

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 "antagonize" 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 in the end. Once they get firm hold enough to show their strength, they insist upon governing and drive the victim steadily toward 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, overeating and drinking, licentiousness, waste and extravagance, indulgence 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 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 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 same 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 'drugged' 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 threatened and castigated most fearfully by these "levelers."

If a man tries flitting with these levelers a while, 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.

PAID DEARLY FOR CAUTION.

Woman's Distaste for Publicity Cost Purse and Handbag.

For years Mrs. Storey's life had been haunted by the fear that some day she might be called upon to serve as a witness in court. Her grandmother was a witness once, and when Mrs. Storey was a little girl she used to hear all about it. Grandma, it appears, had been so scared she couldn't tell the judge her own name.

"And," said Mrs. Storey to her husband, "if there is anything more disgraceful than to be unable to tell your own name, I'd like to know what it is."

In order to reduce the possibilities of such a calamity to a minimum, Mrs. Storey would walk on with deafened ears and averted head whenever she happened to be near a fire, a fight or the scene of an accident. Only the other day she had occasion to shut her eyes and ears to the seething world about her. She was waiting in the Grand Central station for Mr. Storey who had gone around to the baggage room to check a trunk.

Presently she became aware that something exciting was happening close beside her. Hastily she shut her eyes and stuck her fingers into her ears, but before these protective measures could be accomplished she learned that a female thief had snatched a handbag which she had found lying on the floor, and was being pursued by an excited crowd. Not being entirely devoid of the curiosity of her sex, Mrs. Storey would have liked to know more, but the old fear of being detained as a witness held her inert until her husband's return. Then she ventured to ask if they had caught the thief.

"Yes," said Mr. Storey, "but they couldn't do anything with her. Everyone was confident the bag didn't belong to her, but as nobody appeared to claim it the policeman had to let her go."

At that Mrs. Storey opened her eyes. "I am so glad," she said, "that it is all over. I am ready to go now. But—oh, dear me, where are my purse and handbag? I had them here a moment ago! They must have dropped—oh, I wonder—"

"Yes," said Mr. Storey, heartlessly, "the stolen bag undoubtedly was yours."—New York Press.

Teaching Gunnery.

The new system of giving young British sailors a six weeks' preliminary gun drill to see if they are capable of further tuition works fairly well and is a great improvement on the old system, when a man was fully trained in gunnery, whether he was fitted for it or not, at the expense of the country, says the London Express.

The only drawback to the scheme is that gunnery is so complicated nowadays that a man does not have time to grasp the details thoroughly. The admiral tries to make him a fighting machine before he is an individual.

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THE WEEKLY PANORAMA

NITROGEN FOR THE SOIL.

Discovery Bound to Have Beneficial Effect on Human Life.

Vaccination against smallpox has saved a countless number of lives. Vaccination of the soil bids fair to have an even more beneficial effect on human life by increasing the food supply that can be obtained from impoverished soil. The process is the result of the inventive genius of Dr. George T. Moore of the United States Department of Agriculture, and how it operates is described in the Century Magazine.

The new vaccination is not a method for the prevention of a disease of the soil, but rather for supplying the soil with elements in which it is deficient. It is a process by which the soil can be made to take a big supply of nitrogen from the air at an expense that is almost nothing at all, thus obviating the necessity of using costly fertilizers.

Some time ago German scientists discovered that the nodules on the roots of leguminous plants, such as beans, peas, clover and alfalfa, were really colonies of millions of bacteria, whose activity consisted in taking nitrogen from the air and accumulating it in the soil. In soils that do not contain such bacteria the legumes will not grow at all, but where the bacteria abound the nodules accumulate very much more nitrogen than the legumes need, with the result that the soil is enriched for a crop of a different kind, such as corn or wheat, the next year. That is the scientific basis of rotation of crops, though nobody knew it before.

Now what Dr. Moore has done is to devise a way to grow these bacteria by the billion and fix them so that they will keep in a dried state for months. He makes little cakes of them which the farmers can use on their bad soil, and the cost to the government is less than a cent an acre. He has patented his process and made a free gift of the patent to the American people.

Experiments show that vaccinated soil will produce from eight to twenty times as heavy crops of legumes as unvaccinated soil will produce. Moreover, the crop of cotton, or corn, or wheat the year after vaccination will be from fifty per cent to three or four hundred per cent larger than it would otherwise have been.

The farmers on the worn-out land of New England have special and immediate reason for thanking Dr. Moore for the work that he has done, and the demand for his bacteria cake is sure to be heavy the coming year.

EX-QUEEN OF SPAIN DEAD.

Sudden Demise of the Sister of the Present King.

The Infanta Maria De Las Mercedes, princess of the Asturias, sister of King Alfonso XIII, died yesterday.

She was born in 1880 and was married in February, 1901, to Prince Charles of Bourbon. They had two sons, Alfonso, born in November, 1901, and Fernando Maria Alfonso, born in February, 1903.

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RISKS LIFE IN DARING FEAT.

Woman's Sensational Act Excites Parisians to Wonder.

Novel sensational feats on auto-cars and bicycles, in looping and circling circles and jumping gaps in tracks upside down or right side up, are still forthcoming, and there is always someone ready to invent a new and specially thrilling flight. The latest recruit to the daring band of performers, prepared for a consideration to run the risk of breaking their necks, is Madame Maurice de Tiers, who is known as the Auto-Boldie—the Auto-Meteor—of the Folies-Bergere, in Paris. The

lady's meteoric flight is made on an S shaped track—an S with the middle part wanting. She starts from the top and descends, her car gripping the rails and holding to them, the latter part of her descent on this upper half of the S being made head downward; and in this position she is projected across the gap to the lower half of the S, upon which she lands and completes the course in safety. The entire length of Madame de Tiers' remarkable flight is 160 feet, the gap is 32 feet, and the course is run in 4 1/2 seconds, "moments of greater anguish," says a Paris paper, "for the spectators than for the courageous lady. The latter remains quite calm during her terrific flight, which is like a rapid vision of an automobile upside down in space, then a terrible shock, and then the descent to the stopping-point. The tires are pneumatic and it is a mystery how they resist the impact upon the track."

—Montreal Herald.

Harvest Time in China.

Small Plots of Land Farmed by the Emperor's Subjects.

A great land magnate of southern China, says Everybody's Magazine, owns and farms four acres. His envious neighbors hold competence of one acre or bare pittance of an eighth of an acre; but Wong Poy is lucky. He has even been able to afford a wife. Two "hands" work for him in these harvest days, at the panic wages of 20 cents a day. The men squat, Oriental fashion, at their work, chopping down the stalks with swift stabs of their little sickles. Mrs. Wong Poy and her eldest, a daughter, follow behind and tie up the sheaves with wisps of straw. The two cherished men-children, sole hope of heaven for Wong Poy, play through the stubble and steal grains of wheat to chew. It is a matter for corporal punishment if they are caught in this, for in China every grain is numbered. When the wheat is all in and has been beaten out on the thrashing floors and stored in the well-guarded granary under Wong Poy's house, the family makes rejoicing. There is a little mess of fish for the pot. A punk stick and a cup of rice brandy are offered up to the gods of grain, and before them Wong Poy, his hands tucked in his sleeves, bows to the ground while he recites prayers. Mrs. Wong steals away from her husband to meet with the other village women and hold strange rites—wild, contortive trances, with visions of the upper and nether worlds. So have their mothers done, time out of mind.

Oldest Letter in the World.

What is probably the most ancient letter in the world has just been discovered in some excavations being made in the Province of Attica, and J. Wilhelm, secretary of the Austrian Archaeological Institute, who has succeeded in deciphering it, asserts that it was written four centuries before Christ. It is engraved on a leaden leaf, folded in two, and it bears on the outside the following address: To the porter of the market at Potis, to be delivered either to Nausias or to Thrasicles, or to their sons." The text of the letter is as follows:

"Mnesigeus sends his greetings to those in the house and informs them that he is in good health. Please send me a blanket or some sheepskins, if possible of the ordinary kind, without ornaments. As soon as the occasion offers I shall return them."

Worn by French Children.

Bare knees and these fantastic costumes are decreed by fashion and worn by the children in France.

Long Lease.

Probably one of the longest leases known was granted for a small piece of meadow land, some sixteen acres in extent, in Surrey, England. It is for the term of 2,900 years, and was granted on St. Michael's day in 1651, at the singular rental of a "red rose when demanded." It is not stipulated that the rose shall be the product of this land, which is fortunate, for no such rose grows anywhere on the sixteen acres.

Interesting Japanese Students.

Among the Japanese students in the University of Pennsylvania, the most interesting are two that have just entered the freshman class of the college—Shunzo Takaki and Kikufuji Iwaya. Both are prominent in their country and came from Tokio especially to take the course in finance and commerce. Takaki is the champion tennis player of Tokio. He is the son of Surgeon General Kuwahara Takaki of the Japanese army, who is retired and holds a seat in the Japanese house of peers. The other man, Iwaya, is the son of Ruchi Iwaya, the high daishin or supreme judge of Tokio. Both of the men are small, but very muscular and familiar with the jiu-jitsu, which they made good use of in the class rushes.

Every housekeeper should know that if they will buy Defiance Cold Water Starch for laundry use they will save not only time, because it never sticks to the iron, but because each package contains 16 oz.—one full pound—while all other Cold Water Starches are put up in 4-pound packages, and the price is the same, 10 cents. Then again because Defiance Starch is free from all injurious chemicals. If your grocer tries to sell you a 12-oz. package it is because he has a stock on hand which he wishes to dispose of before he puts in Defiance. He knows that Defiance Starch has printed on every package in large letters and figures "16 ozs." Demand Defiance and save much time and money and the annoyance of the iron sticking. Defiance never sticks.

All About the Associated Press.

Mr. Melville E. Stone, manager of the Associated Press, is preparing a series of articles which will appear in The Century Magazine during the coming year, covering an account of the history, operation and policy of the Associated Press. The papers will be full of anecdote and will tell of the operation of the Associated Press in Europe as well as in America.

Pointed shoes are coming back into style. This will enable the corn doctors to quit viewing with alarm and again point with pride.

Those Who Have Tried It.

Will use no other. Defiance Cold Water Starch has no equal in quantity or quality—16 oz. for 10 cents. Other brands contain only 12 oz.

Marie Corelli says she has no respect for critics. Evidently she reads what they have to say about her.

I do not believe Pilo's Cure for Consumption has an equal for coughs and colds.—JOSEPH F. BOYER, Trinity Springs, Ind., Feb. 15, 1903.

Ill luck is sometimes better than good luck, as it may cause a reformation.

Superior quality and extra quantity must win. This is why Defiance Starch is taking the place of all others.

Edison was the first to turn the light on the shortcomings of his son.

FITS permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for FREE 62c. 60 trial bottle and treatise. Dr. J. C. Kline, Ltd., 301 Arch Street, Philadelphia, Pa.

It's all right to take things as they come if you don't expect too much.

Write MURINE EYE REMEDY Co., Chicago, if your eyes are sore or inflamed and get relief and advice and free sample MURINE. It cures all eye-ills.

Most men will admit that they have more brains than money.

"Dr. David Kennedy's Favorite Remedy is exact for the liver, cure for rheumatism, cure for suffering." S. J. Brown, Albany, N. Y., World famous.

We should provide in peace what we need in war.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. "25c a bottle."

A dress with a train is a woman's long suit.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of

of

Use For Over

Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

900 DROPS

CASTORIA

A Vegetable Preparation for Assimilating the Food and Regulating the Stomach and Bowels of

INFANTS & CHILDREN

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

Recipe of Dr. J. C. Kline, M.D., F.R.C.P.

Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.

Fac-Simile Signature of

NEW YORK.

AT 6 MONTHS OLD 35 DROPS—35 CENTS

EXACT COPY OF WRAPPER.

You Should Try

Mapl-Flake

Requires no cooking, and very little sugar, cream or milk. Serve from the package.



Miss Agnes Miller, of Chicago, speaks to young women about dangers of the Menstrual Period—how to avoid pain and suffering and remove the cause by using Lydia E. Pinkham's Vegetable Compound.

"To Young Women:—I suffered for six years with dysmenorrhea (painful periods), so much so that I dreaded every month, as I knew it meant three or four days of intense pain. The doctor said this was due to an inflamed condition of the uterine appendages caused by repeated and neglected colds.

"If young girls only realized how dangerous it is to take cold at this critical time, much suffering would be spared them. Thank God for Lydia E. Pinkham's Vegetable Compound, that was the only medicine which helped me any. Within three weeks after I started to take it, I noticed a marked improvement in my general health, and at the time of my next monthly period the pain had diminished considerably. I kept up the treatment, and was cured a month later. I am like another person since. I am in perfect health, my eyes are brighter, I have added 12 pounds to my weight, my color is good, and I feel light and happy."—MISS AGNES MILLER, 25 Potomac Ave., Chicago, Ill.

The monthly sickness reflects the condition of a woman's health. Anything unusual at that time should have prompt and proper attention. Fifty thousand letters from women prove that Lydia E. Pinkham's Vegetable Compound regulates menstruation and makes those periods painless.

READ WHAT MISS LINDBECK SAYS:

"DEAR MRS. PINKHAM:—Lydia E. Pinkham's Vegetable Compound has greatly benefited me. I will tell you how I suffered. My trouble was painful menstruation. I felt as each month went by that I was getting worse. I had severe bearing-down pains in my back and abdomen.

"A friend advised me to try Mrs. Pinkham's medicine. I did so and am now free from all pain during my periods."—JESSIE C. LINDBECK, 1201 6th Street, Rockford, Ill.

FREE ADVICE TO WOMEN.

Remember, every woman is cordially invited to write to Mrs. Pinkham if there is anything about her symptoms she does not understand. Mrs. Pinkham's address is Lynn, Mass., her advice is free and cheerfully given to every suffering woman who asks for it. Her advice has restored to health more than one hundred thousand women. Why don't you try it, my sick sisters?

\$5000 FORFEIT if we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness.

Lydia E. Pinkham Medicine Co., Lynn, Mass.

FINANCIAL.

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