

How Nature Provides.

Our Beauty, Health and Happiness.

Is it not possible, and altogether probable that elements necessary for the body-health are contained in the medicinal roots found in the earth, digested in the plant laboratory of Nature and made ready for man or animal?

There is a growing belief among scientists that the vegetable kingdom furnishes us with the necessary elements for blood making and to keep that delicate balance of health that the human animal is so apt to disturb by wrong methods of living. Thus we know that we should get the phosphates from the wheat in our bread—or some cereal foods, and iron from certain vegetables, such as spinach and greens.

If there is ill-health then our best method for recovering our standard balance of health is to go to Nature's Laboratory—the plant life which will furnish the remedy.

Buried deep in our forests is the plant known as Golden Seal (Hydrastis) the root of which Edwin M. Hale, M. D., Professor of Materia Medica at Halleemann Medical College, Chicago, states "In relation to its general effects on the system, there is no medicine in use about which there is such general unanimity of opinion. It is universally regarded as the tonic useful in all debilitated states." Dr. Hale continues: "Prof. John M. Scudder says, 'It stimulates the digestive processes, and increases the assimilation of food. By these means the blood is enriched, and this blood feeds the muscular system.' 'I mention the muscular system because I believe it first feels the increased power imparted by the stimulation of increased nutrition. The consequent improvement on the nervous and glandular systems are natural results.'"

Stillinger or Queen's root is another root which has long been in repute as an alterative (blood purifier) and Prof. John King, M. D., says of it: "An alterative unsurpassed by few if any other of the known alteratives; most successful in skin and scrofulous affections. Beneficial in bronchial affections—permanently cures bronchitis—relieves irritation—an important cough remedy—coughs of years' standing being cured. Aids in blood-making and nutrition, and may be taken without harm for long periods."

Nearly forty years ago, Dr. R. V. Pierce of Buffalo, N. Y., combined an extract of the two above roots, together with that of Stone root, Black Cherry-bark, Bloodroot, Mandrake and Glycerine—into a prescription which he put up in a ready-to-use form, and called Dr. Pierce's Golden Medical Discovery. It was most successful in correcting and curing such ailments as were due to stomach and liver derangements, followed by impure blood.

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A good medical book, written in plain English, and free from technical terms is a valuable work for frequent consultation. Such a work is Dr. Pierce's Common Sense Medical Adviser. It's a book of 1008 pages, profusely illustrated. It is given away now, although formerly sold in cloth binding for \$1.50. Send 21 cents, in one-cent stamps, to pay for cost of mailing only for paper-covered copy, addressing Dr. R. V. Pierce, Buffalo, N. Y.; or 31 cents for an elegantly cloth-bound copy.

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BASEBALL UMPIRES

Kicking on Their Decisions is as Old as the Game.

Much has been said and written about the habit that ball players have, and apparently cannot break themselves of entirely, of disputing decisions of the umpire. The practice dates back for many years. As far back as 1860 in an account of a game between the famous Atlantics of Brooklyn and the Excelsiors there appeared the following:

"We hope to see the boys' play of disputing over the decision of umpires entirely done away with."

Many years have passed since that was written, and the players still dispute what in some quarters it is argued should be the sacred decisions of the judges of play. Nowadays the best umpires in the game make allowance for the state of mind a player is in while engaged in a close contest.

The following extract is from a New York paper printed in 1867:

"Kelly says that Peck's dummy has created quite an excitement on Ann street. Dressed in a full baseball rig, he looks quite natty. Scofield of the Haymakers did think about bringing the figure over to the Union grounds to act as umpire in the Haymakers-Eckford game yesterday, but a young man named Monell was found who answered nearly as well."—New York Tribune.

MEPHISTO'S RING.

A Jewel That Bears a Deadly Reputation in Spain.

It seems strange to read in these days of a ring which is believed to have an evil influence over its owner and which is known as "Mephisto's ring."

Yet such a ring exists and until recent years was in possession of the Spanish royal family. The ring is set with a very large emerald, in the center of which is inserted a ruby.

It is first heard of in the sixteenth century, since when the kings who owned it have suffered disasters unlimited, while the whole country has gradually sunk from its former eminent position.

When the late Hispano-American war broke out the ring was presented to a church. The sacred building shortly after was destroyed by fire.

The next resting place of the ring was a museum, which was twice struck by lightning while holding the ill omened jewel.

The fatal ring has now, it is said, been packed in a strong box and securely buried. It remains to be seen whether this will finally put an end to its "mystic" power.—Pearson's Weekly.

A Problem in Numbers.

No one is known to have succeeded in finding two integral numbers such that the sum of their cubes would produce the cube of a whole number. The cubes of the first ten numbers give the following series: 1-8-27-64-125-216-343-512-729-1,000. This series may be prolonged indefinitely. The problem would then be to find two members of the series such that their sum is just equal to another member. Adding 125 and 216, we get 341, which is certainly pretty close to 343. Again, adding 216 and 512, we obtain 728, which is within a single unit of 729, another member of the series. Another example of being very close, but not exact, is that 729 plus 1,000 gives 1,729, which is but a single unit more than 1,728, the cube of 12. It will thus be seen that the first twelve cubes yield two cases where the approximation is but a unit out of the way. As the possible cubes are infinite in number, it may seem worth while to prosecute the search.—Scientific American.

Trapped by Its Portrait.

If an old English writer be true in his observations, the pheasant must be a very simple bird, for he declares that it puts its head in the ground and thinks that all its body is then hidden. The same author says that it was also captured by another curious plan. A picture of the bird was painted on cloth and then placed in a spot where it was sure of being seen. By and by a silly pheasant coming along catches sight of the portrait and goes up to have a close view of the new neighbor. While engaged in inspecting the canvas the fowler draws near from behind and throws his net over the unwary art student.

The Dangers of Riches.

More men have been ruined by affluence and its consequent temptations than have ever been wrecked on the rock of poverty. To the rich man duty often loses its imperative voice, and he tampers with its claims and neglects its fulfillment, while all the time he is breeding greed and selfishness in his heart, to the detriment of his whole life. Against all this and much more the man of relative poverty is defended and kept.—Strand Magazine.

Practical Sympathy.

A gentleman was one day relating to a Quaker a tale of deep distress and concluded by saying: "I could not but feel for him." "Verily, friend," replied the Quaker, "thou didst right in that thou didst feel for thy neighbor, but didst thou feel in the right place? Didst thou feel in thy pocket?"

Terrifying.

"Work never hurts anybody," said the industrious man. "No," answered Plodding Pete, "but it's most as bad to be scared as hurt."—Washington Star.

Among life's ups and downs the most annoying are keeping expenses down and appearances up.—New Orleans Times-Democrat.

Riding an Ostrich.

"I don't believe the stories told about the natives in Africa and Australia riding ostriches," said a Californian who gives riding lessons in a New York riding academy, "and I saw this pretty well tried on one occasion in my state. A cowboy who had vanquished every pony he ever undertook to break in was induced to try an ostrich. After an hour's hard work he succeeded in mounting the bird, which at first tried to shake and roll him off, but these tactics of course had no effect upon the cowboy. Then in spite of all the man could do the ostrich succeeded in getting its head around and seizing the rider by the calf of one leg. Finally the man, after much frantic kicking, got his leg free. He then doubled his feet under him, and the ostrich reached over his wings and got a good, fast hold on the man's back, throwing him heavily to the ground and trampling on him. It took three of us to chase the infuriated ostrich away, and we accomplished it barely in time to save the man's life. That's why I don't believe the native Australians can ride ostriches."—New York Press.

Mars as Prophet.

Study of Mars proves that planet to occupy earthwise in some sort the post of prophet, for in addition to the side lights it throws upon our past it is by way of foretelling our future. It enables us to no mean extent to foresee what eventually will overtake the earth in process of time, inasmuch as from a scrutiny of Mars coming events cast not their shadows, but their light, before.

It is the planet's size that fits it thus for the role of seer. Its smaller bulk has caused it to age quicker than our earth, and in consequence it has long since passed through that stage of its planetary career which the earth at present is experiencing and has advanced to a further one, to which in time the earth itself must come if it be not overwhelmed beforehand by other catastrophe. In detail of course no two planets of different initial mass repeat each other's evolutionary history, but in a general way they severally follow something of the same road.—Percival Lowell in Century.

Why the Tables Are Green.

"Billiards is one of the oldest games I know of," said a sporting man. "It is older even than croquet, which was played by French kings a great many hundred years ago. But, while billiards is so old, I'll bet none of the devotees of the juries and the cue can tell me why a billiard table covering is green. Well, the answer is simple enough. Billiards is merely a corruption of the good old English game of bowls, which was played on a beautifully green lawn. On rainy and winter days, however, your English sportsman couldn't enjoy his bowls, so some clever Johnny conceived the scheme of playing bowls indoors on his imitation green lawn. It was too much of a cinch, however, playing this game with the hand in such close quarters, so the cue was introduced to put skill at a premium. That's why billiard tables are green."—Philadelphia Record.

Diving For Fish.

A unique method of fishing is employed by natives along the Panlaung river. Two dugout boats are employed about thirty feet long, with two men with long poles, one in the bow, the other at the stern punting the boat along. They stretch a long rope made of bamboo and platted grass about a hundred yards long and weighted about every ten yards with big stones. This they let down into the water, and the fish are frightened toward the bank. The divers then jump in three at a time, remaining down about twenty seconds. They carry gaffs about eighteen inches long and fishhooks with cords attached. When they strike a fish they let go the gaff, and the fish is hauled up in the boat. A big fire is lighted on the river bank, and the men warm themselves before it when not diving.—Rangoon Gazette.

A Well in a Churchyard.

Hadstock, in Essex, possesses what is probably a unique water supply. It is entirely derived from a deep well in the parish churchyard. The well is over 800 years old and is known as St. Botolph's well. The inhabitants of Hadstock declare that it contains the best drinking water in Great Britain, and, as the village in question is one of the healthiest places in Essex, there is undoubtedly some truth in their boast.—London Strand Magazine.

Feb. 29 Births.

Very few distinguished men have been born on Feb. 29 of leap year. Among them are Edward Cave of the Gentleman's Magazine, who was born in 1692, and Rossini on the same day a hundred years later. Archbishop Whitgift in 1604 and John, the brother of Sir Edwin Landseer, himself an artist, both died on this day.

The Limit.

Howell—I don't mind getting a lemon now and then, but—Powell—But what? Howell—I think it is overdoing the thing when the lemon has been squeezed.—Exchange.

Turned the Cut.

Dolly—Fardon me, dear, but you cut a ridiculous figure on the street yesterday. Polly—Oh, forgive me, dear! If I had seen you I should have spoken.—Cleveland Leader.

Couldn't Change His Appearance. Customer—I want you to cut my hair so that I won't look like a blamed fool. Barber—I'm no lightning change artist.—New York Press.

If it were only as easy to practice as it is to preach!—Chicago News.

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