

**DONT OVER-EXERCISE.**

**The Danger Which Confronts the Novice of the Wheel.**

When Corbett, always rugged far beyond his fellows, goes into training, no exacting exercise is undertaken at the outset, so greatly do his mentors fear the evil consequences of over-exertion. The young men of the Yale and Harvard crew, exercise gently all winter in the gymnasium before undertaking any severe work upon the water, and even then the solicited "coach" permits no man to reach the limit of his endurance. Zimmerman, king of the bicycle, as Hanlon was emperor of ornamens for so many years, trains in precisely the same manner. When out of form in consequence of a long period of inactivity, he resumes work with the utmost care, avoiding all fatigue and over-exertion. Every few days his task is slightly increased and in the course of time he is ready for the starter with every muscle trained to its utmost capacity, and a reserve of strength up his sleeve, to use the expressive words coined by the great cyclist himself.

What a contrast there is between all this and the reckless expenditure of energy by the young woman and the young man who have just become enamored of the bicycle. With no previous training of any kind, and no attention to diet beyond that involved in consuming as much ice water, cake and ice cream as possible, reeling off miles by tens and twenties, and then go home overstrained and almost in a state of collapse to recuperate slowly and repeat the folly when they have sufficiently recovered to drive nature to another dangerous test.

**Considerate Patients.**

Amusing if apocryphal stories are told of the extreme care for the feelings of their physicians displayed by some patients. One such tender-hearted man, seeing his physician coming along the street, slipped into a doorway to avoid him.

"Why did you do that?" inquired his companion.

"Well," said the man, whose health had been poor until within a year, "it's so long now since I've been sick, that I'm really ashamed to meet him."

An instance of still greater delicacy is recorded of a man whose case had been pronounced hopeless by his physician, but who afterward regained perfect health. He met the doctor on the street some time after his recovery, and the latter had difficulty in making his former patient stop to speak with him.

"What's the matter?" inquired the physician, bluntly.

"Why," returned the other, "you said I was dying, and I'm ashamed to have you see me alive and well."

Such tenderness as this merits the approval with which a quack is said to have commended a conscientious swallower of his medicines.

"Ah, my dear sir," he said, "with strong emotion, 'you deserve to be ill!'"

**"Doctor Cureall."**

One of the most remarkable developments of the automatic machine is a "Doctor Cureall," in Holland. It is a wooden figure of a man, with compartments all over it, labeled with the names of various ailments. If you have a pain, find its corresponding location on the figure, drop a coin into the slot, and the proper pill or powder will come out.

**To Save Wood.**

If potato peels are placed over night in the oven, so as to be baked quite hard, dry and crisp by morning, they will be found excellent for lighting fire and a great saving of wood. Peels so treated have no disagreeable odor.

**Tobacco-Twisted Nerves.**

Millions of men keeping for stimulants because the nervous system is constantly irritated by nicotine poison. Chewing or smoking destroys manhood and nerve power. It's not a habit, but a disease, and you will find a guaranteed cure in No-To-Bac, sold by Druggists everywhere. Book free. The Sterling Remedy Co., New York City or Chicago.

**Tired Women**

Nervous, weak and all worn out—will find in purified blood, made rich and healthy by Hood's Sarsaparilla, permanent relief and strength. Get Hood's because

**Hood's Sarsaparilla**

**Is the Only True Blood Purifier**

Prominently in the public eye today. It is sold by all druggists. \$1; six for \$5.

**Hood's Pills**

are tasteless, mild, effective. All druggists. 25c.

WALTER BAKER & CO. LIMITED.

The Largest Manufacturers of PURE, HIGH GRADE COCOAS AND CHOCOLATES

On this Continent, have received HIGHEST AWARDS

Industrial and Food EXPOSITIONS IN EUROPE AND AMERICA.

Caution: In view of the many imitations of the labels and wrappers on our goods, consumers should make sure that our pieces of machinery, name, and address are printed on each package.

SOLD BY GROCERS EVERYWHERE.

WALTER BAKER & CO. LTD. DORCHESTER, MASS.

PHYSICIAN'S CURE FOR GOUT WHERE ALL ELSE FAILS.

Best Compound Syrup, Tartar Colic, Use in time. Sold by druggists.

WATERBURY

**JUDGE LYNCH TAKES HOLD.**

**LYNCHED BY NEGROES.**

**Four Murderers Hanged to a Rail in the Jail Yard.**

Four murderers were taken from the county jail at Yreka, Cal., by a mob of 250 men at 1 o'clock Monday morning and lynched. A band of citizens, fearing that the law would not be carried out, and angered over the atrocity of recent crimes, determined to take matters into their own hands. The lynching was the ghastly climax to the record of lawlessness which has prevailed in Siskiyou county for some months past.

One of the victims was Lawrence Johnson, who, on the evening of July 28, stabbed his wife to death in the town of Etna. Another was William S. Galt, who shot and killed Hyster the last with a rifle, near Calabans, April 21. Louis Moreno and Garland Zander, who are supposed to have killed George Sears and Casper Meierhans, at Bailey Hill, were also hanged.

At 11 o'clock Sunday night farmers from all of the surrounding country began to drive into town, and by midnight the mob was ready to march to the county jail. Before taking a step, however, every precaution was taken to prevent the plans of the lynchers from being frustrated by the officers of the law. The sheriff and one of his deputies were decoyed to another part of town by two members of the mob, who were engaged in a sham fight, and the fire bell was muffled to prevent an alarm being given in that way.

Without lawlessness was reached a number of men, all of whom were masked, came to Sheriff Bradford and demanded the keys from him. He positively refused to open the door or to give the keys up, telling them that if they broke in the doors he would blow their brains out. Finding that Bradford was determined not to give them the keys, they went across to the jail and got on top of a stone wall which surrounds the jail. Deputy Sheriff Brabach, who has been sleeping in the jail since the commitment of so many murderers, thinking some one was escaping from jail, fired two shots out of the window to alarm City Marshal Parks and Deputy Sheriff Bradford. He then opened the doors, and was immediately held up by the mob, who took the keys from him and entered the jail. Having no keys to the different cells, they were compelled to burst the locks with a sledge hammer, which they proceeded to do at once.

The coroner's jury brought in a verdict of "killed by strangulation, at the hands of parties unknown."

**LYNCHED BY NEGROES.**

**Colored Kentucky Murderer Hanged in a Court House Yard.**

A mob composed of about a dozen men, all negroes, took Harrison Lewis, colored, from the jail at Springfield, Ky., Sunday night and hanged him to a tree in the court house yard. About 11 o'clock they attacked the jail and demanded the key of Jester Smith, who having been warned of their approach, escaped out the back door with the keys. The mob nothing daunted, repaired to a blacksmith shop, procured a sledge hammer and other tools, and began battering down the doors. It took three hours hard work to reach their victim, but their determination never wavered in the least, and promptly at 2 o'clock he was hanged. No resistance was offered the mob, and quite a number of people were on the street while they were at work, but were afraid to interfere.

The crime for which Lewis was lynched was a most cowardly murder. Last Friday night he went to the house of Joe Brooks, also colored, looking for another negro, who had been too intimate with his Lewis' paramour. Brooks told him that his man was not there whereupon Lewis fired upon Brooks with a shotgun, killing him instantly.

**RICH HAUL BY ROBBERS.**

**They Loot a Missouri Store and Escape After a Running Fight.**

Three cracksmen blew open the safe in the postoffice and general store of E. E. Phillips, at Rush, Mo., and got away with the money, stamps and papers valued at \$10,000. Farmer boys attending a church discovered the robbers and gave chase. Over 150 shots were exchanged in a running fight, and Jean Aronell, one of the pursuers, was dangerously wounded. The robbers escaped, but a sheriff's posse is scouring the woods.

**Shot Dead.**

James Getty, Jr., a well-known wholesale liquor dealer, of Pittsburg, was shot by Alex Hutchins, the new manager of the Hotel Willey, Wednesday morning, and died five minutes afterward. Both men are well known in the city. Getty expired at the Homeopathic hospital, and the murderer, after walking aimlessly on the street for a few minutes, went to the county jail and gave himself up. The tragedy occurred at 9:30 o'clock exact in the private office of Mr. Getty at his wholesale liquor house at No. 187 First avenue and Cherry alley. It was about a business matter involving the transfer of the Hotel Willey, on Sixth street.

**Dragged to Death.**

Isaba Struble, a prominent farmer and owner of Centre county, Pa., while plowing with four horses in a sulkey plow met death in a horrible manner. The team frightened and ran away, throwing Struble forward. He became entangled in the lines and his skull was crushed. He lived but a half hour. He was 63 years of age.

**Triple Murder in Montana.**

A triple killing occurred at Sweet Grass on the International boundary. William Long, a cowboy for the Foutth, who is also said to be a whiskey smuggler, killed a mounted policeman named Richardson. After the shooting of Richardson, Long went to C. B. Toole's ranch, where he killed Ira Brown, foreman of the sheep ranch. The latter, before dying, shot Long, killing him almost instantly.

**Ecuador's War.**

A special cable from Guayaquil says: The war in Ecuador is virtually ended. A treaty was announced in favor of Gen. Eloy Alfaro. Benigno Albano Mertzana has been appointed temporarily military and civil chief of the city. The forces of the conservative government fled in fearful disorder at the approach of the patriots. The first act of these on the assumption of the government was to liberate all political prisoners.

**Boiler Explosion.**

By the explosion of a boiler of a threshing machine, at Panama, Ill., two people were killed and a number of others injured. Those killed were Monroe Babcock, a farmer, and Annie Hoffman, daughter of Frank Hoffman. Several of the threshing gang were also injured, it is feared fatally. The engine was an old one and had been declared unsafe.

**Wounded in a Duel.**

A special from Guadalajara, Mexico, says that George S. Morris, an American mining man, was shot and wounded in a duel at America, by a Spaniard named Jose Salazar. The two men had a quarrel over a business deal. At the first fire Morris received a bullet in his breast. He was carried from the field. Morris came from Pennsylvania two years ago.

A one-talent man who is wholly the Lord's outweighs the man with ten who keeps one back.

**NOTES OF THE DAY**

The average age of Lord Salisbury's new cabinet of nineteen members is 58.

London, with all its smoke and fog, supports no fewer than twenty-one centenarians.

In Missouri four or more common school districts may combine and establish a high school.

Missouri has been invaded by the plantago palagonica, commonly known as the buck plantain.

C. C. McGinnis has again leased the John L. Blair ranch. It lies five miles southeast of Rich Hill, Mo., and comprises 2,700 acres.

The New Haven Register has just discovered the rather curious fact that there is no copy of the bible in the public library of that city.

Myron Smith, a prominent school-teacher near Blanchester, O., was bitten on the hand by a spider. Blood poisoning and lockjaw resulted in his death.

The cats of the Isle of Man are as destitute of tails as if they were guinea pigs. It has never been accounted for, but, in spite of being unscientific, it is a fact.

The Bannock trouble of 1878 cost the United States \$56,639.19. Twenty-four soldiers, thirty citizens and seventy-four Indians were killed before it stopped.

It is stated by officials of the United States mint that over 120,000,000 of the big copper cents were lost during the sixty years they were part of the coinage.

This is an age of paper as well as of electricity. The paper mills of the United States have now a capacity of over 5,000,000 pounds a day, most of it wood pulp.

The Sault St. Marie canal, between Lakes Huron and Michigan, now carries 20,000,000 tons a year, or twice the weight that passes through the Suez canal annually.

The bicycle which Jerry Simpson used to ride when he was in Congress is now the property of an employee of the Medicine Lodge Cresset. Simpson lost it on an election bet.

There has not been a soldier's death at Fort Missoula from disease since 1891, and but one from any other cause. For the past year and a half not one has been discharged for disability.

Boston is to have a new hotel, which is to cost \$3,500,000, and beside which "the great hotels of Chicago and New York will sink into comparative insignificance," the Boston newspapers say.

Since the United States Government was organized less than 900 people have served as United States Senators, while of these more than 200 had previously been members of the House of Representatives.

It is said that of the 3,000 visitors to the National Yellowstone Park during the last three years hardly 100 were Americans. Probably more Americans have climbed the Alps than have visited the Yosemite valley.

Not all admirers of the beautiful nasturtium have given thought to the derivation of the name. Nasturtium is from two Latin words meaning "nose" and "to torture," in allusion to the tendency of the pungent blossom to cause him who bites it to make a wry face.

Five shillings fine was paid by the first man to use a bicycle cab in London, propelled by a man in front and another behind. A crowd collected, blocking the street, so the police arrested him, and an alderman held that he was obstructing traffic, imposing a fine so low that he could not appeal.

Nellie Newkirk, a young lady residing near Big Prairie, O., has a cancer on her tongue, produced, so her physicians say, by chewing gum of the rubber variety. She chewed a gum that could be drawn out of the mouth and let snap back, and the constant snapping produced an incurable cancer.

A lost set of poems by Goethe, written when he was a student of 18, at Leipzig, in honor of his flame, Anna Katarina Schonkopf, and entitled, "Annette," has been found by Dr. Suphan, of Weimar, among the effects of Goethe's friend, Fraulein von Grockhausen, to whom the poet probably presented the manuscript.

Dr. Louis Robinson insists that the style of hair affected by Paderewski and other musicians is not a mere affectation, but is the result of "trophic changes resulting from mental habits." This may be true, but it is perhaps necessary to explain that a "trophic change" is a change that changes—in plain English, a "change change."

A French geographical society proposes to divide the face of the clock into ten hours of ten minutes and a hundred seconds each. This is to make time uniform with the decimal system or count by tens. The count by twelves which now shows on the face of the clock survives from the earliest times—probably from long before the invention of letters.

A scientific paper discusses seriously the discovery by Prof. Conn of butter bacillus—that is to say, of a bacillus producing a fermentation in milk by which the quality of the butter is improved. The statement is reasonable, and the facts may be as alleged, but it is not always really possible to distinguish the reality of current sciences from its romance.

Lady—it is strange that a strong man like you cannot get work. The "Trump"—Well, you see, mum, people wants reference from me last employer, an' he's been dead twenty years.

He—How do you like Foppington, Miss Barrow? Miss Barrow—Not at all. He can't pronounce his r's, and I do detest being addressed as Miss Bow-Wow

**Explosive Power of Nitro-Glycerin.**

Whoever works with high grade explosives must take his life in his hand. Some of the accidents that have occurred in the course of the manufacture and handling of such materials are as interesting as they are shocking. Recently a man driving two horses to a wagon carrying twelve hundred pounds of nitro-glycerin met with some accident and upset his load. The team, wagon and driver were simply reduced to undiscernible atoms. A fragment of the man's clothing, found over a mile from the scene of explosion, was all that could be traced as having belonged to a human being. Bits of the horses were found miles away, and some small pieces of the wood and metal of the wagon. In the adjacent fields cattle were killed by the shock, and in towns around the country horses ran away with fright, windows were broken and buildings were shattered. Almost all of the windows in the houses for several miles around was broken, and a hole was made in the earth fifteen feet deep, sixty feet across at the top and thirty-five at the bottom. When such explosions occur with the entirely unconfined product, it is not difficult to imagine what might happen were this dangerous compound shut in and circumscribed by rigid bounds.—New York Ledger.

**Vocal Lessons for Canaries.**

To improve the singing of canary birds, care should be exercised in distributing regularly the allowance of fresh food set aside for each day. By this means, they will sing every day equally, because they will eat uniformly, and not pick the best one day and be obliged to eat the refuse the next. About two teaspoonsful of dry food is sufficient for the daily nourishment of a canary. What is called canary seed is the favorite food, to which a small quantity of rape and hemp seed may be added. The birds should have an abundance of light, fresh air, plenty of water for drinking and bathing purposes, and free access to sand and gravel. A sprig of chickweed or a leaf of lettuce is highly relished by them. It must also be noticed whether the bird likes to sing alone or in company with others. Some canaries seem to be possessed of such whims, some liking to hear only themselves, and refusing to sing while other birds are about, while others are exactly opposite in their tastes, always appearing at their best when in company. In the latter case, such birds indulge in a harmless rivalry, and display their real powers only when such an incentive is given them.

**Convincing Evidence.**

No doubt you have heard the argument advanced by unbelievers to prove the Bible account of the deluge untrue. They say the ark was not of sufficient capacity to hold the animals that the Bible speaks of and the provisions necessary to their sustenance.

Bishop Horne, in his introduction to the study of the Bible, answers this objection in this satisfactory way: "The ark was 300 cubits in length, fifty cubits in width and thirty cubits in height, with three stories of floors, which would be equal to 42,413 tons burthen. A first-class man-of-war is about 2200 tons burthen, and the ark, therefore, had the capacity of eighteen such ships, and would carry 29,000 men, with six months' provisions, besides the weight of 1800 cannon and all military stores. Can you doubt of its capacity to carry eight persons, 250 pairs of animals, fowls, etc., for one year?"—Philadelphia Times.

**The Salmon Crooked Short.**

At the beginning of this season it seemed as though the Columbia River (Oregon) salmon pack would be phenomenal; but the plethora of fins fish at the opening has been succeeded by a slackness in the run such as has never before been experienced on the river. A week ago the packing prospects seemed to have utterly collapsed. Possibly the fish may become more plentiful toward the close of this month, but this season's product will be comparatively small, at the best. The quality of the salmon, however, has been remarkably good.

**Got the Mother Out of the Way.**

In Frankfort-on-the-Main a young woman of sixteen fell in love with one of her neighbors, but the mother of the young man offered a stout resistance to their union. The young lady denounced her intended mother-in-law for speaking disrespectfully of Emperor William. Treading on imperial toes is dangerous in Germany, so the old lady was arrested, and, pending her trial, the young man and the young woman got married.—Detroit Free Press.

**A Famous Paris School.**

Paris has decided to keep the Boule school, for cabinet making and art applied to industry, open in the evening. The school has thirty-four instructors and a staff of fifty-one persons, with only 100 day pupils, and has room for five times as many. It costs the city \$60,000 a year, while the furniture turned out by it sold last year for \$400.—New York Sun.

**The Abstruse Tortoise.**

The ways of the tortoise are always difficult to understand. They excel most animals in their tenacity of life, and can exist for long periods without food of any kind. The brain of the tortoise is small, weighing only the one-thousandth part of the whole body, and still the brain has been destroyed life still lingers in the frame.—Baltimore American.

Dr. Jerome Bonaparte Wheat, the well known dentist, who has just died in New Haven, Conn., was the first to use vulcanized rubber in dentistry.

**QUEEN OF THE WEST.**

**California, Where the Sun Gives Uncle Sam a Good-Night Kiss.**

Glowing words of praise were uttered by Rev. E. D. Dille, of San Francisco, when he described California to the Christian Endeavorers at Boston. Said he:

"Were it not that Californians are all as modest as violets, outblushing the strawberries that grow there the year round—blushing like their world-famed fruits at praise of their own lovellness—I would tell you something of California—though had I the tongues of men, and even of real estate agents, you would still say when you come to us, 'The half has not been told!' We have a wonderful empire out there; we have arable land enough to support a population of 30,000,000, and then our population would be less dense than that of Europe; an empire of our own, as large as Spain—larger than the nine States of Delaware, Maine, Maryland, Massachusetts, New York, New Hampshire, New Jersey, Ohio and Rhode Island combined. Then the salubrity of our climate makes California the sanitarium, the fairer Italy of the world; its scenery is grander than any beneath European skies, and its variety of productions and climate is so wonderful as to defy even the Californian genius for exaggeration. The Sierras, those snowy bulwarks of our State, though their lower slopes are rich in gold as their crests at eve with the gold of sunset, and their farther slopes are lined with silver like those great crests at noon, yet hoard no such wealth as the soil yields in its billowing wheat fields, its clustered vineyards, its orchards and orange groves bending with fruit more golden than that of the Hesperides. Yonder the star of the empire steps in its westward course and stands still over our young State."

**Even South Africa Has the Craze.**

There seems to be an extraordinary craze for cycling in South Africa. A Johannesburg paper states that cycles are more generally used in that town than probably any other town of similar size in the world. There are, it adds, some 4,000 machines in use by all classes, from the head of the mining industry down to clerks and shop assistants. One firm has sold 600 in the last two years. Ladies are taking to cycling freely, and so are educated Kaffirs. When Kaffirs that are not educated follow suit, what a splendid market for wheels in South Africa there will be!

**Highest of all in Leavening Power.—Latest U. S. Gov't Report**

**Royal Baking Powder**  
ABSOLUTELY PURE

Beware of Imitations for Catarrh That Contain Mercury, as mercury will surely destroy the sense of smell and completely derange the whole system by entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is tenfold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure to get the genuine. It is taken internally, and is made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free. Sold by Druggists, price 75c. per bottle.

**The True Laxative Principle**

Of the plants used in manufacturing the pleasant remedy, Syrup of Figs, has a permanently beneficial effect on the human system, while the cheap vegetable extracts and mineral solutions, usually sold as medicines, are permanently injurious. Being well informed, you will use the true remedy only. Manufactured by the California Fig Syrup Co.

**Dr. Kilmer's Swamp-Root cures all Kidney and Bladder troubles.**

Pamphlet and consultation free. Laboratory Binghamton, N.Y. Chiekhahomly is the Indian word meaning "Turkey Lick."

**Dr. Pierce's Soothing Syrup for children**

teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle. If afflicted with sore eyes use Dr. Isaac Thompson's Eye-water. Druggists sell at 25c per bottle.

**A self-propelling bicycle is a Swedish invention.**

It is run by a little gasoline motor.

**The Onward March**

of Consumption is stopped short by Dr. Pierce's Golden Medical Discovery. If you haven't waited beyond reason, there's complete recovery and cure.

Although by many believed to be incurable, there is the evidence of hundreds of living witnesses to the fact that in all its earlier stages, consumption is a curable disease. Not every case, but a large percentage of cases, and we believe, fully 98 per cent, are cured by Dr. Pierce's Golden Medical Discovery, even after the disease has progressed so far as to induce repeated bleedings from the lungs, severe lingering cough with copious expectoration (including tubercular matter), great loss of flesh and extreme emaciation and weakness.

**Do You Know That Their is a Science in Neatness.**

**Be Wise and Use**

**SAPOLIO**

**A PARALYTIC CURED.**

**His Grandfather, a Revolutionary Soldier, and His Father Both Died of Paralysis. Yet the Third Generation is Cured—The Method, From the Herald, Boston, Mass.**

Like a thunderbolt from a clear sky, a stroke of paralysis came to Mr. Frank T. Ware, the well known Boston auctioneer and appraiser, at 235 Washington street. He went to bed one night about six years ago, seemingly in robust health. When he awoke his left side was stiffened by the deadening of the nerves.

The interviewer sought out Mr. Ware to get the facts. He gave the interesting particulars in his own words:

"The first shock came very suddenly while I was asleep, but it was not lasting if its effects, and in a few weeks I was able to go about. A few months after, when exhausted by work and distressed with rain, I went home in a very nervous state. The result was a second and more severe shock, after which my left arm and leg were practically hopeless. My grandfather, who was a soldier in the Revolutionary War, and lost an arm in the struggle for American independence, died finally of paralysis. My father also died of paralysis, although it was complicated with other troubles, and so I had some knowledge of the fatal character of the disease which is hereditary in our family. After the second shock I took warning, for, in all probability, a third would carry me off.

"Almost everything under the sun was recommended to me and I tried all the remedies that seemed likely to do any good, electricity, massage and specialists, but to no effect.

"The only thing I found that helped me was Dr. Williams' Pink Pills, and I verily believe that if it hadn't been for those pills I would have been dead years ago. Yes, I still have a slight remembrance of the last attack six years ago. My left arm is not as strong as the other and my left foot drags a little, as the paralysis had the effect of deadening the nerves. But I can still walk a good distance, talk as easily as ever, and my general health is splendid. I am really over seventy years old, although I am generally taken to be twenty years younger than that.

"The Pink Pills kept my blood in good condition and I believe that is why I am so well, although cheerfulness may help. I have thought of it a great many times and I honestly believe that the Pink Pills have saved my life."

Mr. Ware has every appearance of a perfectly healthy man, and arrives at his office promptly at eight o'clock every morning, although he has reached an age when many retire from active life. His experience is well known to a great many people in Boston, where his constant cheerfulness has won him hosts of friends. He says that in his opinion both his father and his grandfather could have been saved if Pink Pills had been obtainable at that time.

Dr. Williams' Pink Pills for Pale People contain all the elements necessary to give new life and richness to the blood and restore shattered nerves. They may be had of all druggists or direct, by mail from the Dr. Williams' Medicine Co., Schenectady, N. Y., at 50 cents per box, or six boxes for \$2.50.

**Keeps You Poor.**

Indigestion keeps man poor. It maddles the clearer brain. You think it is something else, but—some times it is. After the digestive tract. One Ripans Tabule gives relief, and their occasional use keeps you right. Ask your druggist for them.

**The Greatest Medical Discovery of the Age.**

**KENNEDY'S Medical Discovery.**

**DONALD KENNEDY, OF ROXBURY, MASS.**

Has discovered a remedy that cures every kind of Humor in the worst Scrofula down to a common pimple.

He has tried it in over eleven hundred cases, and never failed except in two cases (both thunder humor). He has now in his possession over two hundred certificates of its value, all within twenty miles of Boston. Send postal card for book.

A benefit is always experienced from the first bottle, and a perfect cure is warranted when the right quantity is taken.

When the lungs are affected it causes shooting pains, like needles passing through them; the same with the Liver or Bowels. This is caused by the ducts being stopped, and always disappears in a week after taking it. Read the label.

If the stomach is foul or bilious it will cause squeamish feelings at first.

No change of diet ever necessary. Eat the best you can get, and enough of it. Dose, one tablespoonful in water at bedtime. Sold by all Druggists.

**Dr. Kilmer's Swamp-Root cures all Kidney and Bladder troubles.**

Pamphlet and consultation free. Laboratory Binghamton, N.Y. Chiekhahomly is the Indian word meaning "Turkey Lick."

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