HEALTH CAMP FOR CONSUMPTIVES

Worthy Enterprise Established in Southern Cal-ifornia-So Arranged That Patients May Be Self-Supporting.

A New York paper publishes an account of a successful effort recently made and a successful effort recently made and a successful effort recently made and a successful effort as seen as a successful effort and a successful

fog, no clouds. The winter days are all warm, the nights comparatively cold.

"The camp was established in December, 1902, to, provide in part for the large number of consumetives and other invalids who go to Nouthern California. Most of the invalids have little means; they can not afford expensive saffurines and provides.

"To meet the requirements of such patients, Mr. Nelson bought one hundred and twenty-five acres of land additional the such as a s

vegetation. "In the vallers most of the land has been taken up in the past few years. The crops of melons and vege-tables are early and bring high prices. From \$100 to \$200 an area is an ordinary yield. Alfalfa hay is cent ten times a year, giving twelve to fifteen been as area.

times a year, those an acre.

"When the campers set well edough "to work, they buy or lease a few acres. They can either buy the land on the instalment plan, or lease it off there is no default of the state of the case of the state."

Alcohol and Tuberculosis.

Alcohol and Tuberculosis.

Dr. S. A. Knoof, the eminest New Tork physician who has giverin great deal of attention to the guidect of tuberculosis, took occasion hat long since in a selentific paper to condemn the popular neilon that alcohol is a remedy for consumption. He says:

"There is an idea that alcohol is a remedy for even a specific remigly for consumption. There has never been a greater in the part of the properties of the consumption. It will either prevent or retard recovery. It is like a two-educed weapon; on one side it poinous the system, and on the other side it ruits the stomach and thus prevents this orean from properly discreting the necessary food. Truly pathetic archeroids of this erronous doctrine in the families of the joor, where, instead of precuring used nouri-hument for the invalid, in quantities, specific in the invalid. The prediction of the sufferer nor for the other members of the family."

Predisposition to Tuberculosis.

Predisposition to Tuberculosis.
The altermal fear of inherculosis which haents so many minds is bred of ignofance. The awful results of the "shife terror" have impressed themselfees upon all, but as with the aboristine, when he first encountered the emblearing explorer, the grison why is hidden. The native heard the group reach and saw his brother fall. The sudder death terrified him. He did not step to finquire the cause, He field in higher fear.

To day the gravages of tuberculosis are stupendons. Are you infuting with coccannt or dairy cream or late fatto the why, or are you trembling.

by the almost ever present tutoring bacillus.

There are four chieses: First, those who have a hereditary aredisposition to consumition secondly, those who have as hereditary aredisposition to consumition secondly, those who have excellent therefore and the state of the presence of the second three excellents are the second with a predigrosed themselves to consumpt the second three even and the second to the cream will rive to the top have weetened themselves to consume the second to the cream will rive to the top have excellent second the second to the content of the c

pations where the worker is much exposed to the Inhalation of various kinds of dust, have rendered them particularly liable to consumption."

Let every one take courage and live above tuberculosis. If you are already suffering from it set the to rise above, and the suffering from it set the to rise above, ments, pastries, tea and coffee. Live out of doors, provide fresh air for your bed room, study the laws of your body and return to the natural way of living.

body and return to the natural way of living.

Food for Brain Workers.

Montal work requires much less indeed than does physical labor. From the does physical labor in the does play the second of the does play the second in the labor in active mental labor and abstaining from muscular exertion, require practically no more food than men at rest. This is a fact of very great importance for students, ministers, and other professional men whose occupation does not require any considerable amount of effort, since the taking of those for the professional men whose occupation does not require any considerable amount of effort, since the taking of those for since season in the filling of the does not require any considerable amount of effort, since the taking of the first professional men whose occupation food in excess of that which is required results in the filling of the does not require any considerable amount of effort, since the taking of the first professional men whose occupation food in excess of that which is required results in the filling of the first professional men whose comparisons matters which interfere with all the bodilty functions, and especially way.

Montal activity is clouded, sleep man, the precented, and all the effects of certons exhaustion produced by a comparatively slight expenditure of energy, giving rise to languist, such as the profession and to there there in the profession, and indecision of mind, even more senses and melanic fields of mind, even more senses and melanic fields of the field of the profession and the field of the field of

Water Purification.

A physician connected with 4the United States Agricultural department has called attention to the fact that in extremely small quantity of substate of copper will prevent the drawth of aigne in lakes, ronds and shorage reservoirs, and will destroy () 5thout and cholera perms. The question at once arises whether this mention of the constant and the constant of copper thus employed would be neutralized by combining with vegetable substances so that the water will be left practically pure; nevertheless, the addition of chemical substances to water cannot be considered the most desirable in chol of purification. Holling and filtering through a Pastern filter are really the best ling is an easy and simple process. The old fashioned charceal and gravel filters cannot be relied upon.

Warning Against Tight Corsets.

Warning Against Tight Corsets.
Nature abhors a vacuum. There is no sunoccupied space in the body; and to render any part of it smaller than mature designed, is to cause the organs occupying that part to diminish in size, or to crowd together, one upon another. In either case, nature a processes are sadly interrupted. C. E. Hastings, M. D.

To day the gravaces of tubergulosis are superform. Are you teembling first the why, or are you treembling first the why of the first fir

ILLINOIS STATE NEWS

MANY SEEK FEDERAL PLACES YOUNG WOMAN NEARLY CHOKES

New Judicial District Creates Activity

New Judicial District Creates Activity
Among Ambilious Candidates.

The creation of the new castorn judicial district of illinois has provided some federal places that are just now the subject of gossip. Most of the places are already disposed of. Francias M. Wright is to be the district Judge. Charles P. Jilich, as United Sistem smarshal, is \$\phi\$ be transferred Sistem smarshal, is \$\phi\$ be transferred cased him as Springfield. W. A. North-cott is as good as appointed United States astorney for the Springfield district, and Maj. Dan Hogan of Pulaski county has been appointed district.

The only important place that remains in doubt so far as the eastern district.

The only important place that remains in doubt so far as the eastern district is concerned is that of district attorney. There are several candidates for the place. Among them are Illinois and the second of the place is the second of the place of the p

irritability, confusion, and indecision of mind, even morosceness and melancing.

That Tired Feeling.
The confusion of television from the condition of the condition cannot be exercised and endershall on the condition except in the condition case and resolution of the discussion of the condition except in the southern the condition except in the following in the state. The following in the southern that the condition except in the following in the state. The following in the s

A unique case of officebolding is rejected from Stanford township. A. J. Chaney has held the office of function of the peace for a period of twelve years, and, under the circumstances, he may continue to hold the place for an inedefinite term. Chaney is a Democrat, and the township is Republican, Rousevelt having carried it by an overwhelming majority, but the refusal of the Republican opponents of Chaney to qualify, after they had deteated him, has left him undisturbed in office. He was chosen to the office a number of years ago, and has surceeded himself by reason of default for the long period of years.

Prisoner Tries to Hang Himself.

Prisoner Tries to Hang Himself. William Weathers, colored, a prisoner in the county fall at Helleville, attempted to commite suicide by handing himself with a blanket. Weathers was found suspended from the roof of his cell by fellow-prisoners, who cut him down. He stated that fear of being convicted of jurglary and larcery and sent to the pointers and larcery and sent to the pointers are caused him to make the attempt on his life.

Says Wife is Witch.

Mrs. Mary Mammorer of Stephenson county, in a peculiar sult for divorce says that he accused her of being a witch and of meamerking their children for evil purposes. She says that whenever the children are III she has been accused or responsibility through hypnotic control. She claims that he has repeatedly threatened her life whenever the offspring require medical attention. The couple were married in 1880.

Waterioo Ball Yeam.
The Waterioo baseball team has been organized for the sea-op. The line-up will be as follows; First base, Nelson Setchein; serond base, O. Hainmelhann; third base, A. Erckert; shortstop, F. Schulenburg; left field, Henry Silckann, center field, William Schmidt; pitcher, Aloss Jung; right field, J. Swob; catcher, S. Baker.

Lineman is injured.

Oliver Travis aged 21, a lineman employed by the Central Urlon Telephone company, fell 35 feet from a ladder at Alton, striking on his back on a reek jaxement. He is dangerously injured.

YOUNG WOMAN NEARLY CHOKES

Plece of Steak Obstructs Her Throat
for Three Days.

A piece of beefateak which lodged
in the throat of Miss Hamah Jibbao,
a well-known young lady of Green
Valley, nearly cost her life. For
three days the obstruction remained
in her throat, and she was unable to
ake low or drink, suffering so much
physicians were well and stope. Local
young woman any relief, and she was
taken to Peoria. At the Cottage hoapital, after considerable effort, doctors
succeeded in forcing the steak down
her throat, giving her relief. She was
in a state of collapse from lack of
food and sleep.

FRAUD VICTIM IS INSANE.

After spending her fortune in an effort to prepare herself for the grand opera stage, ured on by her Paris lastructors with the assurance that her voice was one of unusual brilliancy and that a great future awaited her and then to hear from their lips, when they realized that her last provide to the control of the contr was a labure, Muss Margaret Marun, a former Warren county girl, became violently insane in Paris. With the verdict of her instructors her hope faltered, her ambitions wavered. The

NESS IDIOCADET TAIDTEN

inheritance left her by wealthy parents was gone all for nothing. In her quarters in the American colony in gay Paris she sat day'by day brooding over her, disappointments and then reason was dethroned. She became a raving maniar. Friends raised money to send her home on raised money to send her home on size, carvel for by a trained nurse, who brought her to Monmouth. The story of the unforturate zirl's career is a pathelic one. Some years are Miss Martin graduated from the Tarkio. Mo. college conservatory. Three years ago she left' Monmouth for Paris. Her parents, now dead, had left their daughter a small fortune out of which she has been duped by Paris music instructors.

Fire in Asylum.

A fire, which orderated in the power-house at the illinois contern has pital for the insane at Anna, was the cause of great excitement. The power-house adjoins the main building and attendant's headquarters. The Anna fire department was called and the flames were under control in a short time. There was no cause for a panie, but as a precaution the particular were taken from their rooms have cally removed from the building. The fire originated from a smokestack and the damage is estimated at \$5,000.

Village Without Preachers.
The village of Loami, in Sansa mon county, is without a preacher, the three who have been stationed there realgaing simultaneously. Rev. B. E. Williams retires from the Methods thurch on account of ill heatth. Rev. J. W. Larimore resigned from the Carletian church and Rev. J. A. to accompliate the carletian church and Rev. J. A. to accept charges clewhere. The loss of the three preachers at the same time created much comment.

Bad Man Defies Sheriff.

Bad Man Defies Sheciff.
Duby Heath, charged with being one
of the gang which has committed robberies of several housand isolates on
the Hig Font and Hilmois Central railroads, chaved Deputy Sheriff Powell
and Special Officer Brim off his perims
see at Mattoon with a shortin, while
the officers were searching the place,
and, montaite griard outside, defied
them to come back.

Y. M. C. A. Fund Grows

Y. M. C. A. Fund Grows.
Announcement is made that subscriptions to the Alton Y. M. C. A.
building famil had passed \$14.000.
Pledges are being taken with the understanding that they will be valid if
\$25.000 is secured by January 1.

Weary of Waiting.
Alleging that her bushand had deserted her twenty years are, and having vainly salted for his return, Mrs.
Jeanrette Miller has filed suit at Springfield for divorce from Charles Miller.

I. P.NVOI.

He, you that leng to hear the blare
Of trumpets in your honor, pray
Why sit unknown, unsung back there?
Fame waits on all of us to-day.

To the housewife who has not yet become acquainted with the new things who is reasonably astirfied with the old, we would suggest that a trial of Defance Cold Water Starth be made of the world suggest that a trial of Defance Cold Water Starth be made anteed by the manufacturers to be superior to any other brand, but because with Jan package with the package wit

The Making of it.

"If they're both deaf and dumb, I den't, so how they could make love."
"Not I should say it was the best limited authorization, box how."
"The cleek node and the mashle seems to be don with crooked finger.

Very Low Homeseeker's Rates to the Southeast April 4 and 18.

Very Low Homeseewere rates to the Southeast April 4 and 18.

On the first and third Tuesdays in April round-trip Homesecker's tlekets will be on sale at unusually low rates from Chicago, 8t. Louis, Carlo, Padacah, Evransville, Louisville and Cincinnati to many points on the Nash-ville, Chattanooge & St. Louis railway in Tennessee. North Alabama and Georgia. Limit 21 days.—8top overs allowed on N. C. & St. 1 Ry, 2019 and returning.

A splendld opportunity to make a prospecting trip. For further information write to W. L. Danley, G. P. A., N. C. & St. L. Ry., Nashville, Tenn.

"The Prize to the Hardy"—a story of Minnesota—by Alice Winter, is frees in its setting, portraying the surging city life, the open spaces, the broad wheal land and the great for each of Minnesotar adventure by free and lee; freely in its acute humor, evulerant Americanism, happy hits at characterization. The book is alive. And the man who grads it must be a live man. (Robbis-Merfill & Co., Indianapolis.)

"The Craftsman" is a monthly mag-azine, with a clearly defined purpose, advocating and illustrating higher ideals and standards in American Art and American Homes, based upon the abiling boasty of simplicity and the abiling boasty of simplicity and the referred to structural principles in all things.

STOR! WOMEN,

AND CONSIDER THE ALL-IMPORTANT FACT

That in addressing Mrs. Pinkham you are confiding your private ills to a woman — a wegnan whose experience with normals disease overs a great many years. You can man believe to a woman wheath of a man believe in the standard property of a woman wheath of a man believe a man does not understand—simply because he is a man. Many women suffer in silence and erift along from had to worse, knowing full well that they ought to have immediate assistance, but a natural modesty impels them to shrink from expessing themselves to the questions and probably examinations of even their family physician. It is unnecessary, Without money or price you can consult a woman whose knowledge from actual experience is great.

Mrs. Pinkham's Standing Invitation:

Mrs. Pinkham's Standing Invitation:

mess are invited to primptly communicate with Mrimin and an invited to primptly communicate with Mrimin and an analyse of the primary of the standard and answered by women only, as own a can freely tails of her private tilness to a wound; thus has been established the eternal confidence between Mrs. Pinkham and the women of America which has never been broken. Out of the east volume of explosion booking of the standard of

ied this invitation. Note the result.

First letter.

Dony Mrs. Finkham...

For right years I have enferred something terrible every month with my period. The training area of the sound to sale in the sale of Mrs. would to sale in the sale of Mrs. would to sale in the sale of Mrs. When it is the sale in the sale of Mrs. When a mediate has been successful to sale in the sale of Mrs. When a mediate has been successful to sale in the sale of Mrs. Beauting F. O. Washington, D. C. Second letter.

Don Mrs. Finkham...

Alter followed.

ming P. O. Washington, B. C.
When a medictine has been successful in restoring to braid see many conductionable, whose textlements is so unapprecionable, in the conduction of the conduction of

FREE!

Official Map, History and Workings of the

Panama Canal

Map in three colors. 33 x 16 inches.

Map in three colors. 23 x 16 inches. This map which was prepared by one of the safesal engineers, shows in complete detail the topographs of the 18th mas of Ponares, mountains, there and to the inch, to leasting of the Chapter of the 18th property and future line of the Chapter and future line of the Panama Raifroad, the diversion of the Chapter River, location of the controlling data and the former Culubra Cut. Also

Profile & Canal

showing in different colors the work done by the De Lessep Company, the French Company which succeeded De Lesseps, and the work which remains to be done by the United States Government.

Enclose ten cents to cover postuge and sailing, and address,

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Th SIXTY CENTS WORTH OF SEEDS FREE.

