SCIENCE AND TUBERCULOSIS

Methods of Fighting This Most Insidious of All Diseases—Best Plan Is to Keep Body in Proper Condition.

The "Cold Air Cure."

Cold air purifies the blood, energizes the heart, puts new vim into the muscles, helps the stomach, wakes up the liver, lifts the whole being to a higher plane of life.

The most successful consumption resort in the world is Davos, a winter resort in the Swiss Alps, near the Engadine, where the snow is six feet deep and the temperature close to zero all winter. Every winter hundreds of tubercular patients from all parts of the world resort to Davos to take the "cold air cure."

Cold air cures (there is no doubt about it), when accompanied by wise and skilful management, and careful regulation of diet. In the summer season this great healing force is available only in a small measure by means of cold baths, ice rubs, and fans; but in the winter season, the keen frosty air is everywhere, ready to be put to work as the great uplifting power it is when rightly applied.

The winter season alone provides continuous tonic conditions. The dense air, containing from one-eighth to one-fourth more oxygen than midsummer, stimulates all the vital processes to a higher degree of activity. Here is a healing force which is in operation day and night, and steadily lifts the patient up to a higher level until the ebbing tide of life turns backward, and renovating forces of the body resume their activities with all the old-time vigor.

The Price of Indoor Life.

Within the past twenty years there has been a steady development of confidence in the out-of-door method of treating pulmonary tuberculosis. The wonderful success that has attended the outdoor treatment in all countries, irrespective of altitude or special climatic advantages, has demonstrated the immense value of the out-door life as a curative means. This is not surprising, since man is naturally an out-of-door animal. The indoor life which most civilized human beings live is wholly artificial. We pay an enormous price for the luxury of living in houses. Not only pulmonary tuberculosis, but a large number of other chronic maladies are the natural outgrowth of the lowered vital resistance which results from the conditions imposed by modern civilized life.

We have become too much civilized. A mild return to savagery is the one thing needful at the present time. In cold weather we can not live out of doors, but we can take care to supply our living rooms, and especially our bed-rooms with an abundant supply of pure cold air. This is a very excellent remedy for morning headaches, which usually mean air-poisoning.

Appetite Juice.

The taking of food into the mouth is a signal to all the digestive organs to prepare for work. Even the sight and odor of food may cause an outflow of saliva, and at the same time the gastric juice pours into the stomach.

Pawlow, of St. Petersburg, in experiments upon a dog, observed that when food was introduced into the animal's stomach through an opening made for the purpose it was not acted upon; the digestive juice was not poured out, and the stomach apparently remained inert for nearly half an hour. On the other hand, when the animal was allowed to see and smell the food, the saliva and the gastric juice poured forth abundantly, even though the animal did not actually taste a morsel. It is important that the food should be retained in the mouth for a sufficient length of time to make the proper impression upon the nerves of taste, so that the entire digestive apparatus shall be thoroughly prepared to carry the food substances through the successive steps of the digestive process.

The thorough chewing of the food produces an abundance of what Pawlow calls "Appetite Juice," which is the best and most important juice formed by the stomach. Hence food must be well relished, and eaten with careful attention to very thorough mastication.

Vital Activity in Cold Weather.

The vital fires burn brighter in cold weather. The whole tide of life moves with greater activity. The process of digestion is quickened because the process of oxidation is increased. The liver requires oxygen for making bile and performing all its varied functions, and the oxygen we breathe in cold air, improves the function of the liver, so it can do one-seventh more work than before.

The muscles, also, depend for their activity upon oxygen. In an excess of carbonic acid gas the muscles are asphyxiated, and so one feels depressed in warm weather.

A person does not get out of breath so easily in cold air as in warm. The woodchopper can swing his axe with more energy on a cold day. Cold air aids in the elimination of the poisonous matters which are all the time forming within the body.

When oxygen is not plentiful enough to make the vital fires burn sufficiently to consume the fuel and waste of the body, then much of the waste material is left behind in the form of imperfectly burned substances, which may be called cinders of the body.

Burning Up the Body Cinders.

All food must be burned within the body to be of any value. If too much food is shoveled in, the body furnace is clogged. If too little draft is supplied the fuel is not entirely consumed. This leaves "cinders" which are the cause of many chronic diseases, and of premature old age.

The fuel supply may be regulated in the dining room. The draft is dependent on the kind and amount of air breathed. Cold, crisp, fresh air furnishes perfect draft. The blood takes from this kind of air, when it is breathed in, just the element needed to burn the food.

Six breaths of out-door air contain as much of this element—oxygen—as seven breaths of overheated, indoor air. As man breathes about eighteen times per minute this means a loss of four thousand breaths a day by living in a hot, close indoor atmosphere. The amount taken in depends on the habits of life. A deep breath must be earned. A few moments vigorous outdoor exercise will do it. The nostrils dilate, the chest heaves, the heart quickens, the lungs expand, and the fresh air is pumped into the body at a rapid rate. The draft is open. The cinders are burning up. The whole system is being cleared of rubbish.

Don't be afraid of cold air. There's life and health out of doors.

Alcohol vs. Strength.

The laborer, the traveler, and the soldier use alcohol under the delusion that it produces strength. When fatigued, the laborer takes a glass of grog, and feels better. He imagines himself stronger. His increased strength, however, is wholly a matter of imagination.

The use of alcohol makes a man feel stronger—makes him believe that he can do more work, endure more fatigue and hardship, and withstand a greater degree of cold than he could without it; but when an actual trial is made, it soon becomes apparent that the ability is lacking. Numerous experiments have shown that alcohol decreases muscular strength. Says Dr. Brunton, "The smallest quantity takes somewhat from the strength of the muscles." Says Dr. Edmunds, of London, "A stimulant is that which gets strength out of a man."

Some years ago a series of experiments were made for the purpose of determining the influence of alcohol upon the muscular strength. The combined strength of all the different groups of muscles in the body was found, in the case of a healthy young man, to be 4,881 pounds. The young man was then given two ounces of brandy, and the test was repeated. He felt confident that his strength was increased. In fact, it was found to be only 3,385 pounds, a loss of more than one-third. A notable diminution in strength was still present ten hours after the administration of the brandy.

Real Healing Agents.

There are many fictitious remedies. Some make a man feel better when he is really getting worse. The most valuable measures which can be employed in dealing with the sick may be said to be baths, exercise and diet. The chronic invalid can be made well only by being reconstructed. The sick man must be transformed into a healthy man by a process of gradual change. He has been months or years in tearing down his constitution and substituting an inferior grade of material. Now this process must be reversed, and little by little, the old tissues must be torn down and new tissues built in their place.

Warm baths help throw off stored up poisons, and cold baths hasten the destruction of waste tissues, increase the activity of the heart and of all the organs, encourage the formation of the digestive fluids, and increase the appetite for food.

By means of exercise the movement of the blood is quickened and the old diseased tissues are broken down and carried out of the body. Exercise always diminishes weight. By exercise a normal appetite is earned and deep breathing encouraged.

Pure simple food is the proper material with which to construct a new and healthy body. Man is built of what he eats. The house is no better than the material. Thus baths, exercise, and a natural dietary constitute a curative trio, each helping the other.

WHOLESOME RECIPES.

Tomato Sauce—One quart strained tomatoes, one tablespoonful put butter, one grated onion. Mix well and boil five minutes. Thicken with cornstarch to the consistency of thick cream. Salt to taste.

Cream of Peanut Soup—One cupful ground peanuts; one half teaspoonful celery salt; one small onion cut fine; one pint cooked tomatoes. Cook slowly and long. When done rub through a colander and add three pints of rich milk or part milk and part cream. Let come to a boil and serve at once.

Macaroni with Kornlet—Boil until tender one and one-half cups of macaroni, broken into inch lengths, in salted water. Rub one can of hulled sweet corn through a colander or use the prepared Kornlet, and add to it one pint of cream or slut cream. Heat to boiling and thicken with one tablespoonful of flour. Mix with the cooked macaroni, add one and one-fourth teaspoonfuls of salt; turn into a pudding dish and brown in a hot oven.

Date Dainties—Wash and steam for about ten minutes some choice dates. Split one side, remove the seed, putting in its place one-fourth of a walnut meat; press together and roll in powdered sugar.

TORTURING PAIN.

Half This Man's Sufferings Would Have Killed Many a Person, but Doan's Cured Him.

A. C. SPRAGUE.

A. C. Sprague, stock dealer, of Normal, Ill., writes: "For two whole years I was doing nothing but buying medicine to cure my kidneys. I do not think that any man ever suffered as I did and lived. The pain in my back was so bad that I could not sleep at night. I could not ride a horse and sometimes was unable even to ride in a car. My condition was critical when I sent for Doan's Kidney Pills. I used three boxes and they cured me. Now I can go anywhere and do as much as anybody. I sleep well and feel no discomfort at all."

A TRIAL FREE.—Address Foster-Milburn Co., Buffalo, N. Y. For sale by all dealers. Price, 50 cts.

Why the Hermit Kingdom.

Oppressed by her neighbors for centuries and overrun with war; her people decimated; her cities, her temples and her libraries sacked and destroyed; her nobles and maidens driven off to China and her artisans to Japan; the most ambitious and unscrupulous of her subjects constantly stirred to intrigue and conspiracy by foreign powers, it is small wonder, says W. F. Sands in the Century, that Korea has endeavored to shut herself off from the world, and, by becoming the "Hermit Kingdom," has effectually barred the way to all progress.

SALT RHEUM ON HANDS.

Suffered Agony and Had to Wear Bandages All the Time—Another Cure by Cuticura.

Another cure by Cuticura is told of by Mrs. Caroline Cable, of Waupaca, Wis., in the following grateful letter: "My husband suffered agony salt rheum on his hands, and I had to keep them bandaged all the time. We tried everything we could get, but nothing helped him until he used Cuticura. One set of Cuticura Soap, Ointment, and Pills cured him entirely, and his hands have been as smooth as possible ever since. I do hope this letter will be the means of helping some other sufferer."

Flash of Humor on Senate.

While presiding over the grave deliberations of the United States senate Mr. Frye of Maine occasionally allows himself to indulge in a flash of humor. One day last week an unimportant amendment was offered to a measure under consideration. On the question being put a single "Yea" came from the Republican side, followed by a lone "Nay" from the opposition. "The yea has it," said Senator Frye gravely.

Millions in Oats.

Salzer's New National Oats yielded in Mich., 240 bu., in Mo., 255 bu., in N. D., 310 bu., and in 30 other states from 150 to 300 bu. per acre. Now this Oat if generally grown in 1905, will add millions of bushels to the yield and millions of dollars to the farmer's purse!

Homebuilder Yellow Dent Corn grows like a weed and yields from 157 to 260 bushels and more per acre! It's the biggest yielder on earth!

Salzer's Speltz, Beardless Barley, Macaroni Wheat, Pea Oat, Billion Dollar Grass and Earliest Cane are money makers for you, Mr. Farmer.

JUST SEND THIS NOTICE AND 10c in stamps to John A. Salzer Seed Co., La Crosse, Wis., and receive their big catalog and lots of farm seed samples. [W. N. U.]

"The Secret Woman," by Eden Phillpotts, is a well constructed narrative. It has a plot, a good one, but there is nothing in it that is morbid or artificial. The note in it is one of sincerity and truth, of veritable men and women moved by genuine passion. Mr. Phillpotts has never written a better book." (The Macmillan Co., New York.)

Perseverance of Former Slave.

Mrs. Jane Evans, 72 years old and once a slave, has just graduated with honors from the elementary grade of a night school in New Haven, Conn. She began attending school last fall, wishing to learn to read the Bible and newspapers. Mrs. Evans was liberated by Lincoln's emancipation proclamation.

Important to Mothers.

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of Chas. H. Fletcher.

In Use For Over 30 Years.
The Kind You Have Always Bought

King Gives Operating Table.

Visiting the hospital at Buxton, Devonshire, the other day, King Edward noted the fact that the operating table was of wood. He said: "You should have a glass one. I have a fellow feeling as to that." So he gave the hospital one.

Feet Comfortable Ever Since.

"I suffered for years with my feet. A friend recommended ALLEN'S FOOT-EASE. I used two boxes of the powder, and my feet have been entirely comfortable ever since. ALLEN'S FOOT-EASE is certainly a godsend to me. Wm. L. Swormstedt, Washington, D. C." Sold by all Druggists, 25c.

New York aldermen now perform marriage ceremonies for nothing. How can any of the New York maidens resist this opportunity to get a bargain?

DAIRY NOTES

High Butter Average.

We notice in a dairy exchange a statement to the effect that the average production of butter per cow in Holland last year was 400 pounds. The statement may be correct and it may not. We cannot help feeling that it is a little too high to figure as an average. The average production of butter by the cows of any country is generally very far below a good average. Cows that will produce butter-fat to make 400 pounds of butter per year are very scarce in this country and we assume they are somewhat scarce in every country.

There is no doubt that the butter average will some day be brought up to that point. It is a standard worth working for, and the nation that can attain it will be rich. By dropping out the poor cows and getting better ones constantly, the average will in time be brought up to a point where dairying will be profitable both for the individual dairyman and for the nation.

As the world advances in civilization more products of the dairy cow will be used. The demand for cream is greatly on the increase in our western cities and the dairymen that have a good cream trade find it far more profitable to sell their butter fat in that way than in any other. This is an inducement to raise the standard of production.

The man that gets down to the point of finding out what the average production of his dairy cows is takes the first steps to increase that average. He can mark this cow and that cow for the slaughter as soon as her milk yield reaches the point in its decline where cost and receipts are approximately the same. There are good cows being slaughtered annually and these should be saved and added to our dairy herds.

Foreign Cheeses Made in America.

The making of foreign cheeses in America has greatly developed during the last few years. When a man goes to the market and asks for a cheese with a foreign name there is no certainty that he will get a cheese that is made on the other side of the Atlantic ocean. In the main these cheeses are as good as those made in the place from which they are expected to come. The processes are not, however, identical. Thus at a Wisconsin convention attended by Major Alvord about a year ago, a man in the audience declared that a certain brand of cheese with a foreign name was exactly the same whether made in Wisconsin or in Europe. Major Alvord declared that this could not be, because the cheese made in Wisconsin was made out of the milk of cows, while that made in Europe was made from the milk of goats. Said he, "If you are making that kind of cheese, show me the goats."

Rash Statements as to Alfalfa.

I was attending a stock meeting the other day when one man rose up and said that he had raised alfalfa for fifteen years and had fed it to his sheep all that time, and he had come to the conclusion that alfalfa is worth no more for feeding purposes than oat straw. Such statements are exceedingly rash and can but hurt the reputation of the men that make them. We know something about the value of oat hay for feed and know that an animal cannot eat enough to keep in good condition, let alone putting on flesh. There are a great many men that have been feeding alfalfa. I have seen great stacks of alfalfa out west where thousands of beef cattle were being fed on it and cotton seed meal only. The fact is, that among feeders one pound of bran and one and a half pounds of chopped alfalfa are considered equal. John Evans

Delaware County, Pa.

Give Us Pure Milk.

I wish to express my gratification at the stand the Farmers' Review has always taken in regard to pure milk. In this the paper contrasts sharply with some of the other papers, which seem afraid of saying much about impure milk lest they hurt the city sale of milk. We cannot depend very much on inspectors of milk to protect us, for the reason that there are too few of them to go round. I was reading the other day in some Canadian paper that one sample of milk analyzed in a Canadian city was badly watered and had so much preservative in it that the chemist expressed his surprise that such milk could be used without the people that used it being killed. By all means give us pure milk. The farmers themselves should take an interest in this from a humanitarian standpoint.

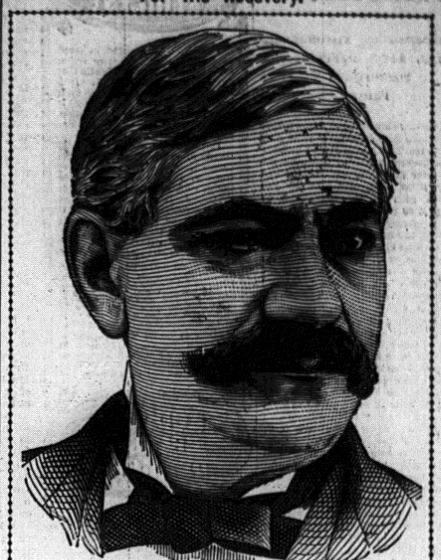
Cook County, Ill. Julia Smith.

A Good Example.

The protection of the milk supplies of cities naturally comes under the control of the board of health, but few of the men composing city boards of health take the trouble to inform themselves of the real conditions surrounding the production of clean and dirty milk. The example of one Canadian city is worth following. The city of Ottawa sent its milk inspector to the Ontario agricultural school at Guelph to take a course in the production and care of milk. This is certainly a step in the right direction. An inspector so informed is worth more than half a dozen men who do not know what are the best ways of handling this important food product.

HAD CATARRH THIRTY YEARS.

Congressman Meekison Gives Praise to Pe-ru-na For His Recovery.



CONGRESSMAN MEEKISON PRAISES PE-RU-NA.

Hon. David Meekison, Napoleon, Ohio, ex-member of Congress, Fifty-fifth District, writes:

"I have used several bottles of Peruna and I feel greatly benefited thereby from my catarrh of the head. I feel encouraged to believe that if I use it a short time longer I will be fully able to eradicate the disease of thirty years' standing."—David Meekison.

ANOTHER SENSATIONAL CURE: Mr. Jacob L. Davis, Galena, Stone county, Mo., writes: "I have been in bad health for thirty-seven years, and after taking twelve bottles of your Peruna I am cured."—Jacob L. Davis.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case, and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of the Hartman Sanitarium, Columbus, O.

DIRT CHEAP

Cut-Over Lands
Vast tracts of fertile land from which the timber has been removed by lumbermen and forest fires. The stumps are so rotted that the land is easily cleared and made ready for the plow. Good locations near schools, churches and markets abound.

Burnt-Over Lands

THOUSANDS OF ACRES OF GOOD LAND IN

NORTHERN MICHIGAN

$5 TO $10 PER ACRE

For full particulars write to
E. W. MacPHERRAN, Land Commissioner,
D. S. S. & A. Ry., Marquette, Mich.

Timbered Lands
Thousands of acres of good hardwood land are also for sale. There is a ready market for all timber products and the land is valuable to the settler. Immense areas have grown up to wild grass upon which all stock readily fattens.

Wild Grass Lands

FARM LAND

Truths that Strike Home

Your grocer is honest and—if he cares to do so—can tell you that he knows very little about the **bulk** coffee he sells you. How *can* he know, where it originally came from, how it was blended—**or with what**—or when roasted? If you buy your coffee loose by the pound, how *can* you expect purity and uniform quality?

LION COFFEE, the LEADER OF ALL PACKAGE COFFEES, is of necessity uniform in quality, strength and flavor. For OVER A QUARTER OF A CENTURY, LION COFFEE has been the standard coffee in millions of homes.

LION COFFEE is carefully packed at our factories, and until opened in your home, has no chance of being adulterated, or of coming in contact with dust, dirt, germs, or useless hands.

In each package of LION COFFEE you get **one full pound** of Pure Coffee. Insist upon getting the genuine. (Lion head on every package.)

(Save the Lion-heads for valuable premiums.)

SOLD BY GROCERS EVERYWHERE

WOOLSON SPICE CO., Toledo, Ohio.

WANTED — TRAVELING SALESMEN in this county. Our men are making from $75 to $150 a month selling our household and stock remedies, flavoring extracts, spices and toilet articles direct to consumers. Exclusive territory. Goods are furnished on credit. NO CASH OUTLAY. Pleasant, profitable, lifelong position. No experience necessary; we teach you. Write for information. Don't delay. Incorporated.
THE S. D. CONFER MEDICAL COMPANY, Dept. C, GRANDVILLE, ILL.

FARMS For Sale on easy payments. J. BULBALL, Sioux City, Iowa.

When Answering Advertisements Kindly Mention This Paper.

PISO'S CURE FOR CURES THE WORST COUGHS. Best Cough Syrup. Tastes Good. Use in time. Sold by druggists. CONSUMPTION