

La Grippe Kills.

Fastens its Deadly Clutch upon the Overworked, the Weak, the Debilitated, the Tired, the Worn-out and the Infirm. Disease may be Overcome with

Dr. Miles' Nervine.

LaGrippe is a fatal disease. It has taken from rank before the dreaded small pox, scarlet fever, diphtheria, etc., in that its fatalities outnumber those of all other forms of disease. During the seasons when the grip is prevalent, every man, woman and child is exposed to its awful ravages. The atmosphere is everywhere thoroughly impregnated with the deadly germs. It is contagious as well as infectious, and may be contracted by one person from another or taken into the system in myriads of microbes through inhalation. It strikes straight to the very foundation upon which life exists—the nerves—and tears asunder the vital framework in remarkably short time.

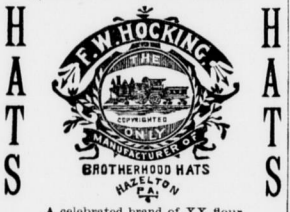
to fight the disease during its progress, the proper medicine to use is Dr. Miles' Nervine. This famous remedy quickly eradicates the germs and overcomes the depressing effects of the disease. It quiets and soothes the nerves, invigorates the appetite and creates new life and vigor. It increases the nerve force and vital power, builds up the resistive strength and prevents such terrible after effects as pneumonia, heart failure, nervous prostration and insanity, by completely restoring the body to a healthy condition.

"Having suffered for about two years with a peculiar nervous trouble, my wife's health had become greatly run down and she fell an easy victim to LaGrippe. She awoke in the morning feeling chilly and cold with occasional hot flashes. She ached all over, was

very nervous and uneasy and had heavy pains in the back of her head and under shoulder blades. By noon she was so bad that she was almost delirious and it was then that I commenced giving her Dr. Miles' Nervine. She felt the effect of the medicine inside of an hour, and by evening she was quieted so that, after taking a full dose, she retired and slept soundly all night. The next morning she could not tell that she had had the grip. This cure seems almost too rapid to be true, but it is a fact, and we think if she had taken the Nervine before the attack it would never have come on. Since then she has taken eight bottles of Dr. Miles' Nervine and the nervous trouble has entirely disappeared."

REV. E. B. SLADE, Robinson, Kansas.
Dr. Miles' Nervine is sold at all druggists on a positive guarantee. Write for free advice and booklet to
DR. MILES MEDICAL CO., Elkhart, Ind.

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FREELAND TRIBUNE.

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WASHINGTON LETTER. Washington, February 6, 1900. The Republicans seem determined to prevent the exercise of free speech in congress, just as they attempted to prevent free voting in the last election.

THE CHURCHMAN.

The old "Second Church" in Boston celebrated its 250th anniversary recently. The oldest Presbyterian congregation in America is located at Snow Hill, Maryland.

The New Epiphany Chapel (Episcopal) in New York has adopted the "never close" policy. At Mount Olivet Baptist Church, New York, seventy-six converts were baptized at one time recently.

The Rev. John G. Paton, the oldest missionary to the New Hebrides, is lecturing in the Eastern States to the churches.

The Rev. James Gibson Johnson, a former pastor of New England Congregational Church, Chicago, has been installed as pastor of the Congregational Church at Farmington, Mass., one of the historic churches of New England.

The Western Christian Advocate takes strong ground against full-fledged Methodist social union. It says: "Methodism has comparatively few dress coats and evening costumes."

The Rev. Nancy McGee Waters, formerly of Evanston, Ill., at the examination incident to his installation in the First Congregational Church, Birmingham, N. Y., read a statement of his religious faith written mainly in poetic form.

It is understood that President McKinley was anxious to send troops to Kentucky, and decided not to do so only through fear of the political consequences of such an act.

When the upper lid covers half or more of the pupil the indication is of close deliberation.

The best lawyers in the senate, regardless of politics, are of the opinion that the refusal of Taylor, to issue a certificate of election to Senator-elect Blackburn, of Kentucky, will not prevent the seating of Senator Blackburn.

Various modifications in the shipping bill have been forced by congressmen from interior states who are sceptical as to the advantages to be derived from the bill.

During nine months of this year 2,700 miles of new railroad were laid in this country.

The Post Office building in Virginia, San Diego County, Cal., is made of an old piano box.

LESSONS IN WRESTLING.

Position and Some Holds and How to Break Them. ERNEST ROEBER'S IDEAS

The Champion of the World Gives Instruction in the Catch as Catch Can Style, in Which He is Especially Adept—Position Rules.

Position is important. The left foot should be about two feet in advance of the right, both knees bent, the body bent forward above the hips, the left foot well braced, yet not so firmly as to prevent its being quickly moved.

Don't keep the muscles stiff and set, for this will make quick motion difficult. Keep them somewhat relaxed when on guard, yet keep them alert. After you have mastered a few points in wrestling do not stand stock still while on guard, but keep moving about on your feet (never losing balance or getting in an awkward or unguarded attitude) and faint with both hands and feet to confound the other man, and always be on a sharp lookout for some opening.

To accomplish this hold, try to throw both arms about the other man's waist, lift him, pressing his waist toward you, raising his legs from the floor and throwing him. Keep your own head down in doing this as much as possible. Keep it close against his body. Unless he can break your hold he is almost certain to go down. The best break for this underhold is as follows: When your opponent gets his hold under your arms and around your waist get your right arm around his body, as near the waist as you can, and get your left forearm beneath his chin.

An improvement on the underhold is as follows: Get the hold as described above and slip the right foot between your opponent's feet at the same time in such a way that your right heel is just behind his left heel. Thus he cannot throw back the left foot to brace himself, and your pressure is all the more likely to throw him.

Often your opponent, either through ignorance or confusion, will stand with his feet near together. When he does this you should feint, as if trying for some upper hold, then stoop quickly, left foot advanced about even with his, and right foot braced; clasp him about the knees (throwing your head to the left so that your ear is against the outside of his right leg), and rise quickly to a standing posture, throwing him backward over your right shoulder.

As a good break for this is to bend suddenly forward, after your opponent has caught you thus by the knees and before he has begun to lift you. Catch him about the waist, bending your knees to do so, and try to lift his legs from the floor. This is largely a matter of leverage. If you work this break in time you will probably have no trouble in rendering his hold ineffective.

A well known and excellent trick is that which sends your adversary backward over your right hip. To accomplish it, proceed as follows: Close with the other man, whenever he leaves an opening. Grab his right wrist with your left hand and his right biceps with your right hand. As you do this, pull him toward you, slipping your body to the left as you do so, and still holding his right arm imprisoned across the front part of the body. Get your right leg behind his left, so that your hip and the back of your right leg will serve as a lever, swing him toward the left with a sudden motion, pressing back with your right leg as you do so, and thus throw him over your hip to the ground. Fall on him then, your back falling on his chest.

Tom Nolan, 2,164, who started in nineteen races and won fourteen this year, is said to have worn the same set of shoes all through his campaign. They were put on in March and never taken off. He is a bright example for families of children.

About 26 per cent of the new 2,10 performers of 1899 have been bred in Kentucky.

A FULL LINE OF MEN'S UNDERWEAR!

Men's and Boys' Fine Hats. Winter Caps, all kinds and styles. Men's Fine Dress Gloves, also heavy working gloves and mittens. Umbrellas. Boots, Shoes and Rubber Goods of every description. Working Jackets and Overalls; quality guaranteed and prices reasonable. Warm Hose for Men and Boys. White and Colored Shirts in endless variety. A full line of the latest shapes in neckwear and collars. We can furnish and fit every one that calls.

We sell Boys' Knee Pants; we recommend them.

SEND US ONE DOLLAR. The only store in the city that has a complete line of underwear, hats, shoes, gloves, etc., and all the latest styles at the lowest prices.

Under hold and work. The elbows close to the side will prevent a man from securing an underhold.

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It is no unusual thing for a vessel plying between Japan and London to carry 1,000,000 fans as a single item of cargo.

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