

OUR ARMY IN GRAY.

UNCLE SAM'S LETTER CARRIERS
NUMBER 22,000.

They Work in 1,200 Cities and Towns—Present System Due to Sunset Cox's Efforts—Carrying the Mail in Skyscrapers.

The most rapidly increasing army the United States government has is an army in gray. It started with hardly



SAMUEL S. COX.

a handful of men over forty years ago. Its ranks have grown steadily, never thinning in times of profound peace. Now these men in gray are quite a third as many as the government's regular military establishment on land. They are the letter carriers in almost 1,200 cities and large towns of the United States. Their number is now approximately 22,000. To be exact, according to the last official count, they were 21,778. They have doubled numerically in the last fifteen years. In the very last year—which in postoffice parlance means the last fiscal year—they increased almost 5 per cent, which is a very large increase. Could they all be marshalled on Boston Common from their 1,200 towns and cities they would be as imposing a force, perhaps, as ever assembled on that historic ground.

"Sunset" Cox, lawyer, editor and legislator, a graduate of Brown University, who served several terms in Congress, first from Ohio and then from New York, was known as the father of the carrier service. It is, in considerable part, due to his efforts that the free delivery of mail was developed. It was during the Fiftieth Congress, covering the latter half of the first Cleveland administration, that the letter carrier service began its modern growth, jumping 19.3 per cent in one year and 30.1 per cent the following year, till it comprised 8,257 men in 401 towns and cities on June 30, 1880, just after Benjamin Harrison had entered the White House.

But while those proportions seemed large for those days, they were small as compared with the present day. For the fiscal year that ended June 30, 1880, the carrier service was costing the treasury \$6,957,942. The cost has grown by leaps and bounds till last year it was \$20,019,078. The cost per carrier then was \$843; last year it was \$961.

Ex-Representative Eugene F. Loud, of California, who was long chairman of the House Committee on Postoffices and Post Roads, told recently how he remembered the penny post in Boston when a young man before the Civil War. Individuals delivered letters for a penny each, the recipients paying for the service. There was a similar service elsewhere. It led eventually to the Postoffice Department taking over the work. At first postmasters hired the carriers and made the arrangements for their salary. The present civil service examinations for admission, and the grading of salaries and the prescribing of the strict eight-hour law, for which Representative Cox was chiefly responsible, and other latter-day laws and regulations for the discipline and maintenance of the big force were unknown.

It is a frequent saying that postoffice receipts form a good gauge of local prosperity. The gross receipts of free delivery offices have been climbing very steadily. With few exceptions, the total has been larger every year, which means that the carriers have had more mail matter to collect and also to deliver. The gross receipts of \$109,801,335 in the 1,114 free delivery offices last year were by far the largest ever known. The number of carriers was increased by 1,020 and the number of free delivery offices that year increased by 44.

The estimated population of the cities and towns having free delivery was 36,492,353, almost half of the entire population of the United States. Each of these 21,778 carriers served an average of 1,675 people, who had their mail put down at the door from two to nine times every weekday, according as they received it in a small or large city and in the business or residence section.

The consolidation of service and the taking of towns adjacent to large centers of population have helped swell the army of carriers in gray to a degree. Thus the area covered by the carriers from a given office is generally larger now than it was ten years ago. The largest area is that in Chicago, where the carriers, numbering 1,619, traverse 190 square miles. Before Belmont and Waverly were added, the free delivery area in Boston was 95 square miles, covered by 1,022 carriers, almost a twentieth of the entire free delivery carrier force. The addition of Belmont and Waverly gives the free delivery district of Boston, comprising 38 stations, an area of approximately 100 square miles. New York City's 1,983 letter carriers cover a district of only 82 3/4 square miles.

Personal Proof.
The visitor to Mr. Nuttich—Your floors are beautiful. This is hardwood, isn't it?
Mr. Nuttich—Guess it must be. I slipped down on it seven times. It seemed hard.—Cleveland Plain Dealer.

Any man who sticks up for his friends only when they are present is a sneak.

More often than not the inside tip falls to win out.

Is It Your Own Hair?

Do you pin your hat to your own hair? Can't do it? Haven't enough hair? It must be you do not know Ayer's Hair Vigor! Here's an introduction! May the acquaintance result in a heavy growth of rich, thick, glossy hair! Use this splendid hair-food, stop your falling hair, and get rid of your dandruff.

The best kind of a testimonial—
"Sold for over sixty years."

Made by J. C. Ayer & Co., Lowell, Mass.
Also manufacturers of
Ayer's
SARSAPARILLA,
PILLS,
CHERRY PECTORAL.

Particularly Impressed Her.
"You were at the concert last night, were you?" said the next door neighbor. "How did you like it?" "It was splendid," said Mrs. Lapsing. "They played an overture, with a waltz and glee by the violinist, that was the finest thing I ever heard in my life."

To Break in New Shoes.
Always shake in Allen's Foot-Powder. It cures hot, sweating, aching, swollen feet. Cures Corns, Ingrowing Nails and Bunions. At all Drugstores and Shoe Stores. Do not accept any substitute. Sample mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Side Lights on History.
Sir Isaac Newton had discovered the law of gravitation. "I'd like to see anybody get around that!" he said.

Consulting the records, and satisfying himself that no Supreme Court ever had declared it unconstitutional, he proceeded to divide it into sections.

FIT St. Vitus' Dance and all Nervous Diseases permanently cured by Dr. King's Great Nerve Restorer. Send for FREE trial bottle and treatise. Dr. R. H. King, M. D., 301 Arch St., Philadelphia, Pa.

Habit.
Proudly the young motorman, who was about to be married, strode down the aisle, while the people in the pews craned their necks and rubbeded, as it were, at the happy pair.

"No stopping on the way now, Bertha," he whispered to her. "Our follower is climbing right over us!"—Chicago Tribune.

Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during the teething period.

Uncle Allen.
"We oughtn't to overdo this investigating business," intimated Uncle Allen Sparks. "Some of these days the people, observing that the general health of the country is better than it ever was, will come to the conclusion that canned dirt is wholesome and will prefer it."

STERLING DENTISTS
5th & Main
Los Angeles
CALL ON US WHEN YOU COME TO LOS ANGELES.

Symptomatic.
Mrs. Sharpe—My dear, our daughter is thinking of marrying that impecunious Mr. Nocoyn who calls on her occasionally.
Mr. Sharpe—Gee whiz! Did she tell you so?
Mrs. Sharpe—No, but she told me today that she thought she could be of so much help to me if she learned to cook and wash and iron and darn socks.—Cleveland Leader.

CASTORIA

For Infants and Children.
The Kind You Have Always Bought

Bears the Signature of *Wm. D. Mitchell*

Indefinitely Postponed.
She was an economical, industrious and ambitious young wife, a writer in the New York Tribune says, and often tried to persuade her husband to give up smoking. One day she pointed out to him, in exact figures, how much he spent on tobacco in the course of a year.

"And you would be better off," she said, "mentally and physically, as well as financially, without your pipe."
"But all great men have smoked," he urged.

"Well," she said, "just promise me that you'll give up smoking till you're great. I'll be quite satisfied."

THE DAISY FLY KILLER destroys all the flies and affords relief to every home, in dining room, sleeping room, and all places where flies are troublesome. Clean, neat and will not soil or injure anything. Try them.

once and you will never be without them. Not kept by dealers sent prepaid for 30c. Harold Somers, 149 DeKalb Ave. Brooklyn, N. Y.

Between Friends.
Miss Tartun—Archie Featherbottom tells me you are advising him to spend his vacation this summer in the Swiss mountains.

Mrs. Chillicothe—Kearney—Yes; I thought that if I could induce him to fall down some precipice I would be doing a real favor to you, dear.

A WONDERFUL GROWTH.

Curious Details of Human Hair as Revealed by Microscope.
A study of the hair will afford novelty to many. It is so common a substance, and exhibits such a meager information to the unaided vision, that few people suspect it to be worthy of prolonged attention. Yet each hair of the human body is a wonderful growth, full of curious details.

The hairs of animals differ so considerably, one from the other, that a practiced microscopist can determine, upon viewing a single hair handed to him for inspection, from what creature it had been plucked. The hair of the human specimen sprouts from a tiny pit formed in the skin. Its so-called root is really a greasy bulb, occupying the cavity referred to, like an egg-shaped ball of fat, from which arises a tube with a sharp and well-defined shell, as it were, terminating at its utmost extremity in a point. This tube is filled for the greater part of its length with a pulpy matter, which may be compared with pith in plant stalks, although, scientifically regarded, it is of a totally different nature. The varied color of hair is due to interior deposits in the form of invisible grains of pigment, or natural paint, and it is through the loss of this matter that hair becomes gray, in which case the hair may be likened to a semi-transparent, glassy tube.

A very marvelous circumstance in connection with human hair lies in the fact that its outer surface is not smooth, as generally supposed. It is actually completely covered with incredibly minute scales in a similar manner to the wings of butterflies and the bodies of fishes—that is to say, these invisible slabs overlap one another precisely as do the tiles of a house. This statement may be verified readily by detaching a hair from a lady's head—by preference—and while holding the opposite ends in both hands, so that it becomes stretched and taut, dragging it across the tender surface of one's lips. When drawn in the direction in which the scales lie the hair feels quite smooth; but if moved in the opposite direction a distinctly noticeable rasping is felt as the edges of the scales litch against the flesh.

Scores on Insurance Men.
"Insurance adjusters are about as clever and 'smooth' as any class of men to be found," said an old-time merchant the other day. "Their logic is always oiled and ready to run without the least friction. Once, however, one of the tribe got slipped up on. His logic got sidetracked on a derailing switch. I was running a country store which was destroyed by fire. The adjuster came along and then came the battle to get a settlement satisfactory to both sides. We were going over the items burned in the basement. 'Now, what else was there?' asked the adjuster.

"There were twenty bushels of potatoes which I paid 25 cents a bushel for, but at the time they were worth 80 cents a bushel."
"Hold on," said the insurance man. "We're only paying you for what you lost. No inflated values go. They cost you \$5. What else?"
"There were four barrels of apples which had rotted on my hands and I was going to throw out that day. The fire prevented it. They weren't worth a cent, but they cost me \$3 a barrel."
"The adjuster saw he was caught. Without batting an eye, he wrote, 'Four barrels of apples at \$3 a barrel, \$12. What else?'—Kansas City Times.

Dogs and Men.
"The average dog is better than the average man," says the Greenleaf Sentinel. "Do a dog a favor and he will never forget it. He will be your lifelong friend thereafter. This does not apply to one dog or two dogs, but to all dogs. Do a man a favor and he may remember it and be your lifelong friend thereafter. Some will go back on you and do you dirt in five minutes after you have done them a favor. Some are only your friends so long as you are in shape to do them favors. Get into trouble and many will verbally sympathize with you, but only a few will show their friendship in a substantial manner. If a man is not a true friend, there is very little real nobility in his makeup. 'The more we see of some men, the more we think of dogs,' as Madame de Staël said."—Kansas City Journal.

An Advantage of the System.
"Julia," said the mormon husband to his better half, "I proposed to the cook the other day."
"Oh, John, how sweet and thoughtful of you!" she exclaimed, delightfully. "Now, we can keep her in the family without raising her wages."—Baltimore American.

Condolences.
Miss Braggitt—I get so much attention that positively sometimes I feel that social duty is a perfect elephant on my hands.

Miss Sharp—At least, dear, it's a comfort to know the poor beast has plenty of room.—Baltimore American.

Secretly.
"One has very few friends in this life," said the misanthrope.

"Yes," answered Miss Cayenne. "I suppose that is one reason why a friend is so likely to be overworked."—Washington Star.

Uncle Eben.
"Friends," said Uncle Eben, "is a good deal like mushrooms. It's often hard to tell the difference between a good one and a bad one until it's overblowing too late."—Washington Star.

Some people are so unfortunate that their troubles make people laugh instead of cry.

RHEUMATISM

ALMOST AS COMMON IN SUMMER AS IN WINTER.

While the damp, cold, changing weather of Winter intensifies the pains and other disagreeable symptoms of Rheumatism, it is by no means a winter disease exclusively. Through the long months of Summer its wandering pains and twitching nerves are felt by those in whose blood the uric acid, which produces the disease, has accumulated.

Rheumatism is a disease that involves the entire system. Its primary cause results from the failure of the eliminative organs, the Liver, Kidneys and Bowels, to carry out of the system the urea, or natural refuse matter. This coming in contact with the different acids of the body forms uric acid which is taken up and absorbed by the blood. This acid causes fermentation of the blood, making it sour and unfit for properly nourishing the body, and as this vital stream goes to every nook and corner of the body, the poison is distributed to all parts. The nervous system weakens from lack of rich, pure blood, the skin becomes feverish and swollen, the stomach and digestion are affected, the appetite fails and a general diseased condition of the entire system is the result.

Not only is Rheumatism the most painful of all diseases, with its swollen, stiff joints, throbbing muscles and stinging nerves, but it is a formidable and dangerous trouble. If the uric acid is allowed to remain in the blood, and the disease becomes chronic, chalky deposits form at the joints, and they are rendered immovable and stiff, and the patient left a helpless cripple for life. Every day the poison remains in the system the disease gets a firmer hold. The best time to get rid of Rheumatism is in warm weather; because then the blood takes on new life and the skin is more active and can better assist in the elimination of the poisons. With the proper remedy to force the acid out of the blood, and at the same time build up and strengthen the Liver, Kidneys, Bowels and other organs of the body, Rheumatism can be permanently cured. External applications relieve the pain and temporarily reduce the inflammation, and for this reason are desirable, but they cannot have any effect on the disease. The blood is poisoned and the blood must be treated before a cure can be effected.

S. S. S., a remedy made from roots, herbs and barks, is the best treatment for Rheumatism. It goes into the blood and attacks the disease at its head, and by neutralizing the acid and driving it out, and building up the sour blood so it can supply nourishment and strength to every part of the body, it cures Rheumatism permanently. S. S. S. is the only safe cure for the disease; being purely vegetable, it will not injure the system in the least, as do those medicines which contain Potash or some other mineral ingredient. S. S. S. tones up every part of the body by its fine tonic properties. While cleansing the blood of all poisons it builds up the appetite and digestion, soothes the excited nerves, reduces all inflammation, relieves pain and completely cures Rheumatism in every form—Muscular, Inflammatory, Articular or Sciatic. If you are worried with the nagging pains of Rheumatism, do not wait for it to become chronic, but begin the use of S. S. S. and purge the blood of every particle of the poison. Write for our book on Rheumatism, and ask our physicians for any advice you wish. We make no charge for either.



THE SWIFT SPECIFIC COMPANY, ATLANTA, GA.



Last Summer I had a severe attack of Inflammatory Rheumatism in the knees, from which I was unable to leave my room for several months. I was treated by two doctors and also tried different kinds of liniments and medicines which seemed to relieve me from pain for awhile, but at the same time I was not any nearer getting well. One day while reading a paper I saw an advertisement of S. S. S. for Rheumatism. I decided to give it a trial, which I did at once. After I had taken three bottles I felt a great deal better, and I continued to take it regularly until I was entirely cured. I now feel better than I have for years.
CHAS. E. GILDERSLEVE,
613 32nd Street, Newport News, Va.

How to Exercise the Bowels

Your Intestines are lined inside with millions of little suckers, that draw the Nutrition out of food as it passes them. But, if the food passes too slowly, it decays before it gets through. Then the little suckers draw Poison from it instead of Nutrition. This Poison makes a Gas that injures your system more than the food should have nourished it. You see, the food is Nourishment or Poison, just according to how long it stays in transit.



Cascarets are as safe to use constantly as they are pleasant to take. They are purposely put up like candy, so you must eat them slowly and let them go down gradually with the saliva, which is in itself, a fine, natural Digestive. They are put up purposely in thin, flat, round-cornered Enamel boxes, so they can be carried in a man's vest pocket, or in a woman's purse, all the time, without bulk or trouble. Price 10c a box at all druggists. Be very careful to get the genuine, made only by the Sterling Remedy Company and never sold in bulk. Every tablet stamped "CCC."

But, the Digestive Juice we waste in doing this today is needed for tomorrow's natural Digestion. We cannot afford to lose it. That's why Cascarets are the only safe medicine for the bowels.

Artificial Sea Breezes.
They are making everything in Germany nowadays, including artificial sea breezes. At Bad Nauheim the water from the salt springs is carried to the top of a hedge, thirty feet high, several yards thick and many hundred yards in length. The water trickles down through this hedge, evaporating as it falls. The air circulating through the hedge becomes cold and the summer visitors congregate on the benches to leeward, reveling in the salt breezes.

Repairs?
"Made their wedding trip in an automobile?"
"That's what they did. They had a fool idea that it would be cheaper than traveling in palace cars."

IMMENSE TOBACCO PURCHASE.

Forty-Eight Thousand Dollars Paid for a Fancy Lot of Tobacco.
The biggest purchase of high grade tobacco ever made in the West by a cigar manufacturer was made last Wednesday by Frank P. Lewis, Peoria, Ill., for his celebrated Single Binder cigar. A written guarantee was given that the entire amount was to be fancy selected tobacco. This, no doubt, makes the Lewis factory the largest holder in the United States of tobacco of so high a grading.—Herald-Transcript.

Dealers supplied by their jobber or direct from Frank P. Lewis' factory, Peoria, Ill.

Can you eat grapes without thinking of appendicitis?—Acheson (Kan.) Globe.