

TO LIVE LONG AND WELL

How Tuberculosis and Kindred Ills May Be Avoided, Alleviated and Cured.

Suppression of Consumption.
Tuberculosis can be suppressed. It is not necessary for a person to die because he has consumption. Thousands of men and women have been sacrificed who might have been alive to-day if only the right procedure had been adopted. That which is necessary for the mastery of this disease is to return to nature—to live naturally in the fresh air, develop the lungs and eat proper food.

Tuberculosis is a low-level disease. People are not subject to it until their tissues have become vitiated and their whole bodies weakened.

To live a natural life is the only safeguard against tuberculosis. One climate may do as well as another. One lives out of doors, gets plenty of cold, fresh air, bathes the body with cold water several times a day, and takes as much exercise as he can stand.

Child Labor in Factories.
The physician in attendance at a municipal lodging house in Chicago has within the past year been making a careful inquiry into the history of the tramps who have become the city's guests. He has to his astonishment, a large proportion of the tramps give a history of having been employed in factories or in other debilitating occupations in boyhood. Our child modern life is making multitudes of human percs, one class of whom is represented by the homeless, friendless, disheartened men known as tramps. There are, indeed, reckless boys and girls who live in country homes and have the opportunity of growing up in contact with nature.

How do You Eat?
It is safe to say that modern cooking develops business for both the cook and the undertaker. When a boy eats mustard plasters in the form of food that is almost saturated with spicy and irritating condiments, a throat is created that nothing but liquor or cigarettes will satisfy. Man is admonished to "eat for strength, and not for drunkenness," but in these days anything that will tighten the four square inches of taste surface is considered good food, although it may contain scarcely any of the elements that nature requires to replace broken-down tissues and to keep the worn-out brain. As a consequence, the vitality and physical resistance soon reach such a low ebb that the individual falls an easy prey to the diseases with which he may chance to come in contact.

Tent Life Cures Consumption.
A doctor in Denver some time ago made some experiments with consumptives. A tent colony was established a little way out of Denver, and the patients progressed very well during the first part of the winter. But by and by there was a blizzard, and the thermometer went down to 29 degrees below zero, and when they began to improve very fast. One woman did not seem to improve at all until the temperature reached this mark, and then she improved rapidly. She had had no appetite, but at 20 degrees below zero weather gave her an appetite, which was an indication that the body was beginning to work naturally, that the assimilative processes were being resumed, and that from time she kept on improving.

Some "Don'ts" About Dress.
Don't dress the neck too warm when going out in cold weather. A little extra protection is required for the neck, but it is not necessary to muffle up the neck with thick furs to protect the ears. Warm wrappings about the neck cause the skin of the neck to become moistened with perspiration. When the wrappings are removed indoors, the slow cooling which takes place in consequence of the evaporation chills the part, and may produce sore throat or nasal catarrh.

Metal will rust if not used, and the body will become diseased if not exercised.—Exchange.

Condiments Create False Appetite.
There is absolutely no food value in mustard, pepper, ginger, capsaicin, and such things, and some of them, speed pickles, for instance, are indigestible as savoury as they are. People say, "have a relish. Those who have a good, hearty appetite do not feel the need of anything of that sort for a relish."

Condiment is something which creates a false demand for food. It enables us to eat when we really have no appetite. Appetite is an evidence of gastric juice with which to digest food. Lack of appetite is an evidence that one is not in a condition to digest food. But a condiment often produces a false impression of appetite, making one think that it is ready for food when he is not. It is, therefore, a deceiver, to be especially avoided by those who wish to be well.

Natural Cure for Tuberculosis.
A Swedish doctor some fourteen or fifteen years ago succeeded, by a very simple method, in curing patients who have been given up by the medical profession. He was first of all to rub the patient three times a day with a towel wet in very cold water. A little later he put the patient in a tub of water of about 50 degrees, rubbing him vigorously for about a minute, and later, as the patient became better able to endure the cold water, he raised the temperature to a full of ice water. This was done three times a day. Think of those poor consumptives! Nevertheless they got well. The cold water, with the rubbing following, produced

such a powerful reaction that the whole body was stimulated to increased vital activity and recovery followed.

Here is another case: A young man in New York who was getting ready to go to the Klondike went into practice, to console his friends that he would not freeze to death. Out of a large buffalo robe he made a bag, pitched a tent in the back yard and slept in the tent in the buffalo bag, all the winter, without suffering any injury from the cold.

And another: A cultured lady in New Jersey who made up her mind that she needed a little hardening, slept out of doors all last winter. She had her bed put out on the secondary veranda, and an awning put up, with a net around it to keep the night hawks away. Plenty of clothing was provided, a cap worn to keep the ears from freezing, and she got along no worse than she slept out of doors the entire winter.

A National Error.
Our cities are growing so rapidly that only about one-half of our population are now living in the country. Dr. Gould, speaking of the wrong of shutting men and women up in houses and forcing them into sedentary occupations, says: "There is enough land and opportunity, if both were allowed and utilized, to give every human being a sufficient amount of natural life of a normal length." He adds, that with proper hygienic living, especially in youth, and with right lung expansion and development, no person should have tuberculosis.

Home Sanitariums.
In New York city consumptives are building little tents at the top of the houses, and are recovering. Outside New York, Boston, and other large cities, tent colonies, where consumptives live out of doors, are being established. Every city ought to have outside it a camp where tubercular patients can live and get well. The air is fresh, the sun so good as it is outside; but on the tops of the houses, where the sun can shine, it is a great deal better than it is in the damp, dirty buildings in which most city people live.

Fall to Hold Bridge.
After an all-night battle the Russian forces which seized the railroad bridge across the Shakhe river, after having destroyed the Japanese fortifications at the further end of the bridge and thrown the Japanese forces there into consternation. The Japanese losses were heavy.

Russians Save Stores.
One of the coldest and most cheerless operations of the winter's warfare in Manchuria was the retrograde retreat of the Tinkhinkhen division the night of Feb. 26. Da Prax to Ouhenevusa.

MODEL HOMES FOR WORKERS
Charles M. Schwab is Building Fifty Model Homes at Williamsburg, Pa. Altoona, Pa. dispatch: Charles M. Schwab has let the contract for fifty homes to be used by his workmen at Williamsburg, Pa. The homes will be the best ever given out by a manufacturing plant as quarters for their men. They will cost not less than \$2,000 each, and the plan were outlined by Mr. Schwab himself.

Swab After Steel Plant?
Paterson, N. J. dispatch: It is reported that Charles M. Schwab's recent visit to this city was for the purpose of negotiating for the Passaic Steel company. The plant is valued at \$2,000,000 to \$3,000,000.

Hanged for Killing Woman.
Allentown, Pa. dispatch: Eugene Allen was hanged here for the murder of Mrs. Kate Fatsinger on Aug. 11, 1906. Allen was in love with the woman, who rejected his attentions

Princeton Drops Sixty-Nine Students.
Princeton, N. J. dispatch: The Princeton faculty announces that sixty-nine students have been dropped from the university for failing to meet the scholastic requirements.

RUSSIAN ARMY DRIVEN BACK

Censor at St. Petersburg Keeps News of Events in the East From Becoming Known to the World at Large

The curtain of a rigid censorship has settled down heavily in Manchuria. There is no news of the results of Wednesday's fighting. Dispatches describing the picturesque event of the retreat of the Russian forces and the all-night combat at the railroad bridge across the Shakhe river have been allowed to come through, but nothing to show whether Gen. Kurovskiy is withdrawing or is determined to stand his ground. It is significant that no news has been received from the threatened left flank, the last dispatches leaving the Russians clinging desperately to Ouhenevusa against strong forces of Gen. Kurovskiy's veterans.

Although it is not admitted at the war office, the general impression in military circles is that Gen. Kurovskiy may be forced to withdraw. Not only is Gen. Kurovskiy threatening his communications, but the redoubt at Pultoff and Novgorod hills and even the hills themselves, keys to the position of the Russian center, appear to be crumbling under the impact of terrible eleven-inch shells such as leveled the fortifications of Port Arthur and rendered the fortress untenable. It will be able to retain the position long if the bombardment continues.

It develops that the Russians were unable to hold permanently the southern end of the railroad bridge across the Shakhe river.

The advance of the right wing seems for the moment to have come to a standstill.

Magnificent spring weather has set in.

Jap Fire is Effective.
For three days Pultoff and Novgorod hills have been subjected to a terrific bombardment with eleven-inch shells charged with Shimose powder. From a distance the hills look like volcanoes, spouting flame and great clouds of smoke, a hail of shells and shells falling far beyond their bases. The Russian siege batteries are answering energetically, but their fire is comparatively ineffectual.

All is quiet on the right flank, it being reported that Gen. Nogi is operating against the left flank.

Still Discuss Reform.
The great and overshadowing question for Russians, that of granting the people a voice in the government, remains undecided at Tsarskoie Selo. Emperor Nicholas has not yet given the final word.

The ministers with whom the emperor has been discussing the problem have definitely rejected two propositions, the first a constitutional monarchy based upon western models, with a parliament in frame laws and control the budget, and the second the convening of the zemsky sobor, the former on the ground that Russia is not yet ripe for constitutional government and the second because the zemsky sobor is now an anachronism.

The proposition which the emperor is now considering with the council of ministers is the establishment of a rational assembly based on direct representation of the people, with legislative capacity and propose laws—in other words, yielding the form while retaining the essence of autocracy. All, however, recognize, and so advise the emperor, that such a solution can be only temporary.

Philadelphia's Ministers and People Held Unusual Service.
Philadelphia, Pa. dispatch: Divine aid was invoked by the ministers and laymen in the crusade against vice and at two meetings—one for ministers at the Church of the Holy Spirit and the other for the support of the Northwest Women's Christian Temperance union, for all Christian men and women—prayers were offered for the civic betterment of the city and for all those in authority. The gathering at Holy Trinity church had been called by Rev. Dr. Roy W. Trueman, the pastor; Rev. Dr. Charles Wood, pastor of the First Presbyterian church, and Rev. Dr. Kerr Boyce Tupper, pastor of the First Baptist church, and Bishop Cyrus D. Foss of the Methodist Episcopal church. Invitations had been sent to every minister in the city and over 200 of them were present.

Russian Save Stores.
One of the coldest and most cheerless operations of the winter's warfare in Manchuria was the retrograde retreat of the Tinkhinkhen division the night of Feb. 26. Da Prax to Ouhenevusa.

Swab After Steel Plant?
Paterson, N. J. dispatch: It is reported that Charles M. Schwab's recent visit to this city was for the purpose of negotiating for the Passaic Steel company. The plant is valued at \$2,000,000 to \$3,000,000.

Hanged for Killing Woman.
Allentown, Pa. dispatch: Eugene Allen was hanged here for the murder of Mrs. Kate Fatsinger on Aug. 11, 1906. Allen was in love with the woman, who rejected his attentions

THE OLD FOLKS AT HOME

Are Never Without Pe-ru-na in the Home For Catarrhal Diseases.



Remarkable Cures Effected By Pe-ru-na.
Under date of January 10, 1897, Dr. Hartman received the following letter:
"My wife has been a sufferer from a complication of diseases for the past twenty-five years. Her case has baffled the skill of some of the most noted physicians. One of her worst troubles was chronic constipation of several years' standing. She was also passing through that most critical period in the life of a woman—change of life."
"In June, 1895, I wrote to you about her case. You advised a course of Pe-ru-na and Manlin, which we at once commenced, and have to say it completely cured her."
"About the same time I wrote you about my own case of catarrh, which had been of twenty-five years' standing. At times I was almost past going. I commenced to use Pe-ru-na according to your instructions and continued its use for about a year, and it has completely cured me."—John O. Atkinson, Independence, Mo., Box 372.
Mrs. Alla Schwand, Sanborn, Minn., writes:
"I have been troubled with rheumatism and catarrh for twenty-five years. Could not sleep day or night. After having used Pe-ru-na I can sleep and nothing bothers me now. I feel as if affected with any kind of sickness, Pe-ru-na will be the medicine I shall use. My son was cured of catarrh of the larynx by Pe-ru-na."—Mrs. Alla Schwand.
When old age comes, catarrhal diseases come also. Systemic catarrh is almost universal in old people.
Address Dr. S. H. Hartman, President of the Hartman Sanitarium, Columbus, Ohio, who will be pleased to give you the benefit of his medical advice gratis.

Conviction Follows Trial

When buying loose coffee or anything your grocer happens to have in his bin, how do you know what you are getting? Some queer stories about coffee that is sold in bulk, could be told, if the people who handle it (grocers), cared to speak out.

Could any amount of mere talk have persuaded millions of housekeepers to use

Lion Coffee,
the leader of all package coffees for over a quarter of a century, if they had not found it superior to all other brands in Purity, Strength, Flavor and Uniformity?

This popular success of LION COFFEE can be due only to inherent merit. There is no stronger proof of merit than continued and increasing popularity.

If the verdict of MILLIONS OF HOUSEKEEPERS does not convince you of the merits of LION COFFEE, it costs you but a trifle to buy a package. It is the easiest way to convince yourself, and to make you a PERMANENT PURCHASER.

LION COFFEE is sold only in sealed packages, and reaches you as pure and clean as when it left our factory.

Looked-up every package. Beware of cheap imitations.

SOLD BY GROCERS EVERYWHERE
WOOLSON SPICE CO., Toledo, Ohio.

WHAT IS YOUR FARM WORTH?

Could you sell out for from \$75 to \$150 per acre? If you can, did it ever occur to you that your farm will buy another of from ten to thirty times its size? Or it will buy you a good sized one in a new country and permit you to put into bank enough money to keep you in the balance of your life. This is a proposition that is worth thinking over, it has been tried by many farmers of the Mississippi valley; it has raised many a mortgage; it has started many a young man out in life as the owner of a fine farm. And it will do so again. This is a live question. Think it over.

CHEAP LAND

THE HOMESEAKER'S DELIGHT
is the Upper Peninsula of Michigan, tributary to the Duluth, South Shore & Atlantic Railway, where there are for sale thousands of acres of as fine agricultural and stock raising land as man ever set eyes on. The soil is productive; the climate is favorable; the land is well watered; there are ready homes near by for all farm and dairy produce and transportation facilities are ample. There are vast tracts of wild grass land for stock men. For full particulars write to
E. W. MacPHERSON, Land Commissioner, D. S. S. A. R., MARQUETTE, MICH.

W. L. DOUGLAS'S

\$3.50 & \$3.00 SHOES

W. L. Douglas \$3.50 shoes are the greatest value in the world. They are made of the best material and are guaranteed to last for years. They are made in the U. S. A. and are sold at a low price. They are made in the U. S. A. and are sold at a low price. They are made in the U. S. A. and are sold at a low price.

W. L. DOUGLAS BROCKTON, MASSACHUSETTS