

TREATING INSOMNIA.

ADVICE TO THE VICTIMS OF A DISTRESSING DISEASE.

An Affliction That is Widespread in This Hastening Country—How to Woe the "Sleep That Knits Up the Tattered Sleeve of Care."

Insomnia is a widespread American disease. It afflicts the best brains of 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 distension of the arteries supplying the red blood to the brain, resulting in unrelieved pressure on the nerve cells of the gray matter, eventuating 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. Shakespeare poetically says, "This 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.

Dr. Samuel Johnson in his ponderous dictionary defined a "net" to be "an interwoven decussated tissue of meshes." Each cell in the brain has this character. Magnified several hundred diameters it would resemble the network covering a small balloon. In the morning, after a refreshing night's rest, each cell is expanded, alert with life, and has the faint pink glow of health. At evening, after a long day's work over some exhausting mental occupation, 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 globule 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. Sleep has knit together again the meshes raveled out by care. The action of 1,000,000 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 forest lightning struck tree slowly decaying as the seasons roll by in the alternations of rain and frost and wind. First the small twigs become brittle, break off and fall, then larger branches and limbs and finally the many thousand subdivisions are reduced to about three large stumps supported by the blasted trunk with the rotten bark clinging to it. As age creeps slowly on the animal body the small ramifications of blood vessels in the face, for instance, wither and die and then larger vessels, leaving pits called "wrinkles." The same thing happens in the interior of the brain, but this is invisible on the surface. Instead of many fine subdivisions of arteries reaching every part of the structure and thus irrigating it with the red life giving fluid these dry up, are absorbed and larger ones and fewer in number result. Into these the blood has a tendency to pour at night during sleep, on slight provocation resulting in undue distension and engorgement, and consequent wakefulness, thus producing the well known disease "insomnia," which, if prolonged, results in brain wreck and insanity.

Let the sufferer look to the health of his whole body by outdoor exercise, open air and regular diet, amend and correct the general health or use tonic baths at the proper time of the day before retiring or on rising. Taking a slight repast before going to bed so as to draw a surplus of blood from the brain and elevating the head on pillows so as to allow gravitation to assist in draining the blood from the brain are good.

Periodicity is of great assistance. Going to bed at exactly the same hour every night, the firm and strong belief in the fact that you will sleep at that hour, the diversion of the mind just before retiring by some light reading, amusement, work or exercise will help. Refuse, if possible, to discuss or dwell upon mournful, irritating or unfortunate personal topics or afflictions. Should the sufferer suddenly awake in the night before the allotted hours for repose have passed, his best plan is not to lie awake in bed in the dark staring vacantly. The oversensitive mind conjures many gloomy thoughts at this time in the deep, still darkness of the night, when all outside day sounds and noises have ceased their distraction. These cases can be successfully treated at home, and not by drugs. Have a night table handy, light a candle, arise, throw off and air the bed clothes, sit up, with a convenient wrapper around you, in an easy chair, having first thrown open a door or window to completely change the vitiated air of the room. Of course one must have a chamber to himself to do this. All the conditions external being changed will tend to produce a change of those internal of the body—the brain and the nerves. After a suitable interval one can again close the doors and windows, replace covers and retire to approaching slumber.

This was the method of Benjamin Franklin, who had a large, active brain, filled with multitudinous private and public affairs, during a long and active life, and he found it to succeed. (See his autobiography.) Different remedies will suit different constitutions. The same will not do for all alike. Each person must study his own case, the moral and physical causes, remove these and find out what will best soothe his exhausted nerves and induce peaceful repose.—James M. Loring in St. Louis Post-Dispatch.

MONEY MAKING IN TACOMA.

The City of Destiny Once Coined Its Own Cash.

Tacoma once had a mint that coined all of the money in circulation where the City of Destiny now stands, and it did not require the fiat of Uncle Sam, the silver of Idaho or the gold of California to make the pieces from Tacoma's mint pass current among the Indians and the few hardy pioneers who were blazing the path of civilization through the forest on the shores of Commencement bay, says the Tacoma Ledger.

Back in the early seventies the Tacoma Mill company, not being able to readily secure gold and silver for use in trading with and paying off the Indian laborers and early settlers, hit upon the novel plan of issuing its own currency, and to this end set its blacksmith to work to fashion for it out of scraps of iron and brass pieces of money, or, rather, tokens, which could be used as a circulating medium. The pieces consisted of 40 cent and 45 cent iron tokens and brass \$1 pieces. The 40 cent pieces were about an inch in diameter and the 45 cent pieces were about the size of the present silver half dollar. The \$1 pieces were oval in shape, about 1 1/4 inches long, an inch wide and a sixteenth of an inch in thickness. These pieces were stamped with the figures showing their value, and readily passed current all over the country tributary to the mill. Nearly all of this old "mill" coin has passed away, but a few days ago William Hanson of the Tacoma Mill company presented a set of these queer coins to the Ferry museum. In his letter to the museum he said:

"The honesty of the people and the absence of any blacksmith shop save that of the company made the use of this money possible."

Oregon has long boasted that the "Beaver" coin, minted at Oregon City in the early fifties, was the only money minted in the northwest in the days of the pioneer, but here in Tacoma, long years after Oregon's "Beaver" mint had become a historical incident, was a primitive mint that supplied the coin to furnish the pioneers and Indians with all of the necessities for their rough lives. The coins, which are still preserved, are roughly made, just such as any blacksmith with ordinary tools might make, and as a matter of fact during the early years of the mill company's existence formed practically the local circulating medium of exchange. When the Indians who were employed in the mill were paid for their labor, this coin sufficed, as all the trading they did was with the little store run in connection with the mill. The iron and brass pieces were, of course, passed among the Indians in trading with each other, and as anything in the way of supplies was purchased by them at the mill store the pieces were fully as good to them as if they had borne the stamp of the government.

Changes in Cave Dwelling Animals.

"The influence of environment upon organisms is nowhere more striking," says Science, "than in the case of animals which find themselves accidentally lost in caves and which succeed in accustoming themselves to the situation in spite of its difficulties. M. Armand Vire gives some notes on his observations in the Comptes Rendus. The principal difference in the situation consists in the absence of light and in the rarity of animal prey. The eye always becomes atrophied to a degree which varies with the species and also with the individual. There is sometimes a difference between the two eyes of a single individual. The eyes are to a certain extent replaced by other organs of sense; the antennae of the campodes become, in some individuals, twice as long as usual, and sometimes longer than the entire body. The tactile hairs with which the body is covered obtain an exaggerated development, and in the crustaceans sometimes even invade the ocular globe. Hearing does not seem to be accentuated, but the sense of smell is very acute, and a bit of tainted flesh becomes invaded in a very few minutes with a large colony of animals. The organs of digestion become very considerably modified in those species which are naturally carnivorous, and in two staphylinids the mandibles were found to be completely atrophied. Every animal is more or less completely depigmented, but those which had no trace of color remaining began to have numerous little black spots disseminated over the whole body after they had been kept for a month in the light, and these spots were particularly abundant in those parts (antennae and claws) which had been accidentally lost and were in course of restoration."

His Last Meal.

Every day some fresh source of food supply is discovered, says The Stamp Collector. Adhesive stamps have not hitherto been regarded as nutritious. The ostrich prefers gold watches for a steady diet, and the traveling tinker's donkey has a reputation for consuming any clean linen that may be handy.

A Hindoo paper, however, gives an account of a curious incident that occurred at the residency in a remote district in Ceylon a little while ago. Mr. Pieris, the office assistant, placed on his table some judicial stamps to the value of about 200 rupees. While his attention was drawn to something else his pet goat was slowly but surely making a meal of the stamps. This was not discovered until the goat had swallowed some 50 rupees' worth of stamps. Immediately the goat's life was demanded as a penalty, and the stamps, afterward taken from its stomach, were forwarded to the commissioner.

Lepers and the Law.

The Norman-English laws enacted that a leper had neither power to sue in any court nor to inherit property. During his lifetime he was permitted to enjoy the usufruct of any property in his possession at the time he was "found guilty," so to speak, of leprosy, but all rights of disposition over it he lost.

How to Be Handsome.

It is a mistake to suppose that the only way to be good looking is to be born so. Good health has more to do with good looks than anything else. Such diseases as constipation, dyspepsia, liver complaints, rheumatism, nervous disorders, &c., not only shorten life, but spoil tempers and "looks." Bacon's Celery King for the nerves cures these troubles. H. Alex. Stoke sells it and will give you a sample package free. Large size 25c and 50c.

Modern advertisers would be much interested in a copy of "The Pennsylvania Correspondent and Excursion Advertiser," published in 1865, which was recently unearthed among some old rubbish. The reading matter is odd enough in itself, but the advertisements are unique. Fancy a man in those days who wanted to dispose of a house and lot setting forth their virtues in this manner:

"For rent or sale, in Dublin village. A handsome lot, and good for tillage. Forty acres thereabouts. In Hilltown township, county of Bucks. The building's good and well prepared for any one in public trade. Who, 'tis presumed, would find it good to try and please the neighborhood. And now for further information. Apply according to direction. To the subscriber living near. Whose name you'll find is Joseph Grier."

Every stable keeper should always keep Arica and Oil Liniment in the stable, nothing like it for horses. Arica & Oil Liniment is equally good for man and beast. 25 and 50 cents per bottle. For sale by H. A. Stoke.

Thousands walk the earth to-day who would be sleeping in its bosom but for the timely use of Down's Elixir. For sale by H. A. Stoke.

For a mild cathartic and efficient tonic, use Baxter's Mandrake Bitters. Every bottle warranted. For sale by H. A. Stoke.

DR. HENRY BAXTER'S MANDRAKE BITTERS,
CURES CONSTIPATION AND BILIOUSNESS.
A delightful tonic and laxative. Can be taken by young and old. No dieting necessary. Eat anything you like and plenty of it. Builds up "run down" people making them well and vigorous. Try it.
At Druggists. Only 25c per bottle. Henry, Johnson & Lord, Props., Burlington, Vt.
For sale by H. A. Stoke.

A Common Danger.

If you have ever had a cold which you permitted to "wear away" it may interest you to know that it was a dangerous proceeding. Every cold and cough which is neglected paves the way for consumption, bronchitis, asthma or catarrh. Otto's Cure, the famous German throat and lung remedy, will cure any cough or cold and save you from consumption. Call on H. Alex. Stoke and get a sample bottle free. Large size 25c and 50c.

WANTED—FAITHFUL MEN OR WOMEN to travel for responsible established house in Pennsylvania. Salary \$750 and expenses. Position permanent. Reference. Enclose self-addressed stamped envelope. The National Star Insurance Bldg., Chicago.

First National Bank
OF REYNOLDSVILLE.

Capital, \$50,000.
Surplus, \$5,000.

C. Mitchell, President;
Scott McClelland, Vice Pres.;
John H. Kaucher, Cashier.

Directors:
C. Mitchell, Scott McClelland, J. C. King,
John H. Corbett, G. E. Brown,
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Does a general banking business and solicits the accounts of merchants, professional men, farmers, mechanics, miners, lumbermen and others, presenting the most careful attention to the business of all persons.

Safe Deposit Boxes for rent.
First National Bank building, Nolan block
Fire Proof Vault.



L. M. SNYDER,
Practical Horse-shoer
and General Blacksmith.

Horse-shoeing done in the neatest manner and by the latest improved methods. Over 100 different kinds of shoes made for correction of faulty action and diseased feet. Only the best make of shoes and nails used. Repairing of all kinds carefully and promptly done. SATISFACTION GUARANTEED. Lumbermen's supplies on hand.
Jackson St., near Fifth, Reynoldsville, Pa.

WANTED—FAITHFUL MEN OR WOMEN to travel for responsible established house in Pennsylvania. Salary \$750 and expenses. Position permanent. Reference. Enclose self-addressed stamped envelope. The National Star Insurance Bldg., Chicago.

I will close out my entire stock of

DRY GOODS,
Clothing and
Furnishing Goods

at less than mfg. prices.

HENRIETTAS, sold at 75c. and 85c.,	now 57c.
" " " 65c.	49c.
" " " 60c.	42c.
" " " 50c.	39c.
SERGE, " 65c.	49c.
" " " 60c.	45c.
" " " 30c.	21c.
DRESS FLANNEL, " 90c.	57c.
" " " 75c.	57c.
" " " 50c.	40c.
RED FLANNFL, " 50c.	38c.
" " " 25c.	19c.
" " " 20c.	15c.

White Flannel at the same price.

LADIES' RIBBED WAISTS, sold at 25c.,	now 19c.
" " " " 15c.	10c.
" " " " 10c.	08c.
RED TABLE DAMASK, " 25c.	20c.
" " " " 50c.	40c.
WHITE " " 75c.	57c.
" " " " 50c.	39c.
" " " " 40c.	32c.
" " " " 25c.	20c.

CORSETS formerly sold at \$1.00 now 79c.; formerly 75c., now 57c.; formerly 50c., now 39c.

CAMBRIC at 3/4c. a yard.

TAFFETY at 8 and 10c. a yard.

O. N. T., Clark's Cotton, 4c. Spool Silk 4c.

CLOTHING

Childs' Suits \$1.00, now .75	Boys' Suits \$7, 8.00, now 5.50
" " 1.50, " 1.10	" " 5.00, " 3.75
" " 2.00, " 1.50	Men's " 4.98, " 3.85
" " 2.50, " 1.85	" " 5.00, " 3.75
" " 4.00, " 2.75	" " 5.00, " 2.75

Men's Fine Worsted Suits reduced from \$10.00 to 6.50.
GRAND ARMY SUITS reduced from \$8.50 to 5.50; from \$10.00 to 7.50.

Shirts reduced from \$1.00 to 75c., from 90c. to 67c., from 75c. to 62c., from 50c. to 42c., from 35c. to 25c.

N. HANAU.

We

are always receiving new goods and can always give you good values in

Dry Goods,
Notions, Clothing,
Hats and Caps,
Shoes, Etc.

We carry a complete stock of everything and you will find our GROCERIES and PROVISIONS always up to standard in quality, and the very lowest price. We invite a share of your trade.

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are busy opening up
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