## VOTING FOR AT POSTMASTER.

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upon ench mallot will be writen or



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| Public opinion pretty generally re gards bicycling as healthful exercise, notwithstanding the published views |  |
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|  | cliced, as most decidedy the |
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| above the hips is bent forward; the vital organs, the stomach, lungs and |  |
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| heart are cramped, while the heart is stimulated to unnatural action by the |  |
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| rtion |  |
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| free and natural circulation which isone of the most Important conditions |  |
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| man should use such a means of loco.motion. It may do well enough for |  |
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|  | motion. It may do well enough foran emergency when speed is required, |
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|  | end prove a failure and give place tosome other fad of like character. |
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|  | That it will deform the rising ge |
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|  | inds one of a fig |
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| human form. here is |  |
| an upright gait and a free movement.It will promote healt and the perfe- |  |
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| erect position that women maintainwhile riding were observed by men |  |
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## Mired, Nerrous, Sleepless Men and, women - how gratefllly hey write about Hood's Sarsapa-  now in good health and "able to do myy own work," becuse Hod's Sarsaparilla has power to enrich and purify the blood and make the weak strong- this is experience of a host of people. Hood's Pills are the best family cathartic and liver medicine. Gentle

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her court-L-Lynechburg News.

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