Your Only Eody. The Medical and Surgical Reporter gives the following practical advice: "Think deliberately of the house you live in—your body. Make up your mind firmly not to abuse it. Eat noth-ing that will hurt it. Wear nothing that distorts or pains it. Do not over-load it with victuals or drink or work. Give yourself regular and abundant sleep. Keep your body warmly elad. Do not take cold; guard yourself against it. If you feel the first symp-toms, give yourself heroic treatment. Get into a fine glow of heat by exer-cise. This is the only body you will have in this world. Study deeply and diligently the structure of it, the haws that govern it, the pains and penalty that govern it, the pains and penalty that will surely follow a violation of every law of life and health."

every law of life and health." A gentleman who was fishing in a seeluded lake, in New York, became tired and sleepy. So he anchored his boat near the short in a shady spot, and lay down for a nap. After awhile he was awakened by something blowing in his face, and when he opened his eyes he saw a big stag standing in the water beside the boat, with his nose close to the fisherman's face. The gentleman lay quite still, rather enjoying the situ-ation. The stag investigated him in this manner for several minutes, until another boat came around the corner into the little cove, and then the animal, with a bound, disappeared in the woods. The gentleman had firearms with him, but, to his credit as a sportsman, be it said, he did not atempt to shoot.

Congressman Williams' Views. Congressman Williams is sojourning at Colorado Springs. Colorado. The other day he was waited upon by a reporter of the Denver *Republican* and the following interview took place: "M. B. Williams, member of congress from the center of the Wyoming valley coal fields, Pennsylvania, was in the city yesterday at the Brown Palace hotel. Mr. Williams is a practical miner himself, having risen from the ranks, and now owns and operates one of the largest colleries in the Wyoming fields. 'I have been greatly distressed by the condition of affairs in the coal mining districts,' said he. 'I have been in busi-ness for myself since 1878, and am now employing 700 men, and in all that time I have never had a strike and have never had any trouble of any kind with my men. I have always found that it was best for all parties concerned to treat the men right, and that when they were treated right I was pretty certain of fair tranent myself.' Continuing vere treated right I was pretty certain f fair treatment myself.' Continuing,

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Congressman Williams' Views.

One Year Six Month Four Mont Two Mont The date

of fair treatment myself.' Continuing, he said: "I have had no news from home since the unfortunate affair at Hazleton, and am therefore not prepared to express a decided opinion regarding it. I know all the parties concerned, and must admit that I was very much surprised at the action of the sheriff, whom I have always regarded as a remarkably cool and level-headed man. At the same time I feared some trouble when the sheriff's force was called in, and on my way West called at the company's office in New York and advised them to settle with their men on the best terms possi-ble.

with their men on the best terms possi-ble. "From what I have seen in the daily papers, I am inclined to believe that the sheriff was hasty. The right of the men to march peaceably has not yet been definitely settled; it will undoubtedly be carried into the supreme court, and the subject, as there may have been in derpublished report. "My men are nearly all Poles and Hungarians. I have got along with them pretty well, but they are so ignor-ant that its difficuit to handle the the subject. I do not think the em-ployment of this class of miners has been an entire success. "The stifters when they courts are the subject. I do not think the em-ployment of this class of miners has been an entire success."

to not think the em-term of this class of miners has een an entire success. "The strikes, when they occur, are ry difficult to settle and are a very ave menace to the interests of all rites concerned. The stories that we been published about the low earn-ge of the operatives refer in the main the soft coal regions. In the anthra-e section of the state the men have been required to work for starvation ges. In the Lehigh valley the wages d are much lower than in the Wyom-valley, and I believe the men work ger hours then they do with us. There is no donut that very serious is due methely to fellow

r hours then they do with us. here is no doubt that very serious is are likely to follow this last un-nate affair at Hazleton, and I am it will lead to an indefinite pro-tion of the strike. I think very of the trouble might have been to an understanding with the ch as I have aways advised."

Take Cascarets Candy Cathartic. If C. C. C. fail to cure, druggists ref



Your Only Body.

farms on a credit!"
Though the recent Mississippi flood broke the record in Louisiana by three and a half feet, the levee system pro-tected 85 per cent. of the land of the state subject to overflow. The state coll length of the levee lines is 81c miles on the main river and 256 miles on the crevasses only one and three-fourth miles. In view of the severity of the test the engineer claims a high degree of success for the levee system. An old man died in West Viscinia

An old man died in West Virginia re-cently who was wealthy and had made his money in an extraordinary way. He smelled out oil wells. When oper-ators were about to begin work on an oil tract, this man would walk over the ground, sometimes crawling on his hands and knees, snifting like a dog. According to the stories told about him, he had made dozens of locations for he had made dozens of locations for wells, and was invariably successful. It may have been only a lucky guess, but it is queer that it never failed.

We are told that the supreme court California the other day upheld ecision of a lower court which involve declaration from the bench that the

While the rain was pouring down in torrents, a young couple of Caro, Mich, who attended a church social, were mar ried in the open. On the lawn Frant Lawrence, the bridegroom, and Miss Sadle, the bride, took their positions with an umbrella holsted over their heads, and the clergyman pronounced them man and wife.

A Georgia mob recently gave a negro culprit the privilege of choosing the manner of his death. The victim de-sired to kill himself eating water-melons, but his captors were unanimous in the belief that such a death would involve no punishment, and that it was not their purpose to reward but to avenge.

"Nervous prosperity" is a disease, ac-cording to a Philadelphia physician, who declares that it is caused by a man's head being turned by success. In spite of this warning men will go on risking their nerves to catch pros-perity. Very few are dying of this new disease at the present time.

The noted man in Auburn, Me., is a nan who is publicly known to have yorn the same straw hat 26 summers and the same cloth eap for 42 whiters without a break for repairs or renova-ion

UPPER LEHIGH NOTES A new Hungarian was hurt while umping on No 5 locie on Friday morn-ng. Ilis foot slipped and one of the car wheels passed over his leg between his nee and ankle. The cut required leven stiches. He was taken to the possible next day.

eleven stickes. He was taken to the hospital next day. Yesterday's Philadelphia *Press* con-tained a very good portrait of Paul Dasch, who is making fame and friends as the Democratic candidate for pro-themeter. Mrs. John H. O'Donnell, of Chicago

is the guest of her mother, Mrs. Rose Miss Ella Campbell is enjoying her vacation at Atlantic City. Dr. H. M. Neal is visiting friends in Convactiont.

Calvin Boyer spent Saturday in White Haven.

Haven. Bigotry in Bucks Township. Miss Mary McHale, a school teacher, was on Thoursday granted an alternative writ against Jeremiah Wood and others, school directors of Bucks township, this county, and had an alternative writ awarded to compel them to permit her to teach the school or show cause why. The plaintif in her petition alleges she was employed at a salarv of \$22 a month to teach, the school for the ensuing year: that she taught all day on Tuesday, Septhe scopely en at a sharv of \$22 a month to teach, the school for the ensuing year; that she taught all day on Thesday, Sep-tember 14, 1897, but on the next day she found the school barriended and she was refused admittance by two of the school directors. She alleges that she as at for a reason and was told that after her appointment the school directors learned that she was Trish and a Catholic and appointment the school directors learned that she was Irish and a Catholic and would rather see the schoolhouse burn down than have her teach.

and, he did not at emptot a shoot.
A Georgia story from real life: A negro rented a farm from a man who had a store, but for everything he need during the year the renter paid cash. At the close of the season he had a fine sight. The rent was paid in full, and he solicited another year's lease from his landlord. "You can't rent from men with you for good." "Didn't 1 pay you for all i got?" asked the negro, "and in't 1 ready to pay you in advance for another year?" "That's just where the trouble comes in," replied the landlord. "You reat to fond of payin' cash. What I want in my business is a nigger that farms on a credit!"
Though the recent Missission flood

Years. "Year father," he cried, passionately, "has no reason to object to my suit." "Oh, yes, he has," she sighed, with a deepening of the habitual sadness of her eyes. "You are smaller than papa, you know." Woman, it will perhaps be recalled, is endowed with a powerful and pe-guilar intuition to aid her in tradeng the intricate relations of causes to ef-fects.-Detroit Journal. N Procreatingtion.

No Processing to the states of the states of

Harold." "Very well. But, remember, I shall not allow you a minute over an hour and a half for it."-Chicago Post.

Less Troublesome. "My wife has been studying geolog, and the house is so full of rocks I can find a place to sit down." "What will you do about it?" "Tree induced her to take up astronome." Less Troublesome.

ny." "Is that any better?" "Of course. She can't collect speci nens."—Cripple Creek Times.

The second secon

Just as a Test. Sometimes I think," said a dejected un, "that ther orter to be tax on hus-nds."

bands." "What for?" asked his friend. "Td just like to see," said the man of the first part, "whether she would pay it as willingly as she does on the pug dog."-Clucinnati Enquirer. Old Enough for Anything. "I've brought you some lace for your stall at the bazar, Lizzie. I'm afraid it's not quite old enough to be really valuable. I had it when I was a little girl."

girl." "Oh, that's old enough for anything dearest. How lovely! Thanks so very much."—Tit-Bits.

The National Failing. Jackson-I'm going to star

Jackson-I'm going to start a new paper, and I think I'll call it the Um-brella. Merrill--Why? Jackson-Because everybody who sees it will take it. Merrill--Yes, they'll take it, but they won't pay for it.-Up-to-Date.

For Earth Food, For Earth Food, Borus (somewhat in the literary line) —Naggus, I'm trying to collect material for another novel. Have you anything to suggest? Naggus (somewhat in the book re-viewing line)—Yes. Eat victuals that are rich in phosphorus,—Chicago Trib-une.

Why fie Was Excused. "You wish to be relieved from jury duty, but you haven't a good reason," said the judge. "It's public spirit." said the un-willing talesman, "on the score of econ-omy. I have dyspepsia, judge, and I never agree with anybody. If I go on this jury there will be a disagreement, and the county will have to go to the expense of a new trint." "Excused," said the judge.—Green Bag.

Bag.

Bag. Those Millinery Bills. She—I think one thing is very un-fair. A woman is forced to reveal by her name whether she is married or not. All men are called "Mr.," and there is no way to distinguish the mar-ried from the single by their names. He—Oh, yes, there is, 11° very easy. Sho—How, I would like to know? He—Just examine the checks he signs_Detroit Free Press.

A Truthful Sny. A Truthful Sny. When church is out, and Jack and Jill In linked seclusion stray, It takes them two long, lonely hours To pick their homeward way: And as it's scarcely half a mile, No reason can I find Why it should take so very long, Except that "love is bilnd." -Puck.

-Puck TO JUDGE BY APPEARANCES.



Guest-Is this steak broiled? Waiter-Yes, sah. What did you hink had been done to it, sah? Guest-I did not know but it had een embalmed.-N. Y. Journal.

Utility. There must be some who labor hard This old world to exait, To furnish occupation for The people who find fault. —Washington Star.

-washington Star. Sizing Him Up. First Tramp-Yer say der woman dat gave yer der grub didn't b'lieve ye war a gentleman in reduced circum-stances?

stances? Second Tramp-Dat's what I said. First Tramp-Did she t'll ye so? Second Tramp-No; she brought me a knife ter eat der pie wid.-N. Y. Truth.

How It Happened. "I can't understand how such a hid coust hing as the doctrine of total de pravity ever cannet to be promulgated. "Well, man was bound to reach som curious conclusions in the effort to ac count for his neighbors." - Chicage Journal.

Journal. <u>A Model Youth.</u> Rev. Goodman—You are a very noble little fellow, Tommy. Now tell me what deep, underlying principle prompted you to forgive those wicked boys who celled you ugly names? filed you ugly names? Tommy—They was bigger than me, Brooklyn Life.

A Powerful Argument. If Powerful Argument. If Father-So you wish to marry yd aughter? The Diplomat-Yes-but a dearer rish of mine is to comfort your own healing ar grant and the source of the s

cellning years. Her Father—Say no more. You'll do -N. Y. Journal.

Providing Them Practice. Keedick-How wonderful are the ways of nature. Fosdick-In what respect? Keedick-It brings along the green apple season just when the young doe-tors are being graduated.-Judge.

Strack by the Old Man. Van Clove-Was Teddie Thoughtles much impressed with Miss Vander whack when he called on her last night De Caverly--I don't know about that but I understand he was much struel by her old man.-Town Topics.

Fresh Allowance Needed. "I suppose you keep track of your running expenses, my son?" "Oh, yes, father. The wrong horse won every race this week."—Detroit Free Press.

They Ought To Be. "They seem to be interested in each

other." "They are. He is waiting for her husband to die and she is waiting for him to get a divorce."-Harlem Life.

Brenking it Gradually. Brenking it Gradually. Howso-Slobs is a kind-hearted man. Cumso-Why? Howso-When his wife's pet poolle died he got a friend who stuttered to break the news to her.-N. Y. World.

An Indignity. "What's the colonel so tearing mad bout, doctor?" "I gave him some medicine to be then three times a day in half a glass f water."-Detroit Free Press.

A Choice of Routes. She-Yes, Mr. Detrop has dropped ut of my life forever. He-Elevator or coal hole?-Chicago lecord.

in the Conservatory. "You are my ideal: won't you be my wife?" "I prefer to remain your ideal."— rooklyn Life.

rooklyn Life. "The Height of Ceneity. "Cruel, heartless woman!" cried Lord ashibroke. "You told me you loved is and vet I discover that your father a bankrupt!"→Tit-Bits.

CHOICE SELECTIONS OF VERSE. The Day We Gathered Golden-Ro A day of glancing arrow points, Yet swathed in shadows, olive deep, When curling leaves were shaken down AN OPEN LETTER Yet swathed in shadows, olive de When curling leaves were shaken i And drifted in a pungent heap; When scariet flowers fell asleep, Each in a filmy pillow-pod, And all the world was haif adream The day we gathered golden-rod.

To MOTHERS.

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per. No one has authority from me to use my name ex-

cept The Centaur Company of which Chas. H. Fletcher is

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Too!

A field of the air, in passing by A field of gathered corp we heard A harvest spiler's startled flight Wherein a yellow blade was stirred. Some late and ingering autumn bird Sang low, his lazy head anod: No haste nor harshness seemed to mar The day we gathered goldenrod. The day we gathered golden-rod. Wild brambles trailed a thorny web; The sumac's lighthouse towered high: And damson plums made purple spots In orchards that we wandered by. A warmth was in the autumn sky; A warmth was in the autumn sod: Deep autumn turquois tipped the height The day we gathered golden-rod.

The day we gainered golden-rod. Our ways have somehow slipped apart Since then, and you would think strange The trifles of one idle day Arise through every bitter change And follow me in life's wide range; To me, perimps, it seems as odd The day we gathered golden-rod. -Hattie Whitney, in Woman's Home Co panion.

Why? rs drear, with force un-Across the waters

President.

March 8, 1897.

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Cometh the old unanswered question Why? Why? The universal air is filled and rent With woful volces that forever cry Against the judgments of the law of Fate Forgive the doubt—but is it love or hate? With us always the question and the doubt-The darkness deepening as life grows old! We wonder Why, and longing look about-Yet still the dead their sacred allence hold: We cry to them-they answer not again-And loo is twice tried in the throes of pain.

All prayer seems useless as all quest is vain. Save that at last we shall be satisfied-Somewhere and sometime there is end of nain.

Somewhere and sometime there is end of pain, Where love will live forever and abide-Somewhere and sometimes there is perfect rest; The answer to the doubt is: God knows

best. les L. Holstein, in Indianapolis Jour -Charl Because.

Because. I love you not because your eyes Elue as the blue akies are. Nor yet because your check outvies The summer rouse far. The locks of gold that cling and curl Around your forcheed fair. Your ruby lips, and teeth of pearl Did ne'er my heart ensare.

The true the blackbirds in the trees, The larks in ether clear, Will often cease their melodies And list your voice to hear, To match your hands no lilles grow In wood nor garden plot; But for white hands and accents low Sweetheart, I love you not.

One to Love Him. There was never a star in the dark o' the

night-In the sides that were bendin' above m And never a lily that leaned to the light Till the Lord sent a woman to love me. For all the beauty of stars and of skies I found in the light of a woman's dear eye

Then springtime kissed all o' the winter away. And the bloom and the bright were above And the bloom and the bright were above merical star for the night and a sun for the day When the Lord sent a woman to love me. And earth seemed as fair as the heaven above For just the sweet sake of a woman's dear -France, Stanton, in Chicago Times-Herald.

She's Coming Home

The summer girl is coming home, All browned and plump and rosy, Prepared to make the winter seem Extremely nice and cozy. the's bathed, and danced, and walked, an

She's bathed, and danced, and warses, and smiled. And read a book and flitted, This to the young man she has left The fluch of weath as a second the The fluch of weath as a second second the fluch of the second second second the fluch of the second second second the second second second second Makes ille second more the second For she was made to be adored, And, therefore—we adore her, And, therefore—weather here, Bath Paul Globe.

Happy Women. Impatient women, as you wait In cheerful homes to-night to hea The sounds of steps that, soon or late Shall come as music to your car.

Shall come as music to your ear. Forget yourselves a little while, And think in pky of the pain Of women who will never smile, To hear a coming step again. With babes that in their cradles sleep, Or cling to you in perfect trust, Think of the mothers left to weep. Their infants lying in the dust.

And when the step you wait for comes And all your world is full of light, Oh, women, safe in happy homes, Pray for all ionesome souls to-night -N. Y. Tribune

-N. Y A Note of Life. Take it as you find it-Black or beaming sky: Smile, and never mind it-Little time to sigh.

Fast the clouds are creeping Over heavens of blue: Little time for weeping-(Skies'll weep for you!)

Keep the pathway steady-Heaven is not so high: When God calls, say "Ready"-Smile, and kiss good-by! -Atlanta Constitutio

"I Care for Nohody-No. Not II" (A little word-catch.) Who cares for nohody cares for non-And nohody need suppose, If nohody cares for nohody, one Need care-if nohody knows.

If nobody knows that nobody cares-And nobody cares to know That nobody cares for nobody-where's The good of minding it so! -St. Nicholas

-St. Nicholar Come Apart and Rest Avhile. Come apart and rest awhile: Thiere are many coming, going. Whose dry lips forget to samile. Whose dry lips forget to samile. From the het streed, surgended Rest is but one step adde. rthur Willis Cokon, in Ladies' Hor Journal.