

INCURABLE DISEASES.

THE LIST DECREASES AS THE KNOWLEDGE OF SCIENCE INCREASES.

Story of a Man Who Was Given Up to Die by Seven Physicians—He Follows the Advice of a Friend and is Now a Well Man—A Wonderful Story.

From the Leader, Morrisville, N. Y.
"Yonder is a man," said the farmer to a reporter, "who is the talk of this community."

"He is Mr. William Woodman, of South Hamilton, Madison Co., N. Y.," a well-to-do farmer, who is well known and stands high for honesty and thrift in this neighborhood.

On the following day the newspaper man called on Mr. Woodman in his comfortable, old-fashioned farm house.

"I have had serious thoughts of writing an account for the newspapers myself," said Mr. Woodman, "but as I am not accustomed to such work, I have never attempted it. Sit down and I will tell you all about it."

"I am fifty-nine years old. I contracted rheumatism when only fourteen years of age, then a severe cold from over exertion and from becoming over heated. My father was a farmer and insisted that the only way to make me strong was to do plenty of hard work. When, however, he saw me helpless in bed for six long months without being able to move except with help, he changed his mind, and forever after believed that children should not be made to do men's work. My growth was stopped by suffering, and I do not think I am an inch taller than that day, forty-five years ago. During the forty years ensuing after my misfortune, I was attended by seven doctors. I received temporary relief at times, from new forms of treatment, but always relapsed into a worse and more aggravated condition. The conclusion of all these treatments was that I was incurable, and all they could do was to ease my condition. After I grew to manhood I married and have been blessed with a family. My dear wife had all the drudgery of nursing and waiting upon me, and the burden has been indeed laid to bear.

"Without hope from physicians I began to take Dr. Williams' Pink Pills, which I highly recommended by my friends. I took them and within one week began to feel better than I had since I was first afflicted. I took these pills according to directions, and when the box was nearly gone I went over to Brookfield to an old friend who was in the drug business, named Dr. Aurelius Pritch, who likewise was a great sufferer from rheumatism. The doctor and I ordered several boxes of Pink Pills in partnership, he from that time keeping them on hand. Well, I continued to take them according to directions for the next three years and steadily improved, gaining flesh and strength, until two years ago I was able to discontinue them, and now am as able bodied a man of my years as you will find. I ought to tell you the doctor who ordered the first box of pills the physician who was then attending me came in and I told him what I was doing. He said I was very foolish, that they would surely injure me and it was his duty to tell me so. I told the doctor that I might as well die as to drag out a miserable existence, and so, notwithstanding his warnings, continued to take the pills. Thank God the doctor was not able to dissuade me, for to them I now ascribe all the comfort and happiness I have in this world. I have recommended them to hundreds of people since I was cured, and in every case they have been effective, not only in rheumatism but in numerous other disorders, especially impoverishment of the blood, heart trouble and kidney disease.

"I certify the above statement to be true, and if necessary will swear to the same before a Notary Public."

WILLIAM WOODMAN.
When Mr. Woodman had signed and delivered the above paper to the reporter, he said: "If I were you I would go and call on Mr. Amos Jacques, at Columbus City, to whom I recommended Dr. Williams' Pink Pills for aggravated kidney disease. He is now in perfect health. I have no doubt he will be glad to testify to the efficacy of the remedy that cured him."

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

Fast Freight Runs.
The B. and O. S. W. has been making records on quick despatch freight within the past week or two. Two trains, one weighing 722 and the other 734 tons, ran from Cincinnati to Parkersburg, 200 miles in 8 hours and 3 minutes and 8 hours and 4 minutes respectively. The run from St. Louis to Cincinnati 340 miles, was made in 16 hours. Considering that some of the grades exceeded one per cent., the performance ranks with the best on record and demonstrates that the track and motive power of the B. and O. S. W. must be in good condition.

Unworthy Books.
A healthy body undoubtedly conduces to a healthy condition of the mind, but it does not produce intellectual activity. The only way to accomplish intellectual results is to work the mind. Hard work of any kind is never easy—it may be satisfying and exhilarating, but not easy. When you really work your brain you know it; even to concentrate your attention to begin a task is a serious effort. Many wise workers say that when you have learned the power of concentration you have solved the problem of effective intellectual work. That is the first stumbling-block that the person who does not habitually read books, even for recreation, encounters. It is so difficult to pin your attention to the printed page, for you think of things nearer at hand with which you are familiar. But a sensational novel captures the uneasy attention sooner than more thoughtful books; therefore, people of untrained minds are the greatest devourers of unworthy books.—Ladies' Home Journal.

People make themselves very miserable by telling "jokes" on each other.

Smart Young Sailors.

"The boys responded with surprising quickness and good order. This is the second life they have saved this winter." These were the concluding words of a statement made by Commander Field of the schooner St. Mary's at a meeting of the Board of Education of New York city, a few months ago, regarding a rescue made by the boys of his ship.

On the night of the 23d of February, after the boys on the St. Mary's had turned in, the cry was raised on the wharf at the foot of which the ship lies, in New York, that a man had fallen overboard in the North River. The boys turned out, lowered a boat, and in a moment were off to the rescue. Just as the man rose for the last time they pulled him in, and in an insensible condition he was taken to the hospital, where he revived.

The next moment would have been the man's last, and the least delay on the part of the handy boys would have been fatal to him. But if they had been capable of delays they would not have been good sailors, and they made no delays and did no bungling.

The school-ship on which these boys acted so bravely and promptly this time, and have acted as promptly and effectively before, is, though commanded by an officer of the United States navy, a part of the public school system of New York city. The boys are just such as go to the public schools in the most crowded parts of the metropolis.

They are good material for the making of prompt, quick, ready and intelligent sailors, and—for much the same causes as those which make them good sailors—for the making of good citizens as well.—Youth's Companion.

Screened from Heat and Light.

The bottom of the deep sea is, indeed, entirely screened from the warmth and light of the sun by the intervening mass of water. On land we often experience that the intervention of clouds, which are simply steam or divided masses of water, results in gloom and a fall of temperature. This effect is infinitely more intense at the bottom of the ocean, between which and the sun there is interposed, not only for a day or two, a layer of cloud, but, for ever, a volume of water often several miles thick. Even at fifteen fathoms from the surface the light is much subdued, producing more the appearance of pale moonlight than of sunlight, and experiments made with very sensitive photographic plates in the clear water of the Lake of Geneva have shown that sunlight does not penetrate to a greater depth there than 155 fathoms. In the ocean and in the tropics, where sunshine is most intense, no light penetrates beyond a depth of 200 fathoms. Below this all is dark.

The sun's heat, like its light, is also cut off from the ocean depths in the same manner. A cousin of the writer found that in the bay of Bengal there is a fall of temperature amounting to about 1 degree Fahrenheit for every ten fathoms from the surface that the thermometer sinks. At 200 fathoms he has found that the thermometer stands all the year round at 55 degrees Fahrenheit; and at 2,000 fathoms it constantly registers about 35 degrees Fahrenheit, or close upon freezing point. It is curious to note that as we rise in the air, in ballooning or on mountain slopes, the temperature falls as we rise, and the same occurs as we live into the depths of the ocean. But in mines the heat increases as we descend.—Chambers' Journal.

JACKETS AND BASQUES.

SEASONABLE AND STYLISH DESIGNS FOR WOMEN.

A Neatly Finished Eton Jacket of Black Serge For Wear as Part of a Cycling Costume—Ladies' Basque With Two Under-Arm Gores—Fashions in Hair.

Black serge, says May Manton, is the material selected for this Eton jacket that is neatly finished with machine stitching, narrow silk cording



LADIES' ETON JACKET.

and small buttons affording appropriate decoration. It is worn over a taffeta silk waist of brilliant hue which affords the touch of brightness so essential to a cycling costume. The fronts are adjusted to the figure by single-bust darts that are held to position by means of cords and buttons. Above the closing the fronts are reversed in lapels that meet the rolling collar in even notches. The jacket, of

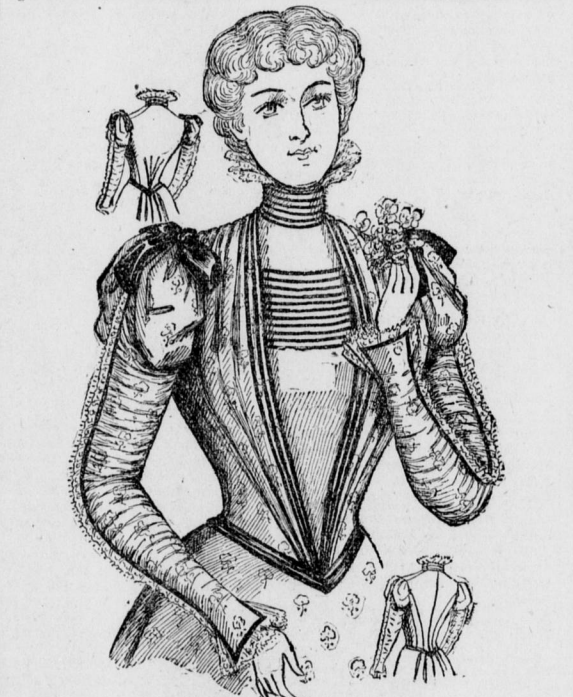
fulness being caused by gathers on the outer edge of sleeves. Short, full puffs caught up in butterfly effect drape the shoulders, and the wrists are uniquely slashed over a deep ruffle of lace. As represented, figured bare was employed in making; narrow black satin ribbon affording the decoration. The mode is applicable, however, to all manner of weaves and textures including silk, peau-de-soie, canvas weaves, organdies, etc.

To make this basque for a lady in the medium size will require three and one-fourth yards of forty-four-inch material.

Next Season's Side Combs.
The new side combs for next season's wear come in sets of three and four. The most stylish are hinged together. In sets of four, one comb goes above the knot, one below the knot, and one on either side. In sets of three, as a rule, the middle comb is to be used above the knot, and is the least bit higher and more ornate than the two side combs. Where the four are hinged together, the tendency seems to be to have them all alike, differing only in length and curve.

The manufacturers assert that the teeth of the combs are coarser than last season, but if such is really the case it is not perceptible to the casual observer. The ornamentation of these combs as a rule is quite simple. The plain ones, when ornamented with narrow bands of silver or gold, have only simple designs cut into these bands. Except on those pieces to be worn above the knot, there is no filigree work. And jewels, when used, are sunk in the band, not raised above, as for the last few seasons. Amethysts, it is said, will be the popular stones, and only a few diamonds are shown, to be worn in very black hair. Amethysts come in settings of silver and gold, in polished and French gray finish and in polished and rose-finished silver gilt.

Fashions For the Hair.
If it is the perfection of art, says the New York Sun, to conceal art, the hairdressers are in this sort of deception in advance of their competitors in



LADIES' BASQUE WITH TWO UNDER-ARM GORES.

becoming length, reaches to the top of the deep grille, except at the front where it extends in pretty elongated tabs. The seamless back is slashed at the centre and decorated with cord and buttons. The sleeves are two-seamed, having the moderate fullness of the upper portion arranged in gathers. They are slashed at the wrists revealing the sleeve beneath. This style of Eton is particularly jaunty, being a decided innovation from the several plain styles. Cloth, serge, cheviot and canvas are among the suitable materials; the colors most selected being green, brown and blue in all its various shades.

To make this jacket for a lady in the medium size will require two and one-fourth yards of forty-four-inch material.

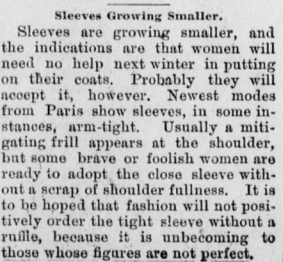
Ladies' Basque.
The basque shown in the large illustration is an ideal model for ladies of generous figure, according to May Manton. The pattern provides for an extra under-arm gore, which has the desired effect of decreasing the apparent size of the waist while the soft fullness at each side of the vest front detracts from the prominence of the bust. The graceful fullness of the front and the seamless back are disposed over glove-fitted linings that close in centre-front. The seamless V-shaped vest portion is sewed permanently to the right-front and is hooked over the full edge of the left. The side-fronts have gathers at the shoulder edges, the lower edges being disposed in overlapping plaits which, with the pointed outlines, give a graceful effect to the waist. The back fits smoothly across the shoulders, the fullness at the lower edge being laid in overlapping plaits that are firmly tacked down below the waist line.

If the seamless back is not desired the basque can be made to show the seams as seen in back view of engraving. A close standing band completes the neck with a frill of lace above. The sleeves are mousquetaire, the soft

ministering to the needs of women. Wavy, soft pompadour fronts are deftly arranged under a few stry locks of your own hair, and all sorts of artistically made coils, puffs, toupes and short curls are mingled with your tresses so cunningly that your best friend never suspects their existence.

Large, loose waves are just as desirable in summer as in winter, and the extreme high pompadour has lost none of its popularity. The simple little knot, with a coil around it arranged high on the head, is a pretty way of dressing the hair; with the pompadour front, or this same knot may be arranged lower, with a softer twist.

Evening Coiffures are completed by



DESIGNS IN COIFFURES.

OUTFIT A PROSPECTOR NEEDS.

Estimate by a Veteran Miner of the Clothes and Food Required in Alaska.

Thomas Cook, who has been a miner for nineteen years and is among those who came down on the Excelsior after making a lucky strike on the Klondike, prepared at the request of the Examiner, the following approximate estimate of the requirements of a Yukon miner for one year. These figures are on the side of conservatism, as they are based on his own experience, and he admits that he is rather below than above the average. The prices quoted, except in the case of such articles as mocassins, mittens and the "Parkee," which are obtainable in Alaska or the Yukon country of the Northwest, are about current rates in San Francisco. If these supplies were purchased at Dawson the prices would be from three to four times as much. Mr. Cook warns any man against the folly of going to the mines without at least as good a stock as is enumerated here. His advice is "Get plenty of staples and get the best clothes obtainable of the kind named."

SUPPLIES.

500 pounds flour.....	\$12 50
100 " oatmeal.....	6 00
100 " beans.....	2 35
24 " coffee, at 30 cents.....	7 20
24 " tea, at 50 cents.....	12 00
100 " bacon, at 14 cents.....	14 00
100 " dried potatoes, at 5 cents.....	5 00
50 " dried vegetables, at 5 cents.....	2 50
100 " dried fruits, at 6 cents.....	6 00
25 " (2 cases) condensed milk.....	2 50
5 " baking powder.....	2 50
5 " salt and pepper.....	1 00
50 " canned butter, at 50 cents.....	25 00
30 " lard, at 10 cents.....	3 00
25 " rice, at 5 cents.....	1 25
20 " tools.....	15 00
50 " stove and cooking utensils.....	10 00
2 " sals.....	10 00
2 " matches and miscellany.....	1 50
1310 pounds. Total supplies.....	\$116 80

OUTFIT.

Three suits woolen underclothes.....	\$12 00
Three woolen overclothes.....	6 00
Two pairs overalls.....	2 00
Six pairs woolen stockings.....	6 00
Two pairs blankets.....	16 00
One four-skin robe, with 50 cents.....	50 00
One reindeer "parkee," covering head and reaching to the knees.....	12 00
Three Paris caribou mittens.....	6 00
Two fur caps.....	6 00
Two pairs rubber boots.....	7 00
Three pairs mocassins.....	9 00
One pair "mucklacks".....	5 00
One woolen "Mackinaw," a sort of woolen sweater.....	10 00
Two sweaters (extra thick).....	8 00
Weight, 120 pounds. Total outfit.....	\$157 00
1310 pounds of supplies.....	116 80
Grand total, 1430 pounds.....	\$273 80

Mr. Cook drew attention to the fact that the miner should follow the biblical instruction and put money in his purse. Many small articles will be needed at Dawson City, and if the prospector goes by way of Juneau there are guides to pay and a sled and dogs to hire. Some of the clothes will last longer than a year, but the quantity fit for service at the end of that time will be very limited.—San Francisco Examiner.

How to Drink Water.
A physician writing in the Sanitarian thinks that the average person does not know how to drink water. Then he proceeds to give the following advice:

The effects produced by the drinking of water vary with the manner in which it is drunk. If, for instance, a pint of cold water be swallowed at a large draught, or if it be taken in two portions with a short interval between, certain definite effects follow—effects which differ from those which would have resulted from the same quantity taken by sipping.

Sipping is a powerful stimulant to the circulation—a thing which ordinary drinking is not. During the act of sipping the action of the nerve which slows the beats of the heart is abolished, and as a consequence that organ contracts much more rapidly, the pulse beats more quickly, and the circulation in various parts of the body is increased. In addition to this we also find that the pressure under which the bile is secreted is raised by the sipping of fluid.

Novel Cooking Method.
In Bosnia one of the Austrian batteries had to go into action just as dinner time came on, and the artillerymen, resolved not to lose a meal, cut their meat into small trips, placed it on the breach of their guns and cooked it by the heat of the metal. They found it delicious, and voted the bistek a la catusse de cannon infinitely superior to beefsteaks cooked under the pommel of the saddle, Tartar fashion.

Hard to Pronounce.
Hottentot is hard to pronounce, if the graphic description of Dr. Aurel Schulz does it no injustice: "I can safely liken the language to the clicking of a multitude of different rusty old gun lock simultaneously set in in motion. It is simply appalling to hear the fatty click gut koot, tick, lick, mktchuk gtkowtkok gtu-gtki-gtkij, accompanied by many gurglings."

Fetters Won't Hold Him.
A prisoner who recently escaped from the Concord (N. H.) House of Correction sent back to the City Marshal the twelve-pound steel collar from one of his legs, broken in pieces, evidently with a hammer. The pieces of the collar were neatly wrapped up and packed in a box, evidently made by the prisoner. He had escaped from the same institution a number of times before.

How to Remove a Tight Ring.
Take a long thread of silk and put one end under the ring and draw it through several inches, holding it with the thumb in the palm of the hand. Then wind the long end of the silk tightly around the finger down to the nail. Take hold of the short end of the silk, and holding it toward the finger end, unwind it, and the silk pressing against it will withdraw it.

Pioneering.

It is quite the custom to speak of the whites who were the first to go among the Indian tribes of the West as "pioneers of civilization." The "civilization" was not always of a perfectly civil order. The officials and traders of the old Hudson Bay Company used to claim credit for this rough pioneering. If we may judge from the records of the company, their work was thorough in its way, but the way was a hard one. Some entries in the account-books of the company, made more than a hundred years ago, will show how the civilization was being done.

"Dec. 31, 1795. Served out a quart of rum per man; the evening spent in innocent mirth and jollity.

"Jan. 1, 1796. All the Indians drunk about the place; great trouble in keeping order."

Two entries of an earlier date, and from a station still farther north, show what were the amenities of intercourse between the "civilized" and savage races when questions of right and justice were in the way of settlement. The first entry reads:

"The Company's cook, a lad of 16, having been carried off by the Esquimaux, three out of a party of six passing Esquimaux were seized as hostages until the return of the boy."

Five years later another brief entry shows how this transaction was finally closed:

"Had a row with the three Esquimaux detained. They were shot, and their ears pickled in rum and sent on to their tribe, to show them what had happened."

A Moor's Madness.
Si Mohammed ben Moussa, the giant Moor, sent as the chief of the Moroccan Mission to Queen Victoria's jubilee, never reached London, having gone mad in Paris on his way there, and then having been sent home. His mad thought a very queer form. He thought he was Montarret, the chief outsider who precedes the President of the French Republic on state occasions, and insisted on being dressed in livery, with riding breeches and high boots.

The Bayonet.
The bayonet was first made in Bayonne, in France; hence its name, and it was first used by the French army in 1671. It was successfully employed by them during the reign of William III, in an attack on the British Twenty-fifth Regiment of Foot. It afterward became generally recognized as an indispensable military weapon, and has been used on both sides in nearly all the great battles of Europe and America for the last 150 years.

Girls should disabuse their minds of the idea that their husbands will lick any man who speaks disagreeably to them.

Fits permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Serial bottle and treatise free. Dr. R. H. Kline, Ltd., 301 Arch St., Phila., Pa.

I believe Piso's Cure for Consumption saved my boy's life last summer.—Mrs. ALICE DOUGLASS, Le Roy, Mich., Oct. 20, 1895.

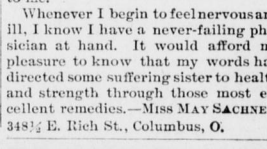
CANCER CURED AT HOME! send stamp for book. Dr. J. B. HARRIS & Co., Face Building, Cincinnati, Ohio.

AN OPEN LETTER

From Miss Sachner, of Columbus, O., to Ailing Women.

To all women who are ill:—It affords me great pleasure to tell you of the benefit I have derived from taking Lydia E. Pinkham's Vegetable Compound. I can hardly find words to express my gratitude for the boon given to suffering women in that excellent remedy. Before taking the Compound I was thin, sallow, and nervous. I was troubled with leucorrhoea, and my menstrual periods were very irregular. I tried three physicians and gradually grew worse. About a year ago I was advised by a friend to try Mrs. Pinkham's Sanative Wash and Vegetable Compound, which I did. After using three bottles of the Vegetable Compound and one package of Sanative Wash, I am now enjoying better health than I ever did, and attribute the same to your wonderful remedies. I cannot find words to express what a Godsend they have been to me.

Whenever I begin to feel nervous and ill, I know I have a never-failing physician at hand. It would afford me pleasure to know that my words had directed some suffering sister to health and strength through those few excellent remedies.—MISS MAY SACHNER, 348 1/2 E. Rich St., Columbus, O.



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When Hamlet Exclaimed: "Aye, There's the Rub!"
Could He Have Referred to
SAPOLIO

The Blue and the Gray.
Both men and women are apt to feel a little blue, when the gray hairs begin to show. It's a very natural feeling. In the normal condition of things gray hairs belong to advanced age. They have no business whitening the head of man or woman, who has not begun to go down the slope of life. As a matter of fact, the hair turns gray regardless of age, or of life's seasons; sometimes it is whitened by sickness, but more often from lack of care. When the hair fades or turns gray there's no need to resort to hair dyes. The normal color of the hair is restored and retained by the use of
Ayer's Hair Vigor.
Ayer's Curcbook, "a story of cures told by the cured." 100 pages, free. J. C. Ayer Co., Lowell, Mass.