

GOOD HEALTH

It can be preserved by Work, Good Habits and a Good Conscience.

There are a good many reasons which may help to explain what is at first sight, the extraordinary fact that bodily health is only just coming to take a first place among the objects of a reasonable man's interest.

Of course the objects of health sickness have always attracted a large measure of attention, because of the way that is too plain and irrefragable to be overlooked.

It is rather startling to reflect how few persons one knows who do not habitually sacrifice health for some other advantage, confessedly less worth having.

Several horses became famous in the war of the Revolution from their association with famous commanders.

It is a well known fact that the most effective form of taking exercise, but, unluckily, every horse owner who has a horse, is in the habit of making it do more than its duty.

But the acquisition of gymnastics is not the only sacrifice that men are more ready to talk than to act as if health were the prime good.

Excessive brainwork is probably the side on which some of the most useful men sin most recklessly.

And, as we began by saying, the idea that it is unworthy to care about the body has more than one root.

How Trout Mount Waterfalls

Not long since I followed one of these dashing trout streams from the valley up the mountain.

As a rule, the parts of animals most exposed to rays of light are, other things being equal, richest in coloring matter.

The fatal rapidity with which slight colds and coughs frequently develop into the gravest maladies of the throat and lungs, is a consideration which should not be forgotten.

Nothing else gives such immediate relief and works so sure a cure in all affections of this class.

It is not a new ailment for popular consideration, but a medicine which is today saving the lives of the third generation who have come into being since it was first offered to the public.

There is quite a little romance associated with the large iron ring worn by Prince Bismarck.

Waco, Texas, January 13.—The storm which swept over Texas last Thursday, and continued with but little abatement up to the present date, is without parallel in the history of Texas in its extent, severity and duration.

All water-pools and streams throughout the country are growing districts of the State are frozen over, and to add to the gravity of the situation a heavy snow storm set in late Monday night and Texas from the Sabine to the Rio Grande, and from the river to the Gulf, is covered to a depth varying from two to five inches.

Unless all signs fail, and unless British investors have been making millions in a speculation that is utterly without a substantial basis.

Valentine Dreiser, forty-seven years of age, living in the 5th Con- tinent avenue, blew out his brains in his bedroom yesterday afternoon.

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DRUGS.

G. W. BENFORD & SON'S DRUG STORE, NO. 1, BAER'S BLOCK.

PITTSBURGH, Jan. 12.—Dr. David Hostetter said today that it had been decided to build the South Pennsylvania Railroad.

What a Swarm of Bees Did.

Fannie is a little girl who has a big wax doll as a companion.

Can you tell who is in the greatest danger of catching any infectious or epidemic disease?

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