

FARM NOTES.

Texas station has successfully treated lumpy-jawed cattle with iodide of potassium given as a drench in water.

To churn easily and make good butter, milk should not be over thirty-six hours old.

Put the garden seeds in paper bags or large envelopes and seal them carefully.

The best kind of bedding for stock can be provided with leaves, they prevent draughts along the floor, and are easily handled.

Honey need not be left to ripen in the combs, but it will ripen itself if left exposed to the air in almost any kind of vessel.

Any farmer can afford to think twice, says a herdsman, before he buys a bull. Let him not think \$50 a monstrous price to pay for a young bull which he is quite sure is to be a good one.

To build and fill the ice house for home dairy use is a cheap and simple task. Keep in mind a few facts, says American Farmer.

The goose is a grazer, and even alongside of the sheep will utilize all kinds of grass very closely, and will enable poor land to earn a dividend.

The correct plan for general farming, says an agriculturist, is to raise feed, and the animals to eat it.

When one buys a rundown farm at a low price he must expect to expend quite a sum before the farm will begin to pay.

Fruit is no luxury, but a necessary part of the daily food, and, besides being a very profitable crop for the market in the fresh or preserved state, it certainly is the interest of every farmer to not only set out an orchard, but to cultivate it as thoroughly as he does his cornfield.

There is less demand every year for the extra large over-fattened hogs that have taken two years to reach maturity.

Concerning farm accounts a correspondent of the Rural New Yorker says: I am convinced that there is not one farmer in ten who keeps any kind of a record as to cost of producing his products and their selling price, together with other regular systematic farm accounts.

Scours in calves is the great drawback in raising them. It is due mostly to indigestion, too much food being given or food not suitable.

Experiments made at the Geneva (N. Y.) station show that Leghorns for produced eggs at less cost than Cochins, but considering the cost of raising and the ultimate value of the hens, the Cochins were the more profitable.

The large mutton breeds of sheep are gradually displacing the merino breed, and farmers are finding out that there is something more to be derived from sheep than wool.

When a goldbug says a silver man is a lunatic he is beaten in argument, helpless before facts and ready for the slaughter.

The Pennsylvania railroad has decided to build at the Altoona shops fifteen of the Mogul freight engines used in fast freight service.

CYCLING HURTS THE BRAIN.

New Theory that Lack of Arm Exercise is Bad For Gray Matter.

There is more trouble in store for women who ride bicycles. The trouble is not a new one, although it is only now that any but the scientific mind has known of it.

In a word, the bicycle, while a great exerciser, does very little toward exercising the arms. Now the doctors have found that the hands and arms have intimate relation to the brain and that by disregarding these members the brain cells are injured.

Previous to the advent of the bicycle, walking was recommended as a most beneficial exercise. The man or woman who took a ten mile walk each day considered that he or she had not only accomplished quite a feat, but had also taken all the physical exercise necessary.

At first physicians were well satisfied that their patients who were indisposed to walk would consent to take long bicycle rides. Then came certain symptoms which set the medicos to thinking.

This is what they learned: A person who uses his hands and arms is much higher in the intellectual scale than the person who uses his legs only.

Dr. Egbert Guernsey, the eminent homoeopathist, when seen, said that in his opinion the use of the hands and arms has a more intimate relation to the brain centres, especially those centres which are connected with thought and motion, than the use of the legs.

The development of one portion of the human anatomy at the expense of any other has always been decried by teachers of physical culture. Development of the whole body is the aim of all systems of physical culture, and this the bicycle fails to accomplish.

It is said by one medical writer: "A man's legs, or a woman's, for that matter, merely carry the higher centres to their her food work, and the arm user is a higher animal than the leg user."

The art of walking and riding a bicycle is purely mechanical. Once the muscles of the legs are set in motion the art of putting one foot before the other, or of following the revolution of the pedal and the balancing of the body, is purely automatic.

So the "cycling girl" who wishes to have well-developed arms and a strong mind, as well as well developed limbs, and who rides with that end in view, as many do, is laboring under a false impression.

There are few articles of food more valuable than rice, and few that are more economical to the housewife. Rice is extremely light and easy of digestion, and is free from all acidity.

The only precaution at all necessary in the use of rice is to have it thoroughly boiled, and it should, of course be drained and dried on the stove just before being served, so that each grain is separate.

Rice is a very useful food for elderly people and for children. As a medicine it may be employed with great advantage as an ingredient, either as drink or as food, in the form of rice-milk or ground rice pudding.

As an antidote for heartburn or acidity, a little whole rice chewed occasionally will often afford more relief than soda, magnesia or chalk.

Let it at least, be said to the credit of William J. Bryan that he has not trimmed, dodged or sneaked in any of the issues of the campaign. He has been straightforward in all his errors, and has never failed to make his meaning and his purpose fully understood.

McKinley is a free silver candidate running on a gold platform. He speaks not always what he thinks, not always as he believes. He has "trimmed" and "dodged."

As men there is a marked difference between McKinley and Bryan and the difference is greatly to the credit of the latter.

Young Man—"Ah! How do, Dick? Is your sister at home?" Little Dick—"Which sister? The homely one what's goin' to have all pa's money, because she's likely to be an old maid, or the pretty one what ain't goin' to have anything?"

Aunt Prue—"If you tell lies, Dicky, you will go to the bad place." Dicky—"Does everybody who tells lies?" Aunt Prue—"Yes, Dicky, they all go there."

Dicky—"Then I guess I ain't afraid much. It must be overworked now." Dr. Frederick Starr, professor of anthropology in the University of Chicago, is in Alton studying Pennsylvania Germans to find out what effect American environment has upon a distinctive foreign type.

Even gold papers say the present silver dollar is a 53-cent dollar. Then it is time to do something to increase its value.

When a goldbug says a silver man is a lunatic he is beaten in argument, helpless before facts and ready for the slaughter.

The Pennsylvania railroad has decided to build at the Altoona shops fifteen of the Mogul freight engines used in fast freight service.

Not Exactly a New Woman.

Mrs. Willison—Does your wife go in for politics? Mr. Fillison—You'd think so if you heard her talk to me on the money question.

Silver was treated as well as gold in this and other countries before the era of millionaires.

Business Notice.

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Hard of Hearing for 35 Years, Caused by Catarrh, and cured by Dr. Salm.

Rev. J. D. Leister, Swales, Pa. Replying to your inquiry, as to testimonial with my signature, published by Dr. Salm, will say, that I was under his treatment for 10 months for my hearing. It was catarrh of the middle ear, and like yourself, could hear better some days than others, could hear better in noise. My hearing was very much improved by the treatment, and I have no doubt, but that he can help you. Dr. Salm appears to be an honest man, and he will tell you the truth, whether he can help you or not. If I were you, I would certainly consult him. I was longer afflicted than you. My hearing was bad in one ear for about 35 years, and in the other for about 24 or 25 years. Hoping that your hearing will be entirely restored. Bedford Co., Bedford, Pa. Isaac Pierson.

Case of Catarrh Cured by Dr. Salm.

Rev. J. D. Leister, Swales, Pa. Yours came to hand to-day. Dr. Salm treated my 15 year old boy for catarrh in the head, and cured him in 6 or not, but on examination he will tell you the truth. I know a man here, that he examined, pent up bowels and general system very much. Many mothers have told me of its excellent effect upon their children." Dr. G. C. Osgood, Lowell, Mass.

For several years I have recommended "Castoria" and shall always continue to do so as it has invariably produced beneficial results.

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