City Pastors and Their Hard Work

Religious Developments of One Week in All Our Churches.

AUXILIARY ACTIVITIES NOTED

Carefully Compiled Compendium of News and Personal Mention Relating to the Churches and the Benevolent and Charitable Religious Societies.

This week is anniversary week in Elm Park church, and tomorrow will be a day full of interest to all those who are members of the congregation. At 10 a. m. Mr. Wooler will play the same hymns on the chimes as were used at the dedication services. At 10.30 a. m. Rev. J. M. Day, D. D., chancellor of Syracuse university, will preach the anniversary sermon. At 2 p. m. the Sunday school will celebrate the anniversary, when brief addresses will be made by Mayor Connell, Rev. A. F. Chaffee and others. At 6.30 p. m. the Epworth league will hold anniversary exercises in the lecture room, when H. H. Beidleman will review the work of the year and Dr. Day give an address. At 7.45 p. m. Professor Carter will conduct a brief service of song, and the sermon will be delivered by Rev. J. Richard Boyle, D. D., of Wilkes-Barre. The gentlemen that will occupy the pulpit during the day are honored and representative ministers of the Methodist Episcopal church. Special attention will be given to music and Professor Carter will prelude every service in the auditorium with a great organ solo. The day will be one of the most memorable in the history of the church.

Phenomenal Growth.

In the December number of the Lackawanna Bell, the Railroad Young Men's Christian association gives a list showing the increase in membership during the year 1894. The figures are the best possible commentary on the noble work done by this branch of Christian men. In January the membership was 297, and not a single month has witnessed a decrease in membership. In March and April there was no advancement, but the 316 mark was not receded from. Indeed, from March to June, the increase was not marked, but from the beginning of July the membership grows rapidly and on the end of November the 400 mark has been reached. Early in this month the number reached 455 and today the 500 mark has been passed. This work is very complimentary to the membership committee, and is very encouraging to the secretary, F. W. Pearsall.

Board of Education.

The board of education of the Methodist Episcopal church, of which Bishop Andrews is president, held its annual meeting at the office of the board in New York city, last Tuesday. The object of the society is to support deserving young men to enter the ministry, who are not able to pass through college and seminary on their private resources.

During the last year the board has aided 1,539 students in a hundred different institutions scattered all through the states. This was done at an expenditure of over $70,000. Its total receipts the last year from all sources were $84,339. Much of this money is collected by special offerings being made in the Methodist Episcopal churches and Sunday schools on Children's day. The board reorganized and Bishop Andrews was re-elected president, and Dr. A. S. Hunt, recording secretary.

Boys' Brigade.

One of the most flourishing organizations of recent years for the benefit of boys is the Boys' brigade, of which Rev. J R. Adams, of San Francisco, is president. There are similar organizations among the Baptists and Methodists, and at the recent convention of the national movement, held in Chicago, attempts were made to unite the three. The representatives present from the above two denominations did not find anything in the national body that they could not indorse, but they thought it expedient for the present to continue their work along denominational lines. There are at present in the national organization, 463 companies, scattered in twenty-seven states and territories, comprising over 16,000 members. The headquarters have been moved from San Fransisco to Chicago, and the name of the organ of the movement is changed into the Knapsack. The main idea in the movement is not military, but ethical and religious. During the past year 14 per cent. of the boys were converted and brought into the church, which made an addition of 2,000 souls. This is most significant, when it is known that the most efficient work of the organization is done in the slums of large cities, where boys are bred in vice and crime, and it is an utter impossibility to have them enter a church or a Sunday school. They are reached by their inclination to the military spirit, and by enforcement of discipline, they are taught obedience and morality, and are gradually led to the Captain of Salvation. A new hymnal will soon be prepared for the use of the boys, and an ambulance corps manual will also be issued that will teach them how to treat wounds, care for the sick, and help in cases of emergency. There are several companies in our city doing very good work.

In Bible Schools.

The Sunday school of the Green Ridge Presbyterian church will make an offering to the poor on Friday, Dec. 28. The gifts will be brought into the church and on the day following will be distributed.

The Sunday school of the Welsh Congregational church of Providence is actively engaged preparing for Christmas exercises. Henry Hitchings and David D. Lewis have the charge of the programme.

The Sunday school of the Providence Presbyterian church is preparing a programme for Christmas exercises that will be rendered on Dec. 24. The choir of the same church is also preparing special music for Christmas Sunday.

William Price, teacher of the Bible class of the St. David's church, gave a reception last Wednesday evening to the members of his class at his home, on Washburn street. All the young people were delighted with the evening's enjoyment, and duly appreciated the services rendered them by their beloved teacher.

Last Thursday evening a goodly number of Sunday school teachers and members of the St. David's church assembled in the school rooms to prepare laurel for the purpose of decorating the church for Christmas. The work will be continued almost every evening next week, and members and friends of the congregation are cordially invited to aid in the work.

The Plymouth church mission school in Kaiser valley is in a very flourishing condition under the leadership of Miss Della P. Evans. The school now numbers about 250, and steps are being taken to put a missionary on the field.

The young people of the Holy Trinity Lutheran church are preparing exercises for Christmas celebration. It is proposed to hold a meeting at 6 o'clock in the morning.

Our Young People.

The young people of the Green Ridge Presbyterian church voted to appropriate $5 to buy mittens and gloves to send out to a missionary in the west.

Miss Annie Houssar has a very flourishing Junior Epworth league meeting in the vestry of the First German Methodist Episcopal church on Adams avenue every Thursday afternoon. About fifty children are taught by her in the principles of the Christian faith every week.

Next Monday evening the Epworth league of the Asbury Methodist Episcopal church will study the life and works of Longfellow. This society was greatly delighted last Monday evening by the talks of Rev. Leonard Cole and Rev. John Davy on the experience of Methodist Episcopal ministers of fifty and sixty years ago. Mrs. Safford, the aged widow of a clergyman of the same faith, also spoke on the same line.

The Young People's society of the Welsh Baptist church, of the North End, is in a flourishing condition. At their regular meeting this week they passed a vote of thanks to Thomas Jehu for his address in behalf of the poor of the church.

The Epworth league of the Providence Methodist Episcopal church was rejoiced last Tuesday evening by seeing six new members added to the society. This makes over 100 members in this active society. There is a Junior league also of over fifty members in this church.

The Guild Mission band of the Providence Presbyterian church held a very interesting service last Sunday afternoon when the children studied the work in "Syria."

The members of the Brotherhood of St. Andrew of the St. David's church are discussing the advisability of renting a house to be known as the Brotherhood's home, where rooms will be furnished and the young men may spend their evenings. There are many young men in the parish who board in different parts of the city, and such a home would benefit them both morally and socially.

Many of the scholars attending the St. David's kindergaren are sick, which has considerably reduced the attendance. Some new ones have been admitted to fill up the vacancies. The entertainment recently given by the little folks was highly appreciated, and it is proposed to give a similar entertainment each month to which the public will be admitted free of charge. Any one desiring to visit the school is cordially welcomed to do so any week day, except Sunday, between the hours of 9 and 12 in the morning.

The young people of the Grace Reformed church will begin the work of decorating their church for Christmas exercises next week.

Our Clergy.

Rev. W. J. Ford, of the Green Ridge Baptist church, gave an address on Dec. 7 to a joint convention of Endeavor and Epworth league workers at Elmhurst on "The Place of the Christian Endeavor in the Evangelization of the World."

Last Sunday evening Rev. A. F. Chaffee, of the Asbury Methodist Episcopal church, conducted a hymn service. A list of hymns was selected which were sung by the congregation, and the pastor gave a brief sketch of the occasion on which they were written. The people were much pleased.

Next Sunday Rev. Daniel Savage will close the two weeks special service conducted in the Primitive Methodist church of Green Ridge. In the morning the pastor will talk on "The Christian for the Times," and in the evening conduct a love feast.

Rev. D. M. Kinter preached last Tuesday evening in Wilkes-Barre, in the room of the Rescue mission. Last Sunday morning Mr. Kinter was surprised by seeing a gentleman in his church that had come from the Falls, seventeen miles away, and asked to be baptised into the Christian church.

Rev. G. W. Muckley, of Kansas City, the secretary of the Church Extension fund of the Christian church, raised $400 in Rev. D. M. Kinter's church last Sunday evening, and in the morning he raised $900 in Plymouth.

Rev. Jennette L. Olmstead, of Ohio, will preach in the Puritan Congregational church tomorrow evening. On next Wednesday evening she will lecture on "The Ideal in Social Life" in the above church on West Market street.

George C. Bundick was recently ordained pastor of the Baptist church of Clifford. Rev. W. J. Watkins preached the sermon; Rev. T. E. Jessup, the charge to the church; Rev. W. G. Watkins, the charge to the pastor; Rev. A. B. Browe, the address of welcome, and Rev. D. J. Williams, the ordination prayer. Rev. W. A. Millar was moderator of the council. Rev. W. G. Watkins, scribe.

Rev. R. W. McCullough, of Trumansburg, has sent Rev. W. G. Watkins, of the North Main Avenue Baptist church, an invitation to come to his people and hold a week's evangelistic services during the first week of the new year. It is likely Mr. Watkins will accept.

Rev. A. L. Urban, assistant at St. Luke's church, will conduct services at St. David's church tomorrow morning at 10.30 o'clock, and Rev. M. H. Mill will preach at Dunmore and celebrate holy communion there.

Rev. Thomas Bell will conduct communion service tomorrow morning when new members will be admitted into full membership.

Rev. A. Griffin, D. D., will speak in the Simpson Methodist Episcopal church tomorrow morning. On Monday morning he will address the Methodist Episcopal ministerium in the Elm Park church. Mr. Griffin is secretary of the fund for infirm ministers in the Methodist Episcopal church.

Rev. J. G. Eckman left Wednesday afternoon to lecture at Bainbridge, N. Y., that evening on "A Pilgrimage to Pompeii."

Rev. W. H. Stubblebine, of the Calvary Reformed church, is preparing a lecture on his "Trip to Greenland," which he will deliver early in January to his people in the chapel on Marion avenue. The lecture will be illustrated with stereopticon views.

Rev. H. C. Hinman will speak to the Railroad Young Men's Christian association tomorrow afternoon. Special singing by the Railroad Male quartette.

Brief Notes.

W. G. Park and wife, one of the elders of the Green Ridge Presbyterian church, are on their way home from the Holy Land. They are expected to land in New York today.

The choir of the Providence Methodist Episcopal church is busily engaged on a programme of sacred music that will be rendered on Sunday evening before Christmas.

The Woman's Home Missionary society of the Providence Presbyterian church decided to hold an entertainment on Washington's Birthday. The Ladies' Aid society of the same church will hold an entertainment on Easter.

The self-denial committee of the Primitive Methodist church, of Green Ridge, will make a special effort to raise funds on the first of next January to pay off a part of the debt of the church. The affair is in the hands of Mrs. Brown and a subcommittee.

The choir of the Christian church is rehearsing a sacred cantata that will be given the public Christmas evening. John Moore is conductor.

The choir of the Puritan congregational church is being reorganized, in order to get the best possible voices for the rendering of a sacred cantata that will soon be selected.

At a vestry meeting recently held in St. David's church, it was unanimously decided that the caskets should not be opened in the church unless by special permission from the rector and church wardens.

Daniel Elsinger has been added to the St. David's church choir. The choir now numbers twenty-five members, consisting of boys, men and young women. Their performance is constantly improving, and at present they are rehearsing Christmas music, which will be superior to anything the church has rendered. Its present proficiency is largely due to John Morris, conductor.

A roll call will be held in the Scranton Street Baptist church on New Year's eve. This meeting will be probably continued until the coming in of the New Year.

The Ladies' Aid society of the Plymouth Congregational church made over $300 from the sales in the fair they held last week.

The quarterly meeting of the Congregational churches of northeastern Pennsylvania will be held today and tomorrow in Taylor. Conference will meet at 2 p. m.

Rev. D. M. Stearns, of Philadelphia, former pastor of the Grace Reformed church, is expected in the city next Wednesday. He will talk in the church in the evening, and his many friends will have an opportunity to see and hear him again.

TOMORROW'S SERVICES.

Dunmore Presbyterian Church—J. W. Williams, pastor. Subject of the morning sermon at 10.30 will be "Life Out of Death." Evening service at 7.30. Christian Endeavor at 6.30 p.m. Sabbath school at 12 noon. Prayer meeting on Wednesday evening.

All Souls' Church (Universalist)—Pine street, near Adams avenue. Rev. G. W. Powell, pastor. Service at 10.30 a.m. Theme, "The Temptations of Christ," by request. Lecture at 7.30 p.m. on "That Pouting Elder Brother."

Simpson Methodist Episcopal Church—Rev. A. Griffin, D.D., will preach morning and evening. Seats free. Ushers in attendance.

The Second Presbyterian Church—Rev. Charles E. Robinson, D.D., pastor. Services at 10.30 a.m. and 7.30 p.m. The question to be answered in the evening continues the subject of "Falling from Grace." The sermon in the evening will be on "What Shall I Do with Jesus?" All seats free in the evening. All welcome at all services.

Anniversay Sunday at Elm Park Church—The Rev. J. H. Day, D.D., chancellor of Syracuse university, will preach in the morning. Evening sermon by the Rev. J. Richard Boyle, pastor First Methodist Episcopal church, Wilkes-Barre. Sunday school at 2 p.m. Epworth league at 6.30 p.m.

Park Place Methodist Church—Preaching by the Rev. P. R. Hawxhurst. Subject in the morning, "Co-operation in Church Work." Evening theme, "Superstitious Notions."

Providence Presbyterian Church—Preaching by the pastor, Rev. George E. Guild. Morning subject, "The Family Life." Evening service at 7.30 o'clock. Seats of church free.

First Baptist Church—Pastor Collins will preach Sabbath at 10.30 a.m and 7 p. m. Morning theme, "The Fine Temple." Evening theme, "The Relation of the Christian to the World, Politics and the Church." Seats free. All welcome.

Puritan Congregational Church—On Sabbath morning the pastor, Rev. A. F. Ferris, will preach on the subject, "The Faith That Saves." The evening service will begin with a praise service at 6.45, with several beautiful selections by the choir and orchestra. Rev. Jeanette L. Olmstead, pastor of First Congregational church, Gustavus, O., and formerly national lecturer of the social purity work of the Woman's Christian Temperance union, will preach on the subject, "The Forgiveness of God." All are welcome.

Howard Place African Methodist Episcopal Church—Rev C. A. McGee, pastor. Preaching at 10.30 a.m. and 8 p.m. Sabbath school at 2.30 p.m. All are cordially invited to attend.

The Jackson Street Baptist Church—Services at 10.30 a.m. and 6 p.m. Sunday school at 2 p.m. The pastor will preach morning and evening. Morning theme, "The Condition of Church Property." Evening, by request, "What Do Baptists Hold in Regard to Baptist and Communion?" Baptism administered after evening sermon.

Grace English Lutheran Church—Rev. Foster U. Gift, pastor. Service on Sunday at the Young Men's Christian association at 10.30 a.m. and 7.30 p.m. Rev. J. A. Wirt, of Hughesville, Pa., will preach. Everybody welcome.

Green Ridge Evangelical Lutheran Church—Rev. G. L. Maice, pastor. Sunday school at 9.30 a.m. K. L. C. E. at 6.45 p.m. Preaching at 7.30 p.m. by Rev. C. Henman. Everybody welcome.

Services at Trinity Evangelical church, corner Luke and Kurtz streets, at the usual hours, 10.30 a.m. and 7.30 p.m. Sunday school at 2 p.m. The pastor, J. G. Whitmire, who, on account of sickness, was unable to attend to his work the past seven weeks, expects to conduct the services.

Trinity Lutheran Church—Adams avenue, corner Mulberry street. Rev. E. L. Miller, pastor. Services at 10.30 a.m. and 7.30 p.m. Pews free and visiting worshipers welcome.

Calvary Reformed Church—Corner Monroe aveune and Gibson street. Rev. W. H. Stubblebine, pastor. Preaching at 10.30 a.m. and 7.30 p.m. Morning subject, "Doubts What to Do with Him." Evening subject, "Cities of Refuge."

Grace Reformed Episcopal Church—Wyoming ave, between Linden and Mulberry streets. Morning worship at 10.30. Subject, "All-Sufficiency of Christ," 1 Corinthians, i, 30. Evening worship at 7.30. Subject, "The Midnight Cry," Matthew, xxv, 6. Sabbath school at 12 m. Young People's Society of Christian Endeavor at 6.30 p.m. Wednesday evening at 7.45, farewell meeting to F. C. H. Dreyer, Kingdom Tidings Missionary to China. Rev. D. M. Stearn, our former pastor, will be present.

Saint Luke's Church—Rev. Rogers Israel, rector. Third Sunday in Advent. Holy communion, 8 a.m.; service and sermon, 10.30 a.m; Sunday school, 2.30 p.m. evening prayer and sermon, 7.30 p.m.

Saint Luke's Dunmore Mission—Rev. A. L. Urban in charge. Holy communion, 10.30 a.m.; Sunday school, 3 p.m.; service and sermon, 7.30 p.m.

Penn Avenue Baptist Church—Rev. Warren G. Partridge, pastor. Services at 10.30 a.m. and 7.30 p.m. Subject in the morning, "Christ and the Children of the City." In the evening, "The Redeemer's Victory Over Men." Song service in the evening. Free seats. All welcome.

She Had Read the Papers.

From the Boston Courier.

Clerk—Well if you don't like any of the pinks here are some nice goods in green I would be pleased to show you.

Aunt Abigail (curtly)—No, yeou don't young feller; I read the paper, an' I know all about you green goods fellers.

THE DOMESTIC POE'

Love comes ever as it will—
Not because we pray it.
(Here's that millinery bill—
Hanged if I will pay it!)
Love is like the rose of peace,
Ere the wild bee rifles.
(This extravagance must cease—
Fortune spent in trifles!)
Love is sweetest when in youth—
All the fates have said it.
(Another dress! I see the truth—
You're going to kill my credit!)
Yet love is sweet when Time is gray
And wintry winds are blowing.
('Twill take all I can write to pay
The monstrous bills you're owing!)

Atlanta Constitution.

Health Hints and Rules of Hygiene

Suggestions That May Save You Many a Doctor's Bill.

WISDOM FOR THE HOUSEHOLD

These Hints Don't Cost Much, Are Not Copyrighted, and if They Don't Do You Any Good, They'll Not Do You Any Harm.

Ever and always something new! Not many weeks ago, in this column of The Tribune, we narrated the peculiar reminiscence of how Artist H. R. Rowley, once of Pittston, got the better of a most rebellious stomach by literally plastering it over with table mustard. Now comes another grotesque cure for dyspepsia—a cure which leaps incontinently to the directly opposite extreme. The Rowley cure was a hot one. This is ice-cold. Last week, in London, during a lecture before the Academy of Medicine, Professor Pictet outlined with much care a system of frigotherapeutics. He began by experimenting on dogs, and found that when they were plunged into a bath at low temperature and were kept there for some time they became ravenously hungry. Being himself a sufferer from stomach disease he had forgotten what it was to have an appetite. So he descended into the refrigerating tank at a temperature many degrees below zero. He wrapped a thick pelisse and other warm clothes about him, but after four minutes he began to feel hungry. At the end of eight minutes he climbed out of the tank with a painfully keen appetite. Many such experiments were made. All meals taken, after a short stay in the refrigerator, agreed with him. He found that his dyspepsia was cured after the tenth descent. In dog days this wouldn't be bad. But in December, with the wind roistering out of doors and the mercury wheezing down toward the bulb—ugh!

Science is still casting its chilly eye on that agreable pastime of fair maidens and love-sick swains—kissing. Science is evidently determined, in its cold, materialistic fashion, that kissing must go. Says a matter-of-fact scientific journal:

"Kissing may be conventionally divided into two classes—those which belong to and are intimately associated with the warmer passions of the heart and those which are purely conventional. In view of the exacting demands of modern sanitary principles, in neither case is the habit desirable or even permissible. Nevertheless, it is only waste of labor for medical mentors to protest against the habit, so far as the first 'order' of kisses is concerned. With respect, however, to the second variety of kisses, the matter is different. For the most part, the habit is practised upon children—both girls and boys. Among ourselves, too, kissing to a large extent prevails. But the facility with which diphtheria, measles, whooping-cough and scarlet fever are transmitted in early life renders the habit one which common sense will show to be open to grave objection. However essential conventional kisses may be regarded as a means of demonstrating friendship and politeness, parents should, nevertheless, we think, consider in this matter the welfare of their children first. Our condemnation of kisses may, for practical purposes, be restricted to the objectionable but common practice of kissing on the mouth. Among grown-up people it is unbecoming, to say the least, while toward and between children the practice is open to the gravest suspicion. Children can be trained with the greatest ease to offer the cheek or the forehead for the proffered caress, and to elude the attempt to contaminate the lips. The incubation period of all the diseases mentioned may, or may not, be infective in the ordinary acceptation of the term. Upon this matter our knowledge, so far, is by no means certain, while, on the other hand, recent investigations would seem to indicate that the infection of zymotic diseases in patients is of very much longer duration than used formerly to be supposed, enduring, indeed, long after convalescence has been established."

Hence, down with kissng! Slightly illogical, you say? Well, yes. But there's this consolation. It won't make any difference. People will kiss and other people will be kissed, microbes or no microbes, infection or no infection, to the end of time.

A well-known medical writer thus describes the physiology of a cold: "Physiologists have said that if a few drops of the blandest fluid in nature are injected into a blood vessel against the current death is an instantaneous result. Millions of canals or tubes from the inner portion of the body open their little mouths at the surface, and through channels, as ceaseless as the flow of time, a fluid containing the wastes and impurities of the system is passing outward, and is emptied out on the skin. This fluid must have exit or we die in a few hours. If it does not have vent at the surface of the body it must have some internal outlet. Nature abhors shocks as she does a vacuum. Heat distends the mouths of these ducts and promotes a larger and more rapid flow of the contained fluid; on the other hand, cold contracts them, and the fluid is at first arrested, dams up and rebounds. If the purest warm milk, injected against the current, kills in a moment, not from any chemical quality, but from the force against the natural current, there need be no surprise at the ill effects of suddenly closing the mouths of millions of tubes at the same instant, causing a violence at every pinhead surface of the body. If these mouths are gradually closed nature has time to adapt herself to the circumstances by opening her channels into the great internal waterways of the body, and no harm follows. Hence the safety of cooling off slowly after exercise or being in a heated apartment, and the danger of cooling off rapidly, under the same circumstances, familiarly known by the expression 'checking perspiration.' The result of closing the pores of the skin is various, according to the direction the shock takes, and this is always to the weakest part; in the little child it is to the throat, and there is croup or diphtheria; in the adult it is to the head, giving catarrh in the head or running of the nose; to the lungs, giving a bad cold, or if very violent, causing pneumonia or inflammation of the lungs themselves; or pleurisy, inflammation of the covering of the lungs; to the bowels, causing profuse and sudden diarrhea; or to the covering of the bowels, inducing that rapid and often fatal malady known as peritoneal inflammation; if the current is determined to the liver, there is obstinate constipation, or bilious fever, or sick headache.

HEALTH FOR THE MILLION.

For gas in the stomach after eating take five grains of the subgallate of bismuth after each meal.

Fruit cools the blood, cleans the teeth and aids the digestion. Those who can't eat it miss the benefits of perhaps the most medicinal food in nature's bill of fare.

For catarrh of the stomach and bowels take a half teaspoonful of the phosphate of sodium in a half tea cup full of hot water half an hour before each meal. Do this for three months.

Those annoying and unaccountable lapses of memory experienced when one is unable to recollect some well-known word or the name of some perfectly-familiar friend are attributed by a French physiologist to the excessive use of tobacco.

A thin sandwich of stale bread, with scraped beef and a glass of milk, is a good breakfast for a babe of two or three years of age. A dish of plain meat soup, with baked potatoes, a boiled vegetable and bread will be his dinner at noon. By 3 o'clock he will want crackers and milk. At 6 o'clock a cup of custard, or bread and butter with milk, should be the last meal of the day.

Directions for a slim, thin, nervous man who wants to get fairly endowed with flesh and nerve power: "Sleep ten hours out of twenty-four, live a regular well ordered life—do everything in moderation. Take out-of-door exercise every day—a two or three-mile walk in all kinds of weather, dressing according to the weather to insure against wet, cold or excessive heat. Take a full bath once each day, in warm or cold water, whichever the more agreeable.

To get fat—Eat vegetables and sleep after each meal. Go to bed at 9 o'clock and lie in bed half an hour after you wake up. Laugh a great deal. Drink water by the pint or the quart if you can. Drink weak and sweet tea, with plenty of milk in it. Take cod liver and sweet oils as much as you can. Eat until you feel as if you would burst at the table. Put plenty of butter on your bread. This will guarantee a gain of five pounds a month, and, if you can sleep a great deal, of double that amount.

All dried fruit is difficult to digest. Recooked meats are improper for children. All so-called rich food is interdicted, as the system is not strong enough to wrestle with foreign substances or excess of natural diet. During the second year fruit is admissible. Scraped sweet apples are digested in one hour and a half. Baked apples and milk with crackers make a good supper. Juice of oranges is good in the morning. Bananas, if very ripe, are very rich in sugar, and very much liked by the little ones.

There is little doubt, says the Philadelphia Record, that an immense number of persons habitually sleep on the left side, and those who do so can never, it is said, be strictly healthy. It is the most prolific cause of nightmare, and also of the unpleasant taste in the mouth on arising in the morning. All food enters and leaves the stomach on the right side, and hence sleeping on the left side soon after eating involves a sort of pumping operation, which is anything but conducive to sound repose. The action of the heart is also seriously interferred with and the lungs unduly compressed. Hence it is best to cultivate the habit of always sleeping on the right side.

NEW CURRENCY PLAN.

How to Have Money Without Interest for Public Purposes, Upon a City, County and State Bond Basis.

Editor of The Tribune.

Sir,—I well know that any innovation, having in view the reform or expansion of our present currency circulation—no matter how solid the basis for this innovation may be, or how just its claims—is instinctively frowned upon by the banking and moneyed classes, who fear for privileges acquired; as well as by the thoughtless and ignorant, who either will not or cannot understand reforms in favor of the great masses of the people. But the financial reform is the first and greatest of all reforms, because capital controls labor, inasmuch as capital is the only medium of exchange through which wages, or the price of labor, is determined. And consequently the financial question must control the labor question and lives at the basis and foundation of the solution of the so-called social question of the day.

We see throughout the financial movement of the whole world that prices rise whenever the currency circulation is increased; and, on the other hand, that prices fall whenever the circulation is contracted. And, furthermore, that with rising prices the condition of the laboring classes is improved, because the price of labor rises also, whereas, when money is scarce, labor is ill-paid. This law is universal and well established. It must consequently furnish the true key for improving the condition of the working population—which is to increase the volume of money in actual circulation. This, indeed, is the first and most important step toward the people's financial emancipation and without which all thought of radical and permanent reforms is an illusion. Therefore, the question is, How can we increase the money circulation on a sound basis for the direct and evident benefit of the people at large?

One Plan Outlined.

It seems to me that this might be done in the following manner: We all know that United States bonds are accepted in the United States treasury on deposit as lawful security for an issue of bank notes—full legal tender to the amount of 90 per cent. of the face value of the bonds. And, moreover, that these banknotes, printed by the government, are issued to our national banks absolutely free of interest and with a tax of only 1 per cent. Nevertheless, there are millions of dollars worth of state and city bonds in our country which are in every respect of as good intrinsic value as any United States bond, and which, moreover, are considered as such by private capital for investment.

Then why not permit these bonds—as good as our federal bonds—to be received in the United States treasury as lawful security for an issue of bank notes on the same terms as the United States bonds?—which is that this money would be full legal tender and without interest. Thus the bonds on deposit would be non-interest bearing and constitute a loan of money without interest for public purposes, and for the sole benefit of the taxpayers and the people in general.

The bonds in question could be redeemed by annuities paid yearly in gold coin if need be, say at the rate of 5 or 6 per cent. of the capital loaned, and these bank notes could be withdrawn from the circulation and cancelled as the above payments were made. Furthermore, it could be required that the first money collected each year through taxes in centers where these bonds had been issued must be sent to the United States treasury for their redemption as stipulated. And in case of non-payment the federal government could be authorized to collect the taxes directly in these centers. Besides a small tax, say ½ of 1 per cent., could be levied on the whole issue as a reserve fund in case of emergency.

This Plan's Advantages.

The advantages of a national currency issue of the above nature are evident. Calculating at a 5 per cent. rate the money saved every twenty years to the taxpayers would equal the whole face value of the entire issue. And private capital otherwise invested in these bonds would be free to seek new investments and our stock of circulating money would be increased in the same ratio. Furthermore, the reception of the bonds in the United States treasury could be conditioned on the approval of such by a special commission.

I will also add that our present issues of bank notes depending on and maintained as parity with gold by the $100,000,000 gold reserve fund is about one thousand million dollars. These issues could be gradually withdrawn and the currency issues I propose take their place. And this new issue would then have the same $100,000,000 gold reserve fund to keep it at par, while the advantage of such a measure would be in saving millions of dollars to the taxpayers and increasing at the same time our circulation—which would prevent the need of such great sums borrowed abroad and which are a great drain on our national prosperity.

I give the above plan in outline only and on general principles. Many currency schemes are being proposed at the present hour, and as this one would save enormous sums to the taxpayers and would have as good a basis and the same reserve fund as our present paper issues, I thought it might be worthy of the attention of the people for whose sole benefit it ought to be inaugurated. And I cannot see, on the other hand, where it could injure any other class of respectable interests, and so far as its fundamental principles are concerned I consider them as sound as they would be beneficial to the whole nation.

Daniel B. Strong, M. D.

Starrucca, Pa., Dec. 11.

Beecham's pills are for biliousness, bilious headache, dyspepsia, heartburn, torpid liver, dizziness, sick headache, bad taste in the mouth, coated tongue, loss of appetite, sallow skin, when caused by constipation; and constipation is the most frequent cause of all of them.

Book free; pills 25c. At drugstores, or write B. F. Allen Co., 365 Canal St., New York.

MINISTERS ENDORSE IT.

MRS. STIMPSON.

Donnoha, Forsyth Co., N. C.

DR. R. V. PIERCE: *Dear Sir*—For some six or seven years my wife had been an invalid. Becoming convinced that it was her only hope, we bought six bottles of Dr. Pierce's Favorite Prescription and "Golden Medical Discovery." To the surprise of the community and the joy of myself and family, in one week my wife commenced to improve, and long before she had taken the last bottle she was able to do her own work (she had not been able to do it before for seven years), and when she had taken the last of the medicine she was soundly cured.

Yours truly, Rev. T. H. STIMPSON.

For women suffering from any chronic "female complaint" or weakness; for women who are run-down or overworked; at the change from girlhood to womanhood; and, later, at the critical "change of life"—"Favorite Prescription" is a medicine that safely and certainly builds up, strengthens, regulates, and cures.

STILL IN EXISTENCE.

The World Renowned and Old Reliable Dr. Campbell's Great Magic Worm Sugar and Tea.

Every box gurranteed to give satisfaction or money refunded. Full printed directions from a child to a grown person. It is purely vegetable and cannot positively harm the most tender infant. Insist on having Dr. Campbell's; accept no other. At all Druggists, 25c.

WONDERFUL.

SOUTH SCRANTON, Pa., Nov. 10, 1894.

Mr. C. W. Campbell—Dear Sir: I have given my boy, Freddie, 7 years old, some of Dr. Campbell's Magic Worm Sugar and Tea, and to my surprise this afternoon about 2 o'clock he passed a tapeworm measuring about 35 feet in length, head and all. I have it in a bottle and any person wishing to see it can do so by calling at my store. I had tried numerous other remedies recommended for taking tapeworms, but all failed. In my estimation Dr. Campbell's is the greatest worm remedy in existence.

Yours very respectfully,

FRED HEFFNER, 732 Beach St.

Note—The above is what everybody says after once using. Manufactured by C. W. Campbell, Lancaster, Pa. Successor to Dr. John Campbell & Son.

THE HUNT & CONNELL CO.,

MANUFACTURERS' AGENTS FOR

TRENTON IRON CO.'S WIRE ROPE.
VAN ALEN & CO.'S STEEL NAILS.
OXFORD IRON CO.'S MERCHANT BAR IRON.
REVERE RUBBER CO.'S BELTING, PACKING AND HOSE.
FAYERWEATHER & LADEW'S "HOYT'S" LEATHER BELTING.
A. B. BONNEVILLE'S "STAR" PORTLAND CEMENT.
AMERICAN BOILER CO.'S "ECONOMY" HOT AIR FURNACES.
GRIFFING IRON CO.'S BUNDY RADIATORS.

434 LACKAWANNA AVE.

MT. PLEASANT COAL

AT RETAIL.

Coal of the best quality for domestic use, and of all sizes, delivered in any part of the city at lowest price.

Orders left at my Office

NO. 118 WYOMING AVENUE,

Rear room, first floor, Third National Bank, or sent by mail or telephone to the mine, will receive prompt attention.

Special contracts will be made for the sale and delivery of Buckwheat Coal.

WM. T. SMITH.

"WELL, SIR"

"Spectacles!" Yes sir! We have a specialist here to fit you who does nothing else. Sit right down and have your eyes fitted in a scientific manner.

LLOYD, JEWELER,

423 LACKAWANNA AVENUE.

BAD ULCERS ON LIMBS

Five years' Suffering. Could not Sleep or Work from Itching and Burning. Six Doctors could do Nothing. Relief in the First Application. Perfect Cure by CUTICURA.

I had on both my legs, for five years, three very bad ulcers, two on one, and one on the other just into the bone above the ankle, as large as a five cent piece which hurt me so much night and day, that I could not sleep for the itching and burning. I had to get up three or four times a night. Did not know what to do with myself as I could not work. Called a doctor to look at them, but he did me no good, and in all, had six of the best doctors I could get, but they could do nothing. I spent many dollars on different kinds of salve, to no good, and I gave up all hopes of ever getting cured. Nothing did me any good, until I tried CUTICURA REMEDIES. The *first application* my legs began to feel better, the itching, smarting, and burning stopped. I kept on with them, and after using for three months, I was entirely cured. I used seven boxes of CUTICURA, one cake of CUTICURA SOAP, and three bottles of CUTICURA RESOLVENT, and they are the best remedies for skin diseases I ever used. *Five years* I suffered, and can prove it by people where I now live. If anyone doubts this, write to me, and I will tell them with the greatest of pleasure what CUTICURA REMEDIES have done. I cannot speak too highly of the CUTICURA REMEDIES, and shall recommend them to others as a sure cure. E. R. HENDRICKSON, 522 Bridge St., Trenton, N. J.

RESOLVENT CURES BABY

I wish to let everyone know what good the CUTICURA RESOLVENT has done for my little girl. From one year old till three, she was one mass of sores and scabs all over her face, hands, and body. Tried several doctors without relief. At last I heard of the CUTICURAS, bought seven bottles of the CUTICURA RESOLVENT, and she was cured. She is now seven years old and a healthy child, thanks to the CUTICURA RESOLVENT. FRANK T. LIGHTCAP, 655 Ferry Ave., Ward 8, South Camden, N. J.

Sold everywhere. Price, CUTICURA, 50c.; SOAP, 25c.; RESOLVENT, $1. POTTER DRUG AND CHEM. CORP., Sole Props., Boston. "All about the Skin," free.

BABY'S Skin and Scalp purified and beautified by Cuticura Soap. Absolutely pure.

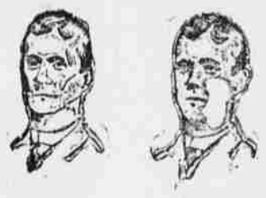
A GRATEFUL PATIENT

TESTIFIES TO

DR. HACKER'S

TREATMENT OF

NERVOUS DISEASES OF YOUNG MEN



AS I WAS. AS I AM.

I give the following statement unasked. I have been a sufferer for so long a time and have spent so much money with so-called specialists and each time have been disappointed and misled, that it was with a good deal of doubt that I called on DR. HACKER. But knowing of some of the cures he made in this city four years ago, and the confidence of the people of Scranton in him then, I resolved to try him. It was a lucky move for me. I was troubled with dizziness, spots floating before my eyes, bad dreams, melancholy, easily startled when spoken to, no desire to exert myself and tired on the least exertion, especially in the morning; had no pleasure in company; very nervous and altogether was a complete wreck. But thanks to DR. HACKER, I am today a well man. I would advise all young men suffering as I did to call immediately; in 45 days I gained in flesh 18 pounds. For obvious reasons I prefer to withhold my name, but if any who suffer will call on DR. HACKER at the Lackawanna Medical Institute, he will furnish my name and address.

NO CURE, NO PAY.

EXAMINATION FREE and conducted in German, Welsh or English.

Send for "Our Book" on nervous diseases of men. Office, 327 Spruce street, Scranton.

OFFICE HOURS—8 a. m. to 8 p. m. Sunday, 10 a. m. to 2 p. m.

Third National Bank OF SCRANTON.

CAPITAL	$200,000
SURPLUS	$260,000
UNDIVIDED PROFITS	$50,000

WILLIAM CONNELL, President.
GEO. H. CATLIN, Vice-President.
WILLIAM H. PECK, Cashier.

DIRECTORS:

William Connell, James Archbald, Alfred Hand, George H. Catlin, Henry Belin, Jr., William T. Smith, Luther Keller.

The management of this bank points with pride to its record during the panic of 1893, and previous panics, when special facilities were extended to its business accounts.

THE TRADERS

National Bank of Scranton.

ORGANIZED 1890.

CAPITAL 250,000
SURPLUS $30,000

SAMUEL HINES, President.
W. W. WATSON, Vice-President.
A. B. WILLIAMS, Cashier.

DIRECTORS.

Samuel Hines, James M. Everhart, Irving A. Finch, Pierce B. Finley, Joseph J. Jermyn, M. S. Kemerer, Charles P. Matthews, John T. Porter, W. W. Watson.

PROMPT, ENERGETIC, CONSERVATIVE and LIBERAL.

This bank invites the patronage of business men and firms generaly.

A MAGIC CURE FOR CYPHILENE BLOOD POISON.