THE LANCASTER DAILY INTELLIGENCER, SATURDAY, JULY 10, 1886.

THE ART OF SWIMMING.

HOW IT MAY BE ACQUIRED BY THOSE WHO KNOW IT NOT.

1. 5%

A Chat With a "Water Dog " and What it De veloped-Some Instructions on Diving. Admonitions on Holding the Breath. How to Prudently Save a Life.

"How I wish for a natatorium in Lancas ter," said a vivacious young lady to an 1x-TELLIDENCER scribe the other day. The mercury was away up in the nineties, the reporter had just returned from a fruitless chase of about two miles for a rumored acci dent that investigation proved to have never taken place, and he was cordially willing to agree with anybody who could in the slight est degree mitigate his woes. It was an afternoon that was fairly steaming in its intense heat, and one moment's I wing in the cool waters of a natatorium would have been worth days in the White Mountains.

But of what use to talk of a matatorium The town does not seem far enough advanced for it, and the unpoetic, and muddy waters of Conestoga creek with its long journey thereto began to suggest themselves to the weary and unwashed scribe.

By dint of long walking, great patience and many violent remarks he succeeded in reaching Ranck's meadow, where he con-cluded to rest for a time until his heated system recovered its equipolse. There was a young "water rat" disporting in the waters bear by, and to him our scribe addressed himself as to the condition of the water, and making these inquiries deemed so essentia ere the first dip is taken.

HOW TO LEARS TO SWIN.

Our " water rat" turned out to be a boy of no mean intelligence on things aquatic. The reporter asked him what was the best method of acquiring the natatorial art, to which he

I don't think it is possible to recommend any method of learning for general use. Some men can learn one way and some an-other. I don't believe in the use of cerks under the chin nor of cork jackets. A man is not swimming when he has them on, and the moment they are taken of the realizes the last that he was not swimming before and promptly goes under. Man is naturally buoyant. If you will be down gently in the water upor your back, throw out your chest and put your arms flat against your sides, allowing your head to be immersed all ex-cept your mouth and nose, you will find that you will float until your feet sink and bring your body to a perpendicular. That will re-quire some little time, for the body will sink very slowly. This shows that it needs very little to keep a man afloat. If when in that same position, you raise your, arms above your head, you will go under like a stone. The greatest fault of persons learning to swim is that they want to be too high out of the water. If they would be contented at first to have only their noses out so that they could breaths, they would get along much faster. But they want to get even their shoulders out, and only a good swimmer car do that.

you think that still water is better for learn the art in than swift water ?" was the next question fired at the young man.

"I think a shallow and swift stream is the tes place to learn to swim. That's where I learn ed. The shallowness gives the learner confi dence, and the swift current bears him along. He will quickly be able to swim two or three strokes, and will make so much headway with them that he will have faith in his ability to do more. I believe the best way for most people to learn to swim is to go into shallow water with a triend. Let that friend hold up the learner's chin while the latter strikes out. After a while the friend car support the learner with one finger, and the by little he can diminish the amour out till he renders no aid at all. upport course, that can only be done with a person who is not afraid to go under water. A person who is atraid of the water can't learn

THE ART OF DIVING

"Are good swimmers as a rule good divers ?" the scribe interjected.

"By no means," was the reply. "Diving is a special art, and some of the best of swim mers are the worst of divers. In diving, the feet should be kept close together and the legs straight until immersed. If you are going for the bottom, keep yourself perfectly straight until you reach it, and remember to reach it first with your hands. If you want to come right up again, bend forward at the waist and draw up your knees till your feet come down to the ground. Then rise up very quickly, throw up your arms and head, and spurn the ground vigorously with your feet, at the same time bringing the bands,

ONLY A PARAGRAPH. But the Reader Will Find What a Few Line

hand, paim downward, as far ahead of you as you can, and then drive it at arm's length downward and backward till it has passed the perpendicular. Then draw it up close to your side and send it forward for the next stroke. The other hand should be thrown forward just in front of your face. Lamerse the hand, paim backward, and arm to the elbow, and throw it vigorously back till the arm is extended at full length. Then raise it clear out of the water and bring it forward for the next stroke. The arms should alter-nate in movement; that is, while the under for the next stroke. The arms should alter-nate in movement; that is, while the under arm is going loward the upper should be going backward, and vice versa. The best way to use the feet in the stroke is a matter of opinion. I find I can get more power by drawing my heels up backward toward my thighs, and then, with the upper surface of the feet and the shins turned backward, kick-ing out hard."

the feet and the shins turned backward, kick-ing out hard." "You should, by all means, learn to swim on your back and to float. You can swim on your back, using your arms like cars and keeping your feet still, or drawing your feet up under you and kicking out, or using both. The advantage of using the legs or the arms alone is that you get a rest for the in-employed limbs. Some persons never learn to float, and I am inclined to think that it is introvible for some persons to do at the you to hoat, and I am inclined to think that it is impossible for some persons to do so. If you find your feet have a tendency to sink spread them wide apart and extend your arms for-ward along the water over your head. That will bring the centre of balance further forward and tend to keep your feet up. If your eet float easily and your head does not, pu your arms close to your sides and keep your test together. Most people who have diffi-culty in floating find the trouble with their feet. An occasional gentle paidle with them will keep them afloat if they show a tendeny to go down.

UNDRESSING UNDER WATER. "How about undressing under the water?" "It is the most difficult thing to do in the water, but every good swimmer can accomplish it with practice. First learn to swim, plish it with practice. First learn to swim, either on your back or on your breast, with one hand and one loot-the left foot and right hand or the right foot and left hand. Then put on an old suit of clothes and an old pur of shoes and jump into the water not over your head. As soon as you come to the sur-face strike out with one foot and one hand. With the unemployed hand take the shoe off the unemployed foot. You must keep them under water, of course. If you try to lift them in the air their unsupported weight will send them under. Repeat the operation with the other hand and foot. Always your with the other hand and foot. Always you shoes off first. You will find when they ge full of water that they will tug at you like wo pitliess demons trying to take you down. You will have to decide for yourself whether you will remove your shoes while swimming on your breast or on your back. Experience alone will show you which way is easiest for you. After you have your shoes off, swim on your back with your feet and get your coat and vest off. Your head may go under occasionally while you are periorming these operations, but don't mind that. Don't get flurried, but keep right on swimming When you have your shoes and coat and ves off you will be comparatively free. A good swimmer can keep afloat a long time with shirt and trousers on. Take off your cuffs and collar, of course. It is next to impossible to get your trousers off without drowning The best thing to do is to roll then ourself. up to your knees. You can do that while swimming with one hand and one foot swimming with one hand and one fool. Don't imagine that you are going to have an easy time doing all this. It takes patience, coolness and nerve to accomplish it, but when it is done you can swim a long time and make good headway."

SAVING LIFE. "Every swimmer should be ready to save ife. Just how to do it is the question. I

don't think any detailed rules can be laid

down, but there are two or three general

principles. The first of these is to keep out

t the way of the drowning man's arms.

of the way of the drowning man's arms. Don't let him get his grip on you, or the chances are that you will both drown. Get behind him if you can and he can't get hold of you. Take him by the back of the coat collar, or his neek and push him in front of you. A great swimmer once told me that if ever I had occasion to jump in for a drown-ing man and he managed to get hold of me.

ing man and he managed to get hold of me the best thing for me to do would be to start for the bottom as fast as I could. The drown-ing man always struggles toward the surface. If he finds that the man he has seized is go-

ing down he will let go of him. I can not answer for the truth of the statement, as I have never had occasion to test it. It cer-tainly sounds plausible. All I know, how-over, is this: It would require a man of con-

summate courage to start for the bottom with a drowning man clinging around his neck." And the reporter, filled to the brin with this interview hastened home at his earliest

opportunity to give the INTELLIGENCER readers the full benefit thereof.

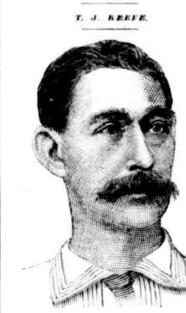


ON THE DIAMOND FIELD.

Well-Known Base Ball Figure in the Coun try-A Pitcher With a National Reputation-Fresh and Breezy Facts About Some Well-Known Players.

Since the inception of our national game vay back in the fifties—there never has been eater interest evinced therein than at pres ent. Of course, base ball was being played long before the time mentioned, but it wa in 1856 that Henry Chadwick, who may b called the tather of base ball, formulated the rules from which the present ones have been gradually evolved. One of the leading in the National League is the New Although they have never held the York. rork. Although they have always been among the leaders. In 1882, their first year with the League, they stood sixth, the poorest show-ing they have ever made. In 1884 they were tie with the Chicagos, and last year was a close second. During the present year they have sustained their high reputation, and are at third place. The manager of the club is Mr. James Mutrie. He is about thirty-one years of age and was born at Chelsen, a su-burb of Boston, Mass. It was in 1885 that he became connected with the New York club, having during the previous year won the pennant of the American Association with the Metropolitans. His contracts with the New Yorks holds good till 1889, and he will doubtless make every effort to gain the pen-

nant during his regime. Mr. Mutrie will be remembered by many Lancastrians. During the summer of 1884 he brought the Mets to this city to play the Ironsides a game. The Lancaster club claimed that the Mets were to play with them. A row almost resulted, but Mr. Mut-rie played the Ironsides. Suit was brought against him for \$100 damages by the Lancas-ter management, and arbitrators found for the plautills in that amount. That was as far as the case got.



Diamond Dots.

SAM JONES' WAY TO HEAVEN Few Characteristic Expressions of Opini By the Erratic Evangetist.

Rev. Sam P. Jones loctured at Chautauqua, N. Y., the other day in the Amphiteatre to an audience of six thousand persons. His subject was "How To Be Savel." Before commencing his lecture Mr. Jones

Before commencing his fecture Mr. Jones said: I have my way of doing things and my way of saying things. Some people like what I say, but not the way I say it. God bless you! That's the only thing in this world I've got a patent right on. I am not a candidate for public favor in any sense. I have been warned that I would injure my popularity if I didn't modify my speech. But if that's the case I will keep it up. I'm too popular now. They are working me to death, and keeping me away from my home and family. I want to say I'm no cowboy. God never made a purer woman than my mother, nor a nobler man than my father. Many people question my color, and write to sak if I am black or white. I always an-swer "colored." Yellow buff is my color. I've no apology to make for what I say, for I'm not seeking popularity. I am not a joker or a fraud. I love God and God's I'm not seeking popularity. I am not i loker or a fraud. I love God and God'

work. Coming to his text, in the course of his discourse, Mr. Jones made use of the following characteristic expressions : There is but one road of humanity in the

noral universe. Hell is at one end of the road and heaven is at the other. Now it's not what sort of a fellow you are, but which way are you headed. If your back is turned on sin you're going the road to heaven, and if it is turned against holiness

heaven, and if it is turned against holiness you're going to heil. Some of your people are Christians, Per-haps nine-tenths of you belong to church, but I've found that don't mean much. The meanest man I ever knew was a church member, and the best man I ever knew was a church member. Peter converted three thousand persons in an hour sat there are old creaking church

an hour, yet there are old croaking church members and dried up old ministers that don't believe it. I believe I've seen five nundred conversions in a single night, and I believe I will live to see fifty thousand people converted under my own humble minis-try in twolve months' time. If Peter saved three thousand souls in an hour why, in this enlightened nineteenth

century, cannot a nation be born in a day? It is time we threw away our little iron books and threw out seines into the river of the world and catch fish for God. To-day there are 10 children born to parents

America where one soul is born to Christ. We want to save souls and preach Christ I am a Methodist, but I am no more to

blame for being a Methodist than for being a

blame for being a Methodist than for being a Jones. Some of those Methodist preachers are talking about intant baptism, while all the grown people are going to hell. The Baptists cry for water, and the half of them are going where they cannot get a drop. In this nineteenth century it is time to stop black ind of fostionass and treach the dors. this kind of foolishness and preach the doc-trines of Christianity. It is time to tell the world through the churches that Christ died for sinners.

God help us to see the true way, and we all can be saved.

---OAR EXERCISE.

is Kowing Injurious to the Human Health and Muscles

From the London Lancet,

The annual contest between Oxford and Cambridge for aquatic supremacy proved this year to be one of unusual severity, and two, if not three men in both crews towards the end of the race showed evident symptoms of distress. This fact has led to some sensa tional statement being made to the effect that some of the men will never get over the con

sequences of their exertions, We believe, however, that such statements have no real foundation, and beyond the fact that the men were temporarily distressed, nothing like permanent mischiel is likely to result. Some years ago, before the conditions of training were thoroughly understood, such rumors were frequent after each great boat race, and even very prominent modical authorities set their faces steadfastly against

authorities set their faces steadfastly against boat racing as an exercise. But a close inquiry into the after history of the crews of the Oxford and Cambridge boats has proved conclusively that the mortality among the heroes of the annual race is cer-tainly not greater than among the average of university men generally. The names of Sir Balliol Brett, Bishops Wordsworth, Selwyn and Macdougall, Deau, Merivale, Hon G. Denman, J. B. Crocker and F. M. Arnold are well known as those of members of victorious crews more than forty years ago, who have survived up to quite a recent ago, who have survived up to quite a recent date-indeed, some are still living; and to those may be added names, less known to fame, who were still able to answer Adsum when the roll was called a few years since.

Sir George Burrows, who is still living, has old us he took a part in one of the earliest the college races on the Cam, quite fifty years ago; while Lord Penryhn, who has just died at the advanced age of eighty-six, was a member of a crew who in b21 performed the extraordinary leaf of rowing, with five others from Oxford to Westminister bridge within best that can be found. Mr. Keefe has been playing with the New York club for two years, and has done hereulean work for them in that time. In 1884 he pitched for the Metropolitan club, when that team won the 16 hours, a distance of 11s miles, with many locks to pass through, in one of the heavy whereles and with oars of the period, a performance far more severe than rowing a American Association pennant. With Mutrie he went over to the New Yorks in 1885. He was born at Cambridge, Mass. four mile race, for, with a beavy six-oared wherry, they had to keep up the pace continuously, except at the locks, for sixteen hours, at eight miles an hour; while with light outriggers, shifing seats and in-Cambridge being practically the same as Boston, so that we can say Keefe is a "Boston boy." He is perhaps the most scientific man in the box to-day, and although many phe-nomenal pitchers have appeared since his de-but he has always held his own for good, treate which were the is own of the best proved oars, the pace of the racing eight is little over twelve miles an hour for twenty minutes. A reason in favor of boat racing as an exercise is the fact that the progress

DRIFT.

THE attnouncement made some months age that the author of " But Yet a Woman " was about to give us another novel, set all the readers of the higher class of fiction into a flutter of glad expectancy. For Prof. Hardy is one of those writers from whom one al ways expects something far different and better than is produced in the ordinary course of novel-writing. One reason prob ably is that he is not a professional novelist writing by rule, so many pages a day, so many volumes a year, and so on ; but who writes only when he has something special to say. Another reason is, perhaps, to be found in the fact, not only that people are somewhat curious to see what a professor of nathematics can do in the field of fiction, but especially that they have been led to look for something new, unconventional, out of the ordinary run of novels by the striking freshness and novelty of "But Yet a Woman,

Is there was an element of unexpectedness and of piquant incongruity between the author's professional sphere and the whole plan, tone and manner of treatment in his irst novel, together with a certain kind of disappointment, this is still more striking in his second. For "The Wind of Destiny," so curiously awaited, is just out ; and I con fess I expected nothing like it. It is as different from "But Yet a Woman" as it is different from any other recent work of fic tion-in fact, an utterly unexpectable book. So much so that the critics seem to be at a loss to classify and define it. They don't know what it is !

ONE thing is certain, "The Wind of Des tiny" is not a novel. Judged as such, it violates every canon of criticism. Hence it has been loudly condemned in some quarters as a failure. It is a failure if intended for a novel. But no one has a right to say it was so intended. It has more of the charac teristics of a romance, though it lacks also some that are important to perfection in that style of fiction. For my part I regard it a style of fieldon. For my part i regard a si-baving more of the essential elements of a lofty poem, despite its prose form, than of either a novel or romance, with some didac-tic and highly dramatic qualities. For a novel its characters are too vague and indefinite, the superhuman element-the wind o destiny—is too prominent, and it defies too openly every rule of natural sequence and all restrictions of time and space. For a romance, again, it is too realistic in many respects, too plainly didactic, and has too evi-dent a philosophical purpose. No, I at least profer to accept it as essentially a poem, one dealing with the loftiest problems of life, and investing its profoundest truths with strangely attractive spiritual charm.

In is, first of all, a work for thoughtful peo

ple to study and enjoy. It domands thought to be fully appreciated and even understood. It may even mislead the unthinking reader to suppose that all human life is but a straw tossed nitics and thither by the wind of blind destiny; whereas it really teaches nothing of the kind. It does, however, teach the profounder real truth, and does it with an infinite depth of pathos and a marvellous beauty of expression, that while no man, in-woven as all are in an intricate web of pbysical, spiritual, hereditary influences and forces, can ever here below fulfill the truest and highest destiny of life ; while his outer circumstances, what he has and much o what he does are modified, if not determined, by these forces, yet his own true character, his real immortal self, what he is and ever shall be, these are fashioned and determined only by each one for himself. This is the deep truth running through the whole story. For the careless reader, however, I could with the story of the story of the story of the story. only by each one for himself. This is the deep truth running through the whole story. For the careless reader, however, I could wish that man's self-determining power had been more clearly and fully brought out. The attention is too much occupied with the mere force of the " wind of destiny," and so is liable to lose sight of the superior force of character which can tank, direct and use as a servent all other forces, as is proved by

schonberg's case, though perhaps not with sufficient clearness.

a servant all other forces, as is proved by

TitE most evident charm of the book, how ever, that must be felt by even the unthink ing reader, lies in its profound pathos, its highly finished, artistic style, and above all, its delicate, suggestive and beautifully poetic tone. It is full of a pure and lofty idealism. books that were probably companion vol-umes in those pious days of the Protector, viz : " The Shop of the Spiritual Apothe-cary," and "Six Pennyworth of Divine Its characters, incidents, descriptions are all invested with a certain elusive, imaginative quality that is most refreshing in these days of naked realism. No doubt on this very ac count it will bring down upon itself the entire hast of critics of the realistic school. In spite of them all, however, I shall be much

claims a young lady. " I wonderhow in the world the author ever thought of it !" Ye I cannot imagine a more appropriate one, as overyone will agree after having read the everyone will agree after having read the book. In fact, it doesn't belong into the category of "queer" littles at all, but into that of simply descriptive ones. It precisely expresses the motif of the whole story. And that is something which cannot always, not even usually, be said of book titles. Take, for example, such utterly unintelligible ones as Mr. Ruskin's "Fors Clavigors," "Sesame and Lilies," "Ethics of the Dust," or "A Treatise on Sheepfolds." This last, when it first appeared, led astray not only a multi-tude of librarians and indexers, who natur-ally put it under the heads of "Stock-rais-ing," "Agriculture," and so on in their cat-alogues, but also misled any number of far-mers who bough the book, thinking to get from it valuable information on the subject from it valuable information on the su from it valuable information on the subject of sheep and sheepfolds—all the while it was nothing but one of Ruskin's characteristic theological fulminations! The well-known " Diversions of Purley," it is said, was bought soon after its first publication by a rural book club under the impression that it was a book of games and parlor amusements. Similarly the "Essay on Irish Buils" Similarly the "Essay on Irish Bulls" found many purchasers among "stock-raisers; while Coleridge's "Ancient Mari-ner" had quite a considerable sale among seafaring men, who imagined it to be a work treating of ships and maritime matters among the ancients. Still worse than the disgopt of those stald old entomologists, who in the pursuit of their science bought Ouida's sensational novel entitled "Moths;" or those who in search of further information on the yeast-plant betook themselves to

on the yeast-plant betook themselves to Kingsley's novel "Yeast"

" To both authors and publishers this matter of titles is one of the most important and Quarryville at 5.43 p. m. often difficult considerations in connection with their books. We are told that Dickens never could write a story comfortably unti he had settled upon its title first of all. And this to him was no light matter; he spent almost as much time and thought over it as

over the rest of the book. Before he decided upon "The Tale of Two Cities" he proposed and carefully considered no less than twenty-one other names; while fourteen found wanting before he finally chose the one of "Hard Times." Not unfrequently one of "Hard Times." Not unfrequently the publisher decides upon the title of a book, as in the case of Scott's famous "Rob Roy," which title was given it by his pub-lisher, Constable, who also christened "Ken-ilworth," the name Scott had chosen being "Cumnor Hall." Constable is said to have been excessively proud of his achievement, and was overheard to say : "1 am almost the author of the Waverly Noveis !" George Eliot wrote the greater part of " The Mill on the loss " under the presale title of " Sister Maggie," until her publisher prevailed upon her to change it for the present better one.

EVEN this title, however, seems to have been misleading for some ; for it is said a bookseller in England on his catalogue had the following :

"- Mill, on Representative Government, Ditto, on the Floss." That old lady was more excusable for her mistake who called for "Dr. John Brown's Horrors of Society," meaning his delightful "Hora Subsective ?" for how could she know this was the Latin for Hours of Lei-sure ?



THAT there is nothing new under the sun ven in the modern taste for alliterative titles may be seen by looking over almost any catalogue of books two or three centuries old. Here, for instance, are a few that are worthy of Swinburne's talent for " similar sounds" A Delicate Diet for Daintie Drunkards' was published in the sixteenth century ; so was " Diet's Dry Dinner." But " The Stag gering State of Scots Statesmen, by Sir John Scot, of Scotstarvet," belongs to the seven-teenth. Others as old are "A Plante of "leasure and Grove of Graces ;" and this laborate one : " Seven Sobs of a Sorrowful Soul for Sin; or the Seven Penitential Psalms of the Princely Prophet David, whereunto are also annexed William Hum-uis's Handful of Honeysuckles, and Divers Godly and Pithy Ditties now newly aug-mented." We need not be told the dates of the following. They have the genuine Puri-tan twang about them and also the Puritan engthiness: "A Reaping Hook well tem-pered for the stubborn Ears of the coming Urop, or Biscuits baked in the Oven of Charity, carefully conserved for the Chickens of the Church, the Sparrows of the Spirit and the Sweet Swallows of Salvation." More humble as to length are the titles of two

SHAPPELIES OFICA LANGASTER AND MILLERSVILLS Carolenve Lancaster for Milerveille as the Date lawy Lancaster for Milerveille as the Carolenve Lancaster for Milerveille as the Set and Hall an and Hall and Son Rest and Hall

READING & COLUMBIA RATLROAD

On and after SUNDAY, MAY 2018, 1987. TRAINS LEAVE READING

For Columbia and Lancaster at 1.23 a. m., 25,00 noon and 6.10 p. m. For Quarryville at 7.23 a. m. and 6.10 p. m. For Chickles at 7.23 a. m. and 15.00 p. m. TRAINS LEAVE COLUMBIA

ending at 7.50 a. m., 12.35 and 8.40 p. m. ebanon at 12.35 and 8.40 p. m. TRAINS LEAVE QUAREYVILLE

TRAINS LEAVE QUARRYVILLE for Lancaster at 5.35 a.m. and 2.35 p.m. for Reading at 5.35 a.m. and 3.35 p.m. for Lebanon at 5.35 p.m. For Lebanon at 5.45 a.m. 12.40 and 3.46 p.m. for Lebanon at 5.40 a.m., 12.40 and 3.15 p.m. for Quarryville at 3.31 a.m., 5.00 and 8.30 p.m. LEAVE FRINCE STREET (Lancaster,) for Guarryville at 3.31 a.m., 5.00 and 5.30 p.m. for Quarryville at 3.31 a.m., 5.00 and 5.30 p.m. for Quarryville at 3.30 a.m., 12.50 and 5.30 p.m. for Lebanon at 6.47 a.m., 12.50 and 5.30 p.m. for Lebanon at 5.47 a.m., 12.50 and 5.30 p.m. for Lebanon at 5.47 a.m., 12.50 and 5.30 p.m. for Quarryville at 3.30 a.m., 12.50 and 5.30 p.m. for Quarryville at 7.30 a.m., 12.35 and 7.30 p.m. for Lancaster at 7.30 a.m.

SUNDAY THAINS

TRAINS LEAVE BEADING For Lancaster at 7.30 a. m. and 4.00 p. m. For Quarryville at 4.00 p. m. TBAINS LEAVE QUARRYVILLE

TRAINS LEAVE KING ST. (Lancaster,) For Reading and Lebanon at 8.08 a. m. and 8.55

for Quarryville at 550 p. m. TRAINS LEAVE PRINCE ST. (Lancaster

for Reading and Lebanon and 8.16

TRAINS LEAVE LEBANON. TRAINS LEAVE LEBANON. For Lancaster at 7:55 a. m. and 3:45 p. m. For Quarryville at 2:45 p. m. For connection at Columbia, Marietta June tion, Lancaster Junction, Manhoim, Reading and Lebanon, see time tables at all stations. A. M. Wilson, Superintendent.

DENNSYLVANIA RAILROAD SCHED. Trains Lawy La scastan and leave and arrive at Philadelphia as follows :

lows : Leave Philadolphia, Leave 4:00 a.m. 5:00 m. 4:00 a.m. 2:00 p.m. 4:00 p.m. 5:00 p.m. 4:00 p.m. 4:00 p.m. 5:00 p.m. WESTWARD. Pacific Expressi News Expressi Way Passengeri Mail train via Mt. Joyi No. 2 Mail Traini Nagara Express...... Ianover Accom......................... Fast Linet Frederick Accom. via Columbia
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 Durg at \$10 p. m. and arriyes at Lancaster at 936 p. m.
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 936 p. m.

burg at 2.0 p. m. and arrives at Lancaster at 2.20 p. m. The Marietta Accommodation leaves Colum bia at 640 a. m. and reaches Marietta at 655 Also, leaves Columbia at 11:45 a. m. and 2:45 p. m., reaching Marietta at 12:01 and 2:25. Leaves Marietta at 5:20 p. m. and arrives at Columbia at 2:0; also, leaves m. s. 3: and arrives at 8:50. The York Accommodation, issues Marietta at 7:10 and arrives at Lancaster at 8:50. Connecting at Lancaster with Fast Line, west, connecting at Lancaster with Fast Line, west, connecting m. will run through to Frederick. The Frederick Accommodation, east, leaves Columbia at 12:25 and reaches Lancaster at 12:25 p. m.

p. m. Hanover Accommodation, west, connecting at Lancaster with Niagura Express at 9:50 a. m., will run through to Hanover, daily, except Sun-

whil run through to Hanover, daily, ercept Sun-day. Fast Line, west, on Sunday, when flagged, will stop at Downingtown, Coatesville, Parkee-burg, Mt. Joy, Elizabethtown and Middletown, i The only trains which run daily. On Sunday the Mail train wost runs by way of Columbia. J. R. WOOD, General Passenger Agent. CHAS. E. PUGH General Manager.

PARKS. &C. DENRYN PARK.

Penryn Pork.

ON THE CORNWALL & MOUNT HOPE RAILROAD:

paims downward, vigorously down to the sides. If water of moderate depth—say six or seven feet—that will send you out almost to the watst. If the water is ten or twelve teet deep, instead of keeping the hands at the sides, bring them in front of you, and, keeping them close together, shoot them straight up above your head and bring down as be-fore. Three or tour such strokes will bring you up. Don't use your legs at all: it's a mis-take to do so, as they retard you. Keep them together and straight down."

HOLDING THE BREATH.

"But," said the reporter, "I should think that the art of diving would largely depend on the holding of the breath."

"That's where you are right," said the young man, "and there is a trick or two about The great mistake of the average swim mer is that he fills his lungs too full. You have no idea how hard it is to hold your breath with your lungsfull. And it becomes much harder when you are making any mus-cular exertion. Just try it on shore once. The lungs should be about half full, so that there is no strain upon them tending to inhalation and exhalation. To strike this happy medium is rather hard. When J. B. Johnston was at Long Branch, training for his four-mile ocean match with Andy Trantz, he could stay under water three minutes. Of course that is unusual. The average swimmer can not stay under more than half a minute at his best. I have known average swimmers to double that by adopting Johnston's method. He simply stood straight up and drew two or three long, full breaths, blowing the air clear out after each, and then at the third or fourth, drawing in just about enough to half fill his lungs. Then be plunged. He thus emptied all the vitiated air from his lungs, and tilled them to just a comfortable point with clean fresh air. If you will practice at that until you can strike the right amount of air for your lungs you will find your power of stay ing under water much increased."

REEPING THE EVES OPEN.

2

"Then there is another thing about swim ming under the water. Learn to keep your eyes open. It is not only absurd but danerous, for a man to swim under water with his eyes shut. He can't tell where he is going. He may swim under a boat. If his eyes are open he will perceive the shadow of something above him at once. He may swim plump against a stone or sunken stake. If his eyes are open he will see it. Shut the eyes when you dive, of course. Don't strike the water with them open, but open them the moment you are under. Practice hunt-be for things or the state. ing for things on the bottom. Throw in a white stone or a clam shell and thon go down and find it. Don't stay under water till the last moment you can hold your breath, either. Allow yourself a moment or two to reach the Allow yourself a moment of two to reach the surface. By using good judgment you can always have time enough to accomplish something without exhausting yourself." "What is the proper position of the body in swinoming ""

in swimming "" "In order to get a good pull on the water, you must be able to use your arms at their full length, and must move them from the shoulder. The common error of swimmers in using the ordinary breast stroke is that they cut the stroke short just at the point where its greatest power is developed—that where its greatest power is developed—that is when the arms are at right angles with the body. The hands, with the backs up, should be shot out as far forward as possible. Then turn the paims backward, thumbs down, keep the fingers together, and the whole hand flat like the blade of an oar, and sweep it backward until the hands are almost against your thighs. Then turn the backs of the hands up, bring them close under the breast and send them forward again. That's the way to get all your arm power into the breast stroke. The legs should be drawn up under the body and driven backward and outward. The old advice to imitate a frog in the kick is The old advice to imitate a frog in the kick is good. As I said before don't try to hold your head up too high. You waste power in keeping it up."

THE SIDE STROKE.

"The old-fashioned overhand stroke is played out. The best stroke for speed is the dde stroke. Turn on your side-you must decide for yourself which side suits you best, though you should learn to swim on either side. Put your head straight out in front, just keeping your nose out of water. If you are on your left side, stretch your left

from the New York Herald,

true enough. They were true yesterday when the news came that is told in these few lines :

ern railroad ran over a horse near Amawalk The engine rolled down an embankment and the engineer was fatally injured, dying some hours later. The fireman was seriously, but not dangerously, scalded.

mapor reader generally gets of that sort o hing. He is satisfied. He ought to be. He gets all the news.

ontained in what you read.

and the Mahopac Falls mines. There were in the train an engine and four cars. The engineer, Andrew Miller, and the irreman John McLaughlin, were on the engine. In the rear part of the train were a conductor and three train hands. Their names are not essential to the story, for they were not hurt.

at arm's length grasping the ball securely. Pete Browning is reported to be in a sad condition. It is said that he is mentally and physically incapable of playing ball His physician says that the ravages of disease hurt. It was foggy. If it had not been the en-gineer would have been driving through as fast as possible. He had fifty miles to go on his run. He had started at about two o'clock. He could get to bed early in the morning He could get to bed early in the morning if he should go through on time. He had a wife and seven children—soon to be eight— at home awaiting his return. He was only thirty-three years old. He had had his place five years. He knew he was doing well. He had joined the Brotherhood of Engineers and taken their insurance—\$3,000 —only last Saturday. Home and the thoughts of those that were there filled his mind. He would be home early only for the

mind. He would be home early only for the

Fog means two dangers. First, you strike something too slowly. Second, you may strike it too swittly. The cautious man goes slowly. Miller went slowly. There were two horses on the track. Fai

mer Pardy, driving his stock to the west-ward, had left his bars down on the east side, and two horses had got on the road. It was a mile north of Amawalk. Creepin

them. He reversed the lever, but it was too late.

late. One horse escaped. The other was struck. It fell below the pilot. It was run over, Its carcass was dragged along 100 feet. The en-gine staggered along like a drunken man for 150 feet and then fell over. It was only four feet down from the track to the marsh on the side, but that was enough.

four feet down from the track to the marsh on the side, but that was enough. Miller shouted. John McLaughlin, the fireman, does not know whether he shouted "Jump !" or " but' jump !" The engine fell, it was smashed. Under it in the mud lay Miller. Both legs were smashed. The stee, pipe to the cab broke and the steam poure, on him, scalding him quickly to death.

and the steam pource on him, scalding him quickly to death. McLaughlin does not know what happened to him. When he became sensible he was 1,000 feet away, shriekling like a maniac. He was cared for and taken home. Miller lay under the wreck nearly half an hour. His mates, the conductor and train hands, came and built up a rampart between him and the escaping steam of their clothes and meadow grass. Then they dug him out. It took over half an hour. Then he was taken to a house near by. aken to a house near by. He wanted to see his wife, but he died be-fore she came, and to night and for many a

day there will be mourning in his home. DARK is the glass through which we see each

We may not judge a brother We see only the rude and outer strife ; God knows the inner life.

Where we our voice in condemnation raise, God may see fit to praise ; And those from whom, like Pharisees, shrink,

With Christ may cat and drink."

Although there is much difference o opinion regarding the abilities of the various " Only worth a paragraph." pitchers, it is universally conceded that T. J. Keefe, of the New York club, is one of the

The words are often heard in a newspaper office when some story comes in. They are

At three o'clock yesterday morning freight train on the New York City & North

The news is all there. That is all the news steady, reliable work. He is one of the bes salaried men in the club.

But ! "See what a paragraph means, and then read the newspaper from day to day, with an appreciation of the history of humanity

Times says of him : At three o'clock yesterday morning a freight train was coming toward New York city with a load of ore from the Tilly Foster "Eddie Glenn may not be as big and strong and dashing as many other left-fielders, but he takes a back seat for none in the Association. Clark yesterday sent a ball into his precinet, which the little chap made

a run and jump for and then tumbled and rolled upon the ground, and the only dis-tinct thing to be seen was his hand held up

ave so affected him that when he runs for hit ball he is liable to be selzed with dizzi-ness or vertigo, and quite as likely to fail down as to stand up. He can not hit the ball on account of his failing sight, and it is stated that he is in an almost pitiably imbecile cor ditton, Henshaw, the Harvard catcher, weighs more than 200 pounds, and is called "The Cherub," He is a heavy batter and a fine

backstop. The Athletic managers say that there wil se a general revision of the entire tean

when the club returns from its presen Meticachy, who has been playing left field for the Detroits for some time, was released

yesterday. He will probably not be in the market long. Sylvester, the big and hard hitting centre fielder of the Augustas, has been bought by Louisville, and will fill Browning's place for awhile while

through the fog at twelve miles an hour it was yet impossible to avoid those horses. He could not see them till he was right upon never be mayor of Baltimore if he does not improve.

Lynch and Conway, two of the finest players in the Atlanta club, never drink a drop,

From the Detroit Free Press.

county was out in the woods one day and los

him. "There was a letter for you Bill, but I've

bound to do it. As a private entries I have no hard feelings agin you; as postmaster I lost a letter writ to you by your sister in York state; as a representative of this great and awful government, I want to say to you that if I hear two more words of sass from your throat I'll suppress the insurrection by hanging you to the nearest tree, so help me God, sir "

as an exercise is the fact that the progress from ordinary to severe exertion is made very gradually. The tyro who first com-mences to row has to learn first to manage his oar; as soon as his muscles get accus-tomed to the weight he is taught to bring his whole muscular system into action to propel the boat; but this has to be done gradually, otherwise he will aconire awkard habits. Ed. Glenn, the well known fielder, has be ome a great favorito in Pittsburg. The otherwise he will acquire awkard habits. As soon as he has learned to row he begins to cultivate pace, but this has to be practiced cautiously, since it allowed to "blow" him-self, he will soon row out of form ; and it is only by degrees that the bursts are length-ened as the "wind " improves. Next, after considerable preparation, come the "trial " races, in which the men's physical and staying powers are closely watched; and then come the final selection into the crack crew. The result is that an unsound man is usually found out long before the severe trial come. while, for sound constitutions, a course o systematic and careful training tends to im-prove the physical and vital powers, and fits

men to undergo the strephous exertions of a boat race without injury.

Ungallant.

"How old would you take me to be, Mr

From Tidbits.

Snooks ?" she lisped, looking unutterable things at him. "I dunno," he replied, twisting nervously about in his chair. "I'm aw fully old, I assure you. I've seen twenty-three summers!" "Then you ough to wear glasses," he replied, earnestly. "Why, Mr. Snooks! glasses at twenty-three" "Yes; your eyesight must be bad." "I'm sure I don't know why you should think so," she pouted. "Because I'm afraid about twenty ummers have gone by you that you haven seen.

DISCONTENT.

" Dear Bobin," said the and young flower,

"Perhaps you'd not mind trying To find a nice white frill for me.

Some day when you are flying." " You stilly thing " the robin said, "I think you must be crazy ! I'd rather be my own true self

Than any made-up daisy.

The little children love you,

And think no flower above you

With one too many datates.

" Look boldly up into the sky

" The swallows leave me out of sight

Down in a field, one day in June, The flowers all bloomed together, Save one who tried to hide itself, And drooped, that pleasant weather.

A robin who had soared too high,

Who wished she were a daisy.

The datates grow so trig and tall ;

And felt a little lazy, Was resting near a buttercup

Suppressing an Insurrection.

The Philadelphia News thinks Kilroy will

In the early days of Michigan, when many of the postoffices were carried in the hats of the postmasters, a postmaster in Livingstor

She always had a passion For wearing frills about her throat In just the datay fashion. several letters from the hat. A day or two after that a pioneer named Bailey came to his house and inquired if there was any mail for And buttercups must always be

The same old tiresome color, While datales bloom in gold and white lost it," was the reply. "When ?" (Although the gold is duller).

"Tother day in the woods." "Weil, I want that letter !"

"But ye can't git it. I'm sorry I lost it, but that's all I can do." "Then I'll have you removed from office!"

office !" "Look a-here, Bill Bailey," said the offi-cial as he began to skin off his coat, "I was appointed to hold this postoffice, and I'm bound to do it. As a private citizen I have no hard feathers as in which the second

" You're nicer in your own true gown, Be the best buttercup you can, We'd better keep our places ; Perhaps the world would all go wrong

Mr. Balley was, however, permitted to make a hunt in the woods for his letter, and-he found it and the insurrection was sup

And be content with knowing That God wished for a butteren Just here where you are growing.

isappointed if this anomalous yet delightfu and exquisite book does not become one of the most widely read and justly popular works of fiction produced for some years past. If it does not, it will not be because it doesn't deserve it anyhow.

HERE are a few passages which by some ritics I know will be counted faults in the book, but which I reckon among its greates charms :

"What is more presumptions than to write the history of a man? Trace the red and the black drops to the veins of his ancestors, set his portrait over against the title page, strand him in a universe of self-seek-ers, catalogue his tastes, describe his habits, heard up the meagre incidents—after all the man escapes you, hid within that zone of in-finite repulsion which surrounds the soul as it does the atom."

" THERE is no child who is not wiser than you. All the long forgotten first lessons are on his tongue. He will disconcert you over the Pythagorean proposition, though you have since mastered the Pythagorean philosophy. Of second, third, last impressions he knows nothing : he will give you the first. And woe to him whose ear has grown too tired to hear, whose life has no blessed sec-ond childhood, which is the home-coming through reason and experience to what wa once his by instinct. For life's middle belt of sand is bounded by gardens, and he who traverses safely the zone of doubt and pain finds beyond the self-same fountains of hope

and taith at which he once ignorantly

drank." "HERE, too, was the river-the open magnanimous river-where the sun searched at noon and the stars hid at night ; that had hollowed with such labor its track through the flint of the hills and the tangle of forest "For severe toothache and Neuralgia of the head I used *Thomas' Eclectric Od.* This is cer-tainly the best thing I ever knew for relief of pain of any kind. The house is never without u," Mrs. A. M. Frank, 17 W. Tupper St. Buffalo, N. Y. For sale by H. B. Coebran, druggist, 137 and 139 North Queen street, Lancaster. barring the way ; hurrying, hurrying, impapatient of restraint, angry with bounds, all to rest at last, full of stars and clouds, like a soul full of thoughts and dreams, at the end soui full of thoughts and dreams, at the end of its course near the sea. And here were the soaring shafts of the trees that had pushed with such toil through the cover of mould and tangle of grasses barring the way —climbing, climbing fast, like a soul that spures its clay, all to rest at last where the vision is wide and free, full of murmuring sounds and sight; like a soul at the end of its disht, full of wonder and mystery." Wasa miraculous operation. No one thinks of mising the dead these times, though some des-perately close to death's door have been com-pletely restored by "Bardoek Blood Bitters" to genuine and lasting health. For sale by H. B. Coehran, druggist, 137 and 159 North Queen street, Lancaster. its flight, tull of wonder and mystery."

"SUBELY the way to the heart does not lie through the senses, and what matters it if the way to the senses lies through the heart $\gamma^{\rm er}$ A vering haby is something to be avoided. Babies with colds, babies with eroup, babies with scalds, burns, bites, aches, sprains, or pains are bound to be-come noisy tenants of the household. "Dr. Thomas' Eclectric Oli" will cure all these com-plaints. For sale by H. B. Cochran, druggist, 137 and 139 North Queen street, Lancaster.

"OUT of the willows, like a bird, the breeze sallied, like a bird's wing swept over the grass, hovered an instant above the hicket and vanished again. Beyond the river glittered with stars ; not a sound to be tray its flow. Near the shore were black patches of leaves where the water lilles gazed out wonderingly upon the earth flow ers, upon the sombre trees stretching in in-terminable lines along the banks, between whose walls, as in a chasm, flowed that other river, on whose bosom floated also innumerable biossoms and over whose surface, here and there, a stray cloud spread like a night bird its black wings. "O Nature, whom we invest with our own

divinity, from whose dumb lips issues our own song, what were thy mysterious night but for the soundless mystery of love? What were the breath of tay night wind, setting free a sea of perfumes, but for love breathing on the human heart? What thy lilies on thy sky, but for the soul's hopes and longings struggling upward unsatisfied till they also see the heaven-fields and the un-quenchable stars ?"'

Aw 1 not right in calling the author of The Wind of Destiny " a poet before anything else, and a philosopher next ? 1 could quote passages like the above enough to fill this whole paper, and each one profounder, more exquisitely beautiful than the other. Show me another recent work of fiction, if you can, on whose pages glitter gens of a purer instre, a more perfect beauty, and in earth local like the same wealth of profusion anything like the same wealth of profusion.

"HASN'T it a queer title though ?" ex-

o Blow off the Dust Cast Upon John Fry ; High-heeled Shoes for Dwarfs in Holiness; Hooks and Eyes for Bellevers' Breeches, and a multitude more of the same kind. To find more modern specimens, some of them fully as quaint and curious, you need only look through some of Zahm's catalogues. If those old books were half as interesting as To Churches, Lodges, Societies and other ac-lect organizations contemplating excursions during the SEASON OF 18%, the company begs to announce that every facility has been per-fected for enabling the public to reach this fa-vorite resort, and no effort has been spared to make PENKYN PARK more attractive than ever before. For the free use of excursionists are provided their titles now are, they must have been en tertaining reading. However, I am quite content with the titles. UNCAS.

----A Pitiful Signt.

cary," and "Six Pennyworth of Divine Spirit," Still others are "A Pair of Bellows

A Philful Signt. What sadder sight can be imagined than that of a noble man, whom the world can ill-afford to spare, stricken down in the prime of a youthful life by consumption. Thousands are yearly filling consumptives' graves who might be saved by the timely use of Dr. Pierce's " Goden Medical Discovery," which is a positive cure ion consumption in its early stages. It is the besi alterative and pectoni in the world. All drug gists. W,S&w BOATS ON THE LAKE, CROQUET, LAWN TENNIS AND BASE BALL GROUNDS, TABLES, BENCHES, SWINGS, DANCING PAVILION, BAND STAND, LARGE SHELTER HOUSE, KITCHEN,

BASKET AND CLOAK ROOMS, AND

BASKET AND CLOAK ROOMS, AND OBSERVATORY ON TOP OF SOUTH MOUN-TAIN. There is also a REFRESHMENT AND DIN-ING ROOM in charge of a competent cateror, where meals can be procured at moderate rates besides Photograph Gallery, News Stand and Telegraph Office.

The Praise of Sozodont. Like the famous article itself, is in almost everybody's mouth. The people know that is preserves as well as beautifies the teeth. Hence

Ar No Intexicating Liquors Allowed on the Grounds.

Arrangements for Excursions from all points

MT. GRETNA PARK,

-FOR-

Arrangements for Excutsions from all points can be made by applying to CARL VON SCHMALENSEE. Supt. Cornwall & Mt. Hope R. R., Lebanon, Pa. Or C. G. HANCOCK, Gen. Pass. Agt. Phil. & Reading R. R., No. 227 South Fourth St., Phila. may13 3md

MT. GRETNA PARK.

SPECIAL NOTICES. " Grunt It Out,"

1 is the standard Tooth Wash of the Period.

Baby is teething. Hardly know it-using DR HAND's Teething Lotion. Price, 25 cents, Thousands of babies are wasted and haggard

from diarrhese. DR. HAND'S Diarrhesa Mixture

cures without drying the bowels. Price, 25 cents. jyl-imd&w

The above is an old saw as savage as it is scnaders. You can't "grant out." dyspepsia, nor liver compliant, nor nervousnoss if they once get a good hold. They don't remove them solves in that way. The taking a few doses of "Burdock Elood fitters is better than "grant-ing it out." What we can cure let's not endure. For sale by H. B. Cochran, druggist, 137 and 139 North Queen street, L ancaster. EXCURSIONS & PICNICS

You Can Depend On It.

The Resurrection of Lazarus

A Yelling Baby

A Pleasant Acknowledgment. "Had sour stomach and miserable appetite for months, and grew thin every day. I used Bur-dock Blood Bitters with the most marvelous re-sults; feel splendid." Mrs. Joseph Johnson, Pittsburg, Pa. For sale by H. R. Cochran, drug-gist, 147 and 129 North Queen street, Lancaster.

Humbugs! Imposters ! Thieves!

The above are terms applied to the unreliable and dishonest. Dr. Thomas' Eclectric Oil for diphtheria, catarrb, asthum, rheumatism, and all aches, sprains, and pains is not a thing of de-ception but a piensaat and honest remedy. It is honestly put up, honestly sold, and does what is claimed torit. For sale by II. B. Cochran, drug-gist, 137 and 129 North Queen street, Lancaster.

Bucklen's Arnica Salve.

Buckten's Arnica Salve. The Best Salve in the world for Cuts, Bruises, Sores, Ulcors, Salt Rheum, Fever Sores, Tetter, Chapped Hands, Chilblains, Corns, and all Skin Fruptions, and positively cures Piles, or no pay required. It is guaranteed to give perfect satis-faction, or money rotanded. Price 5 conts per box. For sale by H. B. Coenran, Druggist, 17 and 120 North Queen street, Lancaster, Pa.

BROWN'S HOUSEHOLD PANACEA.

BROWN'S HOUSEHOLD PANACEA. Is the most effective Patu Destroyer in the world, Will most surely quicken the blood whether taken internally on applied externally, and thereby more certainly RELIEVE PAIN, whether chronic or acule, than any other pain alleviator, and it is warranted double the strength of any similar preparation. It cares pain in the Side, Back or Bowels, Sore Throat, Kheumatism, Toothache and ALL ACHES, and ta The Great Reliever of Pain. "BROWN'S HOUSEHOLD PANACEA" should be in every family. A tesspoonful of the Panacea

be in every family. A teaspoonful of the Panaces in a tumbler of het water isweetened, if pro-ferred, j taken at codtine, will BEEAE UPA COLD, 25 cents a bottle, will lock W AS

mal-lydM, W, ASW

This park is located in the heart of the South Mountain on the Line of the Cornwall & Lebanon Railroad,

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Balbriggan and Gauze Undershirts.

-THE BEST-

White Shirts

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-41-

ERISMAN'S,

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