A Lady on Gymnastics.

A lady physician in New York writes as follows. For years I have been convinced that the mania for gymnastic exercises, athletic devolopment, and muscular power has been productive of a vast deal of harm. Years ago the theory in vogue for gaining health was dieting, and hundreds of people dieted themselves into insanity of the grave. Now the mania is for exercise, and hundreds of young men, and (although it may seem to be a ridiculous statement) young women also, are killing themselves by "exercise." Nature rebels at "knotted" muscles, and requires the full payment of a serious penalty whenever the folly is perpetrated of developing muscles as a business, through the swinging of dumb-bells and Indian clubs. The long walks, which are taken too frequently and with quite too much vim, under the influence of a spirit of emulation or to win a belt, are productive of far more injury than benefit. But, most of all, I want to call attention to the idea of daily bathing. It is a simple form of suicide, lacking the element of crime, because done through ignorance, lacking the horror, because it also lacks the crimson stains and mangled form of the ordinary suicide. Our young men are not content until they are scrubbed bald-headed by the willing barber, and look in their youth very "near of kin," indeed, to their aged grand-sires. Were it not for the exceeding tenderness and the quick rebellion raised when the whiskers are tampered with, and the fact that fashion benevolently and fortunately guards them, no doubt they, too, would be shampooed out of existence so effectually as to leave the "coming man" without that becoming adornment. The poor body is literally scrubbed out of existence. Nature guards her outposts very jealously, but she cannot do double duty in one direction without signal failure in some other. Consequently, when the surface of the body is daily denuded of the cuticle under the vigorous application of the barbarous "coarse towel," she must repair damages at the expense of the digestion or the natural elimination of morbid matter; some organ loses the harmony with its fellows which is necessary to a perfect whole. Cleanliness is not only "next to goodness," but a very large part of it, and it is highly important that bathing shoud be employed as a hygenic force; but not the shower-bath when an exhausted body is slowly waking from an unnatural sleep; nor a cold sponge when the day's duties have exhausted mind and body both. To change the clothing frequently, and permit a thorough airing: to expose the entire surface of the body for a few moments to the air of the room on rising and retiring; a light brushing with a soft brush or a fine towel, and a good bath once or twice a week, are all that an American can endure and retain health. Light exercise of those muscles called into play in the daily routine is also desirable, but it should be calisthenic, not gymnastic, and should not include a vigorous pounding of the chest, than which nothing can be worse for the lungs.

My Rules for Living.

I am no docter or pill vender, yet I have a good long life and a happy one. May I not, therefore, just give my simple rules for health in hopes that some traveler on the up or down hill of life may look at them and be benefitted by them. I have practiced them for many years and they have done me good; they may do good to others. They are inexpensive and may be easily abandoned, if they cause any harm.

I. Keep in the sunlight as much as possible. A plant will not thrive without the sunbeam much less a man.

II. Breathe as much fresh air as your business will permit. This makes fresh blood; but it is never found in the four walls of your building. Beneath the open sky, just there, and only there, it comes to you.

III. Be strictly temperate. You cannot break organic law, or any other law, with impunity.

IV. Keep the feet always warm and the head cool. Disease and death begin at the feet more commonly than we think.

V. Eat white bread when you cannot get brown bread.

VI. If out of order see which of the above rules you have not observed, then rub yourself all over with a towel, saturated with salt water and well dried and begin upon the rules again.

VII. Look ever on the bright, which is the heaven side of life. This is far better than a medicine.

These seven simple rules, good for the valid or invalid, if rightly observed, would save, I apprehend, a deal of pain, prolong life, and so far as health goes, make it worth the having.

Progress of Invention.

A western dealer has invented a device to prevent market men palming off old eggs for fresh ones. The invention is thus described: He proposes to arrange a rubber stamp in the nest of every hen, with a movable date. This stamp is arranged with a pad which is saturated with indelible ink. When the hen lays an egg, as is well known she kicks slightly with her hind leg. Ad electric disk is arranged so that her foot touches it, when the stamp turns over on to the ink pad, and then revolved, stamping the date on the egg. The hen then goes off about her business, the farmer's hired girl removes the egg, replaces the stamp, which is ready for another. On each evening, after the hens have retired to their downy roost, with the rooster, the date of the stamp is changed to the following day, and the good work goes on. In this way there can be no cheating. You go to the grocery and ask for fresh eggs, and the grocery man says he has some eggs of the vintage of January 29th, 1880, for instance. You look at them, and there are the figures, which cannot lie. With this method it is an object for the man to get rid of his eggs knowing that to-morrow may be too late.

How to Save in the Household

A practical question, surely, in these days, and one in which many are interested, whether sufficiently so as to benefit their finances remains to be seen. The first step in saving is to go to market yourself. Tell the grocery boy not to come again, and put on your bonnet and shawl after breakfast, and go out and buy what you need for the day. At the end of the month your expenses will have been lessened and your table improved. "How?" By going to the market you see whatever fresh fruit or vegetables are there; you can often buy a cheep piece of meat that is sweet and good, and by cooking it in an appetizing way, add to your list of vegetables, make a nice dessert, and your dinner will not have cost as much as formerly, when every day's dinner seemed alike. Another way to save is to give up buying at retail anything that can be bought at wholesale; then take the money saved and put it away, as if it did not exist. The idea is a wrong one, that economy means parsimony. One of the surest ways to save is to have every dish well cooked, that nothing is to be thrown away as worthless. Were all the money saved that is thrown out by unseasoned vegetables, underdone or overdone meats, burned cakes and pies, scorched oatmeal and rice, many dollars would be added to the savings of the house. You say, "How can I help it?" If you cannot afford a cook, see to these things yourself. Money is wasted in little things more than in expensive articles of food, and if money is an item to you, it is worth a little trouble. A fourth way to save money is to buy only the healthiest and best rightly made, fresh fruits and vegetables dishes. By setting before your family good meats, well cooked, good bread, they will be healthy and save you a doctor's bill of two or more dollars a visit. Time as well as money is saved by having a bill of fare for each day in the week, to be varied by times and seasons. This saves the trouble of thinking what to have next day. Another way to save is by knowing just how to use all that is left from to-day's dinner. A French cook will make a bountiful and enjoyable dinner of what others would throw away. Why should not we do as well? One of the largest outlets to a family's income is by tea or coffee. Aside from the actual expense of the articles themselves, they necessitate an increased milk bill, and the item of sugar, which alone is $50 a year. If any family really wishes to economize let them try these rules a year, and tell us if they are disappointed.

Artificial Ice.—Experiments in artificial production of ice have been made within a few years, in Europe and America, which have resulted, finally, in developing a process, or processes, by which a very superior article is now made. In New Orleans artificial ice is made, which, aside from its excellence as a commodity of natural ice, is manufactured at such reduced costs as to dispense with the shipment of natural ice to that market in a large degree. At the Louisiana Ice Works in New Orleans an improved method is now in use for the manufacture of ice. In a strong iron cooler a given quantity of liquid ammonia is introduced; and by the means of a slow fire the ammonia gas is held in solution in the water, and conveyed into a series of iron worms which are surrounded by a constant current of water. The gas, running through the worms, becomes liquefied by the action of the running water and the pressure of the boiler, and flows into a receiver. From the latter the liquefied gas flows into a series of worms, which constitute the refrigerator or freezing bath, where, by a rapid evaporation, extreme cold is produced. To ultilize this cold, the iron worms are surrounded by a strong solution of common salt, which absorbs all the cold produced in the worms. Placed in the spaces between the worms are suspended forms, or moulds, of any size desired, filled with pure water, This water immediately absorbs the cold from the salt bath, and the result is the formation of ice. It has been demonstrated that ether can be made to evaporize so speedily as to produce intense cold, and if, when covered with water, its evaporation be assisted, it will escape so quickly as to lower the temperature of the water to freezing point. Hence ether is often used in preparing freezing mixtures; and a machine has recently been constructed for making ice by means of the remarkable property above alluded to. The apparatus as described consists of an engine and air-pump, combined on the same bed-plate, a refrigerator, and ether condenser, a circulating pump, and one or more ice-boxes according to the quality required—a steam engine supplying the motive power. The two inlet passages of the air pump are connected by a copper pipe that places them in communication with the refrigerator, which is a felt-covered vessel of cylindrical shape, the tubes being made of copper and riveted to brass-end plates. The two outward valves on the other side of the air pump communicate with the ether condenser. The whole is immersed in a wooden tank, through which a stream of water constantly passes for cooling and condensing the ether vapor. A vacuum is maintained by the air pump in the refrigerator, evaporizing the ether at a low temperature. This operation causes an absorption of heat, which reduces the temperture of a strong brine that is made to circulate through the tubes and ice box. The latter is a tank of red deal, varnished inside, with partitions whith holes in them to allow a slow circulation of the brine. Zinc moulds of different widths, according to the shapes of the blocks of ice reqnired, are filled with pure water and suspended between the partitions.

—Cannes mourns for the Czarina, who spent $2,500,000 during her stay there.

The Fittest Subjects

For fever and ague, and remittents, are the debilitated, bilious and nervous. To such persons Hostetter's Stomach Bitters affords adequate protection from the malarial pest, by increasing vital stamina and the resistant power of the constitution, and by checking irregularities of the liver, stomach and bowels, which increase the danger to be apprehended from miasma. Moreover, it eradicates malarial complaints of an obstinate type. The field in which this leading family medicine has achieved some of its most astonishing and ample proven effects, is a very wide one. In the malarious regions of our own country, in South America, Mexico, and across the seas, it has given unmistakable evidences of its curative value. At home and abroad it has always sustained its high reputation, nor has it ever been affected by competition of so called tonics represented to possess kindred or equal efficacy. It stands alone, unequalled among our national remedies.

AGRICULTURE.

CHALK AND WATER IN MILK.—The daily city papers often call attention to the quality of milk furnished to city customers. There is abundant reason for doing this, and they cannot too frequently insist, that milk must be furnished just as it comes from the cow. But these articles lose much of their force by implying, indeed some of them directly asserting, that a mixture of chalk and water is served in place of milk. This is absurd. The most skilled manipulator can make no mixture of any form of chalk, that will be no more dense than ordinary milk, from which the chalk, will not completely settle, upon standing for a few hours. We doubt if there was ever a pint of milk sold in New Yosk city in which chalk was used as an adulteration. In London milk and other adulations were carried to such an extent, that Parliament had the matter investigated some years ago. Doctor Hassal, who was officially connected with these examinations, and has probably examined more samples of milk than any other person, says of chalk and starch in milk, while he admits that they may be rarely used, that "It has not happened to ourselves to meet these substances in milk." Wanklyn, also of London, in the most recent work on the "Analysis of Milk," says nothing about the occurrence of chalk. The fact is, the most serious adulteration of milk is with water. Besides the addition of water, milk is impoverished by the abstraction of cream. These two, the taking off of cream, and putting in water, are the worst that happen to city milk, and these are bad enough. It diverts attention from these real troubles, to talk improbable, if not impossible "chalk and water."

MILK VS. MEAT.—For years past the milk-producing power of cows has diminished greatly. There appears to be a sort of natural opposition between those improvements in our breeds which favor the production of meat, and that condition of body which is most favorable for the yield of milk. The reason is not difficult to discover. The improvements we establish in cattle, although they accomplish the special object we desire and render those animals most economical producers of meat, are, after, all, departures from the natural character, and they make these cattle more tender and delicate in constitution. They do not obtain that vigor which distinguished the unimproved breeds from which they have been obtained consequently the laws of animal life make themselves felt, and difficulties arise from these improved cattle. It is also observed in practice that any course of procedure which weakens the breeding powers equally affects the production of milk. There is a natural connection between these two functions, and, as a rule, our best milkers are not our best fattening animals. The alterations produced in our improved breeds have given a strong tendency for the formation of fat and flesh, and in these animals we have a vigorous influence seeking to use the nutriment in the blood for that purpose. At the same time the tendency to form milk is very weak.

STABLE FLOORS.—The floor is made level, fore and aft, but leaving a gentle slope from each of the two sides to the centre, or half the width of the stall. The planks are laid crosswise, inclining to the centre leaving an opening between the ends in the centre, just wide enough for the urine to drain through a metal gutter under the floor, which conducts it outside the building to a hogshead or to the manure pit. This prevents it from being absorbed in the bedding, which, is wet, fetid, and uncomfortable to the horse. The cleanliness of this arrangement of floor is another advantage, as it admits of the animal lying as he always does, where he can, in pasture fields, *i. e.*, with his back up the grade. Then the floor, being always kept dry, makes a good bed for the horse without litter, during the summer months, besides being cooler and freer from the ammonia which the latter exhales.

THE changes that occur from the egg, to the perfect bee are—the worker passes about three and a half days in the egg. It is then hatched—a small white worm, grub or maggot, and is called larva, a Latin word that means mask, because the perfect insect is concealed or masked in that state. It remains thus for about five days' when the cell is sealed over by the bees and the larva spins around itself a silken covering called a cocoon. This is the third stage, and is now called a nymph, pupa or chrysalis. It remains in this state till the 21st day from the time the egg was laid, when it becomes a perfect bee or imago. She drone passes days in the egg, six or seven in the larva, and comes out a bee on the 24th day. The queen passes three days in the egg, five in the larva state, and comes out a perfect queen on the 16th day.

GEESE AND DUCKS.—These are profitable birds in some cases, and may be kept where there is cheap grazing. Halt a dozen geese will soon fill a good sized feather bed or a pair of pillows. The white ducks are perhaps equally useful in this way. Both of these will soon begin to lay, but must be closely watched and kept up at nights or they will drop their eggs abroad. The eggs should be gathered and kept in a cool but not cold place until they are wanted for setting.

THE CALF.—The time to make gain in feeding an animal for beef is when he is young. A calf that has been well fed until it is four months old, and then made for three or four months to depend solely on good pasture, will be more likely to do well thereafter than he would if fed on rich food without cessation. Animals not only pay best for the food consumed in early life, but they gain more pounds within a given time.

LIME has been used for apple orchards with great benefit at the rate of twenty bushels per acre. One who has tried it for many years deems it very beneficial, as his trees have been very productive.

IT is essential that leather should have light. In the care of harness do not inclose it in a dark closet or room. Of course harness should be oiled three or four times a year, first washing with soap and water.

"Now You See It."

Gilt-Edge Butter Maker takes the "witches out of the churn" and turns tedious, unsatisfactory churning into gratifying success. Sold everywhere.

HAMBURG, N. Y., *May* 28th, 1879. JOHN E PIERCE, Sec'y World's Dispensary Medical Association, Buffalo, N. Y.:

Dear Sir—Yours asking as to reputation of "Gilt-Edge Butter Maker" received. We have never kept it until lately. Have sold one case (3 doz. boxes) and it has given the best of satisfaction.

Yours respectfully, T. L. BUNTING.

DOMESTIC.

GLYCERINE OINTMENT.—A very good preparation of glycerine to have always on hand, can be readily prepared by any apothecary or druggist: In two ounces of sweet oil of almonds, melt by slow heat, half an ounce of spermaceti, and one dram of white wax. Then add one ounce of good glycerine, stirring until cold. When cold, scent it by stirring in a little oil of roses. Keep in small jars or small wide necked bottles. In hot weather keep closely corked, as it sometimes gets a little rancid if long exposed to the warmth. Half or a fourth of the above quantities may be used. Every drugstore should keep a jar of it, and recommend its use. It is excellent for softening the skin, for most injured skin surfaces that are not open sores; for chafed places, for moistening corns or callused feet or toes, and especially for chapped face, lips or hands. When the hands are chapped or cracked, or roughened by cold, wash them clean with soap, and rub them well with this glycerine ointment, wiping it off enough to prevent soiling clothing. If this is done at night the hands will be soft and in good condition in the morning, except when deeply cracked. It is very good to apply to the hands after washing day. This is an excellent preparation to use by those afflicted with the distressing trouble known as hæmorroids or piles.

THE enormous sale of Dr. Bull's Cough Syrup has had the effect of bringing out numerous similar remedies; but the people are not so easily induced to make a trial of the new article, when they value the old and reliable one.—Dr. Bull's Cough Syrup

TO DYE STRAW MAGENTA RED.—The first operation for dyeing this or any other color on straw is to steep the latter in a bath acidulated with sulphuric acid for 12 hours. For magenta, take an acid bath of 4 to 5 Be. The straw after washing is immersed for 12 hours in a bath kept at 30 to 40 C., containing the necessary amount of dye. Now wash well and dry. Other aniline colors do not dye straw with the same facility. Maroon, with Logwood. Clean the straw by boiling with a solution of carbonate of soda, then steep in a bath of logwood for two hours. To give a bluish tint, add some blue stone to the bath; if too much of the latter is used the straw will have a greenish hue. This is a loose color, only employed on account of its cheapness. Coffee and Chocolate Stains. If the coffee or chocolate contains milk the stains produced are more pronounced than if prepared with water only, but they are also more easily removed. To remove them, the stains are washed with a mixture of yolk of egg in tepid water. If with this treatment they still remain, add a little spirit to the mixture, and rub with a hard brush. Blue Linings for Hats. In producing these the cloth is not dyed, but the thickened color is applied to it in the following manner: Prepare the color with 22 gallons of water, 30 lb. starch, 2 lb. tallow, 44 lb. ultramarine blue; mix, boil, pass through sieve; print on the roller first on one side, then on the other, and dry on the cylinder.

WHAT is beautiful? Why, carboline, a deodorized extract of petroleum, as now improved and perfected. Clear as spring water, delightfully perfumed and will not soil the finest linen fabric—a perfect toilet preparation and absolutely makes the hair grow on bald heads.

NEWLY PAINTED ROOMS.—The danger of inhaling the vapor of turpentine has been long known, and its pernicious influence on the health is beyond all doubt, as has been verified in several cases occurring in persons sleeping in newly painted rooms, some of which have even proved fatal. Several theories, more or less plausible, have been propounded to explain the prejudicial effects of the inhalation of the vapors; but, whatever be the correct explanation, there is no doubt of the danger of occupying a room recently painted in which turpentine has been employed, before complete dessication has taken place. It was pointed out by the Council of Hygiene, that a sudden death which recently took place in Paris was attributable to this cause, it being shown that it could not be ascribed to the lead which entered into the composition of the paint of the room in which the deceased slept; the lead, being fixed and nonvolatile, cannot in these cases be accused of being the offending element.

TO MAKE NOODLES FOR SOUP.—Put a cup of flour on your molding board, make a hole in the center and pour in one well-beaten egg. Knead, and roll as thin as possible and let it dry. Then cut it into very narrow strips, and place on a dish until perfectly dry. Just before putting them into the soup, pour boiling water over them. The noodles may be added to any rich meat soup that has been strained.

HAM CROQUETTES.—Take a quarter of a pound of grated ham or tongue, and mix it with two ounces of mashed potatoes; melt a piece of butter in a saucepan, add the mince, season with a little pepper, a very little stock, a little stock, a little powdered sweet herbs and chopped parsley; stir until quite hot, then add, off the fire, the yolks of two eggs; lay the mince on a plate to cool, make it into croquettes, roll them in egg, and then in baked bread-crumbs, and fry in hot lard.

FOR COUGHS, Asthma and Throat Disorders, use "*Brown's Bronchial Troches*," having proved their efficiency by a test of many years. Imitations are offered for sale, many of which are injurious. The genuine "*Brown's Bronchial Troches*" are sold *only in boxes*.

NICE WAY TO STUFF AND ROAST DUCKS.—Boil potatoes, and mash them fine. Cut up three onions fine, mix with the potatoes, season with salt, pepper, and a very little thyme. Fill your ducks full with this dressing, rub them over with butter, and sprinkle with a little flour, put some water, and baste often. Roast the giblets in the same pan when done, chop them up fine, and put them in the gravy.

A YANKEE woman recently married a Chinese laundry-man, and in three days thereafter the unhappy Celestial appeared at a barber's shop and ordered his pig-tail to be cut off,—saying, in explanation, "Too muchee yank."

"BEEN having your boots half-soled?" asked Tom. "Well, yes," said Ben, who was looking a little seedy; "but they're not half s'old as my hat." And it was 3 o'clock the next afternoon before Tom understood just what he meant by it.

PRUDENTLY break up your Cold by the timely use of Dr. Jayne's Expectorant, an old remedy for Sore Lungs and Throats, and a certain curative for Coughs.

WIT AND HUMOR.

Two boys, surrounded by five or six others, sat on the grass on Ledyard street and played cards. A citizen, who knows that card-playing leads into the broad road to wickedness, halted and said to one of the players:

"Ah! my boy, don't you know that you are in a fair way to be ruined?"

"I am, eh!" replied the youngster as he held up his hand of cards and showed four trumps and an ace; "you just hold on here a minute, and if I don't show you that the other boy is all wrenched to pieces and ruined to death I'll eat the jack of spades and cut my throat with the jack of clubs!"

He was taking every "trick" as the citizen passed on.

ONCE upon a time when a young and inexperienced lawyer was conducting the defense of a murderer in a manner which cast a gloom over the opponents of capital punishment, when he had concluded his speech the judge said to the prisoner in the usual form:

"Accused, do you desire to add anything to that which has been said in your defense?"

Berryer, who was present, whispered very audibly:

"Advise him to cast his lawyer upon the mercy of the court."

VEGETINE.—By its use you will prevent many of the diseases prevailing in the Spring and Summer season.

THE family were at dinner, when suddenly the bell rang. Both sisters started to their feet, and, as the eldest welcomed her lover, the small girl, in a tone of astonishment, said: "Well, Ed. Harvey! How in the world did you get in this house?" "Why?" said the young man bashfully, as he stroked the child's head. "Why? Because I piled up the snow on the stoop, and I didn't think you could get in!" "Who told you I was coming?" "Oh, I knew, 'cos sister has been curling her hair and paring her nails all the afternoon!"

UPDEGRAFF's wife dropped into his office the other day, just as he was tacking up one of the blonde's pictures over his desk. "Ah—the dickens (aside)—Oh, Matilda," said he, "isn't that a perfect picture of you? Such a classic outline and such expressive eyes, and the way she does up her hair is remarkably like yours." If Matilda didn't see it she felt it, and the lightning of her orbs, just ready to belch forth, was melted into the soft glow of twilight, as she easily mulcted him in the sum of forty-two dollars for a new cloak.

BABY was playing with the scissors, and his mother, perceiving this, snatched them away, crying:

"Do you know if you play with those scissors and stick them into yourself you'll be killed and die, and be dead, and mamma'll have no more little boy?"

"Yes'm."

"And you know that when any one dies it's for a long time?"

"Yes'm, for all one's life."

"POOR Herbert. How I wish you didn't have to slave so at that horrible store from morning till night!" said his wife, as, with a fond caress, she seated herself on her husband's knee, and gently stroked the auburn locks from off his sloping brow. And the grave, stern man of business understood her at once, and answered: "Well Susie, what is it—a bonnet, or what? Go light on me, for money is scarcer'n ever."

The price of soap is rapidly advancing. A year's supply of DOBBINS' ELECTRIC bought now at the old price will be a very judicious purchase

BEFORE beginning the second psalm for the day, a Glasgow minister reached down into his pocket and took a pinch of snuff. Even yet he cannot understand what there was in the first verse of the psalm to make the congregation smile when he read: "My soul cleaveth unto the dust."

MRS. DUNSHUDDER fed a tramp recently because he wore an old army coat of faded blue. "You went through the war?" said the sympathetic soul. "Yes'm; I was drummer," and when the fellow reached the sidewalk he concluded the sentence, "for a hardware store in Chicago."

AN exchange says: "Alcohol will clean out the inside of an inkstand." It will also clean out the inside of a pocket-book a little more thoroughly and quickly than anything else on record.

A GOOD little boy who was kicked by a mule, did not say naughty words or go home crying to his mother. He just tied the mule within five feet of a beehive, backed him around to it, and let him kick.

CRYING is a prime evidence of pain. When the Baby is fretful and inclined to "Crying-Spells," remove the cause by using Dr. Bull's Baby Syrup.

PUCK: "What? Twenty-five cents a pound for sausages? Why, I can get 'em down at Schmidt's for twenty cents!" "Vell, den, vy didn't yer?" "'Cause Schmidt was out of 'em," "Vell, uv I was owit of 'em I sell 'em for twenty cents, too."

THERE is believed to be only one thing slower than molasses in January and that is a lady making room for another in the street car.

INVALUABLE FOR RAILROAD MEN.—"I suffered for more than a year with Indigestion, and during the last six months I was very Bilious, occasionally having a dumb Chill, followed by Fevers, which prostrated me. I took Simmons' Liver Regulator, and for several months I have been stout and hearty as any man could desire to be. I am thoroughly satisfied that it is all it is recommended to be for Indigestion and Bilious Complaints, for mine was certainly a stubborn case. I have heard many of my friends speak of it, and they all agree that it possesses all the virtues you claim for it.

"A. H. HIGHTOWER, Conductor M. & W. R. R."

"Your valuable medicine has entirely cured me of the most distressed case of Dyspepsia I ever saw. I am never without it on my engine, as it always relieves me of any distressed feeling after eating. It is the best family medicine in the world, and I never let it get out at my home. In its praise you may add to this.

"J. H. MALLETT, Engineer C. R. R., Savannah, Ga."

Consumption Cured.

AN old physician, retired from practice, having had placed in his hands by an East India missionary the formula of a simple vegetable remedy for the speedy and permanent cure for Consumption, Bronchitis, Catarrh, Asthma and all Throat and Lung Affections, also a positive and radical cure for Nervous Debility and all Nervous Complaints, after having tested its wonderful curative powers in thousands of cases, has felt it his duty to make it know to his suffering fellows. Actuated by this motive and a desire to relieve human suffering, I will send free of charge to all who desire it, this recipe, in German, French, or English, with full directions for preparing and using. Sent by mail by addressing with stamp, naming this paper, W. W. SHERAR, *149 Powers' Block, Rochester, New York.*

"AW, my good man, what kind of a residence do you think would suit me?" asked an exquisit of a house-agent. After taking him in, eyeglass and all, the agent replied, "Something like a flat, I should think, would be most appropriate."

Don't Temporize with Piles.

Ointments, lotions, electuaries and all manner of quack nostrums are a waste of time and money. The only ABSOLUTELY INFALLIBLE cure for this painful disease is "ANAKESIS," discovered by Dr. Silsbee. It has been pronounced by scientific men as the happiest discovery made in medicine for 200 years. It affords instant relief from pain in the worst cases and has cured more than 20,000 sufferers permanently. All doctors prescribe it. "Anakesis" is sent FREE by mail on receipt of price, $1.00 per box. Samples gratis, by the sole manufacturers. Messrs. P. Neustaedter & Co., Box 3946, N. Y.

Wanted.

Sherman & Co., Marshall, Mich., want an agent in this county at once, at a salary of $100 per month and expenses paid. For full particulars address as above.