

exposure to cold in a room whose breath with the mouth firmly shut. Repeat this several times until you begin to feel the heat returning. It requires a very short time to do this. The long breath quickens the pulse and thus causes the blood to circulate faster. The blood flows into all parts of the veins and arteries and gives out a great deal of heat. It is stated that this method of deep breathing prevents colds and a great many other ailments if begun in time.

Fits permanently cured. No fits or nervousness after first day's use of Dr. Klinge's Great Nerve Restorer. Write for free literature. Dr. R. H. KLINGE, Ltd., 301 Arch St., Phila., Pa.

"Only the First Step is Difficult."

The first step in Spring should be to cleanse Nature's house from Winter's accumulations. Hood's Sarsaparilla does this work easily. It is America's Greatest Spring Medicine. It purifies the blood, as millions of people say.

It makes the weak strong, as nervous men and women gladly testify. It cures all blood diseases, as thousands of cured volunteers write. It is just the medicine for you, as you will gladly say after you have given it a fair trial.

Bad Blood.—Although past 70 years of age I am thoroughly well. It was three bottles of Hood's Sarsaparilla that made me so after spending over \$60 in medical attendance. My trouble was a raw sore on my ankle. Mrs. Louisa Mason, Court Street, Lowell, Mass.

Running Sores.—After working four months I gave my children Hood's Sarsaparilla and it cured them of running sores. Hood's Pills cured me of dyspepsia and constipation. Mrs. Kate E. Thomas, 31 Governor St., New York, N. Y.

Consumptive Cough.—Five years ago I had a consumptive cough which reduced me to a skeleton. Was advised to take Hood's Sarsaparilla which I did and recovered normal health. I have been well ever since. Mrs. Lydia E. Pinkham, Cor. Pearl and Chestnut Sts., Jeffersonville, Ind.

Hood's Sarsaparilla
Never Disappoints

Hood's Pills cure liver bile, the non-irritating and the only cathartic to take with Hood's Sarsaparilla.

Spalding's Trade-Mark Means "Standard of Quality"

on Athletic Goods Insist upon Spalding's

Handsome Catalogue Free.
A. G. SPALDING & BROS., New York, Chicago, Denver.

FOR ONE DOLLAR

which can be enclosed in a letter, you can have expert medical advice from a specialist of twenty years experience who will send the medicine you need, prepaid to your address. Write to SHAWMUT Dispensary, 112 Hotel Pellam, New York.

WANTED.—See of bad health that I-I-P-A-N-S will not benefit. Send 4c to Hygienic Chemical Co., New York, for 10 samples and 100 testimonials.

The Venomous Spiders. There is no doubt whatever that spiders are venomous, and a few of them are dangerously so. It may surprise the average reader to learn that the typical poisonous spider possesses a poison gland and a hollow tooth or fang through which the venom is introduced into the wound made by the tooth. The gland situated much as in the rattlesnake, the poison sac being attached to the root of the fang by a small tube that conducts the venom down the hollow shaft. Here, indeed, is one of the oddest facts of nature—namely, the similarity of arrangements in snake and arachnid for the purpose of injecting venom. It is certain, however, that spiders do not always use their poison in striking; they do not need to employ it in killing insects ordinarily, and it would appear that the venom gland is under the control of the animal. With the rattlesnake or cobra it is very different, the poison being injected by the mere act of closing the jaws.—New York News.

THE constantly recurring monthly suffering gives women the blues!

How hopeless the future appears, month after month the same siege with menstrual pain!

Comparatively few women understand that excessive pain indicates ill-health, or some serious derangement of the feminine organs.

DESPENDENT WOMEN

A million women have been helped by Mrs. Pinkham. Read what two of them say.

Mrs. LIZZIE COLEMAN, of Wayland, N. Y., writes: "DEAR MRS. PINKHAM—For years I suffered with painful menstruation and falling of womb. The bearing-down pains in my back and hips were dreadful. I could not stand for more than five minutes at a time when menstruation began. But thanks to Lydia E. Pinkham's Vegetable Compound, my sufferings are now a thing of the past. I shall gladly recommend your medicines to all my friends."

Miss C. D. MORRIS, 3 Louisiana Square, Boston, Mass., writes: "DEAR MRS. PINKHAM—I have been using Lydia E. Pinkham's Vegetable Compound and it has helped me wonderfully. I was troubled with headache, backache and that weak and tired feeling. I cannot say enough in praise of your medicine for it has done me so much good. I shall recommend it to all my friends who suffer."

Despondency is a disease. Nervousness and snappishness come with it. Will power won't overcome it. The feminine organs are connected by nerves with the brain and all parts of the body. These organs must be healthy or the mind is not healthy.

All low-spirited or suffering women may write to Mrs. Pinkham at Lynn, Mass., and receive her advice free of charge. Don't wait until your life is wrecked by neglect and suffering. Get advice in time.

relative of mine was taking one week to an old man who had seen Sir Walter Scott at the great Carriehaugh football match in the year of Waterloo. Sir Walter himself, in writing of his mother's remarkable knowledge of past times, says: "She had often spoken to a person who perfectly recollected Cromwell's entry into Edinburgh." Here, therefore, we have a "link" between 1899 and 1650.—London Spectator.

St. Jacobs Oil cures Rheumatism.
St. Jacobs Oil cures Neuralgia.
St. Jacobs Oil cures Lumbago.
St. Jacobs Oil cures Sciatica.
St. Jacobs Oil cures Sprains.
St. Jacobs Oil cures Bruises.
St. Jacobs Oil cures Soreness.
St. Jacobs Oil cures Stiffness.
St. Jacobs Oil cures Backache.
St. Jacobs Oil cures Muscular Ache.

The biggest battleship in the world is in the British navy, the *Majestic*.

Beauty is Blood Deep. Clean blood means a clean skin. No beauty without it. Cascares, Candy Cathartic, clean your blood and keep it clean, by stirring up the lazy liver and driving all impurities from the body. Begin to-day to banish pimples, boils, blotches, blackheads, and that sticky bilious complexion by taking Cascares, beauty for ten cents. All druggists, satisfaction guaranteed. 10c, 25c, 50c.

The skins of more than 100,000 animals are used annually in binding Oxford Bibles.

There is more Catarrh in this section of the country than all other diseases put together. For a great many years doctors pronounced it a local disease and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven, however, that it is a constitutional disease and therefore requires constitutional treatment. Hall's Catarrh Cure, made and sold by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials. Address F. J. CHENEY & CO., Toledo, O. Sold by Druggists, 7c. Hall's Family Pills are the best.

In South America there is a race of cats which does not know how to mew.

Coughs Lead to Consumption. Kemp's Balsam will stop the cough at once. Go to your druggist to-day and get a sample bottle free. Sold in 25c and 50c cent bottles. Go at once; delays are dangerous.

Mr. Shake Spears runs a farm near Sparrowsburg, S. C.

To Cure Constipation Forever. Take Cascares Candy Cathartic. 10c or 25c. If C. C. fail to cure, druggists refund money.

It is said that the Mormons have 800 missionaries at work in the United States.

To Have Pleasure. Of course we live to have pleasure and to avoid pain, and that is why so many use St. Jacobs Oil to cure Rheumatism, quickly and surely to get rid of it. It is the best cure.

According to our insanity returns sixteen cases in 1000 are caused by love affairs.

Don't Tobacco Spit and Smoke Your Life Away. To quit tobacco easily and forever, be magnetic, full of life, nerve and vigor, take No-To-Bac, the wonder-worker that makes weak men strong. All druggists, 50c or \$1. Cure guaranteed. Booklet and sample free. Address Sterling Remedy Co., Chicago or New York.

One hundred and ninety-three meat shops in Paris offer horse meat for sale.

Mrs. Winslow's Soothing Syrup for children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

Icebergs in the Atlantic sometimes last for two hundred years.

Educate Your Bowels With Cascares. Candy Cathartic, cure constipation forever. 10c, 25c. If C. C. fail, druggists refund money.

The Seat of the Soul. Understanding that "soul" the highest intellectual faculties, it is worth considerable trouble to find out where these functions are located. Savages believe that it is in the liver or the stomach; cynics suggest that it is in the stomach; phrenologists place them in the front part of the brain; but the most advanced physiologists are now inclined to teach that the posterior cerebral lobes have the highest intellectual value. Dr. C. Clapham's arguments to this effect are quoted with approval in the "Centralblatt für Anthropologie" (1898, Heft 4). These arguments are that man has the most highly developed posterior lobes, and this is the condition in men of marked ability and in the highest races. In idiots the lobes are imperfectly developed, and in chronic dementia these portions of the brain reveal frequent lesions. Numerous authorities are quoted in support of these and allied statements.—Dr. Brinton, in Science.

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"Every morning I have a bad taste in my mouth; my tongue is coated; my head aches and I often feel dizzy. I have no appetite for breakfast and what food I eat distresses me. I have a heavy feeling in my stomach. I am getting so weak that sometimes I tremble and my nerves are all unstrung. I am getting pale and thin. I am as tired in the morning as at night."

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