

INSOMNIA.
ADVICE TO THE VICTIMS OF A DISTRESSING DISEASE.

An Affliction that is widespread in this country—lawyers, teachers and other professionals and especially men of affairs whose minds are overtaxed with a multitude of harassing, incessant business details. It is caused by an undue distention of the arteries supplying the brain blood to the result of an unduly excited pressure on the nerves cells of the brain matter, overstimulating in prolonged wakefulness during the night, at a time when they should be allowed to remain quiescent and recuperate the tissue wasted during the active hours of the day. Shakespearean poetically says, "The sleep knits up the raveled sleeve of care." This is also true scientifically and physiologically. It is capable of being expanded into a whole treatise. With the lightninglike glance of genius he saw into the very structure of nerve tissue, the cause of its wear and tear and the remedy.

In Samuel Johnson in his ponderous Dictionary defined a "rest" to be "an intermission of the business of the mind." Each cell in the brain has its character. Magnified several hundred diameters it would resemble the net-work covering a small balloon. In the morning, after a refreshing night's rest, each cell is expanded, alert with life, and has the fine pink glow of health. At evening, after the day's work, each cell contracts, and the nervous system, this cell is flaccid and collapsed, a portion of its substance gone, and it is unfit for further immediate work.

A night's natural sleep repairs the waste, the life giving blood in gentle, regular pulsations flows by and the proper element is taken out of each cell and incorporated into the structure of the nerve cell, so that on awakening it is again restored, alert and ready to receive and send out messages and do its proper work. The nerves cells together again the meshes raveled out by care. The action of 1,000,000,000 of these cells packed together in the brain, like Leyden jars in a battery, is analogous to electricity, but not at all identical with it.

One has sometimes in the country noticed a lone flash lightning strike trees, and the sparks are scattered about by the vibrations of rain and frost and wind. First the small twigs become brittle, break off and fall, then the larger branches and limbs and finally the main trunk is shattered. In the same way, if the nerves are not properly cared for, they will become brittle, break off and fall, then the larger branches and limbs and finally the main trunk is shattered. In the same way, if the nerves are not properly cared for, they will become brittle, break off and fall, then the larger branches and limbs and finally the main trunk is shattered.

One has sometimes in the country noticed a lone flash lightning strike trees, and the sparks are scattered about by the vibrations of rain and frost and wind. First the small twigs become brittle, break off and fall, then the larger branches and limbs and finally the main trunk is shattered. In the same way, if the nerves are not properly cared for, they will become brittle, break off and fall, then the larger branches and limbs and finally the main trunk is shattered.

One has sometimes in the country noticed a lone flash lightning strike trees, and the sparks are scattered about by the vibrations of rain and frost and wind. First the small twigs become brittle, break off and fall, then the larger branches and limbs and finally the main trunk is shattered. In the same way, if the nerves are not properly cared for, they will become brittle, break off and fall, then the larger branches and limbs and finally the main trunk is shattered.

One has sometimes in the country noticed a lone flash lightning strike trees, and the sparks are scattered about by the vibrations of rain and frost and wind. First the small twigs become brittle, break off and fall, then the larger branches and limbs and finally the main trunk is shattered. In the same way, if the nerves are not properly cared for, they will become brittle, break off and fall, then the larger branches and limbs and finally the main trunk is shattered.

One has sometimes in the country noticed a lone flash lightning strike trees, and the sparks are scattered about by the vibrations of rain and frost and wind. First the small twigs become brittle, break off and fall, then the larger branches and limbs and finally the main trunk is shattered. In the same way, if the nerves are not properly cared for, they will become brittle, break off and fall, then the larger branches and limbs and finally the main trunk is shattered.

One has sometimes in the country noticed a lone flash lightning strike trees, and the sparks are scattered about by the vibrations of rain and frost and wind. First the small twigs become brittle, break off and fall, then the larger branches and limbs and finally the main trunk is shattered. In the same way, if the nerves are not properly cared for, they will become brittle, break off and fall, then the larger branches and limbs and finally the main trunk is shattered.

One has sometimes in the country noticed a lone flash lightning strike trees, and the sparks are scattered about by the vibrations of rain and frost and wind. First the small twigs become brittle, break off and fall, then the larger branches and limbs and finally the main trunk is shattered. In the same way, if the nerves are not properly cared for, they will become brittle, break off and fall, then the larger branches and limbs and finally the main trunk is shattered.

Enlaming Perfumes.

Myrrh, which was falsely supposed to be the tears of Myrrha, who was turned into a myrrh tree, was a plant of handsome appearance, with spreading, fern-like foliage and large umbels of white flowers. It was found principally in Arabia and Lycia. In early times the perfume distilled from it was greatly in requisition for embalming. Herodotus gives a detailed account of the ancient mode of embalming, which was perhaps more instructive than pleasing. After the body had undergone some preparation, which, to spare your feelings, I will not describe, it was filled with powder of myrrh, cassia and other perfumes. It was then steeped in nard, a strong solution of soda, for 70 days. After this it was wrapped in bands of fine perfumed linen, scented with aromatic oils.

Not only people were thus embalmed, but the crocodiles of Lake Moeris, which, after their mummification, were decorated with jewelry and jewelry and laid in one of the subterranean passages of the great labyrinth with much pomp and display. The sacred cat, ichneumon and other cherished animals were also embalmed with scrupulous and fanciful care. On days special to the memory of the dead the mummies were newly sprinkled with perfume, incense was offered before them and their heads anointed with fresh oil—in the same spirit as we lay new blooms upon the graves of our dead.—London Society

A View of the Sultan.
Here is a first view of the sultan as Mrs. Max Muller sees him. She describes it in her "Letters From Constantinople." The sultan, she writes, is a man of the morning, after a refreshing night's rest, each cell is expanded, alert with life, and has the fine pink glow of health. At evening, after the day's work, each cell contracts, and the nervous system, this cell is flaccid and collapsed, a portion of its substance gone, and it is unfit for further immediate work.

Most popular children's book ever written. "Mother Goose's Melodies." Mrs. Goose, or "Mother Goose," was a Dutch emigrant who came to Boston in 1633, and was a woman of gigantic size and prodigious strength and was of great assistance to the authorities in keeping the peace in the streets. When an unusually troublesome fellow was on the way to the lockup, Black Maria, as Maria Lee was called, would come to the assistance of the policeman, and her services were so much requisited for this purpose that her name was associated with almost every arrest made.

Mathematical Wonder.
Jedediah Buxton was the greatest prodigy of mathematics that ever appeared in England. His education was very limited, and he had never been taught arithmetic beyond any elementary operations, so that his abilities in this respect were peculiarly natural. He would walk over a piece of land and tell with exactness how many acres and square rods were contained in it. His memory was so great that while resolving a question he could leave off and resume the occupation again the next morning at a week or a month or several months later and proceed regularly till it was completed.

Women in West Africa.
Many times when walking on Lembeh Island have I seen a lady standing in the street and let her husband, who had taken shelter inside the house, know what she thought of him in a way that reminded me of some London slum scenes. When the husband looks at her with a stern and reproachful expression, she replies, "I like them to come to me when they are in difficult cases and ask for what they want."—"Rich and Poor," by Mrs. Bosanquet.

Sweden is the greatest match producing country in the world. The industry is conducted on an enormous scale in the United States and elsewhere. There are four times as many words in the English language as there are in the French.

That stale bread may be freshened by dipping the loaf quickly into hot water and taking for a few moments in a quick oven.

That salt and liquid ammonia will remove egg stains from plated spoons.

THE BEST
Is None Too Good When You Buy MEDICINES.

FRESH, PURE DRUGS,
As it is To Have Confidence in the Physician Who Prescribes Them.

AT SNYDER'S
You are always sure of getting the freshest medicines—PRESCRIBED Carefully Compounded.

TRUSSES FITTED
All of the Best and Most Approved Trusses Kept in Stock. Satisfaction Guaranteed.

OPTICAL GOODS.
GLASSES FITTED TO SUIT THE EYES. CALL AND HAVE THEM SIGHT TESTED.

John N. Snyder,
Somerset, Pa.

Louther's Drug Store
Main Street, Somerset, Pa.

FRESH AND PURE DRUGS
Medicines, Dye Stuffs, Sponges, Toilet Articles, Perfumes, &c.

THE FINEST BRANDS OF CIGARS
Always on hand. It is always a pleasure to display our goods to intending purchasers, whether they buy from us or elsewhere.

J. M. Louther M. D.
MAIN STREET, SOMERSET, PA.

SOMERSET LUMBER YARD
ELIAS CUNNINGHAM,
Lumber and Building Materials.

Hard and Soft Woods.
Oak, Poplar, Siding, Pickets, Building Walnut, Yellow Pine, Flooring, Sash, Star Rail, Cherry, Shingles, Doors, Balusters, Chestnut, Lath, White Pine, Blinds, New Posts, Etc.

ELIAS CUNNINGHAM,
Office and Yard Opposite S. & C. R. Station, SOMERSET.

The N.Y. Weekly Tribune
FOR FARMERS AND VILLAGERS,
FOR FATHERS AND MOTHERS,
FOR SONS AND DAUGHTERS,
FOR ALL THE FAMILY.

With the close of the Presidential campaign THE TRIBUNE recognizes the fact that the American people are now anxious to give their attention to home and business interests. To meet this condition, politics will have to be space and prominence, until another State or National election demands a renewal of the fight for the principles for which THE TRIBUNE has labored from its inception to the present day, and won its greatest victories.

WE FURNISH "THE HERALD" AND "N. Y. WEEKLY TRIBUNE"
ONE YEAR FOR ONLY \$2.00.
CASH IN ADVANCE.

THE O. I. C. LIME COMPANY,
SUCCESSORS TO—
THE MEYERDALE LIME COMPANY,
have just completed their new siding and are now prepared to ship by carload lots to any part of the country. This lime is manufactured from the celebrated Snyder Hill Limestone and is especially adapted for building purposes. It is the best lime in the market. Address: JAMES W. EDWARDS, 361 Broadway, New York.

GET AN EDUCATION
EDUCATION is the only way to success in life. It is the only way to get a good job and a good salary. It is the only way to get a good education. It is the only way to get a good education. It is the only way to get a good education.

IMPORTANT TO ADVERTISERS.
The cream of the country press is found in Bennington County Seat Lists. Advertisers avail themselves of these lists, a copy of which can be had of Bennington Post, of New York & Pittsburg.

THE BEST
Is None Too Good When You Buy MEDICINES.
FRESH, PURE DRUGS,
As it is To Have Confidence in the Physician Who Prescribes Them.
AT SNYDER'S
You are always sure of getting the freshest medicines—PRESCRIBED Carefully Compounded.

TRUSSES FITTED
All of the Best and Most Approved Trusses Kept in Stock. Satisfaction Guaranteed.
OPTICAL GOODS.
GLASSES FITTED TO SUIT THE EYES. CALL AND HAVE THEM SIGHT TESTED.
John N. Snyder,
Somerset, Pa.

Louther's Drug Store
Main Street, Somerset, Pa.
FRESH AND PURE DRUGS
Medicines, Dye Stuffs, Sponges, Toilet Articles, Perfumes, &c.

THE FINEST BRANDS OF CIGARS
Always on hand. It is always a pleasure to display our goods to intending purchasers, whether they buy from us or elsewhere.
J. M. Louther M. D.
MAIN STREET, SOMERSET, PA.

SOMERSET LUMBER YARD
ELIAS CUNNINGHAM,
Lumber and Building Materials.
Oak, Poplar, Siding, Pickets, Building Walnut, Yellow Pine, Flooring, Sash, Star Rail, Cherry, Shingles, Doors, Balusters, Chestnut, Lath, White Pine, Blinds, New Posts, Etc.

ELIAS CUNNINGHAM,
Office and Yard Opposite S. & C. R. Station, SOMERSET.
The N.Y. Weekly Tribune
FOR FARMERS AND VILLAGERS,
FOR FATHERS AND MOTHERS,
FOR SONS AND DAUGHTERS,
FOR ALL THE FAMILY.

With the close of the Presidential campaign THE TRIBUNE recognizes the fact that the American people are now anxious to give their attention to home and business interests. To meet this condition, politics will have to be space and prominence, until another State or National election demands a renewal of the fight for the principles for which THE TRIBUNE has labored from its inception to the present day, and won its greatest victories.

WE FURNISH "THE HERALD" AND "N. Y. WEEKLY TRIBUNE"
ONE YEAR FOR ONLY \$2.00.
CASH IN ADVANCE.
SUBSCRIPTIONS MAY BEGIN AT ANY TIME.

THE O. I. C. LIME COMPANY,
SUCCESSORS TO—
THE MEYERDALE LIME COMPANY,
have just completed their new siding and are now prepared to ship by carload lots to any part of the country. This lime is manufactured from the celebrated Snyder Hill Limestone and is especially adapted for building purposes. It is the best lime in the market. Address: JAMES W. EDWARDS, 361 Broadway, New York.

GET AN EDUCATION
EDUCATION is the only way to success in life. It is the only way to get a good job and a good salary. It is the only way to get a good education. It is the only way to get a good education. It is the only way to get a good education.

IMPORTANT TO ADVERTISERS.
The cream of the country press is found in Bennington County Seat Lists. Advertisers avail themselves of these lists, a copy of which can be had of Bennington Post, of New York & Pittsburg.

1/2 THE TIME
Cost
SAVED BY
GOLD DUST
WASHING POWDER
What More Can Be Asked?
Only this, ask your grocer for it, and look for it in the market—grocer everywhere.
THE N. K. FAIRBANK COMPANY,
Chicago, Boston, Philadelphia, St. Louis, New York, London, Edinburgh.

NEW PRICES
—ON—
Columbia Bicycles
THE STANDARD OF THE WORLD.
Reduced to \$75
Reduced to \$60
Reduced to 50
Reduced to 45
Reduced to 40
Reduced to 30
Nothing in the market approached the value of these bicycles at the former prices; what are they now?
POPE MFG. CO., Hartford, Conn.
Catalogue free from any Columbia dealer; by mail for a 2 cent stamp.

JAMES B. HOLDERBAUM, - Columbia Dealer,
Somerset, Pa.

QUEEN OF THERE'S PLEASURE
CINDERELLA RANGE
CINDERELLA STOVES & RANGES
Anticholera Vaccination.
Anticholera vaccination originated about 12 years ago when a Spanish physician, Dr. Haffkine, discovered a cholera culture mixed with bile was used with many successful results. It was first used in India, where it was successful in India. Haffkine employs attenuated cholera bacilli, followed a few days later by virulent cholera. Equally good results from the use of dead cholera bacilli—killed by either heat or chloroform—are now claimed by Kille, who gets the same effects by simply using somewhat larger doses of his less terrifying preventive. Comparative tests have shown that the blood of the vaccinated individuals is now 300 times as potent in resisting cholera infection as that of the unvaccinated. As evidence of the effectiveness of modern methods of dealing with cholera the fact is mentioned that it has had 900,000 victims in Russia alone in 1864, while in Germany, including the Hamburg epidemic, its deaths have been but 9,000. The disease seems destined soon to become as obsolete as smallpox.

WHEELER & WILSON'S
NEW HIGH-ARM
SEWING MACHINE
THE ONLY PERFECT SEWING MECHANISM FOR FAMILY USE.
FOR SALE BY
JAMES B. HOLDERBAUM,
Somerset, Pa.

CONDENSED TIME TABLES.
Baltimore and Ohio Railroad
Somerset and Cambria Branch.
SOUTHWARD.
Johnstown Mail Express—Rockwood 7:00 a. m., Somerset 8:00, Stony Brook 8:30, Haverhill 9:00, Johnstown 11:30.
Johnstown Mail Express—Rockwood 11:30 a. m., Somerset 12:30, Stony Brook 1:00, Haverhill 1:30, Johnstown 4:00 p. m.

THROAT COUGHS
Is there a tickling in the throat? Do you cough a great deal, especially when lying down? Are you hoarse at times? Does every cold seem to take settle in your throat? These "throat coughs" are very deceptive. Do not neglect them. Troches, or cough syrups won't touch the spot. You must take remedies that will enrich the blood, tone up the nerves, and heal the inflamed membranes.
SCOTT'S EMULSION of Cod-liver Oil with Hypophosphites contains such remedies. It has wonderful nourishing and healing power. The cause of the cough is removed; the whole system is given new life and vigor; and the danger from threatening lung trouble is swept away.
Book about it free. For sale by all druggists at 50c. and \$1.00.
SCOTT & BOWNE, New York.

PATENTS
TRADE MARKS, DESIGNS, COPIRIGHTS, &c.
Anyone sending a sketch and description may quickly ascertain, free of charge, the patentability of their inventions. Communications are confidential. Agents for securing patents. Patents taken through Munn & Co. receive special attention.
MUNN & CO.,
361 Broadway, New York.

LIME!
THE O. I. C. LIME COMPANY,
SUCCESSORS TO—
THE MEYERDALE LIME COMPANY,
have just completed their new siding and are now prepared to ship by carload lots to any part of the country. This lime is manufactured from the celebrated Snyder Hill Limestone and is especially adapted for building purposes. It is the best lime in the market. Address: JAMES W. EDWARDS, 361 Broadway, New York.

GET AN EDUCATION
EDUCATION is the only way to success in life. It is the only way to get a good job and a good salary. It is the only way to get a good education. It is the only way to get a good education. It is the only way to get a good education.

IMPORTANT TO ADVERTISERS.
The cream of the country press is found in Bennington County Seat Lists. Advertisers avail themselves of these lists, a copy of which can be had of Bennington Post, of New York & Pittsburg.

THE FIGHTING EDITORS.
I remember calling at the office of a great Parisian newspaper with a friend who wished to have rectified a statement published in it concerning him. When our business was made known, we were ushered into a grandly furnished room, where a first-class, seated at desks, without the trace of pen, ink or paper or of anything in a literary way except some new novels, together with a few packages of cigarettes, were two gentlemen whose appearance made a considerable impression on me. They were fantastically dressed in deep black (the dustiest color) and had the ribbon of the Legion in his buttonhole, their long jet black mustaches were waxed out to a point as fine as a needle's, and there was "a tip" whole manner, their voices, the gestures and the expression of their eyes and mouths an indescribable something that proclaimed the man who at one time or another has worn a uniform. They were fighting editors, with whom evidently the pen was not mightier than the sword. They were civil, however, and consented to the rectification of the paragraph relating to my friend. They looked at it in a purely business way and only went out when the demands were too unreasonable to be entertained. I fancy that they sometimes fought in defense of articles they had never even seen.—Cornhill Magazine.

A Holand For His Oliver.
It is said that Professor John Stuart Blackie often told "on himself" this anecdote which seems to indicate that personalities are not agreeable, even to those who deserve criticism.
This genial old professor used to form a very picturesque feature in the Edinburgh streets. He was a wiry old patriarch, with handsome features and hair falling in ringlets about his shoulders. No one who had seen him could possibly forget him.
He was once accosted by a very dirty little bootblack with his "Shine your boots, sir?"
The professor was impressed by the filthiness of the boy. Each had the ribbon of the Legion in his buttonhole, their long jet black mustaches were waxed out to a point as fine as a needle's, and there was "a tip" whole manner, their voices, the gestures and the expression of their eyes and mouths an indescribable something that proclaimed the man who at one time or another has worn a uniform. They were fighting editors, with whom evidently the pen was not mightier than the sword. They were civil, however, and consented to the rectification of the paragraph relating to my friend. They looked at it in a purely business way and only went out when the demands were too unreasonable to be entertained. I fancy that they sometimes fought in defense of articles they had never even seen.—Cornhill Magazine.

THE STANDARD OF THE WORLD.
Reduced to \$75
Reduced to \$60
Reduced to 50
Reduced to 45
Reduced to 40
Reduced to 30
Nothing in the market approached the value of these bicycles at the former prices; what are they now?
POPE MFG. CO., Hartford, Conn.
Catalogue free from any Columbia dealer; by mail for a 2 cent stamp.

JAMES B. HOLDERBAUM, - Columbia Dealer,
Somerset, Pa.

QUEEN OF THERE'S PLEASURE
CINDERELLA RANGE
CINDERELLA STOVES & RANGES
Anticholera Vaccination.
Anticholera vaccination originated about 12 years ago when a Spanish physician, Dr. Haffkine, discovered a cholera culture mixed with bile was used with many successful results. It was first used in India, where it was successful in India. Haffkine employs attenuated cholera bacilli, followed a few days later by virulent cholera. Equally good results from the use of dead cholera bacilli—killed by either heat or chloroform—are now claimed by Kille, who gets the same effects by simply using somewhat larger doses of his less terrifying preventive. Comparative tests have shown that the blood of the vaccinated individuals is now 300 times as potent in resisting cholera infection as that of the unvaccinated. As evidence of the effectiveness of modern methods of dealing with cholera the fact is mentioned that it has had 900,000 victims in Russia alone in 1864, while in Germany, including the Hamburg epidemic, its deaths have been but 9,000. The disease seems destined soon to become as obsolete as smallpox.

WHEELER & WILSON'S
NEW HIGH-ARM
SEWING MACHINE
THE ONLY PERFECT SEWING MECHANISM FOR FAMILY USE.
FOR SALE BY
JAMES B. HOLDERBAUM,
Somerset, Pa.

CONDENSED TIME TABLES.
Baltimore and Ohio Railroad
Somerset and Cambria Branch.
SOUTHWARD.
Johnstown Mail Express—Rockwood 7:00 a. m., Somerset 8:00, Stony Brook 8:30, Haverhill 9:00, Johnstown 11:30.
Johnstown Mail Express—Rockwood 11:30 a. m., Somerset 12:30, Stony Brook 1:00, Haverhill 1:30, Johnstown 4:00 p. m.

THROAT COUGHS
Is there a tickling in the throat? Do you cough a great deal, especially when lying down? Are you hoarse at times? Does every cold seem to take settle in your throat? These "throat coughs" are very deceptive. Do not neglect them. Troches, or cough syrups won't touch the spot. You must take remedies that will enrich the blood, tone up the nerves, and heal the inflamed membranes.
SCOTT'S EMULSION of Cod-liver Oil with Hypophosphites contains such remedies. It has wonderful nourishing and healing power. The cause of the cough is removed; the whole system is given new life and vigor; and the danger from threatening lung trouble is swept away.
Book about it free. For sale by all druggists at 50c. and \$1.00.
SCOTT & BOWNE, New York.

PATENTS
TRADE MARKS, DESIGNS, COPIRIGHTS, &c.
Anyone sending a sketch and description may quickly ascertain, free of charge, the patentability of their inventions. Communications are confidential. Agents for securing patents. Patents taken through Munn & Co. receive special attention.
MUNN & CO.,
361 Broadway, New York.

LIME!
THE O. I. C. LIME COMPANY,
SUCCESSORS TO—
THE MEYERDALE LIME COMPANY,
have just completed their new siding and are now prepared to ship by carload lots to any part of the country. This lime is manufactured from the celebrated Snyder Hill Limestone and is especially adapted for building purposes. It is the best lime in the market. Address: JAMES W. EDWARDS, 361 Broadway, New York.

GET AN EDUCATION
EDUCATION is the only way to success in life. It is the only way to get a good job and a good salary. It is the only way to get a good education. It is the only way to get a good education. It is the only way to get a good education.

IMPORTANT TO ADVERTISERS.
The cream of the country press is found in Bennington County Seat Lists. Advertisers avail themselves of these lists, a copy of which can be had of Bennington Post, of New York & Pittsburg.