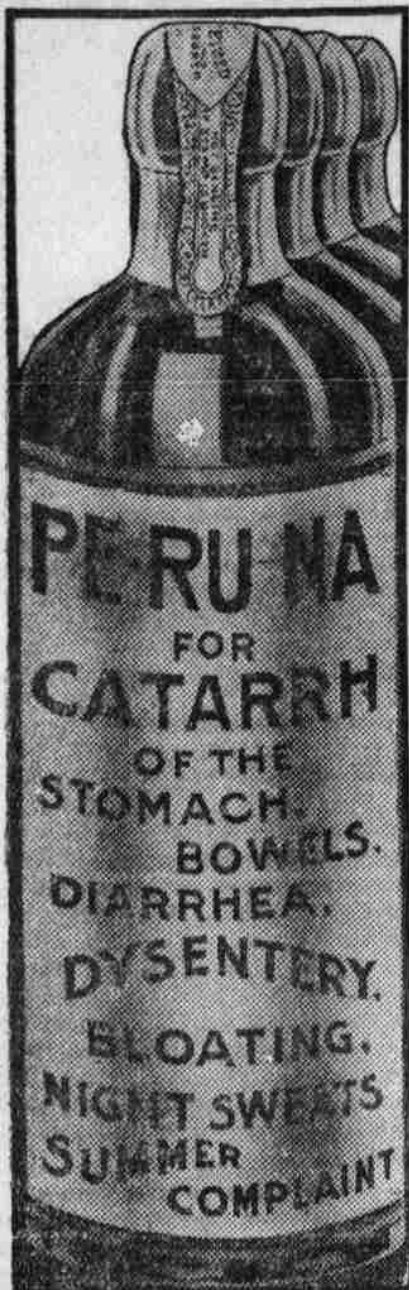


HEALTH NOTES FOR AUGUST.



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. Peru-na is an excellent remedy for all these conditions.

A Failure.

Not long ago a man appeared at the capitol and had his card taken in to Senator Bailey. The Senator did not recognize the name, but, in accordance with his usual courtesy, came out to where the stranger was waiting. It took only a few minutes' conversation to develop the fact that the individual simply desired to make a "touch." It was the regulation "Been unfortunate, sah, and desire to get back to my own country, sah."

"What is your business, colonel?" the Senator inquired. The rusty frock coat and black hat seemed to warrant the title.

"Why, I am a gentleman, Senator," the stranger replied, pompously. "Oh, I see," the Senator said, pleasantly. "Have you instituted bankruptcy proceedings yet?"—Philadelphia Record.

So Many!

They went in to dinner together. He was very bashful, and she tried in vain to draw him out. Finally she began to talk books, and he became responsive. "And Hugo?" she asked. "Do you like his style?" "Oh, yes," he replied. "I find him intensely interesting. I've read a number of his books."

Then she asked, "Have you read 'Ninety-three'?" "No, I've only read three. I didn't know he had written so many."—Lippincott's.

Prizes for the best patriotic songs for the use of school children were offered in Brussels, and the first prize was won by a Frenchman.

CATARRH BLOOD 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 droppings 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, every symptom disappears, 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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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 600,000,000 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 2,000,000,000 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.

She 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 herself at the breakfast table the next morning Mr. Shaw asked: "Have you any breakfast food, young lady?" The ingenuous little Vermont girl stared perplexedly at the secretary, cast her eyes with significance over the well-laden table, upon which was spread the usual assortment of preserves, jellies, pickles, Worcester-shire 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 Convolvulus sondaicum. 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."

BLUE EYES AND BROWN.

Which Are Truthful and Honest and Which Cruel and Treacherous? Northerners have an invincible tendency to assign virtue or goodness to the fair complexion, wickedness or falseness to the dark. If one could rely upon the test of novels it might be argued that this prejudice is weakening—for the villain, whether male or female, is sometimes blonde nowadays, and the heroine brunette. One might almost venture to say that it was never so formerly. Perhaps there is no sound reason for thinking that the blue-eyed are truthful, honest and loving—in the sense of affection and constancy—rather than the brown.

But the striking reports on the association of complexion and disease in hospitals which Dr. Beddoe suggested long ago, and Dr. Shrubbsall, foremost among many, now is carrying out, have a certain bearing on the point, says the Pall Mall Gazette. They prove that dark hair and eyes are supplanting the light in this country—a fact which all thoughtful persons have observed. But also they demonstrate the reason—which is, shortly, that the blonde are constitutionally unfitted to endure the conditions of town life, and actually perish in the foul atmosphere and the barbarism of the slums. Adults enter the hospital in proportions far too great and children die. They must have fresh air, wholesome exercise and decent surroundings to keep in health. But these are the conditions of rustic life, which, as universal experience in all ages, agrees, preserves, if it does not generate, such virtues as simplicity, truthfulness and honesty, which town life, favored by the dark, corrupts.

Upon the other hand, the brown-eyed peoples assert that the fair are treacherous and cruel. This is a common belief in Italy, where it might be traced to a popular reminiscence of the blonde northerners who ravaged that hapless country from generation to generation. But it is much older. Plutarch cites a contemporary epigram passed upon Cato the Censor, who was red-haired and gray-eyed, which shows that it was current even then. And it is an article of faith all through the east.

Sir Edward Malet tells in his biography how he once called at Alexandretta, and the population assembled, believing him to be the new governor of Cyprus. To his dragoman he expressed a hope that they were favorably impressed by his appearance, at any rate, but the dragoman honestly replied that it was not so—a blue-eyed governor they thought must be harsh and cruel. And he added that the feeling is general all through the Levant. By the famous code of Menu, an orthodox Hindoo is flatly forbidden to marry a woman with gray eyes or red hair—perhaps for this reason, though none is assigned. In all cases it may be that a tradition of ruthless invaders from the north has caused the prejudice, since many Afghans, and many Persians of the wilder tribes are fair—not to mention the British in modern times. But that is an assumption.

We are using the term blue-eyed in a conventional sense. As a matter of fact, that color is the rarest by far of all. Some assert, indeed, that it does not exist, and many doubtless have never seen it. Perhaps the rarity of blue is not to be regretted, unless by enthusiasts who set beauty above charity and humanity. For all animals which have blue eyes are more or less "hard of hearing." This is generally known in the case of cats, and it is equally true of horses and wild creatures. It is an instance of co-relation, as Darwin termed the mysterious law, and one would expect to find it apply to human beings as is alleged. Also we must admit that blue or green or gray eyes have a narrower range of expression than dark. Perhaps, indeed, the fair do not respond so quickly to the impulse of the moment; of more sedate or cooler temperament, they cannot meet a word or a thought half-way and flash back the answer instantly. At any rate, brown eyes, which we call black, have an advantage in power of expression.

It used to be taken for granted that savages possess a wider range of eyesight and keener observation than civilized men. Common sense favored the belief, and a report published by the surgeon of the Western ophthalmic hospital some years ago gave an alarming picture of the state of things among school children. But persons who speak with authority have contradicted the popular notion of late—especially Messrs. Spencer and Gillen, in their great work on the "Central Tribes of Australia," and Dr. Engelmann. Of course, these witnesses may have unusual powers of vision, but their remarks show at least that the European may be equal in this respect to Australian savages, who are famous for their eyesight, and that exceptional capacity among them is by no means universal.

Crow of Victory.

Dr. George A. Gordon, pastor of the Old South church, Boston, tells how a witty Irishman stood before the gate of the other world, asking for admission. St. Peter refused him, however, telling he was too great a sinner to enter there, and bade him go away. The man went a little distance from the gate and then crowed three times like a rooster. St. Peter at once threw open the gate and cried out, "Come in, Pat! We'll let by-gones be by-gones!"—Lippincott's.

Town Topics: Were divorce easier, more men would be willing to try marriage. Marriage, when successful, is a great success, but a great failure when a failure. And something must be done finally to induce more men to try marriage.

When the Hair Falls

Then it's time to act! No time to study, to read, to experiment! You want to save your hair, and save it quickly, too! So make up your mind this very minute that if your hair ever comes out you will use Ayer's Hair Vigor. It makes the scalp healthy. The hair stays in. It cannot do anything else. It's nature's way.

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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 Waits 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 hands, 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?"

"Ah, 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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