

PAINFUL PERIODS

Suggestions How to Find Relief from Such Suffering.



While no woman is entirely free from periodical suffering, it does not seem to be the plan of nature that women should suffer so severely. Menstruation is a severe strain on a woman's vitality. If it is painful or irregular, something is wrong which should be set right or it will lead to a serious derangement of the whole female organization.

The Succession

By Frank H. Sweet

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Ryland, younger son and only two removed from a title, stood in the doorway of his dugout and gazed across the prairie. Ryland's gaze went idly along his fences and over his few scattering cattle and then returned to the object which had brought him to the door—the man in the wagon.

The six dugouts and store in sight and a few more isolated dugouts below the horizon comprised Cattleboro, dignified with a triweekly mail and having Ryland, as the most literary man of the community and the recipient of the bulk of the mail, its custodian.

As the wagon drew near he saw that it contained a second occupant and presently that the second occupant was a woman. Then the wagon drew up in front of the dugout, and the woman descended, disclosing herself to be scarcely more than a girl and such a girl as Cattleboro had never seen before.

Ryland made a quick step forward, the pleasure on his face mingled with a good deal of wonder.

"Where can I find a hotel, sir? Is the schoolhouse near? Will you be kind enough to direct me to Mr. Ryland's?" the girl asked almost in a breath.

Ryland's wonder became sudden comprehension. "You are Miss Collinwood," he said. "Yes, sir."

"Well, suppose you step into the dugout a moment. I will get the mail and then come in and explain. I am Mr. Ryland."

Outside, the dugout was like the others of the country; within, the similarity faded. Skins and Indian blankets concealed the rough walls, and there was a profusion of books and periodicals. The girl's eyes flashed a friendly recognition toward some of the titles; then Ryland entered with a little package of letters and papers in his hand and with a troubled look on his face.

"I'm sorry you didn't wait for me to write again," he said. "The fact is we haven't any schoolhouse yet. The boys are busy rounding up and branding their cattle just now, and so it's been put off. And—there isn't a hotel or boarding house in the whole country. The only thing I see for you to go to the Rikshons dugout, only a quarter of a mile from here. I think they will be able to squeeze a room for you, and they're good people, though Mrs. Rikshon cannot speak a word of English. My idea was for you to board with Stanley, but his wife is east just now, and they won't move into their dugout under a month. Why didn't you wait until I had something definite to write?" pathetically.

The girl laughed. "I suppose it was because I liked your letter describing the country," she replied. "I wanted to take a vacation, and it occurred to me this would be just the place. I could see the people and get some idea of what school duties are. You see, this is to be my first attempt at teaching. As to the Rikshons, I think we will get along very nicely together."

Ryland's face showed his relief. "Then it will be all right," he declared. "I'll corral—the men together, and we'll put up a log schoolhouse for you just as soon as they're ready. You will design the schoolhouse—of course, you know—select the books and make out a list of the apparatus necessary."

"But hold on," began Miss Collinwood, the merriment in her face changing to sudden dismay. "No, no," hurriedly, "it is absolutely necessary. It is the— the examination, you know— to take the place of it. I mean, I have felt worried about the school books, for I never went to an American school, you know. I couldn't refuse, of course, for they are all splendid, hardworking people here, and it would help them. I think we will make a great success of it now."

"I hope so," faintly. "He looked at her keenly. "Of course I shall help you all I can," he reassured her. "The first few days I expect I had better even help with the teaching. Some of the young people can speak broken English, and some cannot speak English at all, and most of them are only half civilized. But I've been here several years and understand them, and they all like me. I think if I go to school with you awhile and tell them hunting stories, and perhaps take one of my half wild horses there for them to give exhibit-

tions on and try to break during recess it might keep them more tractable. But suppose we go over to the Rikshons now and arrange for your accommodation."

One week later school commenced on log benches and a desk under the trees. Ryland was there with an inextinguishable store of hunting and animal stories to bribe the scholars' attention and with a vicious horse fastened to one of the trees, which was to be common property out of school hours.

For the first few days Ryland was thoroughly interested in the novel work and was there when school opened and remained until it closed, and by the time the novelty began to pall he had become even more thoroughly interested in the teacher.

Among his letters from England two months or so later was one from the monthly solicitors, the opening paragraph which read: "It is our painful duty to inform you of a sad accident which befell your Cousin Robert, and the baronet while testing a new automobile. Robert was instantly killed and the baronet somewhat injured. He is already better, thanks to his robust constitution. This makes you the heir, and the baronet directs that you dispose of any interests you may have in himself and return home immediately. Robert's allowance of £3,000 a year will be yours if you reside in England. We may add that the Lady Ellen is staying at the Hall."

Ryland read the letter thoughtfully, but, on the whole, with clearing face. Only that morning he had received an intimation that a mortgage would be foreclosed on his ranch unless the interest were paid immediately. That would leave him practically penniless. His natural bent for quiet and his books. He doubted if he could make a living in America or anywhere, but that matter. The only thing was to return and accept the £3,000 and incidentally Lady Ellen.

Once decided, he thrust the rest of the letters into his pocket and started to say goodbye to his friends. When something disagreeable was in prospect, the less prostration the better.

It was this that took him straight to the schoolhouse. Miss Collinwood was more to him than all else in America; how much more he had not realized until he decided to leave.

She was just closing the door when he arrived, and something in her eyes as she greeted him changed his intended brief farewell into: "Suppose we stop under the trees a little while. Miss Collinwood. It is so pleasant here now, and, besides, I have something I want to tell you."

"Under the trees" had been their favorite talking place, and he found it more difficult to speak the words of farewell there than he had at the schoolhouse door. Several times he forced them to his lips, but looking into her eyes and listening to her voice he could not give them utterance. England and the three thousand pittances were slipping farther and farther away, and America and this girl beside him were becoming nearer and more indispensable. She was telling him of some of her ambitions and hopes, and the indomitable courage was firing his own veins and making simple what had before seemed insurmountable. He had thought this girl his dearest friend; he now knew that she was infinitely more, and in this hand or anywhere it would be easy to make a living for the woman he loved. Suddenly he reached out and took her hands in his, strongly, and she did not resist.

"Miss Collinwood—Elinor," he said steadily, "will you marry me?"

At a she, after a moment of silence, but not hesitation, answered quietly, "Yes."

"They talked for half an hour longer, making plans and discussing hopes; then he noticed the bulk of unopened letters in his pocket. He took them out one by one and read them, still talking and making comments on what they contained. The last was from the same solicitors as the first, written two days later, but mailed in time to reach the same boat. It read: "The late baronet's injuries, at first thought slight, developed alarming symptoms yesterday, and he died this morning. You succeed to the title. Please come at once."

Wherein Coffee is Peculiar. Probably every one who has noticed the green and roasted coffee sitting together in sacks in the dealer's storehouse has observed the difference in size of the beans. It is a peculiarity of coffee that roasting while it loses considerably in weight it gains in bulk. At the reddish brown stage the loss of weight has been about 15 per cent and the gain in bulk about 30; at the chestnut brown, 20 and 50 per cent respectively, and, if carried to a dark brown, 25 and 60. It is in the roasting that the volatile oil to which the delightful aroma is due is developed, as it is not present in the green berry. If the roasting is carried too far—beyond a light brown—the oil is injured and destroyed, and the disappointed housekeeper properly complains that the coffee has been roasted to death.

Drink Buttermilk. There would be more buttermilk sold if people only knew the good qualities of the drink. There is nothing in the line of simple drinks which exercises a more beneficial influence on the general health. It is at once food and medicine. The lactic acid it contains acts on the whole digestive system, while food it has already undergone a soft digestion in the churning to which it has been subjected. Instances are numerous of persons afflicted with Bright's disease living for many years in comparative comfort with no other medicine than a daily supply of buttermilk.

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DR. S. GOLDBERG. The possessor of 14 diplomas and certificates, whose methods other Detroit specialists try to imitate.

Ever since locating in Detroit, many years ago, I have frequently called attention to the fact that while some specialists advertise 25 or more years' experience, I have so for advertising purposes could buy the furniture and the right to practice under the old name, they could not buy their predecessors' brains.

How many of you have paid you hard-earned dollars to these concerns with the expectation of receiving services from specialists who have 25 or more years' experience, but when you call at their offices you were treated by some other doctor than whose picture you saw in the paper? And how many of you saw the same doctor more than once, but each time a different one? Remember, I am doing business on my own reputation and each time you call you see me personally.

NERVOUS DEBILITY. The Latest Method Treatment is a heaven-sent boon to nervous sufferers. There are scores and hundreds of persons suffering from nervous disorders resulting from overwork, hurry, worry, business and domestic cares, bereavement, dissipation, etc. To them life is one continual round of misery, while peace, comfort and happiness are impossible. They suffer from headaches, loss of memory, mental depression, strange sensations, weakness, trembling, heart palpitation, cold limbs, uterine fatigue and exhaustion. In this class of cases almost immediate relief is afforded by my treatment. The use of narcotics and poisonous, stupefying drugs is done away with, and permanent cure accomplished.

BLOOD POISON. If you have traces of it you are in constant danger until cured; you cannot tell how soon the poison will affect the organs of the body; have you sore throat, ulcers in the mouth or tongue, copper colored patches, sores breaking out, sore bones, hair falling out, itching skin? Call for me as I give you a written guarantee to cure you by my LATEST METHOD TREATMENT, without surgery or not one penny need be paid until you are cured.

I CURE NERVOUS DEBILITY, VARICOCELE, STRICTURE, EARLY DECA AND WASTE OF POWER, BLOOD AND SKIN DISEASES, AND ALL CHRONIC TROUBLES. X RAY EXAMINATION, ADVICE, CONSULTATION, FREE. WRITE If it is impossible to call, write for a Question Blank for Home Treatment. I have the most perfect system of Home Treatment known to medical science; many are cured by mail who otherwise would be unable to take advantage of my expert from Windsor, Ont. All duty and transportation charges prepaid. All mail-order for Canadian patients.

DR. GOLDBERG, 208 Woodward Avenue, Suite 211 DETROIT, MICH.

Disappointing. Rector's Wife (to village grocer)—Well, I hope you like our new curate. Grocer—Yes, ma'am, thank you; we like him very well (pause); not, however, that I think he's as smart as we had a right to expect, seeing as his father was an auctioneer.—London Telegraph.

The Unlucky Opal. "You don't mean to say you're superstitious about opals?" he remarked. "Well," she replied, "I think it's unlucky to neglect an opportunity of getting one."—Philadelphia Press.

Pain Across the Kidneys For Three Years. Suffered Great Agony. Could Not Stoop or Bend.

No disease is so quiet and stealthy in its approach as kidney disease. That is why it is so dangerous. It may become deep-seated before you realize the danger. It is therefore of great importance to recognize the early warning symptoms, because in its early stage kidney disease is easily curable. Pain or dull ache in the back is one of the first signs. So are head-aches, bearing-down pains, smarting sensations when urinating, frequent or suppressed urination, and gravel or sediment in the urine, etc. You cannot be well if your kidneys are not performing their functions properly. In all ordinary cases of any derangement of the kidneys, a few doses of DOAN'S KIDNEY PILLS will put the patient right; in old or chronic cases, the treatment should be persisted in. Mr. Michael A. McManis, Woodbine, Marion Bridge, N.S., tells of his experience: "For the last three years I suffered great agony with pain across my kidneys, and was so bad that I could not stoop or bend. I consulted and had several doctors treat me, but I got none the better. On the advice of a friend I procured a box of that valuable life-giving remedy, Doan's Kidney Pills, and to my surprise and benefit I immediately became better. In my opinion Doan's Kidney Pills have no equal as a cure for any form of kidney disease. Price 50 cents per box, or 8 for \$1.25. All dealers, or direct by mail.

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I also have money to loan at the lowest rate of interest. HENRY DAGNEAU.

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The Gold in the Ocean. The fact that sea water contained gold was first made patent, we believe, by the observation that the deposit on the copper plating of jetty piles in sea harbors was comparatively rich in the precious metal. On the estimate that a ton of sea water contains approximately one grain, the yield would amount to something like 200 tons of gold per cubic mile, and, as the volume of the world's ocean is estimated at 400,000,000 cubic miles, the total possible yield of gold would be no less than 100,000,000,000 tons—a truly attractive prospect to the company promoter.—London Lancet.

A Crisis Threat. Mr. Snips (who has called about that long standing account—So you won't pay today, eh? Well, now, I warn you if you don't settle with me by this day week, I'll go round to all your other creditors and tell them that you've paid me in full, and then you'll have 'em all down on you. See what I mean?"

BEWARE OF THAT COUGH COOL WEATHER Causes Much Distress to Throat and Lung Sufferers Clear Frosty Morning Air Only Stimulates Lungs that are Healthy

GRAVE DANGER Observes Dr. Sleeman, if a cold is allowed to run, La Grippe, Pneumonia or Bronchitis is sure to follow if "Psycholine" is not taken to prevent its progress. Don't experiment with cheap cough mixtures and bull's eye pills which at best can only temporarily relieve, until you are forced to your bed from which you will arise feeble—the more you suffer the more you need Psycholine. This is the secret remedy for the cough and bronchitis which is the forerunner of pneumonia, pleurisy, and other grave diseases of the eminent Lung Specialist.

PSYCHOLINE (PRONOUNCED SI-KEEN) will rid the system of all tuberculous poison and build up weak and wasted bodies with healthy tissue. Psycholine is a tonic and it creates strength, gives you a ravenous appetite and produces a healthy sleep.

In cases of obstinate coughs, pains in the limbs, neuralgia, headache, pains in the limbs, without Psycholine, you cannot afford to be without Psycholine. It is prepared expressly for all diseases of the lungs and bronchitis, and if you have the least sign of cough, cold, croup, whooping cough, cold feet or depression, procure Psycholine from your druggist.

If your druggist hasn't Psycholine in stock, write Dr. T. A. Sleeman, Limited, 179 King Street West, Toronto, Canada, and a sample bottle will be sent you promptly.

The power to do great things generally arises from the willingness to do small things. A blockhead cannot come in nor go away, nor sit, nor rise, nor stand, like a man of sense.