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PREVENTS SLEEPLESSNESS



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is I who should lament and groan. For a long time, aye, for a very, very long time, I resented the insults offered me. When first those tunnel-loads of food, unfit for service, were sent down his broad gullet, how did I cast them forth again with all the pride of my clean self! I called the Sentient Terve unto my aid and up and through the brain his sporting sped until the head of him (our master) sought to split! Excessive sweets, drugs, solden soda-bread and all the leaden weights of frying-pan and swimming grease I warred against until I could no more. "I am unnatural now! As if to ap-

pease me for the wrongs I bore he soon began to send down sips of that vile stuff which is now ending me. My walls, once flushed and rosy with the million tiny veins and minute nerves, are corroding now and deadened through fluid, wildly and unnaturally crave for it to stimulate me in my little work, whereas I once loathed the smell of it. I am decaying, decaying, decaying, sir!"

"Your tale, Stomach, is sad and I regret the epithets I flung down to you, but I must likewise free myself from any charge of guilt you may entertain toward me.

"See! Ugh! Oh! Here he is againugh!—sending down volumes of that upon me. It is this that has weakened and listless as myself and with me has

great impelling station. It was the Heart. "You are both of you fools. Does not my faithful pumping allow you to continue to exist. For how, without the red blood in circulation, could there be secretion, and without secretion how could your digestion be accomplished? and-

"Hold on," squeamed the Stomach. "How without my digestion, and how without nutrition could a new supply of circulating matter be carried up to you

lamentations long since would have ceased. What do you think the master heeds despite all your groanings? When once a man will barter his good health to gratify his lusts, what matters it if in the thraldom all of us are sold?"

"Behold me! I have long since learned to bear my lot. Tough as I am, I this same stuff, and I must crave the have given up the fight and now I simply perform my work half-sluggishly, not caring how or when the order comes to stop. I weakened his brain by the bad food sent up there, but what good the loss of memory, the impaired powers of attention and the lassitude brought on? He has sunk the deeper in the ways of folly which he has adopted.

"Aye, Liver, can you remember the happy days? We used to laugh at our work and dance with the joy thereof; dry, poisonous and suffocating smoke but he, yonder, has become as sluggish

to be pumped, sir?" "Silence! Both are fools, or else these

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trate into my cells and dry the little

blood that still nourishes them. It fills

the bronchus till the blood sent to it to

be purged must be returned twice pois-

oned by the stench. How, then, can I

"No, do not blame me, Liver, for the

work that you must do. I am sore and

help it if I fail in my work?

To illustrate Embroidery article on page 69. 8225 - Collar and Cuff Set, 60 cents.

devil-the-outcome manner, ac cepting the abuses as they come. The Stomach: "Hurrah! Rah! Rah!

Hurrah! Rah! Rah! Ziss! Bang! Hurrah!" The whole abdominal region resound-

ed and the rumbling cheer could be heard echoing through the passages of the intestines. The Lung (ceasing to groan): Hello! Ah, yes, at last. The poor, delicate, emaciated chap has become insane

through suffering. Poor fellow! Poor chap! A raving maniac." The Stomach: "Hurrah! Hurrah! Zing! Bang! Hurrah! Crazy? No. A holiday, sirs, a holiday at last! Hurrah! And more than this. Hurrah! I heard

platoon system and inaugurate the one meal a day. Cheer, fellows, cheer!"
"Hurrah!" shouted the assistants, the Intestines, and the big Liver roused himself and gave one long, lusty cheer.

him say he is going to abolish the three-

Then the Heart joined in. "Cheer up, Lung, old man," shouted the still enthusiastic Stomach. "I am going to make him feel so good down in these regions here that he will straighten up like a game cock, giving you room for a fine, good stretch. Hurrah all! We will have haleyon days again."

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