PERUNA PRAISED.

MRS. ESTHER M. MILNER.

Box 321, DeGraff, Ohio.
Dr. S. B. Hartman, Columbus, Ohio.
Dear Sir:—

I was a terrible sufferer from pelvic weakness and had headache continuously. I was not able to do my housework for myself and husband.

I wrote you and described my condition as nearly as possible. You recommended Peruna. I took four bottles of it and was completely cured. I think Peruna a wonderful medicine and have recommended it to my friends with the very best of results. Esther M. Milner.

Very few of the great multitude of women who have been relieved of some pelvic disease or weakness by Peruna ever consent to give a testimonial to be read by the public.

There are, however, a few courageous, self sacrificing women who will for the sake of their suffering sisters allow their cures to be published.

Mrs. Milner is one of these. In her gratitude for her restoration to health she is willing that the women of the whole world should know it. A chronic invalid brought back to health is no small matter. Words are inadequate to express complete gratitude.

A GRATEFUL LETTER TO DR. HARTMAN

Like a Gun.

"I want to get an alarm clock," said the customer.

"Here's one of silver plate for $10," said the clerk.

"Too high."

"Well, here's one made of nickel for $5."

"Too high yet."

"Here's one made of gun metal for $2."

"Gun metal? That sounds all right. I want it for my 12-year-old boy, and if it sounds anything like a gun when it goes off in the morning I guess it's what I want."—Yonkers Statesman.

After a Fashion.

"I presume," said his old friend, "now that you have a young man as an assistant pastor, you divide the parish work with him."

"Yes," answered the elderly preacher, scratching his chin reflectively. "I suppose you could call it that. He does the marrying, and I do the burying."

Innovation in England.

Patrice—I see the vicar of Thames Ditton, England, makes the announcement that he will reserve special seats for those in bathing costume in the parish church on Sunday morning in the southwest gallery.

Patrick—Hope he won't forget to provide far those in bathing costume who happen in, and that he will put 'em where their costumes won't get wet.—Yonkers Statesman.

Balked.

"Doctor," asked the caller with the badly inflamed eye, "what will it cost to take this grain of sand out of my eye?"

"I shall probably have to charge you $5 for the operation," said the eminent oculist.

"I can carry it cheaper than that," rejoined the other, turning on his heel and walking out.

Thus, owing to the greed of both parties, another prospective deal in real estate came to naught.—Chicago Tribune.

Salvation and Railroad Rates.

A writer in Harper's Weekly quotes an amusing story attributed to Dr. Rice of Springfield, apropos of the recent meeting of railroad men and their lawyers to find out what the new rate law really means. Dr. Rice, it seems, used to tell of a young Methodist who went forth from Wilbraham Academy to preach his trial sermon.

"What was your text?" he was asked when he came back.

"How shall ye escape if ye neglect so great a salvation?"

"A good text—how did you handle it?"

"First, I showed 'em how great this salvation is, then I showed 'em how to escape if they neglected it."

Overconfidence.

"Ruggles, can you do a little figuring for me? I want to win a bet. Is your fountain pen in working order?"

"Yes."

"You needn't do it, Ruggles. I've lost."

One Kind.

Teacher—Miss Badger, what do you understand by "the privileged classes?"

Coed—The botany classes. They can go out in the woods once in a while.

Undoubtedly.

Marks—They say that crape on the door is unlucky. Do you believe it?

Barks—It certainly is—if you are the subject of the decoration.

These Degenerate Days.

Watts—By the way, what is "tetanus" derived from?

O'Proudly—Immature patriotism, mostly.—Chicago Tribune.

Popular Science.

It was long ago discovered that the natural color of pure water is blue and not white. The green and yellow tints found in water are due to extraneous substances.

Tremendous quantities of coal will be required to run the turbine liner Lusitania's engines. The ship's indicated horse power is 65,000, which will mean a consumption of not less than 435 tons of steam each hour and a corresponding consumption of fifty tons of coal in the same time. This would work out a total of 1,200 tons of coal a day.

For an artificial rubber a German authority recommends mixing an infusion of Carragheen moss with starch, and drying on a slightly oiled metal plate. When the transparent sheet produced is broken up, it softens in cold water, and on subsequent heating it forms a thick gummy substance, which may be used for thickening paint or for many of the purposes of rubber.

The asteroids or minor planets, of which nearly 600 have been recorded since the beginning of the nineteenth century, have been supposed to form a ring in the space between the orbits of Mars and Jupiter. One discovered on Feb. 22 of this year, however, has a unique interest in having been proven to be beyond Jupiter, its mean distance from the sun being 5.25 to Jupiter's 5.20, while its aphelion distance—6.151—exceeds that of Jupiter by nearly the earth's distance from the sun.

All substances, even eggs, are poisonous when they are injected in certain quantities into the circulatory system of an animal. A French investigator has taken the powdered yolk of a duck's egg, treated it with a 20 per cent solution of salt and injected it into the veins of an animal until it died. In order to kill a rabbit fifty-five grains of the substance were required for each pound of the rabbit's weight. The yolk of a hen's egg is less poisonous, but that of a turtle more so, than that of a duck. The albumen of eggs is also poisonous.

In Germany some interesting experiments have recently been made in the protection of orchard trees against night frosts by means of fumigation. A part of an orchard in bloom was thus successfully guarded against an April frost by the dense smoke of napthalene. But the experiment was very expensive, 50 kilograms of napthalene being consumed by seven flames in one hour. Later a new preparation of chemicals was tried, producing a comparatively large volume of smoke with the expenditure of only 2 kilograms of the material per hour. These trials are under the direction of an experimental gardening association.

DIETS AND THE DOCTORS.

Scarcely an Article of Food that Is Not Condemned.

What with the vegetarians who eat no meat and the rheumatic sufferers who eat no fruit and the gouty who take no nitrogen if they know it and the dyspeptics who eat only tasteless foods, life stands to lose one of its chief joys, a square meal, says the Medical Journal. And it is not quite true that instinct rises superior to theory and that after all people eat what is good for them. Readers and thinkers are deeply influenced by chemical symbols and it is not rare for a pallid dyspeptic of tuberculosis tendencies to endeavor to practice the economies of metabolism ingeniously set forth by some of the physiological chemists. It is high time somebody raised a voice in protest, for surely no people stand in so little need of this counsel as do ours. Our bustling population requires a good deal of nutriment and is suffering from lack rather than repletion.

As a race possibly we have not lived long enough in America to be thoroughly acclimated. * * * We speak of the effete populations of Europe, but no one who has seen them would ever call the European peoples effete, and the impression is ineffaceable that what we need here is better cooked food and more of it, rather than the diet of fads that now captivate our nervous countrymen. It would certainly be difficult to construct any scheme of diet on which the profession would agree.

There is scarcely an article but finds condemnation somewhere among us. The banana, dear to childhood, is denounced by the pædiatrist as unwholesome, though whole populations live upon it; while no printed diet list would include pork and bacon, which Dr. Woods Hutchinson insists are the keystones of our national greatness. Even in the dietetics of disease—this rather than health being our chosen realm—utter confusion and disagreement reign. Chemical formulas of horrifying elaboration lead one to condemn red meat in gout, another to pronounce it a nutriment readily assimilable and easily disposed of. And the quarrels over foodstuffs permissible to the rheumatic are equaled only by those over carbohydrates in grave diabetes. It is a crying need of the time that the profession reaches a consensus of conviction and teachings on the basic facts of nutrition in health and disease before they attack the more venial superstitions and absurdities of a much beset laity. First of all, brethren, shall we not cast out the beam that is in our own eye?

What has become of all the old-fashioned warts? Who has them? Have you got any?

There Was an Old Woman, Etc.

A stout little woman on an East Washington street car looked around anxiously for seats for the children who were with her. Two of the older girls had babies in their arms, according to the Indianapolis Star. People on the car did not know whether it was an orphans' home picnic or a Sunday school convention.

"Beg pardon, lady," said the conductor, "but you have given me only eight tickets."

"Didn't know you charged for babies in arms," said the little woman, as she kept her eye on all other members of her party.

"But there are nine without them," said the conductor, apologetically. Perhaps he really thought the woman had only eight tickets.

"Stand up, children," commanded the little woman. She was imperious in her command, and immediately after her order to stand up they all arose to their feet.

Counting them one by one, she presently came to a little boy of about 8 years old, and, pointing her finger at him, she said:

"Sammy, I thought you stayed at home with the rest of the children."

She Was.

A West End avenue man undertook to meet his unknown girl cousin at the station on Tuesday. He approached a young woman in blue and asked:

"Are you Miss Blake?"

"No," said the young woman, "I am not."

"I hope you will excuse me," he explained. "I am here to meet a Miss Blake. She is my cousin. I have never seen her. My sister Kate is the only member of our family who knows her, and she couldn't come. She told me I would know Jennie because she is so pretty. 'Just pick out the prettiest girl in the station and you'll be sure to strike Jennie,' she said."

The young woman blushed, the young man sighed.

"I don't know who to ask next," he said. "There doesn't seem to be anybody else in the whole shooting match that comes up to the description. I guess Jennie didn't come."

A tall girl in brown sat beside the girl in blue. She got up and glared at the young man. "She did," said the girl in brown.

"Oh, Lord," said he, "are you——"

"I am," said the girl in brown.

And of course nobody could expect a girl to be friends with a man after that.—New York Sun.

Troubles of a Club.

"Our guide in Jerusalem, Uriel," says the author of "A Levantine Log Book," "belonged to a club, and with great pride he took us to the club-room and showed us about. 'We are all very pride of our club,' he explained, 'but it has many difficulties.'

"'What are they?'

"'The principal difficulty,' said Uriel, severely, 'is that much of the members refuse to fill the offices at the club, and when they do fill them they refuse to perform their performances.'

"'I don't understand,' said the traveler. 'To perform——'

"'To transact their acts,' explained Uriel. 'To make their duties.'

"'Ah, yes!' interrupted the traveler. 'You mean, to do their doings.'

"'Exactly,' agreed Uriel, with gratitude. 'They refuse to do their doings.'"

Tragedy of the Deep.

Suddenly there was a wild shriek.

The passengers on the lower deck caught a momentary glimpse of a dark object falling swiftly from above.

They rushed to the side of the boat and gazed in horror at a woman's hat bobbing up and down on the rapidly receding waves.

It was all they could see.

Where was the woman?

Up on the hurricane deck of the steamer, bare headed, and wringing her hands in despair.

It was her only traveling hat, and had cost her $2.98.

Inherited.

Vincent was altogether too garrulous in school to please his teachers. Such punishments as the institution allowed to be meted out were tried without any apparent effect upon the boy, until at last the head master decided to mention the lad's faults upon his monthly report.

So the next report to his father had these words:

"Vincent talks a great deal."

Back came the report by mail, duly signed, but with this written in red ink under the comment:

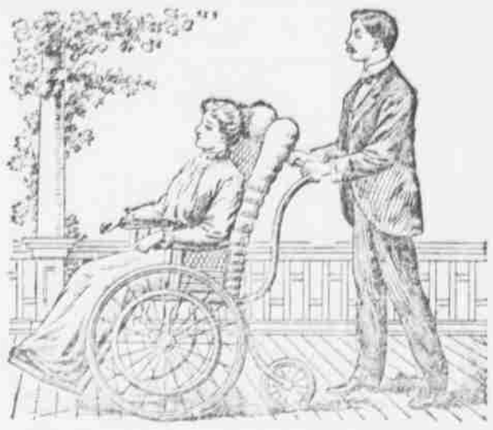
"You ought to hear his mother."

RHEUMATISM

ALMOST AS COMMON IN SUMMER AS IN WINTER.

While the damp, cold, changing weather of Winter intensifies the pains and other disagreeable symptoms of Rheumatism, it is by no means a winter disease exclusively. Through the long months of Summer its wandering pains and twitching nerves are felt by those in whose blood the uric acid, which produces the disease, has accumulated.

Rheumatism is a disease that involves the entire system. Its primary cause results from the failure of the eliminative organs, the Liver, Kidneys and Bowels, to carry out of the system the urea, or natural refuse matter. This coming in contact with the different acids of the body forms uric acid which is taken up and absorbed by the blood. This acid causes fermentation of the blood, making it sour and unfit for properly nourishing the body, and as this vital stream goes to every nook and corner of the body, the poison is distributed to all parts. The nervous system weakens from lack of rich, pure blood, the skin becomes feverish and swollen, the stomach and digestion are affected, the appetite fails and a general diseased condition of the entire system is the result.



Last Summer I had a severe attack of Inflammatory Rheumatism in the knees, from which I was unable to leave my room for several months. I was treated by two doctors and also tried different kinds of liniments and medicines which seemed to relieve me from pain for awhile, but at the same time I was not any nearer getting well. One day while reading a paper I saw an advertisement of S. S. S. for Rheumatism. I decided to give it a trial, which I did at once. After I had taken three bottles I felt a great deal better, and I continued to take it regularly until I was entirely cured. I now feel better than I have for years. CHAS. E. GILDERSLEEVE.
613 32nd Street, Newport News, Va.

Not only is Rheumatism the most painful of all diseases, with its swollen, stiff joints, throbbing muscles and stinging nerves, but it is a formidable and dangerous trouble. If the uric acid is allowed to remain in the blood, and the disease becomes chronic, chalky deposits form at the joints, and they are rendered immovable and stiff, and the patient left a helpless cripple for life. Every day the poison remains in the system the disease gets a firmer hold. The best time to get rid of Rheumatism is in warm weather; because then the blood takes on new life and the skin is more active and can better assist in the elimination of the poisons. With the proper remedy to force the acid out of the blood, and at the same time build up and strengten the Liver, Kidneys, Bowels and other organs of the body, Rheumatism can be permanently cured. External applications relieve the pain and temporarily reduce the inflammation, and for this reason are desirable, but they cannot have any effect on the disease. The blood is poisoned and the blood must be treated before a cure can be effected.

S. S. S., a remedy made from roots, herbs and barks, is the best treatment for Rheumatism. It goes into the blood and attacks the disease at its head, and by neutralizing the acid and driving it out, and building up the sour blood so it can supply nourishment and strength to every part of the body, it cures Rheumatism permanently. S. S. S. is the only safe cure for the disease; being purely vegetable, it will not injure the system in the least, as do those medicines which contain Potash or some other mineral ingredient. S. S. S. tones up every part of the body by its fine tonic properties. While cleansing the blood of all poisons it builds up the appetite and digestion, soothes the excited nerves, reduces all inflammation, relieves pain and completely cures Rheumatism in every form—Muscular, Inflammatory, Articular or Sciatic. If you are worried with the nagging pains of Rheumatism, do not wait for it to become chronic, but begin the use of S. S. S. and purge the blood of every particle of the poison. Write for our book on Rheumatism, and ask our physicians for any advice you wish. We make no charge for either.

SSS

THE SWIFT SPECIFIC COMPANY, ATLANTA, GA.

Not Personally Concerned.

"Waiter," asked the man at the table in the corner near the door, "what are these biscuits made of?"

"They look, sir," said the austere, dignified waiter, "as if they were made of Portland cement, but I have no positive knowledge. I have nothing to do with the modus operandi of the cook room. Shall I change them, sir?"

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Could Prove an Alibi.

Scott (with bill of fare)—Chicken soup, s-u-p-e. How is that for spelling?

Mott—Supe is right. The chicken doesn't take any part in it to speak of.—Boston Transcript.

CASTORIA
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The Kind You Have Always Bought
Bears the Signature of Chas. H. Fletcher.

Nature's Prophets.

The katydid had been insisting that there would be frost within six weeks.

"I've no faith in your long distance weather forecasts," said the tree toad, "but I'm willing to bet there will be rain inside of forty-eight hours."

Whereupon the rival weather bureaus resumed their noisy predictions.

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WEST & TRUAX, Wholesale Druggists, Toledo, O.
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Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Price 75c. per bottle. Sold by all Druggists. Testimonials free.
Hall's Family Pills are the best.

His Only Fear.

Hiram Powers had put the finishing touches on his Greek slave.

"I'm satisfied with it just as it is," he said, standing off and admiring it. "I am no such fool as Pygmalion was."

Struck by a sudden fear, however, that Anthony Comstock might be lingering somewhere in the neighborhood, he hastened to throw a sheet over it.—Chicago Tribune.

Backsheesh.

Upgardson—What impressed you most during your trip abroad?

Atom—The touches I got everywhere I went, of course.

Pale, Thin, Nervous?

Then your blood must be in a very bad condition. You certainly know what to take, then take it—Ayer's Sarsaparilla. If you doubt, then consult your doctor. We know what he will say about this grand old family medicine. Sold for over 60 years.

This is the first question your doctor would ask: "Are your bowels regular?" He knows that daily action of the bowels is absolutely essential to recovery. Keep your liver active and your bowels regular by taking laxative doses of Ayer's Pills.

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