

## HOW TO INCREASE YOUR ENDURANCE

Follow the Appetite and Masticate All Food Very Thoroughly.

YALE EXPERIMENTS PROVED IT

Prof. Fisher Conducted Them and His Students Made Wonderful Gains.

New Haven, Conn., May 3.—Prof. Irving Fisher of Yale has concluded an experiment covering 10 weeks on the relation of endurance to diet, and last night made public the four statements of the result. Nine Yale graduates were selected for experiment and were given one test immediately after the Christmas holidays when they were fresh from vacations and another after a term of hard work.

The experiment consisted in finding a true food instinct than most persons are said to have. No attempt was made to prescribe a diet or forcibly alter the quantity of provisions of the food. The men were simply asked to follow the plan, eating slowly and thoroughly masticating their food, giving special attention to its taste and following implicitly the dictates of appetite.

A record was kept of the food consumed by each man each day. The proportions of fat, starches, sugars and proteins were worked out by means of a mechanical diet indicator devised for this purpose by Prof. Fisher. It was found that the men had decreased their food 10 per cent, the protein 15 per cent and the consumption of meat and other flesh foods by 40 per cent.

In order to test the working power of the men, trials of endurance were made at Yale museum, at the beginning of the experiment. The same tests were repeated at the end. It was then found that each of the nine men had improved anywhere from 15 to more than 100 per cent despite the fact that no special physical exercise had been taken.

The average physical endurance was over 10 per cent.

Strength tests were also given but the improvement in endurance was greater than in strength. Mental tests were also given in form of cross words and it was also found that most of the men had increased in mental quickness.

As every precaution was taken to prevent any disturbing factor to which the improved condition of the men might be ascribed it is believed that the experiment has demonstrated that it is possible for any person in two and a half months' time, by simple mastication of the food and following the appetite to improve the endurance by one-half.

## CORRUPTING CHILDREN BY RACE TRACK "DOPE."

Chicago, May 3.—Complaints that the minds of certain school children are being corrupted by racetrack "dope," led to the arrest yesterday of J. S. Murray, president of Bentley, Murray & Co., printers of sporting encyclopedias. Twenty-five charges of the illegal employment of children are made against Mr. Murray. The prosecution was instituted by Edgar T. Davies, chief of the state bureau of factory inspection.

Two weeks ago a trustee officer reported to the compulsory education department of the board of education that certain boys who had come under his observation showed evidence of demoralization caused by their employment to distribute race and baseball result cards. The boys, who were said to be under 14 years of age, were employed it was found, by the Bentley-Murray concern.

The instructors of the youths in question testified that the boys were restless in their school work, that their minds were fixed only upon the even-

## STOP, WOMAN!

AND CONSIDER THE ALL-IMPORTANT FACT

That in addressing the Pinkham you are confiding your private life to a woman—a woman whose experience with women's diseases covers a great many years.

Mrs. Pinkham is the daughter-in-law of Lydia E. Pinkham, and for many years under her direction, and since her decease she has been advising sick women free of charge.

Many women suffer in silence and drift along from bad to worse, knowing full well that they ought to have immediate assistance, but a natural modesty impels them to shrink from exposing themselves to the questions and probable examinations of even their family physician. It is unnecessary. Without money or price you can consult a woman whose knowledge from actual experience is great.

Mrs. Pinkham's Standing Invitation.

Women suffering from any form of female weakness are invited to promptly communicate with Mrs. Pinkham, at Lynn, Mass. All letters are received, opened, read and answered by women only. A woman can freely talk of her private life to a woman; this has been established the eternal confidence between Mrs. Pinkham and the women of America which has never been broken.

Out of the vast volume of experience which she has drawn from, it is more than possible that she has gained the very knowledge that will help your case. She asks nothing in return except your good-will, and her advice has relieved thousands. Surely any woman, rich or poor, is very foolish if she does not take advantage of this generous offer of assistance.

If you are ill, don't hesitate to get a bottle of Lydia E. Pinkham's Vegetable Compound at once, and write Mrs. Pinkham, Lynn, Mass., for special advice.

When a medicine has been successful in restoring to health so many women, you cannot well say, without trying it, "I do not believe it will help me."

## TERRIBLE ITCHING SCALP HUMOR

Badly Affected With Sores and Crusts—Extended Down Behind the Ears—Some Years Later Painful and Itching Pustules Broke Out on Lower Part of Body—Son Also Affected.

## A TRIPLE CURE BY CUTICURA REMEDIES

"About ten years ago my scalp became badly affected with sore and itching humors, crusts, etc., and extending down behind the ears. My hair came out in places also. I was greatly troubled, and understood it was eczema. Tried various remedies, so called, without effect. Saw your Cuticura advertisement, and got them at once. Applied them as to directions, etc., and after two weeks, I think, of use, was clear as a whistle.

"I have to state also that late last fall, October and November, 1904, I was suddenly afflicted with a bad eruption, painful and itching pustules over the lower part of the body. I suffered dreadfully. In two months, under the skillful treatment of my doctor, combined with Cuticura Soap and Cuticura Ointment, I found myself cured.

"Six years ago my son was laid up with a severe cold, a hard cough, and finally painful eruption all over the body. I procured the Cuticura Remedies as soon as possible, and after his faithful use of same was as well as ever in two weeks, as well as I can recall. He has never had a return of the illness, as far as I know.

"I have always been pleased to commend the Cuticura Remedies, and testify as to their efficacy. I am a veteran of the late Civil War, '61-'65, between seventy and eighty years of age. Yours truly, H. M. F. Weiss, Rosemond, Christian Co., Ill., Aug. 31, 1905.

Chicago Internal and External Treatment for every kind of skin disease, from Itchiness to Acne, including Cutaneous Soap, etc., Ointment, etc., etc., also the best of Cuticura Soap, etc., Ointment, etc., etc., in any form of skin disease. A single bottle of Cuticura Soap, etc., Ointment, etc., etc., will cure you. Write for Cuticura Soap, etc., Ointment, etc., etc., to J. C. Cuticura, New York, N. Y., or to J. C. Cuticura, Chicago, Ill., or to J. C. Cuticura, St. Louis, Mo., or to J. C. Cuticura, San Francisco, Cal., or to J. C. Cuticura, Portland, Ore., or to J. C. Cuticura, Seattle, Wash., or to J. C. Cuticura, Tacoma, Wash., or to J. C. Cuticura, Vancouver, B. C., or to J. C. Cuticura, Portland, Me., or to J. C. Cuticura, Bangor, Me., or to J. C. Cuticura, Lewiston, Me., or to J. C. Cuticura, Augusta, Me., or to J. C. Cuticura, Portland, N. H., or to J. C. Cuticura, Concord, N. H., or to J. C. Cuticura, Manchester, N. H., or to J. C. Cuticura, Nashua, N. H., or to J. C. 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