VICISSITUDES OF CUBA LIBRE

Review of the Storm That Was Cuba Going It Alone and the Calm That Was Cuba Under Tutelage—Facts Accomplished.

On Cuba's coat of arms should be quartered a goat mangeant on a field or. Why this should be done, the readers of The Journal will learn as they read tomorrow the last of Frederic J. Haskin's illuminating letters from Havana. Following this closing letter of the Cuban series Mr. Haskin will contribute additional articles on industrial matters, such as were interrupted to admit the highly interesting letters from the southern states and from the West Indies.

By FREDERIC J. HASKIN.

(Copyright 1909 by Frederic J. Haskin.)

Havana, Jan. 29.—General Jose Miguel Gomez has been inaugurated president of the republic of Cuba and the American provisional government, after a career lasting more than two years, has ceased to exist. The American administrative officers have left the island, the American soldiers have gone home and Cuba is once again governed by Cubans. Yet there is no change of flag as an incident of the exchange. The Cuban flag was flying all the time, and the American government in Cuba derived its powers from the Cuban constitution. Officially the government was known as "the provisional administration." Unofficially, and by popular consent, the government was always referred to as "the second intervention." Now that the intervention is over it is worth while to review its brief but unique history.

Upon the withdrawal of Spanish sovereignty from Cuba on January 1, 1899, the result of the Cuban war for independence and the Spanish-American war, the United States established a military government in Cuba. The American nation had given its pledge that Cuba was to be free, and it was understood that the military government was to continue only so long as was deemed necessary to prepare for the launching of the Cuban ship of state. One of the necessary things was to secure recognition from the other nations of the independent sovereignty of the new republic.

Guarantee of Independence.

To accomplish this it was practically necessary for the United States to guarantee the preservation of Cuban independence, the maintenance of a government in the island adequate for the protection of life, property and individual liberty and the discharge of treaty obligation. This matter, incorporated in the "Platt amendment" was presented to the Cuban constitutional convention, and was made a part of the constitution of the new republic. This peculiar relation between the United States and Cuba is described in diplomatic language as the buttress by which the sovereignty and independence of the Cuban republic are protected and sustained, not a limitation upon that sovereignty and independence.

Old Palma's Difficulties.

In 1902 the American military government was withdrawn, the Cuban flag was raised for the first time over a recognized state and Tomas Estrada Palma was inaugurated as president. Palma was a patriot who had fought in the 10 years' war and who held Cuban liberty to be dearer than life itself. Like the first president of the American republic he feared the strife of political parties and for a long time refused to identify himself with either of the three parties which had been formed. He attempted to divide the offices between the Moderates, the Nationals and the Independent radicals. The contest for political supremacy, especially in congress, became intense. The constitution required a quorum of two thirds of the members at the opening of daily sessions, there was no provision to compel the attendance of members, and therefore it was an easy matter to prevent congressional action by breaking a quorum. Legislation was at a standstill and the affairs of the republic were drifting toward certain disaster.

In the hope of remedying this evil, President Palma determined to affiliate with the Moderates, hoping to secure two thirds of the members of congress and thereby make his government effective. When the president took this step, the Nationals immediately coalesced with disaffected Moderates and formed the new Liberal party.

President Palma then adopted the policy of displacing Liberals from office, national, provincial and municipal, throughout the island, and filling their places with members of the Moderate party. The time for the quadrennial elections approached, and all the machinery of the government—all the office holders, every power of the executive—was exerted to bring about a Moderate victory. Laws were violated by the officers and the elections were nothing more than farces.

Palma Called in Uncle Sam.

Whereupon the defeated and chagrined Liberals "took to the bushes." Under the leadership of General Faustino Guerra a revolution was organized and within a very few weeks there were 30,000 men under arms against the authority of the Palma government. President Palma realized his inability to cope with the situation, and being unwilling to deluge the island with blood and devote its industries to the torch, he called upon the United States for aid. The act was constitutional and patriotic, and saved his beloved Cuba great woe, although it brought his own career to a sorrowful close.

President Roosevelt appointed a peace commission, composed of Secretary of War Taft and Assistant Secretary of State Bacon. That commission went to Cuba to investigate and to attempt to restore order and peace. President Palma immediately communicated his intention to resign from his office. Every effort was made to induce the Cuban congress to elect a successor, but a quorum could not be obtained. The congress dissolved, and the country was entirely without a government. President Roosevelt, thereupon, appointed William H. Taft provisional governor of the republic of Cuba, by virtue of the Platt amendment, incorporated in the Cuban constitution and in the treaty between the United States and Cuba.

Mr. Taft issued a proclamation on September 29, 1906, declaring himself the provisional governor of the island and promising that the United States would restore self government to Cuba as soon as possible. The Cuban flag was not taken down and the Cuban forms of government were continued. Cubans were appointed to the cabinet positions, but each was given an American in the capacity of "adviser." The American advisers have been the real heads of departments.

A Liberal party general committee was created and with its assistance officers were apportioned and the Liberals generally recognized, especially in places where they were greatly in the majority. The revolutionists were permitted to retain the horses they had taken during the one month's war, and the former owners were obliged to come before a commission to obtain remuneration from the government. This one matter of permitting the revolutionists to retain horses they had taken was the only act of the provisional government in restoring peace which met with severe criticism. Some have explained that it was a mistake, some have defended it. The unbiased and disinterested observers generally say that it was a lamentable error but that it was a wonder that there was only one such error in all the work of adjusting the differences between the rival parties at that time.

Magoon Succeeds Taft.

Secretary Taft was succeeded as Provisional governor on October 6, 1906, by Charles E. Magoon. Governor Magoon has been at the head of the intervention ever since. Prominently connected with the administration, although holding no official position, has been Frank E. Steinhart. Mr. Steinhart first went to Cuba as secretary to General Leonard Wood, was afterward American consul-general at Havana and is now president of the Havana Electric company. He knows more about Cuba than any other living man. He has many friends and some enemies, and the mention of his name in Cuba is almost certain to provoke an argument. But there is no doubt that he has had much to do with the government, and that he has done as much as any other one man to bring about the restoration of the autonomous republic.

It was first intended to hold the elections for the new government as soon as notice could be given, but an examination showed that it would be impossible. The elections were delayed. In the meantime it was decided to take a new census as a basis for apportionment and for registration. The census was taken by the American census office under the direction of Victor H. Olmstead. The enumeration developed the fact that Cuba had a population of 2,048,980, a considerable increase since 1899, when the total was 1,572,797. After various delays it was decided to hold the municipal elections in September and the general elections in November.

As a result of these elections the Liberal party came into power, and all arrangements were made for the withdrawal of the provisional government. There was no question of the validity of the elections, the defeated party accepted the result without passion, peace was fully restored, and the people began to prepare for the inauguration.

Knotty Problems Solved.

The provisional government has accomplished wonders in its brief career. It has had to deal with political questions such as never could arise in one of the states of the Union. It has been face to face with problems involving a conflict of racial and national ideas which it is difficult for the American at home to comprehend. It has been annoyed on every hand by the petty quarrels of little leaders, it has had a world of troubles. That it has solved all these vexing questions without creating new and greater quarrels is a great accomplishment. There has been some criticism, perhaps some mistakes have been made. But on the whole the provisional government has been remarkably successful in this new venture in government—new, because never before has a great nation interfered in the affairs of a small one, purely in the interest of the small one, without manifesting one impulse of the selfishness of sovereignty. The purpose of the United States in Cuba has been questioned by the cynical nations of Europe ever since the beginning of the war with Spain. None can say now that the Americans have not proved their disinterestedness.

WORLD AT WAR AGAINST OPIUM

Conference at Shanghai to Plan the Total Extinction of a Vice.

(Special Dispatch to The Journal.)

Washington, Jan. 29.—During the coming week representatives of virtually all the civilized nations will meet in Shanghai to discuss a problem that has stirred Christendom for 50 years, the abolition of the opium traffic. At this first international conference of its kind, of whose importance the public as yet has little realization, the United States will ask the powers to restrict the world's vast areas of planting and sale of opium, principally in India.

The proposal of the United States is that each government's commission should proceed independently with the investigation of the opium question on behalf of its respective country, with a view, first to limit the use of opium in the possessions of that country; second, to ascertain the best means of suppressing the opium traffic if such now exists among the nationalities of that government in the far east, and third, to be in a position so that when the commission meets the representatives of the various powers may be prepared to cooperate in definite measures for the gradual suppression of opium cultivation, traffic and use within their eastern possessions, thus assisting China in her purpose of eradicating the evil from her empire.

GOLDEN WEDDING AT TUALATIN

Mr. and Mrs. Leonard Smith of Tualatin and Their Family.

December 23 last, Mr. and Mrs. Leonard Smith of Tualatin celebrated the fiftieth anniversary of their wedding at a reunion attended by all six of their children, 16 grandchildren and two greatgrandchildren.

Mrs. Smith, then Caroline Fluck, was married to Leonard Smith December 23, 1858, in Bedford, Pennsylvania. Three sons and three daughters were born to them, all of whom are living. They are Melinda Catherine, Laura Jane, Mary Elizabeth, Ambrose D., John L., and Uriah F. Smith.

The entire family, with the exception of one daughter, reside in Tualatin where Mr. Smith and his three sons and sons-in-law are engaged in the lumber and mercantile business.

NEW FIGHTERS IN FOOD WAR

Makers of Really Pure High Grade Goods to Be Powerful Factor.

By Paul Pierce, Editor of the National Food Magazine.

Washington, Jan. 29.—The episode of Dr. Wiley's so-called insubordination, which has been stirring official circles at Washington for a week or more, and has caused so much newspaper comment upon the present status of the pure food question, may be attended with results more far reaching than contemplated at the outset by those who stirred up the trouble.

If it is insubordination for a public official to fearlessly and impartially enforce the food law, thus protecting the consumer against poisonous foods, then Dr. Wiley is guilty of insubordination, but it is the kind of insubordination the people love in a public official, and for which the people do not propose to see that public official suffer.

War to Fight All Over Again.

This attempt to disparage Dr. Wiley, like all those which have preceded it, emanates from a reactionary element of the food manufacturing interests—the class of manufacturers which originally opposed the enactment of the national food law and which, ever since its passage, has been engaged in an attempt to nullify some of its most important provisions. The argument they now make for the removal of Dr. Wiley is the very one made prior to the passage of the food law to prevent its enactment.

Thus far, by banding together and bringing political and other influence to bear, it has been possible for those manufacturers to perpetuate some of the grossest abuses of the past, until it has become probable that if the public is to be protected the great war between food poisoners and pure food advocates must be fought all over again.

High Grade Men to the Rescue.

But this latest attempt has roused into action, in support of Dr. Wiley and his effort to enforce the law against the use of pernicious drugs and other harmful food adulterations, a force not previously heard from, but one that is likely to make itself felt with the administration, because it will have the support of the people.

A strong organization is being speedily effected among the manufacturers of strictly pure, high grade foods, which will represent a combined capital of many millions and a great variety of widespread interests. This organization will undertake to expose the graft there is in the manufacture of food frauds. It proposes to open the eyes of the people to where they are being robbed and swindled by the meanest kind of deception. It will bring into view conditions existing in many food factories worse than Upton Sinclair ever pictured in "Packing Town." It will be heard in Washington. It will insist upon the enforcement of the law, both in letter and spirit. Its influence will be felt in every state.

Benzoate of Soda.

The chief contention at present between the reactionaries and Dr. Wiley, is concerning the use of benzoate of soda—a coal tar product, used extensively to prevent fermentation in preserved fruits and vegetables, and which has been pronounced by Dr. Wiley to be a dangerous, harmful drug. There is, to be sure, some disagreement among scientific men upon this point, but the weight of scientific opinion in both Europe and America is with Dr. Wiley, and even admitting the possibility of a doubt as to benzoate of soda being harmful in the quantities used in the preservation of food products, surely the public health, rather than the pocket of the unscrupulous manufacturer, should receive the benefit of the doubt.

Like all harmful preservatives, there always is room for argument as to just how great a quantity the human system can stand. It is admitted by all that benzoate of soda is harmful, but some of these scientists say that it is not harmful in the quantities used in food products; but even these men do not tell us what the effect would be on the consumer if there was a little of this preservation, or some other like preservative, in most of the foods we are obliged to eat. If ten chemists swear that benzoate of soda poisons the child that eats it, and five, ten or even twenty others swear that he can manage to eat it and live, why should the risk be taken anyhow? Is it not dangerous to open the door to the use of these harmful preservatives, and thus go back to the awful condition that existed prior to the enactment of the national food law?

Why This Chemical Is Used.

Why should any manufacturer desire to use these adulterants when it is shown by the product of many other manufacturers that their use is absolutely unnecessary to successful food preservation? In the answer to this question lies the meat of the whole subject. It is because by the use of this drug, the unscrupulous manufacturer is enabled to realize large profits by employing in his product raw materials that are unfit and unwholesome to the point of exciting extreme disgust at their mere mention. Tomato ketchup is being made from the waste of canneries—ill cared for skins, cores and rotten tomatoes—that are no better than the vilest garbage. Half rotted and festering fresh fruits, old, vermin infested evaporated fruits, and the waste of fruit evaporators that should be sent to the "dumps" or the "sewers" find their way into the various preserves, jams, jellies, and other fruit products. Benzoate of soda, and similar substances, also enable food manufacturers to manufacture their products in the germ laden atmosphere of slovenly, ill kept and unsanitary food factories which are still too much in evidence and which die hard in the march of progress. It is not only the fact, therefore, that the preservative itself is harmful, but the additional fact that it enables the manufacturer to cover up these multitude of sins.

Dr. Wiley is fighting hard for better conditions; he it is who has borne the brunt of all the condemnation, criticism, sarcasm and ridicule that has been hurled at the pure food hosts from all over the nation. I do not suppose there is any man who has even a faint conception of the trials the head of the bureau of chemistry is enduring in this fight. Money, hired testimony of experts, and powerful political influence are doing their best to defeat the great cause he so earnestly stands for.

Major Hains Sent to Coast.

Chicago, Jan. 29.—Major John Powell Hains, paymaster in the United States army and brother of Captain Peter C. Hains and T. Jenkins Hains, left here last night for San Francisco, having been transferred at the order of Secrtary of War Wright. It is asserted that the transfer is merely a routine move and that it has nothing to do with the charge against Captain Hains for the killing of William E. Annis.

MAY SPOIL IDAHO AS DIVORCE MECCA

Boise, Idaho, Jan. 29.—Idaho will cease to be a divorce mecca if a bill introduced in the legislature becomes a law. The bill extends the period of residence required, from six months to 18 months. Since the revision of South Dakota's divorce laws, Idaho has been considered the easiest state in the Union in which to procure a divorce, and there has been a big influx of divorce seekers.

DANES HONOR THEIR RULER

Frederick VIII Makes Himself of Use and Is Beloved Accordingly.

Copenhagen, Jan. 29.—The third anniversary of the accession of King Frederick VIII was celebrated as a public holiday throughout Denmark today. Flags fluttered from public and private buildings, and many pictures of the king and queen were displayed. During the day deputations from societies throughout the kingdom called upon his majesty and presented addresses of congratulation.

King Frederick has enjoyed a successful rule during the three years that have elapsed since he came to the throne. The love and respect that he has ever enjoyed among his subjects has increased, and today he stands in the foremost rank among European rulers in point of popularity.

The splendid mental and moral qualities of the king were well known, and universally admired before he came to the throne. Since he was called upon to succeed his lamented father, the beloved King Christian, Frederick has displayed a remarkable versatility and a knack of interesting himself in all that concerns his kingdom and his people that has surprised even those who knew him best.

No one in all Denmark puts in busier days than does his majesty. While he wisely refrains from taking an active part in politics he follows closely all public movements. He makes it an unvarying rule to follow all important debates in both houses of the rigsdag. He is deeply interested in educational matters, and since he ascended the throne he has continued to act as chancellor of the university which he attended as a student. His interest in the army is keen, and he has introduced several reforms which have improved the lot of the private soldiers, as the result of which he is extremely popular with the troops. He is also head of the Freemasons in Denmark, and takes an active part in a great variety of philanthropic organizations and movements.

Bids on Wireless for Navy.

(United Press Leased Wire.)

Washington, Jan. 29.—Bids have been opened at the navy department for the construction and equipment of a high wireless telegraph tower here and high masts on the various battleships of the fleet. Seven bids were presented, ranging from $150,000 to $550,000.

M'HARG DECLARES CONTEST COMING

Ridicules Statement Men—Turner Says Might as Well Contest Taft.

By John E. Lathrop.

Washington, Jan. 29.—Ormsby McHarg, who has returned to Washington, declares a contest will be filed against Chamberlain, but refuses, after persistent questioning, to deny or affirm that he represented Chairman Hitchcock in striving to induce Statement No. 1 men to violate their pledges and vote against Chamberlain for United States senator.

"It was the most ridiculous thing I ever saw," he said. "Members of the legislature, with tears in their eyes, rose to vote for Chamberlain and protested they didn't want to do so."

As I was interviewing McHarg, in a capitol corridor, Hitchcock came along, greeted McHarg cordially and joked about having been asked if McHarg had represented him in Oregon.

McHarg said he would not have charge of the contest, and that he would not be in the city when the proceedings took place.

"The Oregon statute is illegal," McHarg declared.

Opponents of the Oregon senatorial plan here today quoted dispatches saying the house there had passed a bill limiting the length of hatpins to 10 inches, as illustrating their estimate of intelligence in that state.

Former Senator George Turner of Spokane, Wash., who is here, said today:

"No ground exists for a contest for Chamberlain's seat. It would be no more absurd to file a contest against W. H. Taft's assuming the office of president because the presidential electors are not 'free agents.'"

Turner, at the request of the governor of Washington, is to assist Attorney General McDonald in an effort to obtain a rehearing of the boundary dispute between Washington and Oregon involving Sand island, at the mouth of the Columbia river.

TELLERS TO COUNT ELECTORAL VOTE

(United Press Leased Wire.)

Washington, Jan. 29.—For the official count of the votes cast for president and vice president, which will take place in the house chamber on February 10, Speaker Cannon has announced that the tellers will be Hains of West Virginia and Rucker of Missouri.

To the Readers of The Journal

A Wonderful, Clean, Straight Talk on the Folly of Using Cathartics for Trying to Cure Constipation, and How to Stop it Absolutely Without Pills or Medicines.

For the Benefit of Our Readers, Prof. T. H. Midgley Gives Remarkable Talk on How His Idea Has Worked Remarkable Results in Curing Constipation Without Medicine.

For the benefit of our readers we publish a timely and interesting talk by Prof. T. H. Midgley on a point which is most vital to every man, woman and child in this country—the way to stop the spreading danger of chronic constipation. All he says is true, as evidences of it are so many and varied, as seen in hundreds of letters from those who have done as he advocates, that we think it will be a public benefit to make them known. We recommend Prof. Midgley most earnestly to our readers.

24-Hour "Habit" All Important.

"It is one of the simplest things in the world to cure even the worst case of chronic constipation, and yet nearly every other man and woman you meet is positively so stopped up as to be hardly able to think clearly. To get the "habit" every 24 hours regularly works wonders. By the "habit" I don't mean the cathartic habit, but I mean that "natural, easy move" that every one ought to have without having to make a rush for the pill box every night make a rush for the pill box evry night.

Must Quit Pill Habit.

"You young and middle-aged men and women who eat and drink everything you like, and you old men and women who are addicted to pill eating to keep your overdue bowels going, you don't realize that there would not be one one hundredth part of the disease on earth today if your bowels were absolutely regular.

"You can shake your fist at almost any old disease known, if you've got the bowels that do business every 24 hours. This is plain talk, but every doctor will tell you the same thing, only he may be more particular in his language, but it won't have the impression on your mind.

"Now, you can't cure constipation with cathartics, and one of the reasons why there is much constipation today is because there are so many drugs, liquids and unnatural bowel movers guzzled and swallowed by so many thousands of people.

"It is true these cathartics sluice out the bowels clean, but they also sluice out that bowel moving juice or secretion which Nature has put in every good bowel to make it work easy and right. When this natural "juice" in the bowel is cleaned out your bowels become mere dead pipes. Then you get a bad case of constipation and pills are swallowed to do the moving. This goes on, over and over again.

"Take it for granted now that you have got to quit taking pills and drugs, castor oil, cascara, jalap, gamboge and all other cathartics before you can ever hope to cure your constipation.

How You Can Stop Constipation Absolutely.

"If you will do as I say you can get rid of your constipation right now and forget about it ever after. You will never realize, until you have tried it, how pleasant and delightful it is to have everyday bowels that you don't have to worry over.

"Your bowels will move themselves if you will just give them a start the 'Midgley way.' You will never realize how gratifying it is to have regular bowels, and how fine it feels to really live until you have tried it.

"I am willing to tell anyone, who will take the trouble to ask me, just exactly how to use this simple method, and to cure himself or herself right at home, so that it will no longer be necessary to dose with all kinds of harmful drugs and acids. I don't ask a cent for this information. I have published a book which contains this Midgley method in detail, and as it would be impossible to tell you in this brief space what it contains, I will send this book to any man or woman who is interested enough in a cure to send for it."

Gained 35 Pounds—Feel 20 Years Younger.

Prof. T. H. Midgley, Dear Sir:—Perhaps you will remember you cured me of constipation over one year ago. I am still feeling fine, can eat anything, have good complexion, weigh 185 lbs. now—used to weigh 150 when I was constipated. I have a regular bowel movement every morning. I feel 20 years younger. I hope your treatment will cure others like it did me. Yours very truly, Henry Steinbeck, Chillicothe, Mo.

Here Is Opportunity of a Lifetime to Be Cured.

Here is the greatest opportunity to be cured of chronic constipation that you have ever had come to your notice.

You will be amazed to see the array of letters that are received daily by this benfactor of mankind who answers all letters sent to him and asks no charge for the advice which he freely gives. These letters are from worn-out, pill-ridden patients who have tried the "Midgley way" as a last desperate effort, and have been cured as easily as though they had but a mere cold.

For the benefit of our readers we have taken the trouble to pick out at random a few of these letters and publish them. For instance, Mr. F. G. Jackson, who had almost become a mere skeleton and had suffered for 10 years, cured himself in a few days.

Mrs. Morgan Parkhurst, of Gerry, N. Y., suffered for 30 years and cured herself in 30 days; and so on down the list.

"Jackson, Old Boy, You're Looking Fine."

Mr. F. G. Jackson, Mining Engineer of the American Flag Quartz Mine at Comptonville, Calif., says:—"Prof. T. H. Midgley, Dear Sir:—I took your advice. I have gained 10 pounds in weight and my friends remark as I meet them, 'Jackson, old boy, you're looking fine.' I tried almost every kind of patent medicine for 10 years to no good. Your advice has proved a marvelous one. I was almost a skeleton, but now I feel as young and hearty as I did 20 years ago. I thank God and Prof. T. H. Midgley."

Was Near Death.

Thos. Needham, 1528 S. 44th Ave., Chicago, says:—"I suffered from chronic constipation for 10 years. I tried every cathartic in the market in vain. Doctors could do nothing, and death seemed near. By following your advice I cured myself permanently in just one month."

Miss Ella Cea, of Boone, Ia., says:—"I had been a constant sufferer from that dread disease, constipation, all my life, and had tried every kind of medicine and consulted many different doctors, but none proved successful. At last I concluded to give Prof. Midgley's drugless treatment a trial. I did so and at the end of one month was entirely cured. My general health grew better and at present am in the best of health. Can say it is a wonderful cure and a help to anyone suffering as I was."

"You Simply Can't Cure Constipation with Pills, Powders or Potions. Force Is Folly. I Tell You How to Cure Yourself at Home by the "Midgley Way" Without Medicine.

Cathartics That Increase Constipation.

"Aloes, calomel, croton oil, cascara, sagrada, jalap, gamboge, blue mass, colocynth, assafoetida, senna, epsom salts, laxative mineral waters, podophyllin, castor oil, nux vomica, hyoscyamus, bella donna and so on, which only physicians know about, cause reaction in the bowels, and result in chronic constipation."

"It is not necessary to depend on any one of these 'movers,' and just as sure as you do, you help to paralyze your own bowels. You can have them move every day regularly without taking any of these paralyzers if you will only follow out my idea, which has already proved successful in hundreds of cases."

Results of Constipation.

"When a train is stuck in the tunnel and cannot be dislodged, it stops traffic. With the body it is worse, because when there is a blocking up somewhere in your 30 feet of bowels, the poison from the blockade is going to be soaked up by the little capillaries on the inside lining of the bowels, and all this poison is rushed right through the blood.

"It goes to the brain naturally, and to every part of the body, every organ being fed on this polluted blood, or sewerage. It goes to your face in the form of pimple-poison and breaks out on the skin. It goes to your head and gives you headache and dizziness, it goes to your brain and makes you drowsy, it weakens the stomach and causes dyspepsia, and bad breath, it goes to the liver and causes biliousness, it goes to the kidneys and eventually gives rise to Bright's disease, it goes to the heart and makes it thump, it goes to the eyes and they lose their luster, it makes your nerves flabby and weak and out-o'-sorts, and this is the advance agent of all kinds of disease, which you couldn't get at all if there was pure, rich red blood flowing in your veins and your whole body was in prime condition."

Doctors Admitted Drug-Sin.

The chief clerk of the Pennsylvania Railroad company, located at New Brunswick, N. J., says:—"I have suffered from chronic constipation for the past six years, taking most all of the pills and potions I ever heard of. At one time I became so bad I decided to give up my position with the railroad, as I felt my days were numbered.

"One physician told me that he as well as others were powerless to cure constipation with drugs, saying that the purgatives inflame the bowels and eventually paralyze them. I followed your advice, have not spent a penny for drugs of any sort, and I am cured."

Look Out for Your Nerves!

There is hardly anything which restores the nerves as quickly and surely as regular bowels. Most people who have weak nerves and are run down are chronically constipated. It is surprising in how short a time a man or woman can build up a strong body by being absolutely regular and taking Professor Midgley's advice.

Our readers can be positively certain of results if they will but send for Prof. Midgley's book and follow his advice. He is known all over the country as the "Constipation Wizard." His method is all so wonderful, and so simple, that it has been said by a great many to be a positive pleasure to adopt the Midgley way of getting cured right at home.

There is nobody else in this country who have given this disease such deep, professional study, as Prof. Midgley. His advice to you will be worth hundreds of dollars, and you will have saved years of misery, bad health and danger of disease.

You will realize within a few hours what it is to really live and have that exquisite feeling of perfect health, cheerful spirit, good digestion, clear mind, quick memory, energy, courage and ambition, to a degree which you probably never before could understand or experience—and all this, by merely following the simple advice of a man by whose advice hundreds have been cured in a most remarkable manner.

How to Get the Advice.

All you will have to do is to cut out the coupon, fill in your name and address on the blank lines, and send it to Prof. T. H. Midgley, 2093 Midgley block, Kalamazoo, Mich., and he will, by return mail, send you absolutely free, his book showing you how to cure yourself of chronic constipation right at home, the "Midgley way," without pills, potions or powders. He will also send you by letter his expert advice upon any point relating to constipation on which you may ask information. Mail the coupon today.

FREE COUPON

Fill in your name and address on dotted lines below and mail to Prof. T. H. Midgley 2093 Midgley Block, Kalamazoo, Mich., and by return mail he will send you free his illustrated book, showing the simple way of curing constipation permanently.

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S.S.S. PURELY VEGETABLE

It is a generally recognized truth that medicines made from vegetable ingredients are a great deal better adapted to the delicate human system, and safer in every way, than those composed of strong mineral mixtures and compounds. Mercury, potash, arsenic, etc., which are used in the manufacture of most blood medicines, are too violent in their action, and frequently derange the system by disturbing the stomach and digestion, affecting the bowels, and when used for a prolonged period often cause Rheumatism. S. S. S. is the only blood medicine guaranteed absolutely and purely vegetable. It is made entirely of roots, herbs and barks, selected for their purifying and healing qualities. S. S. S. cures Rheumatism, Catarrh, Sores and Ulcers, Scrofula, Contagious Blood Poison, and all other blood diseases, because it cleanses and purifies the blood, and at the same time builds up the entire system by its fine vegetable tonic effects. S. S. S. may be taken by young and old with absolute safety, and with the assurance that it will cure the diseases and disorders due to an impure and poisoned blood supply, even reaching down and removing hereditary taints. Book on the blood and any medical advice free to all who write

THE SWIFT SPECIFIC CO., ATLANTA, GA.