

## It Always Helps

says Mrs. Sylvania Woods, of Clifton Mills, Ky., in writing of her experience with Cardui, the woman's tonic. She says further: "Before I began to use Cardui, my back and head would hurt so bad, I thought the pain would kill me. I was hardly able to do any of my housework. After taking three bottles of Cardui, I began to feel like a new woman. I soon gained 35 pounds, and now, I do all my housework, as well as run a big water mill. I wish every suffering woman would give

# CARDUI

## The Woman's Tonic

a trial. I still use Cardui when I feel a little bad, and it always does me good." Headache, backache, side ache, nervousness, tired, worn-out feelings, etc., are sure signs of womanly trouble. Signs that you need Cardui, the woman's tonic. You cannot make a mistake by trying Cardui for your trouble. It has been helping weak, ailing women for more than fifty years.

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## Popular Talks on Law

### The Municipality and Shade Trees

By Walter K. Towers, A. B., J. D., of the Michigan Bar.

The municipality, be it city, town or village is given a wide control over the streets within the corporate limits and in addition bears a heavy responsibility in this regard. Not infrequently difficulties arise between the municipal authorities having the streets within their charge and the owner of property facing on the streets. Shade trees are a constant cause of conflict. The property owner may have a fine row of trees along the street and these trees may appear to the authorities to be an obstruction to the highway. The owner objects to their removal. What are his rights? A shade tree may be in the way of a projected sidewalk. Must the tree be removed? The limbs of trees may overhang the street or sidewalk in such a way as to obstruct the public way. May the authorities remove the limbs or cut down the entire tree?

The first question that arises in such cases is as to the legal ownership of the land upon which the trees are situated. Let us suppose that the trees are planted on a strip between the sidewalk and the curb. This strip is usually a part of the land set aside for a street. It has not been paved but has been set aside as a parkway, or for future need should the property owner wish to extend the street. Thus the trees technically speaking, are within the street. In perhaps a majority of cases the trees are planted on the property adjoining the street and the owner of the property has the right to plant them. In such cases the municipality may not regulate the trees as to their location, but it may regulate their height and their use as to the sidewalk.

Legislatures and city councils may pass regulations to protect trees located within the line of the streets and so enforce these regulations as to prevent any damage to the shade trees.

### A Week at The Moody Bible Institute.

It was the privilege of the writer to spend a week at the Moody Bible Institute of Chicago and to attend the opening exercises of the last term of its 26th year, which is marked by the largest enrollment in its history. Almost every State is represented as well as many other countries among the thousands of workers, students, and laymen who are gathered in the city of Chicago. From his wide experience and observations as an evangelist, Mr. Moody was convinced that there are many men and women who would be enlarged in their Christian lives and become efficient workers at home and abroad, if they could receive proper training in English Bible, Gospel Music and Practical Methods of Christian Work.

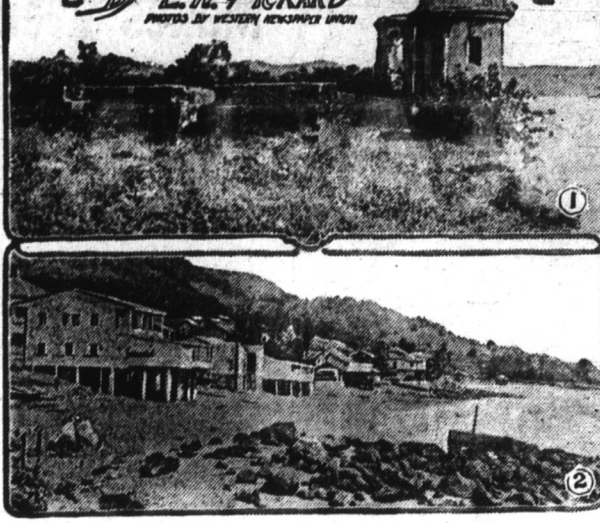
The plans suggested by him were approved by men and women who were close to him and funds necessary to start the work were contributed by those earnest Christian friends. The Institute began in a small way, but from its beginning until the present there has been a gradual and healthy growth, under the blessing of God, and because of Mr. Moody's vision, it comes today from all over the world this call for trained workers, such as he away back in 1886, had dreamed and planned for. Notwithstanding the crowded condition, an Italian department has been opened, the object of which is the training of young Italians in this country, and also to reach those in their own country. One of the most zealous of students was an Italian who went from the Institute back to Italy and is now working with one of the regular denominational boards here.

### The Family Cough Medicine

In every home there should be a bottle of Dr. King's New Discovery, ready for immediate use when any member of the family contracts a cold or cough. Prompt use will stop the course of sickness. S. A. Stid of Mason, Mich., writes, "My whole family depends upon Dr. King's New Discovery to cure their coughs, colds, and throat and lung troubles. Every household should have a bottle of Dr. King's New Discovery. H. E. Bucklen & Co., Philadelphia or St. Louis. For sale by all dealers. adv.

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# TABOGA ISLAND PORTO BELLO



1—Remains of One of the Spanish Forts at Porto Bello. 2—Native Village on Taboga Island.

Down verdure-clad slopes and terracing reaches. Where orange and mango and pineapple grow, and the owner wanders through Eden to ocean-washed beaches—An Eden that only the sun-child can know."

Thus James S. Gilbert, the late lamented poet of Panama, wrote of Taboga Island. It was so enticing that I determined to be one of the sun-children for a day or two and so steamed away in a little launch twelve miles out into the Pacific to that beauty spot. It is all that Mr. Gilbert called it, and more, and it is no wonder that the sanitarium, established there by the French canal company and the Americans, is so well patronized. If you are a canal employee—white—and have been ill, the doctor may be kind enough to send you over to Taboga for two weeks to recuperate. If you are a mere visitor you can put up at the unpretentious little hotel conducted by William Jones, the American six-footer who looks like a miner and dances like a cotton picker. In either case you will be fortunate, for you will find those "verdure-clad slopes" gorgeous with flowers and alive with brilliant birds, and the "ocean-washed beaches," the finest places in the world for a swim. You can sail about the pretty bays with the native fishermen, or you can climb up the hills where the boys are vociferously driving the kine home to the shade and dreamy dreamers of the Spanish galleons and the buccaners. A more delightful place for rest and the repair of shattered nerves would be hard to find.

the coast in 1815 and decided Taboga was a good place to loot. They landed and drove the small Spanish garrison out of the village and up the mountain. But in the pass the soldiers rallied, the inhabitants came to their assistance and there, says the chronicler, a most bloody combat raged for hours. Finally the pirates were routed and fled to their ship, leaving three men dead on the field of battle!

The isthmus reeks with history, some of the most interesting passages of which have to do with Porto Bello. But the visitor who goes there with mind full of the mighty fights and great trade of the old Spanish days will be woefully disappointed by the town as it now is. Romance, commerce, everything attractive has fled long ago from that place and Porto Bello is nothing but a dirty, immoral little village, full of low cantinas, slatternly natives and many curs. At each side of the town is the ruin of a Spanish fort, its picturesque masonry marred by fishermen's nets and the local washing hung up to dry.

Thus the work of man has decayed, but Nature is as kind as ever to Porto Bello. Its bottle-shaped harbor is one of the prettiest to be found, with promontories guarding the entrance, beautiful hills on both sides and a stranding up the mountains and through the jungle into its upper end. One hill opposite the town boasts the remains of three unusually interesting Spanish forts.

One is at the water's edge, another several hundred feet up the slope, and these two were once connected by a covered stone stairway the ruins of which still provide the easiest means of ascending. On the summit of the hill is the third fort, a mighty square tower surrounded by a deep moat. The walls of Porto Bello seem to have been impregnable, yet it was taken twice by the English. Sir Francis Drake planned to capture it in 1598, but just as his ships were about to begin the attack Drake died and was buried in the mouth of the harbor. Dispirited by the loss of their leader, the English sailed away, but Capt. William Parker took up the project in 1602. With two ships he got past the first forts at night and after a desperate fight captured and sacked the city, carrying off 10,000 dollars' worth of plunder.

The second taking of Porto Bello was the first notable exploit of Henry Morgan, the famous buccaner, as an independent commander of a fleet. Sailing into what is now Colon harbor, he took his men up a river in canoes, landed at a place called Estero Langa Langa and marching through the jungle attacked the city from the rear. First capturing the castle above the town, he shut the garrison in one room and blew them and the fort to pieces with gunpowder. The governor, the citizens and the rest of the soldiers, surprised and terror-stricken, were soon driven into one of the other forts and for hours they bravely withstood the assaults of the buccaners until, as Esquemel-

ling tells us, Captain Morgan began to despair of the whole success of the enterprise. Finally he had a number of ladders made and forced the priests and nuns whom he had captured to set them up against the walls. Many of these poor creatures were killed by the defenders, but at last the ladders were placed and the buccaners swarmed up them carrying fireballs and pots of powder which they kindled and hurled among the Spaniards. The garrison surrendered at discretion, but the gallant governor defended himself so obstinately that the English were forced to kill him. Morgan remained in Porto Bello several weeks, plundering the place and torturing the citizens to induce them to reveal the hiding places of their riches.

### HAVE LESS CAUSE TO WORRY

One Reason That is Put Forward to Explain the Superior Longevity of Women.

Though doctors have long realized that, thanks to a better knowledge of sanitation and personal hygiene, people are living longer than formerly, the much greater relative longevity of women as shown in the recently published English national debt office's report on the mortality of government life annuitants has come as a general surprise.

In a summary of these figures it was shown that the expectation of life of a woman of fifty is now more than a year greater than it was in 1875, while that of a man of the same age is only three months greater.

A London physician says that "the essential cause of death is a wearing out from overwork of our brain cells. Women may be just as brainy as men, but do not work with their brain cells as vigorously or as continuously as do their male relatives. If they did there would not be so great a disparity in the length of life of the two sexes."

Another consultant puts down woman's greater expectation of life to the more sheltered existence she leads, and the lack of the physically depressing competition which is part of nearly every man's life. "A woman may have hard work to do," he explained, "but except for the few who work in offices or who follow professions, they work in their own homes and at a pace they set for themselves. The home is also, as a rule, vastly more airy, sunny and generally more wholesome than is her husband's shop or office."

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