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All the blood in the body passes through the kidneys once every three minutes. The kidneys filter the blood. They work night and day. When healthy they remove about 500 grains of impure matter daily, when unhealthy some part of this impure matter is left in the blood. This brings on many diseases and symptoms—pain in the back, headache, nervousness, hot dry skin, rheumatism, gout, gravel, disorders of the eyesight and hearing, dizziness, irregular heart, debility, drowsiness, dropsy, deposite in the urine, etc. But if you keep the filters right you will have no trouble with your kidneys.

Mrs. M. A. Meekins, of 113 Locust St. Cambridge, Md., says: "For the past four or five years I suffered a great deal with kidney complaint, which caused a constant pain in my back. Two years ago I had hemorrhages of the kidneys, and was compelled to take to my bed for some time. I was under the doctors care for a long time and used numerous remidies, which were recommended to me, but in spite of all I did I could not find any relief that was permanent. The treatment usually helped me for the time being but I had distressing pains across my back' through the loins and over the lower part of my stomach. I cannot begin to describe what I suffered I was in much pain last spring, and one day when my son came home with a box of Doan's Kidney Pills I decided to give them a trial, although I had almost lost all faith in medicines I began to take them two at a dose, three times a day, and when I had finished the box I had greatly improved and felt like a different person. I continued the treatment by using the second box and am satisfied that they have made a permanent cure. I can do all my work with pleasure where before it was drudgery. I have just returned from Baltimore where I had been visiting for some time, and while there I recommended Doan's Kidney Pills to my people. They are all and more than they are claimed to be."

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MAY 13TH, 1904.

JOHN H. PHELPS, Scranton, Pa.
Gentlemen:
Your Night Caps were almost thrust upon me by a friend who evidently knows a thing of two. Shortly after the middle of last January I was in a state of almost complete nervous exhaustion, arising from excessive business effort, resulting in inability to sleep and mental depression. My physician for two months treated me, at a large expense, for nervous prostration, advising complete rest for an indefinite period. At that time, a vacation was impossible. Fortunately for me, I was then introduced to Night Caps. Skeptically I tried them. One-half a box seemed to brace my nerves within a week I could sleep. With sleep has come a return of normal health and I feel like myself again. I have recovered my normal weight. You may be very sure that I now keep Night Caps constantly on hand, particularly as an assistant in case of over indulgence at table. If, at any time, you should deem it wise, or to your advantage, to refer anyone to me, do so. I will be very glad to write inquirers about it. I would suggest, however, that you instruct them to enclose stamp for reply, for I have reason to believe that I might find myself financially embarrassed if inquiries come from all who need your remedy. Kindly withhold this letter from publication. Believe me,
Very truly yours,
(Signed) HARRY W. CROSS.

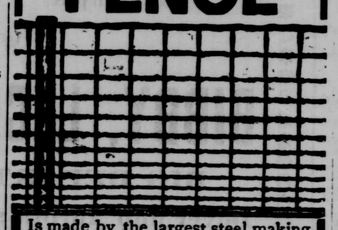
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BALTIMORE'S NOTABLE DRAMATIC EVENT.

The Mightiest of All Beauty Spectacles Known to the Annals of the Stage to be Presented at the Academy of Music.

Beginning Monday, March 5, and continuing for one week, with matinees Wednesday and Saturday, Klaw & Erlanger will present at the Academy of Music, Baltimore, what is universally conceded to be not alone the most colossal theatrical production known to the annals of the stage, but the most beautiful and costly show ever conceived. In the past years Messrs. Klaw & Erlanger have sent to that city the mighty spectacle, 'Ben Hur'—that classic of impressive drama—and of the purely spectacular class, that Drury Lane (London) production last season, 'Mother Goose.' In both of those productions great organizations, not alone in numbers, but in talent, notabilities, wonderful stagecraft and all that was beautiful to the eye and to the ear were presented, but in the latest importation of these great spectacles presented by Klaw & Erlanger, that of 'Humpty Dumpty,' is mightier and more beautiful in every respect than any of its predecessors.

'Humpty Dumpty' is not a pantomime, as the name might imply, nor has it anything in story, scene or construction similar to any of the small plays of that title which have ever been seen with all the original American cast which characterized its year's engagement at the New Amsterdam theatre, New York, and which for the past two months has been the sensation in Chicago at the great Auditorium theatre in that city.

'Humpty Dumpty' is the mightiest merger of fun, frolic, fantasy, melody and magnificence known to the theatrical world. An idea of the immensity of this production may be gleaned from the fact that more than 350 comedians, singers, dancers and pantomimists appear in it, and seventeen scenes - each as elaborate as an entire ordinary production and more beautiful than has ever been seen upon the American stage—are used. The costumes number 2,000 and cost alone $150,000 to produce.

The impression produced by 'Humpty Dumpty' is that of a beautiful dream of color, costumes, calciums and hosts of beautiful women, a dream that never stops for a moment.

The principals of the cast are Frank Moulan, Maude Lillian Berri, Nellie Daly, Diamond Donner, William C. Schrode, George Schiller, John C. Schrode, Joseph C. Smith, John McVeigh, Madeline Seville David Abrams, the marvelous Grigolatis Flying Ballet and 350 others.

The sale of seats will begin Tuesday, Feb. 27. The prices will be 50c, 75c, $1.00, $1.50, $2.00. Mail orders accompanied by remittances will be filled in the order of their priority.

FROGS OF HARTFORD POND

Come at Ringing of Bell and Children Feed Them to Mice and Sparrows.

The first heavy sheet of ice has glazed Jewell's pond on Farmington avenue and the bullfrogs have sunk to the bottom, burrowed in the mud, and will not be seen again until the warm spring days, says the Hartford Courant.

These amusing little water pets have been trained by Mr. Jewell and answer to the ringing of a cow bell. They come to the surface, swim in the direction of the sound, mount the bank and wait there to be fed. They have no fear and can be picked up and examined by anyone who has the courage and desire to become more familiar with their clamminess. The first that I heard of the pond was through a neighbor's boy—a little chap of 8—who walked boldly up to me and said:

"Will you please let me set my mousetrap in your pantry?"

In vain I tried to assume him that I was not troubled with mice, but he pleaded and persisted: "You see, I might catch just one and then I'd get a nickel. The frogs are out, and us boys gets 5 cents a head for every mouse or English sparrow that we can catch alive. And there ain't no mice in our house," he added, with a look intended to excite sympathy.

Two days later I met him again. "Fifty-five cents," he exclaimed, jingling his pockets. "Caught 'em in the barn—seven mice and five sparrows. Grover Cleveland eat three at once." He was gone before I could demand an explanation as to why the name of our only ex-President should be so familiarly mingled with English sparrows, frogs and nickels.

"Grover Cleveland is the big green fellow," confided the good natured Scotch gardener, with a broad smile. He always manages to get the biggest and the most. Mr. Jewell named him. Mr. Jewell is a Republican."

Through the summer months the hospitality of the garden was extended to me, and through it lay a short cut between the studio and the house, so during the four daily trips back and forth, I managed to see quite a little of the frogs and their amusing ways. As I passed through at noontime I used to ring a little Swiss cow bell that was kept in a summer house on the edge of the pond, and I soon found that not only the frogs but scores of little goldfish, who had learned that the bell meant a meal of soda crackers, would start from every part of the pond and come in the direction of the sound. When the frogs reached the bank they would scramble on to the grass and sit in the middle of the dirt path, perfectly still, and look meek and dejected until some motion suggested mouse or sparrow.

Once the air becomes chilly, not even food will bring Mr. Jewell's water pets to the surface. On a cool day at the end of September I made several attempts to get them to rise, without success. Just as I had given up hope the neighbor's boy appeared.

"They won't come up no more this year," he volunteered, "and I am glad of it. I want the pond to freeze over. I made $3.15 out of mice and sparrows, and I am going to buy skates."

Stilt-Racing in Winter.

Stilt races are just the thing for a group of healthy young people who must do something new all the time on their holidays. Stout poles about eight feet long, with blocks of wood either nailed or lashed firmly to the poles about two feet from the ground, furnish the equipment. The "stilters" rest the foot on these blocks, a little forward of the heel, and the poles are passed under the arms and held firmly. Mark out a course of a hundred yards or so, and offer a prize to the one who first crosses the line. The awkward stalking and stumbling of the competitors, unused to such strange footgear, will be ludicrous to all who see it. If there is danger of walking on ice hidden by the snow, it will be wise to put sharp-pointed iron ferrules on the bottoms of the stilts, as otherwise some bad tumbles may result.—Country Life in America.

Invention in Ancient Times.

Mere invention was regarded as somewhat vulgar in ancient times. Archimedes made little by his mechanical inventions. They were only the amusements of geometry, he said; and only at the behest of his sovereign did he consent to give practical expression to the many wonderful schemes with which his brain teemed. And when Euxodus and Archytas took seriously to mechanics, they were denounced by Plato as corrupting and debasing the excellence of geometry, by making her descend from intellectual to corporeal things. The inventor was long thereafter despised by the philosophers and mechanics regarded simply as a branch of military art.

Physiology Disliked.

Language study is disliked by the pupils in a certain school for these reasons: "Because it is so teagous" ((tedious). "Because I don't know what it is." "Because it is always telling you something you know." Here are some of the reasons for a dislike of physiology: "Because it tells you all about digestion." "Because it is only for people who want to be doctors." "Because it makes my head ache." "Because I do not like to read what is inside us." "Because it is only for men and boys" from a girl of thirteen). "Because it makes me nervous." "Because I don't care about high-green" (hygiene).

PLAN TO SAVE THE FALLS.

Engineer Has Evolved a Plan for the Preservation of Niagara's Cataract.

With the attention of most thinking people directed toward Niagara Falls and its threatened destruction, Alton D. Adams, in an article on "How to Save Niagara Falls," in the Technical World Magazine, offers what may prove to be the final solution of the problem. Mr. Adams says: "With a dam across Niagara river, between Lewiston and Queenston, and a reservoir six miles long and reaching to the cantilever bridge behind it, plants taking water from the dam would operate with it a substantially constant head. To connect such plants with the dam only short steel pipes would be necessary and the cost of the entire development per horse power would be very moderate. The water head of 100 feet at this proposed dam is only two-thirds of that which is available most of the time at the falls, but on the other hand the volume of water passing the dam is equal to the entire discharge over both the American and the Horseshoe falls.

With the normal discharge of Niagara river, which is 222,000 cubic feet per second, falling 100 feet the gross horse power developed would be 2,500,000. Making liberal allowances for losses of head in the penstocks and tailraces, and assuming only a fair efficiency for water wheels and generators, fully 60 per cent. of this 2,500,000 gross horse power, or 1,500,000, could be continuously generated at the proposed dam in the form of electric current. This output is about two and one-half times the actual and proposed capacities of all the hydro-electric plants now completed or under construction about Niagara Falls, and is six or seven times the combined capacity of all the electric generators now ready to operate at the falls."

NOT CAREFUL OF SAFES.

There Are Jewelers Who by Slack Habits Invite the Attention of Cracksmen.

A recent robbery in New York calls attention to a very careless way in which many jewelers, both in and out of New York, place their safes, says the Jeweler's Circular Weekly. These dealers practically invite robberies by making them possible without interruption, in placing their safes in a partition with the front opening into a store and the back absolutely hidden from view in the street. This offers an opportunity to the safe crackers, who may come in from the back, to operate upon the rear of the safe without the slightest chance of being seen by a watchman, or by pedestrians no matter how well the store is illuminated.

Jewelers seem to be under the impression that the door of the safe is the only means by which it can be entered by cracksman, forgetting that in the case of most of the safes used by small jewelers, it is much easier to get through the iron or steel in the back, chisel through the cement, and force a way directly into the inner compartments, than it is to break through the main door and then into the smaller compartments within.

The robebry perpetrated last week is the second of this kind that has taken place in New York, and it should stand as a warning to the trade. It clearly shows that the only sure way for jewelers to protect their stocks is to have their safes occupy such a position that they can be seen from four sides, placing it out some distance from the walls, or if this cannot be done, by placing the back against a solid wall of the establishment and not against a partition.

THE BOY SPOKE TOO SOON

Elated Over Passing Bad Half-Dollar and Spoils Mother's Scheme.

W. Caryl Ely, of Buffalo, the president of the American Street Railway association, was talking, during the convention in Philadelphia, about motormen's and conductors' adventures.

"A conductor came to me with a smiling face the other day," he said. He wanted to tell me what had happened on an incoming car.

"It seems that a middle-aged woman and her little son, a lad of six or seven years, got on the car, and, as soon as they were seated, the woman took a half-dollar out of her pocket and handed it to the youngster to pay the fare with.

"The boy held the coin in his small, fat hand, and examined it closely and solemnly.

"The conductor appeared for the fares, and the youngster gave him the half-dollar with owlish solemnity.

"The money was pocketed and 40 cents in change was put in the small extended hand.

"As soon as he got this change the boy laughed and shouted gleefully:

" 'Oh, ma, he's taken the bad half-dollar.' "

African Medicine Men.

Bishop Hanlon, of Uganda, in describing some of his experiences in central Africa, said recently that though many of the medicine men had been converted, they could not be induced to carry their confession so far as to divulge their undoubted valuable remedies for native disease. Some of the converted medicine women were not so reticent, but their revelations were generally worthless.

Butter-Making Machine.

One of the machines exhibited at the dairy show recently held in London was a neat contrivance by which butter could be made out of milk in 60 seconds at the tea table.

SUCCESS IN WORK.

THE TRUE FOUNDATION OF POWER IS CHARACTER.

Integrity of Execution Is Dependent Very Largely Upon Interest Taken in the Task.

Nothing could be more misleading than the impression, so widely held, that success in work depends entirely upon character and skill. These are two great elements, but there is a third, quite as important for the best results, says the Outlook. Character is the foundation of all working power of the highest kind; skill is the quality which makes it possible to use the best tools in the best way; vivid interest and freshness of spirit are the atmosphere in which all work ought to be done and which ought to pervade and envelop all work. "As You Like It" rests on a solid basis of thought. The play is constructed and written with the highest kind of skill, but its charm lies very largely in the extraordinary freshness of feeling which pervades it, and which gives it the atmosphere of the forest and the joy of the free life. Americans rarely need to be urged to put more energy into what they do, and they are coming to understand, as they have never understood before, the necessity of doing their work with the skill which comes from thorough training.

Many of them have yet to learn that while these qualities insure competency, they do not insure interest. Work done in a spirit of the highest integrity and in the most expert way is often entirely mechanical and uninteresting from lack of freshness, vivacity and vividness of interest. One must not only plant his work on a solid basis of character, and do it with expertness, but he must keep alive that spirit of youth which Stevenson declared was the perennial spring of all the faculties. That modern men are beginning to understand this is evident from the wide popularity of such books as "The Simple Life," and kindred studies in repose, non-resistance, absence of haste, quiet adjustment between the worker, his task and his surroundings.

Few people understand the drain on the nervous system which is caused by the noises of modern life—noises in no sense modern. There are no cities in the world which are more resonant with sound than oriental towns, where at certain hours of the day and in certain localities there is not only an incessant murmur of human voices, but a chorus of loud, piercing cries. The little towns in Europe and the smaller English cities are like babbling brooks when evening comes and the people fill the streets. Paris is, all things considered, the noisiest city in the world. There has come into modern life a greater variety of sound and a greater volume than assailed the ears of our ancestors. Now, to keep one's freshness there ought to be a zone of silence around every human being during some part of every day. It is significant that the great religions of the world have come out of silence and not out of noise; and the finest creative work is done, as a rule, in seclusion; not necessarily apart from men, nor in solitary places, but away from the tumult and away from distracting sounds.

It is in silence alone that we come into possession of ourselves. The noises of life disturb us as a cloud of dust intervenes between the eye and the sky. There ought to be a cult for the practice of silence—a body of men and women committed to the preservation of the integrity of their souls by neither hearing nor making speech for certain periods, pledged to the culture of the habit of quietness. Maeterlinck has pointed out the fact that the best things are never spoken, and the truest intercourse between congenial spirits is carried on without words. If we said less and thought more, there would be far fewer things to explain, many sources of irritation would be dried up at the sources, and the prime cause of irritation, which is nervous exhaustion or excitement, would be removed. There was organized in Paris, years ago, a society for the culture of silence. On the occasion of the initiation of a distinguished man of letters a bowl of water was brought out to him in a room where he was waiting in solitude. He studied it a moment, placed a rose upon it and sent it back. The water bore the rose without overflowing. To the members assembled in another room the act was the most convincing evidence that the initiate comprehended the purpose of the fellowship, and was prepared in spirit to become one of the company. The act was a symbol which Americans may wisely study.

"Boy Guessed Right."

It was one of those wildly exciting society plays. The hero was seated in a big red automobile, and the heroine was standing in a "state of mind" near by. Suddenly turning to the man, she said haughtily:

"I see nothing will move you?"

"Get-a-horse!" shouted a strong-lunged god in the gallery.—Yonkers Statesman.

Vai-Speaking Negroes.

George W. Ellis, charge d'affaires of the American legation in Monrovia, has sent to the national museum in Washington a monogram on the habits and customs of the Vai-speaking negroes of west Africa and a collection of their work. The Vai-speaking tribe is said to be exceptionally intelligent and has evolved a native alphabet.