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What The Kidneys Do

Their Unceasing Work Keeps Us Strong and Healthy.

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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Clear Head To-Morrow Morning.

An immediate relief for those who suffer after using Coffee, Tea, Tobacco, Alcoholic Stimulants, or who eat late at night.

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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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JERRY HENRY,
tf Easton, Md.

TRAVELING SALESMEN.

How the Comfort of Those in England Is Looked After by Hotels.

"Traveling men in England have special dining rooms, special rates and special lots of things," said E. K. Simmons of Manchester, England, according to the Louisville Courier-Journal. "When you go into the lobby of an English hotel you may be surprised to find a great open fire burning in one end of the room. Great comfortable chairs will be found about the lobby, and you need not exclaim if you see several salesmen smoking long pipes and reposing their stockinged feet upon large footstools. Empty shoes can be found in many portions of the room.

"The English lobby is a parlor or sitting room, a place of comfort, and in no instance bears the stiff, varnished, emblazoned appearance of your American hostelries. When you go to the dining room you may be surprised to hear the clerk ask you if you are a traveling man. If you are you are ushered into a simply but homely furnished room containing one long table. The apartment is more like a private dining room, and everybody is everybody else's friend.

"The meal is especially served, the waiters show especial deference and everything bears a tone of home life. As each man leaves the table he is seen to drop a halfpenny in a little box. This is an unwritten law of the land, and the money thus collected goes to pay for schools and orphanages for the children of traveling salesmen who die without leaving sufficient means for their support. Several of these schools and orphanages are maintained throughout England.

"English traveling salesmen take life easier than do the men following a similar occupation in America. They never think of entering a man's store with a lighted cigar, and they would as soon forget to wear a collar or coat as to expect to do business with a man without having their shoes carefully polished. All hotels look to this and a 'boots' gets your shoes each night, marks them with chalk, polishes them and returns them before you are awake the next day."

Animal Antipathies.

Many animals are born with an inherited antipathy for other animals. The excessive fear shown by young rabbits which for the first time smell a ferret, and of young turkeys which hear the shrill cry of a hawk they have never seen or heard before, are proved examples of the strength of these instinctive antipathies.

She Had Hope.

When Bilkins was away from home on a long business trip he got a letter from his wife that still puzzles him. It ended thus:

"Baby is well, and lots brighter than she used to be. Hoping you are the same, I remain, Your Loving Wife."—Cleveland Leader.

Sad Whistle.

"The finest fellow in this world," says a Georgia philosopher, "is the fellow who whistles at his troubles—but, great sakes! ain't it solemn whistlin'!"—Atlanta Constitution.

A Scientific Wonder.

The cures that stand to its credit make Bucklen's Arnica Salve a scientific wonder. It cured E. R. Mulford, lecturer for the Patrons of Husbandry, Waynesboro, Pa., of a distressing case of Piles. It heals the worst Burns, Sores, Boils, Ulcers, Cuts, Wounds, Chilblains and Salt Rheum. Only 25c at Smithers' Moreland Pharmacy.

DRUGS MAKE PLANTS GROW

Flowers and Vegetables Mature Quickly Under the Effects of Ether.

Flowers and vegetables are drugged with ether nowadays. They are put in airtight dens and fed on ether for 24 or 36 hours until they become so permeated with the fumes that they mature in about half the time it takes them to develop naturally. Stately Easter lilies treated for 24 hours have put forth magnificent blooms with the help of warm acetylene light at night, and narcissus plants have doubled the size of their flowers after spending a day and a half in the den.

This remarkable method of forcing both flowers and vegetables to maturity has been developed in the horticultural department of Cornell university, Ithaca, N. Y.

It was told to the public for the first time at the winter exhibition of the Farmers' Institute, in the American Institute, 19 and 21 West Forty-fourth street, by Prof. John Craig, head of the horticultural branch of Cornell.

"It means a revolution in flowers and vegetables, this new way of forcing them, because they seem to be stimulated to a more perfect maturity than when they develop naturally," Prof. Craig said. "By experiment in the university we found that the ether administered in an airtight box or den for 24 or 36 hours had a most remarkable vitalizing effect on certain kinds of flowers and vegetables.

"When, in addition to being kept in the sunlight during the day time, they were exposed at night to the light from acetylene burners, which seem to have a spectrum similar in effect to the real sunshine, they grew almost riotously.

"Lilacs, for instance, will be in bloom at least ten days sooner under this treatment than when they develop naturally or by the ordinary means of forcing, as will also azaleas and rhododendrons. When putting the roots into the ether the greatest care should be taken not to leave them in the stimulating atmosphere more than 36 or 48 hours or the drug will have the opposite effect, and instead of being forced to mature they will die as soon as removed."

CRUEL ELEPHANT HUNTERS

Deadly Method Employed by Natives in Capturing East African Animals.

A correspondent of the London Times writes of elephant hunting in Africa: "The most deadly method of killing elephants, and that most frequently employed by the natives of East Africa, is the pit, sufficiently deep—roughly 20 feet—long and wide to engulf and hold an elephant. After a period of frantic struggling, hunger and exhaustion the wretched animal is done to death by native spears. If the size and powers of the animal are remembered, it is difficult to imagine a more revolting, brutal picture of torture; but this is the common practice of the natives of the country and is being enacted daily throughout British territory.

"A priest had taken out a sportsman's license ($250) with the object of building a church in the event of his hunting venture being successful. He shot a fine elephant with heavy tusks, and while he was examining the animal natives appeared and claimed the tusks; the elephant belonged, they said, to their chief, Maquenda. To clinch their claims they asserted that the elephant had been lame and pointed to a festering opening in the sole of one of its feet, extending up the leg.

"But the priest ascertained that the chief Maquenda had caused spearheads to be rigidly placed upright in the ground in the forest game paths for the purpose of laming elephants and so rendering them a prey to his hunters. This happy discovery put an end, at least for a time, to this abominable measure, for the circumstances were reported to the authorities and the chief was punished."

WAS BEYOND FORGIVENESS

Thirty Years' Feud Because Artist Was Rejected by Royal Academy.

The Royal Academy has made its choice from the candidates of the year, and the papers have told us the result of the elections, says the London Sketch. How little some of us dream of the smarts which they whose claims have been rejected suffer!

A 30 years' feud dated from one vote cast against a certain man. He was the not specially gifted son of a well-known R. A. Naturally the latter desired to see his boy an associate. Happily the consciences of those who had to vote would not permit them to choose a great man's incompetent son, and the candidate was rejected.

A day or two later a fellow R. A. called upon the disconsolate father. "Did you vote for my son?" asked the latter. His friend promptly declined to answer.

"There is the door, sir, and I beg you will never darken it again," said the irate parent. Thirty years passed, and then the two men came face to face at the academy. The outraged sire had forgotten nothing, forgiven nothing.

"I don't know you, sir," he answered, as the other held out the hand of friendship.

Cause for Thanks.

A man lost a leg in a railway accident, and when they picked him up the first word he said was: "Thank the Lord, it was the leg with the rheumatism in it!"—Atlanta Constitution.

SEAGULLS THAT CAPER.

Shore-Feeding Birds Dance to Frighten Worms from the Earth.

"It is no uncommon sight to see gulls, or other birds, dancing or paddling upon the sand," says a writer. "Curlews and most other shore-feeding birds do the same thing, the object being to frighten the worms from their retreat below, when they appear to be instantly swallowed up. But the really interesting part of the performance is—why should the worms be so frightened by the shaking produced in the sand as to come to the surface? The inference, of course, is that they have a greater dread of some enemy beneath, whose approach they believe to be heralded by the vibration which his movements through it impart to the sand.

"I confess to being a little puzzled as to what the enemy can be. When the angler wants to collect earth worms, in a place where if is not convenient to dig, he is accustomed to push a stick into the ground and by moving that about impart a vibration to the soil around, which has the effect of forcing those worms within its influence to crawl to the surface. This is precisely the practice followed by the dancing gull and with the same result.

"But on land we are led to suppose that it may be an attack from a mole which the worms fear; while on the wet sands there are, of course, no moles to be dreaded. Are the worms thinking back, through a remote ancestry, to a time when they were dwellers upon dry land and were acquainted with the mole, or his forbears, or what is the true solution of the matter?"

AMERICAN SPEECH UNIFORM

Many Different Languages and Striking Dialects Used in Great Britain.

It has been observed that the language spoken in the United States is remarkably uniform. True, there are many dialects, but Great Britain, less in area than any one of half a dozen states, contains such very different languages as English, Welsh and the Gaelic of the Scottish highlands, to say nothing of the provincial dialects of Cornwall and Yorkshire and the unique speech of the London cockney, while in this country, with its vast expanse of territory, its settlement by Spanish, French, Dutch and Swedish colonists and its millions of immigrants drawn from nearly every country, large and small, all over the world, there is far greater uniformity of speech than in any other land of equal area and population.

The causes can be readily seen. The public schools have made this a nation of readers and the press has supplied books and papers without limit. Press associations have done their part toward giving a uniform and fairly good tone to the newspaper language of the day. The telegraph, the telephone and cheap postage have brought distant parts of the country into quick and easy communication and so have aided in teaching a common language.

The railroad has penetrated every corner of the land and made a nation of travelers. Countless human shuttles thus are thrown daily across the land in every direction, carrying with them the threads of thought and speech and doing their part to make one pattern of the whole.

RACING INJURES HEARING.

Chauffeurs Are Deafened by the Terrible Roaring of Their Cars.

He had done in his 110-horsepower car a mile in 39 seconds, relates the Philadelphia Bulletin.

"Congratulations," said a young girl, as he got out.

"What?" said he.

"Congratulations."

He smiled and shook his head. "What?"

"I said: 'Congratulations.' What is the matter with you? Are you deaf?"

But again he failed to hear her.

"In a few minutes," he said, "I'll be all right. I suppose it was the noise of the motor or the swift going—at any rate, I am enveloped in the most terrific tumult—a roar like the winds of a hundred storms—and I can't hear a word you say.

"I am always like this after a race," he continued. "For 15 minutes or so I am as deaf as a post. Then gradually the roaring in my ears subsides, and I begin to distinguish the sounds that occur around me. I see now lips moving and mouth ajump, but I hear not a word.

"All men that race in heavy, powerful, detonating cars are deaf, like me, at their races' end. I am unaware, though, of any chauffeur whose hearing has been permanently injured by racing."

Not Next.

Mr. Noorich—You should be careful, dear, how you talk through that public telephone. You know many dangerous germs have been caught from the telephone.

Mrs. Noorich—But, John, I was talking to some one in New York. You know that is too far away for germs to come.—Chicago Daily News.

Too Tough.

Hotel Guest—I say, waiter, what's this?

Waiter—It's fillet of sole, sir.

"Oh, indeed! Well, you might take it away, and see if you can't get me a nice bit from the upper part of the boot instead."—Brooklyn Citizen.

SANDWICH MUST BE EATEN

London Public House Goes Farther Than the New Raines Law.

A good deal of fun has been made from time to time over the New York Raines law sandwich, designed to comply with the requirements of the law that a meal should be furnished with drinks. It appears that the Raines law sandwich, jocularly regarded at home, has been taken seriously abroad, for in the east end of London there has been opened a public house of a novel sort.

In it it is not possible to purchase more than a limited quantity of ale at one time, and with that a sandwich must be taken. Moreover, the purchaser of the sandwich and the ale is allowed to remain in the bar only a sufficient time for their consumption; his further orders are refused and he may not loiter on the premises.

In other words, the eating of a sandwich is made compulsory, a condition which if attempted in New York would certainly lead to serious opposition from some of the steadiest patrons of saloons on Sundays. England has recently been vying with Scandinavian countries in its efforts to restrict the evils of intemperance, and the compulsory sandwich tavern is a variation of the nonalcoholic inn project, which obtained support from many temperance advocates in England, who believed that by the substitution of tea or coffee for strong drink many saloon patrons might be reclaimed from the error of their alcoholic ways.

In Norway and Sweden the Gothenburg system of making saloons as unattractive as possible and doing away with the plan of treating was tried, but the prohibitionists declare that since its adoption convictions for drunkenness in Gothenburg have increased from 31 in 1,000 to 54.

KING CHRISTIAN KICKED.

And the Bandmaster Returned to His Place and Resumed Playing.

The late Rear Admiral Alexander Murray once related the following incident which occurred at the time when Gustavus V. Fox, then assistant secretary of the navy, visited Europe with a fleet of United States warships. While in Copenhagen the late King Christian invited Mr. Fox and the principal officers of the fleet to dine. A correspondent of the New York Times gives Mr. Fox's account of what happened:

"After the principal business of the dinner was over, at the invitation of King Christian the glasses were filled, and, all the table being at attention, his majesty arose and with due formality proposed 'The president of the United States.' Glasses were raised, but the king paused, glared over his shoulder, and abruptly left the dining hall. The guests, upon invitation of an aide, reseated themselves.

"In a few minutes I saw the bandmaster come hurriedly into sight, followed by the king, who kicked him across my field of view. Shortly after the king returned to the dining hall, took his place at the head of the table, and, the guests having arisen, again proposed 'The president of the United States.' As he raised his glass the band struck up 'The Star-Spangled Banner.' With a satisfied smile, his majesty emptied his glass.

"King Christian was democratic and kind, and beloved by his people, but all things had to be done decently and in order, or he'd know the reason why."

REFORM'S THORNY PATH.

Story by Gov. Folk Illustrative of Some of Its Hardships.

"Reforms are always difficult to start with," said Gov. Folk of Missouri. "New Year's resolutions are no exception to the rule.

"Hence it is that so many resolutions and reforms fail to be permanent. Men lose heart at the beginning. They should persevere, for the first week of a reform, the first week of a resolution, is harder always than the rest of it.

"At the beginning the reformer is sneered at. Everyone tries to take advantage of him.

"I know a young man who decided on New Year's day that he was giving too many of his evenings to the club. Accordingly he resolved that throughout 1906 he would go to the club only twice a month. And that night he proceeded to put the resolution in force.

"'Amy,' he said to his wife at dinner, 'I know that since our marriage I have been too constant a frequenter of the club, and I am aware that this has caused you a deal of silent wretchedness. My dear, I am sorry. I am going to turn over a new leaf. And I will begin to-night.'

"The young woman's eyes shone. Her face lighted with joy.

"'Oh, Harold,' she cried, 'how happy you have made me. Uncle Jim wants me to go to the theater with him to-night, and you can stay home and mind the baby.'"

Ancient History.

"Who was she before her marriage to Mr. Jones?"

"A Mrs. Brown."

"But before that?"

"A Mrs. Smith."

"Pshaw! I mean, what was her maiden name?"

"I don't know. I can only remember her four or five husbands back."—Chicago Sun.

The New Order.

Expect soon the D. T. I. W. H. W.—Daughters of Those Invited to the White House Wedding.—N. Y. American.