

BREATHING IS A FAD.

Novel Health Idea Among New York's Fashionable Women.

The latest social fad in the metropolis is "deep breathing." It has followed in the wake of the bicycle, and, just as we hear of people being killed by undue indulgence in the latter, I dare say we will soon be reading accounts of those who exploded in the sweet, fresh dawn of day from inspiring too great quantities of ozone at one time.

Denial was of no avail, nor assertions that I was as robust as one of Titian's angels and walked like Weston every day. She proceeded to give me society's latest recipe. I was to rise at 4 a. m. every morning (like to see myself!), throw open my window wide and inhale immense breaths that would fill me from crown to toe for fully half an hour.

Normal Schools.

The State of Pennsylvania, which is always in advance of her sister States in all that tends to elevate mankind, was the first to see the necessity of establishing training schools for teachers who expected to work in the common schools. As early as 1835 public money was appropriated to the higher institutions of learning, in order that they might devote time to fitting a certain number of students for the school room, but the idea was not successful.

Since the first normal school was taken under the wing of the Commonwealth millions of dollars have been appropriated to their use and the use of those who enrolled as students, and the good results obtained have been well worth the expenditure. That they have been very successful is again evident from the fact that their graduates fill the best positions in the best schools not only of Pennsylvania, but all over the country.

A Word or Two

to those suffering from catarrh of the thousands subject to severe attacks of cold in the head, will not be amiss if a sure remedy can be offered. Ely's Cream Balm has become a favorite in all sections of the United States, because of its effectiveness. Your cold in the head will be quickly relieved by it, and the severest attack of catarrh will yield to, and be perfectly cured by a thorough treatment.

A 19th CENTURY MIRACLE.

A Newspaper Man Relates a Marvelous Story.

An Interesting Chapter in His Own Life—Some, We Hope, May Profit by Reading Same.

From the Herald, Columbia, Tenn.

Maury County is one of the richest and biggest and best counties in Tennessee. It would be an exaggeration to say that any one man knew every other man in this county, but it may safely be said that few, if any, can come nearer to it than Mr. Joe M. Foster, whose home is at Carter's Creek, and who is now connected with the Herald.

But, perhaps, it would be better to let Mr. Foster tell his own experience, and this is what he says: "Following the numbness of my feet and hands, that numbness spread until my whole body was paralyzed. I had a dreadful constriction around my body, and as I grew worse this extended up, cutting off my breathing; it finally got within a few inches of my throat and it was with difficulty that I breathed at all.

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externally, but all to no effect, until, about April 1st, 1893, a cousin, Mr. A. N. Alken, of Columbia (who is now clerk and Master of the Chancery Court of this county), recommended Dr. Williams' Pink Pills for Pale People.

"I began using them as per directions for locomotor ataxia, and in about one week some of my friends thought I was better; but it was two weeks before the improvement was plain to all and satisfactory to myself. Then, however, I knew the pills were doing their grand and glorious work, and I kept taking them until I could hobble about on crutches.

"To those who know me, I hope it is not necessary for me to add that I make this statement of my own free will, without money and without price. But if there are any who are inclined to doubt, I will refer them to Dr. J. H. Hill, J. M. Hunter, R. D. Lockridge, Joe Terrell, Anderson Nichols, S. B. and G. W. Nichols, all of Carter's Creek, Maury County, Tenn., or if they will call upon me I will give them the names of a hundred witnesses of as good men and women as the sun ever shone upon.

"I have recommended these pills to a number of people, and many I know have been cured by them. I wish in my heart that every person on earth who is suffering as I was could get them and would try them. "To those who know me, I hope it is not necessary for me to add that I make this statement of my own free will, without money and without price. But if there are any who are inclined to doubt, I will refer them to Dr. J. H. Hill, J. M. Hunter, R. D. Lockridge, Joe Terrell, Anderson Nichols, S. B. and G. W. Nichols, all of Carter's Creek, Maury County, Tenn., or if they will call upon me I will give them the names of a hundred witnesses of as good men and women as the sun ever shone upon.

B. F. SHARPLESS, Pres. N. U. FUNK, Sec. C. H. CAMPBELL, TREAS

BLOOMSBURG LAND IMPROVEMENT COMPANY. CAPITAL STOCK, \$30,000.

Plotted property is in the coming business centre of the town. It includes also part of the factory district, and has no equal in desirability for residence purposes. CHOICE LOTS are offered at values that will be doubled in a short time.

No such opportunity can be had elsewhere to make money. Lots secured on SMALL MONTHLY PAYMENTS. Maps of the town and of plotted property furnished on application.

Call upon or write to the Secretary, or J. S. Woods, Sales Agent, or any member of the Board of Directors.

BOARD OF DIRECTORS. B. F. SHARPLESS; J. L. DILLON. C. W. NEAL, A. G. BRIGGS, DR. I. W. WILLITS, DR. H. W. McREYNOLDS, N. U. FUNK.

IF YOU ARE IN NEED OF CARPET, MATTING, or OIL CLOTH, YOU WILL FIND A NICE LINE AT W. H. BROWER'S

2nd Door above Court House. A large lot of Window Curtains in stock.

A NEW INDIAN PROPHECY.

His Predictions Fulfilled, but He Created a Lot of Excitement.

The growth of sects and heresies under our tolerant rule in India is more frequent than is generally known, for Hinduism is elastic enough quickly to absorb them, and they are still more short-lived when their leaders have been Christians.

His first case was that of a baby, who was perfectly well; he breathed upon it, declared he had cured it, and his fame brought thousands of the simple demon-worshippers to his feet. Over every case of sickness he pronounced a charm, consisting of such headlines of an English primer as he had read in the Lutheran school at Chabasa.

He soon proclaimed the end of the world for a fixed day and hour; all were to be destroyed by fire and brimstone except those who found refuge with him. Money was therefore used, and the people were told to spend their all at once on clothes, with the result that the Hindu dealers could not supply the demand.

By that time there was the beginning of a rebellion such as, in Lord Dalhousie's time, caused the Santal war in the neighboring hills. As Birsa went to jail he prophesied his return in four days, and 7,000 men, whom he had ordered to arm themselves with axes, waited in vain.

To Save the Lagoon of Venice. A great engineering work of immense importance to the city of Venice has just been completed. Fifty-eight years ago, in order to prevent the damage caused by the occasional overflowing of the River Brenta, the Austrian Government, on the recommendation of the celebrated engineer, Paleocopa, carried out certain works by which the mouths of that river were carried into the Chioggia Lagoon, some distance south of their original outlet.

Force of Habit in a Soldier. After the war, a young man who had served through the great contest in a Western regiment, became insane and was confined in an asylum. Previous to this he had been much attached to the Governor of the State where he lived, but during his insanity he conceived a great dislike for his former friend, so much so that he declared his purpose of killing the Governor whenever he should meet him.

Uses of Sawdust. A growing industry in this city is the sawdust business. Forty years ago the lumber mills were glad to have sawdust carted away; twenty-five years ago it could be bought for fifty cents a load; now it brings \$3.50 a load. It is used in hotels, saloons, groceries and other business houses for the absorption of dirt when sweeping.

RESTORE LOST MANHOOD. Young and middle-aged men who suffer from errors of youth, loss of vitality, impotency, seminal weakness, gleet, strictures, weakness of body and mind, can be thoroughly and permanently cured by my new method of treatment. None other will do it. Immediate improvement. Consultation and book free. Add. DR. SMITH, Lock box 635, Phila. Pa.

HINDERCORNS. The only cure for Corns, Bunions, etc. Parker's Hair Balm. Cleanses and beautifies the hair. Promotes a luxuriant growth. Never Falls to Restore Gray Hair to its Youthful Color. Cures scalp itching, dandruff, etc. Sold by Druggists. If you are CONSUMPTIVE or have indigestion, Parker's Pills or Balm of any kind use PARKER'S GINGER TONIC. Many who were hopeless and discouraged have regained health by its use.



"It's a Good Thing. Push it Along."

BattleAx PLUG

Why buy a newspaper unless you can profit by the expense? For 5 cents you can get almost as much "BATTLE AX" as you can of other high grade brands for 10 cents. Here's news that will repay you for the cost of your newspaper to-day.

Mutual Reserve Fund Life Association.

Edward B. Harper, Founder. Frederick A. Burnham, President. FIFTEEN YEARS COMPLETED. ANNUAL MEETING AND REPORT. The Largest and Strongest Mutual Premium Life Insurance Companies in the World.

\$69,000,000 of New Business in 1895. \$308,666,000 of Business in Force. \$4,084,075 of Death Claims paid in 1895. \$25,000,000 of Death Claims paid since Business began.

1895 SHOWS—AN INCREASE IN GROSS ASSETS, AN INCREASE IN NET SURPLUS, AN INCREASE IN INCOME, AN INCREASE IN BUSINESS IN FORCE, OVER 105,800 MEMBERS INTERESTED.

The Annual Meeting of the Mutual Reserve Fund Life Association was held in the Association's Building, corner Broadway & Duane St., New York City, on Wednesday, January 22nd, and was attended by a large and representative gathering of policy holders who listened with keen interest to the masterly Annual Report of President Burnham.

Many policy holders evidently regarded this as a favorable opportunity to meet face to face the new chief executive officer of the Association, President Frederick A. Burnham, the man whose grasp of life insurance, whose keen executive ability and strong individuality have enabled him to take up the work laid down in death by the founder of the institution, the late Edward B. Harper, and make of the administration of his office of President, not an echo or copy of that of his predecessor, but a piece of finished work, characteristic of a man of independent views, and worthy to follow the work which had carried the Association to a position never attained in the same length of time by any life insurance organization in the world.

The record of the year 1895 speaks for itself, and shows the following gratifying results. The GROSS ASSETS have increased during the year from \$5,536,115.99 to \$5,661,707.82.

The NET SURPLUS over liabilities shows a NET GAIN for the year of \$306,329.43, and now amounts to \$3,582,509.32. The INCOME from all sources shows a gain for the year of \$631,541.97, and amounts to \$5,575,281.56.

DEATH CLAIMS to the amount of \$4,084,074.92 were paid during the year, an increase over the previous year of \$1,013,560.91.

The BUSINESS IN FORCE shows a gain for the year of \$15,293,265, and now amounts to \$308,659,371. Counting three hundred working days in the year the daily average income for 1895 is \$18,584.27; the daily average payments for death claims, \$13,652.25, and the daily average gain in business in force within a fraction of \$51,000.

E. D. LUDWIG, Supt., 53 Downing Block, ERIE, PA.

"Where Dirt Gathers Waste Rules." Great Saving Results from the Use of SAPOLIO