

DEATH BEFORE 100 YEARS IS SUICIDE

Prof. Munyon Says Ignorance of Laws of Health Explains Early End of Life.

NOTED SCIENTIST HAS ENCOURAGING WORD FOR DESPONDENT MEN AND WOMEN

"Death before 100 years of age has been reached by nothing more or less than slow suicide. A man (or woman) who dies at an earlier age is simply ignorant of the laws of health."

Such was the original and rather startling statement made by Professor James M. Munyon, the famous Philadelphia health authority, who is establishing health headquarters in all the large cities of the world for the purpose of getting in direct touch with his thousands of converts.

Professor Munyon is a living embodiment of the cheerful creed he preaches. Virile, well poised, active and energetic, he looks as though he would easily attain the century age limit which he declares is the normal one. He said:

"I want the people of the world to know my opinions on the subject of health, which are the fruit of a life-time devoted to healing the sick, people of America. There isn't a building in this city big enough to house the people in this State alone who have found health through my methods. Before I get through there won't be a building big enough to house my cured patients in this city alone."

"I want, most of all, to talk to the sick people—the invalids, the discouraged ones, the victims of nervousness, body-racking diseases and ailments—for these are the ones to whom the message of hope which I bear will bring the greatest blessing."

"I want to talk to the rheumatics, the sufferers from stomach trouble, the ones afflicted with that noxious disease, catarrh. I want to tell my story to the women who have become chronic invalids as a result of nervous troubles. I want to talk to the men who are 'all run down,' whose health has been broken by overwork, improper diet, late hours and other causes, and who feel the creeping clutch of serious, chronic illness."

"To these people I bring a story of hope. I can give them a promise of better things. I want to show them by showing the record of cures performed through my new system of treatment."

"I have taken the best of the ideas from all schools and embodied them in a new system of treatments individually adapted to each particular case. I have no 'cure alls,' but my present method of attacking disease is the very best thought of modern science. The success which I have had with these treatments in this city and all over America proves its efficacy. Old methods must give away to new medical science moves. I know what my remedies are doing for humanity everywhere. I know what they will do for the people of this city. Let me prove my statements—that's all I ask."

The continuous stream of callers and mail that comes to Professor James M. Munyon at his laboratories, Fifty-third and Jefferson streets, Philadelphia, Pa., keeps Dr. Munyon and his enormous corps of expert physicians busy.

Professor Munyon makes no charge for consultation or medical advice, not a penny to pay. Address Prof. J. M. Munyon, Munyon's Laboratories, Fifty-third and Jefferson streets, Philadelphia, Pa.

When the Minister Scored.

In a contribution to the Christian Register, Thomas R. Slicer tells this: "Some men the other night, in conversation with me, knowing I was a minister—and it is the spirit of this time to put it up to a minister in terms of at least gentle satire—said: 'We have been discussing conscience,' and one of them said, 'I have given a definition of conscience; it is the vermicular appendix of the soul,' and they laughed. And I said, 'That is a good definition in your case; you never know you have it until it hurts you.' Then they did not laugh."

A Senate of Lawyers.

In the senate of the United States there are 61 lawyers, five bankers, three business men, four farmers, three journalists, two mine operators, two manufacturers, one author, one doctor and four members whose callings are not given. Of the four farmers, two are from the same state, South Carolina. They are Tillman and Smith. The lawyers clearly outnumber all others.

Megaphones in Oil.

Robert Henri, the painter, was discussing in New York a very mediocre "old master" for which a Chicago promoter had paid an exorbitant sum.

"The man is content with his bargain," said Mr. Henri. "I'm sure of that. To a millionaire of that type, you know, an 'old master' is merely a megaphone for his money to talk through."

Try For Breakfast—

Scramble two eggs. When nearly cooked, mix in about a half a cup of

Post Toasties

and serve at once—seasoning to taste.

It's immense!

"The Memory Lingers"

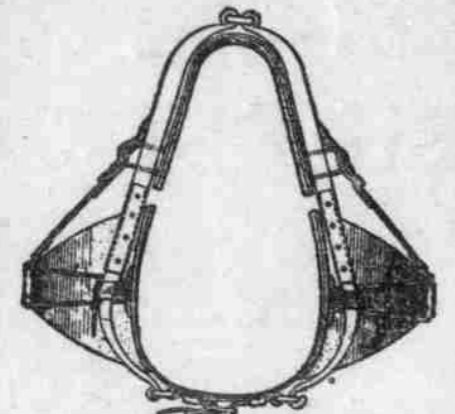
Postum Cereal Company, Ltd. Battle Creek, Mich.

Live Stock

COMBINE HAMES AND COLLAR

Nebraska Man Invents Device Which May Be Adjusted to Different Sized Necks of Horses.

Mr. Charles Stecker of Waco, Neb., has recently invented a device which provides a uniform combined collar and hames whereby to dispense with the usual collar and hames, which may be adjusted for different sized necks, and which when in use will



Combined Hames and Collar.

prevent soreness and chafing, equalize and fairly distribute the draft, and which may be easily placed and removed, says the Scientific American. The illustration shows the improvement in the position it will occupy when in use, and to remove it, it is only necessary to release the free end of a strap from a buckle. This free end may be now withdrawn from a loop and a ring, when the improvement may be moved from the horse's neck. No injurious strain is brought to bear in any part, the draft being equalized.

KANSAS HORSE IS KNOWING

Animal Will Open Gate to Pasture by Pulling Out the Wooden Pin With His Teeth.

Mr. Thomas Botkin, of Kansas, owns a horse which he declares has great reasoning powers. The barnyard is separated from the small pasture by a fence and gate. The gate is fastened by a wooden pin and auger hole in the gate post. When the



An Intelligent Animal.

horse wants to enter the pasture he reaches over the fence, pulls the pin out of the hole with his teeth, and then shoves the gate open by the weight of his body.

FEEDING SILAGE TO SHEEP

Experiments Have Shown it to Be Desirable for Animals During Winter—Much Care Needed.

A series of exhaustive tests at the Indiana experiment station has demonstrated beyond doubt that good silage used judiciously is an extremely desirable feed for sheep in winter. It has an excellent effect upon the digestive system and upon the general health and thrift of the lambs. Ewes fed during the winter on rations including a liberal amount of silage gain an average each winter of 20 pounds, while those similarly fed without silage gain only 15½ pounds. Those receiving the silage also consume more than 7 per cent less grain and over 32 per cent less clover hay than those maintained exclusively upon dry feed. It also had a valuable effect upon the fleece, those receiving silage having a slightly heavier coat of wool. Of the lot of fall lambs which were finished as hothouse lambs during the spring of 1909 those fed on silage rations were considerably fatter and better than the ones receiving dry rations.

It should not be assumed, however, that an undue amount of silage will prove satisfactory in the feeding ration. Extreme care should also be observed not to feed frozen or partially decayed silage or silage unusually sour. Balance the ration up with plenty of clover or alfalfa hay, or other good, palatable roughage and dry grain.

Ration for Young Porkers.

The hog grower of the future in pork production as a business proposition, and not using hogs merely as scavengers in the field lot, must take cognizance of the fact that the young pigs up to the age of six months need a growing and not a fattening ration, and that their feeding must be tempered with judgment.

Food for the Growing Calf.

Growing calves should have such food as insures growth. Fat is not needed in the dairy calf. The food in winter should be clover, hay, oats or bran; bright straw may be fed also, and roots for variety. Keep the calves comfortable, summer and winter, and growth will follow as a natural result.

INFLUENCE OF A POOR SIRE

Improvement in Types of Horses Bred on Our Farms of Greatest Importance to Farmer.

The fact that the sire is concerned with so many more individual offspring in a given season than a single mare, makes it readily seen that his influence is much more extensive. To improve the horse stock of a given community through the female line, for instance, would require the use of fifty or more superior mares to accomplish the same results as might be secured by the use of a single stallion.

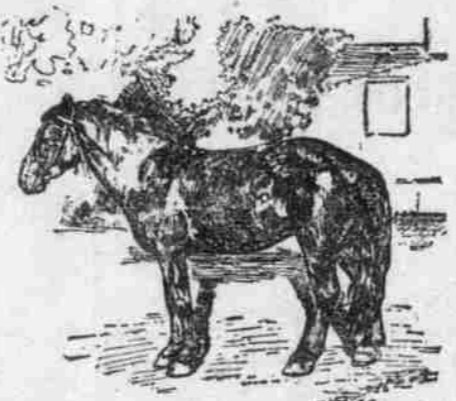
Purity of breeding insures prepotency and since, in the grading-up process the pure-bred parent is usually the sire, it is essential that he be of such a character that the impression which he stamps upon his offspring shall be only of the best.

Defects in structure cannot be offset by type or breeding of the highest degree of excellence. A horse may be a superior individual in a class by himself, but he must conform closely to the specified requirements of the type with which he should class.

The influence of well-bred sires in any community can readily be seen by observing the horses used in the fields, on the road and particularly in the horse markets of the cities.

Certain states that have paid attention to horse-breeding, now produce animals that can almost be told at a glance by dealers, without knowing in advance where they came from, so superior is their quality. Other states have exactly the reverse reputation and as soon as a lot is announced as coming from such a state, dealers will desert the sale ring.

Horses coming from such localities where farmers are averse to paying a decent service-fee, but prefer to use scrubs, are of poor type, vary widely



A "Grade" Shire Stallion.

in color, form, size, and weight, and possess few qualities which fit them for long and useful service.

So important has been the influence of scrub sires in some states, that the legislatures have been prevailed upon to pass laws to improve the situation.

SUCCESS WITH MARCH PIGS

Begin to Fatten November 1 on Corn, Apples and Milk—Ready to Kill in Two Weeks.

(By J. B. JOHNSON, Pennsylvania.) I have best success with young pigs farrowed about the middle of March. When about a month old we wean them and put them in a pen by themselves and feed on sweet skim milk. They learn to drink quickly.

We add a little middling to the milk. About the first of May we turn the pigs into the orchard on grass and clover pasture. We feed twice daily with bran and middlings mixed with milk or water, giving them all they want.

We begin to fatten November 1, on corn, corn fodder, apples and milk. They are ready for killing about the middle of November.



To be profitable, sows must be sure breeders.

Examine the collars of your work horses often.

Don't let the nursing sows run down too much in condition.

Do not disturb the sow for at least 24 hours after farrowing.

Don't feed the young pigs intended for breeding purposes altogether on corn.

Ashes have good effect on the pigs' digestion, besides killing intestinal worms.

Your horse may intend to please you, but does not understand your wishes.

Don't neglect to commence feeding the colts some grain before they are weaned.

The pure-bred draft breeding mare will do as much work as a grade, and her colt will be worth much more.

Cold, exposed sleeping quarters that compel the sows to pile up in order to keep warm are usually responsible for the dead pigs at this time.

If you are suspicious that some of your cattle are affected with tuberculosis, the sooner you have your herd tested and made free from the trouble the better it will be for your pocket-book.

When you get a good brood sow, one that always farrows a fair-sized litter of strong pigs and raises a large per cent of them, better hold on to her as long as she continues her good work.

TRUE SUCCESS

By Rev. Stephen Paulson

TEXT—The righteous also shall hold on his way and he that hath clean hands shall wax stronger.—Job 17:3.

Every right-minded person should desire success. The young man who does not desire to be successful might just as well pick out his coffin, for he will never be of much account in this life. But what is success? That is what we want to talk about, for there seem to be widely divergent opinions on that subject.

Over 400 years ago Columbus was about to discover a new world. His seamen grew impatient of the privations and hardships of an apparently hopeless voyage. Westward sailed the little flotilla over a shoreless sea, where no island or cliff gave relief to the weary eye. Now and then a bank of cloud on a far horizon revived hope only to plunge them into deeper gloom. At last dejection ripened into discontent, and terror into mutiny, which was stilled only by the courage and resolution of the great explorer. No land was yet in sight, but Columbus persuaded them to hold on three days longer. On the second day some tree-twigs were seen floating by; then a plank cut by a hatchet; then a branch of hawthorn in flower. These silent witnesses told of land not far off; and now the men who the previous day were breathing rebellion, gathered around their commander with extravagant flattery imploring his forgiveness.

It is no doubt a truth old as humanity that "nothing succeeds like success." One stroke of good business gives a man a better chance for a second; but let a man equally deserving meet with one failure, and success slinks further away.

One of the worst features of our age is the worship of mere success, apart from the means by which it was attained. Personal worth may go to the wall; a man is measured according to his prosperity. There is a success that is not worth having, and there is failure that is more to be desired than success. The fact is that the common conception of the subject requires emendation.

What is your ideal of success? In the majority of cases the answer would be, fortune or position. Well, these are fine things to have, but they can be bought too dear. They are bought every day at the price of honor, self-respect, a good conscience, peace of mind, and even immortal hope. The price is too great. America is full of the "get-rich-quick" spirit. We revel in stories of millionaires who were bare-footed newsboys in their youth. And it is true that many of these men deserve credit for their energy and foresight. But can we not get a higher ideal of success than the mere accumulation of riches?

In our text we are given the necessary elements of success. "The righteous also shall hold on his way, and he that hath clean hands shall wax stronger and stronger." Here are mentioned three things which are absolutely necessary to every young man's success in life, and they are piety, perseverance, and purity.

First we have piety, or love and trust in God. No true success can be obtained without that. It is true that by throwing conscience to the winds, you may occasionally make gains which to the upright are impossible; but there is a curse which pursues such profits even in that world. There is no doubt that the youth who enters upon life with a sense of accountability to God, has great advantage. Lord Lytton says, "A man is already of consequence in the world when it is known that he can be implicitly relied upon." It is a great mistake that many young men make to drop their religion as soon as they get out into active business life.

Our next quality is perseverance. "The righteous man shall hold on his way." The failure of many young men in life is due to the lack of this power to hold on. A young man enters business, but after a few months he thinks he has made a mistake, so he begins to study medicine. Soon he grows heartily weary of that, and he thinks he is cut out for the law. Thus he drifts from one thing to another, and makes a success of none. He lacks perseverance, the power to "hold on." It is an excellent thing for a youth, as soon as his school days are over, to have to depend to a great extent upon his own exertions. President Garfield once said, "In nine times out of ten, the best thing that can happen to a young man is to be tossed overboard and compelled to sink or swim for himself. In all my acquaintance, I never knew a man to be drowned who was worth saving."

The third requisite to success is purity. "He that hath clean hands shall wax stronger and stronger." This is the outward and practical side of piety. Let the prayer of the psalmist be yours, "Create in me a clean heart, O God." That is necessary to clean hands. You must conduct a clean business if you would have clean hands. You cannot be a party to dishonest dealing and remain undefiled. You cannot touch pitch and not become smirched. Here is where your piety and faith in God should be your stay. Your Christian principles are worthless unless they decide your course, leaving all the consequences to God.



MEAN MAN.

"Now, John, if I were to die you would weep over me and tell everybody what a good wife I was."
"No, I wouldn't, believe me."
"Well, I would for you, just for decency's sake. And that shows I'm not half as mean as you are."

CHILLS AND FEVER AND AGUE Rapidly disappear on using Elixir Babek, a preventative for all Malarial Diseases. I recommend Elixir Babek to all sufferers of Malaria and Chills. Have suffered for several years, have tried everything, but failed, until I came across your wonderful medicine. Can truly say it has cured me.—George Innes, Company G, 4th Battalion, Elixir Babek 50 cents, all druggists or Kleczewski & Co., Washington D. C.

A Humane Man. Elderly Countess—Catch this big fly, Johann, but do it carefully, and put him outdoors without injury. Footman—It's raining outdoors, countess. Shall I give him an umbrella?—Mergendort-Blaetter.

Following the Simile. "Life," said John W. Gates, valiant lover of conflict, "is a gamble." And death? Why, death is the hazard of the die.

TO DRIVE OUT MALARIA AND BUILD UP THE SYSTEM Take the Old Standard GROVER EASTLICK'S CHILL FEVER. You know what you are taking. The formula is plainly printed on every bottle, showing it is simply Quinine and Iron in a tasteless form, and the most effective form. For grown people and children, 50 cents.

Two things operate to rid us of a friend—pleasure in which we do not need them, and trouble in which we do need them.—Pett-Senn.

FOR HEADACHE—HICKS' CAPSIDINE Whether from Cold, Heat, Stomach or Nervous Troubles, Capsidine will relieve you. It's MILD—pleasant to take—acts immediately. Try it. 10c., 25c., and 50 cents at drug stores.

Whoever complains of not having found a true friend accuses himself—Sintenis.

AFTER 7 YEARS SUFFERING

I Was Cured by Lydia E. Pinkham's Vegetable Compound

Waurika, Okla.—"I had female troubles for seven years, was all run down, and so nervous I could not do anything. The doctors treated me for different things but did me no good. I got so bad that I could not sleep day or night. While in this condition I read of Lydia E. Pinkham's Vegetable Compound, and began its use and wrote to Mrs. Pinkham for advice. In a short time I had gained my average weight and a new strength and well."
—Mrs. SALLIE STEVENS, E. F. D., No. 3, Box 31, Waurika, Okla.

Another Grateful Woman. Huntington, Mass.—"I was in a nervous, run down condition and for three years could find no help. Lydia E. Pinkham's Vegetable Compound and Blood Purifier which I believe saved my life."

"My doctor knows what helped me and does not say one word against it."
—Mrs. MARI JANETTE BATES, Box 134, Huntington, Mass.

Because your case is a difficult one, doctors having done you no good, do not continue to suffer without giving Lydia E. Pinkham's Vegetable Compound a trial. It surely has cured many cases of female illness such as inflammation, ulceration, displacements, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, and nervous prostration.

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If you cannot obtain W. L. Douglas shoes in your town, write for catalog. Shoes sent direct from factory to wearers, all charges prepaid. W. L. DOUGLAS, 145 State St., Brockton, Mass. ONE PAIR of my BOYS' \$3.50 or \$4.00 SHOES will positively outwear TWO PAIRS of ordinary boys' shoes.

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