Battle Creek Sanitarium.

Battle Creek! What memories that name conjures up—memories of other days—even the pioneer days, when the redmen of the northern lake region bent the bow and smeared their faces with keal—braided their flowing locks with feathers of the porcupine and wild eagle, that they might appear more wild, if possible, than before. And as they painted the cheeks and braided the hair, the squaw-women sharpened the flint arrow heads and shaped new bows, that their lords might do battle to the death with other redmen.

And here at Battle Creek, way up in Michigan, a great battle one day did occur, and when it was over, and the sun kissed the range to the far west, the tom-toms were muffled and the squaw-women wrapped their heads in vari-colored blankets and wept, for with the going down of the sun, many braves passed to the proverbial happy hunting grounds.

But that was many, many moons ago, as the Indians measure time, and a new era has long since dawned. True, it is "Battle Creek" to-day, just as it was decades ago, but, instead of the cry of the savage, is heard the hum of industry, the throb of life; the greeting of men and women of the Anglo Saxon race—the shouts of happy boys and girls, who know of Battle Creek's former history only by tradition. And here on the site of the famous battle between the redmen stands now one of the fairest cities of the great Northwest; a city sought out among thousands, for in it dwell, month after month, as the years come and go, men and women who find within the charmed circle that which they have long sought elsewhere—health.

When one speaks of health, the mind naturally wings itself to Battle Creek, for up there health is to be found as at few other places on earth.

Forty years ago there began in Battle Creek a return to nature movement, with purposes and principles in many respects similar to those which led to the famous "Brook Farm Experiment," twenty years before and to the Grahamite movement of that period. This movement, while religious, was avowedly non-sectarian, and was in a broad sense philanthropic, altruistic and reformatory. The immediate results were the establishment of a monthly journal now known as Good Health and shortly afterwards the erection of a health institution called "The Health Reform Institute." The chief features of the institute at this early period were diet reform, dress reform and the use of water as a curative agent.

In 1876 the present management took charge of the institution and with the consent and co-operation of the Board of Directors (the institution having been incorporated ten years before), a thorough reorganization was effected. Broader plans were introduced, the methods of treatment were placed upon a substantial and thoroughly scientific foundation, and the name was changed to the Battle Creek Sanitarium. Since this time the growth of the institution has been constant and rapid.

From year to year accommodations for patients and facilities for treatments were enlarged to meet the increasing patronage until February, 1902, when a great fire swept away the two principal buildings of the establishment. The erection of a new building was speedily begun, and the following year, May 31, 1903 the present fireproof main building, erected at a cost of more than $600,000, was dedicated. The cost of the entire establishment, including equipment, twenty dormitories, cottages and other buildings has amounted to more than $1,200,000.

The Battle Creek Sanitarium as it stands to-day is recognized the world over as the most complete and thoroughly equipped establishment of its sort and the headquarters for physiologic therapeutics or natural methods.

Connected with the Sanitarium is a Training School for Nurses, in which from two to three hundred nurses are constantly under training.

These principles and methods have penetrated to the remotest parts of the civilized world, and scores of men and women who have been trained in these methods are devoting their lives to medical missionary work in heathen lands.

The Battle Creek Sanitarium may be regarded as an epitome of the "return-to-nature" idea in practical operation. Its success in the restoration of sick people to health brings to it annually many thousands of men and women, many of whom have been pronounced incurable, but who, nevertheless, with rare exceptions, return a few months later to their homes prepared to enter again upon the battle of life.

There are many sanitariums in the world, but few, if any, that are conducted on the same plane as that at Battle Creek. This haven of rest and health is in no sense a money-making scheme, and every cent that is made from patients who are able to pay for their accommodations is used to help those who have nothing but broken health. All over this country, and even beyond the seas, branch institutions are springing up—creepers from the mother plant at Battle Creek. One point in view is down on State street, in the center of the metropolis of the Middle West, Chicago, where hundreds of the city's poor are cared for as tenderly as if in the parent institution at Battle Creek.

In a few brief paragraphs one can tell but little of the good work of the Battle Creek Sanitarium, but a postal card will bring pamphlets that will tell all—all except the knowledge obtained by actual experience, and that experience must be had at Battle Creek to be appreciated to its full worth.

This institution at Battle Creek was not built up in a day—it took years of toil to reach the perfected state, and the work has but begun—the great work is to come from rising generations who are imbibing ideas from the Battle Creek home, and what it stands for.

For Three Decades.

For more than three decades the present institution has been the center of a wonderful educational, philanthropic and reform movement which has finally culminated in success undreamed of a few years ago, and in this connection a brief history is most opportune. In February, 1902, the two main buildings of the Sanitarium were destroyed by fire. For a short time the days were dark for those who had worked so hard to build it up. But strong hearts are not to be awed by misfortune, and a new building sprung from the ashes upon the old site.

The dedication took place May 31, and June 1, 1903. An elaborate program was carried out and many men of national reputation made speeches and highly complimented the managers and their co-workers on their good work. Invitations were sent to all patients, rich and poor, who had ever been at the Sanitarium. Many responded in person, and hundreds sent letters of regret.

One of the prettiest sights in connection with the whole event was the procession of nurses and matrons which formed on the college grounds, opposite the new Sanitarium building, and marched through the audience to reserved seats at the right and left of the speakers' stand. The matrons in their usual cream white uniform, the nurses in blue and white, and the gentlemen nurses clad in new white duck suits presented a sight which moved the audience to one simultaneous burst of applause.

Sanitary Ideas.

As before stated there are many sanitariums in the world, but none just like that at Battle Creek, it being the first of the kind, so far as known, where an attempt has been made, and crowned with success, to bring together in one place and under one management all rational healing agencies, giving special prominence to those physiological or natural healing agents the scientific knowledge of which has been chiefly developed within the last century, especially hyprotherapy, electrotherapy, massage, exercise, diet, sunlight, mental and moral influences, rest, and general health culture.

Of course the first thing to be taken into consideration was the construction of the building to be occupied, for much depended upon that. But after it had been discussed pro and con a plan entirely satisfactory was adopted and the structure to-day plays no small part in the healing process that goes on from day to day at Battle Creek.

A Return to Nature Movement.

The philosophy of the Battle Creek Sanitarium may be defined as the return-to-nature idea. The doctors teach the use of natural foods, natural life, the use of natural agents in the treatment of disease. A great amount of attention is given to dietetics. Fruits, nuts and nut preparations, cereal foods and easily digestible vegetables are the basis for the delicious menus which are daily served in the great Sanitarium dining room, at which sit down hundreds of intelligent men and women from all parts of the United States and even from foreign countries. Milk, eggs and other dairy products are also freely used. Great care is taken to provide the very best and choicest of everything edible, of which the physicians approve.

During the year which has just closed a vast amount of these things were required to provide for the army of patients who visited the sanitarium, for several thousand sufferers housed there during the twelve months of 1904. As to the expense for the past year it was considerable, amounting to a total of $327,189.99, divided as follows: Nut foods, 50 tons, $26,768.80; cereal foods, 101,994 pounds, $9,521.19; bread, 65,026 pounds, $2,657.43; canned goods, 3,699 cases, $10,506.65; fruit juices, etc., made on the place, 11,430 gallons, $2,030.50; fresh fruit, 5,783 bushels, $10,293.46; vegetables, 5,137 bushels, $3,695.20; sundry grocery items, 41,558 pounds, $3,396.38; eggs, 25,301 dozen, $6,789.65; butter, made on the place, 29,961 pounds, $5,951.59; cream, 68,678 quarts, $10,323.70; milk, 57,366 quarts, $1,692.45; coal, 5,714 tons, $20,000.00; labor, $213,553.59; total, $327,189.99.

The amount of charity dispensed during the past ten years at this sanitarium amounted to $585,610. To care for the patients an average of 725 men and women were employed during each year, and an average of 550 patients are under treatment at this sanitarium every day in the year.

We have given our readers only a brief glance at the workings of this unique establishment. Another article would be required to give something of the details of the daily routine of a guest at the Sanitarium, and of the methods which have given to this institution its world-wide reputation as a Mecca for sick folks.

Must Marry to Get Prize.

An artillery volunteer won recently at a shooting match at Blackpool, England, a prize consisting of a wedding ring, gratuitous marriage ceremony, a wedding equipage, a polished cradle, and a bassinet. But he must marry within twelve months to get the prize.

WAS CURED RAPIDLY

RHEUMATISM IN TWO SEVERE CASES MASTERED IN FEW WEEKS.

The Remedy Used by Mr. Schroeppel and by Captain Balfour in Great Demand in Vicinity of Their Homes.

In the winter of 1902-3 Mr. Schroeppel was confined to his bed by a severe attack of rheumatism. His doctor's treatment proved unsuccessful, but he subsequently regained his health by means which he describes with great enthusiasm.

"After five or six weeks of helplessness and pain," said he, "during which I was receiving regular visits from the doctor, I felt as bad as ever. Just then my mother, a woman eighty years of age, paid me a visit. She had received great benefit from Dr. Williams' Pink Pills, and she was confident they would help me. At her solicitation I gave up the doctor's treatment and took the pills in its place."

"And were you cured as the result of taking her advice?"

"Yes, quickly and thoroughly. Before the second box was finished I felt very manifest improvement, and within two weeks I was able to leave my bed and take up my neglected farm work. I continued to use the pills, however, until eight boxes had been taken, although long before that I felt that every vestige of the disease had been eradicated."

"Are there no traces left?"

"Absolutely none. For a year and three months there has never been the slightest return of the old trouble. For this happy result I and my family freely praise Dr. Williams' Pink Pills."

Within the bounds of China township, St. Clair county, Mich., there is no better known farmer than Mr. Henry Schroeppel. His cure has therefore naturally attracted a great deal of attention. One of Mr. Schroeppel's neighbors, Captain George Balfour, after hearing of the salutary results in Mr. Schroeppel's case, decided to try Dr. Williams' Pink Pills for an attack of rheumatism from which he was himself suffering. He took eight or ten boxes and now declares himself free from the painful ailment."

It is little wonder that Dr. Williams' Pink Pills are much in favor in the community where Mr. Schroeppel and Captain Balfour are so well and favorably known. They are sold by all druggists and are equally successful in curing neuralgia, sciatica and partial paralysis.

Intellectuality Not Evident.

Sir Robert Ball, the noted British astronomer, went to a remote town in Ireland to lecture on his favorite topic. Arriving at the station he looked for the expected conveyance, but found none. After all the other passengers had disappeared, a man stepped up and said: "Maybe you're Sir Robert Ball?" On receiving an affirmative reply the man hastily apologized, saying: "Sure, your honor, I'm sorry I kept you waiting, but I was tould to look for an intellectual gintleman." Sir Robert thought that under the circumstances it would be better not to inquire what was the man's idea of intellectuality.

RAW ITCHING ECZEMA

Blotches on Hands, Ears, and Ankles For Three Years—Instant Relief and Speedy Cure by Cuticura.

"Thanks to Cuticura I am now rid of that fearful pest, weeping eczema for the first time in three years. It first appeared on my hand, a little pimple, growing into several blotches and then on my ears and ankles. They were exceedingly painful, itching, and always raw. After the first day's treatment with Cuticura Soap, Ointment, and Pills, there was very little of the burning and itching, and the cure now seems to be complete. (Signed) S. B. Hege, Passenger Agent B. & O. R. R., Washington, D. C."

Plan Monument to James Rumsey.

A resolution in the West Virginia Legislature proposes an appropriation of $5,000 for the erection of a monument near Shepherdstown, Jefferson county, at a point on the Potomac where he experimented, in honor of James Rumsey, who, it is asserted, antedated Robert Fulton in the invention of the steamboat.

Twice-Told Tales.

Some tales never lose in the telling, and the tale of good that Dr. Caldwell's (laxative) Syrup Pepsin will, and does do, to all poor, dyspeptic, bilious sufferers, is one of them. It positively relieves and cures all forms of indigestion, starts up the languid liver, regulates the constipated bowels, and restores the entire system to a perfect condition of health. Try it. Sold by all druggists at 50c and $1.00. Money back if it fails.

"The Outlook" is a weekly newspaper and an Illustrated Monthly Magazine in one. It is published every Saturday—fifty-two issues a year. The first issue in each month is an Illustrated Magazine Number, containing about twice as many pages as the regular weekly issue, and many pictures.

More Flexible and Lasting,

won't shake out or blow out, by using Defiance Starch you obtain better results than possible with any other brand and one-third more for same money.

In the February number of "The Reader Magazine," Caleb Powers will begin a series of three articles under the title, "My Own Story."

The olive branch is the emblem of peace and the orange blossom is the emblem of war.

TO CURE A COLD IN ONE DAY
Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. E. W. Grove's signature is on each box. 25c.

Money is one of the best things out; and it is still better in—your pocket.

LEW WALLACE PASSES AWAY

Famous Son of Indiana Dies After Weeks of Severe Suffering.

WAS VETERAN OF CIVIL WAR

Gained Distinction as Soldier, Author and Statesman, Serving His Country in the Army and as Minister to Turkey.

Crawfordsville, Ind., Feb. 16.—Gen. Lew Wallace, author of the great "Ben-Hur," died Wednesday night shortly after 9 o'clock.

Gen. Wallace's death marked release from suffering protracted over several months of time. An attack of stomach trouble undermined his robust health and for three years he had been suffering a decline. All his life a man of unusual vigor, both mental and physical, the strain of an aggravated attack of indigestion told severely on him during the last few weeks and he became so emaciated that his appearance alarmed his friends. His seventy-eight years gave little encouragement for his recovery, and after a brave struggle the lawyer, soldier, diplomat and author passed away.

Worked to the Last.

During his long period of illness, and even toward his last moments, Gen. Wallace with steady hand and clear brain worked on his memoirs, a labor he had been following for some years.

Lewis Wallace was born in Brookville, Franklin county, Ind., April 10, 1827. By every right of ancestry he was entitled to the distinction which he received. He was "to the manner born," his father, David Wallace, having been elected governor of Indiana in 1837 and to congress in 1842 from the Indianapolis district. The father was a man of strong parts and of illustrious ancestry.

In his youthful days Wallace displayed a tendency to neglect the opportunities which his father's position gave him. He hated books and schools and remained at school only so long as it was impossible to avoid. In this manner he acquired but little real foundational education.

Goes to the War.

Previous to the outbreak of the Mexican war Wallace had undertaken the study of law. When the call for soldiers came he was among the first to enlist. He was not yet 20 years old, but his services were so meritorious that he came back from the war a lieutenant. At the close of the war he married Susan A. Elston, widow of a pioneer of Crawfordsville. Their tastes were congenial, Mrs. Wallace herself being an author who achieved success in several books which she has published.

At the beginning of the civil war he was appointed adjutant general of Indiana and soon after colonel of the Eleventh Indiana volunteers. He served in West Virginia and became brigadier general of volunteers in September, 1861. He commanded at Donelson, was made major general, led a division at Shiloh and prepared the defense of Cincinnati in 1863, saving the city from capture by Gen. Edmund Kirby Smith. Later he saved Washington from capture.

Honored by Harrison.

During the administration of President Harrison he was appointed territorial governor of New Mexico. From 1881 to 1885 he was minister to Turkey. As a diplomat he was eminently successful.

"Ben-Hur" was written in 1880, after Robert G. Ingersoll had given Gen. Wallace his first impetus toward acquiring the biblical lore necessary to its creation. His other works were: "Life of Gen. Benjamin Harrison," 1888; "The Fair God," 1873; "The Boyhood of Christ," 1889; "The Prince of India," 1893, "The Wooing of Malkatoon," 1898.

Besides his widow, Gen. Wallace leaves a son, Henry L. Wallace, who lives in Indianapolis.

Pure Food Legislation.

Washington dispatch: "It is my opinion that there will be no legislation on the subject of pure food by this congress," said Secretary of Agriculture Wilson. "There is no time now to take up this important matter. Only a few days remain before the expiration of this congress, and the majority of the appropriation bills are yet to be acted on. Some of these will be debated at considerable length, and the senate also has the impeachment proceedings against Judge Swayne, so that under the most favorable circumstances I can see no opportunity for it to devote the time to a discussion of pure food legislation. That there is need of pure food legislation no one conversant with the subject can deny. I hope and expect to see such a law enacted by the fifty-ninth congress."

MRS. J. L. BLAIR SCORES A POINT

St. Louis Court Sustains Demurrer to Insurance Company's Answer.

St. Louis, Mo., dispatch: Judge Douglas, in the St. Louis circuit court sustained the demurrer entered by Mrs. Appoline M. Blair to the answer filed by the defendant to her suit to recover a policy on the life of her husband, James L. Blair, from the Provident Life Assurance society of New York city. It will now be necessary for the company to file a new answer before the suit can continue.

Mr. Robert Herrick's powerful novel, "The Common Lot," a Macmillan Company publication says the "Outlook" is "among the few first-hand studies of present day society in this country none is more searching in its analysis of the effect of commercial ideals on character, none more dramatic * * It deserves the widest reading, not only as a piece of admirable writing, but as a powerful presentation of the contemporary American tragedy."

"Parsifal," its evolution through the life and work of Richard Wagner, by R. Heber Newton, D. D., is a work no Wagnerian collector should be without. Those who believe that truth and beauty are one, that art can, therefore, minister to religion, that the spiritual triumphs over the temporal, and that good is the final master of evil, will find this little book a strength to their convictions. (Upland Farms Alliance, Oscawana-on-Hudson, N. Y.)

"The Review of Reviews" is an invaluable publication for busy people. It covers the whole range of current human thought and activity in a thoroughly concise and comprehensive form that can be quickly absorbed by those having little time to devote to the study of the history of our own times.

WHERE IS FARMING MOST PROFITABLE, where are the conditions most Favorable for the General Farmer, the Stock Raiser, Fruit or Truck Grower, where are the Greatest Advantages for the Homeseeker! Government statistics prove it is in the South, in the Southern Railway territory. We will tell you about it. Write for Free Publications. M. V. Richards, Land and Industrial Agent, Washington, D. C.

Algerian Cork Forests.

The best cork comes from Algeria. There are 2,560,000 acres of cork forests in that country.

WANTED—One person in every community to represent old well-known house. Good income. Send address, Donohue Co., 425 Dearborn St., Chicago.

Russia has a larger proportion of blind people than any other European country. Two out of every 1,000 of her people are sightless.

You never hear any one complain about "Defiance Starch." There is none to equal it in quality and quantity, 16 ounces, 10 cents. Try it now and save your money.

The uncommonly smart boy is lucky to have common sense in after years.

I do not believe Piso's Cure for Consumption has an equal for coughs and colds.—John F. Boyer, Trinity Springs, Ind., Feb. 15, 1900.

No man's good intentions ever boosted him into the hero class.

Defiance Starch is guaranteed biggest and best or money refunded. 16 ounces, 10 cents. Try it now.

Even the heaviest members of the brass band seem to blow away.

A GUARANTEED CURE FOR PILES. Itching, Blind, Bleeding or Protruding Piles. Your druggist will refund money if PAZO OINTMENT fails to cure you in 6 to 14 days. 50c.

Don't try to keep the measles quiet, You want them to get out.

FITS permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for FREE $2.00 trial bottle and treatise. Dr. R. H. Kline, Ltd., 931 Arch Street, Philadelphia, Pa.

A poor man is one who gets his money by earning it.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

Can the telegraph operator make a bed tick?

WOMEN WHO CHARM

HEALTH IS THE FIRST ESSENTIAL

It Helps Women to Win and Hold Men's Admiration, Respect and Love

Woman's greatest gift is the power to inspire admiration, respect, and love. There is a beauty in health which is more attractive to men than mere regularity of feature.

Mrs. Chas. F. Brown

To be a successful wife, to retain the love and admiration of her husband, should be a woman's constant study. At the first indication of ill-health, painful or irregular menstruation, headache or backache, secure Lydia E. Pinkham's Vegetable Compound and begin its use.

Mrs. Chas. F. Brown, Vice-President Mothers' Club, 21 Cedar Terrace, Hot Springs, Ark., writes:

Dear Mrs. Pinkham:—

"For nine years I dragged through a miserable existence, suffering with inflammation and falling of the womb, and worn out with pain and weariness. I one day noticed a statement by a woman suffering as I was, but who had been cured by Lydia E. Pinkham's Vegetable Compound, and I determined to try it. At the end of three months I was a different woman. Every one remarked about it, and my husband fell in love with me all over again. Lydia E. Pinkham's Vegetable Compound built up my entire system, cured the womb trouble, and I felt like a new woman. I am sure it will make every suffering woman strong, well and happy, as it has me."

Women who are troubled with painful or irregular menstruation, backache, bloating (or flatulence), leucorrhœa, falling, inflammation or ulceration of the uterus, ovarian troubles, that "bearing-down" feeling, dizziness, faintness, indigestion, or nervous prostration may be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound.

WET WEATHER WISDOM!

THE ORIGINAL TOWER'S FISH BRAND SLICKER

BLACK OR YELLOW

WILL KEEP YOU DRY NOTHING ELSE WILL

TAKE NO SUBSTITUTES

CATALOGUES FREE SHOWING FULL LINE OF GARMENTS AND HATS.

A. J. TOWER CO., BOSTON, MASS., U.S.A. TOWER CANADIAN CO., LTD., TORONTO, CANADA.

Many who formerly smoked 10¢ Cigars now smoke

LEWIS' SINGLE BINDER

STRAIGHT 5¢ CIGAR

Your jobber or direct from Factory, Peoria, Ill.

WANTED—A GOOD HUSTLER to sell our marvelous paint to farmers in this county. Big money for right man owning horse. Address Indiana Indestructible Paint Co., 26 Washington St., Chicago.

Mapl-Flake

An ideal diet for all who have trouble finding food they can digest.

Ask your grocer.

UNITED STATES Importing Canadian wheat is now a fact.

FARMS WESTERN CANADA FREE

Get a Free Homestead in Western Canada or buy some of the best wheat lands on the continent and become a producer. The average yield of wheat this year will be about twenty bushels to the acre. The oat and barley crop will also yield abundantly. Splendid climate, good schools and churches, excellent marketing facilities. Apply for information to Superintendent of Immigration, Ottawa, Canada, or to authorized Canadian Government Agent: C. J. Broughton, Room 430 Quincy Bldg., Chicago; W. H. Rogers, third floor, Traction Terminal Bldg., Indianapolis, Ind.; T. O. Currie, Room 12, B Callahan Block, Milwaukee, Wis. Please say where you saw this advertisement.

10,000 Plants for 16c.

More gardens and farms are planted to Salzer's Seeds than any other in America. There is reason for this. We own over 5,000 acres for the production of our warranted seeds. In order to induce you to try them, we make you the following unprecedented offer:

For 16 Cents Postpaid

1000 Early, Medium and Late Cabbages, 2000 Fine Juicy Turnips, 2000 Blanching Celery, 2000 Rich Nutty Lettuce, 1000 Splendid Onions, 1000 Rare Luscious Radishes, 1000 Gloriously Brilliant Flowers.

Above seven packages contain sufficient seed to grow 10,000 plants, furnishing bushels of brilliant flowers and lots and lots of choice vegetables, together with our great catalog, telling all about Flowers, Roses, Small Fruits, etc., all for 16c in stamps and this notice. Big 140-page catalog alone, 4c.

JOHN A. SALZER SEED CO., La Crosse, Wis.

GOOD SEEDS CHEAP BEST Ever Grown.

None better and none so low in price. 1c per pkt. and up, postpaid. Finest illustrated catalog ever printed sent FREE. Engravings of every variety. A great lot of extra pkgs. of seeds, new sorts, presented free with every order. Some sorts onion seed only 60c per lb. Other seed equally low. 40 years a seed grower and dealer and all customers satisfied. No old seed. Send yours and neighbor's names for big illustrated free catalogue.

R. H. SHUMWAY, Rockford, Ills.

GREGORY SEEDS

Have satisfied ... when others have failed.

ELECTRICITY IS LIFE.

A continuous mild and soothing flow of electricity the entire day ...

Electreodo Co. Box D Lima, Ohio.

WANTED—TRAVELING SALESMEN in this country. Our men are making from $75 to $250 a month selling our household and stock remedies ... NO CASH OUTLAY ...

THE G. D. CONFER MEDICAL COMPANY, Dept. C, ORANGEVILLE, ILL.

CURES WHERE ALL ELSE FAILS. Best Cough Syrup. Tastes Good. Use in time. Sold by druggists.

CONSUMPTION