

January 24, 1903

A GLIMPSE OF DENMARK

Dr. Rollin Stevens Writes an Interesting Letter to His Father.

An Insight into the Way Christmas is Spent by the Danes.

Dr. Stevens, who is studying in Copenhagen, Denmark, writes the following very interesting letter to his father, N. H. Stevens, this city.

I presume you received my card and heard of my arrival when I sent cable.

I arrived Saturday night, Dec. 20, midnight, after quite a stormy but quick passage. Waves ran 50 feet high and broke over the bridge of the boat for two days after leaving Newfoundland banks. It snowed and blew a hurricane, but, strange to say, I was not sea sick and did not miss a meal or lose one, though sometimes I felt a little queasy when in the saloon or state-room. One day I was thrown down the stairway and struck on my chest over the heart. It laid me out for a little while, but I soon got up and have been here as usual since, though my chest has been very sore. The doctors here examined it and were not sure whether I cracked a rib or not. It was certainly not broken clear through, but there is a little swelling over it. I think it will be all right in a day or two.

This is "London weather" here, foggy, wet, raw, disagreeable. Old Sol does not show himself in the morning till nine o'clock, and then goes off and hides in the darkness. So shortly after three, so our days are very short. The only clear days we have had were the days we were along the Norway Coast (four first stop was at Christian Sand) and in the Cattegat. We could not get up to Christiana on account of the fog, so I missed seeing that city. At Christian Sand, however, it was beautiful. The coast is rocky, devoid of vegetation, except evergreens, and the entrance to the harbor was very picturesque, as we were piloted through a long, narrow, winding course among the rocks, much like that trip to Victoria, B. C., from Vancouver.

Fortunately the gale and wind were behind us all the way from New York to Copenhagen so we made very quick time—a little over eight days to the north of Scotland and the ship, Oscar II, is a fine one of fair size, 10,000 tons, 526 feet long, manned entirely by Scandinavians. All the passengers were Scandinavians. I picked up a little Danish on the way over.

Menu cards and everything were printed in Danish. The meals were, without exception, the best I ever had in any public place. The cooking, of course, was all Danish, and the large variety of nicely served, well-cooked dishes were a constant surprise to me all the way over. Several times I thought I could not possibly go off to eat in dining room and keep from getting sick, but no sooner would I get a taste of the food than all had feeling left me, and I was ready for every course. I enclose a sample card. This was all nicely served in courses as at a family dinner. Each course was taken to all passengers at the same time, and the dishes from this removed before any others were served. The food was all nicely arranged in silver platters, which the waiter passed to each.

NOT DUE TO CLIMATE

Catarrh is found Everywhere

Catarrh is at home anywhere and everywhere. While more common in cold, changeable climates, it is by no means confined to them, but is prevalent in every state and territory in the Union.

The common definition of catarrh is a chronic cold in the head, which if long neglected often destroys the sense of smell and hearing; but there are many other forms of the disease, even more obnoxious and dangerous, such as catarrh of the throat and bronchial tubes as well as catarrh of the stomach and liver are almost as common as nasal catarrh and generally more difficult to cure.

Catarrh is undoubtedly a blood disease and can only be successfully eradicated by an internal treatment. Sprays, washes and powders are useless as far as reaching the real seat of the disease is concerned.

Dr. McIVER prescribes catarrh sufferers to use a new preparation, sold by druggists, called Stuart's Catarrh Tablets, because actual analysis has shown these tablets to contain certain anti-septic qualities of the highest value and being an internal remedy, pleasant to the taste, convenient and harmless, can be used as freely as required, as well for children as for adults.

An attorney and public speaker, who had been a catarrh sufferer for years, says:

"Every fall I would catch a cold which would settle in my head and throat and hang on all winter long and every winter it seemed to get a little worse. I was continually clearing my throat and my voice became affected to such an extent as to interfere with my public speaking."

"I tried a number of cheap cough cures and sometimes got relief, but only for a short time, until this winter when I learned of the new catarrh cure, Stuart's Catarrh Tablets, through a newspaper advertisement. Two fifty-cent boxes which I bought at my druggist's, cleared my head and throat in fine shape and to guard against a return of my old trouble I keep a box of the tablets on hand and whenever I catch a little cold I take a tablet or two and ward off any serious developments."

Stuart's Catarrh Tablets deserves to head the list as a household remedy, to check and break up coughs and colds, because unlike any other catarrh and cough cures these tablets contain no opiates, cocaine or any injurious drug.

one to help himself. The gravies, vegetables and soups were all well cooked, and various kinds of Danish sauces, made with whipped cream and various flavoring materials, like parsley, mustard, etc., were always served with the fish. That is so different from American hotels, where such things are usually flat and tasteless, watery or greasy. There was nothing greasy and everything was as distinctly flavored as one could find it in the best homes.

After dinner, before the coffee, it is the Danish custom for all to go to smoking room for coffee and cigars and a little brandy or other stimulant. Of course, during the meal they always have claret or beer or sherry, or all three. Ladies as well as gentlemen enjoy the cigar or cigarette. A good hour is usually consumed at a dinner—six to seven. Then at least one-half hour is spent over tobacco and coffee. At nine o'clock they are all ready for tea, which is served in dining room with rolls and bread and butter.

In private families here and at hotels they have "early breakfast," usually served in the bedroom, and consisting of coffee, toast, rolls, bread and butter. At 11 o'clock they have breakfast or lunch. At four o'clock dinner and at nine o'clock tea.

Christmas opened up here on evening of 23rd with "Little Christmas Eve"; 24th is Christmas Eve; and 25th is Christmas. While every day is celebrated as Christmas, Little Christmas Eve I attended a Christmas tree at the Pilsen Light Institute, given for benefit of the patients, who are here over Christmas. About 200 lupus patients, with handicapped faces and aches, from children to old age, were present, together with the doctors on the staff, the nurses, and a wealthy trustee and donor to the Institute—Finsen's first patient. But, all were served with rolls and coffee-cake in the reception room. Then all went to the large treatment room, where there was a great large Christmas tree, profusely decorated with large Easter lilies, and all kinds of toys, and forming four or five circles, marched around the tree singing Danish and Christmas carols. Then first thing we knew two or three nurses and doctors rolled some great large "snow balls" made of a wooden framework covered with absorbent cotton—into the room among the people. Everybody gave them a push and a kick, and they were then opened, when, lo! and behold! each had received a present from the interiors of the balls. They were the gifts of the Crown Prince and other wealthy.

More marching and carols followed, when the procession went again interrupted by the nurses starting an "orange-balling," and everybody was dodging and running after the oranges, which were flying in all directions. More marching and singing followed, when a distribution of large, multicolored paper bags, filled with "goodies" took place, and after more marching and singing everybody went away happy.

I noted here the extreme cordiality and, I might almost say "chumminess," which existed between doctors and patients and nurses and patients, whether charity or pay. I never before saw anything so cordial and noticed that during my whole stay in the Institute. The cases—many of them—are most revolting in appearance—some, with noses gone, some with entire face ulcerated, others with horrible scars, almost closing the mouth, and drawing the face into all sorts of shapes. Of course many of these deformities were covered with bandages, but all knew the conditions present, and some parts of the face not covered, and yet all joined hands, laughed, sang, marched, conversed, and made jolly together like a band of romping school children.

The doctors and nurses are extremely kind and considerate to their patients during treatment. I examined about 50 cases of lupus with the doctors the first day. Every patient received a jolly word and was dismissed with a few pats on the cheek, or a roughish slap on the head with the record sheets, which the doctors held in their hands.

Last night, Christmas Eve, our landlady gave us a Christmas dinner. Roast goose takes the place of the time-honored turkey of America. First we had a large German Carp. I never ate it before, but found this very rich and nice. It is as necessary here for Christmas dinner as the roast goose. With this was served Rhine wine and to refuse it would be to insult the host; so my principles had to take a back seat.

Next came roast goose, and with that the proverbial red cabbage, and clear. Then we had a sort of French cheese and crackers, with more claret, and when we drink the wine, by the way, we must not forget our politeness. Each one drinks to the health of every other one at the table.

Next first—and touches glasses with as many as possible, saying, "skål," pronounced skol, which means "drink to your good health"; literally it means a "how or cup." Then we had fruit and dessert, and when adjourned for coffee to parlor. Brandy or cordial is served just before or with the coffee—some mix it and cigars smoked, while coffee is slowly sipped and all joined in jolly conversation and exhibited their Christmas presents. After this we had sweets and beer and more smoke, and then at 11 o'clock, just as the last beer was drunk, all adjourned to dining room for tea and rolls, because they were hungry, you know, at least ten seconds having elapsed without any eating or drinking. That is supposed to last till breakfast time. Well, that is a good deal of time for us to spend in detailing their mode of living.

Last Sunday I went to one of the finest churches, Frederick Kirke. It is an immense dome, begun in 1749 and finished in 1894. The decorations are, of course, magnificent. I shall not take up time by describing them to you, as they have to be seen to be appreciated, and I shall bring home some pictures.

After church I wandered over to the palace of the King's black away. While standing there in front of the palace there was a sound of trumpets, a call to arms, a rushing of the guards from their quarters at the entrance to the square. The king and attention, and I looked up and saw the

A WOMAN'S PRAYER.

It is notable that in the despondency caused by womanly diseases, there seems to many a suffering woman no way of escape from pain except at the price of life itself. It would be sad to record such a story of struggle and suffering except for the fact that in such dire distress many a woman has turned back to health and happiness by the use of Dr. Pierce's Favorite Prescription.

This great remedy for womanly ills has well been called "A god-send to weak and sick women." It establishes regularity, dries weakening drains, heals inflammation and ulceration and cures female weakness. It makes weak women strong and sick women well.

"Your medicine almost raised me from the dead," writes Mrs. Edwin H. Gardner, of Plymouth Co., Mass., Box 44. "My wife was laid up with headache and such a dragging feeling it seemed I could not do my house work. I had to sit down and cry. I did not care to live and prayed many times that I might die. I read and wrote to Dr. Pierce, and in a few days received an answer. I decided to try his medicine and today I am a well woman. I have no headache, no nervousness, no pain at all. I use always to have headache and such pain that I would roll on the floor in agony. I took three bottles of Dr. Pierce's Favorite Prescription and three vials of Dr. Pierce's Pleasant Pellets, and was completely cured."

Accept no substitute for "Favorite Prescription." There is nothing just as good.

Dr. Pierce's Common Sense Medical Advice—sent free on receipt of stamps to cover expense of customs and mailing. Send 31 one-cent stamps for the book in paper covers, or 50 stamps for the cloth bound volume. Address Dr. R. V. Pierce, Buffalo, N. Y.

royal carriages coming down the street with coachmen in red liveries and horses in red trappings. They drove within ten feet of where I was standing alone, and I respectfully tipped my hat. The Crown Prince, his young-son and some of the Princesses all very cordially acknowledged my salute by lifting their hats or bowing, and drove into the palace, without stopping to talk with me or invite me to dinner. I presume it "was all so sudden, you know."

To-day I went to an old church built by King Christian IV, in 1639. The King and the Crown Prince's eldest son, Christian, and some of the younger Princes were there. I met them just as they were getting into their carriages and driving away and we exchanged salutes as before. The King, Christian IX, is a fine looking old man, straight as an arrow, and quite active. He looks more like 60 than over 80. There are now four generations in the family, the youngest being now being three years old.

Your house would outshine the palace so far as outside appearances go. It is of grey (dirty with age) stone, four or five stories high, built around a circular court, through which streets pass at all stages of the disease, and at all ages—little children with noses eaten away (it usually begins in the nose) and old people with most of the face ulcerated away.

Many of the streets are narrow and crooked, but well paved with asphalt or granite block, and clean.

Many of the streets, too, are broad and very modern in appearance, while at short intervals, on most of the streets, are large open squares, beautified with magnificent bronze statues. The population is 410,000.

There are modern electric cars which, however, have two troubles and two wires instead of one.

Some parts of the city both trams are used, and then one is hauled down and only one used. I have not yet learned what the system is. There are also double-decked electric cars, and the omnibuses, a characteristic of London. No crowding is allowed in the cars, signs being up in each car showing the number of sittings, and when they are taken no more are allowed to enter. The fare in the city is 10 cents, about 2-2 cents. The soups are like dinner, and are fixed on the brake-handle, and their tinkling sounds more like the bells of a sheep pasture than of the electric railway of

a great city. It is just as effective, however, and does not jar on the nerves as do the loud clanging of the bells of our cars at home. The cars themselves run more smoothly and do not make so much noise. When they start they go slowly and people get a chance to sit down without being sent half way through a car into somebody's lap, as is the case when Detroit cars start. They stop at regular stations about three blocks apart, and not on the street corner.

People live longer here, I believe, even though they drink more. Their beer is pure, and contains a very small per cent. of alcohol, and the government supervises so that it does not affect them like American beer would. They are not in such a hurry, and their nerves are not at a constant tension, ready to snap.

I have seen no drunkenness on the streets and no beggars. Ordinarily there are a great many things to see here, including some fine old palaces, with their historical collections, fine museums of art, including Thorwaldsen's statuary and Jacobson's fine collection of ancient statues, but that is not the object of my visit here. I shall see them as I can spare the time.

The shores of Sweden are in sight, and a ferry takes people across for a nominal sum.

Living seems to be about as high here as in America, with less of the comforts, the modern plumbing and sewage being hardly well introduced yet. Only the new buildings have hot and cold water, and the heating of the American cities. The rooms are heated by stoves in hotels and private houses, the halls being entirely devoid of heat, and rooms, too, for that matter, until fire is ordered and the whole extra money is made. There is plenty of electricity, but the streets are mostly lighted with gas and welsback burners.

Christmas shopping began Sunday afternoon at 5 o'clock. Ordinarily the stores are all closed Sunday, but the Sunday before Christmas, from 5 to 10, is the best day, unless it is Christmas Eve. The principal shopping streets are quite narrow, and from 4 o'clock last Sunday the sidewalks were crowded with people, and in some places it was almost impossible to get through.

This custom is followed so as to allow working people, who are engaged at their work all week, to have a chance to buy their Christmas presents. The things are very cheap. Gloves of good quality are very low priced—two to four kroners (about 25 to 50c) for best. Furs and clothing are also very cheap. Could get best seal coat, long, for 400 or 500 kroner, \$100 to \$125, better lined black overcoats, with seal collar and cuffs, for \$35, made to order. The people all look well dressed, happy and contented. The strained, anxious expression, so common in America, I missed here.

Now, as to my work. There are only about 250 lupus cases at the Finsen Light Institute now, many having gone home for Christmas. But 250 cases is ten times more than any other physician sees in a life-time. They are in all stages of the disease, and at all ages—little children with noses eaten away (it usually begins in the nose) and old people with most of the face ulcerated away.

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The Ills of Women Act upon the Nerves like a Firebrand.

The relation of woman's nerves and generative organs is very close; consequently nine tenths of the nervous prostration, nervous despondency, "the blues," sleeplessness, and nervous irritability of women arise from some derangement of the organism which makes her a woman. Herein we prove conclusively that Lydia E. Pinkham's Vegetable Compound will quickly relieve all this trouble.

Details of a Severe Case Cured in Eau Claire, Wis.

"DEAR MRS. PINKHAM:—I have been ailing from female trouble for the past five years. About a month ago I was taken with nervous prostration, accompanied at certain times between menstruation with fearful headaches. I read one of your books, and finding many testimonials of the beneficial effects of Lydia E. Pinkham's Vegetable Compound, experienced by lady sufferers, I commenced its use and am happy to state that after using a few bottles I feel like a new woman, aches and pains all gone. I am recommending your medicine to many of my friends, and I assure you that you have my hearty thanks for your valuable preparation which has done so much good. I trust all suffering women will use your Vegetable Compound."—MRS. MINNIE TIERZ, 630 First Ave., Eau Claire, Wis. (May 28, 1901).

Nothing will relieve this distressing condition so surely as Lydia E. Pinkham's Vegetable Compound; it soothes, strengthens, heals and tones up the delicate female organism. It is a positive cure for all kinds of female complaints; that bearing down feeling, backache, displacement of the womb, inflammation of the ovaries, and is invaluable during the change of life, all of which may help to cause nervous prostration.

Read what Mrs. Day says:

"DEAR MRS. PINKHAM:—I will write you a few lines to let you know of the benefit I have received from taking your remedies. I suffered for a long time with nervous prostration, backache, sick headache, painful menstruation, pain in the stomach after eating, and constipation. I often thought I would lose my mind. I began to take Lydia E. Pinkham's Vegetable Compound and was soon feeling like a new woman. I cannot praise it too highly. It does all that it is recommended to do, and more. I hope that every one who suffers as I did will give Lydia E. Pinkham's remedies a trial."—MRS. MARIE DAY, Elenora, Pa. (March 25, 1901).

Free Medical Advice to Women.

Mrs. Pinkham invites all women to write to her for advice. You need not be afraid to tell her the things you could not explain to the doctor—your letter will be seen only by women and is absolutely confidential. Mrs. Pinkham's vast experience with such troubles enables her to tell you just what is best for you, and she will charge you nothing for her advice.

Another Case of Nervous Prostration Cured.

"DEAR MRS. PINKHAM:—Allow me to express to you the benefit I have derived from taking Lydia E. Pinkham's Vegetable Compound. Before I started to take it I was on the verge of nervous prostration. Could not sleep nights, and I suffered dreadfully from indigestion and headache. I heard of Lydia E. Pinkham's wonderful medicine, and began its use, which immediately restored my health. I can heartily recommend it to all suffering women."—MRS. BERTHA E. DEARIX, 25 1/2 Lapidge St., San Francisco, Cal. (May 21, 1901).

\$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.

HOUSE-KEEPERS, WASHING DAY, is relieved of half its burdens by using

E. B. EDDY'S INDURATED FIBRE WARE TUBS AND PAILS.

Being LIGHT, STRONG and DURABLE, and made in ONE PIECE with no hoops to fall off, their superiority is at once apparent.

FOR SALE EVERYWHERE.

A Glance :: Through Our Store

Offers many suggestions to parents and friends for the remembrances so appropriate for Christmas time.

The Betrothal Ring, so interesting, should hold a gem of the "first water." None other would be given on this occasion. If selected at our establishment it carries the assurance.

Our prices are low as is consistent with good quality and we are always anxious to please you.

Come in and test our Merits.

A. A. JORDAN

SIGN OF BIG CLOCK.

Lake Erie & Detroit River R.R.

Effective Jan. 15, 1902.					
	For Exp.	Exp.	Mail	Exp.	Exp.
Leave Chatham		10.30 a		7.05 p	m
Ridge town					
Rodney					
West Lorne					
Dutton					
St. Thomas					
London					
Leamington	7.45 a	4.15 p			
Kingsville					
Waukegan					
Dresden	9.05 a		11.00 a	5.40 p	
Wallaceburg					
Sarnia					
Arrive at Chatham—From Glenora, Ridge town, Rodney, West Lorne, Dutton, St. Thomas, London, 9.05 a; From Leamington, Kingsville, Waukegan, 11.00 a; 8.00 p; From Dresden, Wallaceburg, Sarnia 9.45 p.					
L. E. TILSON, Gen. Agent			H. F. MOELLER, G.P.A.		
			Waukegan, Ont.		