks," replied the parson. "I haven't done any walking for years. My heart won't stand it."

They argued the question quite warmly. As the clergyman and doctor were good friends, the latter was more lenient than usual. However, he bided his time. The next afternoon the physician said to the clergyman:

"It is a nice day. I would like you to go for a horseback ride with me."

Hiding they went. When they were about eight miles from the sanitarium the physician said: "Oh, doctor, won't you get me that flower by the roadside? I don't like to leave this horse."

As soon as the clergyman was on the ground the doctor galloped off with both horses, and the clergyman was compelled to go back to the sanitarium. Upon his arrival he was very angry, and was for packing up and leaving at once. There was no train that night, so he was forced to stay a few more hours. The next morning he came down radiant and good natured.

"Doctor," said he, "I was pretty sore for you last night, but I forgive you because you have the first good sleep I have enjoyed in months. Hereafter I'll obey your order implicitly."

TIMELY VEGETARIAN RECIPES.

Cream of Celery Soup—Ingredients:

Celery tops, 1 quart cream or rich milk.

Method—Put tops in saucepan, cover with water, simmer one hour. Drain, return water to pan, add milk and stalks, simmer one-half hour longer, season to taste, remove celery, thicken to consistency of cream. Serve hot.

Chili Sauce—Ingredients:

One quart strained tomato, 4 tablespoonfuls minced celery, 3 tablespoonfuls minced onion, sugar.

Method—Put all together in saucepan, let cool to boil, set on back of range and simmer two hours. A small piece of lemon peel and a cup of chopped tart apples will greatly improve the flavor. Cook till apples are done, remove lemon peel, cool.

Candied Sweet Potatoes—Holl potatoes till tender, remove jackets, arrange in oiled baking pan, sprinkle with powdered sugar, brown in slow oven.

Sweet Potato Cutlets—Pare potatoes, cover with boiling water, boil twenty minutes, drain off half water, and cut into soft. The should be almost dry when done. Mash or put through ricer. Form in shape of chops, sprinkle with powdered sugar, and brown in medium oven. Serve with sugar sauce.

Porkless Baked Beans—Wash beans, place in heavy pot and boil five minutes. Salt to taste. Bake twenty-four hours in slow oven, keeping barely covered with water. When done the beans should be of a uniform dark brown. Longer cooking will improve.

Potatoes Lyonnaise—Chop cold boiled or baked potatoes. Season with salt and chopped onion. Stir in onions and parsley minced. If too stiff, thin with nut cream to consistency desired. Turn into oiled baking pan, smooth, brush with cream, brown, serve in equal.

Turnips Stewed in Cream—Pare young turnips, cut in dice. Simmer till nearly done. Drain off nearly all the water. Add enough cream to barely cover, salt to taste, simmer till tender. (don't boil). Thicken slightly. Serve.

DYSPEPSIA YIELDS

A NINE YEARS' VICTIM FINDS A REMEDY THAT CURES.

For Two Years Too Weak to Work—A Dozen Doctors Had Tried to Check Disease. Treatment That Succeeded.

All sufferers from weakness or disorders of the digestive organs will read with interest the following account of the complete recovery of Mrs. Nettie Daroux from chronic dyspepsia which was thought to be incurable.

"To be alling for nine years is not a very pleasant experience," said Mrs. Daroux, when asked for some account of her illness. "For two years I was critically ill and could not attend to my household duties, and at one time I was so weak and miserable that I could not even walk. My trouble was chronic dyspepsia. I became extremely thin and had a sallow complexion. I had no appetite and could not take any food without suffering great distress."

"Did you have a physician?"

"Yes, I took medicine from a dozen different doctors, but without getting any benefit whatsoever," said Mrs. Daroux. "How did you get on the track of a cure?"

"A book about Dr. Williams' Pink Pills was thrown in our doorway one day. My husband picked it up and read it through carefully. He was so impressed by the statements of those who had been cured by that remedy that he immediately bought three boxes of the pills and sent them to my doctor. "Did they help you at once?"

"I began to feel better the second day after I started to use the pills and by the time I had taken the three boxes I was feeling much better. My doctor told me I could cure even when doctors fail, and they cure thoroughly, for a long time I have since my restoration to health and I know it is complete and lasting."

The article went on to mention that the pills are given strength to the organs concerned. Dr. Williams' Pink Pills give new vigor to the blood. No other remedy yields such radical results.

Mrs. Daroux lives at No. 407 Sixth street, Detroit, Mich. Dr. Williams' Pink Pills are sold by all druggists in every part of the world. Dyspepsics should send to the Dr. Williams' Medical Co., 100 North Dearborn St., Chicago, a new booklet entitled "What to Eat and How to Eat."

Her "Pains" Accounted For.

An American woman underwent an operation in Paris, but as her health did not improve she submitted to another operation in Germany. Still she was not well, and returned to Paris, where, at the third operation, the surgeon discovered in the depths of the operation wound a pair of eyeglasses.

The patient, who is fully recovered, does not know whether she should return the eyeglasses to the French or the German surgeon. The Paris surgeon, says the Medical Record, is in an embarrassing position, for either he lost the eyeglasses or he failed to find them when he operated.

NO TONGUE CAN TELL

How I Suffered with Itching and Bleeding Eczema Until Cured by Cuticura.

"No tongue can tell how I suffered for five years with a terribly painful, itching and bleeding eczema, my body and face being covered with sores. Never in my life did I experience such awful suffering, and I longed for death, which I felt was near. I had tried doctors and medicines without success, but my mother insisted that I try Cuticura. I felt better after the first bath with Cuticura Soap and one application of Cuticura Ointment, and was soon entirely cured."—Signed Mrs. A. Eason, Belle Mead, Mich.

Brave Act in Face of Death.

An Italian boy, 17 years old, was run over by a railroad car at Central Park, upper Manhattan, on Wednesday. He insisted on being taken before a priest to whom he made confession, and was then borne to a hospital, where he died upon a surgical operation. Either a drama or a novel of unromantic power could be made out of that pathetic incident. Brooklyn Eagle.

How's This?

We offer this as a reward for any case of eczema that cannot be cured by Cuticura.

W. J. CHERRY & CO., 710 N. 3rd St., Philadelphia, Pa.

We, the undersigned, have known J. J. Cherry for the last 15 years, and believe him perfectly reliable in all his business transactions. We will carry out any obligations made by him to our customers. W. J. CHERRY & CO., 710 N. 3rd St., Philadelphia, Pa.

Too Good to Be an Imitation.

"No. An actor could never come as close to nature as that."

The inventor of the cakewalk in "dead" Florida is no cakewalk where he goes, and the walking is very rocky.

No chromes or cheap premiums, but a full refund of the purchase price of DeWane Starch for the same price of other starches.

Most women are generous to a fault—if it isn't their husbands.

Place a chair in the best position where ever used for all purposes of the throat and windpipe. Wm. C. DeWane, Washburn, Ind., Feb. 23, 1900.

It is better to fight for the good than rally at the ill.—Tennyson.

Superior quality and extra quantity must be used to make the starch stick to the piece of all others.

Refuge, like charity, must begin at home.—John Bright.

ILLINOIS STATE NEWS

INJUNCTION ORDER IS MODIFIED COUNTY LEVIES FOR JUDGMENT

Judge Humphrey Reduces Restriction on Trespassers in Zeligers

Judge Humphrey of the federal court at Springfield has modified the injunction against trespassing in Joseph Leiter's mining town of Zeligers so as to allow Frank Rockhold, representative of the Chicago Mining and Italy and Austria, to investigate the recent explosion in the Leiter mine and to ascertain the names of Austrian and Italian miners killed in the catastrophe. Rockhold entered Zeligers soon after the explosion in which forty-three miners were killed and he was ordered out of town. Judge Humphrey also issued a decree making perpetual a temporary injunction which had been issued on March 4, restraining William Walter, alias George Spies, and sixteen others, officers of the St. Louis Smelting and Refining Company, from trespassing or interfering with operation of a plant of the company at Collinsville, St. Clair county.

GIVES PROPERTY TO CHILDREN

Alton Man Divides 1,420 Acres Among His Sons and Daughters.

Z. B. Job of Alton, who made a Christmas present of 640 acres of his farm to his children, has now given Alton a further gift of 1,120 acres in the vicinity of Alton to his two sons and two daughters, the value of which is estimated at \$100,000. Mrs. H. J. Job, Mrs. H. J. Job, Mrs. Alice Job and Z. B. Job, Jr., of Alton and Frederick W. Job, secretary of the Chicago employers' association, are the children of the late Z. B. Job, son county. His real estate holdings are said to have been the largest of any person in Madison county. He decided to divide his property among his children before his death. He celebrated his 90th birthday March 12.

Girl Beats Her Mother.

Mrs. Emma McGrath of Alton caused the arrest of her 13-year-old daughter, Margaret McGrath, on a charge of assault and battery and threatening to kill her. The girl admitted that she knocked her mother down and beat her severely. The only excuse she had to offer was that she could not control her temper. She was fined and it was said, will be committed to a temporary training school for girls at Geneva.

Aged Quincy Lawyer Dies.

Ira M. Moore, one of the oldest residents and best known lawyers of Quincy, died at his home in Quincy, Ill., on Wednesday, Feb. 22, 1900. He was the author of several law books, which have been generally accepted as authority by members of the bar in Illinois and vicinity. He was a member of the state legislature from 1852 to 1878, and for the past four years filled the office of justice of the peace.

Child Drowns in Water Bucket.

Carol H. Snyder, infant daughter of Matt and Adelle Snyder of Murphysboro was found dead in a water bucket which sat near the well several feet from the house. The child, born in the state of Missouri, in 1872 to 1878, and for the past four years filled the office of justice of the peace.

Macoupin County Pioneer is Dead.

Rev. Luke Hilliard, aged 82 years, died at his home near Danvers, Mo. The funeral was held under the auspices of Luther Hill Lodge No. 134, A. F. and A. M., Danvers, Mo., on Wednesday, Feb. 22, 1900. He was a Baptist preacher, having been ordained in 1846.

Chicago & Alton Mortgage.

A supplemental mortgage was filed in Edwardsville from the Chicago & Alton Railway company to the Illinois Trust and Savings bank, trustee, for \$100,000, covering all property, real and personal, of the company in Illinois, Missouri and elsewhere.

Secures Right of Way.

The Alton, Jacksonville & Peoria railway has secured the right of way through Winchester, with the further guarantee of the gift of a private right of way through Scott county if the line is deflected so as to pass through Winchester.

Fines for Carrying Concealed Arms.

Robert Bessley entered a plea of guilty to an indictment for carrying concealed weapons. Judge Farmer imposed a fine of \$200 and costs.

Hurt in Runaway Accident.

Mrs. Ellen Powers was thrown from a buggy in a runaway accident at Jerseyville and sustained serious injuries.

Boy Is Cut by Harvester.

A team attached to a harvester driven by Henry the son of John B. Stevenson of Edwardsville, ran away. The boy was thrown in front of the knives and cut severely about the head and limbs.

Head and Limbs.

Head and Limbs. Mrs. Lucinda Watkins of Atherton, the oldest resident of Menard county, celebrated her 90th birthday April 7.

Alton Vegetable Train.

Arrangements were made by the Alton fruit and vegetable growers' association for the running of a fruit and vegetable train from Alton every afternoon but Saturday for northern markets.

Supervisors Must Provide Funds Under Statute of Supreme Court.

By the terms of an order for a writ of mandamus from the supreme court of Illinois, the county of Coles must at once provide for the payment of the judgments against the county of \$23,204, which was affirmed by a recent decision of the court, and in order to enforce its judgment, the court has entered an order directing the board of supervisors to levy a tax and pay the principal and interest in ten annual installments, the first to be made at the September meeting this year. This action of the court proceeds only for the outstanding orders held by persons who provided the funds for building the new courthouse six years ago, and accepted county warrants. The question of issuing bonds to pay the indebtedness and nearly \$200,000 additional, which has accumulated since, has been defeated a half dozen times by the taxpayers of the county, many of them believing that the county is overburdened by authority in building the courthouse.

Contest for Treasurer.

At the election held for a school trustee in township which comprises part of East St. Louis and Brookly, the vote in East St. Louis was the largest ever polled at a similar election. There were 2,371 votes cast in East St. Louis, of which J. M. Maher, the Independent Municipal candidate, received 1,222 and J. W. Wright, the Citizens Party candidate, 1,149. Both men reside in Brookly. There was also a contest for the post attached to the election for the reason that a treasurer of the district is to be appointed whose salary is \$2,000 per annum.

City Official Builds Launch.

City Treasurer Henry L. Winter of Alton has launched one of the finest pleasure yachts ever floated there, the "Iphigene." The boat is 40 feet long, 8 feet 8 inches beam and is equipped with a close cabin throughout, the hull is fitted with collapsible berths. The boat was designed and built by her owner and is equipped with a 35 horse power gasoline engine.

Cardonelle's First Mayor is Dead.

Janet C. Cardonelle, aged 83, died at his home in East St. Louis, Ill., the first building in Cardonelle, was the first mayor and also the first conservator after the township organization in East St. Louis, of which he was the first mayor of the city. His funeral was held under the auspices of the Old Fellows' lodge, of which he was a member for over fifty years.

Dies of Blood Poison.

Mrs. Anne Shuff, aged 20, was found dead at her home in Alton after a short illness from blood poisoning. She was the daughter of James T. Shuff, the oldest 14 years old. Two hours before it was known she was dead her husband had been beside her and thought she had fallen asleep.

Gratuitous Contest.

The Lawrence oratorical contest was held in the Springfield high school and was won by Valley Appel. Harry Appel was second in the contest. Valley Appel had entered in the Corn Belt oratorical contest. The first prize in the contest was \$20 in gold and the second \$10.

Farmer is a Suicide.

Anstis Habbit, a prominent farmer living near St. Augustine, while dependent, shot himself through the head with a rifle. He was found in his home and died in a few hours. He had shown symptoms of dementia for several days. He leaves a wife and seven children.

Fire in Chester Prison.

The rock crusher sheds at the state penitentiary at Chester burned, entailing a loss of \$8,000. The origin is unknown. The sheds will be rebuilt, but in the meantime the output of crushed stone will be lessened.

Celebrate 94th Birthday.

Mrs. Elizabeth M. Hastings of Upper Alton celebrated her 94th birthday anniversary April 10. A reception in her honor was given by her two sons, A. H. and C. H. Hastings in the evening.

Couple Go to Germany.

Peter Roloff and wife have left Alton for Metz, Germany, where Roloff has inherited an estate. Roloff was married in Paris, a year ago.

Want Rosevelt at Fair.

An effort is being made by the state board of agriculture to have President Roosevelt visit the Illinois state fair this fall.

Butten Kills Five-Year-Old Boy.

The 5-year-old son of Mr. and Mrs. William Humphrey of Kewanee swallowed a button and died from the effects.

Old Officials Are Out.

The Wood River township canvasser, the board of supervisors, assessor, collector and clerk, canvassed the returns of the recent township election. Not one of the officials on the board was re-elected.

Alton Vegetable Train.

Arrangements were made by the Alton fruit and vegetable growers' association for the running of a fruit and vegetable train from Alton every afternoon but Saturday for northern markets.

WHO OWNS THE RAILROADS?

H. T. Newcomb of the District of Columbia Bar, has compiled statistics showing that \$174,711,000 in deposits in savings banks of six eastern states are directly interested in the joint ownership of \$442,354,000 of steam railroad securities, that insurance companies own \$100,000,000 in Massachusetts stocks and bonds and 74 educational institutions depend on \$47,423,700 invested in similar securities for a portion of their endowment. Other fiduciary institutions own enough railroad securities to bring such holding up to more than a billion and a half dollars, almost one-sixth of the entire capital invested in railroad property. These investments represent the savings of the masses, there being nearly a million holders of life insurance policies in the country, as many more of fire insurance policies, and an even greater number of depositors in banking and trust institutions, whose investments are largely in railroad securities.

Agreement. Mrs. Neudorfer to you and your husband always agree? Mrs. N. Peck—"It isn't necessary—she always agrees."

OPERATION AVOIDED

EXPERIENCE OF MISS MERKLEY

She Was Told That an Operation Was Inevitable. How She Escaped It.

When a physician tells a woman suffering with ovarian or womb trouble that an operation is necessary, the very thought of the knife and the operating table strikes terror to her heart, and her spirits are full of women coming for ovarian or womb operations.



There are cases where an operation is inevitable, but when one considers the great number of cases of ovarian and womb trouble cured by Lydia E. Pinkham's Vegetable Compound after physicians have advised operations, no woman should submit to one without first trying the Vegetable Compound and seeing how she feels. Lydia E. Pinkham, Lowell, Mass., for advice, which is free.

Miss Margaret Merkley of 275 Third Street, Milwaukee, Wis., writes:

Dear Mrs. Pinkham:—I had extreme nervousness shooting pains through the pelvic organs, bearing down pains and cramps complicated by medical advice. The doctor after making an examination and had ovarian trouble and advised an operation. This I strongly objected and decided to try Lydia E. Pinkham's Vegetable Compound and see how I felt. All the bad symptoms disappeared and I am now strong, vigorous and well.

One of the most common troubles are steady on the increase among women. If the monthly periods are very painful, or too frequent and excessive—if you have pain or swelling low down in the left side, bearing down pains, leucorrhoea, don't neglect yourself, try Lydia E. Pinkham's Vegetable Compound.

Alabaster Your Walls

Just ask the doctor if there isn't danger of disease in your walls. He will refer you to Alabaster. Make him tell you.

There is only one perfectly sanitary and hygienic wall covering. This is Alabaster—made from Alabaster rock—then colored with mineral colors.

Alabaster is clean, because it is made from pure rock—Alabaster rock and pure water. It is not stuck on with mortar, nor smelly glue.

When your walls need covering, you don't need to wash Alabaster off. Just add another coat, for Alabaster is as sanitary as well as beautiful. The most beautiful decorations are possible with Alabaster.

Alabaster is so easy to apply that you can do it yourself. Just ask him. He will tell you how to do it. He will also tell you how to do it. He will also tell you how to do it.

ALABASTER COMPANY, Great A. C. Wall Paper, Mich. New York, 100 Water St.

AT BED TIME I TAKE A PLEASANT DRINK

THE NEW MARIAGE, FREE, BRIGHT AND NEW. It is a new and original idea. It is a new and original idea. It is a new and original idea. It is a new and original idea.

LANE'S FAMILY MEDICINE. All druggists sell this medicine. It is a new and original idea. It is a new and original idea. It is a new and original idea. It is a new and original idea.