WORK FOR HEALTH

Exercise Absolutely Necessary to Keep the Body in Proper Physical Condition

The sedentary man is like a stagnant pool, while the active man is like the mountain stream. In the stagnant pool reptiles of many descriptions crawl and croak, and from it noisome odors rise. The mountain stream is pure and sweet and crystal clear.

The body is a form through which a stream of matter flows. Exercise is the means by which the movement of the stream is accelerated so that the blood is kept pure and the tissues clean. The Bible says that he that will not work shall not eat, and Nature says the same. A man who insists upon eating, even though he does not work, pays the penalty for his violation of natural law. The food he eats becomes poison in the tissues; his body is not only like the stagnant pool, but it becomes even like a cesspool, and ready food for germs. Exercise increases the ability of the body to resist a disease. It encourages every bodily function, creates appetite for food and the ability to digest when eaten. It strengthens the heart, clears the brain and enlivens the spirit.

How much must one exercise? How much muscular work must one do to maintain good health? According to recent English authorities the average man should do, daily, work equivalent to climbing a perpendicular ladder one-half mile, or twenty-six hundred feet high. If one lived in the vicinity of Leukerbad, Switzerland, or in the neighborhood of certain deep mines, he might actually climb such a ladder. Ordinarily, some other more convenient method of exercise must be adopted. It has been determined that walking twenty feet on a level, at the rate of three miles an hour, is equivalent to lifting the body perpendicularly the distance of one foot. Hence, one may, if he chooses, walk ten miles, instead of climbing a ladder half a mile high. Of course, hill climbing and mountain climbing will accomplish the same thing as ladder climbing, and if one chooses to do the work indoors, he may work out his task in stair climbing. Going up and down a flight of stairs ten feet high is equivalent to raising the body about twelve feet perpendicularly. Hence, one might do the required amount of work by going up and down such a flight of stairs one hundred and seventeen times. But, first, he may do the work while standing in a corner and raising himself on his toes. In such exercise the body is elevated about three inches. Hence, four heel-raisings would be equivalent to raising the body one foot, and to raise the body half a mile, or twenty-six hundred feet, it would be necessary to rise upon the toes ten thousand four hundred times. One might easily execute this movement at the rate of one a second, which would be fifteen feet a minute, or nine hundred feet an hour. At this rate the day's task would be accomplished in about three hours. But it would be very tiresome to do the work in this way, for almost the entire amount of work would be thrown upon a single set of muscles. By placing the hands upon the back of a chair or upon a table the arms may be used to assist in lifting the body so that the movements can be executed much more easily. More or less weight can be thrown upon the arms.

By raising upon the heels and bending the knees, the body may be alternately raised and lowered through a distance of about two feet. The execution of such a movement requires nearly four seconds, or fifteen to the minute. The body would thus be lifted thirty times a minute, and an hour and a half would be required to do the day's work. By placing weights upon the shoulders the rate at which the work is done would be increased, and time shortened. But, on the whole, there is no method of accomplishing the work so good as walking, and particularly climbing a hill with a moderately steep grade.

Bicycle riding, if not overdone, is excellent exercise. To accomplish the same amount of work riding a bicycle, one must cover about four times the distance required for walking.

Most city people, outside the laboring classes, take far too little exercise. As a result the deficient oxidation of the body wastes and the accumulation of uric acid and other tissue poisons after a time result in rheumatism, neurasthenia, apoplexy, premature old age and a great variety of disorders which may be traced more or less directly to uric acid accumulation.

Vital Statistics.

Everyone who is troubled with "symptoms" will be interested in the statistics prepared by a leading life insurance company showing at what ages different diseases may be expected to stop human machinery. The figures deal with a period of fifty-three years—1845-1898—during which time 46,525 deaths passed under review. They, of course, tell nothing of individual cases, but of the average or typical cases they reveal much.

Skilful physicians are connected with the large life insurance offices, to examine into the physical condition of applicants for insurance, and to make a careful investigation of the causes of death in cases of policy holders.

The records of the company in question show that the chances are about six to four that consumption will carry off its victims before the age of forty-five. Fifty-nine per cent of sufferers from this disease die before they reach this age. Above sixty, the per cent of cases is only twelve.

In general diseases, such as smallpox, diphtheria, measles, etc., the chances do not differ widely. Thirty per cent of the deaths from these diseases occur under the age of forty-five; 36 per cent, between forty-five and sixty; 34 per cent, above sixty.

Apoplexy, softening of the brain and paralysis chiefly afflict elderly people, 55 per cent of the deaths from these causes occurring above sixty, and only 12 per cent below forty-five.

The probabilities are that sufferers from other nervous diseases will not reach the age of sixty, only 27 per cent of deaths from these causes occurring after that age.

Heart disease afflicts principally the elderly and middle aged, only 11 per cent of deaths from this cause occurring before forty-five years of age.

Although pneumonia has been called "the old man's disease," the chances are sixty-four to thirty-six against one dying of this disease after the age of sixty. Twenty-nine per cent of the deaths from pneumonia occur under forty-five, 35 per cent between forty-five and sixty, and but 36 per cent above sixty. Other respiratory diseases, such as bronchitis, pleurisy, etc., grant a little longer lease of life.

Derangements of the digestive system do not clean from the aged a very large number of victims, the chances being more than two to one against those so afflicted reaching the age of sixty. Thirty per cent of the deaths from this class of diseases occur under the age of forty-five; 38 per cent, between forty-five and sixty; 32 per cent, above sixty.

Victims of Bright's disease have a fair chance of reaching sixty, only 16 in 100 dying of this disease before forty-five.

Complaints classified as "genito-urinary" are old-age diseases, 77 per cent of the deaths from such cases occurring at ages above sixty.

Fifty per cent of the deaths from violent causes occur under forty-five.

Fully 68 per cent of the typhoid fever deaths occur under forty-five, and only 9 per cent at ages higher than sixty.

A Preventive Measure.

A practical plan for checking the spread of tuberculosis in public conveyances has just been proposed. The Anti-Tuberculosis league of Cleveland, says the Leader, has received the suggestion that the conductors be supplied with small cards on which is a printed request that passengers desist from spitting on the floor, together with a copy of the law on the subject. When the conductor notices a passenger violating the rule he is expected to hand the offender one of the cards. He avoids all dispute with the passenger, the other passengers note what has been done, and it is thought that the expectorator will either become embarrassed and leave the car, or take the suggestion in good faith and abstain from repeating the offense.

The Anti-Tuberculosis league, which was organized recently, is having a great deal of literature printed to distribute among the schools, the workshops, the tenement districts and in all places where the seed of education along hygienic and sanitary lines tending to prevent the spread of tuberculosis would show promise of growth.

HEALTHFUL RECIPES.

Salad Sandwiches.—Boil three eggs ten minutes; drop in cold water two minutes; peel, and while still warm, mash fine with a silver fork, work in a tablespoonful of thick cream, two teaspoonfuls of lemon juice, salt to taste and a little watercress chopped fine. After cutting off the crust, butter sparingly the end of a square loaf of good Graham bread; then, with a thin, sharp knife, cut as thin a slice as possible. Butter and cut until you have slices to make the required number of sandwiches. Spread a buttered slice with egg mixture, place over it a lettuce leaf washed and dried, then another slice and press well together. Trim the edges, removing tough crust; cut across twice diagonally, and arrange the triangles on lettuce leaves on a wooden bread plate.

Toasted Grancse Flakes With Nuts and Fruit Juice.—Toast the flakes in the oven delicately, but enough to crisp them well; sprinkle over them a cupful of ground pecan or other nuts, dust lightly with sugar and serve with fruit juice.

Baked Bananas—Beat two eggs and a cup and a half of water together. Peel one dozen bananas, dip in egg batter, roll in granola or bread crumbs; repeat. Place in oiled pan, bake twenty minutes in hot oven. Serve with—

Orange Sauce—Mix thoroughly half a cup of sugar and a rounded tablespoonful of cornstarch. Then add, in the following order, a tablespoonful of lemon juice, the juice of one orange, a little of the rind, three quarters of a cup of boiling water. Cook in ten minutes in double boiler, stirring constantly. Remove from fire, whip in the whites of two eggs beaten stiff.

BUSINESS GAINS AT GREAT PACE

Demand for Products of Mine and Forest Is Constantly Increasing.

TRADE IN GRAIN IS HEAVIER

Marketing of Cereals Is 50 Per Cent Heavier That a Year Ago, Shipments Being Trebled, Mostly for Domestic Use.

Chicago dispatch: The weekly review of Chicago trade, published by R. G. Dun & Co., says:

"Seasonable progress has been made and business activity is more generally diversified, the increased volume involving the employment of additional working forces and capital. New demands are well sustained, and heavier receipts of mine and forest products testify to expanded consumption of raw material. Grain marketing was fully 50 per cent larger than for the corresponding week last year, and shipments were almost trebled, the movement mainly being for domestic use.

"Arrivals of live stock and hides were liberal, packing proceeded vigorously, and the primary markets for foodstuffs exhibited further activity.

Railroad Earnings.

"Railroad earnings continue gaining and reflect unusual current forwarding of factory output and general merchandise. Iron and steel production is close to the limit of capacity in this district, shipbuilding and heavy construction are on a larger scale and prices for all furnace, mill and workshop supplies show firmness.

"Other favorable features are satisfactory dealings in the jobbing and retail branches, together with advices indicating that the agricultural conditions are excellent and country trading advancing.

In Mercantile Field.

Mercantile collections for both city and interior are found reasonably prompt. Distributors report more cash buying than formerly. Demand for money was active for both commercial and investment purposes, considerable going into real estate and improvements, an evidence of confidence in the future course of business. Rail mills added to the bookings for delivery next year, structural shapes are in more demand and sales of pig iron show that future needs are being protected by important interests.

"Receipts of lumber aggregated 42,268,000 feet, against 28,352,000 feet a year ago. Building permits were $1,803,100, against $230,200 for the same week last year. Building material of all kinds remained in strong request and the lumber yards and wood mills increased shipments to outside points.

Grain and Live Stock.

"Grain receipts, 3,329,721 bushels, compared with 8,555,974 bushels last week and 2,168,467 bushels a year ago. The shipments were 4,152,122 bushels, against 4,768,925 bushels last week and 1,479,558 bushels an year ago. There was more steadiness in the demand for flour and dealings increased in wheat and the coarse grains. Crop conditions influenced board of trade operations and realizing sales appeared. Provisions were in good supply on enlarged packing.

"Live stock receipts, 320,477 head, compared with 286,963 head for same week last year. Demand slackened for sheep and hogs, but choice beeves were sought. Compared with closings a week ago, cattle are slightly higher, and lower quotations appear in the grains and provisions.

"Failures reported in the Chicago district number 29, against 25 last week and 21 a year ago."

SHOOTS AT HIS WIFE AND DIES

Wisconsin Man Fails to Injure Woman, but Blows Out His Brains.

Ashland, Wis., dispatch: Thomas Potter, of Superior, Wis., after a quarrel with his wife, followed her to Ashland and found her in a resort. After attempting to shoot her he blew out his brains. Mrs. Potter escaped unhurt. The couple had not lived happily for some time and Mrs. Potter a few days ago started an action for divorce. Potter formerly lived in Shell Rock, Iowa. His wife before her marriage resided in Lorain, Ohio.

Heiress to Wed.

Michigan City, Ind., dispatch: Mr. and Mrs. John H. Barker announced the engagement of their niece, Miss Anna Ogden Barker, to Mr. Nelson C. Barnes of Chicago. Mr. Barker, uncle of the bride-to-be, is a millionaire car builder.

Too Sick to Learn of Death.

Nashville, Ill., dispatch: Mrs. Walter Lawrence of Chicago, whose husband died in Mercy hospital in that city last week, is dangerously ill at the home of her brother here. She has not yet been apprised of her husband's death.

Buys Montana Mines.

Helena, Mont., dispatch: John W. Drake has been looking over the North Moccasin mines in Kendal, Fergus county, and has acquired a controlling interest. He will spend a large sum in developing the property.

Wee Lad Slays Babe.

Neenah, Wis., dispatch: Henry Sahrbach, aged 4 years, was shot and instantly killed by Eddie Barnes, aged 7 years. It is believed they quarreled after finding a loaded shotgun.

ILLINOIS STATE NEWS

LAPSE OF INSURANCE POLICY.

Appellate Court Renders Decision of Importance to Premium Payers.

There was an interesting decision by the third district appellate court regarding the lapsing of life insurance policies through failure to pay the premiums. The case was that of Nellie D. Brooker, administrator of the estate of Albert S. Brooker, against the Northwestern life insurance company, in which the circuit court of Adams county decided in favor of the plaintiff. The evidence showed that the payment on the policy was due July 1, 1903, but that Brooker failed to send the money to the company until July 17, and the company then refused to accept the money. Brooker died before he had an opportunity to correspond further in the matter. The contention of his attorneys, on which the lower court found for the administratrix, was that the company had heretofore allowed Brooker to pay after payments had become due, and that by doing so it had waived its rights to demand payment on the date the premium became due. The appellate court reverses and remands the case, holding that the policy lapsed as soon as Brooker failed to pay the premium on the date on which the payment, according to the terms of the policy, became due.

CONFIRMS WATERWORKS SALE

Boston Interests Likely to Appeal from Decision in the Alton Case.

Judge Humphrey in the United States circuit court at Springfield issued an order confirming the sale by Master in Chancery Allen of the Alton waterworks in the case of the Farmers' loan and trust company against the New England waterworks company, the United waterworks company, the Boston water and light company, the International trust company and others, provided none of the defendants show cause within eight days why the decree should not be entered. Objections will probably be made by the Venner interests of Boston, as the attorney for these interests protested against the sale and announced a determination to take the case to the United States Supreme Court if necessary, notwithstanding that body has recently affirmed the decision of Judge Humphrey, trustee for the first mortgage bondholders, the first lien on the property, which was purchased at the master's sale by the first mortgage bondholders.

Against Sunday Closing.

The district conference of the Methodist church closed at Carlyle with an address on foreign missionary work by F. H. Sheets of Chicago. Among the resolutions adopted was one discouraging all gatherings on Sunday, except the regular service of sanctuary, and urging the officers of all Sunday school associations and Epworth league chapters to arrange their conventions so as not to be held on the Sabbth day. Another resolution indorsed the local option bill No. 95, and asking the representatives to vote for its passage. The next conference will be held in Greenville.

Railroad Shop for Decatur.

Announcement is made that the Wabash railroad shops will be moved to Decatur. The cost of the new shops will be not less than $150,000. To secure the shops the city of Decatur donated seventy acres of ground in the outskirts of that place and conceded a right of way 150 feet wide, giving an approach to the site of the buildings from the present location of the car shops in the city. As the result of the agreement with Decatur Springfield will probably lose the repair shops that have been there about half a century.

Intellectual Contest.

The contestants from the Carlyle high school for the intellectual events at the annual meet of the high school association at Kinmundy, May 5, have been selected as follows: Clinton McGaffigan, oration and essay; Adele Maddux, declamation; Helen Volmer, spelling; Grace Heltmeier, Alice Hattershire, Adele Maddux and Mary Brown, quartet singing; Annie Barkley, physiology; Guy Barkley, drawing; Walter Koch, geometry and physics; Mary White, Latin and zoology; Arle Crouse, botany.

Good Roads Movement.

At a meeting of the Quincy chamber of commerce this week the good roads movement was discussed, and committees were appointed to meet the delegation which will arrive there with the "good roads" train on May 11.

Dies for Love.

Unrequited love so disappointed Albert Schmoekel of Bloomington that he fired a bullet through his head. He was 25 years old and a mechanic in the Chicago and Alton shops.

Farmers' Telephone Company.

Articles of incorporation of the Marissa farmers and merchants' telephone company have been filed in Belleville. The incorporators are C. W. Nevin, S. S. Boyle, W. H. Meek and J. A. Hamilton; capital stock, $10,000.

To Rebuild Church.

The trustees of the German Evangelical church of O'Fallon, have decided to rebuild the structure recently destroyed by fire. The new building will be larger than the old one.

GAMBLERS FAIL TO WIN SUIT.

City Attorney of Springfield Is Sustained by Appellate Court.

Judgments against Chester Lane and Edward Flynn, rendered in the Sangamon circuit court, were affirmed by the appellate court. Some time ago suits were brought by City Attorney Fitzgerald of Springfield against alleged "boss" gamblers for violation of the city's anti-gambling ordinances, and when the judgments were rendered it was thought they would not be sustained by the higher court. Not only has the higher court sustained the action of the city attorney in this anti-gambling fight, which resulted in the closing of the Springfield poolrooms, but the court proceeds to define the dual capacity of the city attorney as follows: "He is the law officer of the city, but he is not the mere servant of the council. In suits that concern the city as an individual the city attorney is required to follow the direction of the city council, but in all matters that merely concern the people, which are for its preservation of morals, the maintenance of good order, the abatement of public nuisances, the destruction of dens of vice and infamy, he is wholly independent of the city council, and is the servant of the people, and as to such matters is vested with powers and burdened with duties over which the council has no jurisdiction."

MAY FISH ON SUBMERGED LAND.

Holders of Deeds Do Not Own Hunting and Fishing Rights.

The appellate court for the 3d district handed down an important decision, and one which is of interest not only in this state, but also all over the country, and in England, is one in which the appellate court holds that owners of submerged lands along navigable streams are not the owners of the fishing and hunting rights along the stream in question, but that the right of hunting and fishing is vested in the public. The case was that of John A. Schulte against Meredith Warren and others, appealed from the circuit court of Mason county, in which Schulte sought to recover damages from Warren and others for hunting on his submerged lands. The decision of the lower court in favor of the defendants is affirmed.

Bryan Library for Salem.

During his recent visit to Salem Hon. W. J. Bryan stated that work on the proposed Bennett-Bryan library, a bequest for which was made by the late Philo S. Bennett of New Haven, Conn., will begin within a short time. In addition to the cash to be given by Mr. Bryan, he will donate the site, a part of the lot on which stands the house in which he was born.

Miner is Stabbed in Fight.

During a fight at Henry Dittle's saloon at Shiloh Valley, seven miles east of Belleville, Richard Thomas, a coal miner, aged 34 years, was stabbed in the face and badly cut on the left hand. The cutting was said to have been done by John Talbert, alias Alabama Jack, another miner. The wound in Thomas' face is four inches long.

Court Reduces Judgment.

In the case of Mrs. P. J. Roll against the city of Mt. Vernon for $2,000, damages for injuries received in a fall on a defective sidewalk, the jury returned a verdict of $800, but the court thought the damages excessive and $450 of the amount was remitted and a judgment rendered for the remainder.

Christian County Doctors.

At a meeting of the Christian county medical society in Taylorville, the following officers were elected: President, C. L. Carroll of Taylorville; vice presidents, C. W. Coe of Stonington and R. W. Reasoner of Morrisonville; secretary-treasurer, D. C. Morton of Taylorville.

Buys Electric Plant.

The Bloomington, Decatur and and Champaign interurban company has bought the Consumers' electric light and heating plant of Bloomington for $120,000. The plant will be used to supply power for the chain of interurbans throughout Central Illinois.

Methodist Ladies' Aid Society.

The Methodist congregation of Keyesport has organized a ladies' aid society. The officers are: Mrs. Lizzie Lamm, president; Mrs. Minnie C. Gillespie, vice president; Mrs. Millie Barcroft, treasurer, and Mrs. Hattie Kershner, secretary.

G. A. R. Encampment.

Stephenson Post, G. A. R., of Springfield will attend the state encampment of the G. A. R. in a body. The encampment is to be held in Rockford, May 23.

Runs Wire Into Eye.

Tom Johnson, a farmer living north of Carmi, was taken to St. Louis to have an operation performed on his eye. About two weeks ago he stuck a wire in one eye, and his physician thinks the ball will have to be removed.

Pastor Accepts Call.

Rev. Edward Montgomery of Rockford has accepted a call to the Presbyterian church of Maroa. He is a graduate of the McCormick seminary of Chicago.

THE TEACHER'S FOE

A LIFE ALWAYS THREATENED BY NERVOUS PROSTRATION.

One Who Broke Down from Six Years of Overwork Tells How She Escaped Misery of Enforced Idleness.

"I had been teaching in the city schools steadily for six years," said Miss James, whose recent return to the work from which she was driven by nervous collapse has attracted attention. "They were greatly overcrowded, especially in the primary department of which I had charge, and I had been doing the work of two teachers. The strain was too much for my nerves and two years ago the crisis came.

"I was prostrated mentally and physically, sent in my resignation and never expected to be able to resume work. It seemed to me then that I was the most miserable woman on earth. I was tortured by nervous headaches, worn out by inability to sleep, and had so little blood that I was as white as chalk.

"After my active life, it was hard to bear idleness, and terribly discouraging to keep paying out the savings of years for medicines which did me no good."

"How did you get back your health?"

"A bare chance and a lot of faith led me to a cure. After I had suffered for many months, and when I was on the very verge of despair, I happened to read an account of some cures effected by Dr. Williams' Pink Pills. The statements were so convincing that I somehow felt assured that these pills would help me. Most people, I think, buy only one box for a trial, but I purchased six boxes at once, and when I had used them up, I was indeed well and had no need of more medicine.

"Dr. Williams' Pink Pills enriched my thin blood, gave me back my sleep, restored my appetite, gave me strength to walk long distances without fatigue, in fact freed me from all my numerous ailments. I have already taught for several months, and I cannot say enough in praise of Dr. Williams' Pink Pills."

Miss Margaret M. James is now living at No. 123 Clay street, Dayton, Ohio. Many of her fellow teachers have also used Dr. Williams' Pink Pills and are enthusiastic about their merits. Sound digestion, strength, ambition, and cheerful spirits quickly follow their use. They are sold in every drug store in the world.

A UNIVERSE ALL ALIVE.

Luther Burbank's Beliefs All Against Materialism.

I asked Mr. Burbank this question: "Has anything developed in your life work, and in your study of the great elemental forms of nature, to imperil true faith or render dead a belief in God or the immortality of the soul?"

He answered: "My theory of the laws and underlying principles of plant creation is, in many respects, diametrically opposed to the beliefs of the materials. I am a sincere believer in a higher power than that of man. All my investigations have led me away from the idea of a dead, material universe, tossed about by various forces, to that of a universe which is absolutely all force, life, soul, thought, or whatever name we may choose to call it. Every atom, molecule, plant, animal, or planet is only an aggregation of organized unit forces held in place by stronger forces, thus holding them for a time latent, though teeming with inconceivable power. All life on our planet is, so to speak, just on the outer fringe of this infinite ocean of force. The universe is not half dead, but all alive.—William S. Harwood, in Century.

For Growing Girls.

West Pembroke, Me., April 24.—Mrs. A. L. Smith, of this place, says that Dodd's Kidney Pills are the best remedy for growing girls. Mrs. Smith emphasizes her recommendation by the following experience:

"My daughter was thirteen years old last November and it is now two years since she was first taken with Crazy Spells that would last a week and would then pass off. In a month she would have the spells again. At these times she would eat very little and was very yellow; even the whites of her eyes would be yellow.

"The doctors gave us no encouragement, they all said they could not help her. After taking one box of Dodd's Kidney Pills, she has not had one bad spell. Of course, we continued the treatment until she had used in all about a dozen boxes, and we still give them to her occasionally, when she is not feeling well. Dodd's Kidney Pills are certainly the best medicine for growing girls."

Mothers should heed the advice of Mrs. Smith, for by so doing they may save their daughters much pain and sickness and ensure a healthy, happy future for them.

Poverty's Baneful Gift to Wealth.

"People who are well to do have no business to have consumption at all. It is not generated in that class, but is conveyed to them, and there ought to be a means of protecting the community in this respect," said Sir William Broadbent, the eminent physician, at the annual meeting of the National Association for the Prevention of Consumption, which took place in London recently.

Important to Mothers.

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of Chas. H. Fletcher.

In Use For Over 30 Years.
The Kind You Have Always Bought

It is true that the man who invented the gold brick is dead, but a new purchaser is born every minute.