

**GREATEST DANGER**  
WHEN THE HUMAN  
RUNS THE LOWEST.  
is Threatened if Not Given  
by a Sudden Awakening and  
Exertion of the Vital  
Facts.  
and interesting in the  
uneasiness of all night  
and animals, at about  
ery morning. At that hour  
little moans, awoken  
olly, and then either  
umber or into death. This  
among men, and lions  
I have this experience, just  
ildest babes or weakest  
nce is in any and every  
is remarkable. Why  
night, at 1 a.m., 2 a.m.,  
of late sleepers, why  
at 6 or 7 o'clock?  
our of about 3 o'clock  
every night-sleeping  
and animal is nearer  
at any other moment in  
s. It is then that the  
vitals come the nearest  
running down. They  
near if they came a breath  
earer if they would  
is one  
**ABSORBING INTEREST**  
inery of life comes with  
s breadth of stopping  
nt near 3 a.m. The why  
ained as follows: The  
the body when lying  
only rest, but that  
danger so omnipresent  
left unattended—the  
watchful brain.  
ing the hours of sleep  
welcome death's most  
time for conquering  
you are asleep your  
running unwatched by  
the supply of coal, food,  
is withheld. The  
pipes run low. This  
engine room of the  
until some moment at  
machinery all but  
ghy, or fairly healthy  
of this moment  
to the system, and  
s you to unconscious  
your arms and legs  
iolently, moan, take  
turn over. Your  
of it—has literally  
saved your life. It  
us to the almost  
heart, which in turn  
well nigh stopped  
roughout your body.  
**AND DEEP BREATH**  
the action of the lungs  
to their usual rate  
rest that their organs  
being allowed to run  
most down—enabled  
starting administered  
motion, to successfully  
run, carrying you  
and allowing you to  
etion of the full  
to the brain and  
muscles of the  
ns of the body.  
at causes this little  
s over the bridge  
wisest of the wise  
The theories about  
they are only theories.  
of deaths at this  
exceeds that of any  
ours, while the  
who die at about 3  
ing is appalling in  
th rate for any other  
at all critical it is  
an secretly dreads  
hundred fold more  
y other incident in  
to all that lives and  
the most momentous  
e.  
**TY OF LAKE SUPERIOR**  
on That Lake Never  
the Surface.  
very interesting and  
about Lake Superior  
er gives up its dead,  
aster. Whoever  
st season—and goes  
beautiful blue waters,  
gain. From those  
the French voyagers  
birch-bark canoes  
sque shores of this  
lake down to the  
those who have met  
mid-Superior still lie  
bottom. It may be  
id is the water, some  
may have been  
om the shore, the  
to have been wrecked  
acks or from pleasure  
by a cruel squall  
but only after the  
with drag-net or  
ve on a trip down  
et a clergyman who  
point of land some  
ing the narrowing of  
e Soo, pointed out  
ill-fated Algoma went  
of some eight years  
he said, slowly:  
eral of the only  
her, and the only  
is not at the bottom  
her 38 that were lost  
as caught in the tim  
and could not sink."

**PROPER DIET FOR SUMMER**  
TIMELY SUGGESTIONS ABOUT FOOD FOR THE HOT SEASON.  
Meats to Be Avoided and Light Meals Advisable—Luncheons and Desserts—The Question of Liquids.  
It is not so much a question of the altitude of the thermometer as the manner in which we regulate our daily living that decides whether the summer shall bring comfort and pleasure instead of a succession of trials and discomforts, often ending in serious illness.  
Human nature is prone to blame the weather for a host of evils which upon close examination we find are due in large measure, if not entirely, to man's own folly. We cannot go on living, eating and working every day in the year in the same manner without paying the penalty for such a lack of common sense and prudence. The food which we needed to make heat when we had to face wintry winds with the thermometer hovering in the region of 30 degrees is no more needed in July than a furnace fire; yet the man most ignorant of even arrange fire in his house goes on playing the unreasoning miser to his own internal fires and furnishes them with all the heat-producing foods they can consume. Doubtless, also, to allay the discomfort that comes, he partakes of copious draughts of cold water, which is the crowning insult to his digestion and a menace to his health.  
We require neither so much food in summer as in winter nor the same kind of food, of course, in determining what is to be considered must be had for  
**INDIVIDUAL NEEDS.**  
which vary greatly according to habits of life, occupations and employments. As a rule, persons engaged in manual labor and those who habitually take a good deal of outdoor exercise run slight risk of harm in eating the kinds of food that appetite craves. They generally know better than most others what it is to be healthily hungry. Even they, however, when mercury rises in the tube, should eat less meat; no pork whatever, and no fatty meats, and indulge but moderately in the starchy cereals, for all these are heating.  
Meat is not a hot-weather dish, but more than boiled cabbage, baked potatoes and plum pudding or mince pie, fish should largely replace meat, and abundant use should be made of the delicious vegetables and fruits which nature supplies with such abundance. These succulent leaves, which have the generic name of "greens," are rich in the salts which are so beneficial aid in regulating the internal economy, and like salads, they should form a part of the daily diet. These we have in such abundance that they are within the reach of all, and in so great variety that none need be without any kind. Spinach, kohlrabi, green tops of young beets, cowslips, cress, and dandelions, all these are nature's tonics for the human system.  
Those who are engaged in sedentary occupations—and this includes most of our workers—and all others who lead sedentary lives, are very apt to clog the system of digestion with too much and too heavy food; for them an excess of starchy foods—potatoes, bread and rolls of fine flour, and oatmeal—is at all times a menace to health, because muscular exercise of some sort is required to accelerate their digestion.  
**IN HOT WEATHER**  
They should eat sparingly of all meats, and pork and veal are not to be indulged in, and eggs may be eaten in such a multitude of ways that a tempting dish can at all times be made of them. Fresh fish, too, broiled and served with lemon or an appropriate sauce, are excellent for the hot weather diet. But the "fresh" needs to be ascertained; the flesh must be firm, slippery; and if it has a very unagreeable odor when cooking it is unfit for use.  
The question of liquids and ices is a debatable one, but there lurks far more danger in a glass of iced water than in a dish of that much maligned ice cream. The greatest evil in the hot weather habit is that people drink too rapidly; it reaches the stomach in a chilling flood before the temperature is appreciably raised, without giving throat or mouth, and its effect, of course, is to arrest digestion completely. If a glass of water be taken by taking a swallow at a time and holding it in the mouth for a moment, one's thirst will be much more completely slaked with half the water than if it were gulped down.  
Pure water in abundance is essential to every human being, as it is necessary to eliminate the waste products of the body. People, as a rule, do not drink sufficient water to satisfy the normal needs, particularly in hot weather, when a larger quantity of water is required. A great part of the benefit derived from taking the water at a famous springs is the relaxing of the generous and persistent habit of drinking which the neglected organs of the body receive who drink eighteen to twenty glasses of water a day.  
The careful flushing of the body, which prevent a great deal of suffering, and here a plea must be made for the poor babies who are given food and water when they cry, when nine times the nursing infant and the "baby"

the baby" need water, and should have it as regularly as they sleep or eat. When there is the least doubt about the purity of drinking water it should be boiled, then bottled and put on ice to cool. When an infant seems in a critical condition from inability to retain any food, copious drinks of hot water may afford immediate relief, and they are often efficacious in cases of summer complaint.  
Desserts should always be tempting, and in summer to fulfill this condition they must be cool and dainty, gratifying to the eye, as well as to the palate. Delicate chilled puddings and fruit jellies, sherbets and punch made of fresh fruits and ice cream are all suitable and healthful, while pies, crisp puddings and hot dumplings only repeat a lot of nonsense has been written about the danger of eating ice cream, vivid and harrowing pictures being drawn of its disastrous effects, but these alarmists have evidently not stopped to consider the matter carefully. As a matter of fact, the temperature of ice cream, except when eaten in haste, is almost lukewarm before it reaches that much abused organ, the stomach.  
Hot weather luncheons should be of the simplest description. An ideal one is composed of cream or cottage-cheese sandwiches, which can be made with Graham or whole wheat bread, or with crisp saltines or Graham wafers and fresh fruit. For drinks, chilled sweet-milk, buttermilk and iced chocolate stand till cold, and just before serving have finely crushed ice stirred into it. Cold wine soups, in the German fashion, are also very good, being nourishing, but not heating, and fresh, crisp salads are always refreshing.  
In ordering the daily life cast-iron rules should not be held in summer, and every effort should be made to change the routine and lower the strain under which we live. A delicate musical instrument would be ruined if keyed to a high pitch all the time; and yet how recklessly does man trifle with this marvelous compound of nerves which strings the human instrument! He strains the sensitive chords to their utmost tension and if they waver, steadies them with  
**SEDATIVE OR TONIC**  
to do his will. What wonder that they rebel, and there is a jangling, all out of tune followed by days of reckoning when all this self-abuse is atoned for?  
As we are all creatures of imagination to a greater or less degree, it follows that our environment has an immense influence upon our feelings at all times, and especially in the summer, when we are more prone to analyze these feelings. For this reason, if by force of circumstances we are compelled to join the large stay-at-home colony, the irksomeness of daily routine must be relieved by changing the customary surroundings, by banishing as far as possible, heavy winter furnishings, and adding those light, summer things which suggest coolness at the first glance. It was never easier to do this at trifling expense than now, for cheap rattan and wicker furniture, cheap hangings and cheap rugs together with a host of other attractive things especially designed for summer comfort, can be acquired everywhere, and best of all, beauty need not be sacrificed to economy.  
Thus, in manifold ways it is possible to alleviate trying conditions, and the very effort required to plan these changes will divert the mind and give it new interests—a sure aid in bearing of mutual discomforts. It is hoped that a day of common sense and consideration for health is approaching when it will be the rule instead of the exception for town houses to have roof gardens. These can be arranged at so trifling an expense, compared with the benefits obtained, that they should be looked upon as a necessary part of the family economy, and one which will return very high interest for the investment.  
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Take Laxative Bromo Quinine Tablets. All Druggists refund the money if it fails to Cure. 25c.  
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The price of India rubber is so high, owing to its extended use in bicycles and electrical devices, that a substitute, oxyline, is being introduced to serve its purpose. According to the French Consul at Dusseldorf, oxyline is made by oxidizing linseed oil and mixing with it pounded jute waste or some similar fiber. It is already made in England and Germany, and is employed in making coverings for cables, insulating plates floor coverings, wainscoting, and knobby shoes, etc. It is useful for many purposes for which India rubber is now employed.  
**LIQUOR AND VOICES.**  
A physician who has been studying the effect of liquor on the voice states that none of the great singers have ever been teetotalers. Wine, taken in moderation, he believes, is useful for the voice, but beer thickens it and makes it guttural.  
**OUT OF STEP.**  
Dinny had enlisted, and his mother went to see him drill. He wasn't very far up in the tactics, and was conspicuous for his awkwardness. But as his fond mother gazed, she exclaimed:  
"Aw, wisha, look at thim ivery mother's son of thim out of sthpe but me boy Dinny."  
**GENTLE REMINDERS.**  
She—You remind me of Iago, Mr. Slimmer. I prefer fleshy men.  
He—You remind me of the cannibals. They have the same preference.

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as mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free.  
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