NOVEMBER AILMENTS

THEIR PREVENTION AND CURE

November is the month of falling temperatures. Over all the temperate regions the hot weather has passed and the first rigors of winter have appeared. As the great bulk of civilized nations is located in the temperate zones, the effect of changing seasons is a question of the highest importance. When the weather begins to change from warm to cold, when cool nights succeed hot nights, when clear, cold days follow hot, sultry days, the human body must adjust itself to this changed condition or perish.

The Human System Must Adjust Itself to Changing Temperatures.

The perspiration incident to warm weather has been checked. This detains within the system poisonous materials which have heretofore found escape through the perspiration.

Most of the poisonous materials retained in the system by the checked perspiration find their way out of the body, if at all, through the kidneys. This throws upon the kidneys extra labor. They become charged and overloaded with the poisonous excretory materials. This has a tendency to inflame the kidneys, producing functional diseases of the kidneys and sometimes Bright's disease.

Peruna acts upon the skin by stimulating the emunctory glands and ducts, thus preventing the detention of poisonous materials which should pass out. Peruna invigorates the kidneys and encourages them to fulfill their function in spite of the chills and dicsouragements of cold weather.

Peruna is a combination of well tried harmless remedies that have stood the test of time. Many of these remedies have been used by doctors and by the people in Europe and America for a hundred years.

Pe-ru-na is a World-Renowned Remedy for Climatic Diseases.

Peruna has been used by Dr. Hartman in his private practice for many years with notable results. Its efficacy has been proven by decades of use by thousands of people and has been substantiated over and over by many thousands of homes.

The more children a woman has, the fewer fads she is likely to cultivate.—Philadelphia Record.

"THE MARRYING SQUIRE."

Justice Geo. E. Law, of Brazil, Ind., Has Married 1,400 Couples.

Justice Geo. E. Law, of Brazil, Ind., has fairly earned the title, "The Marrying Squire," by which he is known far and wide, having already married some 1,400 couples. Ten years ago he was Deputy County Treasurer. "At that time," said Justice Law, "I was suffering from an annoying kidney trouble. My back ached, my rest was broken at night, and the passages of the kidney secretions were too frequent and contained sediment. Three boxes of Doan's Kidney Pills cured me in 1897, and for the past nine years I have been free from kidney complaint and backache."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N.Y.

HOWARD E. BURTON.—Assayer and Chemist, Leadville, Colorado. Specimen prices: Gold, Silver, Lead, $1; Gold, Silver, 75c; Gold, 50c; Zinc or Copper, $1. Cyanide tests. Mailing envelopes and full price list sent on application. Control and Umpire work solicited. Reference: Carbonate National Bank.

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Poultry, eggs, veal, dressed pork, etc. Established 7 years. Fine location; large trade; competent salesman; prompt returns. Ship, or write. Reference: Scandinavian American Bank.

FERGUSON, KLYCE & CO., Commission Merchants
Wholesale Merchants SEATTLE, WASH.

RHEUMATISM

CAN NOT BE RUBBED AWAY

It is perfectly natural to rub the spot that hurts, and when the muscles, nerves, joints and bones are throbbing and twitching with the pains of Rheumatism the sufferer is apt to turn to the liniment bottle, or some other external application, in an effort to get relief from the disease, by producing counter-irritation on the flesh. Such treatment will quiet the pain temporarily, but can have no direct curative effect on the real disease because it does not reach the blood, where the cause is located. Rheumatism is more than skin deep—it is rooted and grounded in the blood and can only be reached by constitutional treatment—IT CANNOT BE RUBBED AWAY. Rheumatism is due to an excess of uric acid in the blood, brought about by the accumulation in the system of refuse matter which the natural avenues of bodily waste, the Bowels and Kidneys, have failed to carry off. This refuse matter, coming in contact with the different acids of the body, forms uric acid which is absorbed into the blood and distributed to all parts of the body, and Rheumatism gets possession of the system. The aches and pains are only symptoms, and though they may be scattered or relieved for a time by surface treatment, they will reappear at the first exposure to cold or dampness, or after an attack of indigestion or other irregularity. Rheumatism can never be permanently cured while the circulation remains saturated with irritating, pain-producing uric acid poison. The disease will shift from muscle to muscle or joint to joint, settling on the nerves, causing inflammation and swelling and such terrible pains that the nervous system is often shattered, the health undermined, and perhaps the patient becomes deformed and crippled for life. S. S. S. thoroughly cleanses the blood and renovates the circulation by neutralizing the acids and expelling all foreign matter from the system. It warms and invigorates the blood so that instead of a weak, sour stream, constantly depositing acrid and corrosive matter in the muscles, nerves, joints and bones, the body is fed and nourished by rich, health-sustaining blood which completely and permanently cures Rheumatism. S. S. S. is composed of both purifying and tonic properties—just what is needed in every case of Rheumatism. It contains no potash, alkali or other mineral ingredient, but is made entirely of purifying, healing extracts and juices of roots, herbs and barks. If you are suffering from Rheumatism do not waste valuable time trying to rub a blood disease away, but begin the use of S. S. S. and write us about your case and our physicians will give you any information or advice desired free of charge and will send our special treatise on Rheumatism.

S.S.S.
PURELY VEGETABLE

THE SWIFT SPECIFIC CO., ATLANTA, GA.

HOW TO TEACH CHILDREN.

Here Are Some Suggestions by a Writer on Education.

A writer in an American educational journals offers some interesting suggestions for teaching children, says the Dundee Advertiser. It is useless, he suggests, to instruct children by using technical terms or even terms that would be descriptive to a grown-up. The point is illustrated by an ingenious parallel. Instead of telling a child to "sit up straight" it would be better to tell him to "sit up tall." In the same way if a child shouts too loudly in singing, he should be told to "listen" after taking "a long smell," and if he realizes what is meant and does it, this will set the muscles of the waist and check the flow of breath, while the child will be unconscious to its action."

"Such suggestion as the following do far more good than scientific terms in procuring the right tone-production from the child. Do not sing in a growling tone. Do not sing in a scolding tone." "A fish horn tone sounds terribly descriptive, but we imagine its vividness would be lost on an English child. Sing with a pleasant face. Sing with a smile. Sing like the sweetest bird you ever heard. Sing a kindly tone. Sing a sweet, loving tone. Make your lips sing to you. Whisper aloud, as though you wanted some friend in the furthest corner of the room to hear you." It is to be hoped that after all this there would be no danger of the children learning to sing in a maudlin tone.

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

A Long-Legged Deer.

A huge, finely mounted antlered head hung just above the sideboard in the dining-room. This trophy of some huntsman's skill was fastened so firmly to the wall that the glistening neck seemed to be coming right out through the plaster. Robert, who was seeing this decoration for the first time, eyed it with lively curiosity and very evident uneasiness. It looked almost too lifelike for comfort.

Finally the boy, asking to be excused, slipped from his chair, tiptoed into the next room, and then, flushing with embarrassment, returned to his place at the table.

"What's the trouble, Robert?" asked his host.

"I wanted to see," explained candid Robert, sheepishly, "if that animal's legs were really as long as that, or if he were standing on something in another room."

Beware of Ointments for Catarrh that Contain Mercury

as mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally, and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free.

Sold by Druggists, price 75c. per bottle.
Hall's Family Pills are the best.

Sinister.

"Mr. Jeekill," said the man with the heavy gold watch chain, "this is my friend, Col. Bunker. He is Senator Lotsmun's right hand man."

"Delighted to meet you, Col. Bunker," said the other. "By the way—er—Senator Lotsmun happens to be left handed, you know."—Chicago Tribune.

FITS St. Vitus' Dance and all Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. Send for FREE $2 trial bottle and treatise. Dr. R. H. Kline, Ld. 931 Arch St., Phila., Pa.

A Very Lucky Thing.

"There does seem to be 'something in the belief about the luck attached to my left hind foot," remarked the rabbit.

"Yes?" asked the robin.

"Yes. At any rate, I'm sure if I hadn't had mine with me this morning I wouldn't have got away from that dog."—Philadelphia Press.

FORTUNE BY ACCIDENT.

Inventions Which Have Made the Largest Returns to Investors.

It pays to think—even about trifles. Not long ago a young man who was visiting in a strange city had that experience known to so many when riding on street cars. He wanted to get off at a certain street, the name of which he knew, but the locality of which he was in ignorance. The car was crowded. He had told the conductor the name of the street, but, as is not unusually the case, the conductor forgot.

"Your street's two blocks back," said the conductor suavely when the young man asked him if he had arrived yet. More or less angrily, the youth said:

"It's a wonder somebody wouldn't think of something that would tell a passenger when he got to his street."

"Well, why don't you invent something?" asked the conductor.

The young man got to thinking and to working. The other day he refused $200,000 for a street car device that could be utilized to show the names of the streets automatically. He thinks it is worth more. The man or woman who conceives an idea that is patentable almost invariably has visions of immense wealth, but how the dream is realized may be found by consulting the patent office authorities, the men who handle thousands of these "children of the brain" that never bring to their inventors even the amount of money necessary for getting them patented. But, on the other hand, there are a great many patents that have made their originators immensely wealthy, and famous as well.

One would naturally suppose that the greatest returns would be from the large affairs, such as the electric railroad, the telephone and the telegraph, but such is not the case, for the small household inventions, mechanical toys and puzzles have given quicker returns and greater profits for the money expended than any of the large affairs.

The man who invented "Pigs in Clover" happened to strike the public fancy, and millions of people all over the country were chasing the little marbles into the middle pen. That man made millions on his simple puzzle because he launched it at the right time.

J. W. McGill in 1867 invented the little metal paper fastener, without which no office is now considered complete, and though but a trifle it made wealth for its inventor. Such a little thing as the rubber tip on a pencil brought $200,000 to its inventor, Hyman L. Lipman, and that small piece of metal which you wear on the heel of your shoe to protect it had made up to 1887 over $1,000,000 for its projector.

A man named Canfield first hit upon the notion of making armpit shields seamless with a sheet of cloth covered with rubber, and it brought him an income of many thousands a year. The man who invented the metal fastenings for buttons must have been a bachelor, for it did away with sewing, but it made him a millionaire.

The barbed wire fence, about which many have said unkind things as they disentangled themselves, was worth over $1,500,000 in royalties to the originator. A countryman, whose loss from eggs being broken on their way to market was a serious thing, evolved the idea of packing them in seperate compartments, and this simple device is now used altogether, and that countryman is not obliged to toil for his daily bread.

Criminals have played an important part in some of the world's greatest inventions, and some have made small fortunes out of their discoveries. Charles Filer, who devised the new lockstitch sewing machine, was serving his fourth term for burglary when his idea was perfected. When he was released his idea was backed by some capitalists and he was given a salary of $5,000 a year to superintend the construction of the machines, in addition to a royalty. At the same time he sold his English rights for $50,000 cash and $25,000 worth of stock of the English company.—Chicago Inter Ocean.

Last King of an Ancient Line.

The Sultan of Brunei is 83 years of age—at least so he told me. And while he stoops as he walks, he makes the appearance rather of a temporary invalid than of an old man. He seemed pleased when I told him that he might pass for 60; and indeed he might, for his face is singularly free from wrinkles. His expression of benevolence suggests the late Leo XIII.—his smile is engaging, albeit tinged with sadness.

His house was ruling when the Roman empire had hardly ceased to crumble. His ancestors gave the law to a vast eastern empire when Europe was but a patchwork of barbarous chiefs, and when, after centuries, Spanish and Portuguese found their way to the Spice Islands they laid propitiating gifts at the feet of the Borneo Sultan—as vassals, humbly begging the right to live within his dominions.

Brunei is still the metropolis of native Borneo—indeed, the name Borneo is but a corruption of Brunei—yet few maps show the existence of this empire.—Harper's Magazine.

A Candid Estimate.

"What do you think of that bank robbery of a hundred thousand dollars?"

"Well," answered Mr. Dustin Sax, "when I consider the magnitude of most operations nowadays, it looks to me like petit larceny."—Washington Star.

From reading the "Household Hints" we learn that a real chef makes a distinction between a "fowl" and a "chicken." What is it?

His Visits to the Earl.

There is a well known English bishop who writes a very bad hand. This bad hand caused a sad error to happen some years ago. A young clergyman had written to the bishop to inquire about a vacant curacy, and the reply that the young man got informed him that the salary was small and the work difficult. But there was one mitigating circumstance. The incumbent, among his other duties, would visit the earl every morning and spend two hours there. The curate would have rejected the post but for the daily visit to the earl. That attracted him. There would, no doubt, he told himself, be many fashionable dinners to which he would naturally be invited. He would make many friends among the rich and powerful. These friends would be able to help him in his career. The earl, perhaps, had daughters. One of them—who knows?—stranger things had happened. And so the curate accepted the difficult and poorly paid curacy to discover on his first visit to the town that he had misread the bishop's letter and that his daily two hours' visit was not to the earl, but to the jail.

Cheerfully Admitted.

Miss Gabbell—I'm stronger than you are, anyway. I can step up to a horizontal bar and chin it sixteen times.

Miss Chillicon—I have no doubt of it. I believe you could step up to that or anything else and chin it all day long.

Blood Humors

Commonly cause pimples, boils, hives, eczema or salt rheum, or some other form of eruption; but sometimes they exist in the system, indicated by feelings of weakness, languor, loss of appetite, or general debility, without causing any breaking out.

Hood's Sarsaparilla expels them, renovates, strengthens and tones the whole system. This is the testimony of thousands annually. Accept no substitute, but insist on having

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In usual liquid form or in chocolated tablets known as **Sarsatabs.** 100 doses $1.

A Lofty Death.

Asama is a volcano in Japan. A young man of that country grew despondent the other day and threw himself into the crater, leaving this letter: "Suffering a feeling of despair impels me to throw myself into the crater of vehement Asama, thus winning a splendid death and ascending the mountain's smoke to a lofty life above the sky."

A Well Known Remedy.

One of the oldest, safest and most favorable known remedies in the world today is Brandreth's Pills—a blood purifier and laxative. Being purely vegetable they can be used by old or young with perfect safety and while other remedies require increased doses and finally cease acting altogether, with Brandreth's Pills the same dose always has the same effect, no matter how long they are taken. One or two pills taken each night for a while is the best thing known for any one troubled with constipation, indigestion, dyspepsia or any trouble arising from an impure state of the blood.

Brandreth's Pills have been in use for over a century and are sold in every drug and medicine store, plain or sugar-coated.

Logical Inference.

Mrs. A.'s little son suddenly asked, in a rather startled voice: "Mamma, is there bay rum in this bottle?"

"Mercy, no dear. That's mucilage."

"Oh!" said the boy. Then after a minute of silence, "perhaps that's the reason I can't get my hat off."—Pittsburg Press.

To Break in New Shoes.

Always shake in Allen's Foot-Ease, a powder. It cures hot, sweating, aching, swollen feet. Cures corns, ingrowing nails and bunions. At all druggists and shoe stores, 25c. Don't accept any substitute. Sample mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Sculptors' Potboilers.

They were walking past a beautiful pink-and-white house in New York whose door cap was most exquisitely carved. The sculptor pointed to it. "My work," he said. "That's the potboiling I do while I work on my masterpiece. It is nothing unusual with sculptors to do such work. Two of the finest pieces that were sold to the Metropolitan Museum last winter were done by a man whose regular business is to make door caps.

Weak Lungs Bronchitis

For over sixty years doctors have endorsed Ayer's Cherry Pectoral for coughs, colds, weak lungs, bronchitis, consumption. You can trust a medicine the best doctors approve. Then trust this the next time you have a hard cough.

"I had an awful cough for over a year, and nothing seemed to do me any good. I tried Ayer's Cherry Pectoral and was soon cured. I recommend it to all my friends whenever they have a cough."—MISS M. MEYERS, Washington, D. C.

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