THE JOURNAL'S COZY CORNER FOR WOMEN

- EDITED BY -ELEANOR F. BALDWI

THE COZY CORNER

California.

(An old poem.)

pur'st the crystal of a thousan

Down from thy house of an

the pride
Of savage beauty still!
low brought, O panther of the
did hide,
To know thy master's will!

But where the wild oats wrapped thy knees in gold, The ploughman drives his share; And where through canons deep thy atreams are rolled The miner's arm is bare.

Yet in thy lap, thus rudely rent an A nobler seed shall be: Mother of mighty men, theu shalt not Thy lost virginity.

Thy human children shall restore the

Gone with thy fallen pines: The wild, barbaric beauty of thy fa Shall round to classic lines. And order, justice, social law, shall

Thy untamed energies; And art and science with their dreams Replace thine ancient case.

Thy tawny hills shall bleed their purple

wine, Thy valleys yield their oil; And music, with her eloquence Persuade thy sons to toll. Till Hesper, as he trims his sifver !

No happier land shall see.

And earth shall flud her old Arcadian dream Restored again in thee.

-Bayard Taylor.

The Story of Hylas.

You who have always lived in equable climate of Oregon can have no idea of the joy with which winter-worn dwellers on a ionely New England farm half the first wee note that comes up from the ponds or the marsh lands in the saving. the spring

the spring.

To children especially this call of the "peepers" is welcome, for the winter is over and gone and they can soon begin to look for arbutus and wintergreen berries and wade the brooks for e polka-dotted little turtle.

And indeed this chorus that rises from the marsh lands at night and morning—that lasts all night; that sways to the motion of the winds and waves is a most beautiful thing.

Awaken toward morning and listen to it. Apparently, at first, it is one voice. Then you will discorn distinctly above the general chorus a clearer, cheerier note that makes itself heard above the

the general chorus a clearer, cheerier note that makes itself heard above the mass. I have stood and listened to this sweet symphopy of spring when one or more voices would be tremulous, bubbling over with that strange, elemental joy in life—in just simple being—that would bring an answering thrill to my art and a smile to my lips.

in early childhood Taught in early childhood to call these dear friends "peepers" and later a more classic name. I can never hear them indifferently alluded to as "frogs" without a mental shudder, though it must be admitted their personal appearance justifies the name.

I discovered this by patient waiting once, when quite a small child. Hiding quietly at the edge of the pond where my beloved chorusers disported them seves. I watched until after sunset to catch a glimpse of these mysterious little creatures and was amply rewarded. for my effort. There were several ir sight, but one had attached to a tiny branch of a high bush that overhung the water, and vocalizing with all his tiny might, seemed to be the leader of

he orchestra. How delightedly I watched him. He looked for all the world like one of Palmer Cox's brownles in pink tights and the tremendous expansion of his throat with every exultant note was a joy to behold and a joy to remember.

If you have not taken time to listen to and love these whistling heralds of the spring, do so and you have added a simple but very genuine pleasure to

your life.

But a beloved older sister told me a story that added to the interest of these little vocalists, and from her I learned to call them "Hylases."

One of the many delightful stories of Greek mythology relates that when Jason started on the Argonautic expedition, he was accompanied by Hercales, or Hercules, as he is commonly called, and by the boy, Hylas, a great favorite of the mighty Hercules.

Hylas, so runs the story, was the son of Theodomes, kins of the Investment.

Theodamas, king of the Dryopes and

or Theodamas, king of the Dryopes and the nymph Menodice.

All went well with the expedition un-til they reached Mysis, where Heroules disembarked to cut a fresh oar.

The boy Hylas followed him to draw water from the fountain, or as some writers have it, to bathe in the stream

amander. The selfish nymphs, attracted by his

wonderful beauty, drew him down from the sweet air and sunshine of the green earth to live with them in the watery palaces of the deep and he was seen no

When Hercules returned to the ship and missed the boy, he would not em-bark, but with his sister's son, Polyphe-mus, remained behind to search for

Hylas.

The search was fruitless, but he did not leave Mysia until he had taken hostages from the Mysisians and made them promise to produce the boy, dead

them promise to produce the boy, dead or alive.

After that, the inhabitants of Clos, founded by Polyphemus, afterwards called Prusias, continually sought for Hylas and sacrificed to him every year at the fountain, thrice calling his name. The unhappy Hylas, homesick for the iand, but held a prisoner by the selfish nymphs, was not permitted to answer to the yearning call, and so out of pity for him the "peepers" every spring since his disappearance have never once falled to sing of his sorrow and of his love for the green earth from which he was so cruelly taken, and because of their devotion to the lad beloved of the mighty Hercules, they have earned the right to bear his name, so when next you hear this music from the ponds or the little pools, remember it is the voice of Hylas calling, calling to the mighty Hercules, and the sunny skies and warm green earth he is never more to see.

This stery appealed to Tom Moore, who rhymed the sad story, and to Bayard Taylor, who has among his poems one entitled "Hylas." I should like to give it all, it is so beautiful. The picture of the boy is unusual, inasmuch as poets usually expend their eloquence upon feminine beauty. One can understand how Hercules the strong must have loved this beautiful youth and how his great heart melted and became weak like a woman's when he returned to the Argos and missed this treasure of his love.

Naked saye one light robe that from his shoulder

his shoulder Hung to his knee, the youthful flush

Of warm white limbs, half-nerved with coming manhood, Yet fair and smooth with tenderness of beauty. He dropped the robe and raised his head exulting In the clear sunshine, that with beam

Held him against Apollo's glowing

For sacred to Latona's son is beauty.
Sacred is youth, the joy of youthful feeling. A joy indeed, a living joy, was Hylas, Whence Jove-begotten Heracles, the Whence Jove-begotten Heracles, the mighty,
To men, though terrible, to him was gentle.
Smoothing his rugged nature into

When the boy stole his club, or from his shoulders
Dragged the huse paws of the Nemasan tion.
The thick brown locks, tossed backward from his forehead, Fell soft about his temples; manhood's

blossom Not yet had sprouted on his chin, but lips, parting Like a loose bow that just has launched

its arrow, His large blue eyes, with joy dilate and beamy. Were clear as the unshadowed Gredian

This description of his plunge in the river is a picture worth considering: Timidly, at first, he dipped and catching Quick breath, with tingling shudder as the waters Swirled round his thighs, and deeper

rill on his breast the river's cheek was pillowed.

And deeper still, till every shoreward Talked in his ear, and like a cygn His white round shoulder shed the

dripping crystal
There as he floated, with a rapturo motion.

The lucid coolness folding close around him.

Then the call of the nymphs, hatefu to the sun-leving boy: Oh, come with us! Oh, follow wher we wander down beneath the lucent ceiling—
Where on the sandy bed of old Scamander
With cool white buds we braid our purple tresses.

Thou fair Greek boy, oh, come Oh, follow
Where thou no more shalt hear Proportis riot,

less quiet, Within the glimmering caves of Ocean We have no love; alone of all the im-

And so the boy was borne unwilling ly to the soundless depths. Meanwhile: The sunset died behind the crags of Imbros. Argos was tugging at her chain; for

freshly Blew the swift breeze and leaped the restless billows. The voice of Jason roused the dozing sailors, But mighty Heracles, the Jove-begotten, Unmindful stood beside the cool Sca-

mander, Leaning upon his club. A purple Tossed o'er an urn was all that lay before him; And when he called, expectant, "Hylas! Hylas!" The empty echoes made him answer-"Hylas!"

... A Millionaire's Wife.

In a small New England town is lo-cated the largest maileable iron plant in the world.

This town has one, possible more than

This flwn has one, possible more than one, millionaire. But the one who has used his money, a large portion of it, in practical improvements for the town, is the millionaire worth considering.

He has improved and beautiful the roads. Long before Carnegie started out on his library crusade this town rejoiced in a small but beautifully designed and equipped library, the gift of this wisely rich man. A parish house was added to one of the churches of the place, largely through his liberality, and then a new high school building.

If all millionaires were like this one there would be far less prejudice against them.

But perhaps if all millionaires had such a wife as this one they would be more like this one. She is a true gentiewoman, quiet, unobtrusive, with refined tastes and in every way fitted to fill the position to which her husband's prominence and wealth entitle her. I much misdoubt me, however, if she knows how to smoke or drink or play bridge whist. Never mind. Wa will overlook those little failings for the other things she does do and do so well.

They have a large and elegant house with fine grounds on the main residence street of the town and here Mrs. W. often entertains her townswomen, instead of seeking the "amart set" of the great cities that would so gladly welcome her.

Particularly is she interested in the young women of the town and many a time has she entertained them under her roof—not patronisingly and condescendingly but as her friends. Among others I know of two nice girls—daughters of a poor widow and themselves employed in a printing office, that have been guests of this millionaire's wife.

It is impossible to measure the influence for good, for social pleasure and uplift exercised by this—in very truth—gentlewoman.



A House Gown of Black Taffeta Chiffon With Lace Yoke and Collar. The Skirt Is Composed of Clusters of Tucks.

the place have built them summer places

True to her gentle and sincere sou his wife has, among her treasures at this lake, an old-fashioned New England garden, with all the dear old shrubs and blooms that ever grew in the gardens and lawns of our forefathers.

I never think of this old-fashioned

arden beautifying the home of this millionaire, and beloved by his gentle wife, without wishing there were more like her and without a feeling of actual affection for her.

She is a "society woman" in the true sense of the word, for she comprehends that society without work is vicious; that work without society is hard and degrading.

I never read the doings of the so-called "smart set" that my mind does not revert to this gentlewoman and her fine and high conception of life as a woman of wealth should live it.

These rich women who think it necesary to play spectacular parts for the umns of the papers, who trot absurdly in the treadmili prescribed for people of wealth (by whom or what heaven only knows), are to be pitted, for they lose the real joy of life—the joy to be found in doing for others what one has the ability to do and which they cannot turned to it. do for themselves.

Thank heaven for this one mil-lionaire's wife who will not let money spoil her life but who uses it wisely for the benefit and the pleasure of others.

April Garden Work.

Haste often makes waste in garden-ing operations. That is, we sow seed before the soil is in proper condition for it. Therefore do not be in too great a hurry to get your seed into the ground.

A succession of radishes should be A succession of radishes should be arranged for. Have the soil very rich and mellow and give the warmest, sunniest spot in the garden for this delicious vegetable. You cannot hope for much success with it in a heavy soil or a cold one. One containing a good deal of sand suits it best and there must be manure enough and warmth enough to

force it along rapidly if you woul grow a crop with tender crispness an rich, nutty flavor.

Every garden ought to be well supplied with "greens." Spinach, beets and dandelion are all delicious when well grown and properly cooked. Spinach requires a quick, rich soil; in fact, all vegetables grown to be used as greens do, for in a soil of only moderate richness their growth will be so slow they will lack that tenderness and fine flavor which constitute their chief

It pays to cultivate the dandellor It pays to cultivate the dandelion. Give it the care you give spinach and it will have a large, tender leaf and something of the flavor of well-blanched celery. When grown in this way, and bleached by placing boards about it, or covering it with straw, it makes a most toothsome salad and is a good substi-

Sweet peas should be planted in April if possible. My method is this: I make a V-shaped trench about five inches deep. In this I sow the seed thickly, It ought not to be more than one inch spart, I cover with about an inch of soil, pressing it down firmly

Early planting is advisable because it enables the plants to make root-growth before hot weather comes and deep planting has been proved desirable because it gets the roots well down into the soil where they will be cool and moist when summer heat prevails.

I hope you are going to plant the gladiolus this season. It has the merit of being extremely easy to grow. It succeeds in almost any soil. It blooms profusely and rivals, if it does not excel, any other summer blooming plants adapted to garden culture. Large groups of it are simply magnificent. Put the corms about four inches below the surface. Let the soil be mellow and rich. They should be put out about the

THE BOOK SHELF

From the South Norwalk Sentinel.

Not long since a gathering of young people were discussing the books, papers, magasines, etc., that make up our literature. Said one young fellow:

"Well, I only read the race track and the prise fighting column. The rest of a paper is for women, and as far as book reading is concerned. I don't think there is one man out of ten who reads a book."

It's too bad that yours.

there is one man out of ten who reads a book."

It's too bad that young man confines his reading to the department he quoted. There are thousands of men, however, who read books, and no more pleasurable or profitable relaxation can be found. The following clipping on reading is self-explanatory and goes to show that one should read, and try to read profitably:

"Novels are educational than the should read, and try to read profitably:

"Novels are educational than the should read to the should read to the should read, and try to read profitably:

"Novels are educational than the should read to th

They have a large and elegant house with fine grounds on the main residence with fine grounds on the main residence street of the town and here Mrs. Worles are educational, that is, when they are true to life and are written to seem they are true to life and are written to seem they are true to life and are written to make and of seeking the "smart set" of the great cities that would so gladly welcome her.

Particularly is she interested in the young women of the town and many a time has she entertained them under her roof—not patronizingly and condescendingly but as her friends. Among others I know of two nice girls—daughters of a poor widow and themselves employed in a printing office, that have been guests of this millionaire's wife.

It is impossible to measure the influence everything possible, and the light novels of the day art dangerous. We compare the books which lead our bookshelves, the much advertised, machine-made books, the products of an electronic of an anovel. It is impossible to measure the influence of prood, for social pleasure and uplift exercised by this—in very truth—gentlewoman.

If you climb the hilly roads for several miles to the west of the town you will come to a lake, cool, clear, large, deep and like an amber jewel in its setting of green. On the shores of this is to the discredit of our own day's output. The novels of modern and haif veiled immortalities of modern and haif veiled immortaliti

For Little Girls.

Do you know some little girl whose birthday happens along soon? If you wish to make her joyously happy give her a set of bookshelves for her own

her a set of bookshelves for her own room.

The following is a list of books recommended by the librarian of one of the largest children's libraries in the United States. If the little maid is not old enough for all of them she will grow into them each year: "Timothy's Quest" and "Polly Oliver's Problem." by Kate Douglas Wiggin; "Sara Crewe," by Frances Hodgson Burnett; "Hana Andersen's Fairy Tales"; "At the Back of the North Wind," by George MacDonald; "Alice in Wonderland," Lewis Carroll; "Lady Jane," by Mrs. Jamison; "Little Women." by Miss Allcott; "Water Babies," by Charles Kingsley, "The Tales of a Grandfather," by Sir Walter Scott; "The Jungle Book," by Rudyard Kipling; "Tanglewood Tales," by Nathaniel Hawthorne; "Leslie Goldthwalte," by Mrs. A. D. T. Whitney; "Uncle Remus," by Joel Chandler Harris; "Lamb's Tales From Shakespeare"; "The Land of Song," by H. K. Shute, and Robert Louis Stevenson's "Child's Garden of Verses."—Worcester Gazette.

A Curious Book.

A Curious Book.

The following from a book by Wfiliam Ward. entitled "Early Schools of Naugatuck" (Connecticut) are of interest to all who are curious to know how small and inconsiderable were the beginnings of our present elaborate public school system. These extracts are taken from a review of the book in the Daily News of that flourishing borough. The first schoolhouse mentioned in any records as standing in the limits of Naugatuck, was the schoolhouse mentioned in the warning set out by Samuel Lewis, Esq., to the householders living within the lines of the society of Salem. I copy in part:

"Pursuant to the act passed, in cor-

I copy in part:

"Pursuant to the act passed, in corporating the Salem Ecclesiastical society Samuel Lewis, Esq., Sent out Citations to Site all Householders living within the Limits of the society of Salem, to meet at the Schoolhouse on the first Monday of June, 1773, which Sitation was Duly Served and returned, and the Society met according to the Warning.

elety met according to the Warning, on the first Monday of June, 1773," were mindful of the importance of educating their children, for they had provided a schoolhouse more than nine years before they erected their place for worship. When this schoolhouse was

years before they erected their place for worship. When this schoolhouse was built is unknown.

The larger schoolhouses had three windows on the side. The one in which the writer attended school about 1830 was built about 1823; it had three windows on the south side and four on the north. This schoolhouse was first a plain oblong house, but after 1854 an entry was added having besides the door one window. The structure was generally—(a one-story building) roughly clapboarded and more likely paint door one window. The structure was generally (a one-story building) roughly clapboarded and more likely paint was lacking both outside and in. Sometimes the chimney was built in the center and often at the snd. I have met some old people that romember a schoolhouse with a chimmey in each end, each chimney having a large fireplace. The schoolroom was lathed and plastered. Against the wall on three sides of the room was built a continuous shelf about three feet from the floor: long backless benches accompanied it on which the oldest scholars at facing the wall; when they wrote or ciphered they rested their books and slates on it. While they were studying they faced the center of the schoolroom and leaned their backs against the edge of the shelf trying to feel comfortable. The small children were seated within the three-sided square formed by those of the larger scholars and on seats made from slabs, the rounded part down. The slabs had each formed by those of the larger scholars and on seats made from slabs, the rounded part down. The slabs had each four supports consisting of straddling wooden legs set into augur holes. The backless benches they occupied were generally far too high for them leaving their feet dangling in midair. It was hard for them; no wonder they spent most of the time "busy" keeping still. Just inside next the entrance was the master's desk or table, usually a table in the early days but later a desk contrived by the carpenter, set on a slight platform. Besides serving the purpose of a desk it was a repository for confiscated tops, balls, peaknives, marbles, jewsharps, whistles, etc.

It is believed that the schoolhouses built in what is now Naugatuck be-

built in what is now Naugatuck be-fore 1800 all had large fireplaces. Those later generally were heated by a Frank-lin and still later by a box stove. I don't think that we, in Connecticut,

matter where found, was a temptation and the fingers, at times, must be employed, either in writing or whittling. The first thing the youthful owner of a book was likely to do, was to mark it with his name. He might put his signature on the front fly leaf, or write it on the last one, or almost anywhere else in the book. In a geography of 1802 it written:
"If this book should chance to roam Box its wars and send it home."

Or again: "Steal not this book, for if you do, Tom Harris will be after you. Steal not this book for fear of strife, The owner carries a big jackknife."

I copy one more:
"If there should be another flood
Then to this book I'd fly.
If all the earth should be submerged
This book would still be dry."

I met young Spring in the street today,
Daffodil, daffodil gay!
Baskets of gold in the dun and gray,
Set in the midst of the toll-worn way,
Smiling at all, as daffodils may;
Daffodil, daffodil gay!

Spring Comes to Town.

Daffodil golden and green! Here she had lingered—I saw the sheen Daffodils gold, with the leaves between Here she had crowned a street that was

saw the nooks where the Spring had

Daffodil golden and green! I met young Spring in the town of woe:
Datfodil, daffodil blow!
I cried to her, "Spring, thou shalt not Winter has broken our spirit, and, oh! Give us thy gold and thy pink-white snow!"

Daffedli, daffedii blow!
—Pall Mail Gasette

The Original Laxative Cough Syrup is Kennedy's Laxative Honey and Tar, it expels all cold from the system by acting as a cathartic off the bowels, Kennedy's Laxative Honey and Tar is a certain, safe and barmicas cure for colds, croup and whooping cough.

The Deep-Down Things.

The Deep-Down Tnings! All winds that blow,
All seething tides that foam and flow May smite, but cannot overthrow
The Deep-Down Things.

Some things abide. The law of change That works its transformations strange Hath yet a limit to its range—
Some things abide.

The things fore-doomed to death, The Deep-Down Things can take no ill-The Deep-Down Things.

The surge of years engulfs the land And crumbles mountains into sand, And yet the Deep-Down Things with-stand The surge of years.

Like flame shafts blazoning the sky.
They cannot kill what cannot die—
The Deep-Down Things.

And topple empires into night God dwells unchanged in changeless light Behind the years.

The Deep-Down Things! Of little faith Is he who fears they suffer scathe-Impervious to the darks of death-

The Problem of Pain.

The Problem of Pain.

"So careful of the type she seems; So careless of the single life."

So wrote Tennyson out of the serrow of his heart because one beloved friend had been taken from him—taken in the flower of his manhood and with sunny fields of usefulness before him only waiting to be reaped by his able and willing hands.

Still, no less than then, nature seems so careless of the single life and of thousands of single lives, and some of us look on and shudder in sympathy as we think of the tremendous aggregate of human suffering and perhaps smile scornfully at the idea of a God of love or at the thought of any God at all. The problem of pain is still unsolved.

Others find comfort in thinking that justice is quite another thing from love and that when thousands are overwhelmed in some awful catastrophe like the San Francisco quake and fire it is a judgment of God for sins committed.

Even that lacks something necessary to appeal wholly to the mind and satisfy it, and is dismissed.

Here at least is reason for reserving judgment; here is the reason for keeping, even in the fact of terrible circumstantial evidence to the contrary, our faith that it is a good world; that the heart of things is sweet and sound; that there is a Great Heart, a Great Intelligence that is never infidel to the best interests of hymenity.

True, but that is no proof we shall not find a way to protect ourselves from them at some time in the future. This we know, beyond all peradven-

In and still later by a box stove.

I don't think that we, in Connecticut, ever had in our schoolhouses a whipping post as was the case in the town of Sunderland, Massachusetts, they having a post set in the floor about five feet high.

Children have always been prone to scribbling. A fair surface of paper no matter where found, was a temptation and the fingers, at times, must be em-

traction.

200 We are all under this law and whether we know it or not it is making our daily lives what they are, so the best thing to do is to work with it just as faithfully as our knowledge of it

You have seen people who are continually having accidents—they are sure to get caught in a buzz-saw, or to be on a sidewalk when a sign falls, or to break a leg or get mixed up in a railway accident. You know other people who lead a comparatively tranquil life from the cradle to the grave. They have few troubles and no accidents.

Such a couple lately celebrated their

Such a couple intely celebrated their rolden wedding not many miles from doston. They are quiet, tranquil, well-to-do people. They have traveled a good deal, but have never been in an accident and when they went to San Francisco there was no quake, they had a quiet, delightful trip.

THE QUIET HOUR

The Deep-Down Things are strong and

Firm-fixed, unchangeable as fate, Inevitable, inviolate, The Deep-Down Things.

The truth endures. Men pass from youth.
Books, creeds and systems suffer ruth;
Change has no dart can alay the truth—
The truth endures.

The Deep-Down Things! The years may

The Deep-Down Things! Let doctrines

Behind the years that waste and smite

The Deep-Down Things.
—Sam Walter Poss.

But we are at liberty to offer any so-lution that appeals to us of a problem apparently insoluble, and by and by some one will arrive at the right one.

Some one has said we can only judge of the future by the past. Certainly we can learn this much by looking back-ward—that human suffering diminishes, as human knowledge increases, and as knowledge ripens into that better thing

Buy you say, we have never learned to control earthquakes and cyclones; they create just as much suffering as

But there is one law continuously operative in human life that we might know more about if we thought it worth while, and we are learning more and more that it is exceedingly well worth while to know more of the law of at-

We know it keeps planets and suns swinging in their orbits; we know it is the working law of the chemist and the scientist, but we have yet to learn how ever-present and all-powerful it is in our own, everyday lives.

Those who are classed commonly as "new thought people" have learned a good deal about it and have accomplished some wonderful and some desirable things by working with it instead of against it.

permits.

You remember the pushingst recognized the operation of this law when he said, "A thousand shall fall at thy sid and ten thousand at they right hand, and again when he promised to some immunity "from the pestilence that walketh, at hoonday." In the escape from death at San Francisco, as well as in the instances of those over whelmed by it, one can trace the operation of this law.

Whatever "happens" to us is in some way the result of what we are. If we would attract different people, different from the result of what we are. If we would attract different people, different from the greeds, the enview the spite ibe hatreds, the anxieties that make the hatreds, the spite ibe hatreds, the spite ibe hatreds, the canceless that make the hatreds, the spite ibe hatreds, the canceless that make the hatreds, the spite ibe hatreds, the canceless that make the hatreds, the canceless that make the hatreds, the canceless that the pension of the pension as mosphere these engender and therefore to be free from the pensions a entertaining such dark presences in or souls.

More than this, it is without de possible to so put odrselves under the protection of this law of attraction that by obedience to it we shall be safe from the disasters that fall upon those who live in utter disregard of it.

The following quotation is a vivid presentation of the power of attraction as it operates in the world of motal cause and effect.

"The greatest and most disastrous results of any wrong act are that it forges a link with all the evil of the universe and leaves the individual at the mercy of this crushing and terrible force.

"An untruth uttered, an unkind thing

"An untruth uttered, an unkind thing said, a mallelous deed done—and led one has opened his life to all the powers of darkness. Disaster and calamity, sustaining no visible relation to his wrong, are apt to rush in.

"The victim often exclaims: What have I done to deserve such trouble as this?" He has broken a spiritual law and he has by that act placed himself in correspondence with evil rather than with good and so the forces of evil prevail against him."

"Hitch your wagon to a star." Con-nect all the wires of your being with the great power house of infinite be-neficence and light, and though a "thou-sand fall at thy right hand," you are

NO MAN IS STRONGER THAN HIS STOMACH.

NO MAN IS STRONGER THAN HIS STOMACH.

Let the greatest athlete have dyspepsia and his muscles would soon fail. Physical strength is derived from food. If a man has insufficient food he lose strength. If he has no food he dies. Food is converted into nutrition through the stomach and bowels. It depends on the strength of the stomach to what extent food eaten is digested and assimilated. People can die of starvation who have abundant food to est, when the stomach and its associate organs of digestion and nutrition do not perform their duty. Thus the stomach is really the vital organ of the body. If the stomach is weak the body will be weak also, because it is upon the stomach the body relies for its strength. And as the body. If the body is made up of its several members and organs, so the weakness of the body is weak because it is ill-nourished that physical weakness will be found in all the organs—heart, liver, kidneys, etc. The liver will be torpid and inactive, giving rise to billiousness, loss of appetite, weak nerves, feeble or irregular action of heart, palpitation, dizziness, headache, backache and kindred disturbances. End weaknesses.

Mr. Louis Pare, of Quebec, writes: "For years after my health began to fall, my head.

backache and kindred disturbances and weaknesses.

Mr. Louis Pare, of Quebec, writes: "For years after my health began to fall, my head grew disty, eyes pained me, and my stomach was sore all the time, while everything I would eat would seem to lie heavy like lead on my stomach. The doctors claimed that it was sympathetic trouble due to dyspepsia, and prescribed for me, and although I took their powders regularly yet I felt no better. My wife advised me to try Dr. Pierce's Golden Medical Discovery—and stop taking the doctor's medicine. She bought me a bottle and we soon found that I began to improve, so I kept up the treatment. I took on fieth, my stomach became normal, the digestive organs worked perfectly and I soon began to look like a different person. I can never cease to be grateful for what your medicine has done for me and I certainly give it highest praise. Don't be wheedled by a penny-grabbing dealer into taking inferior substitutes for Dr. Pierce's medicines, recommended to be "just as good."

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