THE SUNDAY OREGONIAN, PORTLAND, OCTOBER 8, 1905.

Louis. Yale also falls below the 3000

mark, the number being 255, while the University of Georgia (Southern), with 501, has nearly twice as many as famous

Princeton, with its 1573, and the Univer-sity of Nebraska, with 2513, lacks less than 100 of doubling the Princeton figures.

The University of Texas, of which many Easterners have never heard, almost equals Princeton in attendance, with 1345,

and Leland Stanford University, with 1655, has about 100 more than Princeton.

Other figures just as surprising might be given, but they are as nothing to the



Has Expended Thirteen Cents a Day for Food. 💓 💓

ment position paying \$1399 a year would United States Treasury does. He is 73 years old, too, and walks at least ten. miles each day.

The story of Mr. Riley is a marvelous one. Crazy? Crank? Say what you please, but he draws \$1200 a year from the Government, has a splendid record as an employe of the United States, and is likely to hold his job for many years. He has been living off no more than this for six years, and he declares that he never felt better in his life or more fit to earn the salary the Government pays him.

Who is he? Well, his father was General Ashbill W. Riley, of Rochester, N. Y., who died at 83 years of age, and his grandfather was Sergeant Ashbill W. Riley, of the First Connecticut Regiment of the Revolutionary War. Sergeant Riley served for six years in the Revolutionary War, and his discharge papers are in the possession of the grandson. They look as fresh now as they did 100 years ago, owing to their preservation under glass. The papers are signed by General Wash-ington; I. Trumbull, his favorite secretary, and Zebulon Butler, the Colonel of regiment.

In the same giass case with the hisand the same gauge case with the ms-toric Revolutionary document is an auto-graph letter from Abraham Lincoln to the Secretary of State, directing him to see General Riley. The result of the visit was an offer of a foreign mission, but General Riley's family begged him not to take it, and he declined. He was then nearly 60 years old.

then nearly 60 years old. "How did I get into the habit of living on so little?" snid Mr. Riley, who is a most interesting talker. "To be perfectly frank with you, it was poverty. Upon the death of my father in 1888 I was left an estate worth \$50,000, but I was swin-dled out of every penny of it. Not only that-it was declared that father owed some debts. I have been engaged in pay-ing off every one of these debts. I am ing off every one of these debts. I am at last getting clear, but the habits which poverty gave me have been so beneficial have not the alightest idea of changing them now. Poverty brings good results sometimes, and this was one of them. My restricted diet now is a matter of choice, and I think it is the healthlest and happitst way of living in the world. I sleep like a child, and just last October I walked up to Great Falls and back the same day, reporting for duty the next day

He Does Not Grow Hungry.

"Do I go hungry? Of course not. At first it was difficult to keep from yielding to the appetite for everything that I wanted, but I mastered myself and my appetite has adjusted itself to my simple,

ASHINGTON, Oct. 2.-(Special correspondence of The Sunday Gregonian.)-If you had a Government position paying \$1299 a year would for cooking never exceeds 25 cents a month," went on Mr. Riley, "and is days go without it altogether. Bread is nearly always about 20 cents. When I the staple of life, beyond doubt. I do not ment position paying \$1399 a year would you live on \$3.01 a month, or 13% cents a day? Well, that is what Ashbill W. Biley, a well-known employe of the United States Treasury does. He is 73 years old, too, and walks at least ten

Ashhill W. Elley, Who Lives on \$3.90 Month

Look at this bill." There was the bill for August, 1966. It showed that Mr. Riley paid the gas company just 20 cents. He produced the bill for the month be-I did my cooking would be spolled by the smoke and the smell of the gas. I have learned to harely turn the jet on. That produces a blue flame and gives the best heat in the world. Then I know when to turn the jet off."

His Expenditures One Month.

The itemized statement of Mr. Riley's expenditures for May, 195, showed that he paid 30 cents for meat, \$1.14 for bread, 56 cents for milk, etc., 45 cents for fruits and vegetables, and \$1.46 for miscellane-

Naturally, you prefer a more detailed account to see just what this wonderful same day, reporting for duty the next day as fresh as any young man in the place. The round trip makes a total of 25 miles. Of course, I am not carrying any surplus fiesh, and being out in the fresh air is a great tonic. 6 cents'; bananas, 5 cents; apples, 35 cents; onlons, 5 cents; fluts, 18 cents; lunches, 60 cents; eggs, 46 cents; sugar, 22 cents; tea, 10 cents. "Now I will tell you how to do it," re-

sponded Mr. Riley, when asked to go into detail. "To begin with, I do not believe in meat-eating. I think meat is injurious and contains few strength-giving proper-

figures that will be needed to represent the future growth of the universities of the West. up to the restaurant occasionally for a taploca pudding of some kind. I believe that eggs are very nutritious, and feel sure that one egg equals half a pound of

meat for the human body. "My favorite fruit is the apple. In May

I bought seven quarter pecks of apples, paying 5 cents each quarter peck. I always believe in having one fruit and one vegetable for breakfast, and the apple is the best of all, as well as the cheapest. the best of all, as well as the cheapest. For my breakfast yesterday morning I had three peaches, three silces of bread and one cup of tes. I do not use milk with my tea, but like a small quantity of sugar. For my luncheon the same day I had two silces of bread and a cake, of which I am fond. The same day one of the lady cierks who had made a pot of tes sent me a cup, and I drank it. For dinner that day I had one enlow one podinner that day I had one onlon, one po-tato and bread and tea. I cook the onion and things of that kind. I am sure they are injurious. I do not like to use much

Likes Peanut Butter.

pepper.

"I am fond of peanut butter, if it has been well put up, and use a good deal of this upon my bread and in making up my luncheon. At this season of the year I use a great many onions and many squash, of which I am fond. I can get a quarter of a peck of onlong for 5 cents, and they last me a month. I also jike almonds and English walnuts, and buy them occasionally. "Oh, yes, I do my own marketing, and

a dire necessity with me in order to pay off outlawed debts. Every debt left by my father has been paid, and I am now paying off the mortgage on my home in this

"As I told you, I do not chew or smoke or use tobacco in any form, and think to-bacco is most dangerous to human health. I never used it in the days when I had all

the money I knew what to do with. Nei-ther did I drink whisky. I was a clerk in Washington from 1863 until the first Cleveland Administration, when I lost my place through an assistant auditor who did not like me. During the 23 years of consecutive service I went to Rochester 24 times to cast a Republican vote, and one year the Republicans secured the city government by just one vote. My father before me was a great Republican. I re-member that he would not subscribe for a Democratic paper, not wishing it in his house, but he felt like keeping posted as to both sides, and he used to go down to a lawyer's office and read the Democratic

paper there. It was this same lawyer who helped beat me out of my property." One of Mr. Riley's ambitions is to get appetite has adjusted itself to my simple, refreshing way of living. No, I never spend over £1.90 a month for my food, and frequently it is much below that. I live well on that sum. I just select that amount to show you, because I happened to keep an itemized statement of my ex-penditures for one month, which was May last. I prepare my own meals in my own room, using gas, and rarely est outside. Occasionally I get something in the restaurant near the office of the suditor of the War Department, where I am employed in the stationery room. am employed in the stationery room. "How much does my gas cost me? in a while indulge in fish. I am not a were close friends."

Before the Day of the Modern Clock

Curious Anslent Devilces That Our Ancestors Used to Keep Track of Time.

URIOUS it seems to find some of the most ancient and primitive contrivances for keeping time still in use in these modern days. In many churches as well as in monasteries and convents the graduated candles, whose invention is popularly attributed, though doubtless mistakenly, to King Alfred, are even now employed for reckoning the duration of prayers, and the same may be said of sandglasses, which, for the matter of that, are preferred by not a few 20th century cooks as a convenient substitute for and optato together, and they make an excellent dish. I put a little botter and the clock in timing the boling of eggs. some sait and pepper over them. I am opposed to the use of mustards, sauces time-keeping invention dates have to so time-keeping invention dates back to so early an epoch. It was well known to the people of Babylon, from which great me-tropolls of the East the first instrument of the kind was brought to Jerusalem

of the kind was brought to Jerusalem about 100 B.C. It happens that many ancient sand-glasses have been collected by the Smith-sonian Institution in Washington, some of them dating far back in the middle ages, and the scientists of that establishment, thinking it worth while to test them, have discovered that they are very inaccurate, some of them varying from correctness by as much as seven or eight naturally know where to buy the best things at the lowest prices. I learned this in the days when saving every penny was a dire necessity with me in order to was when they were made they were timed by the candle, clocks not having been as yet invented and no better standard being ob tainable. Such candles, like any others, were sure to burn more slowly at the beginning than later on, and hence their lack of reliability.

Device of Savages.

Candles of this sort were shielded from the wind by a screen of horn, and at this very day one may buy them, exactly like those of long ago, in England and else-where in Europe. Curiously enough, the savages of the South Pacific employ for the same purposes a device very similar in character, which consists of a number of the oily nuits of the candienut tree birding close together on the middle of a paim leaf. The string thus prepared is hung up and, the topmost nut being is-nited, is burns slowly downward. Being of nearly uniform size, the nuts burn for just to make sure that they agree exactly. about ten minutes aplece, taking fire one from another in succession, and thus six of them are consumed in just about an hour. It is probable that this primitive method of timekeeping is quite as ac-curate as the graduated candie or the by the burning of so-called "incense sticks," which will burn slowly for half a day without flame. They are divided into lengths for the hours and being made of sawdust mixed with a certain propor-tion of gum may be counted on to resolve thereafted by averably sound such

mediaeval sandglass, Some of the old-fashloned sandglasses were quite elaborate, being arranged in batteries of half a dozen or more, to record the passage of an hour, a halfrecord the passage of an hour, a half-bour a quarter-hour, five minutes and so on. Very expensive onces were manu-factured in Nuremberg, and the finest in-struments of the kind were owned by clerical and other dignitaries, the sand used for the purpose being of a round-grained sort, which could be counted on to flow easily and with regularity through the aperture provided. To show that faith in the usefulness of such (contrivances has not even ret passed away, the writer may mention that in his own family, only the other day, a newly employed cook.

other day, a newly



Reeps time within a fraction of a second per week. On the main street in any city of the United States business men may be seen daily satting their watches by such infallible timepleces in the windows of jeweiers' shops, and even in the China of inday it is the cratem for a resulteman how far ahead is their guide. To keep time with reasonable ac-curacy must have been one of the earliest necessities of man. Hence the remarkable ingenuity of many primitive of today it is the custom for a gentleman inventions for this purpose, the utili-zation of shndows-an idea which had its final development in the sundialto carry two watches, which he examines anxiously at frequent intervals, in order being probably the earliest, as it was the most obvious. The first sundial must have been a tree, which may be And yet even to this day there survives mild to have stood at one end of the path of evolution in time-keeping apin China and Japan, to show the persistence of such things, a method generally pursued by the natives of keeping time paratus, the modern chronometer resenting at the other end the final development of such contrivances.

ROOSEVELT AND BACON

themselves into agreeably scented smoke How Friendship Began Through a at a reasonably uniform rate per inch Such incense sticks are sufficiently famil-Boxing Bont at Harvard.

> They are recalling the story of how the steadfast friendship between Theodore

when traveling ahead of a party sets up a tall stick in the snow, making with his foot a mark to show how

Tell Time by Incense Sticks.

Sincerely. JEANETTE WALLICE. To show how quickly Danderine

in the angle of the shadow, his friends on arriving at the spot know exactly gameness, which we all admire, however we may differ as to the propriety of some of his daring demonstrations of it while in the Presidency. Thus the latest version runs;

One afternoon in the old Harvard gym nasium several members of the 'varsity' eleven had returned to the gymnasium and Bacon was attracted to a particularly spirited sparring bout in which one of the participants was getting somewhat the worst of the argument. This in itself was not so unusual as to attract atten-tion, although one of the principals was tailer and much more powerful than the other. But as the bout grew fast and furfous the bigger man landed a vicious solar plexus blow on hig opponent, floor-ing him. A cry of foul went up from the handful of spectators, but it was allenced when the victim arose pluckily to his feet and declared it was not a fool. Quickly facing his antagonist, he earned the plaudits of the crowd by saying: "See if you can do it again." The membra if you can do it again." The speaker, as Bacon learned on their being intre-duced was Theodore Roosevelt, whose

Your Danderine has made my hair grow over three feet longer than it was when I be-

over three teet nonget though and keeps right It is now over five feet long and keeps right on growing, it seems to fairly crawt out of my scarb, it is so glossy and nice too. Danderine will always have my best wishes.

Her Hair Takes on New Life and Grows 3

Feet Longer than it was Before.

ENOWL TON DANDERINE CO.

Gentlemen;

Grew

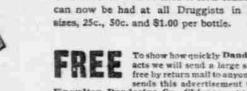
Miss Wallice's

Hair

AND WE CAN

This GREAT HAIR-GROWING REMEDY can now be had at all Druggists in three

sizes, 25c., 50c. and \$1.00 per bottle.



acts we will send a large sample free by return mall to anyone who sends this advertisement to the Knowlton Danderine Co., Chicago, with their name and address and ten cents in silver or stamps to puy postage.

Vast Cost of Education in America Public Schools Cost Over Two Hundred and Fifty Millions; Colleges Add Twenty-Seven Millions.

may be true that here and there an American does like to make a dollar now and then-every day, possibly.

efforts for mental training Americans lead the world. The latest official and trust-150,609 young men and women (15,97) in worthy figures, the only ones, in fact, are furnished by the United States Bureau of Education. Its last report darks with of Education. Its last report deals with the school year of 1903-3965. When the report was closed the total, to be exact, was 18,187,518. that 50,000 studying art, music and other the school year of 1903-3965. When the report was closed the total, to be exact, was 18,187,518.

But even this vast total does not take in all the Americans who are strilvng eagerly to improve their mental condition, some of them with every ounce of en-ergy they have left, after doing their

number thousands.

Uncle Sam's Educational Problem.

This country alone, of all the countries the world, has manfully attacked, and for its own preservation must accomplish, the herculean task of operating constantly educational mills of such magnitude that they can accommodate 18,000,000 pupils and students from almost every race on earth.

'The pupils of the "common" primary schools, including the city evening schools, make up 15,750,000 of the grand total of between 18,000,000 and 19,000,000 composing the American school army, as shown in the latest educational reports. These 15,750,000 are put through our eduto themselves for tuition, and in many to themselves for tuition, and in many states for books, even; each community paying the cost of its own schools in the main, the Federal Government educating only about 23,000 Indians, in round num-bers, and 2500 primary pupils in Alaska. bers, and 2500 primary pupils in Alaska. Now, what about the other millions in

the educational army? Well, rather more than 1,000,000 are swallowed up by those primary schools that are supported by private means.

A Million for Higher Education.

Broadly speaking, considerably more than 1,000,000 of all the students who go to school in the United States are intent on some degree of the higher education. This is one in every \$0 of the whole popu-lation (allowing that the 75,00,000 of 1900 have grown to \$0,000,000 in 1965), by all odds a larger proportion than can be shown in the high schools, preparatory schools, colleges, universities and profes-sional schools of any other nation now or ever in history dwelling on the crust of the earth.

Not to imitate the pages of a gazetteor too closely, here are the exact figures showing how this army of higher educa-tional students, in America itself larger than the army of Japan in Manchuria, was divided up when the latest official figures were made:

then every day, possibly. But the grand passion of the people of the United States is for education, not money. With them the educational mi-crobe has done its perfect work. In their tal, say, of 200,000 in round numbers who are training themselves solely to carn a living and without the slightest preten-

sions to any aim at scholarship.

An Army of Teachers.

More than half a million men and ergy they have left, after doing their day's work each 24 hours. For, entirely outside the 18,000,000, en-tirely unnoticed by the statisticians, come the students enrolled for instruction by the famous Chautauqua University, the 80,000 who are regularly taking the Y. M. C. A. courses, and the students of the correspondence schools, whose subscribers number thousends. women from college presidents down to plain schoolma'ams and schoolmasters

Everything in America, say the critics of America, must ultimately be figured down to the basis of the dollar. It is in order, then, to say that the total cost of carrying on the public schools in the country is more than a quarter of a bil-lion a year (almost exactly that in 1966), and that the yearly expense of running the colleges and universities is rather more than one-tenth as much-filing above \$27,000,000 in 1960. The yearly expense of carrying on all the other schools in the country has not been computed. But there is no doubt that the total is a good deal more than \$300,000,000, a sum so big that the wealth of a Rockefeller even would melt quickly if it were put to the test of meeting it as a yearly payment. Including the students in the profes-sional schools and the faculties as well as the students in the colleges and uni-versities the division of the population which may here be jumped as college stu-

dents numbered about 157,000 when the last educational report made. At the opening of the college semester this Fall It must number more than 200,000, or, to make a military comparison, only a few thousand less than the entire military force of Great Britain and Ireland in time of peace.

The United States leads in number of colleges and universities as well as stu-dents, there being more than 600 in this country, as against less than 100 all to in Great Britain, Germany and France.

Presidents and Their Work.

But, on the other hand, the best of our universities, our old established seats of learning in the East, like Yale and Harvard, Princeton and Columbia; our newer fabulously endowed West-ern universities, like Chicago and Le-land Stanford: our great coeducational and state universities, like Michigan at Ann Arbor, Wisconsin at Madison, and Pennsylvania at Philadelphia; our Johns Honkins and our Vintk, our and Pennsylvania at Philadelphia; our Johns Hopkins and our Clark; our smaller colleges and universities dat-ing back to the early days, vital with tradition and scholarship, though nev-er rich or boasting students by the thousand, such as Bowdoin. Virginia and Williams, and scores and scores of others, these-each in its own wayothers, these-each in its own way-may hold up their heads with the best of the old world institutions.

ONEY madness is the besetting sin | beginning with the age of 15 and ending | names of the most virile among them in the United States, according to all the rest of the world. And it be true that here and there an Amer-does like to make a dollar now and -every day, possibly. the grand passion of the monle of dinarily high level. Unlike the colleges and universities of the old world, more than half of those is the new are privately en-dowed, there being about twice as

many students in the private as in the public universities in this country. The College Girl.

The most truly distinctive feature of

American college life is the American college girl. She is nearly 45,000 strong, exclusive of the normal students. She flocks by herself in colleges established and conducted espe-

cially for her use and behoof by the thou-sand, and in coeducational colleges along with her brother, her cousin, her sweetheart and other young men by the tens of thousands. It would be hard to say whether the "co-ed" or the distinctively woman's college girl is the more desirable product. In some quarters it is thought that the

problem of college education for women has been solved best at Columbia and Harvard, where they may take the same courses of study, wholly or in part, un-der the guidance of the same faculty as the men. Somewhat similar schemes are in force at Brown, the Western Reserve, and Tulane Universities. Nevertheless, the strictly woman's col-

leges like Vassar, now 40 years old; Wel-lesley and Smith, ten years younger, and Brvn Mawr, founded only 20 years ago, but likely to last a century, are flourishing like veritable bay trees, and so are

the big "co-ed" colleges. The woman's college presidents make up a small class, but their influence is out of proportion to their numbers. Two of them are men, curiously enough, but the others are women. Miss Thomas, of Bryn Mawr, Miss Hazard, of Wellesley, Miss Woolley, of Mount Holyoke, and the rest of them are surely impressing a strong personal influence upon the young women students under their direction, and so, indirectly, upon the world at large.

Not only a very large percentage of stu-dents are carning their way through, as self-reliant and as independent as any-one on earth, but the average of devotion to study is as high today in the colleges of the United States as it ever was in all the history of college education, either in America or elsewhere.

Western Colleges Forging Ahead.

The shifting of the college attendance

within the last few years has been re-markable. Of the 54 colleges and uni-versities, each of which has an attend-ance of a thousand or more, 35 are jocated In "the West," a surprising statement to many, no doubt, but perfectly true, if the old Eastern boundary of "the West," the Alleghanies, be accepted. Moreover, the stiendance as some of these new Western colleges and universities is much larger, in comparison with the older Eastern universities, than most folks suppose. Harvard, with 5203 students, still leads, and Columbia comes next, with 4523; but it is a Western university-Chicago, with 4580-that comes third. Then comes the Northwestern, with 4007; Ann Arbor, with wood: the University of Minnewata, with 2800; the University of Hinnewata, with 2800; the University of Hilinola, with 2004; Cornell (Eastern), with 2425; the Univer-sity of California, with 3450, and the Uni-versity of Wisconsin, with 2151.

Pennsylvania has only 202, only a little more than 400 in excess of the 2566 in at-Pennsylvania has only 202, only a little more than 400 in excess of the 2556 in at-tendance at Washington University, St. This, indeed, was the keynote of the difficulty, the final solution of which has

being provided with a sandglass for tim-ing eggs, bolled the glass with the eggs, for no reason that she was hild the each plain, except that she was as she under-stood it, "obeying orders." The two oddest things, perhaps, in the collection of ancient timekeepers at the Smithsonian Institution are a time lamp

Smithsonian Institution are a time lamp and a water clock of a pattern almost unheard of. As might be supposed with-out explanation the former apparatus contains oil, the burning of which, through the medium of a wick, marks the passage of the hours. The oil, it should be said, is contained in a small glass re-ceptacle, so graduated as to show by the height of the fluid the cuantity that has

ceptacle, so graduated as to show by the height of the fluid the quantity that has been consumed, and hence the time that has gone by. As for the water clock, some mediaeval iSdison must have in-vented it, so wonderful is the ingenuity of its construction. It consists of a hol-low metal cylinder divided into compart-ments by partitions which radiate from the center and suspended by two strings wound about the ends of an axis running through the middle of the cylinder. The cylinder, which is hung by the strings from a serie of arch is nearly filled

strings from a sort of arch, is partly filled with water and is wound up to the top of the arch by revolving it upon its axis. Then, being released, it would promptly run to the bottom, but for the circum-stance that the water it contains, trickscance that the water it contains, trick-ling through small holes from one com-pariment to another, detains it, gravity being opposed by the weight of the fluid, which has to be carried upward and around as the cylinder revolves. So artful is the arrangement that the cylinder goes round with an exceeding slowness, being compelled to do so by the percolation of the water from one compartment to another, and, in its descent, its axis, by coinciding with hour marks on a graduated vertical acale, indicates the lapse of time

Was Complicated Mechanism.

Having a beginning in this simple for the waterclock underwent a high devel-opment and wide differentation. It took opment and wide differentation. It took the shape, among others, of a series of vessels communicating by tubes that passed through figures of dragons and other images, the floats in some cases be-ling held by grotesque but attractive genil. One apparatus of the kind, which came much later, told the time her the weight much later, told the time by the weight of water that came from the beak of a bird and which was received by a vessel on a balance, every pound indicating a certain fraction of an hour. At about the same time there was set up in the capital city of Persia, on the terrace of the royal palace, a somewhat similar clock, consisting of a balance containing 12 metal balis, one of which fell every hour upon a great gong. This wonderful instrument is said to have been sent by the King of Persia to Charlemagne as a

gift. The Chinese, whose ideas on the subject

deserve respect by reason of their pri-ority, do not number the hours as we do. They have names for them, the 24hour period being divided by the people of the middle kingdom into 12 equal parts, each of which is designated in their written language by a character. In this point, again, they are far ahead of the Euro-peans, for whom the invention of the modern clock seems actually to have been delayed some centuries by the difficulty of splitting night or day into even fractions.

tions. To the ancient Greeks and Romans, for example, this problem appeared insuper-able, owing to the wabbling of the easth, which increases the length of the day at one season and diminishes it at another, For a relatively latter-day gentleman named Hipparchus was it reserved to offer the suggestion that the time from dawn to dawn might be broken into 34 equal parts.

RILUMAI **A NERVE-RACKING TORTURE** AN AFFLICTION OFTEN INHERITED.

No other disease causes such wide-spread suffering as Rheumatism.' It is a nerveracking and excrutiating torture, and so thoroughly dominates the system that its victims are complete slaves to pain. It afflicts the very young as well as those of middle life and old age, showing that it is not only an acquired disease, but also a hereditery trouble.

Rheumatism is usually brought on by indigestion, Stomach troubles, weak Kidneys, torpid Liver and general sluggish condition of the system. The natural refuse matter of the body, which should be carried off by the usual avenues of nature are left in the system to sour, and form uric acid and other irritating poisons, which are absorbed into the blood. This vital stream then becomes sour and unfit for nourishing the body, and as it circulates to the different parts, the poisons and acids with which it is loaded come in contact with the muscles, nerves, tissues and bones.

The sharp, biting pains commence, the nervous system breaks down from the want of rich, pure blood; the skin becomes feverish, swollen and tender, and every part of the body throbs and twitches with pain. As the disease progresses, the bones are coated with an acid substance, and chalklike deposits collect in the joints, drying up the lubricating oils and seriously interfering with their working and movements.

Gentlemen: For over four years I suffered with Rhenmatism. The Rheumatism first troubled me in my hip, then spread to my shoulders, head, and finally all over my body. I became such an invalid that neither my family nor friends thought it possible for me to survive long. had tried so many prescriptions given me by physicians (which conflated so much potash), that my stomach was ruined, and there seemed no hope for recovery. I had been reading in the newspapers of S. S. S. and decided to try it, and to my joy, commenced to get relief before the second bottle was gone. After using S.S.S. a short while I was an entirely different man; I felt that I had a new lease on life.

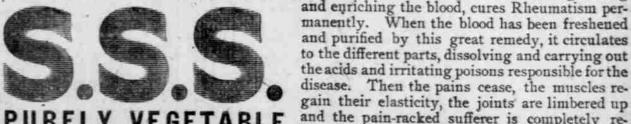
B. M. FRISBIE.

One may be born with a pre-disposition or tendency to Rheumatism, because like all blood diseases it can be transmitted from parent to child. With some it is manifested early in life, while others who inherit the disease feel no effects of it during younger, vigorous years, but when middle life is reached or passed, and all the vital forces begin to weaken and decline, this taint, which has lain dormant in the blood since birth, takes possession of the system and the latter years are made miserable by the tortures of Rheumatism.

Mt. Sterling, Ky.

The fact that the changes from warm to cold, or damp, foggy weather, or some slight exposure, increase the pains and aches of Rheumatism is not proof that it is due to outside causes. RHEUMATISM IS AN INTERNAL INFLAMMATION. The entire system is fired with the poisonous acids, and the changes in the weather are the matches which set the circulation aflame and bring on the distressing symptoms of the disease. Rheumatism has a well-laid foundation, and requires constitutional treatment. Plasters, blisters, liniments, etc., can never cure the disease; they relieve the pain and give temporary comfort to the sufferer, but do not reach the real trouble, which is rooted and grounded in the blood.

S. S. S. is the proper treatment for Rheumatism. It goes down into the blood and attacks the disease at its head, and by driving out every atom of the poison and strengthening and enriching the blood, cures Rheumatism per-



of the system by its fine tonic ingredients and carries to the weak, sour blood, health-giving properties. S. S. S. reaches inherited as well as acquired cases, and completely removes the taint from the blood. Book on Rheumatism and any medical advice desired furnished, without charge, to all who write. THE SWIFT SPECIFIC COMPANY. ATLANTA. GA.



disease. Then the pains cease, the muscles regain their elasticity, the joints are limbered up

and purified by this great remedy, it circulates

and the pain-racked sufferer is completely restored to health. S. S. S. builds up every part

