COLDS: HOW CAUGHT AND HOW REMEDIED

IT IS BELIEVED THAT THEY ARE CONTAGIOUS.

are nigh upon a hundred inhabitants who keep a few sheep and cows, cultivate some forty acres, and collect the eggs, feathers and young of the nu-

merous sea fowl. Their coast is so

precipitous and their seas are so stormy that for eight months out of

the tweive they are practically inaccessible. Formerly they were visited

only once a year by a ship from the

steamers from Liverpool and Glasgow.

The curious point is that whenever a

ship reaches the island all the inhabit-

ants, including the very infants at the

breast, are seized with a cold. This

fact has been known for nearly 200

years, and greatly interested Dr. John-

son when he and Boswell were making

their famous tour of the Hebrides. He

was very skeptical about it, saying

that the evidence was not adequate to

the improbability of the thing. But

he praised the Rev. Mr. Macaulay for

putting it in his book, declaring that

t was courageous of him to tell a fact

however strange, if he himself believed

St. Kilda and report the fact, he would

that it was annually proved by Mac-

the inhabitants caught cold, he jocular-

LONG A PUZZLE

The problem of this St. Kilda cold

ong puzzled tearned men, who wern

never to have suspected the simple

explanation of the mystery. One solu-

tion suggested was that the steward

always brought whisky with him, and

that it was the intemperance and joi

lity which took place on the occasion

which caused the epidemic. Another

explanation was that a ship could only

reach the island from the mainlan-

when the wind was from the northeast

The wind, not the strangers, caused

the cold. This cold is still character-

stic of the island, and is called by the

Inhabitants the "strangers' cold," On

the arrival of the first steamer every

connected the island folk fall victims;

attack lasts eight or ten days, and is

itten accommunical by bronchial ca-

the ship comes from Liverpool or Class

gov: the cold they eatch is more sever

than if it comes from the Hebrides,

AN INFECTIOUS DISEASE.

All these instances, and there ar

nany such, go to show that a cold is an

infectious disease, prevalent widely, no

doubt, but only where man, perhaps

introduced, rapidly becomes extinct.

This is known to be the case on sailing

vessels during a long voyage, and it is

one of the reasons why such a voyage

is often beneficial to patients suffering

from consumption, who are so sadly

liable, after any catarrhal attack, to

ose the ground they have been slowly

gaining. It would seem, too, that the

infection is generally carried by human

some, at least, of every ship's erew or

passengers must take it with them

when they go aboard, for apparently

every ship which reaches St. Kilda

brings the cold. Probably those who

health, are highly susceptible to colds

if they have been for some time free

from them and so have lost immunity,

AMONG ANIMALS.

Additional evidence that colds are in-

ections is furnished by what we ob-

serve among our domestic animals.

lats seem to be specially susceptible

Probably they often bring home from

ous catarrhal attacks which so rapidly

run through the house. It is an old

saying, "The cut is sneezing, we shall

a whole flock may suffer, and may

lips (herpes labialis), which we all

know only too well as one of the most

cold in the head. On the Australian

sheep runs, when the shearing season

comes round, the men who congregate

at the sheds are frequently smitten

with an illness of catarrhal nature,

which rapidly takes hold of them, and

often affects some 90 per cent. Some-

times it becomes very serious, and may

even develop into a fatal pneumonia,

To all appearance it is caught from the

HORSES ARE SUSCEPTIBLE.

Horses, too, are very subject to masal

catarch, and it is a widely prevalent

belief among coachmen that if a horse

goes into a fresh stable, and especially if a horse which has been out at grass

goes into a stable with other horses, it

at a fair, and this is popularly attrib-

uted to the draughts to which they

bave been exposed. As it is admitted,

however, that any other horses which

may have been in the stable generally

surely it is more reasonable to suppose

that the latter has in like manner reelved the infection from some of its

neighbors while on sale. A medical friend of the writer's lately made an

interesting experiment. He has two

horses, and has been in the habit of turning one out for the summer

months. When he brought it in again

or the winter it used invariably to de-

elop a severe cold. Coachmen will tell

you that this is due to the unaccustomed warmth of the stable, which makes the animal "nesh." Last year,

however, before bringing in his horse

the doctor had his stable thoroughly

disinfected and lime-washed, and put

came in from grass then remained per-

fectly free from any symptoms of ca-

DANGER OF CODDLING.

the conclusion that a cold is a specific

Infectious disease, and that without the

possibility of infection it is impossible

without the presence of this micro-

organism the disease cannot be con-

tracted, be the exposure what it may

What is the bearing of this belief? Is

it of any importance to us, if true it he

to recognize its truth? Contrast it for

a moment with the commonly accepted

as follows: First, that the greater number of lilness begin with a cold. This is more or less correct. Secondly, that all colds must necessarily be due

to exposure of some kind, to draughts,

damp, cold, or wet, though this expos-

theory, which may be roughly stated

o catch it. That is to say that it is due to a micro-organism, and that

All this evidence seems to force us to

no other horse into it. The one which

this cold from the newcomer,

goes into a stable with other horses, it together useless as a precautionary meas-will be most likely to develop a cold, ure—given exposure to infection which So, too, it is noticed, will horses fought must somer or later be incurred—then

frankly

show that curious cruption round the

all have colds," Sheep, too, are liable;

their nocturnal rambles those mysteri-

age of sev and even

arry it are often quite unconscious

The inhabitants affirm that if

afterward many of them escape.

they fall a-coughing.

He said that if a physician, rather

osed to be incredutous, should go to

mainland. Now several call there during the summer, including excursion

Are Not Caused Merely by Exposure, for There Are Places Where They Cannot Be Caught---Some Highly Interesting Cases in Point.

From the Landon Spectator

Many people may be surprised to hear that even in this world there are places where it is impossible to catch a cold, simply because there are 103 colds to catch. There are facts, however, which seem to prove this. For example, Nansen and his men, during the three years which they spent in the arctic regions, never caught a cold, Yet they were exposed to cold, fatigue and wet to a degree which we at home can hardly coalize. Especially one remembers how Nansen and his comrade Johansen, during their wonderful expedition on foot over the polar ice, went on, day after day, clad in clothes which were so saturated with personation that they freze by day into one solid mass of ice, and even cut into the flesh; how every night, when they tucked themselves up in their sleeping bags, the first hour was spent in thawing how they lay shivering, their frozen socks apread across their chests, until their clothes gradually became weg and soft and eventually comfortable and warm. It was indeed a damp hed to sleeep in: Yet they never caught a cold: and, mark this, for it is very important, with the exception of Nansen's brief attack of lumbago, their health did not suffer in any way from the exposure. It may be said that they were all strong men, marvelously hardy: they were able to withstand the cold. But what was the fact? Direct by they reached civilization they all caught cold. Nansen's own statement to the writer was: "There is, of course no doubt that cold is an infectious dis case. We had none during our journey and we all got it every badly, poor at the very moment we reached Norway. And this seems to be the universal experience of arctic explorers. The members of the Jackson-Harmsworth expedition, who stayed for three years in Franz Josef Land, never once suffered from colds. Yet they too un derwent at times great exposure. The aretic summer was exceedingly damy -cold, mist-laden east winds promiting. Wet feet were the rule, "a chronle experience." "On one occasion six of us were exposed to a gale in a boat for three days and nights, when we only where civilized man exists. Also were all drenched to the skin with rain that in some favored spots, as in St. and spray; and when we arrived on land, being unable on account of the inclement weather and want of drift or other wood to light a fire, we had to remain in our wet clothes and practic-

tions, ruffered from severe colds directly they reached civilization. FELT NO ILL EFFECTS.

ally let them dry upon our hodies, yet

thy that the only ill effects ever felt

were slight twinges of rheumatism, ex-

perienced by two or three only, and

guite of a fleeting nature. Indeed,

their doctor declares that none of these

journ in those northern regions, while

some at least were the better for it.

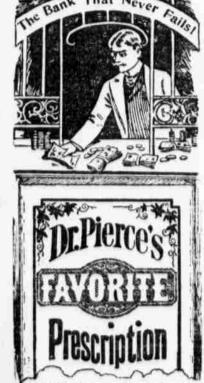
Yet they also, with only two excep-

men were the worse for their long so

one of us took cold." It is notewor-

Very interesting, too, is Sir Martin Conway's account of his experiences, thealty all human beings, irrespective of For two months, when exploring Spitzbergen, he and his four comrades were exposed to considerable privations, were almost constantly wet through, and frequently had to sleep in their wet clothes; yet their health never suffered in any way from this. But at the end of that time they went down to Apdree's settlement on the coast, where some forty men were living and where moreover, there was almost constant intercourse with the mainland. Within two days of their arrival Conway and his companions att developed violent colds. Still more striking were his experiences in the Himalayas. While among the mountains he and his men. notwithstanding great exposure, never caught a cold. They even visited native villages without doing so. But once they came down to a village where unpleasant accompaniments of a bad there was a small European settlement having communication with the outside world-one white man had come up three days previously. There Conway and his men all, without exception, took had colds, which developed, he thinks, in about a couple of days. The present writer has heard, too, but has been unable to verify the fact, that the men at the observatory on top of Ben Nevis, often living in the midst of from colds: but that whenever they de scend to inhabited regions they invariably catch severe ones.

Then there is the classical instance



cines for the last eighteen years in the Coffee County Poorhouse and Asylum. Your Golden Medical Discovery. Pavorite Prescription and Pleasant Pellets are the best medicines for the disease for which they are recommended, that I ever used. They saved my wife a life at the time of change of life. I also cured the worst case of lunacy that we ever had with your Favorite Prescription. The case had been under the doctor's care for three years. I gave your medicine and the patient became well. This was nine years ago, and she in still in good health. I have been recommending your medicines to many. I have told our druggist that if the people came back and said Dr. Pierce's medicines did not give satisfaction, to give them back their money and charge it to me. I have not once been called upon to refund. I think I have guaranteed seventy-five or one kundess eases.

of the St. Kilda cold. On that rocky, Sunday School Lesson for February 19. lonely island, lying some forty miles beyond the Western Hebrides, there

Christ Feeding the Five Thousand.

JOHN VI. 1-14.

BY J. E. GILBERT, D. D., LL. D., Secretary of American Society of Religious Education.

that a long time clapsed between the wents recorded in the fifth chapter of returned to Galilee and visited Nazareth, Capernaum, Nain and Gergesa, preaching and working miracles. The Synoptics give an account of that ministry, (Luke iv: 14-ix. 7) but John passes it by in total silence, proceeding directly and abruptly from the sermon at Jerusalem to the feeding of the five for this amission, which is one of the be reminded of it in order to proper egin to look about him. When told approach to our present theme. must first of all locate Jesus in the city Leod's steward, on whose arrival all or Capernaum on the northwest side of the Sea of Galilee, where He had exy remarked: "The steward comes to tablished His home, and from which demand something of them, and so point He had made seeral excursions.

> FOLLOWED. - From Jesus crossed the Sea of Galilee, called also Tiberias, after the Roman emperor, (v l.) It is probable that He took assake in one of the little fishing boats perhaps belonging to the disciples Sailing in a northeasterly direction He landed with His disciples in the country of Gergesenes, a mountainous sec tion but little inhabited. This retreat vas sought for communion and prayer se of the death of John the Baptist, (Matt. xvi; 13) which had been reported to Him. But He could not esrape the multitude. His many miracles had awakened profound interest among all classes, and some out of curiosity others in hope of gain, and all becaus of their admiration for the wonderful person continually sought His presence, expecting to witness some further lisplay of His marvelous power, Acordingly when He took the boat the rowd hastened on foot around the end f the sea, (Mark vi; 23) and reached the place of His retirement but a short time after His arrival. (v 2.)

SEATED -- According to the original surpose there was opportunity for a orief interview between Jesus and His anostles before the multitude arrived. Retiring into the solitude of the mounlain not far from the shore, (v. 3) He Kilda, the disease, when it has been sat down, assuming the attitude of a teacher, and gathered the disciples about Him for the intended lesson, (Matt. v: L) What words fell from His lips on that occasion will never be known, for no historian has made a record, although three were present who afterward wrote His biography. But a delightful interview it must have been. Freed from the city and its noisy crowds, surrounded by the glory agency; and it is noteworths that of the mountain heights, with all the memories of delightful former seasons rushing across the mind, all present | must have felt the occasion to be an exalted privilege. A sentence thrust in here, (v. 4) gives color to the teaching of the hour and indicates that posthat they have anything wrong with sibly our Lord referred to the Passover them, the disease being, as it were, which was near at hand, and explained latent. It would seem, too, that pract its deep meaning.

> d His instructions to the disciples when He observed that the people were

have taken cold." The practical result

of this theory is that. In their fear of

these unrecognized exposures, people

are upt to take more and more care of

themselves-in other words, to coddle

more and more. This treatment tends to make them more and more delicate:

ess and less able to withstand expos-

ure; more and more sensitive to the

depressing effect of cold: less and less

capable of reacting healthily against

it: and, what is far worse, more and

tilation. cln the back blocks of Aus-

tralia the writer has actually known

a monthly nurse, strong in the con-

sciousness of unquestioned wisdom.

and armed by the authority of es-

tablished custom, even when the ther-

mometer stood 90 in the shade, refuse

to open the window, lest her patienet

treatment, when it is applied to child-

ren, is especially injurious, causing

stead of sturdy and strong, and

in the long run, tending to undermine the

robust health and hardinood of our Eng-lish race. Now, if this commonly ac-cepted theory is, after all, on erroncous one; if all this over-carefulness is not only injurious in many ways, but is ai-

surely it is important that we as a nation should give up our traditional belief, howsoever much we may have cherished

it. If the alternative theory, that of in-fection, be the true one, and if it be

frankly accepted, many consequences must follow, which it is impossible to consider here. But one thought forces

itself upon us. If it be true that exposure is not the direct cause of the disease

f. as seems probable, it only acts by owering our vitality, and so combling the germs to get a footbold, surely the

more we become inured to such expos-ire the less likely will it be to affect us

o this way-a thought which, if noted

upon, would go far toward preserving that hardiness which is so characteristic

f our nation which would prove as ef-

ective a protection against cold as gainst other enemies.

May we hope for anything further? Shall we ever be able to avoid colds al-together? Probably we shall; probably

e long our bacteriologists having dis-vered the hostile microbe, having learnt

acked him to his lair, will be able

EGG OF THE SHARK.

Curiously Shaped Shell Which Pro-

tects the Embryo Maneater.

The study of the protective resem-dances among animals is a field of no

little interest, well illustrating the mer-velous devices of nature for the protec-tion and perpetuation of life.

This is well shown in the eggs of fishes, which seem in some justances, to be almost endowed with a special sense, enabling them to avoid their enomies and reach the seclusion necessary for their

The accomplishment of this is attaine

From the San Francisco Call.

now us how we can get the better of our

oe, so that in the oft-recurring struggle

e, not we, will succumb, and we shall

his habits, traced his life history

oon cease to fear him.

safety.

damp, cold, or wet, though this expos-ure may be so light that the sufferers various parts. An interesting indeed,

are often quite unconscious of it, and striking, example of this is seen in the

grow up delicate in-

should take cold.) And this coddling

CONTEXT.—Biblical scholars agree sight of them He was moved with GATHERED.—There must have been that a long time clapsed between the compassion, (Mark vi. 34) and began a constant and increasing surprise in John, our last lesson, and the events of on the physical comfort of the people ed and even assisted the distribution of today's lesson. From Jerusalem Jesus excited the concern of the disciples food on that occasion. How and where quartermaster, (v. 5.) The inquiry thousand near the Sea of Galilee. It is however, was not intended to elicit inimpossible for us to assign any reason formation concerning the market, but strange that there should be a surplus nost extensive in the sketch of our Jesus had already formed a benevolent that there should have been onough. Lord's life. But the student needs to purpose, (v. 6) which did not depend The apostles went forth, each with a know the real purpose of our Lord's

> SUPPLIED.-Difficult as the case might appear the benevolent Jesus did not intend to dismiss the hungry multitude without food. The inquiry for lad present who had something to sell. like some of the newsboys or applepeddlers of our time watching for an-Had he followed the crowd from Capernaum thinking some one would become hungry" Alas! he had only five loaves and two small fishes! It was Andrew who found the boy, (v. 8) and reported his presence to Jesus, saying as he did so, "but what are these among so many?" It is evident that by this time the disciples felt that it would be utcamp was not a mouthful for each. a close, and the people were far from is received and acknowledged.

DISTRIBUTED.—But Jesus deter-(v. 10) not counting women and children, although some must have been picnic party. Then came the distribution. First a blessing or thank-offering, customary in all lands under all systems of religion before eating, and gathered about Him. (v. 5.) At the very vants supplied the need of all.

front of each dorsal fig.

a constant and increasing surprise in to teach them. But as the day were the minds of the apostles who witnesswho proposed to send them away to the the multiplication occurred no one villages for food, (Mark vi: 35-36) while knows-whether in the hands of Jesus Jesus offered to feed them out of their or of His helpers does not matter. The own scanty store. Turning to Philip last man's hunger was fully satisfied. He desired to know where bread might | But a greater wonder remained. (V. 12.) be bought, that plain practical man Jesus ordered the gathering up of the like Peter being well qualified to be a fragments, showing that there had been no parsimony-the supplies had been dealt out with a lavish hand. How to test the faith of the disciples, for It was if possible a greater marvel than on human supplies. Philip did not basket and each returned with his basket full, (V. 13.) Two ends were question, and answered in a matter of galned by this collection. There was fact way that two hundred penny worth a lesson in economy which Jesus sought of bread would hardly be sufficient, to enforce in the order given, (Luke (v. 7.) The cost, about \$25, exceeds xv: 13) and there was also a fuller conthe ability of the company, and there armation of the miracle. How remarkwas no place where such quantity able that what they brought in was more than what they carried out' (I Kings xvii: 16.)

CONFESSED.-It was a company of plain men that followed Jesus from place to place. Unlike the jealous and means of obtaining provisions soon scowling priests they were open-heartbrought out the fact htat there was a cd and unprejuliced. They welcomed the words of truth spoken in their (v. b.) Blessings on that boy! Who is hearing, (Mark xii: 37) and they with he? Where did he come from? Was he nessed the deeds of power, not only with wonder, but with conviction that was strengthened as the days passed. opportunity to carn an honest penny? Hence the feeding of five thousand men with a few loaves and fishes, so unlike all former miracles, drew out a noble confession. (V. 14.) They turned from one to another and spoke with evident satisfaction, agreeing in their testinony. "Of a truth this is that prophet that should come into the world repetition in substance of what Andrew said to his brother, Gohn i: 4L erly impossible to feed the multitude. What before they thought and said Philip and Andrew represented the they now firmly believe. The long exsentiment of all. What was in the pected Messiah (Deut xviii: 5) eagerly desired by the nation, (Matt. xi: 3) What would supply all would cost too peomised by the prophets had actually much, and could not be had at any come. (John vii: 40.) It is a great day price. Besides, the day was drawing to in the life of any man when the truth

CONCLUSION.-The human mine mined to use the lad's small stock of seldom perceives the truth pure and bread and fish, (Matt. xvi: 18.) The simple. Generally something of error is expressions of doubt on the part of the mixed with it, and that error is not disciples furnished all the better oc- easily eliminated. Revolutions in the rasion and motive for His great pur- state and agitations and scisms in the pose. The company was ordered to church have been caused by this unforbe scaled in groups or ranks of fifty or | tunate admixture of truth and error. a hundred together, (Mark vi: 49) there It was so on this occasion. One might being in all about five thousand men, have thought a great advance in the cause of Christ had been secured when the confession was made. present. An American passing by at not so, The men who admitted Him the time would have taken this for a to be the expected prophet or Messiah had false notions of the character of that Messiah, They supposed that he would be a temporal prince, and would set up a government, restoring sovertherefore in no sense peculiar at this eignity to the Jewish nation and cast-time. Then the bread and fish were ing off the Roman yoke, Hence they delivered to the discipls and by them attempted to make Jesus king, (v. 15) arried to the people. (V. 11),) What and, had they been encouraged, they sounty was that! One loaf of bread for would have followed Him with shouts a thousand men! One fish for twenty-five bundred men! And yet here was and went alone into a mountain, Alas, no lack. The Divine host dealt out the blind had seen the deeds but their from His unfailing store, and His ser- sight was depraced and they saw not the real spiritual King.

say: "I am sure I don't know how I egg case of a peculiar shark and an egg ashore. A more perfect mimicry it would within the egg it bursts open or forces from floating ashore, but presenting a perfect case of mimicry, the egg refrom floating ashore, sembling a leaf so perfectly that it is often passed by by the closest observer. Many of the eggs of fishes are almost white balls, which are taken by the no kelp in certain localities and bear a re

case broken, the young shark being in be impossible to imagine, the act of escaping. The shark which produces the egg is a The shark which produces the egg is a member of the Castracionidae; about twenty-five genera being known, of which twenty-two possess a special interest to geologists as having fixed previous to the colite. But a few years ago the fish was only known by fossil forms, but finally a living specimer was caught at Port Jackson. Australia, showing that this 'graciont and fishlike form' bad on the product of the pseudo leaf and swims the end of the pseudo leaf and swims of predatory fishes. Another shark on the Pacific coast has an equally remarkable egg. It is dark, barrow shaped, within the egg it bursts open or forces the cond of the pseudo leaf and swims of predatory fishes. Another shark on the Pacific coast has an equally remarkable egg. It is dark, barrow shaped, and ething to it; not merely preventing the egg it bursts open or forces the cond of the pseudo leaf and swims of predatory fishes. Another shark on the Pacific coast has an equally remarkable egg. It is dark, barrow shaped, at Port Jackson, Australia, showing that the end of the pseudo leaf and swims are completed to the cond of the pseudo leaf and swims are completed to the cond of the pseudo leaf and swims are completed to the cond of the pseudo leaf and swims are completed to the cond of the pseudo leaf and swims are completed to the cond of the pseudo leaf and swims are completed to the cond of the pseudo leaf and swims are completed to the cond of the pseudo leaf and swims are completed to the cond of the pseudo leaf and swims are completed to the cond of the pseudo leaf and swims are completed to the cond of the pseudo leaf and swims are completed to the cond of the pseudo leaf and swims are completed to the cond of the pseudo leaf and swims are completed to the cond of the pseudo leaf and swims are completed to the pseudo leaf and s this "ancient and fishlike form" had endured until today. Another specimen was soon discovered in the waters of more afraid of fresh air and good ven- California and described as Gyropleurodus Francisci, the singular shark whose egg case is figured. It is a small fish, invisible, and float upon the surface, rarely over three feet in length, beautifully marked, having a horny spine in narius dot the leaves of the kelp, minute The shark is a sluggish creature, often vice as some interesting lime-screeching centlying asleep or dormant in crevices unimal. The long, grape-like, conspicuous in the rocks and occasionally caught in eggs of the hag fish are found among the The eggs are deposited in a black or markable resemblance to the floats of the dark case which takes the form of a per-fect spiral, and looks exactly like a leaf of kelp or weed folded up, imitaling the fillustrate the efforts of nature to proweed only in form and shape, but in teet her own. Some are adorned with color. This is deposited by the shark barbels that resemble the small leaves of amid the kelp beds, where it clings to the sea weed in which they are deposit the leaves by the edges of the spirals, ed, and all have the exact tint and color and is thus prevented from washing of the objects about them.

A SURE CATARRH No matter what your experi-ence has been with so-called catarrh "remedies," your ulti-mate, complete recovery can surely and positively be effected. Don't suffer any langer. Don't trifle with a distressing and dan-gerous disease when a sure cure is within your grasp. Thousands of suffecers whose condition was worse than yours have been cured and are now in perfect health Their enthusiastic and unsolicites Br. Agnew's Catarrhal Powder is the most wonderfully effective remetly ever compounded. It re-lieves the most severe case in from to to 60 minutes; it effects a full cure in a short time. The most eminent nose and throat special-ists in the world have given it their unqualified endorsement. In all cases of catarrh, colds, sore throat, asthma, hay fever and influence it acts like magic. It is easy and pleasant use. It never falls to do precisely what is claimed for it. In less than an hour will prove its worth if you will but give it a chance. A prominent evangelist gives testimony : Rev. Warren Bentley, writes:--"While in Newark, N. J. conducting religious services, I was troubled with catarrh and used Dr. Agnew's Catarrhal Fowder. It gave me great relief and I have recommended it to many among whom I have labored." Hon, David Mills, Minister of Justice of Canada, has used this remedy and highly recommends it over his own signature. At all druggists. mends it over his own signature. At an singgious. Dr. Agnew's Cure for the Heart cures all cases of organic and sympathetic disease of the heart. Relieves in 30 minutes. Dr. Agnew's Liver Pills are attenced mild cathartic and an invigorator, system renovator and blood maker and purifier. For for 40 doses, Relieves in a day eccema, tetter and all skin diseases. Cures niles in 2 to 5 nights. 35c. 二基理位为企业的特征和实践企业的发生

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