

DEATH BEFORE 100 YEARS IS SUICIDE

Ignorance of Laws of Health Explains Early End of Life.

Scientist Has Encouraging Word for Despondent Men and Women.

"Death before 100 years of age has been reached by nothing more 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 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 teaches. Vincible, well-poised, active and energetic, he looks as though he could easily attain the century age limit which he declares is the normal one.

"I want the people of the world to know my opinions on the subject of health, which are the fruit of a lifetime 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 I bear will bring the greatest blessing."

"I want to talk to the rheumatism 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 diseases."

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

"I have taken the best 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 with these treatments in this city, and all over America, proves their efficacy. Old methods must give way 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, 513 and Jefferson streets, Philadelphia, Pa., causes Dr. Munyon and his enormous corps of expert physicians busy.

Prof. Munyon makes no charge for consultation or medical advice. Not a penny to pay. Address Prof. J. M. Munyon, Munyon's Laboratories, 513 and Jefferson Sts., Philadelphia, Pa.

Our Lenten Work.

We are not sent into this world to do anything into which we cannot put our hearts. We have certain work to do for our breed and that is to be done strenuously; other work to do for our delight and that is to be done heartily; neither is to be done by halves or shifts, but with a will; and what is not worth this effort is not to be done at all.—John Ruskin.

Wealth Not Always Advantage.

Advantage, opportunity, chance, luck! They are all on the side of the boy born in obscurity, brought up in poverty. Provided he be endowed with the will that brooks no obstacle, with the mental ability to conceive great thoughts, to plan great undertakings, the boy is all the more blessed who is not handicapped by wealth.

Naturally Opposed to Change.

When a new government is established, by whatever means, the people are commonly dissatisfied with it.—Hume.

You May Need It

Ask your doctor about the wisdom of your keeping Ayer's Cherry Pectoral in the house, ready for colds, coughs, croup, bronchitis. If he says it's all right, then get a bottle of it at once. Why not show a little foresight in such matters? Early treatment, early cure.

Ayer's

Many a boy is called dull and stupid, when the whole trouble is due to a lazy liver. We firmly believe your own doctor will tell you that an occasional dose of Ayer's Pills will do such boys a great deal of good. They keep the liver active.

DOUBLING PRESENT AVERAGE PRODUCTION OF CORN CROP

Object Is to Produce Same Number of Bushels on Smaller Number of Acres and With Less Labor and Consequently Making Business More Profitable—Average in United States Is 2,500,000,000 Yearly.

(By C. P. HARTLEY.)

It is possible within a few years to double the average production of corn per acre in the United States, and to accomplish it without any increase in work or expense. It is not to be understood from this statement that it is desirable to double the present corn crop, but that it is desirable to produce the same yield on a smaller number of acres and with less labor.

If 60 bushels are raised on one acre instead of on two acres, the labor of plowing, harrowing, planting, cultivating and harvesting is greatly reduced. Demand controls the quantity that should be grown. To meet the demands of the producers of the United States have, during the last ten years, averaged in round numbers 2,500,000,000 bushels of corn yearly. In producing this quantity a little more than 95,000,000 acres have been devoted to corn growing. The average production per acre has been 26 bushels. Very few farmers would like to acknowledge that their average production for the past ten years has been as low as 26 bushels per acre, but from the best estimates that have been made the conclusion is unavoidable that half of those who grow corn harvest less than 26 bushels per acre. Twice this quantity is a fair crop, three times 26 bushels is a good crop, and four times 26 bushels per acre are frequently produced.

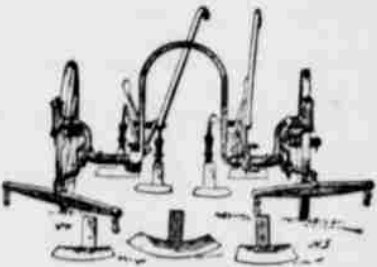
Since the average crop in the states best adapted to corn growing is but little above the general average of the entire country, it is evident that the average is not lowered to any great extent by the poor crops in sections unsuited to corn growing. Moreover, the yield per acre in the New England states, with their short growing season, is as great as in any other part of the country. This clearly indicates the possibility of greatly increasing the yield per acre in the corn belt. This is especially easy of accomplishment in the southern states, where the present production per acre is low and where the growing season is not shortened by frosts.

Poor corn crops are usually attributed to unfavorable weather conditions, and frequently this is the true cause, for there are but few summers during which this crop does not suffer more or less at some stage in its growth. The most that can be done regarding the weather is to take the best possible advantage of the conditions as they exist. But there are other conditions that are responsible for low production—conditions that are directly under the control of the farmer—and it is these that make possible the doubling of the average yield per acre within a few years. Although entirely possible, it is not expected that the near future will witness an average production of 52 bushels for every acre grown. The failure to realize this production will result from the failure of many growers to improve their methods. That some growers in many different states are year by year producing 50 and 75 bushels of corn per acre proves the possibility.

The lines of improvement that will most easily and quickly double the

present production per acre are improvement in the quality of seed planted; improvement in the condition of the soil; improvement in methods of cultivation.

The methods of cultivation in general use in one section of the country differ greatly from those in another section. The implements and methods employed in Iowa are as different from those of Connecticut as these in turn are different from those of Georgia; and while these differences are to some extent due to the nature of the farm land or to class of labor



Sweeps and Shovels Used on Single and Double Cultivators.

employed, they are to a still greater extent due to the conservatism of the farmers themselves. That certain kinds of cultivators or plows or methods of planting have been in use in Georgia or Iowa for many years does not prove that implements or methods found successful in other states might not be used there to advantage.

EXPERT GIVES TIMELY HINTS

Manure Is Worth More Than Labor Involved in Feeding—Silage Makes Cheaper Beef Than Anything Else.

(By PROF. MUMFORD, Illinois.)

I think the manure is worth considerably more than the labor involved in feeding cattle.

Practically half the corn grown in Illinois is shipped out of the state, enough to fatten two million steers. If the manure from these were properly preserved and properly applied to the land, it would increase the producing capacity of the farms of this state \$12,000,000.

I do not advise dry lot feeding in the summer, but I am not sure but we are coming to it. It must be demonstrated before we know about it.

Pasture is the most expensive cattle feed.

Silage makes cheaper beef than anything else. It can be kept throughout the year or two or three years. I have never found a man who fed silage to beef cattle that has abandoned it.

At the university the beef breeding cows were wintered cheaper on silage and hay than they could be kept in the summer.

A silo 18x36 feet is ample to supply silage six months for 50 steers.

A good ration of cotton seed meal or linseed meal is three pounds per day per 1,000 pounds of live weight of the animal.

We get more out of the corn by feeding the meal; the corn is digested better.

Horse Breeding in Wisconsin.

Statistics of the Wisconsin department of horse breeding show that during the breeding season of 1910 1,349 pure-bred, 1,679 grade and 466 mongrel and scrub stallions had licenses in good standing.

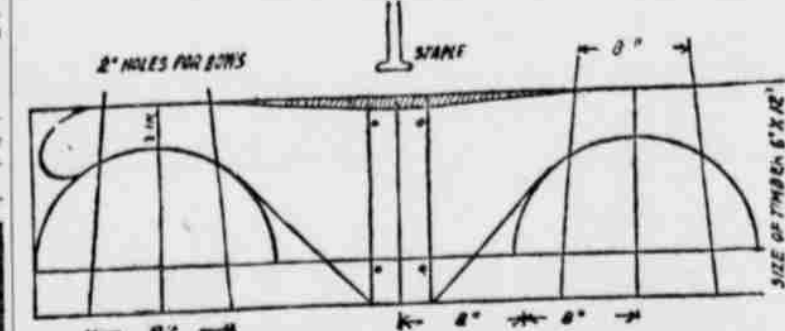


Home-Made Shovel Adapted to Surface Cultivation and Weed Destruction.

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CONSTRUCTION OF OX YOKE



The stick from which an ox yoke is made should be of light wood, such as basswood, and measure 6x12 inches, says the Rural New Yorker. Draw a line one inch from and parallel with one edge. Lay off eight inches and square. Open compass eight inches and describe a half circle around the point where the two lines intersect, which will leave three inches at the top of circle. Turn the compass along base line, which will lay off eight inches and square. This will be the exact center of yoke. The other half is drawn the same way. Now lay off two inches on each side of center line, from which points draw lines that will intersect with the draw lines. Lay off four inches on half circle. Lay off four inches on each side of the line that passes through the center of the half circle, through eight inches at the top of making eight inches at the bottom. Yoke and nine inches at the bottom. This is the line for boring the holes

for the bows. In other words, the centers of the bows should be eight inches at top and nine inches at bottom. Bore from the top with two-inch auger far enough to pass the half circle. Now you are ready to block out the yoke. Block square and round over the neck and down to the staple. This rounding is important, and should be done right. The ball of the thumb is the shape of the rounding portion where it rests on the neck. Have staple made with parallel portion just far enough apart to let ring pass, and large enough at bottom so chain will easily pass through. Pass six three-eighths-inch bolts at points indicated by dots. Staple should be fifteen-sixteenths-inch iron and ring three-quarter inch. One can buy a nice looking straight yoke cheaper than he can make one, but it is not easy to find one in which an ox can work easily.

The Difference.

European cities certainly have a laughing, contented air, people seem to take life easily, they have time for pleasures, if it's only a chair hired for two cents on one of the broad, shaded boulevards to watch the crowds pass of a Sunday afternoon, says Orison Swett Marden in Success Magazine. What smiling, care-free faces! One remembers with a shiver the faces in a New York crowd—grim, anxious, frowning, self-centered.

No doubt this atmosphere of joyousness, along with the external beauty and picturesque of European cities, has its attraction for our heires, but, of course, that alone would not make them live abroad and marry foreigners. There are other considerations which bring them to this important decision.

Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during the teething period.

In His Power.

"How effusively sweet that Mrs. Blonday is to you, Jonesey," said Witherell. "What's up? Any tender little romance there?" "No, indeed—why, that woman hates me," said Jonesey. "She doesn't show it," said Witherell. "No; but she knows I know how old she is—we were both born on the same day," said Jonesey, "and she's afraid I'll tell somebody."—Harper's Weekly.

AVOID LIQUID BLUING.

The reason so many housewives prefer RED CROSS BALL BLUE is because it is all blue. Liquid blue contains a large percentage of water. Why buy water when you have it by the tub full?

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The Craze for the Weird.

The artistic craving today is for novelty—for new expressions of form and combinations of color, the more strange and weird the better; hence the passing fashion for post-impressionism and other kindred cults, in which neither truth nor beauty is the inspiring motive.—Connoisseur.

SAVED FROM AN OPERATION

By Lydia E. Pinkham's Vegetable Compound

Peoria, Ill.—"I wish to let every one know what Lydia E. Pinkham's remedies have done for me. For two years I suffered. The doctors said I had tumors, and the only remedy was the surgeon's knife. My mother bought me Lydia E. Pinkham's Vegetable Compound, and today I am a healthy woman. For months I suffered from inflammation, and your Sanative Wash relieved me. Your Liver Pills have no equal as a cathartic. Any one wishing proof of what your medicines have done for me can get it from any druggist or by writing to me. You can use my testimonial in any way you wish, and I will be glad to answer letters."—Mrs. CHRISTINA REID, 105 Mound St., Peoria, Ill.

Another Operation Avoided.

New Orleans, La.—"For years I suffered from severe female troubles. Finally I was confined to my bed and the doctor said an operation was necessary. I gave Lydia E. Pinkham's Vegetable Compound a trial first, and was saved from an operation."—Mrs. LILY PEYRON, 1111 Kerlerec St., New Orleans, La.

The great volume of unsolicited testimony constantly pouring in proves conclusively that Lydia E. Pinkham's Vegetable Compound is a remarkable remedy for those distressing feminine ills from which so many women suffer.

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If your dealer does not keep the kind you want, send us his address and the price in stamps for a full size package.

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Victoria Fond of Jewelry.

Queen Victoria, although simple in her tastes, had an almost oriental liking for beautiful and costly jewelry. Even if she rarely wore it, its possession gave her pleasure and she is reported to have spent hours in looking over her collection.

Dr. Pierce's Pleasant Pellets first put up 40 years ago. They regulate and invigorate stomach, liver and bowels. Sugar-coated, tiny granules.

A Lost Art.

Another art has been lost! There was a time when the elegant woman took a legitimate pride in her manner of ascending a stair. In this day of elevators, if there still exist women who have the manner, there are few stairs worthy to serve as a stage on which they may exhibit it.

Y. M. C. A. EXPANDS.

New Booklet Just Out Can Be Had for the Asking.

The Portland Young Men's Christian Association is about to enter upon a new era in its work, in extending the advantage of its educational department to the entire state. While a great majority of the 1400 students enrolled in night and day classes are residents of Portland, yet a large and increasing number are now enrolling from towns and cities outside of Portland.

The different courses offered include a full Commercial course, comprising Shorthand, Bookkeeping and related subjects; a college preparatory course, a graded course in elementary subjects for boys and vocational courses such as plumbing, carpentry, sheet metal, bricklaying, electrical work, automobile repair and driving. Many students trained in these classes are now occupying important positions in the business houses of Portland.

An attractive booklet entitled "Activities" has just been issued by the association and contains a statement of all Educational Courses. The Educational Director will mail this booklet to all persons who desire it.

Classes for day school open September 5th, night classes September 25th. From present indications an unusually large registration is anticipated.

Foolish Wager Caused Death.

A workman named Celestin Leroy, aged fifty, died in Paris, France, the other day while trying, for a wager, to eat a large beefsteak at one mouthful.

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