

A VETERAN BENEFACTOR.

His Past Life, Present Plans, and What He Has to Say Upon a Subject That Astonished Him.

New York Times.

Nearly forty years ago a young man, of unusual endowments, began to mould public opinion upon a subject of vital importance. Like all pioneers, his early efforts were unsuccessful, but his ability and the value of his work soon won public confidence, and to-day there is not a village or hamlet in the country that has not been influenced by Dr. Dio Lewis. When, therefore, it was learned yesterday that he contemplated the establishment of a large magazine in this city, the fact was deemed so important that a representative of this paper was commissioned to see him and ascertain the truth of the rumor.

Dr. Dio Lewis is a gentleman of sixty years and two hundred pounds, with snow-white hair and beard, but probably the most perfect picture of health and vigor in the metropolis. He is a living exponent of his teachings, and notwithstanding the amount of work he has already done, promises still greater activity for years to come. He received the interviewer most courteously, and in reply to a question said:

"It is true I have come to New York to establish a monthly magazine. I have come here for the same reason that I went to Boston 25 years ago. Then Boston was the best platform in the country from which to speak of education. New York has now become most hospitable to progressive thoughts, and especially so to movements on behalf of physical training.

"I have reason to know the great and abiding interest of the American people in this subject. They have come to realize that the future of our country pivots upon our physical vitality, and especially upon the vigor of our women. My new magazine will bear the title 'Dio Lewis's Monthly,' and be devoted to Sanitary and Social Science. I hope through its pages to inaugurate a new departure in hygiene."

"Have you not written several books on the subject?"

"Yes, nine volumes, and some of them like 'Our Girls,' published by the Harpers, have had an enormous circulation, but the best work of my life I shall give the world in the new magazine. Forty years of skirmishing ought to conclude with ten years of organized warfare."

"Doctor, what is the occasion of this new interest in health questions?"

"It has come through suffering, which seems the only road to self-knowledge. The stomach, heart, kidneys or liver fall into trouble, happiness is gone, and then people give attention to their health."

"Which of these organs is most frequently the victim of our errors?" asked the reporter.

"Within the last few years diseases of the kidneys have greatly multiplied. When I was engaged in practice, thirty-five and forty years ago, serious disease of the kidneys was rare; but now distressingly frequent and fatal."

"To what do you attribute this great increase of kidney troubles?"

"To the use of stimulating drinks, adulterated food and irregular habits of life."

"Doctor, have you any confidence in the remedy of which we hear so much now-a-days, 'Warner's Safe Cure'?"

"I believe in the ounce of prevention, rather than in a ton of cure."

"But have you noticed the remarkable testimonials of Warner's remedy?"

"I have, and confess that they have puzzled and astonished me. The commendations of proprietary medicines usually come from unknown persons residing in back counties. But I see in our most reputable newspapers the warmest praise of Warner's Safe Cure from College Professors, respectable physicians, and other persons of high intelligence and character. To thrust such testimony aside may be professional, but it is unmanly. No physician can forget that valuable additions to our Materia Medica have sprung from just such sources. I was so impressed with this cloud of witnesses that I purchased some bottles of Warner's Safe Cure at a neighboring drug store, and analyzed one of them to see if it contained anything poisonous. Then I took three of the prescribed doses at once, and found there was nothing injurious in it. I do not hesitate to say that if I found my kidneys in serious trouble, I should use this remedy, because of the hopelessness of all ordinary treatment, and because when a hundred intelligent and reputable persons unite in the statement that a certain remedy has cured them of a great malady, I choose to believe that they speak the truth."

"But, as you may know, my great interest in life lies in prevention. For forty years I have labored in this field. One of the phases of my work in New England was the establishment of the Ladies' seminary at Lexington, Mass. My aim was to illustrate the possibilities in the physical training of girls during their school life. This institution became before I left it, the largest and most successful Seminary for young women owned and managed by one person, in our country. I sat down to dinner every day with a family of two hundred persons. The remarkable results of this muscle training among girls, were given in my paper published in the North American Review of December, 1882."

"Besides, I established the Normal Institute for Physical Training in Boston, and for ten years was its president and manager. Dr. Walter Channing, Dr. Thomas Hoskins, Professor Leonard, and others were among its teachers, and more than four hundred persons took its diploma and went out into all parts of the land to teach the new schools of gymnastics. And now the years left to me I propose to devote to the magazine which I have come here to establish. It will be the largest periodical ever devoted to this field of literature, and will present the hundred and one questions of hygiene with the simplicity of a child's talk. To this end all so-called learning will be subordinated. The magazine will be more or less illustrated, and will strive to reach a high place in the confidence and hearts of the people. In a few weeks, our first number will appear, and we shall cordially hope for its hearty welcome."

The facts above narrated are indeed

most important. It is gratifying to know that the life long experiences of a gentleman who stands without a peer in successfully demonstrating the principles of hygiene; whose heart has always been in sympathy with the afflicted, and whose ray has ever been active in planning for their relief, are to be given to the public through the pages of a magazine. And it is especially significant and proof positive of rare merit that a proprietary medicine, even with such high standing as Warner's Safe Cure is known to have, should be endorsed and recommended by a man so able, so reputable and of such national renown as Dr. Dio Lewis.

THE COCOANUT TREE.

Its Remarkable Adaptability to Human Requirements.

The cocconut palm is chiefly confined to the seaboard regions of the tropics, and rarely found far in the interior, although we remember of having seen several very flourishing trees about the town of Santarim, Brazil, at a distance of 600 miles from the sea-board. Many of the South Sea islands are covered with luxurious groves these both useful and ornamental trees. How they came there is, to some extent, still involved in mystery, since the currents of the ocean would have to transport fleets of nuts dropped into the surf from the overhanging cliffs of their native homes, before a single one, after completing its far journey, would be cast up high and dry enough by the breakers beating against the lonely shores of these lonely distant coral islands of the great Pacific. Since it is conceded that some of these groups, such as the Marquesas islands, have been settled by the natives of Papua as early as the seventh century, it would be more reasonable to ascribe the introduction of the cocconut to human intervention than to that of waves, particularly when we bear in mind the importance of the nut to the natives of southern Asia on account of its nutritive qualities. To the natives of many tropical regions it is equivalent to the date of the Sahara or Mandioc of South America. The following passages from Bonifaz Guizot's botany for youth gives us in the garb of oriental, allegorical language, an idea of the immense advantages which the inhabitants of tropical countries derive from this one single species of palms.

Imagine a traveler passing through one of these countries situated under the burning sky, where coolness and shade are so rare, and where habitations in which to take repose so necessary to travelers, are only to be found at considerable distances. Panting and dispirited, the poor wanderer at last perceives a hut surrounded by some trees with straight erect stems, surmounted by an immense tuft of green leaves, some being upright and others pendent, giving an elegant aspect to the scene. Nothing else near the cabin indicates cultivated land. At this sight the spirits of the traveler revive, he collects his strength, and is soon under the hospitable roof. His host offers him a sourish drink, he slakes his thirst; it refreshes him. When he has taken his repose, the Indian invites him to share his repast. He serves up various meats, contained in a brown looking vessel, smooth and glossy, he serves up also some wine of an extremely agreeable flavor. Toward the end of the repast his host offers him certain succulent comforts, and he is made to taste some excellent spirits. The astonished traveler asks who in this desert country furnishes him with these things. 'My cocconut tree,' is the reply. 'The water I presented you with on your arrival is drawn from the fruit before it is ripe, and some of the nuts which contain it weigh three or four pounds. This almond, so delicate in its flavor, is the fruit when ripe. This milk, which you find so agreeable is drawn from the nut; this cabbage whose flavor is so delicate, is the tops of the cocconut but we rarely regale ourselves with this delicacy, for the trees from which the cabbage is cut, die soon after. This wine with which you are so satisfied, is still drawn from the cocconut tree. In order to obtain it, an incision is made into the spathe of the flowers. It flows from it in the form of a white liquor, which is gathered in in proper vessels, and we call it palm wine; exposed to the air it turns sour and is used as vinegar."

By distillation we obtain this very good brandy which you have tasted. The sap has supplied the sugar, with which these preserves are sweetened. These vessels and utensils have been made out of the shell of the nut. Nor is this all: this habitation itself I owe entirely to these invaluable trees; with their wood my cabin is constructed; their leaves dried and plated for the roof; made into an umbrella, they shelter me from the sun when I walk; the clothes which cover me, are woven out of the filaments of their leaves. These mats, which serve so many useful purposes, proceed from them also. The sifter, which you behold, was found made to my hand in that part of the tree whence the leaves issue; with the same leaves woven together we make sails for ships; the species of fiber, which envelope the nut, is much preferable to tow for caulking ships, as it does not rot in the water, and swells in imbibing it: it makes excellent strings and all sorts of cable and cordage. Finally, the delicate oil which has seasoned many of our meats, and which is burned in my lamp, is expressed from the fresh kernel." The stranger listened with astonishment to the poor Indian, who by only having his cocconut trees, had nearly everything necessary to his existence. When the traveler was again disposed to take his departure, his host once more addressed him: "I am going to write to a friend in the city, may I ask you, to charge yourself with my communication?"

"Yes, but will your cocconut tree still supply you with the materials?" "Certainly," said the Indian, "with the sawdust severed from the leaves I made the ink, and with the leaves, this parchment; in former times it was used to record all public and memorable acts."

The statue to surmount the Garfield monument at Cincinnati will cost \$10,000.

Truth is Mighty and Must Prevail

Is a good old maxim, but no more reliable than the oft repeated verdict of visitors that

COOPERSTOWN, DAKOTA,

is the Queen City of a magnificent county and the most beautifully located of the many new and prosperous places of North Dakota. It is the

Permanent County Seat of Griggs County, and, though only a few months old, already has a representation in nearly every branch of business and each man enjoying a profitable trade. Plenty of room for more business houses, mechanics or professional men. Cooperstown is not only the

TERMINUS OF THE S. C. & T. M. R. R., but is also Headquarters thereof. In short, the place is, by virtue of its situation

The Central City of the Central County of North Dakota.

THE GEOGRAPHICAL CENTER! THE COMMERCIAL CENTER!

THE FINANCIAL CENTER! THE RAILROAD CENTER!

and the outfitting point of settlers for fifty miles to the North and West. The energetic spirit of Cooperstown's citizens, who in most cases have not yet reached the meridian of life, the singleness of purpose and unity of action in pushing her interests, have resulted in giving her an envious reputation for business thrift even this early in her history.

GRIGGS COUNTY

is the acknowledged Eden for settlers and home-seekers. Its soil is unsurpassed; its drainage the very best; its climate salubrious, and its railway advantages par-excellent. Public land in the county is becoming scarcer every day, yet there are still thousands of opportunities for the landless to get homes.

GREAT STRIDES

toward Metropolitan comforts have been made in Cooperstown and the wandering head of the weary traveler can here find rest and entertainment at an

BEAUTIFUL AND ELEGANTLY APPOINTED HOTEL,

erected at a cost of \$21,000. The man who becomes a citizen of Griggs county's thrifty capital can have, without price or waiting, the advantages of

GOOD SCHOOLS AND SPLENDID SOCIETY.

The rapidly growing embryonic city of Cooperstown is surrounded on all sides by the very richest lands in North Dakota. Cooperstown, situated as it is in the very heart of a new and fertile region, must boom to keep pace with the

UNPARALLELED RAPID DEVELOPMENT

of the surrounding country. When you stop and consider the facts you will realize the advantages this new town enjoys. It being the terminus of a railroad, the entire country makes it a

UNIVERSAL TRADING POINT,

a fact demonstrated by the merchants already established and enjoying big trades. Cooperstown is not an experiment but is built on the solid rock of commercial industry. Sound investments can be made in Cooperstown city property or Griggs county farm lands by applying to the

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