

THE VALUE OF CHARCOAL.

Few People Know How Useful it is in Preserving Health and Beauty.

Nearly everybody knows that charcoal is the safest and most efficient disinfectant and purifier in nature, but few realize its value when taken into the human system for the same cleansing purpose.

Charcoal is a remedy that the more you take of it the better; it is not a drug at all, but simply absorbs the gases and impurities always present in the stomach and intestines and carries them out of the system.

Charcoal sweetens the breath after smoking, drinking or after eating onions and other odorous vegetables.

Charcoal effectually clears and improves the complexion, it whitens the teeth and further acts as a natural and eminently safe cathartic.

It absorbs the injurious gases which collect in the stomach and bowels; it disinfects the mouth and throat from the poison of catarrh.

All druggists sell charcoal in one form or another, but probably the best charcoal and the most for the money is in Stuart's Charcoal Lozenges; they are composed of the finest powdered Willow charcoal, and other harmless antiseptics in tablet form or rather in the form of large, pleasant tasting lozenges, the charcoal being mixed with honey.

The daily use of these lozenges will soon tell in a much improved condition of the general health, better complexion, sweeter breath and purer blood, and the beauty of it is, that no possible harm can result from their continued use, but on the contrary, great benefit.

A Buffalo physician in speaking of the benefits of charcoal says: "I advise Stuart's Charcoal Lozenges to all patients suffering from gas in stomach and bowels, and to clear the complexion and purify the breath, mouth and throat; I also believe the liver is greatly benefited by the daily use of them; they cost but twenty-five cents a box at drug stores, and although in some sense a patent preparation, yet I believe I get more and better charcoal in Stuart's Charcoal Lozenges than in any of the ordinary charcoal tablets."

MISTRESS OF MOODS.

"Real superiority of mind is shown in the girl who uses her will power to control her moods, who keeps herself serene, in spite of misfortunes or inward disheartening suggestions. Moody people listen to, instead of refusing to be controlled by, these mental suggestions."

"What do you mean by mental suggestions?"

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"Suppose you have an examination to take and the discouraging thought comes to you again and again: I know I shall fail."

"Perhaps you do know it," Mollie said, solemnly.

"No, you do not, Mollie. That is the moment to exert your will power. Answer the thought quickly, as if it were an outside person speaking to you. Say: 'I can succeed and I will.' Such an attitude of mind keeps you serene, helps you to study, helps you, in a word to success."

BOYS.

I have been interested in reading an account, by a gentleman who has lived among the Indians, of the difference between their boys and white boys.

The Indian boy is quick to recognize his superior, and follow him, but a white boy is too independent and prefers his own way until he gets too much of it. That is why the Indian boy can learn English and English ways so fast.

Indian boys believe older people. They trust their teachers. It is dangerous to joke with them. But while they know how to trust, they find it hard to obey. Nobody obeys or governs in an Indian camp. Every Indian boy is more or less "spoiled."

It is also to be noticed that the Indian has a much stronger imagination than the white boy. A square mark on the ground is just as pleasing to the Indian boy as a modern playhouse, and a circle does nicely for a corral. If you watch him at play you will see him running around this circle driving a bunch of bronchos; a whirl of his hand and a sudden jerk means that one has been lassoed; all those fantastic jumps signify the struggles of the captive; and when he falls to the ground, it is very apparent that the animal has "thrown" him. This vividness of imagination is reflected also in the sign language of the plain Indians. A whole day's experience on a hunt can be recounted without a word, simply by gestures and facial expression. This sign language all Indians can understand.

Another difference is in "stick-to-it-iveness." While white boys often show considerable determination, the Indian boy lacks it almost entirely. It is characteristic of Indians in general to lack determination, and it is a common practice among those who have dealings with them to change their purpose by shrewd dealing and argument. Feasting, smoking and a smooth tongue have been the instruments of much evil, but also of some good among Indians.

An Indian boy will sometimes run a farm machine more patiently than a white boy; but he will not have so much ingenuity to understand or repair it. "One day," says Mr. Robert Hall, who made this study, "I stopped to see a threshing machine run by Indians exclusively, and found three men labouriously removing the straw from the straw-stacker, which was elevated barely six feet from the ground. Yet there was a rope and windlass, with crank attached, for raising the stacker to any desired

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pitch. One Indian remarked: "Why didn't some one tell us about that windlass before?"

Indian boys, like some white boys, are early users of tobacco. As a result they are stunted in growth, of limited power in attention and study and unsteady.

Indian boys who have been brought up away from the white man's temp

tations are far more skillful than white boys in running and leaping, in the use of the rifle and bow, in the handling of the horses, in quickness and keenness of sight. The Indian boy is, in short, the finer child, but the American boy is nearer to becoming the finer man. There are many things, however, that white boys can learn from Indians.—Selected.

Be Ready For Croup

AND INSIST ON HAVING THE TIME-TESTED MEDICINE

DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE

It is not a question of whether you will need a treatment for coughs, colds, and croup in your home, but the question is, will you select the most effective medicine, or simply be satisfied to take whatever your druggist happens to hand out to you?

Time and experience have proven that you can depend on Dr. Chase's Syrup of Linseed and Turpentine at such times.

It is only necessary to remember this when the critical time comes, and to insist on getting what you ask for.

Should you have children who are subject to croup, you had better keep a bottle of Dr. Chase's Syrup of Linseed and Turpentine in the house, for when the choking spasm comes on there is little time to send for doctor or medicine.

It seems scarcely necessary to dwell on the merits of Dr. Chase's Syrup of Linseed and Turpentine as a cure for croup, bronchitis, whooping cough, etc. Most of us have known it from childhood up. It is almost as familiar as Dr. Chase's Receipt Book.

Being pleasant to the taste, it is readily taken by children. Because it brings quick relief to the sufferer from asthma, bronchitis, whooping cough and all the most serious diseases of the throat and lungs, it is invaluable as a household medicine. 25 cents a bottle, at all dealers.

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Piles is a fearful disease, but easy to cure if you go at it right.

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There is just one other sure way to be cured—painless, safe and in the privacy of your own home—it is Pyramid Pile Cure.

We mail a trial package free to all who write.

It will give you instant relief, show you the harmless, painless nature of this great remedy and start you well on the way toward a perfect cure.

Then you get a full-sized box from any druggist for 50 cents, and often one box cures.

If the druggist tries to sell you something just as good, it is because he makes more money on the substitute.

Insist on having what you call for.

The cure begins at once and continues rapidly until it is complete and permanent.

You can go right ahead with your work and be easy and comfortable all the time.

It is well worth trying. Just send your name and address to Pyramid Drug Co., 9475 Pyramid Building, Marshall, Mich., and receive free by return mail the trial package in a plain wrapper.

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