

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

LEVELERS.

The Mission of Whisky, Tobacco and Coffee.

The Creator made all things, we believe.

If so, He must have made these. We know what He made food and water for, and air and sunshine, but why Whisky, 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 whisky, tobacco or coffee easy enough, but to "untangle" is often a fearful struggle.

It seems plain that there are circumstances when 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 whisky, coffee or tobacco free from disease of some kind.

Certainly powerful elements in their effect on the human race.

It is a matter of daily history testified to by literally millions of people, that Whisky, 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 Whisky) 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 sure 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 whisky, 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 tread of evolutionary development is fixed by the Infinite and will not be quickened 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 whisky, 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 fol-

lows. 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 Whisky, 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 some all wise Creator has placed it 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 whisky, 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 'druggie' 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 a 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 two 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 to-day use Postum, having found the value and common sense in the change.

C. W. POST.

The Woman Across the Sea.
O, her lips were red and her skin was brown.
This woman across the sea;
And her hair a glistening, sable crown.
This woman across the sea;
And she loved a man, eye, she loved a man.
As only a true Mestiza can.
But the crown of fate was on her plan.
This woman across the sea.
O, the days were long that he called her sweet.
This woman across the sea;
And she loved the dust at his very feet.
This woman across the sea;
For his skin was fair and his eyes were grey.
And he laughed in his careless, soldiery way.
And told her tales, as soldiers may.
This woman across the sea.
No priest came there to bless her love.
This woman across the sea;
She thought him true as the stars above.
This woman across the sea;
But he went away and she waited long.
And crooned to his child a mother-song.
And worked and toiled and thought no wrong.
This woman across the sea;
O, the man she loved forgot her name.
This woman across the sea;
Forgot her face, forgot her shame.
This woman across the sea;
For he mated with one of his fair-faced kind.
He's bound to her with ties that bind—
So he laughs at the one that he left behind.
This woman across the sea.
—Robert V. Carr, in St. Paul Dispatch.

Coin of George III.
A. O. Peabody of Wilton, N. H., picked up a coin a few days since. On one side are the letters "Deorgius III Dei Gratia." In the center was a cut of a king. On the other side were the letters MBFET H-REX FD-BETLDRATE, coat of arms with crown upon name. The date on the piece was 1797.

A dude preacher generally produces dead sermons. So. 44.

Experiments by T. E. Doubt justify the conclusion that increasing the intensity of light 200,000 times does not alter its velocity by as much as two feet per second.

GOOD ROADS



Roads in the East.

FOR the last ten years the question of road improvement has received a good deal of attention from the legislators in the Eastern States, notably in Massachusetts and New Jersey. Careful study of the road question in these States soon developed the fact that the counties and towns were doing little, and in many cases nothing, and that the roads were gradually becoming worse instead of better. In Massachusetts the idea was first conceived of having the State and civil subdivisions thereof co-operate in the improvement of the roads. A State law embodying this principle was adopted in New Jersey about the same time as in Massachusetts, and for the last ten years remarkable progress has been made in these two States. Indeed, the principle of State aid has become so popular within the last few years that this same principle has been enacted into law in the States of Maine, New Hampshire, Vermont, Rhode Island, Connecticut, New York, Delaware and Pennsylvania, and the idea is being carefully considered by the legislatures of many of the Southern and Western States.

Mr. M. O. Eldridge, Assistant Director, Office of Public Road Inquiries of the United States Department of Agriculture, recently made an inspection trip through the States of Maine, Massachusetts, Rhode Island, Connecticut and New York. In an interview Mr. Eldridge had the following to say in regard to the road conditions in these States:

"I am fully convinced from my recent trip that the roads which have been built in the East through the aid of the States and under the direction of highway commissions are the best roads in the United States, and are equal, if not superior, to the best roads in the world. This is due to the fact that these roads have been built under intelligent supervision, by skillful workmen, out of the very best materials and with American road building machinery, whereas most of the roads that I have seen in the old country were built by hand, and have since been maintained in the same way. In spite of the long drought which prevailed throughout the New England States during the spring and summer, the State roads were firm and smooth, and although I personally inspected over 500 miles of improved roads, I did not see a single one which had raveled, or which had signs of wear from the recent dry weather. In the southeastern part of Massachusetts and along Cape Cod Bay, and in the southern part of Connecticut, the old roads were composed entirely of sand, but in spite of the dry weather, the State roads built on these sand foundations are remarkably hard and smooth."

Mr. Eldridge was asked if he thought that the people of the Eastern States, who had already built some good roads, and who have organized to continue the work along the present lines, would be willing to accept the co-operation of the Government. They have been building good roads for the past ten years, yet the work of completing the system has just fairly started. Even if the present plans and liberal appropriations are continued, it will take many years to improve all the important highways in these States, and consequently the people are anxious to secure any additional aid possible. The State Highway Commissioners of Massachusetts, Connecticut, New York and New Jersey expressed themselves as being in favor of national aid, and I believe that all good roads people in the Eastern States are in favor of it."

Beginning of the Movement.

The good roads movement of to-day began to assume national proportions about twelve years ago. A number of good roads enthusiasts, among them Colonel Albert A. Pope, Isaac B. Potter and General Roy Stone were prominent, had been trying for a number of years to arouse general interest in road improvement, but with small success. They were so much discouraged that, when it was proposed to hold a convention in connection with the opening of the Columbian Exposition in 1892 they hesitated. To the surprise and gratification of its promoters, the convention turned out to be a decided success and attracted the attention of the whole country.

One of the principal aims of the good roads people who met in Chicago was to secure the establishment of some kind of a Government road office or bureau at Washington. A committee was appointed to lay the matter before Congress; a pamphlet of nearly 100 pages was prepared, and hearings were secured before the committees of Congress. The outcome was the establishment in the Department of Agriculture of the Office of Public Road Inquiries, with an appropriation of \$10,000. Its work was to be educational in character, and General Stone was made the first director of the office.

The first important work of the office of Public Road Inquiries was the collection of information. Road statistics were collected. Methods of road building were studied. Conditions under which roads had to be built in different parts of the country were ascertained. Then all this information was published in small pamphlets for free distribution to the people. About fifty different publications of this kind have been issued and several hundred thousand copies have been distributed.



FIBROID TUMORS CURED.

Mrs. Hayes' First Letter Appealing to Mrs. Pinkham for Help:
"DEAR MRS. PINKHAM:—I have been under Boston doctors' treatment for a long time without any relief. They tell me I have a fibroid tumor. I cannot sit down without great pain, and the soreness extends up my spine. I have bearing-down pains both back and front. My abdomen is swollen, and I have had flowing spells for three years. My appetite is not good. I cannot walk or be on my feet for any length of time."

"The symptoms of Fibroid Tumor given in your little book accurately describe my case, so I write to you for advice."—(Signed) MRS. E. F. HAYES, 252 Dudley St. (Roxbury), Boston, Mass.

Mrs. Hayes' Second Letter:

"DEAR MRS. PINKHAM:—Some time ago I wrote to you describing my symptoms and asked your advice. You replied, and I followed all your directions carefully, and to-day I am a well woman."

"The use of Lydia E. Pinkham's Vegetable Compound entirely expelled the tumor and strengthened my whole system. I can walk miles now."

"Lydia E. Pinkham's Vegetable Compound is worth five dollars a drop. I advise all women who are afflicted with tumors or female trouble of any kind to give it a faithful trial."—(Signed) MRS. E. F. HAYES, 252 Dudley St. (Roxbury), Boston, Mass. —\$5000 forfeit if original of above letters proving genuineness cannot be produced.

BEST FOR THE BOWELS

CASCARETS

GANDY CATHARTIC

GUARANTEED CURE for all bowel troubles, appendicitis, biliousness, bad breath, bad blood, wind on the stomach, bloated bowels, foul mouth, headache, indigestion, pimples, pains after eating, liver trouble, sallow skin and dizziness. When your bowels don't move regularly you are sick. Constipation kills more people than all other diseases together. It starts chronic ailments and long years of suffering. No matter what ails you, start taking CASCARETS today, for you will never get well and stay well until you get your bowels right. Take our advice, start with Cascarets today under absolute guarantee to cure or money refunded. The genuine tablet stamped C.C. Never sold in bulk. Sample and booklet free. Address Sterling Remedy Company, Chicago or New York.

MONARCH STUMP PULLER.
Will pull 6-foot stump without help. Guaranteed to stand a strain of 20,000 lbs. Catalogue and discounts address MONARCH GRUBBER CO., Lone Tree, Ia.

A "Success" Training School.
Gulley College is a Business and Shorthand School that makes a specialty of training its students for "BUSINESS SUCCESS." Its graduates with two firms. Students from Georgia to New York. Write for catalogue. Address: Gulley College, Box 200, Wilmington, Del.

PISO'S CURE FOR CONSUMPTION
CURES WHILE ALL LIFE LAST!
Best Cough Syrup. Tastes Good. Use in time. Sold by druggists.

W. L. DOUGLAS SHOES
W. L. Douglas makes and sells more men's \$3.50 shoes than any other manufacturer in the world because of their excellent style, fitting and superior wearing qualities. If I could show you the difference between the best style, best fitting and superior wearing quality, and the high-grade leathers used, you would understand why W. L. Douglas shoes cost more to make than any other shoe on the market to-day, and why the sales for the year ending July 1, 1909, were \$6,283,040.00. W. L. Douglas guarantees their value by stamping his name and price on the bottom. Look for it—take no substitute. Sold by shoe dealers everywhere.

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SURE.
"What did Noah live on when the flood subsided and his provisions in the ark were exhausted?" asked a Sunday school teacher of her class. "I know," squeaked a little girl after the others had given up. "Well, what?" inquired the teacher. "Dry land."—November Lippincott's

A Valuable Gift.
Will Carleton, the poet and lecturer was lecturing in a Western city several years ago, when, on leaving the platform, he was accosted by a pleas- ant shabby looking old woman.

"Mr. Carleton," she said, "I want to ask a great favor. Will you give me the handkerchief you carried while you lectured this evening?"

"Why, what on earth do you want that for?"

"I am very poor, Mr. Carleton," she said, "and if you give me that handkerchief I think I can live on it a year."

Mr. Carleton stared. "A year! You shall certainly have it," and the old woman retired with the handkerchief profusely thanking him.

Later Mr. Carleton learned that she had embroidered his name on it, and "rafted" it to so good effect that she cleared several hundred dollars enough to live on for a year.—Mon- treal Herald.

Girls in Successful Whale Hunt.
A great whale hunt in Nestling Bay, Shetland islands, came to an end the other morning, after having lasted twenty-four hours. The whales, which numbered about sixty and were from ten to twenty-five feet in length, entered the bay. Next day a number of boats went out, their crews armed with guns and other weapons. There was a scarcity of hands, owing to most of the men being away at the fishing, but girls volunteered in large numbers, and from their boats kept the whales from escaping by throwing stones. Forty whales were in turn driven near shore and either shot or harpooned.

Pride makes the cross a crushing weight. So. 44.

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SLOAN'S LINIMENT

QUICKLY RELIEVES PAINS AND ACHES

Kills Germs

FOR MAN OR BEAST

On the Trail with a Fish Brand Pommet Sticker

"I followed the trail from Texas to Montana with a FISH BRAND Sticker, used for an overcoat when cold, a wind cast when windy, a rain coat when it rained, and for a cover at night if we got to bed, and I will say that I have gotten more comfort out of my sticker than any other one article that I ever owned."

(The name and address of the writer of the above article can be furnished for a fee of 50 cents.)

Wet Weather Garments for Riding, Walking, Working, or Sporting.

A. J. TOWER CO. The Sign of the Fish
BOSTON, U.S.A.

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FISH BRAND

Dropsy CURED
Gives Quick Relief.
Removes all swelling in 2 to 30 days; effects a permanent cure in 30 to 60 days. Trial treatment given free. Write for full particulars to Dr. H. M. Green's Sons, Specialists, Box 8, Atlanta, Ga.

CORN MILLS AND MILLSTONES
If in need of Corn Mill or Millstones you will find it to your interest to correspond with CAROLINA MILLSTONE CO., of Cameron, N. C. Manufacturers of CORN MILLS from the famous Moore County Grit.

COMPLEXION
Wash your face with this...
50¢ BOTTLE, TRIAL 25¢
JEWELSON & COMPANY, BOSTON, MASS.

CHILLS AND FEVER
And all other forms of Malaria are speedily cured by KLOZEWAKI'S MALARIA CURE. For sale at all druggists. 50¢ a bottle. Prepared by KLOZEWAKI & CO., Washington, D. C.

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