

As it lacks collector the pneumatic tire is a howling success.

Don't be misled. Ask for Red Cross Ball Blue. Makes beautiful white clothes. At all good grocers. Adv.

Electricity produced by waterfalls furnishes light to 72 Swedish cities and towns.

A CLERGYMAN'S TESTIMONY.

The Rev. Edmund Heslop of Wigan, Pa., suffered from Dropsy for a year. His limbs and feet were swollen and puffed. He had heart fluttering, was dizzy and exhausted at the least exertion. Hands and feet were cold and he had such a dragging sensation across the loins that it was difficult to move.



Rev. E. Heslop.

After using 5 boxes of Dodds Kidney Pills the swelling disappeared and he felt himself again. He says he has been benefited and blessed by the use of Dodds Kidney Pills. Several months later he wrote: "I have not changed my faith in your remedy since the above statement was authorized. Correspond with Rev. E. Heslop about this wonderful remedy."

Dodds Kidney Pills, 50c. per box at your dealer or Dodds Medicine Co., Buffalo, N. Y. Write for Household Hints, also music of National Anthem (English and German words) and recipes for dainty dishes. All 2 sent free. Adv.

Annual Crop of Oats.

The world's annual crop of oats, including the total of the 17 countries which are the chief producers, is 3,425,000,000 bushels a year. The United States raised 1,123,000,000 bushels, which places her in a position to export large quantities without feeling the loss. A very large part of the corn crop is raised in the United States. Of the total annual crop of 2,776,000,000 bushels raised by nine countries the United States raises 2,373,000,000 bushels. It is surprising to find that Hungary produced upward of 200,000,000 bushels and Italy 100,000,000 bushels. The world's crop of barley grown in 17 countries was last year 1,225,000,000 bushels, of which only 173,000,000 was raised in America.

Not So Very Strange.

"Jones borrowed a dollar from me yesterday and paid me back today." "Well, what about it?" "That's strange." "Not very. He couldn't change it either."—Strange Stories.

Civilization's Advance.

"They don't burn yule logs any more at Christmas, do they?" "No, only money."

Exceptional Eye Formation.

Horses, giraffes and ostriches have the largest eyes of land animals and cuttlefish of sea creatures.

LIGHT BOOZE.

Do You Drink It?

A minister's wife had quite a tussle with coffee and her experience is interesting. She says: "During the two years of my train-

Fundamental Principles of Health

By ALBERT S. GRAY, M.D.

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MANUFACTURING HEAT.

You have let the furnace fire go out because you do not now need it to keep you warm. You have put fly screens in the windows and doors in order that they may be thrown wide open to permit a free circulation of air through the house. Thus you may avoid the heat and be comfortable without letting disease bearing insect pests in. You know that a closed room in summer is uncomfortable, and you have heard perhaps that it is dangerous as well and you are guarding against that danger. But have you reasoned out why it is so? Do you know? Do other things about your person prove and proclaim that you have acted consistently and according to known principles, or that you are just following conventional lines and habit and have done this or that because others do it?

Perhaps you are also beginning to ask yourself and your acquaintances, too, the question that comes to the mind of the vast majority with the first hot days of summer: "What can I drink to cool me off?" Curious, is it not, that the old "cure" idea jumps out at us at every turn? It would appear that we think always that we must "take something" to correct uncomfortable conditions, and it never seems to occur to us that eminently satisfactory results may be had from within.

Without doubt you would think your neighbor decidedly queer if, during this hot weather, he were to keep his furnace fire going, close the windows of his house and buy ice to cool himself with.

Probably no single contribution to the science of nutrition has been productive of knowledge capable of more profoundly influencing human life than the calorie idea. By means of this unit of measurement food requirements become a matter of accurate demonstration, and it is proved that the transformations of chemical energy into heat and work in the animal body take place according to the same general laws as in our artificial motors.

If air is dry it more readily takes up moisture and thereby cools us, whereas if the humidity is high—that is, if the air be close to its limit of water vapor saturation—of course there will be but little room in it for our moisture. For example: At 90 degrees Fahrenheit and 50 per cent humidity the air will have a capacity for 7.4 grains of water per cubic foot and a comparatively moderate volume of such air will keep our skins dry and cool; but if the humidity be 90 per cent then there is room in it for

mineral supply. All fresh vegetables contain minerals in varying degrees. For breakfast some fruit, a bowl of cracked wheat and milk, or some fried whole corn meal or wheat mush, bacon, toast and coffee, will carry you until lunch time; and then for dinner a small portion of steak or a chop, potatoes and another vegetable or two, bread and butter, a salad, coffee, tea or milk, and you will wake up in the morning ready for business. The quantity? That depends on your weight and the character of your work. You have got to master the simple fundamentals of nutrition and be able to adapt foods to your individual needs if you are going to be healthy, happy and efficient.

FOOD ADJUSTMENT.

The public mind has been roused here and there to an interest in certain phases of the pure food question by the popular agitation of the subject as presented by various enthusiastic leaders; but there is much underlying truth which has entirely escaped attention. This is due to the fact that the movement has necessarily been involved in much that is in the nature of commercial warfare, and in commercial campaigns a well turned phrase or glittering epigram is frequently preferred to a straightforward statement of fact.

We have, for instance, heard much that is both true and false about benzene of soda, but neither side has felt called on to state the whole truth, which is that as a general proposition the average individual is vastly better off without any of the dietetic whips around which the battle rages. We do not need instruction in the composition of sauces and dressings for our foods, but we are sadly in need of instructions as to how to select and prepare a nutritious and healthful diet.

The average individual among laymen and physicians alike regards the fundamental problems of food and diet as permanently solved. The fallacy of this belief is quickly shown by a brief study of the mortality tables published by the United States bureau of census. These tables show a progressive decrease in mortality from all diseases other than those directly connected with metabolism, while the mortality from diseases caused by deranged metabolism show a progressive increase per 100,000 population. Obviously the fundamental problems of food and diet are far from being understood, solved, and probably the most widely understood part of the problem is that of the quantity of food required for the support of man.

Careful painstaking investigations for many years in many parts of the world have reduced human food requirements to a basis where the quantity has become a matter of accurate estimation rather than of intuition, and the increased demand for food fuel for the worker need no longer remain veiled in the mystery of guess-work.

About the latest word from the investigators in this field comes from Becker and Mamalinen in Finland. Tests conducted by them for determining the amount of energy required for eight hours' labor at various occupations are as follows:

Women.	Calories.
One seamstress with needle.....	1,800
One seamstress with sewing machine.....	2,000
One bookbinder.....	1,800
One bookbinder.....	2,100
Two servants polishing silver, washing windows, etc.....	2,300, 2,900
Two servants washing clothes.....	2,600, 3,800
Men.	
Two tailors.....	2,400, 2,500
One bookbinder.....	2,700
One shoemaker.....	2,500
Two metalworkers, filling and hammering.....	3,100, 3,200
Two carpenters making tables.....	3,200, 3,300
Two painters painting furniture.....	3,200, 3,300
Two stoneasons, chiseling tombstones.....	4,300, 4,700
Two men using wood.....	5,000, 5,400

It must be very clear to any person reading the above table that there is a direct relation between the number and character of the movements in the several occupations to make so distinct a difference in the amount of food required to furnish this energy, and also that there is some material difference in metabolic efficiency between the engaged in the same lines of work. However, that is a matter for consideration, the point to be covered at this time being the adjustment of food to occupation. Bearing in mind the fact that the calorie is a unit of energy expended in raising one foot, it is very evident that an individual on the diet of a tailor or the tailors would be liable to physical collapse at the end of the day.

The side of the question is, that is to the sedentary work of a par with the seamstress, the tailor, who are on the food sawyers? There are thousands of them in all our great cities, who eat with their fingers. They are wasting the energy of themselves "demanded bodies."

WHALE DANCE OF ESKIMOS

Peculiar Festivity That Gives the Young Men a Chance to Choose Their Wives.

A very primitive custom of the natives of the Bering and Arctic coasts of Siberia, a custom that has come down from generations of savage ancestors, is the annual celebration of the whale dance, when the Eskimos select their wives.

When the sun moves southward at the end of the short summer season, and the ice closes upon the northern seas, the whales come down to open water. Then in celebration of the season's catch the ice dwellers assemble for the whale dance, which lasts 21 days.

The great dance circle is prepared, and in the center the dancers, both male and female, perform the most savage of evolutions and motions to the accompaniment of rhythmless beating of the tom-toms and weird chanting. The dance songs tell of the prowess of the hunters and of the history of the tribe. The movements of the women are surprisingly graceful, and they mean to show in their dance that, as daughters of a great people, they are possessed of all the qualities such women should have. The men execute pantomimic scenes of the hunt, and go through all the motions of the kill; they spear the ice bear, slay the walrus and seal, and finally, with extraordinary contortions, vanquish the mighty whale.

During the last days of the feast, when the time arrives for the selection of husbands and wives, the man performs his mate dance before the woman he has picked out. In pantomime he promises to provide her generously with the fruit of the hunt, both food and fur. If she is pleased with him, she walks out and dances her acceptance and shows how she will look after the igloo. When they have danced before each other they are married after the custom of the tribe and he leads her off to his walrus hide lodge.

During the dance they feast on whale. The skin of the baleen whale is about an inch thick and looks like rubber. The solid blubber between it and the true flesh is usually about 14 inches thick. The black skin and the blubber, the latter cut to the thickness of the former, is called muktuk and is considered a great delicacy. It is eaten raw, and although it sounds repulsive to the civilized ear, is most palatable. It has a flavor something like that of chestnuts.—Yonk's Companion.

Singing in the Country.

Far down in the country where grand opera methods have not been applied to church singing a blessed old minister arose and announced the number of the hymn he desired the congregation to sing. He followed the old custom of "lining out" the hymn; that is, he would read a line in a loud voice and then the congregation would sing it. The first was as follows: "We praise thee, O God, for thy power ten thousand strong." The congregation tried the line and was or such a high key that when "ten thousand" was reached everybody was up in a screech. "I'm afraid that's too high," said the benevolent old man, "too high on the 'ten thousand strong.'" His difficulty was solved by an old fellow who stood up far back in the church and exclaimed in a nasal voice: "All right, then; bring it down to 1,000."—Philadelphia Public Ledger.

Putting It Up to Him.

Lawyer—"Madame, I'm sorry to say that I don't see the ghost of a chance for you to break your uncle's will." Client—"Well, to be frank with you, I don't see the ghost of a chance to pay you for what you've already done if the will isn't broken." Lawyer—"Hm! On second thought, madame, I think the will can be broken."—Boston Transcript.

Ocean Is Holland's Defense.

Holland's safety in time of war lies in her ability to flood great tracts of land. William of Orange flooded the country in 1574, and by so doing drove out the Spanish invaders. The same policy was adopted on the occasion of the French invasion of 1675. The movement of a lever at Amsterdam is sufficient to open every dyke and dam in Holland simultaneously. It is said, to put under water within the space of a few hours the whole country from Naarden on the Zuyder Zee, by Utrecht, to Geertruidenberg, at the mouth of the Meuse.

Trinidad's Oil Industry.

The oil industry of Trinidad has reached such a degree of importance, that the admiralty has decided to investigate the possibilities of obtaining supplies there. It is reported that Professor Cadman has arrived at Port of Spain with instructions from the admiralty to make a full report on the condition of the industry.

And Makes Enemies.

An argument usually shows not who is right, but who is the smartest.

IN STERLING LIVES A GIRL

Who Suffered As Many Girls Do—Tells How She Found Relief.

Sterling, Conn.—"I am a girl of 22 years and I used to faint away every month and was very weak. I was also bothered a lot with female weakness. I read your little book 'Wisdom for Women,' and I saw how others had been helped by Lydia E. Pinkham's Vegetable Compound, and decided to try it, and it has made me feel



like a new girl and I am now relieved of all these troubles. I hope all young girls will get relief as I have. I never felt better in my life."—Miss BERTHA A. PELOQUIN, Box 116, Sterling, Conn.

Massena, N. Y.—"I have taken Lydia E. Pinkham's Vegetable Compound and I highly recommend it. If anyone wants to write to me I will gladly tell her about my case. I was certainly in a bad condition as my blood was all turning to water. I had pimples on my face and a bad color, and for five years I had been troubled with suppression. The doctors called it 'Anemia and Exhaustion,' and said I was all run down, but Lydia E. Pinkham's Vegetable Compound brought me out all right."—Miss LAVISA MYRES, Box 74, Massena, N. Y.

Young Girls, Heed This Advice.

Girls who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion, should immediately seek restoration to health by taking Lydia E. Pinkham's Vegetable Compound.

PARKER'S HAIR BALSAM
A toilet preparation of merit.
Helps to eradicate dandruff.
For Restoring Color and
Beauty to Gray or Faded Hair.
50c. and \$1.00 at Druggists.

Pettit's FOR EYE RED SALVE

Not Complimentary.

Sir George Reid, the former premier of New Zealand, is a very big man. On one occasion he delivered a long speech. In addition to being very long it was very strong. "I was very strong," he said, "during years, and said, pathetically: 'In a short time I shall have passed away, and will be no more.' 'Then the fat will be in the fire,' yelled a voice from the gallery, and the big orator himself laughed heartily at the humorous sally.

Dr. Pierce's Pellets, small, sugar-coated easy to take as candy, regulate and invigorate stomach, liver and bowels. Do no gripe. Adv.

He Needed More Time.

"Say, have you forgotten that you owe me a thousand francs?" "No, not yet; give me time."

Makes the laundress happy—that's Red Cross Ball Blue. Makes beautiful, clean white clothes. All good grocers. Adv.

Women as a rule are more generous than wise in financial matters.

FATIMA, Turkish-blend cigarettes are the purest form in which tobacco can be smoked, and their flavor is "Distinctively Individual"

Liggett & Myers Tobacco Co.

20 for 15¢ **FATIMA** TURKISH BLEND CIGARETTES
GAMERON & CAMERON CO. CINCINNATI, O.
IMPORT & WHOLESALE TOBACCO CO. DISTRESSORS

Improve Farm on railway town, rich as best Illinois lands. For sale at quarter the price. Matt Russell Co., Beall Bldg., San Antonio, Texas.

For Sale Good, general purpose farm, 138 acres, Southern Indiana, 12 miles north of Louisville, Ky. J. N. NORRIS, Sellersburg, Ind.

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