


HEALTH NOTES FOR AUGUST.



P. P. A.
FOR
CATARRH
OF THE
STOMACH,
BOWELS,
DIARRHEA,
DYSENTERY,
BOATING,
NIGHT SWEATS,
SUMMER COMPLAINT

August is the month of internal catarrh. The mucous membranes, especially of the bowels, are very liable to congestion, causing summer complaint, and catarrh of the bowels and other internal organs. Pe-pu-a is an excellent remedy for all these conditions.

Mineral Wealth of the South.
About one-seventh of the mineral production of the entire country comes from the Southern States. Of bituminous coal, the most valuable mineral, the South produces one-fourth, and of iron about one-ninth. Its total coal resources amount to nearly 800,000,000,000 tons, or more than one-fourth of our estimated coal reserve.

Of mineral chemical materials the South supplies more than one-half, chiefly phosphate rock, all of which is produced in Florida, Tennessee and South Carolina, and nearly one-third of the mineral pigments. Of precious stones the whole country produces only \$325,000 worth, with the South furnishing its fair share.

The showing in iron ore reserves is quite as good; a safe minimum is 3,000,000,000 tons, or nearly one-third of the nation's total. Of workable iron ore the South contains one and one-half times as much as the famous Lake Superior district, and this does not include the deep lying southern ores.

On a basis of value of product the South furnishes more than two-sevenths of our oil and more than one-sixth of our gas.—New York Sun.

The Had It.
Secretary Shaw paid a visit to the plebeian region of New England the past summer. He stopped one night at a small country hotel, where the youthful daughter of the proprietor officiated as waitress. Seating himself at the breakfast table the next morning Mr. Shaw asked: "Have you any breakfast food, young lady?" The ingenious little Vermont starer perplexed at the secretary, cast her eyes with significance over the well-laden table, upon which was spread the usual assortment of preserves, jellies, pickles, Worcestershire sauce, ham, eggs and bread, and stammered out: "Excuse me, sir, but what did you want?" "Why, some breakfast food, please," repeated Secretary Shaw, politely. The girl frowned and then, with sudden illumination of the distinguished guest's meaning, replied glibly: "Oh, yes, sir; we have apple, pumpkin, gooseberry, and— I believe—squash pie!" And she hurried from the room to execute Secretary Shaw's order.—Exchange.

The New Opium Cure.
We put very little faith in the new specific for the opium habit, but its success in the region of Singapore equals that claimed here for Christian Science. As a result the importation of opium in the Malay States has been reduced from eighty to fifty chests a month and thousands have been cured.

The plant is a climber, botanically called *Conbretrum sondalicum*. A decoction of the plant is put into two bottles, into one of which is added as much burnt opium as the patient is accustomed to use in a day. When he craves opium he is given two tablespoonfuls from the latter bottle and as much from the other bottle replaces it to fill the space.

This is now repeated when called for, but no new opium is added. The patient is cured in from ten to fifteen days. It looks like a plan for "tapering off," with the assurance that the medicine does it.—The Independent.

Carrying Tunes.
"Did you want to hire a boy?" asked the applicant at a music store.
"Yes," said the manager. "What musical ability have you?"
"None."
"Can you even carry a tune?"
"Yes."
"Then you'll do. We want you to hurry these phonographic records down to the shipping department."—Kansas City Times.

His Lack of Courage.
"Little boy," asked the gentle voiced matron, "how does it happen that you don't catch any of these fish but the smallest ones?"
"It happens, ma'am," answered Tommy, choking back a sob, "cause the other boys ain't afraid to lie like blazes, blame their pictur's, an' I am."

SHEAR NONSENSE

"Why is Jones growing a beard?"
"Oh, I believe his wife made him a present of some ties."—Punch.

"Do you think we should let women vote?"
"Certainly. Why not? We let them earn money all other ways."—Life.

"So she's about to be married again. Do you know who is the lucky man?"
"Yes, the dead one."—Detroit Free Press.

The Man—None of their relatives will speak to them since their elopement. The Girl—They ought to be a very happy couple.—Puck.

"I notice your daughter dances with such graceful, free movements." "They ain't free; she takes reg'lar paid lessons."—Baltimore American.

Little Girl (after a domestic scene with her mother)—The best thing for us to do, mamma, is to agree to a separation.—Transatlantic Tales.

Duff—Rowell believes in the eternal fitness of things. Cuff—That's so; he wouldn't run for a car if he had a walking suit on.—Town Topics.

"Willie Green," said the teacher, "you may define the word memory."
"Memory," said Willie, "is what we forget with."—Philadelphia Record.

"Do you favor any particular school of music?" asked the lady. "Yes, indeed," replied the young man who lives in a flat. "I favor the pianissimo school."—Puck.

Rector (showing a stranger the church monuments)—My grandfather has slept in this church for eighty years. Stranger—Is he living?—Yonkers Statesman.

Mrs. Neighbors—Are you aware that your new hired girl is a sonnambulist? Mrs. Meadowgrass—My goodness, no! She told me she was a Baptist.—Chicago Daily News.

Little Girl (telling of the Garden of Eden)—Yes, Mummy, Adam and Eve lived very happily there till the Evil One came in the form of a servant.—Canadian Courier.

First Little Girl—When you grow up are you going to advertise for a husband? Second Little Girl—No; I'm going to be a widow. They don't have to.—Harper's Weekly.

Mother-in-Law—Has the young man who saved my life yesterday called upon you yet? Son-in-Law—Yes, indeed, he has already made his apologies.—Flegende Blaetter.

Clara—You may not believe it, but I said "No" to seven different men during the past winter. Maude—Oh, I don't doubt it. What were they selling.—Chicago Daily News.

Mistress—Why don't you boll the eggs! Cook—Sure, I've no clock in the kitchen to go by. Mistress—Oh, yes, you have. Cook—What good is it? It's ten minutes fast.—Philadelphia Inquirer.

"May I ask your father for your hand to-night, Miss Ketchum?" "Can't you wait until to-morrow night, George? I think Charlie Chumpley is going to ask him to-night."—Cleveland Plain Dealer.

Anxious Housewife (startled by a crash in the room below)—There! Another of my best porcelain tureens gone. Husband—Never mind, dear; it has stopped the cook's singing.—Portland Oregonian.

Voice from the parlor—Mary Ann, did you get the milk for the children and Fido in separate bottles? Mary Ann—Yes, ma'am. The voice—Have Fido's milk sterilized. Mary Ann—Yes, ma'am.—Cleveland Plain Dealer.

Geck (who has already wearied the guests with many songs)—Now I will sing you one more song and then go home. Lady—Pardon me, but do you attach much importance to the order of your program?—Flegende Blaetter.

"Do you think you will learn to like your titled son-in-law?" "I don't know," answered Mr. Cumrox. "I can't quite tell where to place him in my expense account. He is neither a recreation nor an investment."—Washington Star.

Mrs. Scraggington (in the midst of her reading)—Here is an item which says that full-grown rhinoceroses cost \$12,000 apiece. Mr. Scraggington (meanly)—Eh-yah! And isn't it a pity that women can't wear them on their hats?—Smart Set.

Courage.
Three tired citizens—a lawyer, a doctor and a newspaper man—sat in a back room recently in the gray light of the early dawn. On the table were many empty bottles and a couple of packs of cards. As they sat in silence, a rat scurried across the hearth into the darkness beyond. The three men shifted their feet and looked at each other uneasily. After a long pause the lawyer spoke:
"I know what you fellows are thinking," he said; "you think I thought I saw a rat, but I didn't."

Boston Newsboy.
New Yorker (in Boston)—I say there, boy! Move you an extra?
Boston Newsboy—I have an special edition issued at 12 o'clock meridian, sir!—Yonkers Statesman.

Watch any man long enough, and you will see him make a mighty bad break.

When the Hair Falls

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Way of One Man.
He was romantic, but bashful for his age. At 25 it is expected nowadays that a man should be matter of fact. She was his equal in romance, but a trifle older, old enough, indeed, to be a widow. The conversation had turned on the ever-important subject of mothers-in-law. There was a lull in the argument. Gazing far, she sighed and said:
"Ah, me! I shall never have another mother-in-law!"
He looked at her with interest for a moment, and then suddenly blurted out:
"My mother died when I was very young!"
"It was an inadvertence, but he could not draw back. She threw herself into his arms, and they have lived happily up to now."—Pittsburg Press.

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It Wasn't New York.
A gentleman who had occasion to go to an inland New England village ten miles from a railroad was met at the station by an old fellow who looked as if he might have just awakened after a Rip Van Winkle sleep. His horse and buggy were in keeping with their owner's ancient appearance.
"Here we air at last," said the driver, when they finally came to three houses and a blacksmith's shop.
"This isn't much of a place, is it?" said the depressed stranger, looking around.
"Oh, you don't see all o' it from here," was the reply. "Thar's two more houses over behind that hill thar, an' a cooper's shop jest around that bend in the road thar. Come to bunch 'em all together an' it's considerable o' a place—but o' course it ain't New York."—Woman's Home Companion.

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The Prize Cow.
Take for yourself a well bred cow, get her on full feed, cram and feed and stuff and cram her for, say, a year. Go to the trouble of washing and currying and scrubbing and combing her twice a day, get down on your hunkers, my friend, sandpaper her hoofs, groom her legs, polish her horns and brush her tail, and by the time show season comes around you should have a very creditable looking show cow.—Sheridan (Mo.) Advance.

An Anatomical Puzzle.
Behind the bridge of your nose is a little cavity in the skull, the origin of which appears to be unknown. It probably was a gland, consisting of two tiny lobes, joined together, and is named the Sella turcica. Physiologists believe that this is the remains of a sixth sense, which was of practical value to our antediluvian ancestors, but whether it enabled them to see in the dark in days before they possessed fire or helped them to find their way through trackless forests as wild beasts can to-day or what other purpose it may have served we do not know and probably never shall know.

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

The Age of Discretion.
Senator Dillingham, discussing immigration in New York, made use of the phrase, "the age of discretion."
"What is the 'age of discretion,' Senator?" asked one of his auditors.
"I should say," returned Senator Dillingham, smiling, "that the age of discretion is reached when a young man removes from his mantle the rich collection of actresses' and dancing girls' photographs and substitutes the portrait of his rich bachelor uncle."

Different.
"Who is that happy, contented-looking chap?"
"Oh, he's a chap who married a girl because she was a fine cook."
"And who is the poverty-stricken, sad-looking chap talking to him?"
"That's a man who married a girl because she was a fine dresser."—Houston Post.

Extenuating Circumstances.
"What brought you here?" asked the judge.
"That," replied the prisoner, pointing to a policeman, "but I was drunk."—Houston Post.

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CATARRH BLOOD DISEASE AND SYSTEM DISORDERED

Catarrh is not merely an inflammation of the tissues of the head and throat, as the symptoms of ringing noises in the ears, mucous dropping back into the throat, continual hawking and spitting, etc., would seem to indicate; it is a blood disease in which the entire circulation and the greater part of the system are involved. Catarrh is due to the presence of an excess of uric acid in the blood. The Liver, Kidneys and Bowels frequently become torpid and dull in their action and instead of carrying off the refuse and waste of the body, leave it to sour and form uric acid in the system. This is taken up by the blood and through its circulation distributed to all parts of the system. These impurities in the blood irritate and inflame the different membranes and tissues of the body, and the contracting of a cold will start the secretions and other disgusting and disagreeable symptoms of Catarrh. As the blood goes to all parts of the body the catarrhal poison affects all parts of the system. The head has a tight, full feeling, nose continually stopped up, pains above the eyes, slight fever comes and goes, the stomach is upset and the entire system disordered and affected by this disease. It is a waste of time to try to cure Catarrh with sprays, washes, inhalations, etc. Such treatment does not reach the blood, and can, therefore, do nothing more than temporarily relieve the discomfort of the trouble. To cure Catarrh permanently the blood must be thoroughly purified and the system cleansed of all poisons, and at the same time strengthened and built up. Nothing equals S. S. S. for this purpose. It attacks the disease at its head, goes down to the very bottom of the trouble and makes a complete and lasting cure. S. S. S. removes every particle of the catarrhal poison from the blood, making this vital stream pure, fresh and healthy. Then the inflamed membranes begin to heal, the head is loosened and cleared, the hawking and spitting cease, and the constitution is built up and vigorous health restored. S. S. S. also tones up the stomach and digestion and acts as a fine tonic to the entire system. If you are suffering with Catarrh begin the use of S. S. S. and write us a statement of your case and our physicians will send you literature about Catarrh, and give you special medical advice without charge. S. S. S. is for sale at all first class drug stores.

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