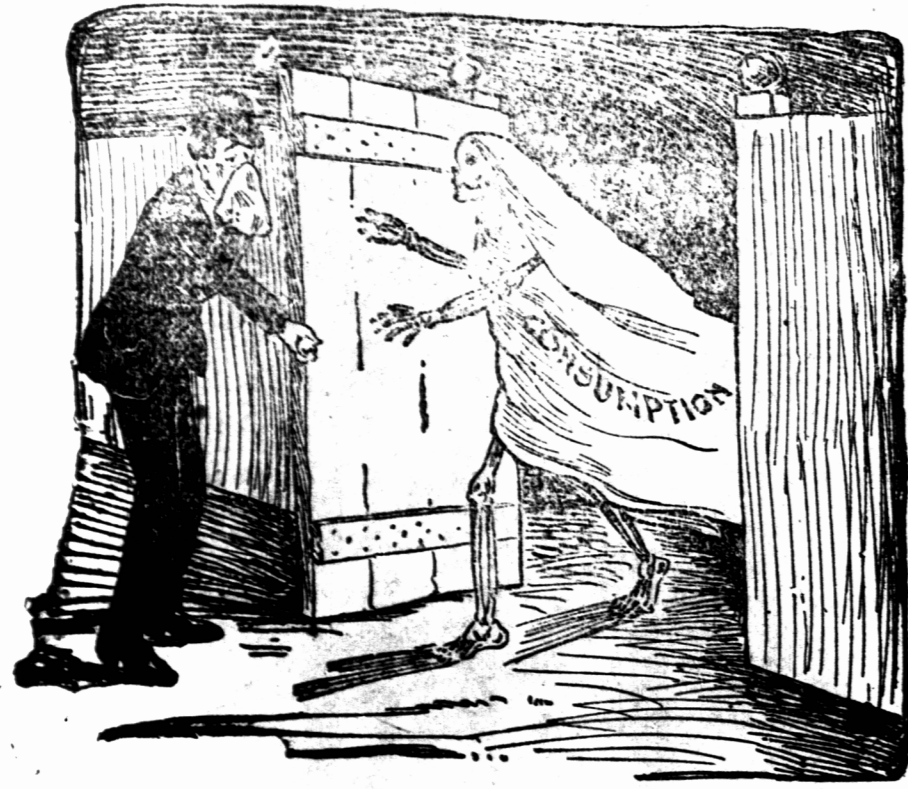


CATARRH

Is An Open Gateway for the

Great White Plague



Because it is such a slowly progressive disease and lingers along, year after year, now better, now worse, but on the whole getting more deeply and firmly seated, people are prone to overlook its destructive tendencies and neglect Catarrh. It is hard for one whose constitution holds him up for years against the progressive encroachments of catarrh, to realize his danger and think of the time when, sooner or later, vital organs will be reached, or some acute cold will fan the smoldering fire of catarrh into that devastating systemic conflagration—consumption.

So many neglect the beginnings of disease and allow it to become firmly seated and very difficult to dislodge.

Only physicians who are familiar with the history of all, that in a large number of fatal sicknesses, has led up to the death, realize how often a supposedly trivial complaint neglected brought about the condition that cost life. Case after case of consumption can be traced to neglected catarrh.

Catarrh is a prevailing plague, the foremost scourge of America. Its stealthy approach and lingering stay make it a dread to the physician and a pest to the patient. It is vastly more than just a filthy and disgusting disease, making the breath odious and repulsive, causing one to choke, snuff, blow, sneeze, cough, gag, hawk, spit and do the disagreeable things catarrh sufferers are obliged to do, but if allowed to run, it sooner or later becomes dangerous to life.

Because catarrh is not alarming in its early stages, it is commonly allowed to progress until many, so many, deaths are due to diseases having other and various names but of which catarrh is the primary or basic cause.

Catarrh is the beginning of more diseases than all other causes combined. It is capable of attacking most fluids, tissues and organs of the body. The poisonous secretions following up the mucous tracts get into the throat and injure the voice into the head and impair hearing, into the stomach and produce dyspepsia, into the bowels and result in chronic diarrhoea into the blood and become scrofula, into the skin to be known as eczema, into respiratory organs and cause consumption, into the urinary organs and entail Bright's disease and bladder troubles, into the pelvic organs and develop various annoying and distressing conditions generally referred to as "female weakness."

Catarrh of the eyes, ears, nose, throat, bronchial tubes, lungs, liver, stomach, bowels, kidneys, bladder and other organs is but a local manifestation of a lurking, systemic or constitutional disease, hence the folly of attempting its cure with local applications alone. It needs searching, systemic medication to effectually eradicate this blighting taint from the constitution. Purely local treatment will only suppress its outward manifestation in one spot, drive it in, to perhaps attack some more important and deeper seated structures.

If you have catarrh, even in its most common or ordinary and supposedly safe form, and are gifted with uncommon sense you will not delay seeking a cure for it but endeavor to drive it out of the system before it develops into a disease that gives little promise or hope of cure.

True, all catarrh sufferers do not develop consumption or Bright's disease but careful inquiry will show that most who have died of these common and fatal ills were, previous to its affecting lungs or kidneys, afflicted with some recognized form of catarrh.

Stuart's Catarrh Tablets cure catarrh anywhere, everywhere and always, whether it be openly manifest as a local pest, or lurking internally as a hidden scourge. They are taken internally, thereby searching out and antagonizing catarrhal poisons, wherever the blood goes and this means in every nook and corner of the body.

This is how they have won their reputation for positive and permanent cures. This is why so many testify that they are cured so the disease does not come back after a time.

A leading druggist of Albany says "I have sold many catarrh cures but none gave such general satisfaction as Stuart's Catarrh Tablets.

A cure that is radical and lasting is the only real cure. It is easy to dry up or drive in and suppress catarrh at some local point, with drying or astringent applications, but this is only a miserable subterfuge, a makeshift that will soon be apparent when treatment is discontinued. No so with the radical constitutional cure by the use of Stuart's Catarrh Tablets which, though not so rapid of action as suppressing measures, is lasting and satisfactory in the end. The catarrhal constitution once righted, the first little cold does not bring about a return of the disease. The certainty and permanency of the cures accomplished by Stuart's Catarrh Tablets accounts for the fact that the multitude of people who have used them are so lavish in their praise.

If you love health, a sweet breath, and a clear head, if you wish to rid yourself of the systemic tendencies, as the disagreeable local manifestations, of catarrh, Stuart's Catarrh Tablets are your hope, and, if persistently used for a reasonable time, will prove your redemption from this prevalent, loathsome and eventually dangerous disease.

Stuart's Catarrh Tablets are efficient, convenient, safe, and cheap. They can be bought at any drug store for 50 cents a box and taken easily and privately. Try them and you will be pleased.

IN RURAL ENGLAND TODAY WIDE SPREAD FARMS UNPROGRESSIVE

Change in the Character and Aspiration of the Young Farm Laborers Has Made the Well-Known Hudge a Very Variable Quantity—The Portman Estate Model Cottages—A Rather Dismal Picture.

The decadence of the English farming country is a fact well known and much deplored. quaint and picturesque they are, but from an industrial point of view many of the country villages are dead, and England's wide-famed farms to-day are unprogressive, writes Mr. W. H. Moss in Toronto Globe. Striking revelations of these industrial conditions are given in Rider Haggard's "Rural England," in a recent magazine review of which there appears some general remarks on the subject:

There are certain general features, and yet generalizations are dangerous. There are signs not only of inevitable change, but of decadence and failure on a large scale; yet there are indications of new enterprise, and of possibilities as yet undeveloped. There are not only immense tracts that once bare corn reduced to pasturage; but there are many thousands of acres where the land is absolutely derelict, and long ranges of field where thistles and wild bush flourish, and the fox or rabbit play landlord or tenant till the city sportsman comes down; and yet there are farmers who thrive, and laborers here and there who rise, and many who live comfortably on the land, though they cannot make money from it; and there is, too, abundant wealth in country places which is not produced there.

Continuous Drift Towards Towns.

The drift towards the towns is continuous. We have long been aware of it. Here is the evidence from the villages. From north, south, east and west, with rare exceptions, comes the complaint that the young men are leaving them. The testimony on innumerable farms is that only the old men and the children remain. The work done, too, is generally inferior; all pride in it has been lost; the boast of rural architecture, but slovenly structures, as much of the work of the fields is slovenly. The cornfields have been turned into pasture-land; but it is startling, when we have heard the milk-cans rattling at the railway stations, to be told that in some places no one can be found to do the milking. The burden of feminine talk in the cities is concerned with the inferiority and dislocations of household "service"; there is a corresponding upset in agricultural life. In view of this exodus, the lament that "labor is scarce" means that at one point the vital forces are ebbing.

The lack of cottages in some localities doubtless causes young couples to move on; there are many cottages inhabited that should be condemned; and the conditions of a falling industry do not favor schemes of rebuilding. Yet when the most is done that can be done it does not always content. Here is a striking experience given by Mr. Haggard from the Portman estates:

Portman Model Cottages.

"In addition to their model cottages, for which they pay very little—but eightpence a week—the laborers have pensions, clothing and coal clubs, to which the subscriptions are doubled at the end of the year, liberal allowances in the case of sickness, allotments and every other conceivable advantage. Yet they go, and what is more, strike at haytime or other inconvenient seasons, and are generally troublesome. 'They won't be kept,' said Mr. Forrester, but, male and female, depart, mostly to take service in shops. Few except the 'doodles' remain. Doodle, by the way, is the Dorsetshire equivalent for the Norfolk 'waster' and the Devonshire 'smike.' Yet if they will not stop on an estate like this, which, of course, is run absolutely without reference to expense—£10,000 a year, I understand being spent in wages alone—where will they stop? 'Everything has been tried. Thus, when some men asked for land, Mr. Forrester arranged for them to have a field of twenty-three acres, which was let at twenty-four shillings the acre, the landlord building a barn and providing a hand-power threshing machine. Fourteen men hired lots in this field, but in ten years there was only one of them left, the balance of the land having been rented by a miller. Again, cottages were sold to certain of the people upon special arrangements as to price. Mr. Forrester said that this was the worst thing that ever happened to them, and some of these cottages were now being condemned because their occupiers had reduced them to such a condition that they were no longer fit for folk to live in.'

The Limited Home Production.

"The English farmer does not, moreover, supply nearly as much as he should of the nation's food. 'I do not know,' said Sir John Rolleston, the President of the Surveyors' Institute, 'that any of us could take three meals in a day at a metropolitan restaurant, and be absolutely certain any single article that we consumed, either of meat or drink, was produced from the soil of Great Britain or Ireland.'

"By way of comment on this statement I may remark that more often than not the traveler may be quite certain of the contrary. In the course of extensive journeyings in England in 1901 I stayed in a good many hotels. With few exceptions—indeed, almost always if the towns were of any considerable size—I found that the food was foreign, and the waiters were German. 'The farmers are all gradually sinking in point of property. The very rich ones do not feel that ruin is absolutely approaching, but they are all alarmed; and as to the poorer ones, they are fast falling into

the ranks of paupers. When I was at Ely, a gentleman who appeared to be a great farmer told me in presence of fifty farmers, at the White Hart Inn, that he had seen that morning three men cracking stones on the road, as paupers of the parish of Wilbarton; and all these men had been overseers of the poor of that same parish within the last seven years. Wheat keeps up in price to about an average of seven shillings a bushel, which is owing to our two successive bad harvests; but fat beef and pork are at a very low price, and mutton not much better. The beef was selling at Lynn for five shillings the stone of fourteen pounds, and the pork at four-and-sixpence; the wool (one of the great articles of produce in these counties) selling for less than half of its former price."

The Modern Dorset Peasant.

Fifty years ago the Dorset peasant was supposed to typify the worst estate of the agricultural laborer. Mr. Thomas Hardy, who has long known the county intimately, gives Mr. Haggard a note which shows it curiously modernized:

"I am told at the annual hiring fair just passed, the old positions were absolutely reversed, the farmers walking about and importuning the laborers to come and be hired, instead of, as formerly, the laborers anxiously entreating the stolid farmers to take them on at any pittance. Their present life is almost without exception one of comfort, if the most ordinary thrift be observed. I could take you to the cottage of a shepherd, not many miles from here, that has brass rods and carpeting to the staircase, and from the open door of which you hear a piano strumming within. Of course, bicycles stand by the doorway, while at night a large paraffin lamp throws out a perfect blaze of light upon the passers-by. The son of another laborer, I know takes dancing lessons at a quadrille class in the neighboring town.

"But changes at which we must all rejoice have brought other changes which are not so attractive. The laborers have become more and more migratory, the younger families in especial, who enjoy nothing so much as fresh scenery and new acquaintance. The consequences are curious and unexpected. For one thing, village tradition—a vast amount of unwritten folklore, local chronicle, local topography, and nomenclature—is absolutely sinking, has nearly sunk, into oblivion. . . . I cannot recall a single instance of a laborer who still lives on the farm in which he was born, and I can only recall a few who have been five years on their present farm. . . . That these people have removed to the towns of sheer choice during the last forty years it would be absurd to say, except as to that percentage of young, adventurous and ambitious spirits among them which is found in all societies.

"Why such migrations to cities did not largely take place till within the last forty years or so is, I think, in respect of farm laborers, that they had neither the means nor the knowledge in old times that they have now."

Remedial Measures.

As to remedial measures, that which most commends itself as a means of keeping people on the land is the endeavor to give them a larger interest in it. The multiplication of small holdings is a chief way to that end, and Mr. Haggard supplies many illustrations which may help in the practical discussion of that question. There are other useful suggestions, some of the most valuable in the book coming from General Booth. A system of agricultural banks is also explained which seems likely to be of service where capital is wanting. Mr. Haggard himself advocates as a minor measure the establishment of an agricultural post. It seems, however, likely that the motor cars will in time effect as great a change in rural England as the electric railways have in rural America; as a preliminary let the highways be gradually adapted to their use.

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