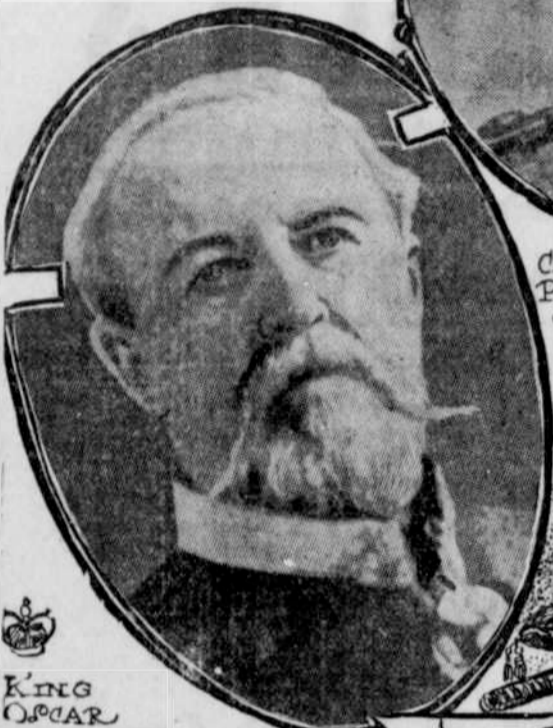


Physician Tells How Every Man Can Be His Own Doctor.

"Have you noticed," said the physician in his post-prandial rest, "what a tidal wave of 'Every man his own doctor' is sweeping over the land?"

"I suppose you mean," said the other man, who had come to him for a little friendly advice about spring fever, "Christian Science and other cults?"

"Not alone that, but the growing tendency to keep well instead of being cured is fast relegating medicine to the dead arts. We must keep up with the procession, even if it robs us of occupation, and I'll assure you, if every man understood giving himself massage he might practically be his own doctor. For instance, half the world either has, or claims to have, liver troubles. A spare five minutes can be turned to excellent account by giving your liver a lift. Place one hand heavily on the right side at the lower border of the ribs and rub it down slowly four or five inches. Do this a dozen times, and you will empty this overfull liver of its superabundant contents. This



CROWN PRINCE OF SWEDEN



PRINCESS MARGARET OF CONNAUGHT

King Oscar

New king of Sweden, his son and daughter-in-law, and late ruler.

cures heartburn and remedies cramps by removing the acidity from the stomach as well as relieving the liver.

"The food of a dyspeptic remains too long in his stomach, fermenting and causing inflammation. Try helping the stomach to get rid of its contents. Place one hand at the extreme edge of the left side immediately under the ribs and slightly overlapping them. Then work it round to the right by pressing the fingers in as hard as you can, drawing the hand across to the right with the other hand, at the same time swinging the body to the right, then to the left. Practice this daily before meals and reasonable food will never 'set like lead' on your stomach. Here is a good suggestion for a plethoric, or full-blooded, man: When waiting for the fellow that doesn't keep his appointment, place your hand at the back of your neck where the hair joins it and rub downward. You will thus empty the glands and prevent their turning into boils. Or put your fingers on the neck at the angle of the jaw and draw them firmly downward over the course of the jugular vein. This will remove the used-up blood from the brain and make that organ feel light and clear, helping you to keep from getting 'hot under your six collars,' like Kipling's engine.

"If you have a tendency to varicose veins, when you sit down elevate your feet. The blood will flow out of the turged veins and give you great relief. By deep friction from the heel upward you can encourage the return of the blood to the heart as well as give tone to the feeble veins. If you have a red nose it is because the blood enters the superficial vessels of the skin and does not return from it. If you would remedy this condition, perform regularly this little feat: Grasp the tip of the nose between the thumb and fingers and massage upward to the root. This method empties the vessels of used-up blood and allows fresh blood to flow. Besides, you are not half as likely to be afflicted with cold in the head. One exercise especially designed to prevent a 'bay window' below the ribs is this: Lie flat on your back, raise one foot and leg to its full height without bending the knee, then the other, alternating the motions, or vary the exercise by putting the toes under the bedclothes, raising the body to the sitting posture several times. This exercises the muscles of the abdomen and prevents the accumulation of fat.

"Cold feet, so often found among brain workers, can be overcome by promoting a vigorous circulation. Immediate relief can be had by standing in about one inch of cold water in a bathtub. Stand on one foot and rub it with the other, alternately, a number of times for not more than three or four minutes. Follow this up by vigorous rubbing with a crash towel, and the good effects are almost equal to walking in dew, recommended by Father Knelp. A fit of blues is a habit that grows upon one so rapidly that in a short time it becomes a disease. Whenever I feel an attack coming on I put on stout walking boots and tramp till I can go no farther. This effectually dispels melancholia. An Oriental phi-



PRINCE GUSTAVUS ADOLPHUS HEIR TO SWEDISH THRONE

losopher says fast, breathe and exercise and you will never be ill, so we might as well accept the situation that doctors are no longer needed."

COARSE FISH FOR THE TABLE.

Neglected Food Supplies of British Inland Streams.

Puzzling enough to the student of natural economy must be the fixed prejudice of the English people to the edible Roman snail, the titbit frog, more especially, the common "coarse" fish of fresh water streams, says the Pall Mall Gazette. Fresh water salmon trout, grayling and eels are everywhere regarded as edible fish, though until very recent times the grayling or "ouner" — one of the salmonidae — was but little esteemed either by sportsmen or cooks. To-day grayling ranks so closely with such game fish as salmon, trout, char and possibly the rarer vendace, etc., that the angler must not under penalty "feed" its "swim," and it must not be fished for with maggot or worm except in the depth of winter.

The point is that since our notions about grayling have so utterly changed, why should not our notions about the more sizable pike change, too? For "Esox lucius," the luce of English heraldry, better known as pickerel in America, is truly a "game" fish, judging from the manner he fights and the great number of denticles in his mouth, which are strong enough to bite off an angler's finger. Yes, our familiar "fresh water wolf" is game enough, and I can say from experience that his many pounds of sound flesh taste exceedingly choice about Christmas time when stuffed with veal forcemeat and basted with savory gravy. Yet very many hundreds of enormous pike are captured on our streams yearly by "trimmers" and other questionable devices of the river watchers; moreover, they are throughout treated as so much vermin. If exposed for sale on the fishmonger's marble slab they could hardly fall to command a good price, little as the world in general cares to make the experiment of cooking a pike.

Take the case of the equally abundant chub. I am told that it takes a Jewish tailor or furniture broker's family to appreciate it.

The Heiress.
He (tenderly)—When I woke up this morning you were my first thought.
She—Indeed? Were the creditors already standing at your bed?—Mergendorfer Blatter.

Sand is one of the important ingredients in the elixir of success.

EXCITING RACE OF TRAINS.

Each Is Broken in Two, but Neither Engineer Knows It.

The following story was told by J. D. McNamara, assistant general passenger agent of the Wabash railroad: "From Clark to Mexico, Mo., our line runs almost parallel with that of the Alton. The distance is about twenty miles. It is open country and the grades are light. The 'going' is good and trains race with each other as often as occasion offers.

"One day two long freight trains, one on each road, reached Clark about together. A race, of course, was in order. Passing Centralia the Wabash engineer turned partly around in his cab and noting that the Alton man was minus a portion of his train gave a 'broke in two' whistle signal for the information of his rival. The Alton man, hearing the signal, himself turned in his seat and observing that the Wabash train was considerably shorter than when the race began he pulled the throttle open a notch or two more and smiled as he looked forward to winning the contest. As the speed of the Wabash train continued to increase the Alton man in a spirit of banter gave with his whistle the 'broke in two' signal. As there was no apparent effort made to stop, the signal was repeated.

"Again and again was the signal given by one or the other of the racing engines.

"At length Mexico was reached, both trains arriving there at the same time, each engineer laughing at the joke he would have on his competitor when the break would be discovered. As soon as he stopped at the Mexico water tank the Alton man called across the right of way:

"How far you goin' without your tail lights?"

"The Wabash man, observing for the first time his own predicament, said:

"Gosh, but I thought you was whistlin' for your own hind end!"

"'Ditto, Bud!' exclaimed he of the C. & A. as he noticed regretfully that about two-thirds of his own train was absent.—Kansas City Star.

Plants Remember.

Plant memory is a problem for the inquisitive botanist. In 1901 a plant allied to the squash and pumpkin was taken to New York from the desert of Sonora, in Mexico, and since then it has been kept—without water—in a strange climate 3,000 miles from home. During the six weeks of rain in the desert the plant grows its leaves and flowers and perfects its seed. Then it dries up and leaves only a water filled gourd, which a thick, hard shell seals against animals and evaporation. The transplanted specimen still remembers the rainy season of six weeks. It wakes, sends out rootlets, stems and leaves, and then dries up again until the following year.—Kansas City Journal.

If you want a certain thing to happen, it is easy to "feel in your bones" that it will happen.



AGRICULTURE'S AMAZING GROWTH.

How can any country be hard up whose farms in the last nine years have produced fifty-three thousand millions of dollars' worth of crops?

No wonder that the report of the Secretary of Agriculture is full of thanksgiving flavor and that he is unaffected by causes for gloom that work on other men. The value of the farm products for 1907 is nearly seven and one-half billions of dollars; 10 per cent above that of 1906, when all records of crops were broken; 25 per cent over 1903, and 57 per cent over 1890.

More than 3,000,000 acres of land that used to be considered valueless, "the home of the cactus and the prairie dog," are now producing \$30,000,000 worth of crops every year; and these crops are directly due to Secretary Wilson, who imported the Mediterranean durum wheats at a first cost of \$10,000 and saw that they were planted there. Irrigation farming, due wholly to the department, will this year sell crops for not less than \$250,000,000, which is not contemptible, in view of the fact that the Department of Agriculture costs only about \$15,000,000 a year.

Yet the work of the department is by no means on such a scale as the natural resources of the country warrant and will one day make possible. Surveyors declare that not one-half the farms of the country—420,000,000 acres, to be exact—can be classed as improved land, and only one-third, or 290,000,000 acres, is fruitful. Many years will pass before all this ground is put under cultivation, but the time will come when it will be producing abundant crops and supporting hundreds of millions of human beings.—Chicago Journal.

Storage of Corn.

The relation of a perfect stand to increased crop yields has been so effectively demonstrated that the best method of storing grain becomes a matter of vital interest to all corn growers. A test was made last year to determine what the effect of storing corn in a dry room, on racks in the barn, in the warming oven of a stove and in a corner would have on the germinating powers of the seed the following spring.

The per cent of germination was lowest with the corn stored in the crib, as would naturally be expected, as the seed was exposed to the widely varying temperatures which prevailed during the winter season. The germination was practically the same with the samples stored in a dry room and on racks in a barn, though these methods of storing had but little advantage over the use of the warming oven. Considerable difference was witnessed, however, in the strength of the germinations from corn kept in the several ways indicated. The grain from the corn stored in the crib showed the least vigor of germination, the best results being obtained from the corn stored on the racks in the barn, followed quite closely by that stored in a dry room. The corn stored in the warming oven germinated fairly well in all except two instances. In one the germination was remarkably low, due either to a poor ear or to the fact that the corn may have been overheated at some time.—Exchange.

Heavy Hay Tonnage.

"By methods that are perfectly practicable to you we at the college are getting fifty-four tons of hay from twelve acres. First we have our land well tilled," said Professor Gilbert, of the Maine station, in addressing a recent farmers' meeting. "Why is there so much rundown land, is it low in fertility? No, it has been lying in grass too long. There are lots of fertility, nitrogen, phosphoric acid and potash; what it needs is plowing up and rotation.

"Plow poor land in the fall, and by spring there will be air in it, harrow it well in the spring, pulverize it by harrowing it over and over again. Then seed with oats and grass, and the next year you will have a good crop of grass, and clover the next year. A good rotation of potatoes on sod land, using commercial fertilizer; the next year cover with stable dressing, then oats and grass with no fertilizer; the next year, grass and clover, with top-dressing of fertilizer. Our mixture of grass seed to the acre is eleven pounds timothy, six redtop, four red clover and four alsike.

"For the top-dressing 350 pounds to the acre of a fertilizer carrying 3 per cent nitrogen, 7 per cent phosphoric acid, 6 per cent potash. The grass should be cut while in bloom." After explaining why it should be done, he continued, "After the first crop is cut, 150 pounds of the same fertilizer to the acre should be applied."

Easily Made Bag Holder.

I describe a handy sack holder, useful on a farm. It has two upright pieces of 2x2 and a two-inch plank two feet long which the upright pieces are fastened to.

About four or five inches from the top bore two holes exactly opposite each other and place a piece of plank or board and cut it to fit between the two uprights and place the bolt through this board so it will work easily. Cut this board in a half circle to fit the sack. Drive nails through this board around this half circle to fasten sack to. This board can be raised or lowered to the height of sack and is held in place by means of an iron rod which is fastened on the uprights about two feet from the bottom.

Preventing Sore Shoulder.

Don't let your horses' shoulders get sore. You can prevent it by bathing every night with strong salt water. It toughens them and also prevents galls. Among the most distressing sights is that of a horse at work with sore shoulders. Frequent bathing and care in the selection of collars will prevent it.

Getting Rid of White Grubs.

These suggestions regarding white grubs were made by the Missouri Experiment Station:

It is very difficult to do much in destroying white grubs where they have once gotten a good foothold. About the only plan is to put out a new patch and plow and cultivate thoroughly the ground where the infested patch stands. These white grubs are the larvae of a group of beetles known as May beetles or June bugs. They feed for three years as white grubs before changing to adults, so that you will find various sizes of these grubs at the same time in your patch. Some of these will mature one year, some the following year, and so on. Cultivation is about the only remedy for these grubs.

Proper Fruit Packing.

A great many farmers and fruit growers seem to ignore the conditions attending the journey which their wares must take before they reach the hands and eyes of the consumers. The methods of transportation, customs of the trade, the markets' fashions as regards style, size and form of package, all must be well understood, for they are as important as the growing of the crop.

Ram's Horn Sounds a Warning Note to the Unredeemed.



It is never safe to get in front of sin's blank cartridges. The test of any amusement is the resultant tone of your life. This world can do without the man who can do without another world.

No man becomes a hero by advertising his heresies. Success is not always honor, but honor is always a success.

The prayer to God to draw near to us draws us near to Him. Many who think they are hiding from God are only forgetting Him.

The best views of heaven come when the back is bent with earth's burdens. The practice of the love of man is the best preparation for the love of God.

That morality becomes only immoral that is followed only for profit or pride. God is not a matter of demonstration nor of conviction, but of companionship.

If you cannot tell the good your religion is doing, it is probably doing harm.

To have His power in the time of need we must have His presence all the time.

The home that sends out love and inspiration is the best of all home missionaries.

Many a man is leading in religious exercises to save himself the exercise of religion. Dogmatism is heard, not because it is right, but because it says what it has to say so loudly.

The language of heaven is acquired, not by memorizing its vocabulary, but by living its life.

There is no reconciliation of this world to God until we are ourselves reconciled to the way of the cross.

What we have given, rather than what we have gained, will give us greatest joy when we come to make up life's balances.

Some people think that prayer is a scheme by which you can stick your head into a hornet's nest and come out none the wiser.

DOUBT FACTS OF HISTORY.

Persons So Fond of Miraculous That Questions Are Easily Raised.

The love of the miraculous is enough to keep alive the belief that the accepted facts of history concerning a person who has greatly interested the world either by his life or his death are all wrong, says the Boston Transcript. Within twenty years a big book has been published in this country to demonstrate that Marshal Ney was not shot in the garden of the Luxembourg, Dec. 7, 1815, but escaped to America and dwelt in North Carolina.

For some years there flourished in Germany a man who declared himself to be the son of the duke of Reichstadt by a secret marriage and therefore the grandson and direct heir of Napoleon. This impostor was a clumsy fellow who did not know his book, for the date he assigned as that of his birth was fully a year subsequent to the death of the duke.

But we need not travel so far as Europe to find the credulous of the incredible. Only a few years ago there died in Kansas a man who was believed by many of the vicinity to be Wilkes Booth. A marked physical resemblance to the assassin caused so much annoyance to a well-known clergyman that he took pains to demonstrate by proofs of his birth and education that he was not Wilkes Booth.

The fact that Mrs. Fitzherbert made a solemn declaration that she never was a mother does not deter the "Fitzherbert heirs" in this country from applying for permission to examine certain papers which they believe contain a secret of vast money value to them. The people who believe these incredible legends in the face of proof positive to the contrary, are not all of one kind, nor of the class of the Englishman who said of the Tichborne claimant: "Just because he was the son of a Wapping butcher they wouldn't give him the estate!"

Mistaken Identity.

During Robert Lorraine's performance of Robert Shaw's "Man and Superman," in Minneapolis, one night recently, a lean-visaged man with a sparse red beard, occupying a private box all alone, applauded the scene showing the automobile so noisily that when some one started the report that the box occupant was the redoubtable G. Bernard himself, many people in the audience believed it. When the curtain fell on the act a fervid Shawite ran forward to greet the boxholder as he started for the lobby.

"Mr. Shaw, I hope," said the devotee enthusiastically, "that the devotee enthusiastically."

"Mr. Shaw, I hope not," snapped back the man in the ginger beard decidedly; "I'm the fellow who sold the 'how the automobile!'"

The Limit.

"You reckon Br'er Thomas got into paradise?"

"I can't tell fer sartin. All I kin say is—de mule kicked him ter de gate!"—Atlanta Constitution.

Somehow the average boy lacks a mule for acquiring good conduct marks at school.