

# President Broke Down.

Professor Barnaby, the head of Hartsville College, tells how the advice of a member of the faculty saved him when he was without hope. A lesson for workers.

Professor Alvin P. Barnaby, President of Hartsville College, at Hartsville, Ind., has learned the method by which professional men or business men, or anyone whose duties are too much for their strength, may repair their shattered health.

Graduates of the college in all parts of the world will rejoice to learn that President Barnaby has fully recovered from the breakdown that threatened to end his useful career.

He is a new man, mentally and physically; energetic, enterprising, full of vitality.

He tells his own story.

"To begin at the beginning," he said, "I studied too hard while at school.

"After completing the theological course I accepted the charge of a United Brethren Church at a small town in Kent Co., Mich.

"Diligent work and study finished the breakdown of my constitution, which began at school.

"My chief trouble was indigestion; this with other affections, caused nervousness.

"My physician sent me away for rest and change of scene and I improved somewhat.

"Soon afterward I came to the college as professor in physics and chemistry. My nervous trouble returned.

"I suffered complete prostration.

"Another long course of medicines and physicians, and I managed to get back to my work. I was elected president of the college and the increased work soon told on me.

"Then followed a total collapse. I called in several doctors but none could cure me.

"My health seemed to be permanently impaired.

"At length, one day, Professor Bowman, our instructor in natural science, came to me and advised me to try Dr. Williams' Pink Pills for Pale People. They had cured him of an illness similar to my own.

"I resolved to take his advice.

"The first box of pills did me good. The second box gave great relief, such as I had never experienced from the treatment of any physician.

"Six boxes of the pills cured me. I feel better and stronger than for years. I certainly recommend the medicine."

To strengthen his testimony in the eyes of strangers the professor made affidavit to its truth before Lyman J. Scudder, a local Notary Public.

The cure of Professor Barnaby was effected by restoring tone to the nervous system, the weakness of which caused his indigestion, and was the reason for his breakdown. The pure, powerful vegetable ingredients of the pills supply the elements necessary to build the wasted nerve cells, and by purifying the blood, assist in the clearing and rebuilding of the entire system.

The almost miraculous power of the pills has been exhibited in thousands of cases like that of Professor Barnaby, proving them to be nature's specific for the nervous breakdown so common among hard workers.

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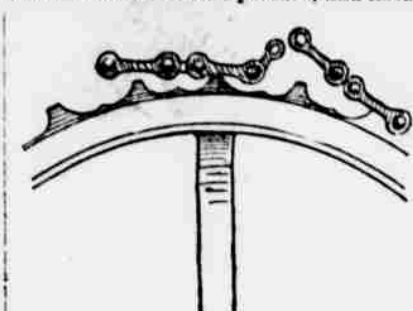
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## JOINING THE CHAIN.

An Easy Thing to Do, Provided You Know Just How to Go About It.

When a rider is about to replace the chain upon his machine it frequently happens that difficulty is encountered in the effort to join the ends and insert the chain bolt. Sometimes, in despair, he loosens the rear wheel and shoves it forward, although he knows that the chain adjustment was right before the chain was removed.

The trouble is due to an effort to join the ends of the chain in the wrong way. He should begin by laying one end on the large sprocket, as shown at left of the picture, and hold



HOW TO JOIN A CHAIN.

It there with the right hand, while carrying the chain over the small sprocket and around forward underneath with his left one. Then change hands. Hold the end of chain on top of sprocket with left hand, and pick up the other end from below with right hand, and bring it into position shown at right side of picture. Both ends will then fit over the teeth of the sprocket wheel and will fall exactly into place, so that the bolt will fit in without difficulty.—L. A. W. Bulletin.

## RIGHTS OF WHEELMEN.

Bicycles Have as Many Privileges in the Public Highway as Other Wheeled Vehicles.

An example should be made of some of the teamsters who insist upon disregarding the rights of wheel riders in the public streets.

Many drivers of teams take especial delight, apparently, in occupying as much of the paved streets as possible. They do that particularly on streets where there are railway tracks. Drivers of heavily loaded trucks and wagons insist upon getting in the middle of the space between the curb and the railway tracks, and will turn neither to the right nor the left to let a wheel rider pass, when they could easily make room without inconvenience to themselves.

Perhaps the drivers are not aware of the fact that a law was passed at the recent session of the legislature which provides that wheel riders shall have the right of way in the gutters of all roadways, and making it a misdemeanor for any driver of a team to refuse or neglect to turn out when notified to do so by a signal from a wheel rider's bell.

It is pure meanness which prompts drivers of teams to obstruct the way of wheel riders, and if the police would arrest a few of them a good example might be set. Bicycles have just as many rights in the public highways as have other wheeled vehicles, and, inasmuch as wheel riders are forbidden to use the sidewalks, an effort should be made to save the portion of the streets to which they are entitled from unnecessary obstruction.—Cleveland Leader.

## SCREWING ON PEDALS.

A Subject Old as the Safety Bicycle Itself Is Again Coming Up for Discussion.

The question how pedals should be screwed into cranks is being discussed on the other side, and much the same arguments are being used that were used here in a similar discussion some time ago. It is curious how intelligent, practical and experienced men differ on this subject, and how various are the explanations of those whose opinions do coincide. After everything is said, however, one fact remains, and that is that the right side pedal pin must have a right-hand thread and the left side pedal pin a left-hand thread. In other words, it is necessary to have both pedal pins screw towards the front of the machine as they are put into the cranks. Experience has proved conclusively that, with a good fit, pedals put on this way need to be screwed up but moderately tight, while pedals screwed on the reverse way (toward the rear) have to be jammed hard in a disadvantageous and injurious manner in order to make them hold.—L. A. W. Bulletin.

## Automatic Chain Cleaner.

A Providence (R. I.) inventor has advanced an attachment for automatically cleaning the chain of a bicycle when it is in motion. The inventor claims to have provided a device operating with practically no friction and simple in construction. It consists of a rotary brush on the arm attached to the lower stay on the sprocket side of the wheel. The lower portion of the sprocket chain passes between the forks of the arm, rests upon the brush, and, as there is always more or less slack in the chain at this point, its own weight keeps it in contact with the brush, which is made to rotate and clean the chain as it passes over it.

## Effects of Bicycle Riding.

Dr. Sargent, of the Harvard university gymnasium, says that the chest capacity of the person who sits upright on a wheel is 240, one who sits at an angle of 45 degrees, 260, and the one who assumes the scorching pose 210. Dr. Sargent approves of a rider leaning over at an angle of 45 degrees, provided the head is held properly.

## MISCELLANEOUS ITEMS.

Only one person in a thousand dies of old age.

The castle of Heidelberg is the largest in Germany.

Iron horseshoes have been found dating back to the year 481.

The state dress of a trumpeter of the Royal Horse guards, "the Blues," costs over \$50.

A man in the London slums makes a living by selling hot water at a half-penny per quart.

Ex-Mayor Latrobe, who was mayor of Baltimore for 14 years, has attended over 600 banquets.

The most common name for a place in England is Newton, which occurs no fewer than 72 times.

The Tartars have a quaint custom of taking a guest by the ear when inviting him to eat or drink with them.

Under the laws of China the man who loses his temper in a discussion is sent to jail for five days to cool down.

Bishop Leonard (Episcopal), of Nevada, says that Indians never use profane language until they learn English and become "civilized."

The Pittsburgh poor farm is located over a coal deposit, and the coal is to be mined by the inmates to furnish fuel for the institution.

Smokers are less liable than non-smokers to contract diphtheria and other throat diseases in the ratio of one to twenty-eight. So says Prof. Hajak, of Vienna.

The demand for horse meat has grown to such an extent in Germany that it is beginning to be difficult to supply it. Horses for butchering now cost from five to ten pounds, where formerly they could have been purchased for one-tenth that amount.

One of the strangest streams in the world is in East Africa. It flows in the direction of the sea, but never reaches it. Just north of the equator, and when only a few miles from the Indian ocean, it flows into a desert, where it suddenly and completely disappears.

## SAYINGS OF THE DARKIES.

Secret Nature of the Flies—A Substitute for Marriage—A Negro's Illustration.

The southern darkies are a constant source of amusement, when they are not the cause of unmitigated wrath, to the northern people who go down there among them. The other day a young northern woman, living in Washington and possessed of a deep and abiding antipathy for flies, complained to Lucinda, the colored servant, that there were a good many of the pests in the house.

"I don't see, Lucinda," she remarked, severely, "how all these flies could get in if you kept the screen doors closed."

"Well, I dunno, ethah, miss," cheerfully remarked Lucinda. "But you know they is of a secret nachuh, miss."

Down in Mississippi, in one of the lumber towns, which is owned by northerners, the house servants and some of the laborers are darkies. They are not very strict in their notions of law and order, and they have their own and very lax ideas along the line of matrimony. Wives and husbands are swapped off with such freedom and frequency that it is rather hard to keep track of the exact contemporaneous combination among the negroes at a given time. The colored people have solved the delicate point of expressing exact relationship by avoiding the subject of matrimony altogether.

"Lize she's cookin' fur Duke Johnson now." That's the way they put it. The woman doesn't "marry" anybody. She "cooks fur" him.

One of these darkies was telling about a woman on a steamboat. The levee had caved so that the boat had to land further up than usual. It was at night and the searchlight, turned on the bank, did not reveal anything familiar to the woman. She hung back, therefore, and the darky who had been detailed to put her ashore didn't know what to do.

"She stood thah like a horse lookin' at a strange gate," he said.

It was this same negro who was one day listening to one of his acquaintances dilate on experiences with the Lord. From the darky's accounts these experiences seemed to have been extremely intimate, and without a word of comment the negro spoke up and said:

"Wen you all seen de Lord, wah He?" That is to say: When you saw the Lord, where was He?

The boaster was quite taken aback by this simple question and subsided.—N. Y. Sun.

## England's College of Arms.

Do you want a coat of arms to emblazon upon your stationery or your carriage panels? Pay your stationer a fee and leave to him the task of equipping you. He will find a coat of arms belonging to some one of similar surname, will give it to you and you will be elegant in the eyes of all who don't know any better. In England there is a college of arms or English heralds' college, where are kept the records of the conferring of arms. There only can the person of English ancestry make himself quite sure of the validity of his bearings. The earl marshal's court has power to impose fines and penalties for unauthorized assumptions of arms. In the college have been kept for centuries the records of the great. The duties of the officers of arms consist in making grants and exemplifications of armorial bearings, tracing and recording pedigrees, proving and registering patents of nobility, obtaining royal license for change of surnames, procuring patents of special procedure and genealogical information.—Chicago Herald-Examiner.



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## King of Insect Eaters.

The king bird is an insect eater, and has the reputation of being fond of honey bees, but out of 281 stomachs only 14 contained bees, 50 bees in all, of which 40 were drones and four workers, with the other six broken so that they could not be distinguished. They had fed mostly on beetles, the June beetle, the click or snapping beetle, whose larva is the wire worm, weevils, robber flies, which prey upon the honey bee, wasps, cut worms and grasshoppers, beside such fruits as elderberries, dogwood berries and wild grapes.—American Cultivator.

## How to Prevent Croup.

We have two children who are subject to attacks of croup. Whenever an attack is coming on my wife gives them Chamberlain's Cough Remedy and it always prevents the attack. It is a household necessity in this country and no matter what else we run out of, it would not do to be without Chamberlain's Cough Remedy. More of it is sold here than of all other cough medicines combined.—J. M. NICKLE, of Nickle Bros., merchants, Nickleville, Pa. For sale by all Druggists.

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In order to complete our files we want the following named issues of the Post:

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