## Battle Creek Sanitarium.

Battle Creek! What memories that | Creek to be appreciated to its full name conjures up-memories of other days—even the pioneer days, when the redmen of the northern lake region bent the bow and smeared their faces with keal-braided their flowing locks with feathers of the porcupine and wild eagle, that they might appear more wild, if possible, than before. And as they painted the cheeks and braided the hair, the squaw-women sharpened the flint arrow heads and shaped new bows, that their lords might do battle to the death with other redmen.

And here at Battle Creek, way up in Michigan, a great battle one day did occur, and when it was over, and the sun kissed the range to the far west, the tom-toms were muffled and the squaw-women wrapped their heads in vari-colored blankets and wept, for with the going down of the sun, many braves passed to the proverbial happy hunting grounds.

But that was many, many moons ago, as the Indians measure time, and a new era has long since dawned. True, it is "Battle Creek" to-day, just as it was decades ago, but, instead of the cry of the savage, is heard the hum of industry; the throb of life; the greeting of men and women of the Anglo Saxon race—the shouts of happy boys and girls, who know of Battle Creek's former history only by tradition. And here on the site of the famous battle between the redmen stands now one of the fairest cities of the great Northwest; a city sought out among thousands, for in it dwell, month after month, as the years come and go, men and women who find within the charmed circle that which they have long sought elsewhere—health.

When one speaks of health, the mind naturally wings itself to Battle Creek, for up there health is to be found as at few other places on earth.

Forty years ago there began in Battle Creek a return to nature movement, with purposes and pricinples in many respects similar to those which led to the famous "Brook Farm Experiment" twenty years before and to the Grahamite movement of that period. This movement, while religious, was avowedly non-sectarian, and was in a broad sense philanthropic, altruistic and reformatory. The immediate results were the establishment of a monthly journal now known as Good Health and shortly afterwards the erection of a health institution called 'The Health Reform Institute." The chief features of the institute at this early period were diet reform, dress reform and the use of water as a cura-

In 1876 the present management took charge of the institution and with the consent and co-operation of the into consideration was the construc-Board of Directors (the institution having been incorporated ten years before), a thorough reorganization was effected. Broader plans were introduced, the methods of treatment were placed upon a substantial and thoroughly scientific foundation, and the name was changed to the Battle Creek Sanitarium. Since this time the growth of the institution has been constant and rapid.

From year to year accommodations for patients and facilities for treatments were enlarged to meet the increasing patronage until February, 1902, when a great fire swept the two principal buildings of the establishment. The erection of a new building was speedily begun, and the following year, May 31, 1903, the present fireproof main building, erected at a cost of more than \$600,000, was dedicated. The cost of the entire establishment, including equipment, twenty dormitories, cottages and other buildings has amounted to more than \$1,200,000.

The Battle Creek Sanitarium as it stands to-day is recognized the world over as the most complete and thoroughly equipped establishment of its sort and the headquarters for physiologic therapeutics or natural methods. Connected with the Sanitarium is a

Training School for Nurses, in which from two to three hundred nurses are constantly under training.

These principles and methods have penetrated to the remotest parts of the civilized world, and scores of men and women who have been trained in these methods are devoting their lives to medical missionary work in heathen

The Battle Creek Sanitarium may be regarded as an epitome of the "returnto-nature" idea in practical operation. Its success in the restoration of sick people to health brings to it annually many thousands of men and women, many of whom have been pronounced incurable, but who, nevertheless, with rare exceptions, return a few months later to their homes prepared to enter again upon the battle of life.

There are many sanitariums in the world, but few, if any, that are conducted on the same plane as that at Battle Creek. This haven of rest and health is in no sense a money-making scheme, and every cent that is made from patients who are able to pay for their accommodations is used to help those who have nothing but broken health. All over this country, and even beyond the seas, branch inatitutions are springing up—creepers from the mother plant at Battle Creek. One point in view is down on State street, in the center of the metropolis of the Middle West, Chicago, where hundreds of the city's poor are cared for as tenderly as if in the par ent institution at Battle Creek.

In a few brief paragraphs one can tell but little of the good work of the Battle Creek Sanitarium, but a postal card will bring pamphlets that will tell all—all except the knowledge ob- cradle, and a bassinet. But he must tained by actual experience, and that experience must be had at Battle the prize.

worth.

This institution at Battle Creek was not built up in a day—it took years of toil to reach the perfected state, and the work has but begun—the great work is to come from rising generations who are imbibing ideas from the Battle Creek home, and what it stands

For Three Decades.

For more than three decades the present institution has been the of a wonderful educacenter tional. philanthropic and reform movement which has finally culminated in success undreamed of a few years ago, and in this connection a brief history is most opportune. In February, 1902, the two main buildings of the Sanitarium were destroyed by fire. For a short time the days were dark for those who had worked so hard to build it up. But strong hearts are not to be awed by misfortune. and a new building sprung from the ashes upon the old site.

The dedication took place May 31, and June 1, 1903. An elaborate program was carried out and many men of national reputation made speeches and highly complimented the managers and their co-workers on their good work. Invitations were sent to all patients, rich and poor, who had ever been at the Sanitarium. Many responded in person, and hundreds sent letters of regret.

One of the prettiest sights in connection with the whole event was the procession of nurses and matrons which formed on the college grounds, opposite the new Sanitarium building. and marched through the audience to reserved seats at the right and left of the speakers' stand. The matrons in their usual cream white uniform. the nurses in blue and white and the gentlemen nurses clad in new whiteduck suits presented a sight which moved the audience to one simultaneous burst of applause.

Sanitary Ideas.

As before stated there are many sanitariums in the world, but none just like that at Battle Creek, it being the first of the kind, so far as known where an attempt has been made, and crowned with success, to bring together in one place and under one management all rational healing agencies, giving special prominence to those physiological or natural healing agents the scientific knowledge of which has been chiefly developed within the last century, especially hyprotherapy, electrotherapy, massage, exercise, diet, sunlight mental and moral influences, rest, and general health culture.

Of course the first thing to be taken tion of the building to be occupied, for much depended upon that. But after it had been discussed pro and con a plan entirely satisfactory was adopted and the structure to-day plays no small part in the healing process that goes on from day to day at Battle Creek.

A Return to Nature Movement. The philosophy of the Battle Creek Sanitarium may be defined as the return-to-nature idea. The doctors teach the use of natural foods, natural life, the use of natural agents in the treatment of disease. A great amount of attention is given to dietetics. Fruits, nuts and nut preparations, cereal foods and easily digestible vegetables are the basis for the delicious menus which are daily served in the great Sanitarium dining room, at which sit down hundreds of intelligent men and women from all parts of the United States and even from foreign countries. Milk, eggs and other dairy prod-

ucts are also freely used. Great care is taken to provide the very best and choicest of everything edible, of which the physicians approve. During the year which has just closed a vast amount of these things were required to provide for the army of patients who visited the sanitarium, for several thousand sufferers housed there during the twelve months of 1904. As to the expense for the past year it was considerable, amounting to a total of \$327,189.99, divided as follows: Nut foods, 50 tons, \$26,768.80; cereal foods, 101,994 pounds, \$9,521.19; bread, 65,026 pounds, \$2,657.43; canned goods, 3,699 cases, \$10,506.65; fruit juices, etc., made on the place, 11,430 gallons, \$2,030.90; fresh fruit, 5,783

bushels, \$10,203.46; vegetables, 5,137 bushels. \$3.695.20; sundry grocery items, 41,558 pounds, \$3,396.38; eggs, 25,301 dozen, \$6,789.65; butter, made on the place, 29,961 pounds, \$5,951.59; cream, 68,678 quarts, \$10,323.70; milk, 57,366 quarts, \$1,692.45; coal, 5,714 tons, \$20,000.06; labor, \$213,553.59;

The amount of charity dispensed during the past ten years at this sanitarium amounted to \$585,610 To care for the patients an average of 725 men and women were employed during each year, and an average of 550 patients are under treatment at this sanitarium every day in the year. We have given our readers only a brief glance at the workings of this unique establishment. Another article would be required to give something of the details of the daily routine of a guest at the Sanitarium, and of the

total, \$327,189.99.

Mecca for sick folks.

methods which have given to this in-

stitution its world-wide reputation as a

Must Marry to Get Prize. An artillery volunteer won recently at a shooting match at Blackpool England, a prize consisting of a wedding ring, gratuitous marriage ceremony, a wedding equipage, a polished marry within twelve months to get

Curtails Opium Smoking.

Japan's official control of the use of opium in Formosa is a success. Its import into that island fell from \$769,-110 in 1902 to \$594,095 in 1903, a decrease of \$175,000. The price is fixed by the government, and selling agents are only allowed a profit of 11/2 per cent. Since late in 1300 the number of opium smokers in Formosa has decreased by about a thousand a month. Each opium smoker has to be regis-tered. Public opinion as well as the law is against its to be regis-tered in proportion to their an-tiquity.

To Ward Off Disease. Among the peasantry of Roxburgh-

shire (Scotland) women who are nursing babies wear round their necks small cords of blue wool. These never removed, day or night, unexthe child is weaned. By taking this precaution they imagine that they insure good health both to themselves and their offspring during that critical period. The cords are handed down from mother to daughter and are esACHED IN EVERY BONE.

Chicago Society Woman, Who Was So Sick She Could Not Sleep or Eat, Gured by Doan's Kidney Pills. Marion Knight, of 33 N. Ashland avenue, Chicago, orator of the West



started to use Doan's Kidney Pills I ached in every bone and had intense pains in the kidneys and pelvic organs. The urine was thick and cloudy, and I

eat enough to live. I felt a change for the better within a week. The second week I began eating heartily. I began to improve generally, and before seven weeks had passed I was well. I had spent hundreds of dollars for medicine that did not help me, but \$6 worth of Doan's Kidney Pills restored me to perfect health."

A TRIAL FREE. Address Foster Milburn Co., Buffalo, N. Y. For sale by all dealers. Price, 50 cts.

Pedestrian Congressmen.

The two most enthusiastic pedestrians in congress are Congressman Littlefield of Maine and Congressman Bourke Cockran of New York, beween whom a very warm friendship has developed. Each is a lawyer of considerable renown and both are keenly alive to interesting legal topics. They walk and talk together by the hour. Cockran has developed into an expert in dress. In fact, he is easily the best dressed man of the house. Mr. Littlefield has no aspirations in that direction, although his attire generally becomes the man. But when these two start out from the capitol of an afternoon, each arrayed in his long and high, and make a hot pace up Pennsylvania avenue, they are an imposing pair.

RAW ITCHING ECZEMA

Biotches on Hands, Ears, and Ankles For Three Years-Instant Relief and Speedy Cure by Cuticura.

"Thanks to Cuticura I am now rid of that fearful pest, weeping eczema, for the first time in three years. It first appeared on my hand, a little pimple, growing into several blotches, and then on my ears and ankles. They were exceedingly painful, itch ing, and always raw. After the first day's treatment with Cuticura Soap, Ointment, and Pills, there was very little of the burning and itching, and the cure now seems to be complete. (signed) S. B. Hege, Passenger Agent B. & O. R. R., Washington, D. C."

Intellectuality Not Evident.

Sir Robert Ball, the noted British astronomer, went to a remote town in Ireland to lecture on his favorite topic. Arriving at the station he look ed for the expected conveyance, but found none. After all the other passengers had disappeared, a man stepup and said: "Maybe you're Sir Robert Ball?" On receiving an affirmative reply the man hasfily apologized, saying: "Sure, your honor, I'm sorry I kept you waiting, but I was tould to look for an intellectual gintleman.' Sir Robert thought that under the circumstances it would be better not to inquire what was the man's idea of intellectuality.

Every housekeeper should know that if they will buy Defiance Jold 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 %-pound packages, and the price is the same, 19 cents. Then again because Defiance Starch is free from all injurious chemicals. If your grocer tries to sell you a 12-oz. package i. 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 Deflance and save much time and money and the annoyance of the iron sticking. Defiance never sticks.

Noted Ship Owner Dies. Mr. James Hall, the Newcastle ship owner, whose death has been recorded, was part owner of the first steam collier. He was a philanthropist of original views and of unceasing activity in carrying them out. There lies near the mouth of the Tyne a threedecker of Nelson's day, the Wellesley, which was placed there as a training

How's This?

We offer One Hundred Dollars Reward for any ase of Catarrh that cannot be cured by Hall's

ship almost solely through his exer-

Catarrh Cure.

F. J. CHENEY & CO., Toledo, O.

We, the undersigned, have known F. J. Cheney
for the last 15 years, and believe him perfectly honorable in all business transactions and financially
able to carry out any obligations made by his firm.

WALDING. KINNAN & MARVIN,

Wholesale Druggists, Toledo, O. WALDING, KINNAN & MARVIN,
Wholesale Druggists, Toledo, O.
Hall's Catarrh Cure is taken internally, acting
directly upon the blood and mucous surfaces of the
system. Testimonials sent free. Price 75 cents per
buttle. Sold by all Druggists.
Take Hail's Family Pfils for constipation.

New Premier of France. Maurice Rouvier, regarded as the ablest of French financiers, all along has had a strong following for the premiership. In appearance he is

stout and of middle height, with a

small grayish beard and mustache and

distinctly of bourgeois look. He is

distinguished for common sense and

tact, though given to a certain amount

of cynicism.

Insist on Getting It. Some grocers say they don't keep Defiance Starch. This is because they have a stock on hand of other brands containing only 12 oz in a package, which they won't be able to sell first. because Defiance contains 16 oz. for the same money.

Do you want 16 oz, instead of 12 oz, for same money? Then buy Defiance Starch. Requires no cooking.

The uncommonly smart boy is lucky to have common sense in after years. TO CURE A COLD IN ONE DAY Take Laxative Bromo Quinine Tableta. All drug-giste refund the money; it falls to cure. E. W. Grove's signature is on each box. 25c.

Money is one of the best things out: and it is still better in-your pocket

The Plum Curculio and the Apple. Prof. S. A. Forbes, in a recent ad-

iress, said

In 1889 I showed by experiment with curculios taken April 14 on their first emergence from their winter quarters that they fed at that early season sometimes on dead fallen leaves, on green leaves and fresh blossoms of the peach, and on the blossoms of roses, honeysuckle and snowball. They evidently ate dead leaves only when living vegetation could not be found, as when confined with both they chose only the latter. Poison experiments were made on these beetles in confinement by spraying both leaves and fruit with Paris green, with the result that a single treatment of their food killed, within eight days, all but one beetle of eight lots of specimens pois-

In 1892 Professor John B. Smith published in the Bulletin of the New Jersey Agricultural Experiment Station the statement that the curculio could be controlled only by poisoning the adult beetle, spraying first before the trees come into bloom, and at least three times afterward, as for the codling moth.

In 1901, my attention having been particularly called to the importance of preventing small surface injuries to the apple, which lowered its market grade and diminished its price. I sent an assistant. Mr. E. S. G. Titus. through southern Illinois in June and July to observe and collect examples of these injuries, and such insects as might be held responsible for them. Quantities of blemished fruit were sent to the office for careful study, and as a means of rearing any insects which it might contain.

From this investigation it appeared that much the greater part of the injury complained of was due to the plum-curculio, and that the control of this insect would virtually protect the apple.

Pursuing the subject further, in 1902 an article prepared by Mr. Titus was read by me at your meeting for that year on "Insects, Other Than the Codling Moth, Injurious to the Fruit of the Apple." The greater part of this paper was given to the work of the plum-curculio in the apple or chard. In addition to many close and careful observations, an important point was made in this paper that injury to the fruit was least in wellcultivated orchards, and the suggestion was made that orchard cultivation at a time when the bulk of the curculios are in the ground passing through their transformations might have the effect to diminish their number by killing them in the pupa state For this purpose, it was said, a midsummer plowing would be necessary, following by harrowing to break up the clods and expose the pupae more thoroughly to the weather. The prompt destruction of the fallen fruit and spraying of the trees with Paris green were also prominently mentioned.

Re-Topping Sweet Apple Trees. A correspondent recently sent to the Maine Agricultural Experiment Station the following questions which were answered by Professor W. M. Munson as below:

"Can sweet apple trees be successfully grafted? Will it pay to re-top a large sweet apple tree, a foot or more in diameter? Should an orchard of 100 trees be all of one variety?"

It is very doubtful if the flavor of the fruit has any relation to the value of a given tree for purposes of grafting. Tolman Sweet is often used as a basis for top-working.

Apple trees up to a foot in diameter may be top-worked if unsatisfactory. Care, however, should be used that too much of the top is not removed in any one year. Cut off about one-third of the top the first year and insert scions on stubs not more than two or three inches in diameter. The next year remove more of the top and insert other cions, and the following year complete the work.

It is not advisable to plant a solid block of 100 trees of one variety unless there are other trees in the immediate vicinity. Some varieties are self-fertile, and will give satisfactory results if planted alone; but it is always safer to provide for cross fertilization. In large orchards every third or fourth row should be of a different variety. Two or three varieties are enough for a commercial orchard, however, and it is seldom advisable to plant more.

Modern Methods in the Orchard. Modern methods are entirely adapted to the farm orchard, and if applied

will insure good crops and annual ones, if the process is begun while the trees are young. There are those that declare that these advanced methods are useful in the great commercial orchards of the country, but are not useful in the family orchard or in the commercial orchard of the small farmer. It is true that it is more difficult to do things in a small way than in a large way, and that the per tree cost of cultivating, spraying and pruning is greater. But even then a large margin of profit is left. The man with a family orchard has the advantage over the big orchardist in that he gets a better rate for his fruit, as he sells it to himself and does not have to reduce the price to offset railroad charges and commissions for handling and profits in selling. A small spraying outfit can be purchased at a low cost, and its use may make a difference sometimes of \$25 to \$50 on ar acre of apple trees. Cultivation and pruning cost not much more proportionately in the small orchard than in the large one. The growing of a cover crop each fall will protect the roots of the trees in the family orchard as well as in the large commercial orchard.

The long evenings in winter give time for planning the farm work of the year. There is much pleasure in sitting down and fixing the plans for farm work so carefully that everything will move along easily when spring

SHOT FROM AN AUTO.

Pennsylvania Sportsmen Kill Bear and Make Innovation.

This season has witnessed a de cided innovation, in bear hunting in northern Pennsylvania. Two Williamsport hunters have set a new pace in the line of novelty by shooting a bear from an automobile. They are John B. Condon, a hotelkeeper, and Charles M. Gibson, a sportsmar of reputation. Mr. Gibson fired the shot which ended the bear's life, and he is probably the only person who has ever shot a bear while riding in an auto. Mr. Gibson says:

"It is not a bear story, but an actual fact. Mr. Condon and I started out in my large touring car for Elimsport, where we were to hunt wild turkeys for an afternoon. We took shotguns, but Mr. Condon insisted upon including a sort of musket-a very old-fashioned gun.

"We were ascending a hill near Elimsport, when I saw a bear shamble down the incline and stand on his rear legs on a bank beside the road. He was not fifty feet from us.

"I must admit that we both fell to shivering. Instinctively, I applied the brake and turned off the current. Then I reached back and felt around for that musket. Mr. Condon whispered, "Let me shoot him,' but I had my hand on the gun, and was determined to try it.

"Although my whole body quaked, I managed to take aim and pull the trigger.

"After about five minutes we went over and found him stone dead, with a big hole clean through his neck. We forgot all about turkeys, and, loading the carcass into the auto, came back home. The bear dressed 280 pounds, and had the most beautiful skin I had ever seen. Mr. Condon took the meat and I the hide."

Secretary Wilson's Campaign Story Secretary Wilson of the Agricultural department tells a story of the late campaign in which he fished for a compliment and failed. He had made the best speech he could and thought that he had made an impression, but the chairman of the meeting did not seem to enthuse very much. As they were passing out of the hall the secretary remarked: "Well, I hope I haven't done you any harm up here."

"I hope not," dolefully answered the chairman.

## DANGERS AVOIDED IN FEBRUARY.



Even in the South where the prevail ng temperature is much above wintry titudes, February brings sudder changes of temperature. Mercury sometimes drops 20 degrees

Therefore, the following health hints are applicable to the whole of North

in a single night.

The sleeping rooms should be well ventilated, but so as to avoid direct currents of air.

Those in vigorous health should take a cold water towel bath every morning before breakfast. Those health should take a brisk dry-towelrub every morning.

The diet should be a generous one including meat, and occasionally fresh vegetables.

The nights being long and the days short, as much sunshine as possible should be let into the house during the day.

The head should be kept cool at all times. The feet should be kept warm and dry, day and night.

When unavoidably exposed to cold or wet, a few doses of Peruna will avert bad consequences.

When seized with a chill, or even slight chilliness, a dose of Peruna should be taken at once.

Mapl-Flake

An ideal diet for all who have trouble

finding food they can digest.

Ask your grocer.

Catarrh of Head. Mr. Frank Cobb, 175 Summit Street,

Deering, Me., writes:

"I was troubled with catarrh in my head. I wrote to Dr. Hartman for advice and he prescribed Peruna.

"I took it and am happy to say it helped me at once. I feel better than I

have for years. Bronchini Trouble.
Mr. J. Ed. O'Brien, Pres. American Pilot Ass'n, Pensacola, Fla., writes: "I heartily give my endorsement to

Peruna as an effective cure for catarrh and bronchial trouble." Throat and Lungs.

Frank Battle, Jr., 111 N. Market St., Nashville, Tenn., writes: "Peruna has cured me of chronic

bronchitis. "It is the grandest discovery of the age for the throat and lungs.

Mr. A. C. Danforth, St. Joseph, Mich. writes:

"I contracted a severe cold which settled on my lungs. I was threatened with pneumonia.

"Peruna gave me relief within a couple of days. Three bottles saved me a large doctor bill and a great deal of suffering." Thousands of Testimonials We have on file thousands of testi-monials like the above. We can give

monials like the above. We can give our readers only a slight glimpse of the vast array of unsolicited endorsements Dr. Hartman is constantly receiving. Address Dr. S.B. Hartman. President of The Hartman Sanitarium, Columbus. O. RBAL ESTATE.

FOR SALE Fine 509-acre farm in Stutaman Co., county, North Dakota. All rich rolling prairie land; soil black loam and clay sub-soil; nearly all editivable; all feaced; good improvements; living aprings and well; good markets; near town. Price 57,685; easy terms arranged. Address. B. LARSON, Owner, - Windsor, N. D. 2,000 acres emooth open, level, rich agricul Nueces County, Texas, between three lines reilroads in artesian belt. Price 87 per acre; half cash, balance liberal terfin arranged. For full particulars and de scription address the owner, Wm. Ragland, Alice, Tex

Louisiana Lands. We are located in the health

W. N. U., CHICAGO, No. 7, 1905.

When Answering Advertisements Kindly Mention This Paper.

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\$5 TO \$10 PER ACRE?

THE UPPER PENINSULA OF MICHIGAN

Where Vast Areas of Natural Pasturage Await the Stock Breeder Highly Productive Soil Await the General Farmer CUT-OVER LANDS The Lumberman is giving way to the Farmer and Northern Michigan is fast being transformed into the State's fairest garden. . All con-TO

TO ditions are favorable to successful farming and the best lands are being rapidly picked up. BURNT-OVER LANDS WILD GRASS LANDS For full particulars write to E. W. MacPHERRAN, Land Commissioner, D. S. S. & A. Ry., MARQUETTE, MICHIGAN

tunity is apparent.

The Southwest is really in need of nothing save people. More men are needed—
you're needed. There are vast areas of unimproved.iand—land not yielding the crops
of which it is capable. The same thing in a different way is true of the towns. Few lines
of business are adequately represented. There are openings for mills and manufacturing
plants, small stores, banks, newspapers and lumber yards. The oil and gas fields of Kansas,
Indian Territory and Oklahoma are practically-new-and offer wonderful opportunities for
development along commercial lines.

THE OPPORTUNITY IS NOW.

The M. K. & T. has no lands for sale, we are simply interested in the upbuilding of the country. We believe in the Southwest, and know that with its present needs and opportunities, the prospects are brighter and the future more hopeful than in the older and more densely populated States. We want you to investigate conditions and satisfy yourself of the truthfulness of this.

On February 21st and March 7th and 21st, the M. K. & T. Ry. will self excur-sion tickets from St. Louis, Hannibal and Kansas City to Indian Territory, Okla-homa and Central and Eastern Texas, at

For The



We are in possession of all sorts of information valuable alike to the investor and homeseeker. If you are interested tell us what you want, how much you have to invest and we will gladly furnish the information.

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