ng Conflicting Opinions on the bulgest -- How and Whon Hot Water Stould to Dood-"The Hair of the Day

A "constant reader" writes that he is in a fog as to the effects of hot water in the treatment of dyspepsia. He has seen it advocated in these columns and condenined by an esteemed contemporary, who maintains that hot water brings on the disease for which it was recommended. He now writes to know which state ment is correct. Hot water, hot tea or coffee, in fact, hot food, whether liquid or solid, if used persistently, will in time drritate the stomach and so impair its power to digest. Practically, it will bring on dyspepsia.

Now as to the efficacy of hot water in the treatment of that disease. As a rem edy it doubtless appears of the "hair of the dog" sort. It must be remembered a healthy stomach and one in disease. In health, nothing ought to be habitually put into that organ which is much more than "blood warm." But in disease the dition of things to very different. What is known as dyspepsia springs from variable conditions, too many, in fact, to discuss here. But in nearly all of them the stomach is less active than it ought to be, or it works to a disadvantage, and

Hot water acts in several ways. When taken into the stomach it not only stimu-lates it and quickens its action, but it tends—as do all hot applications—to allay irritation. Beside that, it acts mechanically, and washes out that organ, hurrying its contents down into the in testine, when without it the same would be retained longer than there is any need of. Let a person who four or five hours after a hearty meal still feels uncomfortable sip a cup of very hot water, and it will bring him great relief, stimulating the stomach and washing out of it much of its contents which would have been sent on into the intestines had not that organ been fatigued by overwork.

Now, in what passes under the head of dyspepsia there is often a catarrhal trouble of the stomach, and the same sort of affection, also, frequently exists in the intestine. The lining is more or less irritated, and, in consequence of it, not only is the secretion of mucus greater than in health, but the same is changed in character, is thicker, more adhesive. etc. While the stomach is empty this mucus pours out of its walis and glues them over, as it were' With such a deposit upon them, let food be taken into it and soon the same is coated with mucus, and so rendered less susceptible to the digestive fluids. Not only that, but the mucus in question, while on the walls keeps back to a certain extent the castric juice, and prevents its free entrance into the stomach. For such a condition of things as this bot water is the simplest, most grateful and effective remedy A PHYSICIAN'S TESTIMONY.

But by hot water is not, by any means, meant water "scalding hot." hot may injure the lining of the stomach and cause other ill effects. Hot water to be taken internally as a medicine should be at a temperature of from 110 to 120 degs., or about as hot as the coffee one indulges in after dinner. It should be taken before meals-from one-half to an hour and a half-and be slowly sipped. If one is even fifteen or twenty minutes in drinking a glassful all the better. There are some precautions to be used in taking hot water.

A person who is liable to hemorrhages should only take it "blood warm." One with heart trouble-who has a weak heart—must sip it more slowly than others need to do, occupying the longest time advised. While this remedy is one of the simplest and most effective in suitable cases, it must not be forgotten that its indiscriminate use is strongly discouraged. Before applying it habitu ally, the safe way is to consult a physician, as in some instances where it would seem advisable to take it, it might be contra-indicated. To settle this question regarding the value of hot water and the possible dangers of using it, the following testimony of a physician is offered:

"We often hear it said that the free and prolonged use of hot water tends to injure the system. Some say that it is weakening, that it weakens the nerves of the stomach, that it causes anæmia of the stomach, that it interferes with digestion, that it tends to produce a flushed face and cerebral hyperæmia, that it de bilitates the alimentary tract, and that it causes a host more of most direful evils. As a rule, all these objections are theoretical, and come from those who never used it intelligently and systematically, and hence are ignorant of the facts. In reply to such objections, all I can say is that I have used hot water daily for six years without the slightest perceptible injury, and have seen only uniformly good results in persons for whom I have prescribed its daily and long continued use."-Boston Herald.

Stormy Parts of the Ocean. The most violent hurricanes originate in the tropical latitudes; in the Atlantic ocean, to the north or east of the West Indian Islands; and in the Pacific, in the China seas, and the neighborhood of the Philippine Islands. As the West Indian cyclones follow the course of the gulf stream, so the typhoons of the Pacific follow the course of the great oceanic current which passes round the East Indian archipelago, the shores of China and the Japanese Islands. A more continuously rough and stormy part of the ocean does not, perhaps, exist than that in the neighborhood of the Shetland Isles at the north of Scotland, where the German and Atlantic oceans meet, and where the currents are both rapid and dangerous. The most variable weather is, however, experienced off Honolulu, Sandwich Islands. - New York Telegram.

In a Hurry to "Wash Up." There are few things that destroy the pleasure of witnessing a dramatic representation more than the hasty moving of the characters from their positions before the curtain has quite reached the floor, at the end of an act. You see a villain shot down and killed instanter. You see him make one convulsive move ment and then straighten out, a very dead corpse. You think to yourself: "Well, thank heaven, he is done for." There are perhaps a few words from the leading man, who, with his smoking pis-tol in his hand, takes the heroine to his bosom. Then the curtain falls to slow music. The bottom of the curtain is perhaps two feet from the stage, when the corpse begins to pull itself together, preparatory to rising. Now, how can you believe that the villain is disposed of, and that he will not exercise a disturbing influence upon the fortunes of the hero and heroine in future, when you know that he was only pretending to be dead? It is not only corpses that offend in this way. Live people, when they have grouped themselves in an effective tableau, should not allow the audience to

wait for the complete full of the certain largaret Mather is one of the worst flunders in this respect that I have ever ten.—Pittsburg Bulletin.

Not long ago I corrected a blundering statement which had gone the round of the press about a robbery of Raphael's "Entombinent" from the Church of San Pietro, in Perugia, the fact being that the picture was painted for another church, from which it was removed in 1797 by the French, who ultimately sent it to the Vatican. It may interest some of my readers to know, further, that the picture stolen from the Church of San Picture, at Perugia, was a reduced, though The Picture Stoles is Pe ure stolen from the Church of San Pie-tro, at Perugia, was a reduced, though extremely beautiful, copy of the aame "Entombment" by Sassoferrato. The theft took place in 1873, and the picture remained concealed in a private house in Florence until a few months ago, when it was given up owing to the interven-tion of the government.—London Truth.

THE EIEEE TOWER

How the Tallest Artificial Structure on

the Earth Looks. The monstrous tower designed by Engineer Eiffel for the Paris exposition has three stories or divisions. The first story is sixty meters high (a meter is equal thirty-nine inches) and rests on the arches which join the four foundation columns that carry upon them the entire weight of the huge tower.

The tower has four distinct section Each wing is provided with a refresh-ment calcon that may be reached by means of winding staircases under the foundation piers. Notwithstanding the center of the space has been set apart for the elevator, there still remain 4,200 square meters of floor room for the accommodation of visitors who may desire to promenade and enjoy a view of the city from that height.

The apartments are very roomy, and precautions have been taken to insure the visitors against all possibility of acci-

An iron railing, about four feet high, with an arched roof to exclude the intense rays of the sun, surrounds the ex-treme edge of the platform, as it may be called, which has been reserved as a promenade for those who desire to walk about. The requirements for the comfort of the inner man, too, have not been forgotten. Kitchens, storerooms, ice chests and the like have been fitted up in the most handy manner imaginable. Each one of the four cafes is provided with a cellar capable of storing 200 tuns

Everything about the structure is absolutely fireproof, for iron is the only material that has been used in its construction. Two thousand persons per hour can ascend and descend the staircases leading to the platform, and 4,000 can find seats to rest upon in the cafes at one time.

The second story, which is sixty meters above the first one, is also reached by four staircases built inside of the supporting columns which make a sharp inward curve, leaving but 1,400 square meters of surface for the platform and promenade. Here, too, in the commodious and handsomely decorated cafe the thirsty and tired sightseer may find something more potent than Seine water o recuperate his strength.

This story is ninety-one meters above the tip of the Notre Dame steeple, and higher than the tower of the palace of the Trocadero, on the other side of the river, and, as may easily be imagined, the view of the surrounding country to be had from such an altitude is almost indescribable. From here on the columns of the tower fall in toward each other until they ascend a distance of 275 meters above the ground, where the third and last story is situated.

Only one staircase leads to the third story, which is for the exclusive use of the persons employed in the tower, and vators, two in number, to reach that point. The platform is eighteen meters square, still large enough to erect thereon a comfortably sized dwelling. The view here is simply superb. The story is equipped with reflecting mirrors and a large supply of field glasses for those who wish to use them. It has been estimated that the ordinary eye can discern objects seventy miles away.

The tower terminates in what is known as the lantern, twenty-five meters above the third section, but this place has been set aside for the use of the scientists for making observations.—Vossiche Zeitung.

What a Boy Did.

A few days ago a horse attached to an express wagon went racing past the Grand Pacific. The animal had evidently been feeding and became frightened, for he had no bit in his mouth and his bridle hung on his neck. As the runaway rushed furiously across Clark street and west on Jackson a young lad umped forward, caught the tailboard of the wagon and climbed in. He had no sooner got there than the vehicle struck a cab and careened sufficiently to throw the boy out. He picked himself up quickly and climbed back once more into the wagon. While the horse was still running at full speed the boy ventured out on to the shafts, reached the horse's head and managed to stop the animal just before Fifth avenue was reached. Two policemen stood on the corner of Jackson and Clark and saw the horse rush by, but made only slight efforts to check him. For all this one of the bold bluecoats said to the other: "That was a brave attempt you made to stop that horse, Jim; your life was in danger every minute." "That's true, Dan, that's true; and I never would have had the courage to do what I did had I not seet. the bravery you showed first. It was your example that gave me the grit.' And the guardians of the public put their clubs besides their noses and smiled knowingly at each other. - Chicago Her-

Plain Words About Peking. Above all other characteristics, however, of Peking one thing stands out in horrible prominence, and I have put this off to the last. Not to mention it would be to willfully omit the most striking color of the picture. I mean its filth. It is the most horribly and indescribably filthy place that can be imagined. In-deed, imagination must fall far short of the fact. Some of the daily sights of the pedestrian in Peking could not hardly be more than hinted at by one man to another in the smoking room. There is no sewer or cesspool, public or private, but the street; the dog, the pig and the fowl are the scavengers; every now and then you pass a man who goes along, tossing the most loathsome of the refuse into an open work basket on his back; the smells are simply awful; the city is one colossal and uncleansed cloaca. I have said above, the first of the two moments of delight vouchsafed to every visitor to the Celestial capital is his first sight of it. The second—though I must not omit to thank my too kind host for one of the pleasantest and most instructive fortnights of my life-is when he turns his back, hoping that it may be forever, upon "the body and soul stinking town" (the words are Coleridge's) of Peking.—Pall Mall Gazette.

TULD OF THE MARINES.

AN IMPORTANT THOUGH MUCH

ABUSED FACTOR IN A NAVY.

to Tur's Projectice Against the Navy's Policement—The Admirals and Captains, Sowerer, Protos the Marines—Call to

There is, perhaps, no body of men in the service of the United States government who have come in for a greater share of contumely and received less praise for actual service rendered than have the marines of the United States navy. From time immemorial it has been Jack's saying in response to all doubtful stories, "Tell that to the marines," for the tern as a set are the most rines," for the tare as a set are the most incredulous fellows, and the hearty contempt in which they hold the marines is sufficient to incite the firing of a volley of epithets at the latter on the alightest provocation

avidity the young apprentices seize hold of the prejudices of the able seamen, and a person only need go aboard one of the cruising training ships to hear the young-sters bawl out with all the sest of an old shell back, "Ohl you Hottentot marine!"

The duty of a marine aboard ship is essentially that of a policeman, and by essentially that of a policeman, and by reason of this very duty no fraternizing can be safely permitted between "the guard" and the men forward. As to the tar, any one acquainted with his devilme-care spirit and wild, fun loving nature must know how he looks upon any one put over him as a check. The tar looks up to and respects his officers, for he fears them; but the marine he hate, for it is the marine who gets him in for it is the marine who gets him in trouble. But if marines were not a feature of a man-of-war it is doubtful whether the discipline required of a crew of 500 men would be of that efficient nature now in force. Our navy is peculiarly distinctive in its method of mobilization when compared with similar institutions abroad. In the first place, our service offers better pay, better duty and greater emoluments than does any other service

marine guard, ranging in size, however, from a captain's command of fifty to sixty men on a flagship to a corporal's squad on a monitor. When a ship is about to go in commission her marine guard, which has been previously detailed, is marched aboard and stands in readiness to salute the ensign as it floats out from the peak. From this moment until the expiration of the three years' cruise the guard watches that "element forward" with a constancy that allows of no relaxation. When the three years' cruise is at an end, when the seamen who have been shipmates through every trial and hardship are about to march ashore and sever their associations, that stern and implacable marine guard may be seen in line on deck and under armsthe last to leave the vessel-and as the flag is hauled down they give the last salute to the colors they have defended.

All United States war vessels carry a

SHOOTING FROM THE RIGGING. The marines have warm admirers in those persons who are acquainted with their sterling worth and necessity. Says Admiral Wilkes: "The marines consti-tute the great—I had almost said the only-difference between a man-of-war and a privateer." "They are," adds another writer, "the bulwark between the cabin and the forecastle," while Rear Admiral Stewart remarked, "the support afforded by a stendy column of bayonets has rendered mutinies scarce." The marine is peculiarly a soldier. He is dressed, equipped and handled as a soldier, and his whole life is the very opposite to that of a sailor.

In time of action aboard ship the marines are either stationed at one of the heavy pivot guns, or else disposed about decks and in the tops to act as sharp shooters. It was a marine who from the top of the Frenchman alongside the Victory at Trafalgar, shot down the brave Nelson as he stood on the deck of the latter ship. The guard messes, eats and sleeps in a body, always apart and distinct from the crew.

Let the reader imagine himself at midnight on the gun deck of a large vessel of war lying quietly at anchor. A dim light is burning forward, throwing a heavy glare among the crowded hammocks where 500 men are sleeping. Not a sound is to be heard save the steady tread of the marine sentry overhead, while the swish of the black water against the sides breaks the ominous silence. As the bell strikes "eight," the hour of midnight, a solitary figure in full uniform, with sword and pistols. steps noisclessly from the cabin door. He stops and listens for a moment, as the turning of some restless sleeper in his hammock attracts his attention. He is the commanding officer. Walking forward, he bends over the hammock of a drummer boy and whispers a word in his ear; the only reply is a bound to the deck, and the next instant the long roll

is sounding through the ship. As if by magic 500 men leap from their hammocks, hastily pass three lashings, and throwing them against the sides of the ship, rush half naked to the guns. In three minutes after the first sounding of that call to "general quarters," the guns are cast loose and the glare of the battle lanterns along the deck reveals the crouching forms of the tars as clustered about their pieces they wait the word to open fire. And again all is silent along that deck, the same as when a few minutes previous every man was wrapt in slumber. Not a word of warning had been given, and the sudden alarm aptly proved the excellence of the ship's discipline. - New York Times.

Making a Picture Window.

The search for material ended, the work of construction may begin. Two duplicate copies of the cartoon are first made. One operation suffices to accomplish this. The cartoon is laid on a large table, and beneath it are two sheets of similar paper and two sheets of ordinary black transfer paper arranged alternately. By passing a small revolving wheel over the outlines of the cartoon the tracings are quickly and accurately made. Each space is then numbered correspondingly on both tracings, and one of them is cut up to make patterns for the glass cutter. An ingenious dis-secting instrument is used for this purpose. It consists of a pair of double edged shears, which, in cutting, removes a strip of paper just the width of the lead which will separate the fragments of glass when they are finally bound together. In this way each pattern is pre-cisely the size required. When the glass is ready to be put together in the window there is very little coaxing to be done to get it into place.

The picture window has now reached the most critical stage in its development. The paper patterns are to find suitable counterparts in glass, and upon the nicety with which this substitution is accomplished depends the effect of the entire work. Nothing is left undone that will assist the glass cutter in forming correct color judgments. Throughout the entire process, and here particularly. the work progresses under precisely those conditions that are best calculated to make surprises and incongruities impos-sible when the whole shall be completed.

these or paint gians the size of the toos is faid over the undissected trac-Outfines of the intended lead hands then painted on the clear glass in the lines of corresponding width. On model the ing. Outlines of the intended lead hands are then painted on the clear glass in black lines of corresponding width. On the model thus prepared the paper patterns are stuck by means of a little waz. It is now ready to be taken to the figure room, where it is placed directly in front of a large window, and the slow work of substituting colored glass for paper begins.—Professor C. H. Henderson in Popular Science Monthly.

Some years ago in Paris there was a small restaurant, known as the Blind Men's cafe, much frequented by the blind, where an orchestra of blind musicians performed for the armsement of patrons. One extremely dark night in winter, when a thick fog had fallen upon Paris—so thick that no one could see his way, nor so much as distinguish a street. way, nor so much as distinguish a street lamp ten feet away, and when policemen, carrying torches, here and there assisted some groping foot passenger to find his course—a gentleman, seeing another man walking along confidently and boldly, ventured to say to him:

"Sir, will you please tell me where you are going?"

"To the Palais Royal," said the gentle-man, who was walking with such sure

"And how do you find your way so

"Oh, never mind; I never get lost. Do you wish to follow me?" "Thank you." So the first gentleman caught hold of the pocket of the other's overcoat and ed after him. Not a thing could be descry, but his companion marched confidently along. At length the two arrived under the familiar arches of the Rue de

"We are safe now," exclaimed the gen-tleman who had been led; "and may I thank you for giving me the advantage of your wonderful eyesight?" "Yes, but you must not detain me.

Your faltering along the way has already made me a little late for my orchestra." "The orchestra in the Blind Men's

The man was perfectly blind. The thick fog was nothing to him, who had walked in darkness all his life, but had, nevertheless, learned his way surely through the great city.—Argonaut.

The Speed of Thought. It takes about two-fifths of a second to call to mind the country in which a well known town is situated or the language in which a familiar author wrote. We in which a familiar author wrote. can think of the name of the next month in half the time we need to think of the name of last month. It takes on the average of one-third of a second to add numbers containing one digit and half a second to multiply them. Such experiments give us considerable insight the mind.

Those used to reckoning can add two to three in less time than others; those familiar with literature can remember more quickly than others that Shake-speare wrote "Hamlet." It takes longer to mention a month when a season has been given than to say to what month a

The time taken up in choosing a motion, the "will time," can be measured as well as the time taken up in perceiving. If I do not know which of two col-ored lights is to be presented, and must left if it be blue, I need about one-thir teenth of a second to initiate the correct motion. I have also been able to register the sound waves made in the air by in order to call up the name belonging to a printed word I need about one-ninth of second, to a letter one-sixth of a sec ond, to a picture one-quarter of a second and to a color one-third of a second.

A letter can be seen more quickly than a word, but we are so used to reading aloud that the process has become quite automatic, and a word can be read with greater ease and in less time than a letter can be named. The same experiments made on other persons give times differing but little from my own. Mental processes, however, take place more slowly in children, in the aged and in the uneducated. - Nineteenth Century.

Another Egg Experiment. Make a very small hole in each end of a fresh egg, and, after blowing out the contents, close one end with a bit of sealing wax. Cut two pieces of cloth in the shape of the body of a fish, and sew them together on the edges, so as to make a pointed bag. Put some sand into this for ballast. The mouth of the bag must be exactly the size of the egg, which is to be fastened into it with sealing wax or glue, to form the head of the fish. Having prepared it in this way, paint two eyes on the egg with black paint, and the magic fish is ready to be put into a jar of water. The weight of the sand in the bag must be such that the fish will float on the surface if left to itself, but so that a very light touch will cause it to sink. Cover the jar tightly with a piece of india rubber, or any other water proof flexible substance. When a hand is laid on the covering the pressure transmitted to the liquid will cause a little water to enter the egg, and the fish will dive; the heavier the pressure the more quickly it will plunge. Remove the pressure from the india rubber and the compressed air in the egg will force it out of the water and the fish will come to the surface again.-Christian Union.

Damon in Search of Pythias.

There was a popular play running at a Boston theatre. The crowd was crushing in at the door and the auditorium was already full, when a man from the country rushed up to the manager, who stood rubbing his hands as he listened to the plunk plunk of the money on the little box office shelf.

"Say, mister, you're the manager, I believe?" "Yes, sir." "Wal, I've lost my friend in the crowd,

and I guess he's got inside by this time. Would you mind going into the theatre and jist hollerin' 'Higgins' "—San Francisco Chronicle. Gleaued at the Silo Convention. There was a unanimous expression in favor of siles and ensilage on farms where

much stock is kept. Corn was named as the most profitable crop to grow for the silo. A frame building with the sides made air tight by plastering was generally fa-

vored over silos of stone or brick. It was decided that it makes little dif-ference whether the silo be filled slow or The opinion was advanced that best

results are obtained by planting corn for ensilage in rows 8; to 4 feet apart, with the plants about 8 inches separate in the

There was a young photographer who lived—I use the term advisedly—at our boarding house, but he is not there now. One morning he helped himself to fish with the uncalled for remark, "Secure the shad roe ere the substance fade," and since then he has been missing. There is no clew to the mystery of his disappearance, but a hard, cold look has been the landlady's favorite wear ever since he went away. - Bob Burdette.

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LARGE BOYS' SUITS.

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SILK-FACED SCOTCH CHEVIOT Sack Suit,

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DHILADELPHIA & READING RATISOAD READING & COLUMBIA DIVINION.

and after Sunday, March 18, 180, trains Lancaster, K ing street), as follows: Reading and intermediate points, west 750 a. m., 1250, 3-57 p. m.; Sunday, 200 a. For New York via Allentown, week days, 7:30 a. m., 1000, 1000 p. m.; Sundays, 3:55 p. m.; For New York via Philadelphia, week days, 5:50 a. m., 12:50, 2:50 p. m.; For New York via Allentown, week days, For New York via Allentown, week days, 1230 p. m.
For Allentown, wpek days, 7:30 a. m., 9:30 p. m.; Sunday, 3:50 p. m.
For Pottsville, week days, 7:30 a. m., 2:30 p. m.
For Lebanon, week days, 7:30 a. m., 12:30 p. m.
For Lebanon, week days, 7:50 a. m., 12:30, 5:44 p. m.; Sunday, 8:55 p. m.
For Harrisburg, week days, 7:50 a. m., 12:30, p. m.; Sunday, 8:55 a. m.
For Quarryville, week days, 7:50 a. m., 12:30, 8:20 p. m.; Sunday, 8:50 p. m.
TRAINS FOR LANCASTER.
Leave Reading, week days, 7:20 a. m., 12:30, 8:10 p. m.; Sunday, 7:30 a. m.; 2:10 p. m.
Leave Philadelphia, week days, 6:15, 10:30 a. m., 4:50 p. m.

Leave Philadelphia, week days, 1:60 p. m. Leave New York via Philadelphia, week days, 7:65 a. m., 1:50, 12:00 p. m. Leave New York via Allentown, week days, 4:00 a. m., 1:00 p. m. Leave Allentown, week days, 5:00 a. m.; 4:00 m. Leave Pottaville, week days, 5:00 a. m., 4:65

Leave Pottaville, week days, 5:00 a. m., 0:05 p. m.

Leave Lebanon, week days, 7:12 a. m., 15:00 7:30 p. m.; Sunday, 7:50 a. m., 4:5 p. m.

Leave Harrisburg, week days, 6:50 a. m.; Sunday, 7:30 a. m.

Leave Harrisburg, week days, 6:50 a. m.; Sunday, 7:30 a. m.

Leave Quarryville, week days, 6:50 a. m.; Sunday, 7:10 a. m.

ATLANTIC CITY DIVISION.

Leave Philadelphia, Chestnut street wharf, and South street wharf.

Leave Atlantic City, week days, expresses, 2:00 a. m. and 6:50 p. m.; Sundays, Express, 2:00 a. m., Accommodation, 8:00 a. m., 6:30 p. m.

Returning leave Atlantic City, depot corner, Atlantic and Arkansas Avenues. Week days, Express 7:30 a. m. and 6:50 p. m. Accommodation, 8:00 a. m. and 6:50 p. m. Accommodation, 5:50 a. m. and 6:50 p. m. Accommodation, 7:50 a. m. and 6:50 p. m.

Detailed time tables can be obtained at the stoffices,

A. A. McLEOD. offices, A. A. McLEOD, Vice Pres. & Gen'l M'gr. Gen'l Pass'r Agt.

PENNSYLVANIA RAILROADSCHEDULE In effect from November 28, 1888. Trains LEAVE LANCASTER and leave and ac-rive at Philadelphia as follows: WESTWARD.

Pacific Express; News Express; Way Pausinger; Hall train via Mt. J. No. 2 Mail Train ; Misgars Express Hamver Accom. Fast Line; Prederick Accom. 7:40 a. m. sburg Express EASTWARD. Phila. Express; Final Lines Harrisburg Express Anosater Accous. tThe only trains which run daily. On Sunday the Mail train west runs by we

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