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Dr. Miles' Nervine.

LaGrippe destroys the health by paralyzing the nervous system, thereby undermining the very foundation upon which life and health are built. When the disease gets a hold on its victim it fills the blood with myriads of the disease germs which find their way to the little nerve centers scattered throughout the body and there begin their work of destruction. Then follows the constinuing the constant of the small blood vessels, the lines, fever, cough, sore throat, sneezing, running at the eyes, splitting headache and pain in the spine. It is this intolerable aching of the body in general and the sudden less of strength which proves beyond a doubt that LaGrippe is a disease of the nerves. which proves beyond a doubt that LaGrippe is a disease of the nerves. The best method of combating the over it. For months I suffered with a terri-

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FREELAND, PA., FEBRUARY 5, 1900.

The International Paper Company by the Republican party, has advanced the price of white paper on which all newspapers are printed 60 per cent. and as a result every publisher is now payng more than one-half of his paper bill into the pockets of this greedy trust, and unless there is soon a remedy forthcoming many country editors will be compelled to close down their business. They cannot well advance the price of their papers, and with many it will prove an expense too much for white paper and wood pulp on the free ist, and the paper trust is doomed.

It is astonishing that in this age of intelligence, and in a country that loves to boast of its freedom, we should find the press hampered by a law—reeking with dark-age injustice and stupidity that is more deadly to its existence than the rigid censorship of a despotism. And the most dangerous feature of the law is its evident purpose to weaken and destroy the influence of a free press, y making it impossible for any class of stained by large aggregations of capital or by special combinations, all of which are to a degree subservient to rust influences.

The law that brought the paper trust ato existence and enables it to live. was aimed directly at the country press, the last defender of the people's rights.

and cry "Shame, Kentucky," take a narrow view of the situation. The causes which lead to the trouble there exist in far greater degree in our own

nation through the unfortunate misjudgment of the American voter, an

A true republican; a believer in re: 1

More pitiful than the exhibition by

CURRENT COMMENT.

Notes and Comments, Political and Otherwise, on Matters of Interest.

By Andrew J. Palm.

Our Republican friends are boasting considerably about what they call the absence of the soup house, and hold forth the idea that everybody is prosperous. It is worthy to note, however, that the Republican papers of Philadelphia on the day after Christmas gave a list showing the number of persons who had been fed by checky the day before. The number fed in different places varied from 75,000 in the homes and asylums to 225 fed by the Life Line League. The total number was 110,425. It would be well in led of this not to destroy all the soup houses just yet. They will be in great demand by and by. McKinley has sent many thousands of our idle men to risk their lives in killing off our fellow men in his scheme of benevolent assimilation, but as they will all be asking for pensions by and by, it isn't much advantage after all over the soup house. Our Republican friends are boasting

The New York World has done a great work in securing a monster perition of the best men of the country urging President McKinley to offer he services toward stopping the criminal aggression of the English against the Boers in South Africa. But what does the World take McKinley for? He has no sense of consistency, and he has no sense of consistency and courage he still has sense enough to know that if he would say to John Bull, "You are murdering innocent men in the Transvaal, let me show you how not to do it." Bull would quick make reply, "You're another. You began first, now quit before you begin lecturing us." Oh, no, Mr. McKinley Isn't soing to mention anything like that to England. He is more likely to send a commission of college professors over to learn how an Englishman can stick a lance through two prisoners at once, a brilliant feat that they call "pig sticking." It's so English, you know, that we ought by all means to have it.

exist in far greater degree in our own commonwealth, and it will require but little to induce the powerful corporation of this state to throw off their masks and shoot down any of our eitizens who dare attempt to curb their power or prestige.

The Figmy and His Party.

From Wilmington, Del., Justice.

The more McKinley and his administration are scrutinized the greater must grow the disgust and contempt with which they are held by all honest Americans. Politically a trimmer, following always a policy of expediency rather than right; religiously a canting hypoerite; as a statesman weak and vaciliating, but ever the political tool and creature of more accomplished rascals, it is not strange that his decisions and policies are those of the monopo ists and plutocrats whose political teol he has been and whose presidential candidate he was and again will be.

Rising to the highest eminence in the nation through the unfortunate misjudgment of the American yoter, an accident of war placed at his disposal

judgment of the American voter, an accident of war placed at his disposal the life and civilization of a people struggling to be free and self governing, A true republican; a believer in re. I struggling to be free and self governing.
A true republican; a believer in reil democratic government, would at once have sought a solution of the problem that confronted him by an application of the principles and experiences by which his own country had realized and maintained its national life. To such a man the Declaration of Independence, the constitution, and the historic traditions and aspirations of the American people would have furnished the standard and the rules for judgment.

But to the eternal shame of America the unexpected has happened. Liberty and democracy, and all that they imply, have been slaughtered almost in their own house. The traditions of the past, the teachings of the fathers, the aspirations of the century, have all been blown to the winds. In their stead we are asked to adopt those policies upon which all the republics of the past have gone to pieces.

More pitiful than the exhibition by

was aimed directly at the country press, the last defender of the people's rights. With the independent country press out of the way the path to imperialism will be straight and smooth. There ought to be no difficulty in having the tariff removed from paper and printing materials, for in a financial sense it benefits no one except the trusts, which are outlaws under the statutes and should be made to suffer the penalty of their illegal acts.

But we can expect no relief from a congress that is wholly subservient to trust influences, nor from the namby-pamby representative of corporate greed who today sits in the presidential chair.

More pitiful than the exhibition by onr presidential pigmy is the ignominators by in the independent country press out to death the great party of the and Sumner has fallen. Livening in the glory of its past, it lies prost the earth from the risk of being asked annoying questions, condescendent of their islegal acts.

"There never was a time," says the Indianapolis Sentinel, "when the strength of newspapers as advertising mediums was so apparent as it is at the present day. Advertisers are using them to a greater extent than ever the fore. Within the last few months pamby representative of corporate greed who today sits in the presidential chair.

The cowardly assassination of Governor Goebel, of Kentucky, is the first shot fired in the war of corporate wealth vs. society. The powerful Louisville and Nashville Railroad Company is one of the several hundred monopolies in America which are determined to plunder society even if cowardly bullets must be used to lay low the brave men who dare to oppose their criminal aggressions. Those who

SELF-DEFENCE AS AN ART.

The Keynote of Boxing As Exemplified By an Expert.

BRAIN, EYE AND MUSCLE

The Art of Ducking, Side Stepping in of the Shoulders and Quickness.

In boxing the celebrated half hook is a short arm swing delivered at close quarters with the arm crooked at the elbow instead of extended as in a swing and the hand landing on the thick portion just below the thumb instead of the back of the knuckles, says Terry McGovern, in an exchange.

A jolt is a blow delivered at close quarters, the arm being bent and almost rigid and most of the force derived by "throwing your body into the blow."



(Straight duck, right hand counter.) leaves chest and jaw sufficiently exposed, bring your left arm up in a sort of swing, which should travel upward in a straight line, landing if possible under his chin. If you can't land there hit his face. Throw the shoulder and body into this blow, getting in as much of a swinging motion as you can. If the blow lands squarely and with much force just under the chin it will probably floor him. It is better for fighting than for a friendly bout.

The straight duck is most often used. Stand in your usual position. When I lead for your face with either right or left hand bend your head forward and to the left, moving it in a sort of half circle far enough to let the blow pass over your head. As you do this you can either take a siep backward with your right foot, following it with the left, and thus getting out of reach, or you can step in with the left foot and land on heart or wind. In straight ducking keep your knees rigid and your left arm in such a position that your adversary cannot uppercut you.

Ducking to the side is also useful at times. When I lead for you with my left, turn your left shoulder forward and to the left, leiting the head and the rest of the body above the waist move naturally with the gesture. Turn until your shoulders are about at right angles to their former position; at the same time bending the left knee. This will usually take you out of the way of your opponent's blow. You may at the same time lead for his body with your left hand.

When at close quarters try to get your grove is still between his even his even his will even his will even his.

a really delightful time with him. This is known as in-fighting. In such cases don't draw your arms back in order to deliver the blow, but make your shoulders supply the force.

Remember in all sorts of boxing that the whole body must do its share and that the shoulders are an important factor.

factor,

A good way to avoid a rush is by "slipping." (Practise this also with dumbbells in the gymnasium). When a man rushes you duck to the side and step out with the left foot at right angles to your regular position. Then turning sharply to the left and brighing your right foot around at the same time you can easily fall into position facing your opponent, wherever he may happen to be. All deepeds on absolute happen to be. All deepeds on absolute

time you can easily fall into position facing your opponent, wherever he may happen to be. All depends on absolute quickness. If you are rapid enough in this manoeuvre you may even be able to get back at him before he recovers from his futile rush.

Side-stepping is a similar trick. To do this, wait till your opponent leads heavily for your face. Then bring back the left foot alongside of the right, those the right foot quickly to the right, tollowing it with the body and with your left foot, and falling into position so that you can, if possible, get in a blow at your opponent before he recovers his balance.

There is one evil you must avoid. Don't allow yourself to get overtired or to box too long in a single day. As soon as you feel fatigued stop.

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