

Poverty of Nerves

Restless, Irritable, Nervous, Involuntary Twitching of the Muscles, Sleepless Nights, Easily Worried, Depressed in Mind, Full of Aches and Pains. Cured by

Dr. Miles' Nervine

Nerves that jump at every sudden noise; nerves that keep you awake at night; nerves that make your back ache, your heart palpitate and your temples throb; nerves that are tired, weak, irritable, and restless; these are the poverty-stricken, exhausted, starving sort of nerves that make all the trouble.

Poverty of nerves destroys your appetite, deranges your digestion, disturbs your heart and weakens your body. Poverty of nerves depresses your spirits, makes you fretful, careworn, worried, melancholy and despondent. To brighten your spirits, rest your mind and revive your flagging energies, the hungry nerves must be fed, built up and strengthened; and there is nothing in the

world that will do so quickly and so surely as Dr. Miles' Nervine. It is a brain and nerve food and tonic of the highest order.

"Before I heard of Dr. Miles' Nervine I was ill all the time from neuralgia and nervousness. I could not sleep at night and my bones ached so I could hardly endure the pain. I was very thin and weak and whenever I would try to work I would have to sit down and cry. I was about ready to give up and die when a paper was put under my door describing Dr. Miles' Nervine and what it was good for. I took two bottles of that great nerve food and one box of Dr. Miles' Nerve and Liver Pills, and since then I rest well at night and do not get nervous as I used to. I am very grateful for the benefit I have received and would advise others to give Dr. Miles' Remedies a trial." Mrs. WILL SNOKK, Shippensburg, Pa.

"I was troubled with severe nervousness, and after retiring at night would be very restless and unable to sleep. I would have nervous twitches all over my body which were very distressing and I became weak and run down from lack of sleep and rest. I commenced using Dr. Miles' Nervine and it gave me immediate relief. After using it a few days I could go to bed and sleep soundly all night and awake in the morning feeling refreshed and rested. After taking several bottles my health was entirely restored, but I always keep a bottle in the house and take a dose when I am very tired. I always recommend Dr. Miles' Nervine to anyone complaining of loss of sleep or restlessness, and have heard many praise the remedy for the good it does." C. B. NEWLE, Harrisonville, Mo. 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.



CYCLING'S GREATEST EVIL.

The Wheelman's Hunch as a Spectacle and a Health Destroyer.

"Wheelman's Hunch" is the subject of a paper by a Chicago physician. He says it is a menace to health and has become a serious evil of cycle riding. "All pastimes probably have their physical debt, which must be paid. The physical debt of football, if nothing more serious happens, is as often as not a broken knee, that of tennis a 'tennis elbow,' that of riding a tendency to lumpy legs, and so forth. And it must be conceded that in a similar degree the physical debt of cycling is an ungraceful rotundity of the back, which bids fair, under present circumstances, to deprive the young men of the present generation of any claim to that gracefulness of form inseparably connected with an upright figure as a well-expanded and prominent chest. "Apart altogether from a health point of view, nothing could be more thoroughly inartistic than the attitudes assumed by the rank and file of wheelmen. With arms outstretched and elbows ungainly projecting, with slouching shoulders and back curved to the arch of a harp, with heads thrown back to an acute angle—these are severer of the features of the riders which attract the attention of the observant spectator at a modern cycling meet. "To say that such a spectacle is a melancholy one is by no means to exaggerate the truth. In the best sense of the word the sight is a melancholy one to witness the sacrifice of so much gracefulness, which naturally belongs to the human form divine, by the pursuit of a pastime which in all other respects has everything to commend it. "But how will this perversion of physique end? The devotees of wheeling now include a very large proportion of the rising generation of young men, and the question is, therefore, one which can scarcely be ignored, in view of the fact that in process of time some defect of form originating in this means may be transformed into an acquired characteristic of the race, which is an exceedingly unpleasant prospect to look forward to. "Unfortunately the attitude adapted by cyclists is the direct antithesis of that which creates straightness of figure and prominence of chest, and yet both of these characteristics are inseparable from a gracefulness of form, a manly presence and an attractive personality. Under present circumstances a man can never look his best on a bicycle. "It would seem that for many reasons bicycle manufacturers should put their heads together for the purpose of introducing a machine which would tend to make cycling a graceful means when riding by which both health and physique would be improved to a greater extent than can be the case at present."

quality of gold; and that when the silver coins shall be received into the treasury, certificates shall be issued for them as now prescribed by law. Unfortunately the Republicans have the votes to pass the gold standard bill—Chandler is the only Republican who will vote against it—but the substitute will give the Democrats an opportunity to record their votes in favor of "the dollar of our daddies." The vote will be taken on Thursday of this week.

Notwithstanding the indignant denials on the floor of the house by General Grosvenor, and other administration men, of the charge made by Roberts, that Utah polygamists had been appointed to federal offices by Mr. McKinley, the house committee on postoffices, which has been investigating, now has to report to the house that Postmaster Graham, of Provo, had an indictment for polygamy hanging over him when he was appointed. In order to soften this proof of the charge of Roberts, the committee accompanies it with a statement from the prosecuting attorney of Salt Lake City, saying that for different reasons it is not likely that Graham will be brought to trial under that indictment. It is probable that the wishes of the McKinley administration are among those "reasons" for not trying to convict the polygamist postmaster.

It is only by the magnanimity of Senator Allen, that yesterday's Congressional Record does not place the senate on record as sympathizing with the Boers and believing that this government should offer mediation. Senator Allen offered a resolution to that effect and, through the absence of some senators and indifference of others, it was put before the senate and declared adopted without a dissenting vote. As soon as they realized what had been done, the administration senators flocked upon the floor. The yeas and nays were demanded, but Mr. Allen objected, and the objection was sustained. Later, Senator Allen good-naturedly agreed that the vote should be reconsidered and the resolution sent to the calendar.

Adjutant General Corbin, who gained some notoriety during the war with Spain, through being Alger's tool in carrying out the several schemes devised for the humiliation of General Miles, as well as by lobbying during the last congress for legislation to give himself the rank of major general, is again playing the role of lobbyist for the same purpose. He gave an elaborate Sunday dinner, at a suburban club house, to twenty-odd members of the house, including the military committee. As Secretary Root also attended the dinner, it is assumed that he is helping the effort of Corbin for promotion.

From the Philadelphia Press. The representative bodies of newspaper publishers in Pennsylvania have adopted resolutions of protest against the extraordinary advance in price of paper stock, and the county town journals generally reflect unhappy sentiments over the changed condition. And it is natural they should, for it is rare that a business class is called upon to meet so marked an increase in the running expenses of a principal requisite as has been imposed upon the press. To make this clearer to the reading public, comparative prices are edifying. Ordinary news paper that in September of last year could be bought for \$1.80 per hundred weight, in car lots, is now quoted at \$3, an advance of 66 2/3 per cent. Next to labor the greatest item of expense to publishers is the amount paid for paper, and those familiar with the large quantity used, even by country town dailies and weeklies, can appreciate what so decided an advance in the price of paper stock means.

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RAILROAD TIMETABLES

LEHIGH VALLEY RAILROAD.	
November 19, 1899.	
ARRANGEMENT OF PASSENGER TRAINS.	
LEAVE FREELAND.	
8 12 a m	for Weatherly, Mauch Chunk, Allentown, Bethlehem, Easton, Philadelphia and New York.
7 40 a m	for Sandy Run, White Haven, Weatherly, Pottsville and Scranton.
7 18 a m	for Hazleton, Weatherly, Mauch Chunk, Allentown, Bethlehem, Easton, Philadelphia and New York.
6 30 a m	for Hazleton, Mahanoy City, Shenandoah, Mt. Carmel, Shamokin and Pottsville.
11 45 a m	for Sandy Run, White Haven, Wilkes-Barre, Scranton and all points west.
1 30 p m	for Weatherly, Mauch Chunk, Allentown, Bethlehem, Easton, Philadelphia and New York.
4 48 p m	for Hazleton, Mahanoy City, Shenandoah, Mt. Carmel, Shamokin and Pottsville.
6 34 p m	for Sandy Run, White Haven, Wilkes-Barre and all points west.
7 39 p m	for Hazleton, Mahanoy City, Shenandoah, Mt. Carmel and Shamokin.
ARRIVE AT FREELAND.	
7 40 a m	from Weatherly, Pottsville, Ashland, Shenandoah, Mahanoy City and Hazleton.
9 17 a m	from Philadelphia, Easton, Bethlehem, Allentown, Mauch Chunk, Weatherly, Hazleton, Mahanoy City, Shenandoah, Mt. Carmel and Shamokin.
9 30 a m	from Scranton, Wilkes-Barre and Pottsville.
11 45 a m	from Pottsville, Shamokin, Mt. Carmel, Shenandoah, Mahanoy City, Hazleton and New York.
12 55 p m	from New York, Philadelphia, Easton, Bethlehem, Allentown, Mauch Chunk and Hazleton.
4 42 p m	from Scranton, Wilkes-Barre and Pottsville.
6 34 p m	from New York, Philadelphia, Easton, Bethlehem, Allentown, Pottsville, Shamokin, Mt. Carmel, Shenandoah, Mahanoy City and Hazleton.
7 39 p m	from Scranton, Wilkes-Barre and Pottsville.

For further information inquire of Ticket Agents.
J. COLLIER WILBUR, General Superintendent, 200 Cortland Street, New York City.
CHAS. S. LEE, General Passenger Agent, 28 Cortland Street, New York City.
J. T. KRITH, Division Superintendent, Hazleton, Pa.

THE DELAWARE SUSQUEHANNA AND SCOTTYKILL RAILROAD.
Time table in effect April 18, 1897.

Trains leave Drifton for Jeddo, Eckley, Hazlebrook, Stockton, Beaver Meadow Road, Hazle Junction and Pottsville, 5:40 a. m., daily except Sunday; and 7:00 a. m., 2:38 p. m., Sunday.

Trains leave Drifton for Onedia Junction, Harwood, Tomhicken and Deringer at 6:30 a. m., daily except Sunday; and 7:03 a. m., 2:38 p. m., Sunday.

Trains leave Sheppard for Beaver Meadow Road, Stockton, Hazle Brook, Eckley, Jeddo and Drifton at 5:45, 6:26 p. m., daily, except Sunday; and 10:10 a. m., 5:40 p. m., Sunday.

Trains leave Hazleton for Pottsville, Onedia Junction and Harwood, Tomhicken and Deringer at 6:30 a. m., daily except Sunday; and 8:38 a. m., 4:22 p. m., Sunday.

Trains leave Drifton for Onedia Junction, Harwood, Tomhicken and Deringer at 6:30 a. m., daily except Sunday; and 7:37 a. m., 3:11 p. m., Sunday.

Trains leave Hazleton for Onedia Junction, Harwood, Tomhicken and Deringer at 6:30 a. m., daily except Sunday; and 7:37 a. m., 3:11 p. m., Sunday.

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Freeland, February 15, 1900.

WASHINGTON LETTER.
Washington, February 13, 1900. The attitude of the Democrats in congress, as a party, towards the Nicaragua canal treaty, which the administration has negotiated with England and sent to the senate, and the Porto Rico tariff bill, which has been reported to the house, and will be taken up this week and jammed through as a party measure, is thoroughly American, and consequently right. The treaty gives more than it provides for our receiving. It allows us to build a canal with our money, provided we agree to let every nation in the world, even those who may happen to have war with, have exactly the same privilege we take for ourselves in using it. That isn't the old Democratic idea of American control of the canal, and it is really surprising that there is a single Democratic senator who is willing to vote for the ratification of the treaty. One of the strongest arguments in favor of the construction of the canal has been the advantage it would give us in a war with a foreign power. Under the present treaty we should have no advantage, as our enemies could make just the same use of the canal.

Imperialism is the real question involved in the Porto Rico tariff bill. It makes one of the issues upon which this year's presidential campaign will be waged. The Republicans in their report upon this bill, which imposes a 25 per cent duty on Porto Rican products, have come out flat-footed in favor of ignoring the constitution, and of having congress assume the authority to deal with the territory recently acquired by the United States as colonies, and with their people as subjects. The Democrats contend that the constitution is the supreme law of this republic, and that it recognizes neither colonies nor subjects; that every foot of ground belonging to the United States is a part of the United States and every resident of territory belonging to the United States, a citizen. The imperialists have the votes to win in congress, but it remains to be seen whether they can win before the people.

The Democratic substitute for the Republican gold standard bill is short and plain. It was introduced by Senator Jones, of Arkansas, and it provides for the opening of the mints of the United States to the coinage of silver, as provided by the act of June 18, 1837, upon the same terms and subject to the limitations and provisions of law regulating the coinage and legal tender

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