

## BACK HURT ALL THE TIME

Mrs. Hill Says Lydia E. Pinkham's Vegetable Compound Removed The Cause.

Knoxville, Tenn.—"My back hurt me all the time, I was all run down, could not eat and my head bothered me, all caused by female trouble. I was three years with these troubles and doctors did me no good. Your medicine helped my sister so she advised me to take it. I took Lydia E. Pinkham's Vegetable Compound and the Liver Pills and used Lydia E. Pinkham's Sanative Wash and now I am well, can eat heartily and work. I give you my thanks for your great medicines. You may publish my letter and I will tell everyone what your medicines did for me."—Mrs. PEARL HILL, 418 Jackboro St., Knoxville, Tennessee.

Hundreds of such letters expressing gratitude for the good Lydia E. Pinkham's Vegetable Compound has accomplished are constantly being received, proving the reliability of this grand old remedy.

If you are ill do not drag along and continue to suffer day in and day out but at once take Lydia E. Pinkham's Vegetable Compound, a woman's remedy for woman's ills.

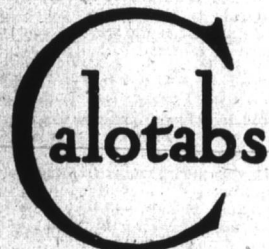
## SLOW DEATH

Aches, pains, nervousness, difficulty in urinating, often mean serious disorders. The world's standard remedy for kidney, liver, bladder and uric acid troubles—

## GOLD MEDAL HAARLEM OIL CAPSULES

bring quick relief and often ward off deadly diseases. Known as the national remedy of Holland for more than 100 years. All druggists, in three sizes. Look for the name Gold Medal on every box and accept no imitation.

The next time you buy calomel ask for



The purified and refined calomel tablets that are nausealess, safe and sure. Medicinal virtues retained and improved. Sold only in sealed packages. Price 35c.

## KODAKS & SUPPLIES

We also do highest class of finishing. Prices and Catalogue upon request. S. Galaski Optical Co., Richmond, Va.

His "Adirondacks." Following is from the San Diego (Cal.) Union: "Here is an actual happening at a San Diego home this week. A boy came home and said that the pupils were all examined in his room. His mother asked him what the political M. D.'s said. He replied: 'They told some of them to have their teeth fixed and them to have their teeth fixed and out.'"

Proof. "Is he clever?" "He must be. He never seems to do any work."

Plenty of women do odd things for the sake of getting even.

## Sure Relief



## Cuticura Soap AND OINTMENT Clear the Skin

## Importance of Universal Kindergarten Work for All of Our Children.

By MAJ. GEN. W. G. HAAN, U. S. Army.



If I should be permitted to step for a moment outside of the educational work in the army, I would be persuaded to mention the importance of universal kindergarten work for all of our children. It is in these early states that the mind is pliable and susceptible to proper guidance in correct thinking; in learning to reason honestly to correct conclusions, simple as they may seem, yet complex as they probably appear to the youthful mind.

It is in these early stages that I believe we could and should lead the children's minds in the correct way of thinking, in coming to correct and elementary conclusions, and in their later work to keep constantly before their minds the principles so inculcated.

I think one of the greatest deficiencies in our entire system of education is a lack of leadership among the very young, the children of kindergarten age.

## "The Fires of God:" The Story of the Awakening of a Selfish Man.

By LYNN HAROLD HOUGH, President Northwestern University

John Drinkwater's play, "Abraham Lincoln," has secured an unusual hearing in London. Mr. Drinkwater himself recently spoke on the campus of Northwestern university. He is not only a writer of plays, but he is a poet of no mean ability. One of his particularly vivid and telling poems is called "The Fires of God." It tells the story of the awakening of a selfish man. First you feel his shame

"Of having been unstirred of all the sound  
Of the deep music of the men that move  
Through the world's days in suffering and love."

You feel the quality of a "little man of little vision, great only in unconsecrated pride." You watch the loneliness of a life which has forgotten "the holy sweet communion of men." You follow his experience as when his soul "was stained at last by that most venomous despair, self-pity." You look upon "the trouble of a soul in thrall to mean despairs."

Then you watch this man as the great unselfish fires are kindled in his life. You see him listening to the great human voices of those who can say "we know the proud content of men who sweep unbowed before the legionary fears." You see him thrill to the call of brotherhood from those who cherish "all the dear delights that spring from man's communion with man." You respond to his own answer to the lines:

"All girt with passionate truth to wage  
High battle for the word unsaid,  
The song unsung, the cause unled,  
The freedom that no hope can gauge."

You surrender with him to their appeal, and you, too, cry,

"Together we will march toward the ways  
Wherein the marshalled hosts of morning wait  
In sleepless watch, with banners wide unfurled  
Across the skies in ceremonial state,  
To greet the men who lived triumphant days,  
And stormed the secret beauty of the world."

## World May Be Safe for Democracy; America Safe for Bureaucracy.

By SENATOR THOMAS of Colorado.

The number of bureaus and other agencies in the various departments is steadily multiplying.

We are a bureau-governed country. The world may have been made safe for democracy, but this country was long ago made safe for bureaucracy.

When I was a boy the old Anglo-Saxon faculty of self-reliance, confidence of the individual in himself, and the assumption that the government was created by the people for their security and prosperity was the prevailing sentiment. Nowadays the government is regarded as an institution created and existing for the purpose of doing something for others, and as a consequence every agency and every enterprise which meets with any obstacles during the course of private development now appeals to the United States of America either to take it over or for that amount of assistance which is more than equivalent to the difference between success and failure.

## Martians May Resemble Straddle-Bugs; Cannot Communicate With Us.

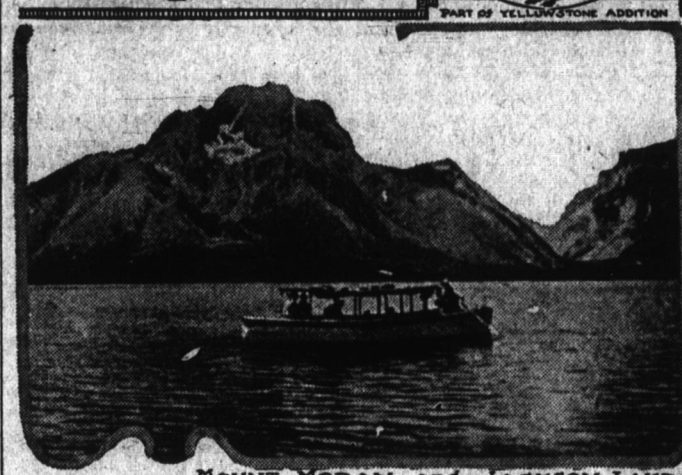
By HUDSON MAXIM, in Scientific American.

Now, while it may be possible that Mars is inhabited by some sort of creatures, they could not by any possibility be like ourselves in any essential respect. They are just as likely to resemble straddle-bugs, spiders, or ground-moles as they are to resemble us.

Mars is much smaller than the earth; its atmosphere is much lighter; it must have cooled off much more quickly than the earth; the action of the elements upon it must have been vastly different from that of the elements on the earth, and changes took place upon it with far greater rapidity, so that there was not sufficient time for the slow evolution of various species of animals upon it of such high types as we have upon the earth.

If one were to take a form of printer's types, set to print the Lord's prayer, throw it into pi, and then throw it back again upon the galley, there would be as much chance of the types falling back into their proper places to print the prayer without an error as there is of there being inhabitants on the planet Mars with whom we might by any possibility communicate.

## Climbing Mount Moran



MOUNT MORAN and JACKSON LAKE

IT IS proposed to add about 1,000 square miles to Yellowstone National park on the south; legislation to this effect is now pending in congress. This enlargement includes the Teton range near the Idaho-Wyoming line, Jackson lake and the headwaters of the Yellowstone river. It will give Yellowstone National park magnificent scenery of a kind it needs. Grand Teton (12,747 feet), highest peak of the Teton range, has been famous as a landmark since the days of the early fur trade. Mount Moran, 11,100, on the west side of Jackson lake, has never been ascended, according to local belief.

In Country Life LeRoy Jeffers, A. C. F. R. G. S., secretary of the bureau of Associated Mountain Clubs of North America, tells of his ascent of Mount Moran. His narrative runs:

My wife and I entered Yellowstone park by its scenic eastern approach through Shoshone canon, climbing through tunnels in its towering walls of gray and pink. After renewing my acquaintance with the exquisitely colored Grand canon of the Yellowstone, we ascended Mount Washburn for its comprehensive view of the park. Visiting the hot springs and geysers, we finally left Old Faithful for the hamlet of Moran on Jackson lake, 70 miles to the south.

As the Grand Teton had already been climbed, I was more interested in the possibilities of Mount Moran, which was said to be unclimbable. H. M. Albright, superintendent of Yellowstone park, had just viewed it from various sides, everywhere finding sheer cliffs. In August, 1917, a considerable party ascended as far as the glacier on its eastern face, which they named Huntley glacier. It was then reported in the Scientific American of March 30, 1918, that "the summit has never been attained, and probably never will be, as the last 3,000 feet of the mountain are sheer perpendicular walls of rock." Ben Sheffield, who is the local authority on the mountain, told us that he had spent many years in hunting sheep on its crags, always searching for a route to the summit, but always turned back by unscalable cliffs. He recounted a thrilling experience in which he nearly lost his life, and had come to the conclusion that the mountain could be ascended only by driving staples into the cliffs.

### Danger From Stones.

These reports made the mountain seem all the more interesting, and we left Moran at eight o'clock that evening for the nine-mile trip across Jackson lake. Impressed with the warning that the walls near the glacier could not be climbed, we decided to investigate the northern face, and we landed as far to the right of the central mass of the mountain as it seemed safe for us to go in the boat.

It was after 1 p. m. on a hot day, a most unfavorable time for a serious climb on any glacial mountain, for the sun had long been melting the snow on the heights. Already the glacier was strewn with newly fallen rocks, but I passed on, jumping the open fissures and sounding in the snow with my ice-ax where there was danger of concealed crevices. I found delicate work in crossing the Bergschrund and surmounting the cliff above it, for I had to descend into the edge of the chasm where there were great passageways and caverns of blue and green leading up to unfathomed depths into which one might slip. The greatest danger, however, was from falling stones, which were whizzing with tremendous speed down the cliffs to the glacier, and I was not eager to intrude on their line of fire.

Ascending the grizzly walls of the cirque, I reached the summit just as a giant mass of rock, tons in weight, came bounding and crashing down from unseen heights in a tremendous avalanche which passed within a few feet of the trembling rock on which I stood. As the rocks followed the route of my ascent and spread over the entire glacier below me, it seemed unwise to continue my climb, and I reluctantly retraced my steps. Thus far my climb had involved only such technical difficulties as are in the day's work of any competent mountaineer, but it is a safe rule never to

trifle with falling stones, for they are not a fair test of anyone's skill.

Where No Foot Had Trod. A thunderstorm was raging among the crags, so I hurried back and retreated across the glacier and decided to climb the aiguille, on the left. This in itself proved to be a considerable height, and before reaching its summit I had become more interested in the great walls of the main peak.

Far too swiftly the shadow of Moran advanced to Jackson lake, the sun disappeared, and darkness reached upward from the valley. Meanwhile I left the ridge and traversed the face of the mountain until I came to a long chimney. Entering it, I found my way upward in the falling light, reaching and straddling from side to side for possible hand and footholds, and struggling to surmount the giant boulders, which were insecurely wedged above me in the chimney.

At one point I had to leave the chimney for a short detour on the steep, smooth surface. Again I had to throw my rucksack up ahead, wedge my ax into a crack, and work over a beetling crag. Contrary to custom on a rock climb, I had brought my ice-ax with me, using it in the absence of a companion to lengthen my reach at difficult points. The chimney was many hundred feet in length and afforded athletic diversion which would have been more enjoyable earlier in the day, when I should have climbed more rapidly.

After leaving the top of the chimney there was a delicate fifty feet or more of vertical cliff and slanting rock where the slightest slip meant an instant unimpeded descent for thousands of feet. On setting foot on the highest point of the mountain I found a level surface, possibly 150 feet long and 25 feet wide, that was strewn with a few loose rocks. On this summit no foot had trod.

### SMALL COMFORT ON VOYAGE

Sea Travel of Comparatively a Few Years Ago the Reverse of Enjoyable Experience.

That the modern third-class passenger has more real comforts and conveniences than first-class passenger by sea would have dreamed of in olden times is made very apparent by a writer, who describes conditions appertaining to a voyage to India as they were before the opening of the Suez canal.

"The would-be passenger engaged his passage some months in advance. Assuming him to be married and traveling with wife and a child, he would be allowed a cabin—which meant four bare walls, more or less odorous of paint. The next process was to arrange with one of numerous outfitting firms for the provision of sleeping berths and the erection of bedding. For ordinary passengers there were no baths.

"The daily allowance of fresh water was two quarts per passenger; the only method of supplementing this meager quantity was by catching rain water. The term saloon was not used, nor would it have been appropriate. The dining apartment was called the cuddy, the waiters being known as cuddy servants. The cuddy stretched across the whole beam of the ship and was a bare room with one long table. There was no smoking room, and in bad weather, smoking on deck was difficult.

"All lights in cabins were extinguished at 10 p. m. The illumination was by candles in swinging holders with glass shades. The cuddy was lighted by argand lamps burning coal oil. The food, though simple, was in many respects equal to that in the present liners, as large quantities of livestock were carried. These were in charge of a butcher and his assistants, the latter being known as 'Jimmy Ducks.' A cow was also carried, that fact being bracketed in selling advertisements with an experienced surgeon. There were no libraries nor amusements."—Chambers' Journal.

### Mankind Easily Governed.

Nothing appears more surprising to those who consider human affairs with a philosophical eye than the easiness with which the many are governed by the few.—Hume.

## BLOOD WILL TELL

If YOUR blood tells a tale of depletion and run-down condition, MAKE it tell a tale of health and the joy of life; by the use of Dr. Thacher's Liver and Blood Syrup; which purifies and vitalizes the Blood, regulates the Liver, keeps the Bowels open and tones up the whole system. Sold by your druggist.

Mrs. Tennis Parker, of San Antonio, N. C., says: "I was sick 13 years. Had numb spells, my feet and hands cold, pain in my left side; not able to do anything. I tried several doctors. One said I had heart trouble and was liable to

drop dead any time. So I quit doctors and began taking 'DR. THACHER'S LIVER AND BLOOD SYRUP.' It has cured me—I am well now and able to do all of my work. My weight is now 145 pounds."

THACHER MEDICINE CO. Chattanooga, Tenn., U. S. A.

## DR. THACHER'S LIVER AND BLOOD SYRUP

## Welcome Relief From the Tortures of Rheumatism

Can Come Only From the Proper Treatment.

Many forms of rheumatism are caused by millions of tiny germs that infest the blood, and until the blood is absolutely freed of these germs, there is no real relief in sight.

The most satisfactory remedy for rheumatism is S. S. S. be-

cause it is one of the most thorough blood purifiers known to medical science. This fine old remedy cleanses the blood of impurities, and acts as an antidote to the germ of rheumatism.

S. S. S. is sold by druggists everywhere. For valuable literature and advice address Chief Medical Adviser, 107 Swift Laboratory, Atlanta, Ga.

## WINTERSMITH'S CHILL TONIC

SOLD FOR 50 YEARS. ALSO A FINE GENERAL STRENGTHENING TONIC. Sold by All Drug Stores.

### KNOW WHERE HE WAS GOING

Owner Had His Ideas of Further Usefulness of Horse, Which Had Seen Better Days.

The most conspicuous part of the horse was his prominent ribs. It was certainly an odd-looking animal. Judging by the usual standard of horses, it was not the pride of any one's stables. But the gypsy who led it evidently had hopes of its doing something, for he appeared anxious to make it move.

"Say, guv'nor," shouted an interested spectator, "you're taking the horse the wrong way. The dog kennels lie in the other direction."

"I know my business best," was the retort, "so don't you talk to me. I'm right for the steam laundry, aren't I?"

"Yes, guv'nor."

"Well, I'm taking 'im there, where he'll prove useful as a scrubbing board."

### The Mercenaries.

Brander Matthews, the famous critic, discussed at a Columbia tea the American short story.

"The American short story would be better," he said, "if the American short story writer were less mercenary. I'd like him to think more of beauty and less of cash."

"A short story writer read me one of his tales the other day. It wasn't bad, and I told him so.

"I like the thing," I said. "It's realistic."

"The short story writer beamed.

"Realistic?" he cried. "That's the word I want to hear. And how much, Mr. Matthews, do you think it will realize?"

Quickly Corrected. She (sharply)—I trust you're coming home tonight promptly at 9 o'clock.

He (hesitatingly)—I had thought about 10—

She (interrupting very sharply)—What did you say?

He (quickly)—About ten minutes to nine.

### SPOT DREADED BY SAILORS

Goodwin Sands, Off English Coast, May Well Be Called Graveyard of the Ocean.

Goodwin sands on the English coast, that have a dread record running back to the tenth century, if not further, had a traditional and historic interest, long before the unstable sands became the terror of navigation and the bane of lighthouse builders. They have defied to this day every effort to establish a light. The place was once terra firma, an island with the soft-sounding name Lomea, the property of Earl Godwine—hence Goodwin. By its position at the entrance of Dover strait the islet was subject to furious attacks by the sea, and money was regularly set aside to keep up the fight. But tradition has it that the fund was diverted from this purpose to the erection of a church at neighboring Tenterden and, during subsequent terrible storms, the island of Lomea was overwhelmed and its emplacement transformed into the most deadly dangerous spot on the Kentish coast. It was there that during a terrific hurricane in November, 1703, no less than 13 war vessels went down in one of the greatest marine disasters of all time.

Looking for Satan. When I was a small girl I heard a good deal about the devil, and my curiosity was keenly aroused. One day my grandmother took me to town on a shopping expedition, and suddenly missing me, she looked back. There I was, sprawled face downward on an iron grating in the sidewalk, anxiously peering through the bars. On being questioned, I announced that I wanted to see Satan. (I had always been given to understand that the infernal regions were under the earth.)—Chicago Tribune.

Old Time Jazz Weddings. Our idea of a jazz wedding is one where the parents of the bride give the groom a song and dance.—Dallas News.

## Cut Down the Sugar Bill

by eating a cereal that contains its own sugar self-developed from grain in making—

## Grape-Nuts

As a breakfast or luncheon cereal with cream or milk; or sprinkled over fresh fruit or berries, Grape-Nuts adds to the meal's pleasure—and is economical.

Buy from your grocer.