Malcolm W. Ford Writes of a Peculiar Branch of Athletics.

SHOVING AND JUMPING WEIGHTS

the Letter Method-The Endurer Who the Champions Are and What They Have Done.

They have Desc.

The exercise of shoving heavy dumbbells a, perhaps, as little understood by most scople as any branch of athletic sport at which records have been made. It is an anusually "heavy" game, and, as a rule, it a practiced by only very heavy or strong men. The majority of men find difficulty m shoving a fifty or sixty pound bell, and when told that one weighing 265 pounds has been shoved with one hand they scarcely believe it. The knack or science of the game comes only after considerable practice. Science is cutter a factor in putting up game comes only after considerable prac-tics. Science is quite a factor in putting up a very heavy bell, but a strong arm is also



THE DUMBBELL AT THE SHOULDER. From an instantaneous photograph.)

There are two ways of putting up a bell. In each case the bell is brought to the shoulder, as shown in the illustration "The Dumbbell at the Shoulder." It is put there by either one or two hands, as the athlete by either one or two hands, as the athlete may see fit. After one hand has been withdrawn the bell is in position for the next move. If the athlete is to shove it slowly he will lower his body gradually, the bell being kept at about the same elevation that it was when the athlete was standing straight, while the body is going down. The bell is kept at its original height by the pressure of the muscles as though it were being shoved up. The illustration "Half Way Up" shows the general position of the athlete before the arm is straight. It will be noticed that the body has been lowered considerably while the bell has been advanced upwards very little, and been advanced upwards very little, and probably is not over two or three inches probably is not over two or three lines, higher than it was, as shown in the first illustration. It will also be noticed that while the bell is half way up the athlete is supporting his body to a certain extent by placing his lower arm on the knee, and that the bell is directly over the knee giving

such support.

As the motion progresses and the arm is straightened the illustration "Ready to Straighten the Body" shows how the athlete looks. His body is lower than shown in the illustration "Half Way Up," and it will be seen that his lower shoulder is almost touching the knee, which is giving him much support. The next movement will be to gradually raise or straighten the body, which is a comparatively easy task body, which is a comparatively easy task after the bell is at arm's length. The only part that needs attention while straighten ing the body is to keep directly underneath the bell, for if a good balance is not main-tained and the bell is put a little to one side, it will, if unusually heavy, come down, unless the athlete is quick or strong enough to save it, by getting another bal-ance. Lowering the bell again sometimes has to be done with as much care as putting it up, for in the case of a heavy one there is a great strain on the muscles to keep it from coming down rapidly. In the case of lowering an unusually heavy one two hands are used.

The illustrations, with the descriptions, show that a better term for describing the exercise of shoving a bell may be "getting under the bell," for that is exactly what happens. The bell is not elevated much until the arm is straightened, and of course the only way to get the weight at arm's length, provided the former is not elevated, is by dropping the body, even though it is done slowly. Most people, when they see a heavy bell shoved in the manner described, are surprised at the way it is done, for they imagine that an athlete stands perfectly straight and simply shoves the bell up from the showlder without lowering the body in the least. There is no rule governing the game, and all the big records have been made in the way shown by the illustra-



HALF WAY UP.

(From an instantaneous photograph.) The principle of putting up a bell in this way is to keep four points in a line; the four points are the bell, both shoulders and the knee. It will be seen that in the illustra-tions "Half Way Up" and "Ready to Straighten the Body" these points are pretty nearly in a straight line. Much more force can be applied by having the points ar-ranged so, and, although the exercise when done in this way may not be considered as ne in this way may not be considered as actually putting the bell up, it is, however, the way generally used when simply practicing, and it is always used when making a record for shoving a bell slowly.

a record for shoving a bell slowly.

The other way of putting up a bell is, after getting it to the shoulder as shown in the illustration, to jump it up to arm's fength by bending the knees and then imparting to the whole body an upward movement as though the athlete were jumping up straight. The bell being given this movement will, with pressure from the arm added, be put at arm's length much easier than if it were shoved slowly. Jumping or tossing up a bell cannot be Jumping or tossing up a bell cannot be compared as an exercise with putting it up alowly. It is so different from the latter method that separate records are given for each style.

The question is often asked, "By which d can the heaviest weight be han-Some strong armed athletes being rather weak proportionately in their legs cannot jump up a bell, but by dropping the body slowly as described can easily put a heavy weight up at arm's length. But it has been proved that the average athlete can jump up a heavier bell than he can push slowly. But the difference in weight is not so great as may be generally sup-posed. The record for jumping a bell is 279 pounds, while the record for shoving is only fourteen pounds less.

Competitions are sometimes held at shoving dumbbells, where the athlete has to maintain what is called a soldierly posi-tion, which means that he must keep his body perfectly straight. This, of course, prevents the science of getting under the bell from being practiced, and strength of arm in this case is sure to win. There is no better way for an athlete to tell how

muce carevence more is server amoving a bell perfectly straight and gatting undermeath one than by putting the side of his bedly opposite to the one used in shoving the bell against a post or wall. Standing in this position prevents the internal and downward motion so prominently shown in the accompanying illustrations, side puts one who is used to getting underneath the bell utterly at see.

Another good way to test actual strength in shoving dumbbells is to put up two at a time, one in each hand. It can be seen that no lateral motion can be used with two bells and the athlete must stand straight or he will not Peter to pay Paul. The only way that one can get under the bell while shoving two bells, is to bend the body way back while putting the weights up, but this can be done so alightly that it amounts almost to nothing. Shoving two bells at a time is considered a magnificent test of an athlete's ability to shove weights. The difference of the records in shoving bells with one in each hand and a single one is very great, and although 265 pounds has been shoved clowly with one hand when the other arm was free, the heaviest yet put up with each arm, both being used at the same time, is 131 pounds apiece, which is less than half of the weight for each arm which has been shoved singly.

The exercise of putting up bells affects the muscles of the arms and chest, the other muscles being hardly used. Nearly all the men who have been noted for shoving heavy weights had physiques which looked top heavy, and there have been cases where chest and arm development was carried on to such an extent for the purpose of making great dumbbell records that the athletes below the waist were far worse off than the average non-athletic man would be. Richard A. Pennell was the first man in America to put up a bell weighing over 200 pounds. In New York city in 1874 he made the record at putting up a weight of 2011-4 pounds. He was very much muscle bound in his cheet and arms, and his walk reminded one of the shuffle of an aged perso



READY TO STRAIGHTEN THE BODY. (From an instantaneous photograph). which needed activity, for the muscles were

so used to the stiff, hard work he practiced that their freedom or elasticity had van-

After he made his great record he became a tutor of a gymnasium, and died a few years ago of consumption, which many say who knew him was brought on by unequal and over development of muscles. Previous to his death he had been an invalid for some years. He had the science of getting under the bell almost to perfection, and he could not do an extraordinary performance with two bells. His weight was in the neighborhood of 200 pounds, while Louis Cyr, who has the record of shoving 265 pounds, which he made last November, weighs over 300 pounds. C. Reppel, of Viweighs over 300 pounds. C. Reppel, of Vi-enna, Austria, who made a record of jumping up 279 pounds in January, 1888, is of about the same weight as Cyr.

Another form of shoving dumbbells is called the endurance test. It consists in putting up a comparatively light weight a great number of times. A 10 pound dumbbell was put up 8,431 times in 4 hours and 34 minutes by Homer Pennock in New York, 1870. The conditions under which the feat was done were that not fewer than 25 motions per minute should be made and the forearm should not be dropped lower than the elbow. A 50 pound dumbbell was put up 94 times by Alva A. Hylton in San Francisco, 1885. A 100 pound dumbbell has been put up 20 times by G. M. Robinson, San Francisco, 1875, and Edward Baer, New York, 1885.

F. Stachr, at Vienna, Austria, in 1885, put up a dumbbell weighing 109 1-2 pounds twenty-five times, and C. Reppel, of Vien-na, Austria, in January, 1888, put up two bells, one in each hand, each weighing 121 1-4 pounds, twice in succession. J. Bader, Vi-enna, in 1888, shoved a dumbbell weighing 242 1-2 pounds from shoulder to arms' length twice in succession, and F. Staehr, in Vienna, December, 1885, jumped up a bell from shoulder to arm's length weighing 245 3-4 pounds three times in successions.

All of these record holders are unusually large men and well built for the game. The exercise of dumbbell shoving is not recommended by instructors, for although it is a great test of a man's strength it is considered to be too stiffening to really benefit one. The action is generally so slow and the strain so great that although it may make the muscles strong for that particu-lar exercise, it generally affects them unfavorably for usefulness in other ways. The records made cannot fail to give one a good idea of the huge power that can be de veloped for a special object. MALCOLM W. FORD.

IS HE THE COMING MAN?

James Corbett, Who "Knocked Out" Kilrain and Longs to Try Sullivan, Since the day when James Corbett's big fist left its mark on Jake Kilrain's face on man's stock has been going down and another's has been steadily climbing upwards.



JAMES CORBETT. JAMES CORBETT.

[From The Police Gazette.]

Whether it will continue to climb or suddenly come to a stop depends to a great extent on the present champion, John I. Sullivan. The ruling question at present is: "What is Corbett's position with reference to Sullivan?" Corbett evidently feels confident of his position, for he has not only offered to meet the champion, but to best him in four rounds or forfeit the entire receipts. This is a ridiculous offer, for the man never lived who could down John L.

in four Queensberry rounds.

The admirable likeness of Corbett which is given with this sketch is taken from The Police Gazette. It shows him in fighting trim. He was born in San Francisco Nov 6, 1866. When 14 years of age he entered a banking establishment, where he remained six years. At the age of 20 he was the ama-At the age of some was to all the teur champion heavyweight boxer of the Pacific slope and a member of the Olympic Athletic club. Many inducements were held out to him to become its instructor,

but he hesitated to become a professional. However, the big salary finally won him over, and he resigned his position of book-keeper in the Nevada bank and accepted the

defeated fifteen men in finish fights. He defeated Joe Choynski, the well known heavyweight, on four occasions. His fight with Billy Wilson raised him another notch, and his easy victory over Kilrain established his claim to champiouship honors.

A DOUBLE HOUSE.

One What Is Not Commenciates and In Cheap and Convenient.
"My husband says that he doesn't like a

"No, I don't," mid ha The young man had inherited some \$5,000, and was disposed to build a nice beam. His wife was a provident little body, who wished to invest a part of this sum so it would bring



"The double house idea is a good one," said their architect. "You can build a house which will rent for \$40 or \$50 a month for one side and have the other side in which to live. And to one who does not have an abundant income and large substantial resources to back it the double house idea is a very bright one. We'll make a double house that is uncommon. We'll make one that is entirely different from any double house you ever naw."

This was further talked about, and it was decided that they would consider a double house plan to be prepared to go on a fifty foot lot which they had purchased. In the course of time they went into the office to look at the sketch.

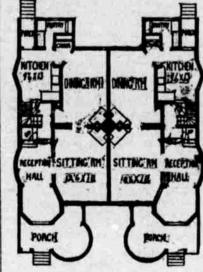
The architect wanted to build this double

The architect wanted to build this double

house. He knew it would make a good house— —one that would be comfortable and attrac-tive and would prove a good investment. When his clients came into the office he was just a little anxious.

The illustrations in this column are repro-uctions of his sketches. He showed then the floor plans first. Said he: The house is 44 feet wide on the

Said he: The house is 44 feet wide on the first floor. This gives a 3 foot passageway on each side. Now we will look at the rooms on the right. We have the entrance at the front of the semi-octagonal shaped room. It extends around and takes in a section of what would otherwise be a part of the front sitting room, and thus gives added width to this portion of the hall or vestibule. Back of this is the reception hall with a window at the the reception hall, with a window at the right side which projects over the sidewalk

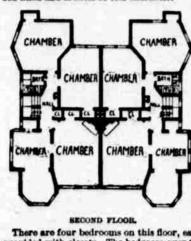


PIRST PLOOR.

below, but at a height sufficient to miss the heads of those who pass under it. The wall space in front separating the sitting room and the reception room is filled with turned spindle work in oak. The stairway is a com-bination affair. We go up from the front bination affair. We go up from the front hall to a landing, pass through some portieres to another landing, which is connected by a stairway and two doors with the kitchen. These two doors prevent the noise and odors of the kitchen from reaching the front part of the house.

There is a seat on the front landing which projects into the hall. Under the part of the main stairway which goes to the second floor is provided the cellar stairway. The dining is provided the cellar stairway. The dining room, as will be seen, is back of sitting room. The kitchen connects with the dining room through the china pantry by means of two double swing doors—doors which swing both ways and stand closed when released. This china room is lighted by a small window and has a cupboard with glass doors above and paneled doors below. The kitchen is provided with sings, tables and drain beards accessed. with sinks, tables and drain boards conven-ient to the china closet. In the pantry is a place for an ice chest with a drain to the out-side. There is a door over the chest so that ice can be put in without passing through the kitchen. The cellar is under half the house, with furnace room projecting under the sit-ting room. In the cellar is a slop sink in which wash water may be poured, a city wawhich wash water may be poured, a city water connection and a laundry stove. The

In the kitchen is hot and cold water at the sink, and in the bathroom on the second floor is water closet, washstand and tub. There are two closets on the second floor in ball—one for brooms, etc., and the other for bed linen and articles of this character.



There are four bedrooms on this floor, each provided with closets. The bedroom over the hall and kitchen projects over the first story, so that more room is secured. There is a passageway to the attic, in which is provided an additional bedroom. This room has a square ceiling, 9 feet high, and has none of the disadvantages of a half story bedroom. Thus we have five bedrooms above and the four rooms below.

A part of the house on the outside is brick venear. The other walls are covered with stained shingles. The cost for the completed property ready to move into is \$5,500. Louis H. Ginson,

Australian Horsemen. As a class, the stockmen of Australia are the firmest seated riders. Their horses, when cornering cattle or heading a fugitive bullock, gallop like mad, and turn of their own accord as short and as suddenly as a sheep dog. cord as short and as suddenly as a sheep dog. Three of these horses will put a thousand or more wild fat bullocks into a yard with the reins loose on their necks and unguided all the time. They watch and chase each fugi-tive like a sheep dog chases a stray sheep, the stockmen merely sitting on their backs and using their twenty foot whips. The sudden drop, step and turn of one of these horses would unseat the best horsemen in an ordi-nary hunting field.

The French Theatre Libre. At last the famous Paris Theatre Libre is to have a building of its own. It is to be without a gallery, and, for the first time, money will buy a seat at its box office. The Theatre Libre was founded so that the plays of young authors who were unable to find a manager who would stage their pieces could have them played once for their friends to see. Many of the greatest successes have been presented for the first time under these circumstances. OF TREELESS DANLAND.

Prontice Mulford Has Boon Lying About It for Twenty Years. (Rectal Correspondence.)
OAKLAND, Cal., April 16.—During my

long stay away from California I used to become garrulous in telling eastern peo-ple what a beautiful spot the city of Oakland was built on. I said many, many times that as you approached Gak-land on the ferry boat from San Francisco you saw scarcely any houses—only trees
—a roof or church spire sticking out here
and there, but all the rest a sea of the dark green foliage of the live caks—to me the most beautiful of the cak species -a tree whose intent seemed to give shade and protection, its limbe curved in so gracefully, and having always the tendency to spread in a sort of umbrella fashion toward the earth.

So in the course of ten or fifteen years, while in "the states," I told this story of beautiful Oakland embowered in her grove of native oaks for six or seven miles. I said that Oakland was one place which gave proof that the Amer-ican could spare a tree and knew a tree also that was beautiful even if it was native to the soil, and that he would not cut such a tree down and immediate ly supply its place with an uglier one, a scrubbler one and a more sickly one, because it came from some other country and it had become a fashion and a crase to plant it and insist upon it that it was an ornament. Yet to an extent this is just what the

Oaklanders have done.

How I have unconsciously lied about Oakland all these years! I return and find the native oaks nearly all cut down. I find Oakland as seen from the Bay of San Francisco, not a sea of foliage, but a sea of housetops, and many of them ugly housetops. I find Oakland grown out of all remembrance, her avenues stretching miles and miles away into what was open country, but quite bare of trees. A tree here seems an offense. It is cut down on the least pretext. I have talked with various people here about it in a faint hearted sort of way, and asked them why they were so hostile to trees. The variety of reasons given me is surprising. One said: "Well, you know, we want to get all the sun we can about our houses.

The trees keep it off." Another said: "O, they're dirty things about a house, and especially about a store. They're shedding things all the time-leaves and bugs and worms." I asked why they cut down the road-

side trees. "Well," said a man, "be-cause the roadmasters are down on 'em. They keep the sun off and the roads won't dry up fast enough, and get so muddy."

They have no rain here at all for a full six months, and during that season the dust that is developed is something not to be understood or appreciated by an eastern man until he gets on some of these roads and tries to see it-which he can't do, because he will carry enough of it for a small farm in his eyes. When the wind blows it blows here to some purpose. It simply sends (in dust) farms, gardens and plantations through the air in blinding masses. Real estate then goes up and is traveling all the time. And the air here will turn mud to dust in no time at all, to speak hyperbolically and hy-boreas-ly. It has wonderful drying properties.

I never quarrel with other people's tastes. If a man prefers a desert to live on and must make a desert about him in order to live comfortably, I say he ought to have the desert. It is his right. In this country the rattlesnake, the burrowing owl, which seems to turn its head clean round as if it were built with a ball and socket joint in the neck, and ruped with a mangy, emaciated tail, a cross between a rat and a squirrel, a poor, degraded thing, not fit to eat, always full of fleas and endowed with a wonderful capacity for tumbling into its hole, where you can't get it when shot dead-I say all these creatures prefer and enjoy to live on treeless, arid, sun baked lands. And really many of the people here, in the matter of trees, seem to have the same tastes, and they have a right to have them, because they can't

help having them.

I wonder what in the future is done with a man who has lied about Oakland as I have done for ten or fifteen years. I didn't mean to lie. I thought I was telling the truth. Still I did lie all the same. There is a remark somewhere which reads, "All liars shall have a share in the lake of fire and brimstone." There seems no modification in this matter, no exceptions at all where a persevering course of lying such as mine has been could have extenuating circumstances connected with it so as to soften down the penalty attached. It has a black and sulphurous look for me.

Some might infer on reading this that I was abusing or finding fault with Oakland. No, I am not. The Oakland people know better than I do what they want, If a man prefers sour milk for breakfast and I want sweet milk, should I quarre with him on account of his preference for sour? By no means. The rattle-snakes, horned toads, tarantulas, burrowing owls and ground squirrels prefer their town lots without trees. Do I quarrel with them? No. Ever since man commenced or was commenced has he quarreled, fought, killed, burned and roasted his fellow man, because Fellow Man might not like, or believe, or do, or eat, or drink what he did not think proper to do, believe, eat or drink what the other thought the thing for himself, whether it was or not-and in many cases it was not. No. Mine is simply the peaceful, beneficent attitude of mere difference of opinion or taste. The eagle soars. The mole burrows. Shall the mole persecute the eagle for soaring? Or vice versa?

Alameda, next to Oakland, and in substance a continuation of it, is a very beautiful place yet. Yet the anti-tree mania prevails there. Often when a street is newly graded the trees must go. And they are going.
PRENTICE MULFORD.

Carmencita.

Every night on the stage of the biggest concert hall of New York city Carmet Dauset, a Spanish girl (known as Carmen cita), dances for five minutes. When those five minutes have passed, although the evening's performance is hardly half end-



CARMENCITA.

tarougn the mane of beer tables and chairs outwards into the open air. They may have gone in as early as 6 o'clock in the evening; but it was not to see the somewhat risque burlesque performance that they sat there until 10 o'clock. They were willing to be bored by vulgarity, to breathe an atmosphere of tobacco smoke and stals beer for four hours in order to be sure of good seats during Carmencita's five minutes on the stage.

She has become a "fad" in New York. Society people who, before her advent, would have ahrugged their shoulders at the mention of an evening in a concert hall, fill the boxes now, night after night, and pay Carmencita fubulous sums to dance in their drawing rooms after the performance at the theatre is over.

their drawing rooms after the performance at the theatre is over.

Carmencits would never have become so popular had there been anything vulgar about her dancing. Her skirts are as long as those worn habitually in her native land. She is not a kicker, and there is none of the coarse display of the ballet in her dancing.

CHESS AND CHECKERS.

Chess problem No. 59—By T. Taverner, Bolton, Kug. Black—5 pieces.



White to play and mate in two moves. Checker problem No. 50-By A. Hannah. Black-4, 7, 9, 15°.



White-1*, 17, 22, 23.
White to play and win.

SOLUTIONS, Chess problem No. 58: White.

1. Kt to Q 6
2. Kt to Kt sq ch

2. Kt to Kt sq ch

2. Kt o K 6 2. Kt to Kt sq cn
3. Q mates.
Checker problem No. 58. For beginners.
By Percy M. Bradt. Black 8, 12, 23, 28.
White 7*, 22*, 32. Black to play and win.
Black.
1. 23 to 27
1. .32 to 23
2. 8 to 11
2. . 7 to 16
3. .12 to 26
3. .22 to 31

Black. 1. 23 to 27 2. 8 to 11 3. 12 to 26 4. 28 to 32 and wins. The Great American Chorus.

Sneezing, snuffing and coughing! This is the music all over the hand just now. "I've got such an awful cold in my head." Cure it with

Ely's Cream Balm or it may end in the toughes form of catarrh. Maybe you have catarrh now Nothing is more nauseous and dreadful. This remedy masters it as no other ever did. Not a snuff nor a liquid. Pleasant, certain, radical. Look Here, Friend, Are You Slok !

Look Here, Friend, Are You Slok ?
Do you suffer from Dyspepsia, Indigestion,
Sour Stomach, Liver Complaint, Nervous Debility, Lost Appetite, Billousness, Tired Feeling, Pains in the Chest, Night Sweats, Loss of
Power, or any form of Consumption? If so, go
to your druggist and purchase a bottle of Floraplexion, which will quickly restore you to
sound physical health. Floraplexion is a highly
concentrated fluid extract of the most valuable
medicinal roots and herbs known to science,
and cures where all other remedies fall. Valuable book, "Things Worth Knowing," sent free,
Address, Prof. Franklin Hart, Warren street,
N. Y. apri7-1yd&w

Yes, he loves you now, 'tis true,
Lass with eyes of violet blue,
Lips as sweet as honey-dew,
Bonny little bride!
With he love you as to-day,
When your golden locks are grey—
Will his love abide?
Yes, if it is the true kind it will survive all the inevitable wastes and changes of life. But it is every woman's desire and duty to retain, as long as she can, the attractions that made her charming and beloved in youth. No one can keep her youthful bloom or equable temper if weighed down and suffering from female weakness and disorders. Br. Pierce's Favorite Prescription is a remedy for these troubles, sold by druggists.

Special Motices.

Bucklen's Arnica Salve. Bucklen's Arnica Saive.

THE BERT SALVE in the world for Cuts, Brulses Bores, Ulcers, Balt Rheum, Fever Bores, Tetter, Chapped Hands, Chilbiains, Corns, and all Rkin Eruptions, and positively cures Piles, or no pay required. It is guaranteed to give perec satisfaction, or money refunded. Price 25 cents per box. For saie by W. T. Hoch, Druggist, Nos. 137 and 129 North Queen street, Lanqueter, Pa.

First Class Insurance. Insure with Thomas' Eclectric Oil. It is the cheapest and best method of insurance that we know of. By its use you are sure to escape many grievous aches and pains. Policies are obtainable at all druggists in the form of bottles at 50 cents and \$1 cach. Sold in Lancaster by W. T. Hoch, 137 and 139 North Queen street.

by W. T. Hoch, 137 and 139 North Queen street.

A Scrap of Paper Saves Her Life.

It was just an ordinary scrap of wrapping paper, but it saved her life. She was in the last stages of consumption, told by physicians that she was incurable and could live only a short time; she weighed less than seventy pounds. On a piece of wrapping paper she read of Dr. King's New Discovery, and got a sample bottle; it helped her, she boughta large bottle, it helped her more, bought a nother and grew better fast, continued its use and is now strong, healthy, rosy, plump, weighing 140 pounds. For fuller particulars send stamp to W. H. Cole, Druggist, Fort Smith. Trial bottles of this wonderful Discovery Free at W. T. Hoch's drug store, 137 and 139 North Queen street, Lancaster, Pa.

Sources of Profit. There are many sources of profit to those who are ingenious and enterprising. Burdock Blood Bitters are a sources of profit in every way. They build up the health surely, speedily and effectually, which is saying a great deal. Sold in Lancaster by W. T. Hoch, 137 and 139 North Queen street.

Mothers! Mothers!! Mothers!!!

Are you disturbed at night and broken of your rest by a sick child suffering and crying with the exeruciating pain of cutting teeth? If so, go at once and get a bottle of MRS. WINS-LOW'S SOOTHING SYRUP. It will relieve LOW'S SOOTHING SYRUP. It will relieve the poor little sufferer immediately—depend upon it; there is no mistake about it. There is not a mother on earth who has ever used it, who will not tell you at once that it will regulate the bowels, and give rest to the mother, and relief and health to the child, operating like magic. It is perfectly safe to use in all cases and pleasant to the taste, and is the prescription of one of the oldest and best female physicians and nurses in the United States. Sold everywhere, Scenus a bottle.

This is what H. C. Hoberman, a druggist of Marion, Ohio, says: "Thomas' Ectectric Oil beats the world, Sold nine bottles yesterday and to-day. One man cured of sore throat of eight years standing. Is splendid for rheumamatism." Sold in Lancaster by W. T. Hoch, 137 and 139 North Queen street. Eupepsy.

Beats the World.

Eupepsy.

This is what you ought to have, in fact, you must have it, to fully enjoy life. Thousands are searching for it daily, and mourning because they find it not. Thousands upon thousands they find it not. Thousands upon thousands they find it not. Thousands upon thousands they find they may attain this boon. And yet it may be had by all. We guarantee that Electric Bitters, if used according to directions and the use persisted in, will bring you Good Digestion and oust the demon Dyspepsia and install instead Eupepsy. We recommend Electric Bitters for Dyspepsia, and all diseases of Liver Stomach and Kinneys. Sold at 50c and 31 per bottle by W. T. Hoch, druggist, 137 and 139 North Queen street, Lancaster, Fa. (4) " The Dead Line."

Many old soldiers remember "the dead line" at Andersonville. It was a mighty dangerous neighborhood. Dyspepsia, billiousness and liver and kidney diseases are full of perils for the sick, but Burdock Blood Bitters are a certain remedy. Sold everywhere. Sold in Lancaster by W. T. Hoch, 137 and 139 North Queen street.

North Pole Expeditions. Prize fights, lotteries, walking matches, and balloon ascensions are usually humbugs of the worst sort. Dr. Thomas' Ecteoric Oil is not a humbug. It is a quick cure for aches and sprains, and is just as good for a lameness. Sold in Lanenster by W. T. Hoch, 137 and 139 North North Queen street.

DUFFY'S PURE MALT WHISKEY. SPRING MEDICINE.

(Scientific Magazine.)

Be careful of your diet. You do not need heavy food such as you require during the Winter.

Spring my be beautiful, but it is treacherous. Do not let it deceive you into a cold, a fever, malarla or pneumonin.

Do not throw off your Winter flannels too

Do not throw off your Winter fiannels too early. It is better to suffer a little inconvenience than to take cold.

If you fest tred, feverish or overheated, do not rush off and take "Spring medicines." Cool yourself down and in this way help your system and purify your blood.

If you feel not and thirsty, do not drink targequantities of water or other "long" drinks. It is much better to take a little pure whiskey and water which will quench the thirst, tone the system and fortify against disease.

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Leave New York via Allentown, week days,
4:00 a. m., 1:00 p. m.
Leave Allentown, week days, 5:56 a. m.; 655 p. m. Leave Pottsville, week days, 5:50 a. m., 400

Leave Pottsville, week days, 5:35 a. m., 150 p. m.;
Leave Lebanon, week days, 7:35 a. m., 150 p. m.;
Sunday, 7:55 a. m., 5:45 p. m.
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day, 6:50 a. m.
Leave Quarryville, week days, 6:35 a. m.;
Sunday, 7:10 a. m.
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For Atlantic City, week days, consequence of the commodistic city. The commodistic city of the commodistic city. The commodistic city of the commodistic city. The commodistic city, days, a. m. and 4:30 p. m.; Sunday, fare commodistic city, days, commodistic city, commodistic city, days, commodistic city, com

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m.; 3:55 p. m.
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ki p. m.; Nundays, 3:55 p. m.
For New York via Philadelphia, week days,
7:50 a. m., 12:35, 5:48 p. m.
For New York via Allentown, week days,
12:35 p. m.
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7:50 a. m., 16:50 p. m.
For Allentown, week days, 7:50 a. m., 16:50 p.
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