

Work Weakens Your Kidneys.

Why Kidneys Make Impure Blood. The blood in your body passes through kidneys every three minutes. The kidneys are your blood purifiers, they filter out the waste or impurities in the blood. If they are sick or out of order, they fail to do their work. Pains, aches and rheumatism come from excess of uric acid in the blood, due to neglected kidneys.

Dr. Kilmers' Kidney Pills. Dr. Kilmers' Kidney Pills are the most effective remedy for kidney trouble. It stands the highest for its cures of the most distressing cases.

Table with 3 columns: Station, Time, and Direction. Includes routes to Sunbury, Selinsgrove, and Middletown.

Leaves Sunbury 5:30 p. m., arrives Selinsgrove 5:45 p. m. Selinsgrove 6:00 p. m., arrives Sunbury 6:15 p. m.

Leaves Middletown 7:30 p. m., arrives Sunbury 7:45 p. m. Middletown 8:00 p. m., arrives Sunbury 8:15 p. m.

Leaves Sunbury 9:30 a. m., arrives Selinsgrove 9:45 a. m. Selinsgrove 10:00 a. m., arrives Sunbury 10:15 a. m.

REVIVO RESTORES VITALITY Made a Well Man of Me. DR. WOOD'S GREAT PEPPERMINT CURE FOR BRONCHITIS.

THE SUNDAY SCHOOL.

Lesson in the International Series for August 2, 1903—Samuel and Jesse.

THE LESSON TEXT. G. Sam. 16:4-13. 1. And Samuel did that which the Lord spoke, and came to Bethlehem. And the sides of the town trembled at his coming, and said, Comest thou peaceably?

THE LESSON TEXT. G. Sam. 16:14-22. 12. And he sent, and brought him in. Now he was ruddy, and withal of a beautiful countenance, and goodly to look to.

THE LESSON TEXT. G. Sam. 16:23-36. 12. Then Samuel took the horn of oil, and anointed him in the midst of his brethren, and the Spirit of the Lord came upon David from that day forward.

THE LESSON TEXT. G. Sam. 16:37-41. 12. Then Samuel took the horn of oil, and anointed him in the midst of his brethren, and the Spirit of the Lord came upon David from that day forward.

THE LESSON TEXT. G. Sam. 16:42-43. 12. Then Samuel took the horn of oil, and anointed him in the midst of his brethren, and the Spirit of the Lord came upon David from that day forward.

MISCELLANEOUS ITEMS.

The number of forest reservations in the United States is now 54, with a total area of 60,000,000 acres.

The forest reserves of the United States now aggregate an area almost twice that of the state of Pennsylvania.

Uncle Sam has a new and curious worry now. It is to prevent persons from going around and getting his big wild bears in the woods and feeding them with goodies.

The feeding of interfering with or molestation of the bear or any other wild animal in the park is absolutely prohibited.

This sign was put up because it was found that the bears had become altogether too impudent, owing to the bad habits into which they had fallen as a result of being pampered.

It was not long before the folk in the National park realized that the bears were a great deal better off while they remained in a perfectly wild state.

And then it was found that the human beings in the park would be better off still; for big black and brown bears, and now and then a grizzly, having acquired a taste for white man's food, began to break into the camps and even the hotels.

The very animals that became the most friendly were the ones that did the most harm. There were three especially—two black bears and one brown bear—that became so familiar and loving that they acted as if they were paying board at one of the hotels.

They would hang around the kitchen and the rear veranda and sit after the guests, begging for something nice to eat till they had made nuisances of themselves.

Now the superintendent of the park has issued a warning. He announces that any one who feeds or pets the wild bears will be punished.

The "business" woman made the remark of the superintendent that it is better to know what you are doing than to know what you are not doing.

"For gracious' sake, what was that I hit my shins against, coming through the parlor in the dark?"

"Oh, I guess that was the easy chair, Hiram."

"Well, if that's the easy chair I don't want to run in against the hard one!"—Yonkers Statesman.

"Where does the electricity come from that lights our homes," asked a teacher in an up-town school the other day.

"Out of the wall," replied a tiny girl who lived in an apartment house; "the janitor goes and rubs them out."—N. Y. Times.

"Coachman—I am going to leave, dr. I can't stand the missus. Employer—Do a trial, is she? Coachman—Yes, dr. She keeps forgetting that I can't leave any time, and bosses me around just as if I was you."—N. Y. Weekly.

"Little boy," remonstrated the kind old lady, "don't you know it is very wrong for children like you to smoke cigarettes?"

"Aw, gee!" replied the incorrigible, "do please expect me 'er am."—Cincinnati Commercial Tribune.

BEARS GOT TOO SOCIABLE.

Visitors in Yellowstone Park Fed Them Goodies and They Became a Nuisance.

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"He never smiled again. Borum—Lay, Miss Sharp, what's the difference between a woman and a monkey? Miss Sharp—What is the distance from your chair to mine? Borum—Oh, about six feet. Miss Sharp—Well, that's the difference. Philadelphia Inquirer.

DEBT OWED TO THE NURSE.

One Physician Who Appreciated the Services of a Trained Assistant.

"Now, doctor," said the trained nurse to the great physician, "what do I owe you?"

The specialist looked at her a moment gravely. Then he said: "You know I charge \$7.50 for a prescription."

"The nurse gave a little involuntary gasp of alarm. 'Oh, doctor,' she exclaimed, 'you mean for each prescription? Why, I've been here—'"

"Then it flashed upon her that the high-priced specialist might be joking.

"Yes," he resumed, with a twinkle of a smile, "you must pay me \$7.50 for each prescription or nothing."

There was no mistaking his meaning now.

"But, doctor," said the nurse, "that doesn't seem quite fair. Here I've been coming week after week to see you and get your advice, and you are so busy, and with so many demands on your time, that you scarcely have time to see me."

"But I do see," returned the respectable M. D., "and at other spare hours. And to manage to get in a good night's sleep is a bit. You owe me I mean to be paid."

"I think I've forgotten the old days, before she came? Don't you ever recall that I used to be the doctor's work would be a big work, if I get the rest that I need and can get without interruption of the work?"

"It's good of you to say so, doctor."

"It's only fair that I should say it in mind. How can I forget the times when, night after night I would be called from my bed to attend some patient who didn't need me at all, some sick child, perhaps, who was being nursed by the mother and only known to me as a name?"

Since the nurse is in a pinch and shares the responsibility, it is only too glad to have been of some service to you in return for all you have done for me."

Dr. Hiram's Golden Medical Discovery cures diseases of the stomach and other organs of digestion and enables the perfect digestion and assimilation of food. It invigorates the liver and promotes general physical well being.

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THE IMPORTANCE OF THE STOMACH.

Upon Its Condition Depends Happiness or Misery.

Perhaps one of the most frequent complaints of the stomach is constipation of the bowels, or continuous constipation.

When your food rests so long on your stomach that nature refuses to remove it, and usually resort to some common physic which, while affording you some relief, acts on externally on the parts affected as a shock and weakens them.

THE BOWELS, like a bully horse, to work properly must be worked and gradually urged to perform their functions.

The stomach action of that great KIDNEY and LIVER medicine, DR. J. R. FICKINGER'S PINKETTES, is a gentle but powerful stimulant to the bowels.

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Growing Old

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CENTRAL State Normal SCHOOL. LOCK HAVEN, PA. J. R. Fickinger, Principal. The Fall Term Opens Sept. 1, 1903.

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"Silver Plate that Waars." When You Buy Spoons. "1847 ROGERS BROS." Sold by leading dealers. The Catalogue, No. 122, addresses the readers.