

NOTE.—The following article has been widely published and is one of the most remarkable illustrations of the value of careful marshaling and analysis of facts in presenting a subject to the public.

LEVELERS

The Mission of Whiskey, Tobacco and Coffee.

The Creator made all things, we believe. If so, he must have made these. We know that the human food and water is made of the elements of Whiskey, Tobacco and Coffee. They are here sure enough and each performing its work.

There must be some great plan behind it all; the thoughtful man seeks to understand something of that plan and thereby to judge these articles for their true worth.

Let us not say "bad" or "good" without taking testimony.

There are times and conditions when it certainly seems to the casual observer that these stimulant narcotics are real blessings.

Right there is the ambush that conceals a "killing" enemy.

One can slip into the habit of either whiskey, tobacco or coffee easily enough, but to "untangle" is often a fearful struggle.

It seems plain that there are circumstances in which the narcotic effect of these poisons is for the moment beneficial, but the fearful argument against them is that seldom ever does one find a steady user of either whiskey, coffee or tobacco free from disease of some kind.

Powerful elements in their effect on the human race.

It is a matter of daily history testified to by literally millions of people that Whiskey, Tobacco and Coffee are smiling, promising, beguiling friends on the start, but always false as hell itself in the end. Once they get firm hold enough to show their strength, they insist upon governing and drive the victim steadily towards ill health in some form; if permitted to continue to rule, they will not let up until physical and mental ruin sets in.

A man under that spell (and "under the spell" is correct) of any one of these drugs frequently assures himself and his friends: "Why, I can leave off any time I want to. I did quit for a week just to show I could." It is a sure mark of the slave when one gets to that stage. He wiggled through a week fighting every day to break the spell, was finally whipped and began his slavery all over again.

The slave (Coffee slave as well as Tobacco and Whiskey) daily reviews his condition, sees perfectly plain the steady encroachments of disease, how the nerves get weaker day by day and demand the drug that seems to smile and offer relief for a few minutes and then leave the diseased condition plainer to view than ever and growing worse. Many times the Coffee slave realizes that he is between two fires. He feels bad if he leaves off and a little worse if he drinks and allows the effect to wear off.

So it goes on from day to day. Every night the struggling victim promises himself that he will break the habit and next day when he feels a little bad (as he is quite sure to) breaks, not the habit, but his own resolution. It is nearly always a tough fight, with disaster ahead pure if the habit wins.

There have been hundreds of thousands of people driven to their graves through disease brought on by coffee drinking alone, and it is quite certain that more human misery is caused by coffee and tobacco than by whiskey, for the two first are more widely used, and more hidden and insidious in the effect on nerves, heart and other vital organs, and are thus unsuspected until much of the dangerous work is done.

Now, Reader, what is your opinion as to the real use the Creator has for these things? Take a look at the question from this point of view.

There is a law of Nature and of Nature's God that things slowly evolve from lower planes to higher, a sturdy, steady and dignified advance toward more perfect things in both the Physical and Spiritual world. The ponderous "rears" of evolutionary development is fixed by the Infinite and will not be questioned out of natural law by any of man's methods.

Therefore we see many illustrations showing how nature checks too rapid advance. Illinois raises phenomenal crops of corn for two or three years. If she continued to do so every year her farmers would advance in wealth far beyond those of other sections or countries. So Nature interposes a bar every three or four years and brings on a "bad" year.

Here we see the leveling influence at work.

A man is prosperous in his business for a number of years and grows rich. Then Nature sets the "leveling influence" at work on him. Some of his investments lose, he becomes luxurious and lazy. Perhaps it is whiskey, tobacco, coffee, women, gambling, or some other form. The intent and purpose is to level him. Keep him from evolving too far ahead of the masses.

A nation becomes prosperous and great like ancient Rome. If no leveling influence set in she would dominate the world perhaps for all time. But Dame Nature sets her army of "levelers" at work. Luxury, over-eating and drinking, licentiousness, waste and extravagance, indulgences of all kinds, then comes the wreck. Sure, Sure, Sure.

The law of the unit is the law of the mass. Man goes through the same process. Weakness (in childhood), gradual growth of strength, energy, thrift, probity, prosperity, wealth, comfort, ease, relaxation, self-indulgence, luxury, idleness, waste, debauchery, disease and the wreck follows. The "levelers" are in the bushes along the pathway of every successful man and woman and they bag the majority.

Only now and then can a man stand out against these "levelers" and hold his fortune, fame and health to the end.

So the Creator has use for Whiskey, Tobacco and Coffee to level down the successful ones and those who show signs of being successful, and keep them back in the race, so that the great "field" (the masses) may not be left too far behind.

And yet we must admit that same all-wise Creator has placed in the power of man to stand upright, clothed in the armor of a clean cut steady mind and say unto himself, "I decline to exchange my birthright for a mess of pottage."

"I will not deaden my senses, weaken my grip on affairs and keep myself cheap, common and behind in fortune and fame by drugging with whiskey, tobacco or coffee, life is too short. It is hard enough to win the good things, without any sort of handicap, so a man is certainly a 'fool trader' when he trades strength, health, money, and the good things that come with power, for the half-asleep condition of the 'drugg'er' with the certainty of sickness and disease ahead."

It is a matter each individual must decide for himself. He can be a leader and semi-god if he will, or he can go along through life a drugged clown, a cheap "hewer of wood or carrier of water."

Certain it is that while the Great Father of us all does not seem to "mind" if some of his children are foolish and stupid, he seems to select others (perhaps those he intends for some special work) and allows them to be threshed and castigated most fearfully by these "levelers."

If a man tries flirting with these levelers awhile, and gets a few slaps as a hint, he had better take the hint or a good solid blow will follow.

When a man tries to live upright, clean, thrifty, sober, and undrugged, manifesting as near as he knows what the Creator intends he should, happiness, health and peace seem to come to him. Does it pay?

This article was written to set people thinking, to rouse the "God within" for every highly organized man and woman has times when they feel something calling from within for them to press to the front and "be about the Father's business." Don't mistake it; the spark of the Infinite is there and it pays in every way, health, happiness, peace, and even worldly prosperity, to break off the habits and strip clean for the work cut out for us.

It has been the business of the writer to provide a practical and easy way for people to break away from the coffee habit and be assured of a return to health and all of the good things that brings, provided the abuse has not gone too far, and even then the cases where the body has been rebuilt on a basis of strength and health run into the thousands.

It is an easy and comfortable step to stop coffee instantly by having well-made Postum Food Coffee served rich and hot with good cream, for the color and flavor is there, but none of the caffeine or other nerve-destroying elements of ordinary coffee.

On the contrary the most powerful rebuilding elements furnished by Nature are in Postum and they quickly set about repairing the damage. Seldom is it more than 2 days after the change is made before the old stomach or bowel troubles or complaints of kidneys, heart, head or nerves show unmistakable evidence of getting better and ten days time changes things wonderfully.

Literally millions of brain-working Americans today use Postum, having found the value and common sense in the change.

C. W. POST.

TALKS WITHOUT TONGUE.

Robbed of Organ by Surgical Operation, New Jersey Man Articulates Better Than Before.

Tongueless, yet able to talk better than when in possession of his organ of speech—that is the remarkable condition of William Bunting, a wealthy bachelor of Elmer, N. J., who received treatment recently in Philadelphia.

Mr. Bunting came to the Hahnemann hospital to have his throat treated for what he believed to be inflammation, caused by a severe cold. Upon investigation the doctors found the disease to be much more serious than the patient had suspected, and that in order to save his life his tongue must be removed. It was swollen to twice its normal size, so that Mr. Bunting was unable to articulate plainly.

After the operation the first words the patient spoke, "Is it all over?" were the plainest he had spoken since his trouble began, several years ago. Those in attendance were able to understand everything he said.

Wrong Department.

A prominent physician tells this story at the expense of the modern craze for specialization in the medical profession. A poor woman went to a dispensary to ask for aid for her little son, who had had one of his fingers smashed. At the first room where she applied she was told by a curt attendant that the boy could not be treated there.

"Wrong place," he explained, "this is the eye and ear department."

"Here is der thumb and finger department?" inquired the woman, simply.—Tit-Bits.

Where the Sin Lay.

A rather plain lady asked the opinion of her minister: "Is it a sin to feel a trifle of vanity when I am called handsome by a gentleman?"

"Not a sin for you, my child, but a terrible responsibility hangs upon the gentleman."—Tit-Bits.

Not Too Fast.

Mrs. Weeds—I suppose the law in this state gives the widow her third.

Lawyer—Oh! yes; but you've got to get rid of your second first.—Chicago Journal.

DISPOSING OF DEAD HOGS.

It Means Much to the Farmer and to the Community of Which He Is a Member.

"The proper disposal of dead hogs means a great deal to the farmer and also to the community in which he lives. He should consider it his duty to keep his surroundings as free from infectious diseases as possible," writes Mr. J. B. Ashby in Kimball's Dairy Farmer. "His stables should be thoroughly ventilated and should receive an application of whitewash once or twice a year, to which has been added a little carbolic acid.

"If an animal becomes sick it should receive proper attention, and if the disease is new to the owner, he should quarantine the animal until it is well if one of his hogs dies he should dispose of the body in such a way that no trouble will come from it. Too often this is not done. While many men would not harm their neighbors if they knew it, they will often drag the body of a dead hog into some gully or out-of-the-way place and leave it to decay. The place looks to them remote and they do not think of the harm that may come."

In case the hog died of some contagious disease the germs of this disease are at first, of course, very numerous in the body. They are easily transferred from the body to anything that comes in contact with it. In this way dogs and wild animals, such as vermin and snakes, come in contact with the body and then carry the germs to neighboring farms. One can readily see how dangerous this is to the community.

The practice of burying diseased animals is generally resorted to and is a very good method, although there is still some danger, especially if the body is not put down deep enough. It is best always to burn the body, thus eliminating nearly all possible chances of further danger. There should be certain requirements of state laws applying to the treatment of dead bodies of diseased animals.

CARE OF THE FARM HORSE.

No man with horse sense will ever kick a horse.

In nearly all cases a district that is noted for its good horses is noted for its prosperity.

High calks on horses' shoes have a tendency to cause contracted heels and quarter cracks.

Worms in horses not only irritate the intestines, but rob the animals of the nutriment in the food.

No branch of the live stock business pays better when properly handled than does horse raising.

The most desirable horses are not always the handsomest; while beauty is desirable it is not absolutely essential.

The man who has first-class horses on his farm has something that he can turn into cash at any time he desires.

If the mare has become heated, draw some of her milk by hand, and do not let the colt nurse until she has become cooled. It is best to avoid heating her for there is always danger in it. Light work will not injure her nor the colt, but judgment must be used.—Midland Farmer.

HOW TO TAME WILD COLTS.

In a Corral Like the One Here Described It Can Be Done in a Very Short Time.

A wild colt or horse which has not been handled in his colthood can be easily tamed in the small yard shown in the cut. Build the gate (a) 15 feet long, hanging it at post (c), one foot from the side of the corral. It will then swing from b to d. With this gate closed, drive the colt in the small gate (a), then swing the large gate around to d, which will confine the colt in a narrow space, where he cannot turn around. You can now reach him to handle him in any way. He cannot bite, kick or hurt you.—A. D. Thomas, in Farm and Home.

Horses as Flat Dwellers.

Flat life for horses is not so very new in New York. Ground space is so valuable in that city that, like many other buildings, stables have for some time been built upward in many stories, with stalls for the horses on floors above the ground. There are now thousands of horses in Gotham that can be said to live in flats. Stables of six stories are not considered remarkable. In many of these flats horses are stalled on three floors. Each of these stables has an elevator big and strong enough to carry to the upper floors any vehicle. The equines are hoisted to their sleeping apartments by these same elevators. The horses like it. They stand steady on the platforms and never cause any trouble.

Polishing the Horns of Cows.

A Missouri cattle breeder gives the following method of polishing horns: Make the horns smooth and even with a coarse file or rasp, and then take a fine sandstone and water and rub the file marks out; then take a fine whetstone (a water stone is best), wet or rub out all marks, as the least scratch will show when polished. Then get some tripoli (or, as the railroad men call it, ripply), wet as much of it as you want to use, then with a rag of any kind rub the horn well with it (you can hardly rub too much); then polish with the palm of the hand. Don't be afraid to bear on and rub quick. Boiling water will not take the polish off. They will take any color wanted by boiling them in some kind of dye.

PITY THE POOR HEATHEN.

Mr. Spinks Was Anxious to Get In His Contribution on Time.

Rev. Mr. Osborne, according to the Newark (N. J.) News, tells this story on one of his parishioners: Company came to spend Sunday with the Spinks family. Nevertheless, and in spite of a pouring rain, Mr. Spinks prepared for church.

"Surely, you're not going," said Mrs. Spinks.

"Surely, I am," replied Mr. Spinks. "The pastor is booked for his annual missionary sermon and I wouldn't miss being there for anything."

"But it's storming dreadfully."

"Let it storm."

"And your guests—what will they think if you run away and leave them?"

"Let them think what they please. I'm going to church."

"I've never seen you so interested in missions before," said Mrs. Spinks.

"Just between you and me," returned Mr. Spinks, "I don't care a hang for missions. But the annual collection for the heathen will be taken to-day, and if I put a five-dollar bill in the plate it'll be all right. But if I stay away, the pastor will drop into my office some day this week and pull my leg for ten."

"Go, by all means," said his wife.

Business Announcement.

Among the oddities in the smoke room of Clyde Fitch's country house at North Concord there is a notice of the dissolution of a partnership between two colored barbers. The notice, three feet square, is written in red ink on yellow paper. It occupies a corner between two crossed canoe paddles, and it reads as follows:

"The Dissolution of co-partnership heretofore existing between Betwich Me and more Jones in de barber profession an heretofore dissolved, pursuant Who O must pay to de subscriber, Mr. de firm de must call on Jones, as de firm is dissolved."—N. Y. Sun.

Six Doctors Failed.

South Bend, Ind., Oct. 24 (Special).—After suffering from Kidney Disease for three years; after taking treatment from six different doctors without getting relief, Mr. J. O. Laudeman, of this place, found not only relief but a speedy and complete cure in Dodd's Kidney Pills. Speaking of his cure, Mr. Laudeman says: "Yes, I suffered from Kidney Trouble for three years and tried six doctors to no good. Then I took just two boxes of Dodd's Kidney Pills and they not only cured my kidneys, but gave me better health in general. Of course I recommended Dodd's Kidney Pills to others and I know a number now who are using them with good results."

Mr. Laudeman's case is not an exception. Thousands give similar experiences. For there never yet was a case of Kidney Trouble from Backache to Bright's Disease that Dodd's Kidney Pills could not cure. They are the only remedy that ever cured Bright's Disease.

Another Strong Man.

The candidate was reading about Atlas supporting the world.

"Quite a stunt," he murmured, "quite a stunt, but still—"

"Here he carried my state next November."—Louisville Courier-Journal.

If You Are Going to the World's Fair

Remember that the Minneapolis & St. Louis Railroad is the most direct route from the Twin Cities and the Northwest and offers unexcelled service. Two through trains daily with Pullman Buffet Sleepers and free reclining chair cars and dining cars. All trains stop in full view of the World's Fair buildings, and stop at main entrance to Exposition grounds.

Round trip rates from Minneapolis and St. Paul—\$13.00, limit seven days; \$25.00, return limit Dec. 15th; \$31.35, limit sixty days; \$19.50, limit fifty days.

Write for "Guide to World's Fair," and "Blue Book," giving information as to hotels. A. B. Cuts, G. P. & T. A., Minneapolis, Minn.

One hotel in New York has a suite of rooms for which it charges \$125 a day, which would make an eight-hour night's sleep cost \$41.66. Wouldn't that give you insomnia?—Indianapolis News.

Piso's Cure cannot be too highly spoken of as a cough cure.—J. W. O'Brien, 322 Third Ave., N. W., Washington, D. C., Jan. 6, 1900.

Officials and merchants do not serve in the army of Japan.



Miss Nettie Blackmore, Minneapolis, tells how any young woman may be permanently cured of monthly pains by taking Lydia E. Pinkham's Vegetable Compound.

"YOUNG WOMEN:—I had frequent headaches of a severe nature, dark spots before my eyes, and at my menstrual periods I suffered untold agony. A member of the lodge advised me to try Lydia E. Pinkham's Vegetable Compound, but I only scorned good advice and felt that my case was hopeless, but she kept at me until I bought a bottle and started taking it. I soon had the best reason in the world to change my opinion of the medicine, as each day my health improved, and finally I was entirely without pain at my menstruation periods. I am most grateful."—NETTIE BLACKMORE, 23 Central Ave., Minneapolis, Minn.

Painful Periods

are quickly and permanently overcome by Lydia E. Pinkham's Vegetable Compound. The above letter is only one of hundreds of thousands which prove this statement to be a fact. Menstruation is a severe strain on a woman's vitality, — if it is painful something is wrong. Don't take narcotics to deaden the pain, but remove the cause — perhaps it is caused by irregularity or womb displacements, or the development of a tumor. Whatever it is, Lydia E. Pinkham's Vegetable Compound is guaranteed to cure it.

If there is anything about your case about which you would like special advice, write freely to Mrs. Pinkham. She will treat your letter as strictly confidential. She can surely help you, for no person in America can speak from a wider experience in treating female ills. She has helped hundreds of thousands of women back to health. Her address is Lynn, Mass., and her advice is free. You are very foolish if you do not accept her kind invitation.

Details of Another Case.

"DEAR MRS. PINKHAM:—Ignorance and carelessness is the cause of most of the sufferings of women. I believe that if we properly understood the laws of health we would all be well, but if the sick women only knew the truth about Lydia E. Pinkham's Vegetable Compound, they would be saved much suffering and would soon be cured."

"I used it for five months for a local difficulty which had troubled me for years, and for which I had spent hundreds of dollars in the vain endeavor to rectify. My life forces were being sapped, and I was daily losing my vitality."

"Lydia E. Pinkham's Vegetable Compound cured me completely, and I am now enjoying the best of health, and am most grateful, and only too pleased to endorse such a great remedy."—MISS JENNIE L. EDWARDS, 604 H St., N. W., Washington, D. C.

Mrs. Pinkham, whose address is Lynn, Mass., will answer cheerfully and without cost all letters addressed to her by sick women.



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The oat and barley crop will also yield abundantly.

Staple prices for all kinds of grain, cattle and other farm products for the growing of which the climate is unsurpassed.

About 150,000 Americans have settled in Western Canada during the past three years.

Thousands of free Homesteads of 160 acres each still available in the best agricultural districts.

It has been said that the United States will be forced to import wheat with a very few years. Secure a farm in Canada and become one of those who will help produce it.

Apply for information to SUPERINTENDENT OF IMMIGRATION, Ottawa, Canada; or to E. T. HUGHES, 115 Jackson Street, St. Paul, Minn.; G. P. MILLER, Grand Forks, North Dakota. Authorized Canadian Government Agents.

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