This "Arrow" Mark on Every Sack

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That's what it means to use Aristos Flour—you use less to get the same result. Milled from Red Turkey Wheat, Aristos Flour has superior strength—the flavor and the nutriment of the wheat are retained in greater proportion than in most other flours. You save because you need not use so much, not because you must skimp for economy's sake.

Try This for Cookies

2 eggs.
1½ cups granulated sugar.
1 cup butter and lard mixed.
4 tablespoons water.
2 rounded teaspoons baking powder.
Enough Aristos Flour to roll.
1 teaspoon any flavoring.

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He Has Helped Farmers Save Thousands of Dollars Every Year

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The Great Worm Destroyer **SAL-VET** **The Great Live Stock Conditioner**

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It's STOCK INSURANCE to use this guaranteed worm destroyer. Worms are your greatest enemies. They rob you while you sleep—they steal from you while you play—a place for greater success. Act now—feed SAL-VET and prevent the possible loss of valuable stock and dollars. We guarantee every package of SAL-VET you buy.

J. M. Dupree, M. D., Physician and Surgeon, Cranberry, N. C. says—"Will say that SAL-VET is the best remedy I ever used, bowed all stock, fit cats in worms from all stock, gives them soft, smooth, glossy hair, and in two or three weeks time I can see a great change."

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Come in today. Remember we have the finest line of Work and Farm Shoes in Oakland county at from $2.00 to $5.00.

You men who must have more than ordinary service and durability out of your Shoes or Boots, should see us and learn how we have provided to fulfill your special requirements.

These Shoes are built to stand the utmost of hard wear, and yet are good-looking and made to fit comfortably, with good ankle security.

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Pontiac

Commission Form or Village Manager—Which?

When considering the question of changing to the commission form of government for our village, it would be well to look upon this question from a purely business standpoint.

The operation of a municipal plant does not differ much from that of a public service plant. They both have practically the same problems. The great difficulty has been that a chief executive has been elected instead of appointed.

Officials are always elected on political issues. They are elected because they want or do not want saloons; because they stand for cheap gas, etc., and not because they know how to run a town or have executive ability. It is just the same in the commission form of government. The commissioners are elected because they stand for certain political issues, and not because they know about public health or water systems or hiring men. When elected, they appoint each other heads of the different departments, and a doctor may be head of the police department, a lawyer of the water department, and a labor man of the health department. The weakness of this form is that there is practically no co-ordination between the different branches. Each commissioner is head of his department, and cannot be over-ruled.

A successful organization must have a head. A manager is such a head, and because he sees to it that things work out harmoniously and that each department gets its proper share of attention and revenue. Where a village has no manager the superintendents of police, fire, water and streets report directly to the board. The board, which is composed of six trustees and a president, corresponds to the commissioners in the commission form of government.

In most small towns the men responsible for the conduct of affairs are business men. They are busy at home at night, and so nobody is on the job devoting his whole time and attention to the general needs of the village. The business men are usually wrapped up in their own affairs, and it is only in odd moments that they can think of the village needs. A village manager can devote his whole time to the needs of the village, and can get many new ideas and help the town to progress farther than under the old plan.

The village manager takes the place of the village board. Of course the board has legislative powers, and in this capacity the manager has no authority, but he can be voted to help determine its policy. In legislative matters he can only act in an advisory capacity, but has complete authority in executing the orders of the board, and in looking after all the executive details. He also has charge of all the village departments, such as streets, police, fire and water, and is directly responsible for their management.

The pioneers in this modified form were Sumter, N. C.; Staunton, Va.; Glencoe and River Forest, Ill.; Cadillac, Mich.; after investigation, decided to adopt this plan, and the other day appointed a manager. Dayton and Springfield, O., are the first and only cities of any size to take their executive duties out of politics.

Birmingham does not need a change in the form of government. The present board can give you a business administration by enacting the following:

Be it ordained by the President and board of Trustees of the Village of Birmingham:

Section 1.—There is hereby created the office of General Superintendent of the Village of Birmingham, which officer shall be appointed by the president and board of trustees of this village at the first regular meeting of said board in the month of May in each year, or as soon thereafter as may be, and he shall hold his office for the term of one year and until his successor is appointed and qualified, or until requested to resign by the president and two-thirds of the trustees of said village; and before entering upon the duties of his office he shall execute a bond to the village of Birmingham in the penal sum of $2,000, with sureties to be approved by the president and board of trustees, and conditioned as required by law.

Section 2.—He shall receive as compensation for his services a salary of $1,800.00 per year, payable in equal monthly installments, on the last day of each month, during the term of his office.

Section 3.—It shall be the duty of the General Superintendent of the village of Birmingham to devote his entire time to the service of said village, and he shall have general authority and supervision of all the affairs of said village under the supervision and direction of the president and board of trustees. He shall follow up the orders and directions of the board of trustees, see that the same are properly served and executed without delay, give and report to the proper persons the correspondence on behalf of the village, and shall be the proper person to whom complaints as to the public service shall be made, and shall have power to hear and adjust the same. It shall be his duty to make reports from time to time to the president and board of trustees of the conditions of the public service in said village and the public work going on therein, and of all matters coming before him which require the action of the president and board of trustees. He shall also make recommendations from time to time to the president and board of trustees, recommending improvements in the public service and municipal affairs, and upon such other subjects that should come before the president and board for consideration. He shall also have general charge and supervision of the work of the officers and departments of the village.

Pa Ellsworth says:
"To avoid criticism—
"Say nothing;
"Be nothing;
"Do nothing."
Nuf sed.

RICHARD B. HEWITT.

ADVERTISED LETTERS.

List of letters remaining uncalled for in Birmingham post office on Apr. 4th 1914. Persons calling for these will please say "advertised"

Box 47, Birmingham, Mich.
Bowen Charlie, care of J. H. Johnson,
Campbell C. D.
Bisboide Dode
Allinson Ned

GEO. H. MITCHELL, P. M.

The Annual meeting of the Birmingham Cemetery Association will be held at the Council Rooms at 3 o'clock p. m. Saturday April 4. All lot owners are interested in this meeting and are requested to be present. Xenia Post, Secretary.

NOTICE OF LETTING OF DRAIN CONTRACT.

Notice is Hereby Given, That I, James Butler, County Drain Commissioner of the county of Oakland, state of Michigan, will, on the 15th day of April A. D. 1914, at the residence of Conrad Rumpf, in the township of Troy, in said county of Oakland, at one o'clock in the afternoon of that day, proceed to receive bids for the construction of a certain drain, known and designated as "Hawthorn drain with branch drain," to be located and established in the township of Troy, in said county of Oakland, and described as follows, to wit:

Commencing at a point 11.37 chains south of the northeast corner of section 18 of the Township of Troy, county of Oakland, state of Michigan, and on the east line of the N. 100 acres of N. E. ¼ of section 18, owned by Mrs. Emma Cartwright; thence over and across said parcel of land a distance of 48.70 chains as follows: S. 53° W. 35 links, S. 1 ¼° E. 1.17 chains, S. 44½° W. 2.55 chains, S. 82° W. 3.17 chains, S. 35¾° W. 3.56 chains, S. 80¼° W. 8.13 chains, N. 72° W. 9.19 chains, S. 88¾° W. 2.55 chains, N. ¼° E. 4.00 chains, N. 47¾° W. 20 links to the west line of said parcel of land crossing said line 6.30 chains south of the northwest corner thereof; thence continuing over and across the said state aforesaid, owned by Robert Hawthorn, a distance of 28.84 chains as follows: N. 47¾° W. 2.20 chains, N. 41° W. 4.12 chains, N. 44° W. 8.98 chains, N. 68° W. 6.55 chains, north 3.87 chains, N. 85¾° W. 12 links to the west line of said parcel of land crossing said line 13 links north of the southeast corner thereof of the S. E. ¼ of S. E. ¼ of section 25, town, county and state aforesaid, owned by Henry Pringle, a distance of 1.65 chains as follows: N. 85¾° W. 30 links, N. 1 ¼° E. 1.39 chains to the north line of said parcel of land crossing said line 20 links west of the northeast corner thereof; thence over and across the E. ½ of S. E. ¼, except 2 acres, section 26, town, county and state aforesaid, owned by Samuel Hawthorn, a distance of 19.67 chains as follows: N. 1 ¼° E. 18 links, N. 85¾° W. 9.36 chains to the west line of said parcel of land crossing said line 19.52 chains north of the southwest corner thereof; thence over and across the N. ½ of E. 26 acres of W. ½ of S. E. ¼ of section 26, town, county and state aforesaid, owned by Samuel Cooper, a distance of 11.90 chains as follows: N. 85¾° W. 12 links, N. 1° E. 5.06 chains, N. 85° W. 9.72 chains to the west line of said parcel of land crossing said line 20 links west of the northwest corner thereof; thence over and across the W. ½ of S. E. ¼ and the E. 53 acres of S. W. ¼ section 26, town, county and state aforesaid, owned by George Pressell, N. 85¾° W. 22.74 chains to the west line of said parcel of land crossing said line 12.21 chains south of the northwest corner thereof; thence over and across the W. 100 acres of S. W. ¼ section 26, town, county and state aforesaid, owned by Conrad Rumpf, a distance of 32.90 chains as follows: N. 85¼° W. 14.75 chains, N. 4¾° W. 15.75 chains, north 1.65 chains, N. 85¾° W. 12 links to the west line of said parcel of land crossing said line 6.35 chains north of the southwest corner thereof; thence over and across the W. ½ of N. W. ¼ section 26, town, county and state aforesaid, owned by Conrad Rumpf, a distance of 20.10 chains as follows: N. 85¾° W. 14.75 chains, N. 4¾° W. 5.35 chains, N. 85¾° W. 47 links to the center line of said road; thence along said center line of said road, N. 6.93 chains to a point 11 links east of the northwest corner of said Chader's land; thence across said Chader's 2 acres aforesaid N. 1 ¼° E. a distance of 2.57 chains to the north line of said parcel of land crossing said line 11 links east of the northeast corner thereof; thence on a parcel of land on the S. E. ¼ of N. E. ¼ section 27, and bounded on the north by land of Carmer E. by the said Paint Creek road, S. by land of Chesbro and W. by land of Gillett, town, county and state aforesaid, owned by Jay C. Bookham, N. 87° E. 2.83 chains, N. 42¼° E. 17 links to the west line of said parcel of land crossing said line 2.96 chains north of the southwest corner thereof; thence on the E. ½ of the W. ¼ of N. E. ¼ of section 27, town, county and state aforesaid, owned by the Estate of Ann Gillett, deceased, a distance of 19.83 chains as follows: N. 42¼° W. 25 links, N. 1° E. 17.68 chains, N. 87¼° W. 1.00 chain, N. 1¼° E. 13.90 chains to a point 9.85 chains east and 25 links south of the north ¼ post of said section 27.

Also commencing at station N. 77 of the foregoing line on the E. 53 acres of the S. W. ¼ of said section 26, township of Troy, county of Oakland and state aforesaid, owned by George Pressell, N. ¼° E. a distance of 12.15 chains to the north line of said parcel of land crossing said line 15 links west of the northeast corner thereof.

Thence over and across the east part of N. W. ¼ section 26, town, county and state aforesaid, owned by Fred H. Noel, a distance of 7.50 chains as follows: N. ¼° E. 15 links N. 85¼° W. 7.25 chains to the west line of the crossing said line 15 links north of the southwest corner thereof.

Thence over and across a parcel of land on the N. W. ¼ section 26, town, county and state aforesaid, owned by Fred Grimm and bounded on the north by land of Noel, E. by land of Le Seir, on the south by lands of Pressell and Hildebrandt and on the west by lands of Sutherland, Bookham, Noel, Jones and Chader, a distance of 13.57 chains as follows: N. 85¼° W. 20 links N. ¼° E. 9.41 chains, N. 45¾° W. 20 links to the west line of said parcel of land crossing said line 21.80 chains north of the southwest corner thereof.

Thence over and across a parcel of land on S. W. ¼ of N. W. ¼ section 26, town, county and state aforesaid, owned by Jay C. Bookham, a distance of 1.79 chains as follows: N. 45¾° W. 40 links, north 1.35 chains to the north line of said parcel of land, crossing said line 15 links west of the northeast corner thereof.

Thence over and across a parcel of land on the N. W. ¼ section 26, town, county and state aforesaid, owned by Fred Grimm and bounded on the north by land of Noel, E. by land of Le Seir, on the south by lands of Pressell and Hildebrandt and on the west by lands of Sutherland, Bookham, Noel, Jones and Chader, a distance of 13.57 chains as follows: N. 85¼° W. 20 links N. ¼° E. 9.41 chains, N. 45¾° W. 20 links to the west line of said parcel of land crossing said line 21.80 chains north of the southwest corner thereof.

Thence over and across a parcel of land on S. W. ¼ of N. W. ¼ section 26, town, county and state aforesaid, owned by Jay C. Bookham, a distance of 1.79 chains as follows: N. 45¾° W. 40 links, north 1.35 chains to the north line of said parcel of land, crossing said line 15 links west of the northeast corner thereof.

Thence over and across a parcel of land on the N. W. ¼ section 26, town, county and state aforesaid, owned by Fred Grimm, south by land of Grimm, south by land of Bookham and west by highway, a distance of 12.78 chains as follows: north 7.27 chains, S. 84¼ W. 5.33 chains, N. 44¾° W. 14 links to the north line of said parcel of land, crossing said line 6.72 chains west of the northeast corner thereof.

Thence over and across a parcel of land described as follows: Beginning 72 rods north of the southeast corner of the east half of the northwest quarter section 26, thence W. 20 rods, S. 40 rods, E. 20 rods, W. 40 rods and 15 acres bounded north by land of Bookham and Chadwick, east by lands of Noel and James, west by road and land of Cooper, town, county and state aforesaid, owned by Warren James, a distance of 9.49 chains as follows: N. 84¼° W. 14 links, S. 86¼° W. 4.81 chains, N. 14° W. 4.46 chains, N. 88¾° W. 8 links to the west line of said parcel of land, crossing said line 4.11 chains south of the northwest corner thereof.

Thence across a parcel of land on the N. W. ¼ of S. W. ¼ section 26, town, county and state aforesaid, owned by Charles Chnader, Sr., N. 88¼° W. 5.06 chains to the west line crossing said line 15 links north of the southwest corner thereof.

Thence on the W. 15 acres of the N. W. ¼ of N. W. ¼ section 26, town, county and state aforesaid, owned by William Kendricks, N. 88¼° W. a distance of 4.22 chains to the west line of said parcel of land crossing said line 15 links north of the southwest corner thereof.

Thence on a parcel of land on the N. E. ¼ of N. E. ¼ section 27, town, county and state aforesaid, owned by E. J. Kresley and bounded on the north by land of Hamph, on east by land of Kendrick, on the south by land of Cooper and on the west by road, a distance of 2.60 chains as follows: N. 88¼° W. 13 links N. 2¼° E. 2.47 chains to the north line of said parcel of land crossing said line 13 links west of the northeast corner thereof.

Thence on a parcel of land on the N. E. ¼ of N. E. ¼ section 27, town, county and state aforesaid, owned by Mrs. Samuel Lamb, and bounded on the north by land of the Estate of Ann Gillett, deceased, on the east by land of Kendrick, on the south by land of Carmer, and on the west by road, a distance N. 2¼° E. of 2.88 chains to the north line of said parcel of land crossing said line 13 links west of the northeast corner thereof.

Thence on the south part of N. E. ¼ of N. E. ¼ section 27, town, county and state aforesaid, owned by the Estate of Ann Gillett, deceased, a distance of 10.53 chains as follows: N. 88¼° W. 6.55 chains N. 12¼° E. 2.53 chains N. 88¼° W. 6.55 chains N. 12¼° E. 2.53 chains N. 88¼° W. 6.55 chains N. 12¼° E. 2.53 chains to the terminus of said surveyed line.

*Asterisk denotes degree.

Survey or grade stakes are set not more than eight rods apart the entire length of said surveyed line, and are known as station stakes, intermediate stations, the first station being station No. 0, the next station being station numbered 1, and so on in their order to the terminus.

The cubic yards of said drain from station 0 to station No. 77 shall be on an outward slope from the bottom to the surface at an angle of 45 degrees, width of bottom three feet, and the sides of said drain from station No. 77 to station 123 plus 1.90, and from station No. 77 or 0 of the branch to station No. 48 plus .81 shall be on an outward slope of 1½ feet to each one foot in rise from the bottom to the surface, and a width at bottom of one foot. The depth and width of surface excavation shall be as shown upon the profile of said drain on file in the office of the Oakland County Drain Commissioner, and by said profile is hereby made a part of this survey.

The extreme width of land necessary for the deposition of the earth in the construction of said drain shall be 66 feet to be taken in equal width upon each side of said surveyed line.

Between stations the grade is to follow the grade of the bottom, which is based upon the depth of the drain at each station.

Said job will be let by sections. The section at the outlet of said drain will be let first, and the remaining sections in their order up stream, in accordance with the diagram now on file with the other papers pertaining to said drain, in the office of the Oakland County Commissioner of said county of Oakland, to which reference may be had by all parties interested, and bids will be made and received accordingly. Contracts will be made with the lowest responsible bidder giving adequate security for the performance of the work, in a sum then and there to be fixed by me, reserving to myself the right to reject any and all bids. The date for the completion of such contract, and the terms of payment therefor, shall be announced at the time and place of letting.

Notice is Further Hereby Given, That at the time and place of said letting, or at such other time and place thereafter to which I, the County Drain Commissioner aforesaid, may adjourn the same, the assessments for benefits on the lands comprised within the Hawthorn Drain Special Assessment District," and appertenances thereto, will be announced by me and will be subject to review for one day, from nine o'clock in the forenoon to five o'clock in the afternoon. The following is a description of the several tracts or parcels of land constituting the Special Assessment District of said drain, viz:

E. ½ of S. W. ¼ of S. W. ¼ of N. W. ¼ section 27; E. ½ of W. ¼ of N. W. ¼ section 27.

Parcel of land bounded N. by Ford and Schultz, E. by highway, S. by Matthews, W. by Gillett, on E. ¼ of section 27, 14 acres;

Parcel of land on N. E. ¼ of section 27 (47¼ acres) bounded N. by highway, E. by Dewing, S. by Ford, by Levy, Dewing, Volkening and Smith, E. by Levy, highway, Lamb and Schultz, S. by Lamb and Gillett, W. by Gillett.

Parcel of land bounded N. by highway, E. by Volkening, S. and W. by Ford, on N. E. ¼ of section 27, 12 acres.

Parcel of land on N. E. ¼ bounded N. by highway, E. by Dewing, S. by Ford, on N. E. ¼ section 27.

Parcel of land on N. E. ¼ bounded N. by highway, E. by Smith, S. by Ford, W. by Volkening, section 27.

Parcel of land on N. E. ¼ bounded N. and E. by highway, S. by Ford, W. by Volkening, section 27.

Parcel of land on N. E. ¼ bounded N. by highway, E. by highway, S. by Schultz, section 27.

Parcel of land on N. E. ¼ bounded N. by Lamb, E. by highway, S. by Gillett, W. by Ford, section 27;

Parcel of land on N. E. ¼ (5 acres), bounded N. and W. by Gillett, E. by highway, S. by Carmer, section 27;

Parcel of land on N. E. ¼ (5 acres), bounded N. by highway, E. by Driveway, S. by Bookham, W. by Gillett, section 27;

Parcel of land on N. W. ¼ section 26 and N. E. ¼ section 27 (28 acres), bounded N. by Carmer and Noel, E. by Grimms, S. by Sutherland and Cinader, W. by Gillett;

Parcel of land on N. E. ¼ (2 acres), bounded N. by Bookham, E. by highway, S. by Stump, W. by Gillett, section 27;

E. 110 acres of W. 150 acres of S. E. ¼ section 27;

Parcel of land on N. W. ¼ section 26 and section 27 (15 acres), bounded N. by Bookham, E. by Grimms, S. by Stump and Hildebrandt, W. by highway;

Parcel of land on N. W. ¼ section 26 and N. E. ¼ section 27 (42 acres), bounded N. by James, E. by Grimms, S. by Bookham, W. by Jones and highway;

Parcel of land on N. W. ¾ section 26 and N. E. ¼ section 27 (20 acres), bounded N. by Cooper, Kressley and Cinader, E. by Grimms, S. by Noel, W. by Chader, Kendrick and highway;

Parcel of land on N. W. ¼ section 26 and N. E. ¼ section 27 (4 155 acres), bounded N. by Kressley and Kendrick, E. and S. by James, W. by highway;

Parcel of land on E. ½ section 27, bounded N. and E. by Kendrick, S. by Kressley, W. by highway (2 acres);

Parcel of land on W. ¼ section 26, bounded N. by Kendrick, E. by Chader, S. by Cinader and Noel, W. by Kressley and Lamb (2 acres).

The S. 4 acres of a parcel of land in N. E. ¼ of section 27, bounded N. by Abernethy and K. O. T. M. M. lands, E. by section line, S. by lands of Kendrick, W. by highway and K. O. T. M. M. lands.

S. 5 acres of E. 5.8 of N. W. ¼ of N. W. ¼ section 26;

S. ¼ of W. ½ of E. ¼ of N. W. ¼ of section 26, S. ¼ of E. ½ of E. ¼ of N. W. ¼ section 26;

S. ¼ of W. ½ of N. E. ¼ of N. E. ¼ section 26, S. ¼ of S. E. ¼ of N. E. ¼ section 26;

E. 10 acres of S. E. ¼ section 27, W. 10 acres of S. W. ¼ section 26;

E. 50 acres of S. W. ¼ and W. 38 acres of S. E. ¼ of section 26 (one parcel);

N. ¼ of E. ¼ of W. ½ of S. E. ¼ section 26, S. ½ of E. ½ of W. ½ of S. E. ¼ section 26;

E. ¼ of S. E. ¼ (except E. 7 acres of S. ¼) section 26;

E. 7 acres of S. ¼ of S. E. ¼ section 26, N. ¼ of N. E. ¼ section 35;

S. ½ of S. W. ¼ section 25, W. ½ of E. ½ of S. W. ¼ section 25;

E. ½ of N. E. ¼ of S. W. ¼ section 25, W. ½ of N. W. ¼ of S. E. ¼ section 25;

S. ½ of S. E. ¼ section 25, N. 3-8 of N. W. ¼ of S. W. ¼ section 36;

S. 3-8 of E. — of N. W. ¼ section 36, E. 40 acres of N. E. ¼ section 36.

All in the township of Troy, county of Oakland and state of Michigan.

Also the said township of Troy at large.

Now, therefore, all unknown or non-resident persons, owners of and persons interested in said lands aforesaid, and you, Warren James, E. J. Kressley, J. P. Noel, Mrs. S. C. Lamb, John Lamb, Samuel Levy, Melvin Mathews, Sarah McRoberst, George Ford, Henry Prisel, George Pressell, Mary A. Schultz, John Volkening, Jos. Belleby, Linus Bookham, Mrs. A. Carmer, Charles Cinader, Sr., Mrs. Charles Cinader, Jr., E. S. Cooper, J. C. Dewing, Aug. Schultz, Conrad Stump, Eric Sutherland, Jacob Theel, John Detloff, A. A. Gibbs, Mrs. Ann Gillett, Fred Grimm, William Hawthorn, Robert Hawthorn, Samuel Hawthorn, Henry Hildenbrandt, Mrs. Samuel Martin, Mrs. Emma Cartwright, and Ross A. Lamb, Commissioner of Highways, and A. A. Gibbs, highway commissioner of township of Troy, aforesaid, are hereby notified that at the time and place aforesaid, or at such other time and place thereafter to which said hearing may be adjourned, I shall proceed to receive bids for the construction of said drain in the manner hereinbefore stated, and also that at such time of letting, from nine o'clock in the forenoon to five o'clock in the afternoon, the assessments for benefits to the lands comprised within the "Hawthorn Drain Special Assessment District," will be subject to review, and you, and each of you, owners of and persons interested in the aforesaid lands, are hereby cited to appear at the time and place of said letting as aforesaid, and be heard with respect to such special assessments and your interests in relation thereto, if you so desire.

Dated the 21st day of March, A. D. 1914.

JAMES S. BUTLER,
County Drain Commissioner
of the County of Oakland.

Again We Say Subscribe for THE PAPER

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 and magazines the purpose of which is to increase our efficiency, he must believe that the entire American nation is striving for such an end—

And this is so.

The American man, because the race is swift, every day, competition is keener, and the stronger the man the greater his capacity to win. The stronger the man the stronger his will and brain, and the greater his ability to match wits and win. The greater his confidence in himself the greater the confidence of other people in him; the keener his wit and the clearer his brain.

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 he can carry.

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

We are not really efficient more than half the time. Half the time blue and worried—all the time nervous—some of the time really incapacitated by illness.

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 the waste which it accumulates under our present mode of living. No matter how regular we are, the food we eat and the sedentary lives we live (even though we do get some exercise) make it impossible; just as impossible as it is for the grate of a stove to rid itself of clinkers.

And the waste does to us exactly what the clinkers do to a stove; make 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. To clean the clock you would not put acid on the parts, though you could probably find one that would do the work, nor to clean the engine would you force a cleaner through it that would injure its parts; yet that is the process you employ when you drug the system to rid it of waste.

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 no medicine can take effect nor can the system work properly while the colon (large intestine) is clogged up. If the colon were not clogged up the chances are ten to one that you would not have been ill at all.

It may take some time for the clogging process to reach the stage where 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 livers 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. efficient.

And if this condition progresses to where real illness develops, it is impossible to tell what form that illness will take, because—

The blood is constantly circulating through the colon and, taking up by absorption the poisons in the waste which it contains, it distributes them throughout the system and weakens it so that we are subject to whatever disease is most prevalent.

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 me that they are not more generally known and 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.

So you see that not only is accumulated waste directly and constantly pulling down our efficiency by making our blood poor and our intellect dull—our spirits low and our ambitions weak, but it is responsible through its weakening and infecting processes for a list of illnesses that if catalogued here would seem almost unbelievable.

It is the direct and immediate cause of that very expensive and dangerous complaint—appendicitis.

If we can successfully eliminate the waste all our functions work properly and in accord—there are no poisons being taken up by the blood, so it is pure and imparts strength to every part of the body instead of weakness—there is nothing to clog up the system and make us bilious, dull, and nervously fearful.

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.

Note the opinions on drugging of two most eminent physicians:

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 medicines which enter the circulation poison the blood in the same manner as do the poisons that produce disease."

Now the internal organism can be kept as sweet and pure and clean as the external and by the same natural, sane method—bathing. By the proper system warm water can be introduced so that the colon is perfectly cleansed and kept pure.

There is no violence in this process—it seems to be just as normal and natural as washing one's hands.

Physicians are taking it up more widely and generally every day, and it seems as though every one should be informed thoroughly on a practice which, though so rational and simple, is revolutionary in its accomplishments.

This is rather a delicate subject to write of exhaustively in the public press, but Chas. A. Tyrell, M. D., has prepared an interesting treatise on "Why Man of Today Is Only 50 per cent. Efficient," which treats the subject very exhaustively and which he will send without cost to any one addressing him at 134 West 65th Street, New York, and mentioning that they have read this article in the Birmingham Eccentric.

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.