NO ONE STRONGER THAN HIS STOMACH.

The celebrated Dr. Abernethy of London was firmly of the opinion that diso. The celebrated Dr. Abernethy of London was firmly of the opinion that disorders of the stomach were the most prolific source of human ailments in general. A recent medical writer says: "every feeling, emotion and affection reports at the stomach (through the system of nerves) and the stomach is affected accordingly. It is the vital center of the body * * * * * " He continues, "so we may be said to live (through) the stomach." He goes on to show that the stomach is the vital center of the body. For weak stomachs and the consequent indigestion or dyspepsia, and the multitude of various diseases which result therefrom, no medicine can be better suited as a curative agent than

Dr. Pierce's Golden Medical Discovery.



"Several months ago I suffered from a severe pain right under the breast-bone," writes Mrs. G. M. MURKEN, of Corona, Calif. "Had suffered from it, off and on, for several years. I also suffered from the art-burn, did not know what was the matter with me. I tried several medicines but they did me no good. Finally, I was told it was my liver. I did not dare to eat as it made me worse. Whenever I swallowed anything it seemed that I would faint—it hurtso. I grew very thin and weak from not eating. Was told to take Dr. Pierce's Golden Medical Discovery. I took five bottles of it, and could feel myself getting better from the first dose. I could eat a little without pain and grew strong fast. To-day I am strong and well and can do a big day's work with ease. Can eateverything and have put on flesh wonderfully. I will say to all sufferers write to Dr. Pierce. He has my undying gratitude."

HOME HEALTH CLUB

to a normal condition in a few days. superinduce drug habits. dition. In this case a sane treat- nervous prostration. ment is far more effective than dop- As to the diet, positively shun, trums, advertised to cure nervous- do not use tobacco in any form.

opiates, narcotics, and such stuff By Dr. David Reeder, Chicago, Ill. that may relieve you temporarily, but they are always dangerous in THIRTY PER CENT. OF FATALI-Nervous Prostration-One thus many ways. They weaken the orafflicted must not exepct to get back gans in the end and frequently

The cause was a long time at work. The exercises explained in the and the core must be in proportion. Home Health Books, under the First discover the cause and the heading "Dynamic Magnetism," the remedy will be easy. Nervous use of compound gentian, which is prostration means the breaking an effective home remedy, care of down of the nerve centres because the diet, avoidance of emotional exof lack of nourishment, overwork, citement and worry, plenty of fresh mental or physical, following ty-pure air and water, inside and out, phoid and other fevers; generally travel and sightseeing, and good diseased conditions. Chronic indi- wholesome entertainments under gestion is probably the most fre- favorable conditions, as to sanitaquent cause of this distressing con- tion, etc., will cure nervousness and

ing yourself with poisonous nos- tea, coffee, alcoholic, drinks and If you have the tobacco habit, break of them due to collisions and derailwe are the state of the state o wth diseased nerves can stand up killed in 1911 was 3,602. Of the against the use of tobacco. It may coupling to leave it be a very difficult thing to leave it 99.3 per cent. of the locomotives and

poison that you ever heard of. Rank not.

Club Notes

mand and use them.

Dear Doctor: bother me mostly at night feels like ards of transportation than an accineuralgia. I think the circulation is lt is admitted that some of the railpoor. The trouble seems to start ways of the United States have been right in the bottom of the feet and and are excessively capitalized; but work upward. If you could give me owing to the conservative policy that knees in streaming hot water, having the bath tub and knees well coving the bath tub and knees well coving the bath tub knees and the same water and the same water that the railways of the United States, as a whole, are undercapitalized than ered, so as to keep in the heat and that they are overcapitalized. It is avoid the cold air of the room. Con- well known that within recent years tinue this for about thirty min- large increases have taken place in utes, then take them out and plunge the value of their real estate. It is there for about fifteen seconds, or until the shock passes off, and you lasted and tie-plated their tracks, laid breathe easier, for on first plunging heavier rails and better ties, conthem into cold water, you will structed stronger and more durable your bed ready and on taking the caling systems, replaced wooden feet from the water dry quickly, structures by structures made of circulation in the feet will soon from 1899 to 1909 the number of cause them to glow and you will freight cars per 1,000 miles increased have no further pain. Repeat the 27.5 per cent., the number of passen

ution, at a cost, for the two, of about twenty-five cents. Four unces of the solution would probbly be sufficient. This alone will

en you more fully of the details.

Buy One and Brush Up Mr. H. C. Shelly of 1944 Kensington street, Harrisburg, is canvassing this vicinity for brushes of all kinds. He represents the Fuller Brush Co. He has a brush for every purpose and will cheerfully replace cations? any brush that is not satisfactory in one year's time. Mr. Shelly is also agent for the lady's friend ironing

Wanted-Woman 40 or 45 years old, for general housework, small lands in the Bay of Bengal, the smallfamily, no washinng or ironing 30 est people in the world, average three Race Ave., Lancaster. Pa. than seventy pounds in weight.

For Sale-A good piano with player attachment and a lot of music. Apply at this office.

They are, in every instance, CASUALTIES ON LINES SEVEN YEARS

TIES ARE OF EMPLOYES.

Despite Best Equipment the Gruesome Record Diminishes Little-Figures That Seem Appalling to the Average Reader.

About thirty per cent. of railroad fatalities are suffered by employes. Furthermore, most of the fatalities to employes, as well as to passengers, are not due, as is asserted, to defects of the physical equipment of railways; nor is a

large proportion

off. But it is not so bad, as to go cars in service have been at heavy through life to an early grave, expense equipped with automatic unfits one for any of the duties or couplers. One thousand, four hundred and twenty-nine were killed by being Do not eat foods that are hard to struck or run over by engines or cars, Do not eat foods that are hard to digest. Otherwise the diet may be by their fellow-employes. It is imposordinary, wholesome foods that are sible to see how anybody can attribfound in every respectable house- ute these fatalities to defective equiphold. Do not eat much starch food, ment; the fest oar or locomotive can such as potatoes nor much salt. kill an employe who gets in its way Eat eggs, meat that is not fat, avoid quite as easily as the poorest. One spice and highly seasoned made hundred and ninety-seven were killed foods, such as dressing or stuffing.

Three hundred and ninety-one were Fish, milk, bread and butter are all killed by falling from trains, locomostrengthening and helpful. Pork tives, or cars. Part of these deaths and veal are very indigestible. Av- were due to defective equipment, aloid these as you would the rankest though probably most of them were Seventy-eight employes were poison means sudden death, the killed by coming in contact while ridpoison means sudden death, the other things enumerated mean ling-nal apparatus, or some other fixed ering death, and the first is preferable, If you will systematically fo- track. Most of these deaths were due llow this advise, you will find your- to the fact that, owing to the increased self growing steadier and stronger size of equipment and to other causes day by day, and in the course of a overhead and lateral clearances bereasonable length of time you will tween cars and structures have become be as well as you ever were, and too small. This is a defect in railway be as well as you ever were, and plants for which the railway manage-ery one has those if he will rom-ments are responsible and which they probably far better. But remember alone can remedy. The deaths of 430 it takes time and patience, and ev- were due to "industrial accidents," reery one has those if he will com- sulting from handling of tools, machinery, supplies, etc., getting on or off locomotives or cars while at rest, and from other causes not connected with the movement of trains, and I am troubled with my feet. They therefore no more chargeable to haz-

remedy that would help me I has prevailed on most roads for many would be very thankful. J. B. years, of making extensive improve-Soak the feet and legs up to the ments from earnings and to other rectifications of curvature, have built 'catch your breath' quickly. Have bridges, installed interlocking and sigcement, masoniy, and steel, etc. Beon the three following ger cars 12 per cent., and the number ights which I believe will com- of locomotives 24 per cent. Furthermore, the equipment added and that with which old equipment was re placed, was of much greater capacity I have granulated sore eyes, or and much more expensive than that granulated lids. Will you plaese superseded. Meantime the mileage ive me a remedy for this trouble? of additional main tracks and sidings am a reader of your lectures and per 100 miles increased 36 per cent. enjoy them very much. Would like The density of passenger traffic per mile increase 64 per cent., and the density of freight traffic 45 per cent. It is quite probable that you The assessors evinced the belief that have your eyes carefully there was a large increase in the fitted with glasses. After which value of railway property by advancing you should drop into them with a taxes per mile from \$245 to \$401, or medicine dropper, about three or 64 per cent. Yet between 1899 and four drops of a saturated solution 1909 the railway stocks and bonds outof boric acid. Any druggist can standing in the hands of the public insupply you with the dropper and so-Age Gazette.

Uncle Sam Owns Railroad.

The United States is about to beot cure but will help. I have writ- come a railroad operator. Within the next few days trains will be running over a federal road twenty-one miles in length and extending from Boise

to Arrow Rock, Idaho. The road was built to carry laborat liberty to write for information at ers and supplies for work during the any time pertaining to the subject next four or five years on what is to Address all communica- be the highest dam in the world, the tions to the Home Health Club, Arrow Rock dam, which will tower 5039 Cottage Grove Avenue, Chi- 351 feet into the air. The flood and cago, Illinois, U. S. A., with name excess waters of the Boise river, which the dam will hold back, will be used in irrigating 250,000 acres of land on the government irrigation project near Boise.

> In Training. Father-Well, my son, you have now got your commission and are pre-

pared to join your regiment and fight for the glory of our country. Do you think you have the necessary qualifi-Young Officer-Well, I should think

so. I am the champion long-distance runner of our club .- Tit-Bits.

Smallest People in the World. The natives from the Andaman is 2t feet eleven inches in height and less

The House of No Walls. Idleness is the gate of all harms. An idle man is like a house that hath no walls: the devils may enter on every

How Mrs. Bethune was Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Sikeston, Mo. - "For seven years I suffered everything. I was in bed for four or five days at a



time every month, and so weak I could hardly walk. I had cramps, backache and headache, and weat that I dreaded to see anyone or have anyone move in the room. The doctors gave me medi-

those times, and said that I ought to have an operation. I would not listen to that, and when a friend of my husband's told him about Lydia E. Pinkham's Vegetable Compound and what it had done for his wife. I was willing to take it. Now I look the picture of health and feel like it, too. I can do all my own house work, work in the garden and entertain company and enjoy them, and can walk in the week. I wish I could talk to every suffering woman and girl, and tell them what Lydia E. Pinkham's Vegetable Compound has done for me."-Mrs. DEMA BETHUNE, Sikeston, Mo.

Remember, the remedy which did this was Lydia E. Pinkham's Vegetable

It has helped thousands of women whe have been troubled with displacements, inflammation, ulceration, tumors, irregularities, periodic pains, backache, that bearing down feeling, indigestion, and nervous prostration, after all other means have failed. Why don't you try it?

SAVED HIS RASCALLY SON

How Mansard Came to Construct the Great Hall at Arles Without Central Pillar.

The great hall of the Hotel de Ville of Arles, France, designed by Mansard, is the wonder and admiration of every one who has seen it on account of the groined roof.

In regard to this a neighboring cafetier tells a somewhat grim story King Louis XIV. happened to be passing through the city just at the time Mansard was superintending the completion of his creation. The roof was supported by a powerful pillar. The monarch admired the work and congratulated the architect on his design. At that moment the architect was passing through great domestic tribulation. He had a son under sentence of death, so he thought it would be agood opportunity to intercede on be-

Mansard threw himself at the feet of the king and said: "Your majesty Has all modern conveniences such sees in the center that massive col- as Baths, Hot and Cold Water, Steam umn? If you will spare the life of my Heat, Electric Light, Etc. son I will remove the unsightly pillar and the roof shall stand with "Mansard," replied the king, "if you accomplish that miracle I will pardon your son, but if you fail I will

hang you with him." The architect removed the pillar without great difficulty and with the result desired. The cafetier is a philosopher and he concludes his story with the reflection that had not Mansard's son been a scamp the hall at Aires would be just like any other

SMALL COURTESIES ARE LOST

These Things That Make Life Really Worth While Seem to Be Forgotten.

Small courtesies of life seem to be entirely lost in the rush for big things. This leaving off of the little things that go to make living worth the while is a well-known and recognized fact to women who crave those gracious attentions so easy in the giving when the thought is right.

Many men no longer consider it necessary to rise when a lady enters the room. If they proffer a chair, it is seldom done with the old-time alacrity, and a few trips on a city car will be sufficient to convince the veriest skeptic of the truth of courtesy's deca-

Be it said in favor of man, continually on the rack regarding these omissions, that he is by no means the greatest offender. Women who entertain will tell you of scores of invitations to which they have never even received the courtesy of an acknowledgment. "R. S. V. P." at the end of a card or note means nothing to women too thoughtless or too ill-bred to take five minutes for a reply. Such treatment of a social courtesy is an offense garish enough to cause the offender's name to be struck from the social list of the hostess.

The small courtesies of woman to woman are fully as important as those from man to woman, or woman

Coroner's Inquest Over Coins. A short time ago 150 gold coins, dat 2t ing from the period of the Roman occupation of Britain, were found in bronze jar about one foot below the surface of the ground three miles from Hexham, England, on the site of the ancient Roman city of Corstop Tonsorial Parlor

to determine their ownership. The jury, however, was unable to agree as to whether the coins were treasure trove or not, the contention of, the Laundry. Goods called for Tuesday owner of the land being that the coins had been left on an ancient highway and abandoned during a raid, by the Caledonians against the Romans. The coroner therefore agreed to keep the coins for a week to see if some ar rangement could be made with the treasury as to their disposal.

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Don't fail to see us before placing your order this year.

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Mount Joy, Penna. ****

Plants for Sale

I have a fine lot of cabbage, cauliflower, pepper, tomato, egg plant, redbeet and lettuce plants which I offer for sale very reasonable.

> E. B. Hostetter MOUNT JOY, PA.

> > Hair Cutting

Joseph B. Hershey

A coroner's inquest has been held East Main St., Three Chairs. No Waiting

Agen for the Middletown Steam and delivered Friday.



Children's Union Suits, 25c Children's Union Suits of fine combed yarns, all taped, at

Children's Vest and Pants, high neck, long or short sleeves,

quality and particularly as to fit.

Ladies' "Setsnug" Union Suits

Ladies' "Cumfy" Union Suits

Ladies' "Cumfy" Vests,-

Ladies' Strap or wing vests,

Ladies' fine gauze, long or

ean't slip off shoulders, at 121

Ladies' Union Suits at 25c

at \$1.00

at 50c

and 15c

at 10 and 12½c

short sleeve vests, 25c

10c to 25c Children's fine gauze vests, strapped, at 10c Infants Wrappers 10c

Infants Wrappers at 5c

Men's Underwear

Underwear Underwear

production and are offering to the trade values not to be found elsewhere, as to priced

As a perfect fitting dress is imposible over poorly fitted undergarments.

We have gathered from the largest Manufacturers, the cream of this season's

The most difficult problem is to secure a garment to retail at 25c on account of the high price of cotton We believe we have the best to be had in either long or short sleeves, full size, drawers reinforced seat, and no

At 50c we offer the Williams Bros. make fine Egyptian yarn, shirts long or short sleeve, drawers reinforced seat and ex-

tension band at waist line.

The Imperial Union suit has come to stay. The most perfect fitting garment on the market. sleeve, 3-4 length, drop-We show two qualities, \$1.00 and \$1.50 per suit.

Athletic underwear. in two qualities, 25 and

Boys' Balbriggan Underwear, short sleeve shirts, knee length drawers, at 25c a garment.

H. E. EBERSOLE, MOUNT JOY, PENNA.

KEEP GOOL

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For Men's Gause, Poris Knit, B. V. D. Twintex Union Suits and 1 Single piece Underwear Ladie's Famous Stay Up Maline Vests Cumfy Cut Can't Slip, Won't Slip, Never Slip, Keep Cool and the Try-Me extra large Vests for Stout Women. No sleeve and ‡ Short Sleeve.



it is the only gauze vest that does. You know the annoyance of ill-fitting underwear. So you can appreciate the Maline GAUZE VEST Aren't you surprised to know that it costs only 10c and up. that it costs only love
It is knit of the best long fiber
cotton yarn, too—with lace edgings of exclusive design.

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