

Weekly Health Talks

URIC ACID IN THE SYSTEM

BY LEE H. SMITH, M. D.

Uric acid is now generally recognized as the cause of more diseases than was heretofore believed. When the kidneys are out of order uric acid accumulates within the body in superabundance. The disordered kidneys do not filter the poisons out of the blood, as they ought to do, and so the poisons remain in the blood and float around until they find a place to lodge, in form of urate salts. The thing to remember is that you may have rheumatism in any part of the body—you may have pains anywhere—your back may ache and your head may be dizzy—but the trouble is not where the pain appears.

The trouble is in the kidneys, and what is the first thing to do? You must get that excess uric acid out of your system, which can be done by taking Anuric Tablets, the splendid remedy which Dr. Pierce, of Buffalo, N. Y., has put on sale in the drug stores at a low price. Anuric Tablets (made double strength), when taken into the system as medicine, have the peculiar power of dissolving the uric acid deposited there. Drop a bit of sugar or salt into hot water, and it will disappear. In precisely the same way do these Anuric Tablets dissolve uric acid. Of course, after ridding the system of uric acid, it may return again unless you eat the right foods and live the right kind of life, but Dr. Pierce will advise you fully on proper food and correct living if you write and ask him. He makes no charge for such advice. Take Anuric Tablets today, by all means, and get that uric acid out of your system. Don't, don't, don't, put the matter off.

The Pessimist's Dread.
"He's an awful pessimist."
"What's the matter now?"
"Growing about the pleasant winter we are having."
"What does he see in this winter to find fault with?"
"Says he can't help worrying about what the price of ice is going to be next summer."

Cuticura Soothes Baby Rashes.
That itch and burn with hot baths of Cuticura Soap followed by gentle anointings of Cuticura Ointment. Nothing better, purer, sweeter, especially if a little of the fragrant Cuticura Talcum is dusted on at the finish. 25c each everywhere.—Adv.

The Idea.
"I conduct my business on strictly Christian principles."
"How do you mean?"
"My stock is both upright and square."

The cucumber is one of the oldest of cultivated vegetables. It has been cultivated in India for 3,000 years.

PHYSICIAN WAS IN SERIOUS CONDITION

Dr. Farnsworth Gives Doan's Credit for His Wonderful Recovery.

Dr. T. G. Farnsworth, 76 S. Kansas St., Buchanan, W. Va., retired physician of over forty years' experience, ex-State Congressman, ex-City Mayor and ex-County Health Officer, praises Doan's Kidney Pills. Here is Dr. Farnsworth's experience as he tells it: "It was just a few years after my retiring from practice that I found I was afflicted with severe disorder of the kidneys and bladder. I grew steadily worse, and sometimes I was unable to get around at all. The kidney secretions were retarded and so painful in passing I would cry out in misery. I was in a frightful condition. After I had lost hope in other remedies, Doan's Kidney Pills were brought to my attention and I tried them. I soon noticed a change for the better. I used several boxes and they cured me completely. Never in my practice did I know a remedy that would accomplish what Doan's Kidney Pills did, and I give them my heartiest endorsement."

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DOAN'S KIDNEY PILLS
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W. F. YOUNG, P. O. F., 210 Temple St., Springfield, Mass.

Both Beef and Milk

There is one breed that excels in both beef and milk is the Short-horn. Short-horns were the first to be bred in 1815, making the highest record on the open market of \$30.50 per cow. And Short-horns have milk records of over 17,000 lbs. per year. It is the farmer's best, having extra size, quality and good temper.

Bronchial Troubles

Soothe the irritation and you relieve the distress. Do both quickly and effectively by using promptly a dependable remedy—

PISO'S

SEVEN HUN SPIES SHOT IN BRITAIN

Another Was Hanged and Many More Are Serving Prison Terms.

TRICKED BY DETECTIVES

False News Manufactured So That Germany Might Be Misinformed—Spies Were of Very Little Service to Germany.

London.—In the possession of a sergeant-major of the British military police is a peculiarly made leather strap—or, rather, a series of straps—for which Madame Tussaud's doubtless would pay a large sum of money.

It is the strap with which German spies caught in this country and condemned to death were fastened in a special chair at the Tower of London prior to being shot. Like a wise man, the sergeant-major had the strap made to his own design and paid for it with his own money. It is to him a priceless relic of the great war.

Germany's vaunted spy system, like the overboomed German navy, hardly realized expectations. There were, it is true, a great many spies in England, both before and after the war, but most of them were neutrals, and came originally from South American states.

The British secret service resembled its magnificent navy. It did its work as silently and effectively, and the necessary reticence observed as to its doings contributed very materially to the discomfiture felt by the German government owing to the misleading information which "fell" into German hands.

Mythical Barrage in Channel.
As a matter of fact, the naval intelligence department, under Rear Admiral Hall, acting in conjunction with the censor's department, provided false information to the Germans, an instance being the mythical Strait of Dover submarine barrage revealed by Sir Roger Keyes.

Nearly all Germany's spies in this country attempted to forward their information by post. But thanks to the censor's staff it was rarely these letters, even although written in invisible ink, went undetected.

All spies were not arrested immediately they were detected. The British secret service, ever considerate, allowed them to send and receive letters and collect information, but it reserved the privilege of opening the correspondence both ways and making alterations likely to be of more use to the allies than to Germany.

It is difficult to estimate the value of the information obtained by this method. The Hun, with his profound disrespect for British finesse, probably never will believe that Britain could be guilty of such astuteness.

It is certain that Germany obtained very little that was useful from her

spies in England. From the outbreak of war the ports were too carefully watched to permit of much leakage. Up and down the east and south-west coasts of England were, however, many "hydros," palatial hotels, built right on the sea, with large copper domes twinkling brightly for many miles out at sea. And the manager was often a German.

Eight German spies were executed in this country, while many more are undergoing long terms of penal servitude. For obvious reasons the names of many never were revealed. The imperial government continued to communicate with them blissfully unaware that their agents had gone to a bourne from which not even a German spy returns. The British secret service kindly acted as the spy's deputy.

Executed in Tower.
The execution of these spies is naturally an unpleasant subject, but none the less interesting. After the secret trial and condemnation to death the spy was taken to the tower, there to await the dread summons in the early hours of the morning. Taken from his cell by a party of military police the spy was strapped to a chair in a quadrangle of the tower. There, facing him, about ten paces distant, was a firing party, usually eight men, from the battalion of guards on duty at the time.

A low instruction from the officer in command to aim at the heart, a sharp order "Fire!" a burst of flame, and the crack of eight rifles had ended the career of another of Germany's tools.

One spy was hanged at Wormwood Scrubs prison; seven others were shot. The hanging cost about \$100, and, coming to the conclusion that it

COLONEL TOOK FOOD TO BOYS

Soldier Lauds the Bravery of Leader of Chicago Regiment.

WENT FORWARD UNDER FIRE

It Was at Chipilly Ridge, and Men Had Nothing to Eat for Couple of Days—Colonel Wanted to Be Sure They Got It.

New York.—That Col. Joseph B. Sanborn, commander of Chicago's old First Illinois National Guard regiment, personally carried food to his men through terrific fire in that engagement at Chipilly ridge in August, when Chicago's noted regiment was shot to pieces, was the story told by Sergt. C. William Keane of Chicago, who recently arrived here on board a transport from France.

Keane, who was a student at Notre

SECRETARY FOR SCOTLAND



Robert Munro has again been appointed secretary for Scotland by Premier Lloyd George. He occupied the same post in the Asquith cabinet.

would be just as effective, to say nothing of considerably cheaper, it was decided to shoot all spies at the tower. Eight cartridges at three cents each was a much more appropriate valuation of a German.

Of the female spies much doubtless will be written by fiction writers of the future. Like the men, they succeeded in getting comparatively little information of value out of the country. Most of them, neither young nor beautiful like the spy of the story writer, are languishing behind prison walls and will remain there for some years to come. British chivalry forbade their execution.

Dame university until Villa cut loose in Mexico, has several heroic feats to his own credit, but he attributes his bravery to Colonel Sanborn's inspiring leadership. Keane had the Military cross pinned on his breast by King George on the same day that General Pershing was made a Knight of the Bath. He also wears the American D. S. C. Keane has lost his right leg.

Tells of Sanborn's Bravery.
His story was told by a buddy of his in the One Hundred and Thirty-first Infantry, but young Keane interrupted with:

"Say, if you were fighting under a man like Colonel Sanborn, our commander, you couldn't help pitching in with every drop of blood in your body. Do you know what Colonel Sanborn did at Chipilly ridge in August, when our outfit was so badly shot up? We were up there with nothing to eat or drink for a couple of days until Colonel Sanborn personally brought rations to us on his back under the most terrific fire that I ever experienced. "He did that because he wanted to be sure that the food would reach us and he figured the best way to make sure was to carry it himself. Who wouldn't fight like the devil under a commander like that?"

Keane went to the Mexican border with the First and re-enlisted later for overseas service. He was decorated by King George for his work at Hamel on July 4 when the One Hundred and Thirty-first was brigaded with Australian troops.

Keane Rescues Wounded.

Keane had charge of directing the work of stretcher bearers. Party after party of them went into No. Man's Land that day and failed to return. Keane went out to find them. He found them dead, lying across the stretchers with the wounded men. They had been killed in their work of mercy by the Germans. At that moment a party of Germans made a sortie to capture Keane, but it ended in his killing several of them, forcing the others to surrender and to carry the wounded men and the stretcher bearers they had killed back to the allied lines.

He won the American Distinguished cross in the Argonne on October 10.

"CALLUS CORNS" LIFT RIGHT OFF

Doesn't hurt! Lift any corn or callus off with fingers



Don't suffer! A tiny bottle of Freezone costs but a few cents at any drug store. Apply a few drops on the corns, calluses and "hard skin" on bottom of feet, then lift them off.

When Freezone removes corns from the toes or calluses from the bottom of feet, the skin beneath is left pink and healthy and never sore, tender or irritated.

Twelve Little Rabbits.
Twelve glass-eyed rabbits Thrown in a heap Upon a grocer's outdoor shelf. They have given their lives That you and I Might live for a day longer To enjoy the beauties And the pleasures Of a world Now closed to them forever. And we? We show our gratitude By saying: "Confoundedly tough little beasts, 'Aren't they?'—Harvey Peake, in Philadelphia Record.

SWAMP-ROOT FOR KIDNEY AILMENTS

There is only one medicine that really stands out pre-eminent as a medicine for curable ailments of the kidneys, liver and bladder.

Dr. Kilmer's Swamp-Root stands the highest for the reason that it has proven to be just the remedy needed in thousands upon thousands of distressing cases. Swamp-Root makes friends quickly because its mild and immediate effect is soon realized in most cases. It is a gentle, healing vegetable compound.

Start treatment at once. Sold at all drug stores in bottles of two sizes, medium and large. However, if you wish to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Dramatic Vengeance.
"Do you think there's any chance for me to buy one o' them tanks?" asked Farmer Cobbles.
"Why, I don't know. What in the world do you want with a tank?"
"I'm tired o' these road hogs in big touring cars crowdin' my flivver into ditches. I'd like to jog down the road a piece in a tank, just to see what would happen."—Birmingham Age-Herald.

HEAD STUFFED FROM CATARRH OR COLD

Says Cream Applied in Nostrils Opens Air Passages Right Up.

Instant relief—no waiting. Your clogged nostrils open right up; the air passages of your head clear and you can breathe freely. No more hawking, sniffling, blowing, headache, dryness. No struggling for breath at night; your cold or catarrh disappears. Get a small bottle of Ely's Cream Balm from your druggist now. Apply a little of this fragrant, antiseptic, healing cream in your nostrils. It penetrates through every air passage of the head, soothes the inflamed or swollen mucous membrane and relief comes instantly.

It's just fine. Don't stay stuffed-up with a cold or nasty catarrh.—Adv.

Practical Girl.
He (ecstatically)—I could die for you.
She—Goodness! I hope you won't think of such a thing until after we are married and I have the right to inherit.—Boston Transcript.

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 4 oz. of glycerine. Any druggist can put this up or you can mix it at home at very little cost. Full directions for making and use come in each box of Barbo Compound. It will gradually darken streaked, faded gray hair, and make it soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

Heard This One—Late!
"Laddeez and gent'men. I shall now sing you that mournful little ditty entitled, 'Mother's Hair Has Turned to Silver Since Father Lost His Gold.'"

Your Eyes
A Wholesome, Cleansing, Refreshing and Healing Lotion—Mistine for Redness, Soreness, Granulation, Itching and Burning of the Eyes or Eyelids. "I Drop" After the Motion, Morning or Evening. It will win your confidence. Ask Your Druggist for Mistine when your Eyes are Red, Itchy, or Sore. Write for full directions. **Mistine Eye Remedy Co., Chicago**

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252 Edison Street, Salt Lake City, Utah

RODS GIVE NO PROTECTION

French Vine Growers Find They Derive No Benefit From Metal Rods They Erected.

The vine-growing region of the Gironde, in France, has been quite extensively equipped in recent years with tall metal rods, similar to lightning rods, known as paragrées or "electric Niagras," and alleged to afford protection from hailstorms. A careful study of the functioning of these rods has recently been published by M. E. Courty of the University of Bordeaux. The statistics presented show that numerous hailstorms have occurred in the vicinity of nearly all the rods. Moreover, according to M. Courty, there has been no obvious change in the character of these storms since the erection of the rods. His article points out some of the principal reasons for the erroneous conclusions that others have drawn in favor of them; for example, the fact that, normally, only one thunderstorm in five is attended by hail; that the area over which hail falls is normally very small in comparison with that covered by the thunderstorm, and hail tends to occur in scattered patches or narrow bands; and, lastly, that a district in which hail has fallen for two or three years in succession often remains free from hail for years, regardless of the installation of hail-protecting devices.

MAKE USE OF WASTE HEAT

Councillors of Reykjavik, Iceland, Apply System That Reduces the Taxation of the Citizens.

The city council of Reykjavik, Iceland, has now begun the baking of bread in a special bakery in connection with the gas works, where modern machinery has been installed in a special building. The result was excellent, in that the waste heat from the gas works is being used in a practical and profitable manner, and in the course of a short time all the bread which may be needed will be baked in the new bread factory.

The idea was that of a young student there, and it is considered one of the best means of saving coal, time and money. Three-pound loaves have been completely baked in three hours in considerable numbers.

Think of Yourself.

You cannot reach a high degree of success in anything without making enemies.

Perhaps your lack of success has been caused by this very feeling that you desire to make and retain your friends.

You might have improved your position many times, but you feared the ill feeling engendered in certain circles with your advancement.

There are times in the lives of all men when they must each choose between what is for their own best interest and their friends, and this does not mean that it is a case of taking advantage of friends—merely displeasing them.

Perhaps it is a principle of business involved—perfectly honest and honorable, and to your financial credit—but what would your friends think if you took the decisive step?

Day of Quill Pen Gone.

Trite as true is it to say that times change and the manners with them. Although the habit of carrying the pen behind the ear has not altogether disappeared in this day of the fountain pen, typewriter machine and other similar devices, the quill pen, so far as the present generation goes, is now more of an adjunct of romance, stage settings and motion pictures. The fountain pen does not lend much artistic atmosphere to such as these.

Watch for Airquakes.

An English astronomer of prominence has advanced the theory that there are airquakes, entirely independent of earthquakes, that are caused by the explosion of meteors in the atmosphere.

Strength of Bone and Oak.

A very small bone, only one square millimeter—0.155 square inch—in diameter, will hold 33 pounds in suspension without breaking, while a piece of the best oak of the same thickness will hold up only 22 pounds.