

NOTICE OF LETTING OF DRAIN

Notice is hereby given, That James M. Butler, County Drain Commissioner...

CONTRACT

Line 18 links west of the northeast corner of the section...

WATER NEWS

TO BE READ AT A GLANCE

Washington

Prohibition will be extended to the entire naval service, under an ordinance...

Nine members of the senate at Washington, headed by Senator La Follette...

Dividing the United States, excluding Alaska, into 12 districts...

Notwithstanding the fact that the following is a description of the...

Returns from the 15 Michigan counties which voted on the local option...

Four inches of snow fell at Interlake, and the thermometer dropped 24 degrees.

Compromise in which Mrs. Ellen J. Golden, or said alleged common-law wife...

The indictment against Howard Campbell and other agents of the Federal league...

Lord Roberts was elected president of the League of British Colonizers...

The real murderer of Mary Phagan in Atlanta, Ga., has been found...

President Ray of the Pennsylvania railroad system not yield to a return on the amount invested...

The will of Byron L. Smith, late president of the Northern Trust company...

Yeggen blew open the safe in the post office at Siler City, N. C., and escaped...

A 20-ton steel girder broke loose from a derrick and crashed through three floors of the framework of the Equitable building...

Suit for \$25,000 damages was filed in the circuit court at St. Louis against the Live Stock Exchange of East St. Louis...

Three persons were killed, another fatally injured, and 30 others less seriously injured...

Slight improvement was shown in the condition of James Gordon Bennett, owner of the New York Herald...

The condition of Rev. Otis L. Spurgeon of Des Moines, Ia., the Baptist minister who was kidnaped and beaten...

Constitution cases and aggregate money sent to the United States by the Rev. Father's Pleasant Pilgrimage...

Occasionally when we look about we find it hard to realize that fools are not so born yet.

The Epworth League and the Christian Endeavor society have joined in a fight on liquor...

The demands of 800 miners of the Pittsburgh-Buffalo Coal company at Canonsburg, Pa., who went on strike...

How wonderfully tight the spring water-lust for the countryside springs one!

Spring fever, with all of its healthfulness, is the harbinger of fresh hopes and a buoyancy of spirit.

I noticed a passenger on a Detroit-Detroit train the other day who had started out on a cattle showing...

Major Fierro of General Villa's staff will be executed as the result of the military revolution...

Following special advice at Washington from George C. Carothers, American consul agent at Toronto...

Edward A. Powers, United States consul agent at Washington, has been planning the work...

Torrey fell completely into the hands of Villa's rebels, says an announcement made by Gen. Venustiano Carranza...

President Wilson announced at Washington that John Lind, his personal secretary, had been ordered to sail for the United States from Vera Cruz...

The new agreement made by the Austrian government with the Austro-American and German shipping companies...

Macedonian rebels are attacking Kozle in the village of Monastir and the fall of the city is imminent...

Lord Roberts was elected president of the League of British Colonizers at a meeting held in Canton, N. Y., on April 17...

The real murderer of Mary Phagan in Atlanta, Ga., has been found by the Chicago Police...

Sixty-four members of the crew of the sealing steamer Newfoundland are known to have perished when ice floes...

President Ray of the Pennsylvania railroad system not yield to a return on the amount invested...

The will of Byron L. Smith, late president of the Northern Trust company, was filed for probate at Chicago...

Yeggen blew open the safe in the post office at Siler City, N. C., and escaped with \$775 in cash and stamps...

A 20-ton steel girder broke loose from a derrick and crashed through three floors of the framework of the Equitable building...

Suit for \$25,000 damages was filed in the circuit court at St. Louis against the Live Stock Exchange of East St. Louis...

Three persons were killed, another fatally injured, and 30 others less seriously injured, and 30 others less seriously injured...

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The condition of Rev. Otis L. Spurgeon of Des Moines, Ia., the Baptist minister who was kidnaped and beaten...

Why Man of Today is Only 50% Efficient

By WALTER GRIFFITH

If one were to form an opinion from the number of helpful, inspiring, and informing articles one sees in the public press...

The American man, because the race is swifter every day, competition is keener, and the stronger the man the greater his capacity to win.

The American woman because she must be competent to rear and manage the family and home, and take all the thought and responsibility from the shoulders of the man whose present-day business burdens are all that she can carry.

Now what are we doing to secure that efficiency? Much mentally, some of us much physically, but what is the trouble?

There is a reason for this—a practical reason, one that has been known to physicians for quite a period and will be known to the entire world ere long.

That reason is that the human system does not, and will not, rid itself of all that waste which it accumulates under our present mode of living.

And the waste does to us exactly what the clinkers do to a stove: it makes the fire burn low and inefficiently until enough clinkers have accumulated and then prevent its burning at all.

It has been our habit, after this waste has reduced our efficiency about 75 per cent., to drug ourselves, or after we have become 100 per cent. inefficient through illness to still further attempt to rid ourselves of it in the same way—by drugging.

If a clock is not cleaned once in a while it clogs up and stops; the same way with an engine, because of the residue which it, itself, accumulates.

You would clean your clock and engine with a harmless cleanser that Nature has provided, and you can do exactly the same for yourself, as I will demonstrate before I conclude.

The reason that a physician's first step in illness is to purge the system is that he is going on the assumption that the system works properly while the colon (large intestine) is clogged up.

It may take some time for the clogging process to reach the stage which it produces real illness, but no matter how long it takes, while it is going on the functions are not working so as to keep us up to "concert pitch." Our fibers are sluggish, we are dull and heavy—slight or severe headaches come on—our sleep does not rest us—in short, we are about 50 per cent. inefficient.

And if this condition progresses to where real illness develops, it is impossible to tell what form that illness will take, because—while it is going on—the functions are not working so as to keep us up to "concert pitch." Our fibers are sluggish, we are dull and heavy—slight or severe headaches come on—our sleep does not rest us—in short, we are about 50 per cent. inefficient.

The nature of the illness depends on our own little weaknesses and what we are the least able to resist.

These facts are all scientifically correct in every particular, and it has often surprised and appalled me to find that they are not appreciated. All we have to do is to consider the treatment that we have received in illness to realize fully how it developed and the methods used to remove it.

"Why do they hate each other so?" "Oh, both trying to marry the same girl." "That's not the point, they are both trying to marry the same fortune."

I took about 4 boxes of DODDS Kidney Pills for Heart Trouble from which I had suffered for 5 years. I had dizzy spells, my eyes puffed, my breath was short and I had chills and back aches.

With everything working in perfect accord and without obstruction, our brains are clear, our entire physical being is competent to respond quickly to every requirement, and we are 100 per cent. efficient.

Now this waste I speak of cannot be thoroughly removed by drugs, but even if it could the effect of these drugs on the functions is very unnatural, and if continued becomes a periodical necessity.

Prof. Alonzo Clark, M. D., of the New York College of Physicians and Surgeons, says: "All of our curative agents are poisons, and as a consequence, every dose 'diminishes the patient's vitality.'"

Prof. Joseph M. Smith, M. D., of the same school, says: "All medicine which enters the circulation poisons the blood in the same manner as do the poisons that produce disease."

Personally I am enthusiastic on internal bathing because I have seen what it has done in illness as well as in health, and I believe that every person who wishes to keep in as near a perfect condition as is humanly possible should at least be informed on this subject; he will also probably learn something about himself which he has never known through reading the little book to which I refer.