

# Crusade on Tuberculosis

The Henry Phipps Institute of Philadelphia, which has been established by the generous gift of a wealthy resident of that city, is doing a great work on behalf of persons suffering from pulmonary tuberculosis or consumption. The physicians employed by this institution have compiled some excellent rules to be observed by persons suffering from this disease, the careful following of which will prevent the extension of the disease to others, and will greatly aid the sufferers to recover.

Don't spit on the sidewalk, on the street, nor into any place where you cannot destroy the germs which you spit up.

Do not swallow any spit which comes up from your lungs or which comes out of the back part of your throat.

Spit into a spit cup when it is possible to do so.

Always use a spit cup with a handle to it so that you can hold it close to your mouth.

When you use a china or earthenware spit cup always keep lye and water in it and scald out the spit cup once or twice a day with boiling water.

When you use a tin spit cup with a paper spit cup inside burn the paper cup at least once a day and scald the tin cup with boiling water.

Never use a handkerchief or a rag or any material other than paper to spit in or to wipe your mouth with.

When you cannot spit into a spit cup, spit into a paper napkin.

Always use a paper napkin to wipe your mouth with, after spitting, and be careful not to soil your hands.

Always carry a cheap paper bag in your pocket or satchel to put paper napkins in which you have used.

When you have used a paper napkin either to spit in or to wipe your mouth with, fold it up carefully and put it away in the paper bag.

Every evening, before going to bed, burn your paper bag together with the napkins which you have deposited in it.

If you have a mustache or beard shave it off or crop it close.

Always wash your lips and hands before eating or drinking, and rinse out your mouth.

If you have a running sore take up the matter which is given off with absorbent cotton and burn it.

Avoid handshaking and kissing. These customs are dangerous to you as well as to others. They may give others consumption; they may bring you colds and influenza which will greatly aggravate your disease and may prevent your recovery.

Do not cough if you can help it. You can control your cough to a great extent by will power. When you cough severely hold a paper napkin to your mouth so as not to throw out spit while coughing.

Sit out of doors all you can. If you have no other place to sit than the pavement sit on the pavement in front of your house.

Don't take any exercise when you have a high fever.

Always sleep with your windows open, no difference what the weather may be.

Avoid fatigue. One single exhaustion may change the course of your disease from a favorable one to an unfavorable one.

Go to bed early. If you are working, lie down when you have a few moments to spare.

Don't take any medicine unless it has been prescribed by your physician. Medicine may do you harm as well as good.

Don't use alcoholic stimulants of any kind.

Don't eat pastry or dainties. They do not nourish you and they upset your stomach.

Take your milk and raw eggs whether you feel like it or not.

Keep up your courage. Make a brave fight for your life. Do what you are told to do as though your recovery depended upon the carrying out of every little detail.

Always keep in mind that consumption can be cured in many cases and that it can be prevented in all cases.

If your own disease is too far advanced for you to recover, console yourself with the idea that you can keep those who are near and dear to you from getting it.

**Nerve Poisoning Through Indigestion.** Prof. Bouchard, the eminent French scientist, has shown that the decomposition of food which often takes place in the stomach and intestines in indigestion gives rise to powerful poisons. When absorbed into the body, these produce effects entirely similar to those produced by strychnin, opium, alcohol, and other poisonous drugs. If food is retained in the stomach beyond the normal time, either because of its indigestibility, the taking of too large a quantity of it, or a crippled state of the stomach, these changes are certain to take place.

This fact explains a very large share of the distressing symptoms which afflict the chronic dyspeptic. The giddiness, the tingling sensations, the confusion of thought, and even partial insensibility, which are not infrequently observed a few hours after meals in chronic dyspeptics, are due to this cause. Here is the explanation of the irascibility, the despondency, the pessimism, the indecision, and various other forms of mental perversity, and even moral depravity, which are not infrequently associated with certain forms of indigestion. The to-

tal depravity which we often hear talked about, is, half the time, nothing more nor less than total indigestion.

## A Convincing Test.

In the Far East the Japanese have won victories which have astonished the world. They show themselves to be more enduring, more resistant to the effects of wounds, keener witted, sharper in tactics, and quicker in execution than their Russian antagonists. The Jap is content with a simple diet of rice, peas, or beans, which is quickly digested and converted into brawn and brains, while the Russian must have his meat and his vodka.

The same dietary, the same simplicity and naturalness in habits of life, which give toughness of fiber and endurance and immunity against infection, afford equal advantages in fighting the battle of life in any direction. The brain worker who wants to keep his mental vision clear and desires power to pursue his subject with unceasing energy, must keep his blood clean by a pure, simple, natural diet. The lawyer, the clergyman, the business man, the teacher, the investigator, the inventor, will find the same advantages in living in harmony with natural principles as does the plucky Japanese soldier, who is, for the first time, testing his metal by a great contest with an army of civilized men.

## Alcohol vs. Long Life.

It is very easy to prove that the influence of alcohol, as of every other poison, is to shorten life. Dr. Willard Parker of New York, shows from statistics that for every ten temperate persons who die between the ages of twenty-one and thirty, fifty-one temperate persons die. Thus it appears that the mortality of liquor users is five hundred per cent greater than that of temperate persons. These figures are based on the tables used by life insurance companies.

Notwithstanding the constant protest of both moderate and immoderate drinkers, that alcohol does not harm them; that it is a necessary stimulus, a preventive of fevers, colds, consumption, etc., and the assertion of certain chemists that it is a conservative agent, preventing waste, and so prolonging life, the distinguished English actuary, Mr. Nelson, has shown from statistical data which cannot be gainsaid, that while the temperate man has at twenty years of age an average chance of living forty-four and one-fifth years, the drinking man has a prospect of only fifteen and one-half years of life. At thirty years of age the temperate man may expect thirty-six and one-half years more of life, while the dram-drinker will be pretty certain to die in less than fourteen years.

On the other hand, the Rechabite societies in England show statistics clearly indicating that total abstinence is in the highest degree conducive to longevity.

## Effects of Alcohol Upon Digestion.

Prof. Kochlakeff of St. Petersburg, has experimented upon five healthy persons, aged from twenty-one to twenty-four years, with reference to the effects of alcohol upon digestion. Ten minutes before each meal, each person was given about three ounces of alcoholic liquor, containing from five to fifty per cent of alcohol, which is about the proportion found in ordinary liquors. The following results were obtained: "Under the influence of alcohol the quantity of hydrochloric acid, as well as the digestive power of the gastric juice, is diminished. This enfeebling of the digestion is especially marked in persons unaccustomed to the use of alcohol."

Dr. Figs of Edinburgh made the following experiments to test the influence of alcohol upon digestion: He fed two dogs equal quantities of roast mutton. He then administered to one dog, by passing a tube into the stomach, one and one-fourth ounces of alcohol. After five hours both dogs were killed and examined. The one which had taken no alcohol was found to have digested the meat entirely, whereas digestion had scarcely begun in the animal to which alcohol had been administered.

## RECIPES.

**Savory Soup**—Cook half a pint, of small navy or soup beans in three pints of water for two hours, adding boiling water as needed. In a separate kettle place two small parsnips, scraped and sliced, one good sized onion cut fine, two stalks of celery and half a can of tomatoes. Cover well with boiling water and cook until the vegetables are very tender; then add the beans and press all through a fine colander or soup-strainer. Return to the stove, simmer a moment, and just before serving, stir in slowly a cupful of hot cream or rich milk. A can of sweet corn may be substituted for the beans. As it takes less time, and may be put in with the other vegetables, it is sometimes preferred by the housewife who is her own cook.

**Nut Cheese**—Take one cup of raw peanut butter, one-half cup of cornstarch, one cup of tomato juice, and one teaspoonful of salt. Dissolve the nut butter and cornstarch in the tomato juice; add salt, and beat for five minutes. Pour into a granite bowl and cover and steam for four or five hours. Dry off in the oven, and when cool, slip from the bowl.

# RECENT LEGAL DECISIONS

The owners of a pier, having obtained from the state the grant of the adjacent land under water, are held in *White vs. Nassau Trust Company* (N. Y.), 64 L. R. A. 275, to be entitled to dredge it away to any proper depth to make it commercially useful, without liability to the owner of a neighboring pier which subsides because of the slipping of the intervening state lands toward the excavation. The right to remove lateral support by dredging water bed is discussed in a note to this case.

The state is held in *Mobile Transportation Company vs. Mobile* (Ala.), 64 L. R. A. 333, not to abrogate its trust by granting to a municipality the shore of a tidal body of water within its limits. A note to this case reviews the other authorities on municipal ownership of the tide lands.

One who fills an order for a particular brand of seed by supplying the kind ordered is held, in *Gardener vs. Winter* (Ky.), 63 L. R. A. 647, not to be impliedly warranted that it is reasonably fit for the purpose to which it is not to be applied.

A residuary legatee who receives, although under protest, the amount due him under the will, is held, in *Stone vs. Cook* (Mo.), 64 L. R. A. 287, to have no right, upon a mere offer to bring the amount so received into court, to contest the validity of the will, where, upon the faith of its acceptance, the special legacies provided for have been distributed.

An assignee of a gas lease, which, to avoid accounting to its assignor for his share of the profits of a well to which he is entitled under the contract of assignment, fraudulently commingles the product of the well with the product of other wells without keeping any account or preserving any record of the amount of gas produced by it, is held, in *Stone vs. Marshall Oil Co.* (Pa.), 65 L. R. A. 218, to be obliged to account for the proportionate part called for by the contract, of the whole amount of gas produced and sold by it, under the principle which is applied in case of the fraudulent confusion of goods.

An agreement by a resident of one county, in response to a telephone call from a person residing in another county, that he would honor a draft for the amount in case the latter should advance money to a third per-

## ODD STORY OF A BANK NOTE.

**Refused by the Bank of England After Twenty-Three Years.**

A man who walked into the Bank of England the other day and laid a £10 note on the counter was surprised to hear the clerk say: "We can't cash this. The note was stopped twenty-three years ago."

Over twenty years back the note was stopped by a clerk then in the employ of one of the provincial branches of the London and County bank. It had been brought in by an employe of one of the bank's clients in order to be paid into the client's account, with some loose change.

By a strange oversight the clerk, after jotting down the number of the note and after counting the change, omitted to take the bank note. When he discovered his error note and messenger had disappeared. Neither was seen again.

The clerk took counsel with a colleague at the counter, and for the sake of their own prospects the two young men determined to say nothing about the affair, but to bear the loss themselves. Each paid £5 to make good the loss and stopped the number.

The man who presented the note for payment the other day had found it among the papers of his father, who recently died.

The two clerks instrumental in stopping the note were traced, and though both had left the employ of the London and County bank long ago, each received back his £5 after the lapse of twenty-three years.

## Played the Ghost Part.

L. C. Whitney, the popular secretary of the Merchants and Manufacturers' association, was for a long time the agent here of the *Pere Marquette* line, says a Milwaukee dispatch. Mr. Whitney is exceedingly diminutive in stature, a fact which in itself has been the moving cause of many good stories. He is not only very short, but slender as well, and his mustache is tinged with the gray which comes to fathers of large families.

A new clerk in the railroad office was asked anxiously by one of his fellow employes on the afternoon of pay day if the "ghost had walked yet." "Why, yes, he's just gone upstairs," replied the new clerk. He referred to Mr. Whitney, for he had not been in the city long enough to become used to the slang of the theater and news paper office or to be familiar with the fact that the phrase "ghost walked" is synonymous with the receipt by employes of their pay envelopes. He thought "the ghost" must of necessity refer to Mr. Whitney and it struck him as so appropriate that he applied it without question.

Mr. Whitney has a keen sense of humor and he tells the story on himself.

son, is held, in *Bank of Yolo vs. Sperry Flour Co.* (Cal.), 65 L. R. A. 90, to be made in the former within the meaning of a constitutional provision that actions on contracts may be brought in the county where they are made.

An innkeeper is held in *Rahmel vs. Lehndorf* (Cal.), 65 L. R. A. 88, not to be liable in the absence of negligence on his part, for injuries to a guest caused by an assault committed by a servant employed in the inn.

The holder of a purchase money mortgage is held, in *Hinton vs. Mutual Reserve Fund Life Assn.* (N. C.), 65 L. R. A. 161, to have no insurable interest in the life of the wife of the mortgagor, who did not join in the execution of the mortgage debt.

The ownership by a manufacturing corporation of a town or city of more than 2,000 houses, with streets, alleys, sewer systems, dwellings, tenement houses, churches, schools, business buildings, etc., no one of which is occupied by any other than a tenant of the corporation, is held, in *People ex rel. Moloney vs. Pullman Palace Car Company* (Ill.), 64 L. R. A. 366, to be contrary to public policy and in excess of the implied powers of the corporation.

One consigning goods to his agents in another city, for sale, is held, in *Pennsylvania R. Co. vs. Naive* (Tenn.), 64 L. R. A. 443, to be bound to take notice of a certain well established and general custom in force there, that business will be suspended on a certain holiday, so that he cannot hold the carrier liable for failure to make delivery of the consignment on that day.

A statute authorizing game wardens to seize and forfeit to the state summarily, without affording the owner thereof opportunity for a hearing, all guns, ammunition, decoys, fishing tackle, etc., in actual use by persons hunting in violation of the game law, is held, in *McConnell vs. McKillip* (Neb.), 65 L. R. A. 610, to be void as depriving the owner of his property without due process of law.

A statute forbidding the use of horses whose tails are docked after its passage is held, in *Bland vs. people* (Col.), 65 L. R. A. 424, not to be void as an unconstitutional deprivation of property.

## SAYS "RUBE" IS NO DUB.

**Connie Mack Tells How He Gets Pitches in Shape for a Game.**

"George Edward Waddell isn't a dub," said Cornelius Mack, his manager.

"I picked Waddell to pitch an important game we were scheduled to play in New York one Saturday, and to make sure that he would be on hand when the bell rang I essayed the task of keeping him in my own room the night before.

"Rube" worked every imaginable scheme to get away, and finally asked to go to the telephone, promising to be back in five minutes. I let him go. He was back in five minutes all right, but, oh, what a different "Rube" in the hallway he had met a bellboy carrying five luscious milk punches to another room. A silver dollar pressed into the boy's palm induced that susceptible functionary to sell the five drinks and go back to the bar for five more. "Rube" wasn't long in putting them away, but when he reached my room he had the foundation laid for one of his periodicals. But I drove him to bed; stuck by him the next day until game time, and had the satisfaction of seeing him stand the Highlanders on their heads."

## The Good Boy.

It was inspection day in a certain city institution, and the principal was going the rounds inspecting the lockers of the boys, who were lined up each before his own. None of the lockers seemed to please until the principal came to one in which lay a Bible, well thumbed.

"This is the best locker I've seen to-day," he said to the boy whose property was under criticism. "Here's a quarter for you," handing the fortunate youth a coin.

Later in the day two boys were hauled up for fighting. One of them was the boy whose locker had called forth praise.

"What have you boys to say?" asked the principal.

"Why, sir," said the unrewarded lad, "you see, I lent this boy my Bible to put in his locker, and now he won't give me half the quarter you gave him."

## Personal Statistics.

It is a curious fact that a boy's hair grows one-half slower than a girl's. In boys the average rate of growth is 3 ft. 3 in. in six years, being an average of .018 inch per day. During the twenty-first and twenty-fourth years a man's hair grows quicker than at any other period. It takes an eyelash twenty weeks to reach a length of .439 inch, and then its life is from 100 to 150 days. By means of a camera the wink of an eyelid has been measured, and it was found that twenty winks can be made in four seconds.

## OLD TOM, THE GOLFER.

One of the Best Known of Devotees of the Ancient Game.

One of the best golfers that ever laid out a course or drove a ball was old Tom Morris. They called him "old" to distinguish him from his son, who was the most brilliant player of his time, and to whose memory a fine monument was erected over his grave in St. Andrews. Once, when old Tom was greenkeeper at Prestwick, in Ayrshire, he took part in a foursome, his partner being Capt. Wolfe Murray. Next day the postman handed Tom a letter simply addressed to "The Miser of Short Putts, Prestwick." This shows how well known Tom was, and also what had been wrong with his play in the match. When the question of Sunday play was being discussed, Tom was asked for his opinion. "Well," he said, "if man doesn't need a rest, I ken the green does." He retired from the post of greenkeeper to the Royal and Ancient Club of St. Andrews at the age of 82 years, but in spite of his great age, played a fine game to the very last.

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## YOUR WATCH A COMPASS.

**No Excuse for Losing Your Bearings if You Have One.**

"Most men who own a good watch," said a jeweler, "think they know all about it. They have the number fixed in their memory in case it is stolen. They could probably pick it out from fifty other watches with their eyes shut. But how many men know their watch is a compass and will tell north from south as accurately as it will tell the time of day? Stanley, the explorer, did not know it until he had groped his way through the dark continent and met a Belgian sailor on the coast. Every watch is a compass. If you point the hour hand to the sun the south is exactly halfway between the hour and the figure XII on the dial. Suppose, for instance, it is 4 o'clock. Point the hand indicating 4 to the sun and 11 on the watch is exactly south. If it is 8 o'clock, point the hand indicating 8 to the sun and the figure X on the dial is due south. No man need get lost if he carries a watch."

## COMMISSIONER GARFIELD'S REPORT ON BEEF INDUSTRY.

The report of Commissioner Garfield on the beef industry has at last been published. It must be somewhat of a surprise to those who have been indulging in wholesale adverse criticism upon the methods of the Chicago packers, as it discloses facts and figures which clearly show that the great food producers have been innocent of the serious offenses with which they have been charged. They have been for a long time accused by newspapers all over the country of extortionate prices demanded, and obtained, of depression of values of cattle at the various stockyards where their business is conducted, of enormous profits wholly disproportionate to the capital employed, and, in general, of so carrying on their business that the public, under an organized system of spoliation, were being robbed for their exclusive benefit.

We find now, however, that not a single one of these charges has been sustained, but, on the contrary, that rigid and searching investigation, officially made, has resulted in complete acquittal. Instead of extortion it is shown that no industry can be found where so narrow a margin of profit prevails—the actual records and original entries, to which the commissioner had free access, showing that the highest net profit any of the packers made on their sales of beef was two and three-tenths per cent in 1902 and in one instance that the profit realized in 1904 was one and eight-tenths per cent.

The variations in the market prices for cattle are exhaustively treated and no evidence of any kind was discovered, or even hinted at, tending to show that values of cattle are in the slightest degree improperly affected or controlled by packers at any of the chief centers of the industry.

On the whole, the report completely dissipates the prevalent idea that great fortunes are being amassed by illegal and improper methods employed by western packers, showing that notwithstanding the high prices for beef prevailing in 1902 the business was less remunerative than in years characterized by normal values, both for cattle and product. He says "that the year 1902, instead of being one of exorbitant profits, as has been commonly supposed, was less profitable than usual." In fact, during the months when the prices of beef were the highest, some, at least, of the leading packers were losing money on every head of cattle slaughtered. It was not possible to advance the prices of beef in full proportion to the great advance in the prices of cattle at that time.

After all that has been written reflecting upon the great business interest engaged in the marketing and distribution of the product of one of the greatest of our national industries, it is gratifying to all fair minded people that the prejudiced attacks upon it have failed of verification, and the great western packers may be congratulated for having passed through such a searching and thorough official investigation unscathed. The results of this investigation, based as it is upon exhaustive data, officially obtained and verified by United States government experts, must be accepted without hesitation, as the investigation was made under circumstances that guaranteed complete accuracy with a possible disposition indeed, to arrive at entirely different results.

## Curious Weather Vane.

An Englishman has erected a curious weather vane on his house alongside the road near Westerham. It depicts a motor car running over a pedestrian, while at the arrow end of the vane stands the avenger—a policeman with uplifted arm.

# ALL SICK WOMEN

SHOULD READ MRS. FOX'S LETTER

In All Parts of the United States Lydia E. Pinkham's Vegetable Compound Has Effected Similar Cures.

Many wonderful cures of female ills are continually coming to light which have been brought about by Lydia E. Pinkham's Vegetable Compound, and



through the advice of Mrs. Pinkham, of Lynn, Mass., which is given to sick women absolutely free of charge.

Mrs. Pinkham has for many years made a study of the ills of her sex; she has consulted with and advised thousands of suffering women, who to-day owe not only their health but even life to her helpful advice.

Mrs. Fannie D. Fox, of 7 Chestnut Street, Bradford, Pa., writes:

Dear Mrs. Pinkham— I suffered for a long time with womb trouble, and finally was told by my physician that I had a tumor on the womb. I did not want to submit to an operation, so wrote you for advice. I received your letter and did as you told me, and to-day I am completely cured. My doctor says the tumor has disappeared, and I am once more a well woman. I believe Lydia E. Pinkham's Vegetable Compound is the best medicine in the world for women.

The testimonials which we are constantly publishing from grateful women establish beyond a doubt the power of Lydia E. Pinkham's Vegetable Compound to conquer female diseases.

Women suffering from any form of female weakness are invited to promptly communicate with Mrs. Pinkham, at Lynn, Mass. She asks nothing in return for her advice. It is absolutely free, and to thousands of women has proved to be more precious than gold.

## Sure Thing.

What makes the merchant's business hum—that makes his clerks perspire—is it due to drummers bland, or to messages by wire? Can it be due to fine displays or to silly word-out fads? No; the business boom is mostly due to his large, attractive ads.

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You can see how much your confidence in us is worth. It is the making of us.

Your grocer returns your money if you don't like Schilling's Best.

Complain of Varying Currencies. Canadians who travel in the United States and Americans who travel in Canada alike complain of the embarrassments incident to the different money issues of the two countries.

## TEA

When tea is good, do you know why it is good; and, when it is bad, do you know why it is bad?

## Working for Success.

Every man who tries to jump immediately into the flowery time of success will find himself truly in the air, and will sooner or later suffer collapse. He must begin at the bottom and grow naturally, putting out stem and leaf, and branch as conditions warrant. Thus only can the real be hardy and in time put forth real blossoms of success, fed and nourished by the sap of soundness and healthy vitality.

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