

MY OWN FAMILY USE PE-RU-NA.



HON. GEORGE W. HONEY.
Hon. George W. Honey, National
Chaplain U. V. U., ex-Chaplain Fourth
Wisconsin Cavalry, ex-Treasurer State
of Wisconsin, and ex-Quartermaster
General State of Texas G. A. R., writes
from 1701 First St., N. E., Washington,
D. C., as follows:

"I cannot too highly recommend your
preparation for the relief of catarrhal
troubles in their various forms. Some
members of my own family have used
it with most gratifying results. When
other remedies failed, *Peruna* proved
most efficacious and I cheerfully cer-
tify to its curative excellence."

Mr. Fred L. Holsford, for nine years a
leading photographer of Kansas City,
Mo., located at the northeast corner of
12th and Grand Aves., writes the fol-
lowing testimony: "It is a proven
fact that *Peruna* will cure catarrh and
its sequelae, and as a tonic it has no
equal. *Peruna* has tried to make me
take something else 'just as good,' but
Peruna is good enough for me."

Pe-ru-na in Tablet Form.
For two years Dr. Hartman and his
assistants have incessantly labored to
create *Peruna* in tablet form, and their
strenuous labors have now been crowned
with success. People who object to
liquid medicines can now secure *Peru-
na* tablets, which represent the solid
medicinal ingredients of *Peruna*.

Paxtine
TOILET ANTISEPTIC
Keeps the breath, teeth, mouth and body
antiseptically clean and free from un-
healthy germ-life and disagreeable odors,
and keeps the face, hair, and toilet prepa-
rations clean and free from germ-life.
Large Trial Sample
WITH "HEALTH AND BEAUTY" BOOK SENT FREE
THE PAXTON TOILET CO., Boston, Mass.

DYSPEPSIA
"Having taken your wonderful 'Cascarets' for
three months, I feel better than I have for
years. I am now able to eat and drink as
before, and I feel that I have been cured
of my dyspepsia. I am now able to eat and
drink as before, and I feel that I have been
cured of my dyspepsia. I am now able to eat
and drink as before, and I feel that I have
been cured of my dyspepsia. I am now able
to eat and drink as before, and I feel that
I have been cured of my dyspepsia. I am
now able to eat and drink as before, and I
feel that I have been cured of my dyspepsia.
Sterling Remedy Co., Chicago or N.Y. 25c
ANNUAL SALE, TEN MILLION BOXES

Cascarets
Best for
the Bowels
CANDY CATHARTIC
"THEY WORK WHILE YOU SLEEP"

SICK HEADACHE
Positively cured by
CARTER'S
LITTLE
LIVER
PILLS.
"They relieve dis-
tress from Dyspepsia,
Indigestion and Too Heavy
Eating. A perfect re-
medy for Biliousness, Nausea,
Drowsiness, Bad Taste,
in the Mouth, Coated
Tongue, Pain in the Side,
TORTURED LIVER, etc."
regulate the Bowels. Purely Vegetable.
SMALL PILL. SMALL DOSE. SMALL PRICE.

CARTER'S
LITTLE
LIVER
PILLS.
Genuine Must Bear
Faint Signature
REFUSE SUBSTITUTES.

**IF YOU'VE
NEVER WORN
SLICKER**
you've got to
learn the bodily
comfort and safety
of the wettest weather
clothing.

**MADE FOR
HARD SERVICE
GUARANTEED
WATERPROOF
\$3.00**
AT ALL GOOD STORES
CLOTHING DEPT.
ALTON, ILL. CHICAGO, ILL. ST. LOUIS, MO.

Get your Letter Paper and Envelopes printed
at this office. 111 N. W. We can give you the
EAGLE LINEN
PAPER AND ENVELOPES

It is fine and will suit you. Try it.

**SMOKE A
Pickwick
10c
CIGAR
AND BE HAPPY**

Copper, Vulcan, the multimillion dollar
boy mine in Lawrence, Kansas. The
Bakelite, Smelter's Explosive stock 25c.
Will advance 1000 per cent. and gain.
"Bakelite and Bullion" ready to mail you.
Shasta Brokerage Co., Danvers, Cal.

If afflicted with
eye, use **Thompson's Eye Water**

Memories of the War

"Major, how did you feel the first
time you were under fire?" I inquired.
"First time? Well, I don't know," he
said, "a few years ago, while sitting in
his sang quarters in the water office, in
company with several war-worn veter-
ans who had dropped in for a chat."

"Well," said he, "that is a question
that is hard to answer. I did feel, I
thought, that there were other places in
which I'd rather be."

"Were you afraid? I am free to ad-
mit that in my first fight the chills
made a toad-like slide of my back for
at least ten minutes."

"Was I afraid? Yes and no. There
was a sort of nameless dread about go-
ing in, but after the first volley I didn't
mind it so much. I knew those fellows
in front of us were not there especially
for their health or ours, and I knew
enough about guns to know that they
were very dangerous things in the hands
of a sharpshooter."

"I have seen many different state-
ments, major, about how men act when
hit with a bullet, and have seen them
fall myself when struck by a missile
from the enemy. What is your experi-
ence in this regard?"

"Well, every man has a different way
of taking his cold blood," replied the
major. "I have seen a soldier 'plunked'
square between the eyes by a Confed-
erate musketryman; he would stand for an
instant as if paralyzed and then drop to
the ground like a log stiff and stark. Some
would scream out and fall dead in
their tracks; others would extend their
hands and spin around as if struck a
violent blow; some would drop
quietly without a sound, while others
would leap high in the air and fall to
the ground as stiff as though frozen to
death."

"By the way, major, you must have
seen some hot times during your period
of service. Tell me of a battle where
bullets flew thick and deeds of heroism
were performed."

"Never mind that," said I. "Every-
one has a different way of narrating his
experiences, and no two men in the same
regiment will give the same ac-
count of a fight."

"That is true, colonel, and if you care
to listen I will give you the particulars
of a fight which occurred in April,
1865."

"What fight was that?" I asked.
"Well," said he, "it was just a fight
—a hot one—the location and time of
which will be recognized by any who
were there when they read this narra-
tive."

"Just imagine a comparatively flat
country, broken up somewhat by rav-
ines, which were, possibly, ages ago,
beds of streams which cutting their
way into the earth to a depth of ten
or fifteen feet, left the surface of the
ground smooth and level, except for
small mounds of earth which were the
remains of the human race. Well, there
lay the Union and Confed-
erate armies close together on that
pleasant April day forty odd years ago,
stretched along in parallel lines for
miles, locked in a close embrace, as it
were, and each struggling for the mas-
tery. Hidden behind muskets, breast-
works, Union and Confederate, so close
that the men on the outer picket lines
could easily converse with each other;
with the continued rattling of musket-
ry, the hiss of bullets, the booming of
cannon and bursting of shells constantly
around, over and into us, we had
remained for months with scarcely any
perceptible change in the situation. The
places where we lived and slept were
bomb-proof holes dug in the ground
like cellars for houses, with logs laid
across and earth piled thereon to the
depth of several feet. In these holes
we spent our time, a fall of rain leav-
ing for days afterwards the steady
drip, drip of water that slowly percolated
through the roof, marking our
dreams of home in the North, sweet-
ens the drops fell on our uncovered
heads or trickled down our spinal col-
umns. The bomb-proof that I called
my home was occupied by the adjutant,
another officer and myself and here we
passed the time as best we could."

"Well, one night about 10 o'clock an
aide from brigade headquarters came
down the rude stairway of our cabin
with orders which he delivered to the
adjutant."

"Be prepared to move at 2 o'clock
in the morning, in light marching order,
my day's rations and no knapsacks. That
was all—the prepared to move. And
well we knew that to some of us it
meant 'be prepared to die.' After
giving instructions to our orderly ser-
geant we sat down to write some let-
ters to those at home and arranged our
papers for final settlement with the
government."

"At 2 o'clock the men fell into line,
silent and oppressed by the thought of
the near approach of some indefinite,
hazardous calamity. 'Forward!' and
slowly and in perfect order, through an
opening in our rear, the men followed
the drumming that led to the outer
picket line, the regiment marched on.
Then we knew what was coming. Then
we knew that across the narrow space
which separated our line from the en-
emy's, bristling with chevaux de frise and
shells, we would be ordered to charge
the works which the federal army had
for months been hammering success-
fully with shot and shell. Further to
the left troops had been massed and a
desperate attempt was to be made to
carry the Confederate works at that
point. And what were we to do? Just
charge—that was all. Selected with
two other regiments to create a diversion,
to lead the enemy to believe an
assault was to be made here—only to be
sacrificed, that seemed our fate. Our
colonel was dissatisfied with the order
to simply charge and insisted upon
more definite instructions. The aide,
with a peculiar smile, said: 'Colonel,
you are to charge the Confederate
works, capture all within the length of
your musket, and then follow the
line driven out or relieved.' 'All
right,' replied the colonel, and turning
to his men he said: 'Boys, we'll do it.'

"Soon after this came the command
uttered in a low tone of voice, 'For-
ward!' Every man was instructed to
make as little noise as possible, lest we
should draw the enemy's fire before we
were upon them. Pressing steadily for-
ward we reached the line of chevaux de

frise, which resembled somewhat an
old-fashioned barbed wire together
and old. Behind this, which we ad-
vanced, fired and ran back to their
main line, yelling as they went, 'The
Yanks are coming! The Yanks are com-
ing!' The distraction was not ours
alone, and rushing forward to the
edge of the ravine that lay between the
works received a withering storm of
grape and canister, which severely
wounded our colonel and laid low
several officers and men. Staggered but
not repulsed, we rushed down the bank
and across the bottom, up the other side
and to the top, back from which about
fifty feet the enemy's main works.
As our column came into view another
desperate fire was poured into our ranks,
which literally swept us off our feet and
sent us reeling to the bottom of the
ravine, leaving several of our poor fel-
lows dead behind us. Rallying at the
bottom, we crossed the ravine at a run
and only halted when the opposite side
was reached. Here we were below the
range of the enemy's bullets and shells
which were just above our heads. Here
we had a breathing spell and counted
ourselves. Three officers and about
seventy-five men were all that were
left, all that came out of that hell
of powder, lead and iron the remainder
being either killed, wounded or missing.
I never knew their fate.

"At this time the sergeant of another
company, whose name I never knew,
started to the ravine, saying 'We
were going into the enemy's line, but
he had to go alone, because our colonel
had boasted to the side before we made
the first charge that his regiment would
carry out the orders to capture the Con-
federate works if a man was left alive
to do it.' 'Hold on, sergeant,' said I
to him, 'and we will all go with you.'
The only other captain besides myself
who came out of that storm of shot and
shell alive extruded me and assumed
command of the shattered regiment, and
we moved toward the enemy. Slowly
and in perfect order we climbed the
opposite bank, reached the top, where
after a short breathing spell, we sprang
forward with a Michigan yell, charged
like a whirlwind into the Confederate
defenses, over them and in among the
astonished 'Johnnies,' who only had
time to send one volley into our ranks
as we rushed forward. It was quick
and admirable work, and after a short
resistance with clubbed muskets the
Confederates threw down their arms
and surrendered. We quickly sent them
over the breastworks under guard
our main line, the prisoners actually
numbering more men than we had in
line."

"Shortly after this the captain com-
manding our company—one of the bravest
men I ever knew—was seriously
wounded in the arm, and the command
devolved upon myself. I sent two men
with the wounded captain to the rear,
and then carefully examined the situ-
ation. We had captured a portion of the
works, perhaps about 200 feet, lying
between a river that ran through both
lines of defense and a tank. On the
opposite side of this tank and across
the river were the Confederates, who
poured into us an enfilading fire when-
ever they ventured to raise their heads
above the breastworks, which generally
resulted seriously to themselves. Twice
the Confederates endeavored to cap-
ture what they had lost, but each at-
tempt was bloodily repulsed. Once a
line of Johnnies, shielded by decoys,
who begged us not to fire as they de-
sired to surrender, nearly reached the
earthworks behind which we lay."

"Captains," cried one of my men, 'there
are some Confeds. with guns behind
them out there.' I sprang upon the
works, a shining mark for the enemy in
front, and took in the situation at a
glance. Leaping down, without injury,
I ordered my men to pour in a volley
on the men who wanted to surrender,
and the fifty muskets left in the com-
pany seemed to speak with one voice.
When the smoke cleared away nothing
was to be seen of the Confederates.
They had vanished as silently as the
fog had approached. The stubborn resis-
tance made by our little force did not
suit the enemy at all, and the next at-
tack was overwhelmingly irresistible—
forced us to leave our position and
make a break for the rear. Some of the
men didn't seem to care to run, for you
know, colonel, that getting back under
fire is as dangerous as making a charge,
and some of the boys apparently pre-
ferred remaining where they were and
being captured than to take the risk of
getting a bullet in the back."

"An affecting incident occurred when
we were in the works captured when I
Confederates. As I passed down the
line giving instructions to the men I
came to one soldier, Sergt. William
F. Wiley, who stood erect holding aloft
the flag which it had but recently be-
come his duty to carry, and who had
performed that duty most fearlessly
and bravely. I said to him: 'Sergeant,
I guess you may take the flag back to
our breastworks.' 'Don't do that, cap-
tain,' for God's sake, don't do that,' the
tears streaming down his cheeks; 'let
me stay with the boys.' 'No, sergeant,'
I replied, 'we have lost two stands of
colors already during this cruel war.
We are now in a tight place, and I am
afraid it means death or capture for us
all. You must go, sergeant.' Crying like
a little child he crawled over the
earthworks and was gone. We fought
the remainder of that battle without a
flag. The name of the wounded cap-
tain I have already told, which I ac-
cidentally at a later date, was James S.
Deland, of Jackson, Mich."

"What was the name of this reg-
iment, and where did the fight take
place?" I inquired when the major
had concluded his story.

"Well, here is something that has
been written about the affair," he re-
plied, handing me a thick volume con-
taining a certain part and a certain pa-
graph marked with pencil, which is what
I read:

"On April 2, 1865, this regiment, then
in command of Lieut. Col. W. A. Nich-
ols, again most signally acquired a well-
deserved notoriety and great credit for
a most daring and brilliant achievement
while making a demonstration in front
of Petersburg, on the left of the enemy's
works, for the purpose of drawing the
troops from his right while the Federal
forces were attacking him at other
points. After making two efforts under
a galling fire of musketry and artillery
the regiment succeeded in getting hold
of his works to the extent of his reg-
imental front which it held for an hour
under a terrible fire."

"The name of the regiment," said the
major, "was the First Michigan Sharp-
shooters, and the time and place you
have just read."—"Colonel C." in De-
troit Free Press.

It has been estimated that less exer-
tion is necessary to ride fifteen miles
on a bicycle than to walk three miles.

FARM AND GARDEN

Be thrifty and never put off anything
you see the time for. Do it now.

The last 100 pounds of hog meat costs
the most. Don't keep the porkers too
long.

Save all your bones; you will be sur-
prised to find to what use you can put
them instead of kindling.

Watch your neighbor, and if he is
doing well imitate him. But rather
make it worth while for your neighbor
to imitate you.

A set of farm scales big enough to
weigh a horse will pay for itself in
a few years and give you a whole
lot of satisfaction besides.

Try straining the milk over an ice
cube. Just as soon as it comes from
the cow. If you cannot do that arrange
some device for cooling the milk quick-
ly.

It is better business management to
buy some feed rather than to cut short
rations of young stock, for in the
young growing animals feeds bring the
largest returns.

The breeding of dairy cattle is a
task surrounded with numerous dif-
ficulties. For the farmer to raise a
pair of pure-bred cows, for instance,
is a task of no small magnitude. The
breeding of dairy cattle is a task sur-
rounded with numerous difficulties. For
the farmer to raise a pair of pure-bred
cows, for instance, is a task of no small
magnitude.

It is to the credit of American farm-
ers that more than in any other coun-
try to farm crops than at any previous
time in our history, and with the result
that farmers are making more money than
ever before.

If a traveling agent tries to sell you
a recipe for making your own fertilizer
for \$5 or any other sum, turn him down
hard. Your State experiment station
will give you a perfect formula suited
to your soil and without charge.

Before going to town or calling on a
neighbor shine your shoes, brush your
coat and clean your fingers and nails.
The four corners of your coat and your
mouth with a broad smile. Everybody
will be glad to see you and hear you
as well.

While a cream separator is an admi-
rable machine in the hands of a care-
ful operator, in the hands of one who is
careless and dirty it may become a
nuisance for covering up filth, in
which case it completely fails of its
mission.

Every quarter section farm should
have a flock of sheep numbering from
thirty to sixty. If present fences are
not adequate the reform should begin
here. In any event there should be
the sheep. It is well to embark in the
business on a modest scale and in-
crease the flock as experience is ac-
quired.

Daily papers in the large cities re-
port an unusual country of young peo-
ple to the country. It's a wholesome
movement, and will tend to adjust the
inequality in the supply of labor which
has made it well impossible for the
country to get satisfactory labor at
any price, while soft-handed clerks in
crushed trousers and standup collars
have unrolled bolts of dry goods be-
hind mahogany counters on a salary of
\$7.50 a week.

To get rid of the aphids or green lice
which attack the rosehedges in house-
or garden there is nothing better than
tobacco infusion, which is made by
adding hot water to tobacco at the
rate of four gallons to a pound of
tobacco waste or stems. This should
be allowed to stand until cold, then
be added to the water to be used, and
a small amount of soap or three
ounces of soft soap. This should be
sprayed on the larger bushes, but the
smaller potted plants may be dipped
in it. The treatments should be given
once a week until the lice disappear.

Doctoring Fowls.
There is too much doctoring of fowls
going on, especially healthy ones. Oc-
asionally a fowl will get sick, and
if it is a valuable one, it is all right
to try and cure it, but this over-
eagerness of giving them all manner of
drugs, and keeping them in good health
is all nonsense. Feed them regularly
with a variety of food. See that they
get plenty of exercise and have plenty
of gravel or grit to grind their feed.
Give them plenty of pure water to
drink and see that their houses and
yards are kept perfectly clean, and
there is no chance of disease attack-
ing them. During the hot weather
shade is very essential to their good
health. Follow nature as near as you
can, and you will not go far astray in
the management of your poultry.

The Egg-Eating Habit.
The egg-eating habit is a very com-
mon and costly one, and usually pro-
ceeds from a lack of food. It can gener-
ally be traced to the accidental breaking
of an egg in the nest or elsewhere. After
one bird has acquired the habit it is
rapidly taught to other members of the
flock, causing complete demoralization.
The habit can best be prevented by
having darkened nests and a sufficiency
of nesting material so that the eggs
are not liable to be broken; also by
the use of china eggs in every nest.
Shell-producing material, such as
crushed oyster or clam shells and milk
crystal, grain or clean sand is con-
fined in a nest in the earliest win-
ter in the nest and on the floor. Bury
the contents of several eggs together
in a small hole in one end and fill with
some disagreeable substance, such as
paste composed of mustard, red pepper
and powdered asafoetida, equal parts.
If the fowls birds to contract the habit
are not too valuable, it is best to kill
them if they are discovered in this.
Dr. A. H. Olsen in *Industrious Hen*.

Sour Milk.
The sourness which occurs in milk
is due to the action of micro-organisms
—living cells so small that they can
only be seen by using a strong micro-
scope. These micro-organisms live on
the sugar of milk, lactose, and change
it into lactic acid, so these small or-
ganisms are called lactic acid bacteria.

One of the Essentials

of the happy homes of to-day is a vast
fund of information as to the best methods
of promoting health and happiness and
right living and knowledge of the world's
best products.

Products of actual excellence and
reasonable claims truthfully presented
and which have attained to world-wide
acceptance through the approval of the
Well-Informed of the World; not of indi-
viduals only, but of the many who have
the happy faculty of selecting and obtain-
ing the best of the world's affairs.

One of the products of that class, of
known component parts, an Ethical
remedy, approved by physicians and com-
mended by the Well-Informed of the
World is a valuable and wholesome family
laxative is the well-known Syrup of Figs
and Elixir of Senna. To get its beneficial
effects always buy the genuine, manu-
factured by the California Fig Syrup Co.,
only, and for sale by all leading druggists.

PRESCRIBED CUTICURA
After Other Treatment Failed—Raw
Eczema on Baby's Face Had
Lasted for Months—At Last
Doctor Found Cure.

"Our baby boy broke out with ec-
zema on his face when one month old.
One place on the side of his face the
size of a nickel was raw like beefsteak
for three months, and he would cry
out when I bathed the parts and they
were sore and broken out. I gave him
three months' treatment from a good
doctor, but at the end of that time the
child was no better. Then my doctor
recommended Cuticure. After using
a cake of Cuticure Soap, a third of a
box of Cuticure Ointment, and half a
bottle of Cuticure Resolvent, he was
well and his face was as smooth as any
baby's. He is now two years and a
half old and no eczema has reappeared."
Mrs. M. L. Harris, Alton, Kan., May
14 and June 12, 1907.

Only the "Eczema."
On one of the western rivers some
years ago the steamer F. X. Thomp-
son ran on a snag and was sunk. It
settled in the water in such a way
that only the initials of the name
remained above the surface. The wreck was
regarded with much interest by the pas-
sengers on the next boat that went up
the river. One of them, more curious
than the others, hunted up the captain
"Captain," he asked, "do you know
the name of that steamer?"
"Yes, sir," answered that officer.
"That's what is left of the F. X.
Thompson."

"What happened to her?"
"She seems to have sunk."

"But what do you suppose was the
cause of her sinking?"
"The cause?" said the captain. "I
don't know, sir. All we can see is the
F. X."

AWFUL GRAVEL ATTACKS.
Cured by Doan's Kidney Pills After
Years of Suffering.

F. A. Rippey, Depot Ave., Gallatin,
Tenn., says: "Fifteen years ago my kidney
disease attacked me. The pain in my
back was so agonizing I finally had to
give up work. Then came
Doan's Kidney Pills. The
improvement was rapid and since using
four boxes I am cured and have never
had any return of the trouble."

Sold by all dealers. 50 cents a box.
Foster-Milburn Co., Buffalo, N. Y.

Submarine Navigation.
The idea of the submarine is certainly
not new, but it has not been until the
early part of the present century that
the earlier plans were put into effect.
In 1774 an inventor named Day lost his
life during an experimental descent in
Plymouth sound. Bushnell of Con-
necticut in 1775 contrived a subma-
rine vessel propelled by some kind of
screw. Robert Fulton also in 1775
invented a box which when filled with
combustibles might be exploded under
the bottom of a ship. It is hard to say
who was the originator of the idea of
the submarine boat unless it was Day.

Succeeded Beyond His Expectations.
Rivers' nose was swollen to twice its
natural size, and his face was ornamented
with various stripes of court plaster ar-
ranged without the slightest regard to
symmetry of design.

"Hello, old chap," exclaimed Brooks;
"what has happened to you?"
"Do you recall the fact that the last
time you saw me I was looking for the
infernal scoundrel that stole my um-
brella?"

"Well, I found him, Brooks; I found
him!"—Chicago Tribune.

Are Your Clothes Faded?
Use Red Cross Blue and make them
white again. Large 2oz. package, 5 cents.

The Office Minister.
Bones—Mistah Johnson, wot am de
difference 'twixt a campaign postah an'
a honest office holdah?
Interlocutor—I give that one up, Sam.
What is the difference between a cam-
paign poster and an honest office holder?
Bones—The one an 'litr'graff an' de
udhah an' a foe to fear.

The Fair Vacationist.
She goes to a quiet country place,
And the folk 'don't put on style,'
And she fills six trunks with finery,
To dress herself the while.

THINKS GUM CHEWING GOOD.

French Scientist Willing to Aid the
Big American Industry.

A French scientist, Dr. Leon Meunier,
writing to *Les Annales* on the habit
of gum chewing, says: "A man must
thoroughly masticate his food if he
aspires to digest well. Mastication is a
very important physical function. Three
successive digestions are indispen-
sable. The first takes place in the
mouth. Influenced by the ferment of
saliva we begin to digest amala-
cous substances, an operation which is
continued in the stomach. . . . When
people have hyperchlorhydria the sali-
vary digestion is seriously affected and
the more so when nothing is done to
take up the elements of saliva." Dr.
Meunier signals the utility of exciting
the flow of saliva in hyperchlorhydria
and of artificially producing a secretion
of salivary ferment. He says:

"During a trip I made to the United
States in 1904 I was struck by an em-
pirical treatment which has been em-
ployed by Americans many years to
facilitate stomachic digestion. In all
the cities of the United States and
Canada I saw large numbers of people
chewing a substance to take the place
of the vulgar 'quid' of tobacco. That
substance is sold everywhere under the
name of 'chewing gum' or 'pepsin gum.'
I analyzed that gum and found that
there was not a trace of pepsin in it.
In all cases the gum was an insoluble
aromatized resin. The gum chewers
are legion—one man of every two and
one woman of every three will tell you
that he or she delivers himself or her-
self so ardently and with such docile
perseverance to that exercise after every
meal in order to facilitate digestion."

Being anxious to know whether or
not the practice of gum chewing is use-
ful, Dr. Meunier prepared a test gum
—made of flavored, completely inert
substance, and he asked his subjects
to see if by reason of its agreeable
character it could be utilized to en-
gender a digestive saliva devoid of
any foreign substance. Following
are the results of his experiments:

When the patient had not chewed the
gum half an hour after the beginning
of a repast (that is to say, when the
amylase phase is nearly over) from
five to thirty grams of sugary matter
was found.

Under the same conditions, when the
subject had chewed gum, from six to
thirty-eight grams of soluble amyla-
cous matter was found, which proves
that the starch digested, estimated
either in dextrose or in amylaseous
soluble matter, is superior when the
digestor has chewed gum. Generally
speaking, saliva dilutes the food in the
stomach and the digestion of amyla-
cous matter gains 50 per cent by the
action of the gum—or by the action of
chewing the gum. So we may con-
clude that gum judiciously chewed em-
pirically exercises a real therapeutic
action on the stomachic digestion. "The
Americans are right. When the sali-
vary function is weak let us chew."—
Review of Reviews.

**WHY suffer with eye troubles, quick re-
lief by using PETTIT'S EYE SALVE.**
25c. All druggists or Howard Bros.,
Buffalo, N. Y.

A Boat Raising Feat.
Navigation on the Great Lakes are
interested in an experiment now be-
ing made off White Lake in Lake
Michigan. The work is a boat raising
feat—to lift a big steamer, the State
of Michigan, formerly of the Berry
line, out of 60 feet of water in Lake
Michigan. It is being carried on by
Fernando Stand, of Chicago, and if
the experiment is successful, salvage
operations on the chain of lakes will
take on renewed interest. Stand pro-
poses to raise the sunken steamer by
means of four huge buoys, each 32 feet
long and 14 feet in diameter. The
buoys are of metal, and it is proposed
to fill them with gas and sink them
under parts of the submerged boat.
The surface of the lake being reached,
the water will be pumped out of the
hull and the craft saved for further
use.

By a Narrow Margin.
"You're all out of breath," said Pro-
dies. "What have you been doing?"
"Been running a race!" panted Ardup.
"On a hot day like this? What for?"
"To—er—decide who was going to pay
for the dinner."