

SOME GOOD HEALTH MAXIMS.

Physician's Ideas That May Be Worth Remembering.

A physician gives these common-sense health maxims:

Have no faith in the popular notion that catarrhs and colds are due to cold weather.

Disregard those who say night air is poisonous and advise you to shut tight the windows.

Never be persuaded that bodily strength depends upon eating much flesh food.

Finally it is prudent to bear in mind that alcoholic stimulants are not indispensable in a cold climate.

COULD NOT BE DECEIVED.

Russian Peasants Did Not Understand a Polite Conductor.

An Englishman traveling in Russia furnishes the following incidents to a London paper—an incident which he personally witnessed.

One of the peasants, turning to his comrades, says: "Dimitri, Ivan, Steven, do you hear?"

The same peasant says to the others: "It is for us. We must take out seats. The train will start."

Why "Can Not" is Popular.

"Have you ever noticed," said the man who finds fault, "how many people avoid the contraction 'can't' nowadays, and make use of the two words 'can not'?"

"I find that many people have adopted the double term because, having been brought up in a locality where the short sound of 'a' prevailed, they find it almost impossible to twist their tongues around 'can't'.

"That requires no short 'a,' and although its persistent use may savor of affectation, it strikes the persons who can not get around 'can't' as a great improvement on the short 'a' 'can't'."

Queer Freak of Nature.

A freak of nature in the shape of a calf with two heads, two necks, three backbones and two tails was born in Glover, Vt., recently.

Mother

"My mother was troubled with consumption for many years. At last she was given up to die. Then she tried Ayer's Cherry Pectoral, and was speedily cured."

No matter how hard your cough or how long you have had it, Ayer's Cherry Pectoral is the best thing you can take.

Consult your doctor. If he says take it, then do as he says. If he tells you not to take it, then don't take it.

Black Adventure.

SAVED BY LAST CARTRIDGE.

THE longest moose hunt on record in Maine is credited to William Douglass, of Enstis, who now, at the age of eighty-six, still pursues the calling of a guide for hunters.

The long moose hunt upon which rests much of the fame of Old Bill Douglass lasted eighteen days, but it yielded a prize that paid him well for his work and exposure.

It was a cold, snowy morning when Bill started to tramp down his moose—a difficult undertaking for any man, but he was used to cold, hunger and hardship.

There is one episode in history which made a great impression on me the first time I remember hearing about it, and that impression has not been lost or even become fainter in the years that have passed since.

It happened in July, 1776, when a group of men, representatives of the American people, were gathered together about a table, signing their names to that great work known as the Declaration of Independence.

Among the last to come forward was a man from Maryland, and after writing his name, Charles Carroll, one of the others said to him: "If England ever gets us in her power we are sure to be hung as traitors."

FLED IN TERROR.

I gave an account on July 23 of the queer story of Lady Mount-Edgcombe being buried alive toward the end of the eighteenth century.

A correspondence has been so obliging as to communicate the particulars of a similar occurrence, the heroine of which was Lady Catherine Wyndham, daughter of the Duke of Somerset.

That night Bill Douglass would have frozen to death had it not been for the moose hide. He rolled himself in all his blankets, and then wrapped himself up in the warm hide.

General Joubert is going to Africa with a party of African ostriches for the purpose of starting a telegram from Mexico.

FOUGHT A BLACK SNAKE.

Frank Debevoise, who lives in Harlem, was taking a stroll through Richmond, N. J.

SAVED LIKE ALPINE CLIMBER.

The Western Massachusetts Fox Club always has considerable trouble in finding bounds that fail to return to their owners after the annual hunt.

The Funny Side of Life.

PAVING THE WAY. "Say, boss, have you paved the way, will find the way, there's one thing may delay it; the lover's mind is taxed to find the wherewithal to pay it."

A TRAMP'S REVENGE. "Say, boss, have you got a quarter?" "No, I haven't."

JANE HAD HER REASON. "Jane, why don't you wash those windows? I can't look out."

WITHIN LIMITS. "Why, I understand they were simply rolling in wealth."

DANGEROUS. Frank—"What success did you have on your hunting trip in Maine?"

FEMININE CHARITY. "My motto," said Miss Elderleigh, "is 'Never say die.'"

WHY THEY DIDN'T. "Hazel came over to-night to study with me," explained Dorothy.

FAIR PLAY. Edmonia—"Have you any rules in your married life?"

HELPING HIS WIFE. Wife—"I have been thinking I ought to give you a birthday present, Harold."

BUSINESS TRUTH. "The P. X. & Y. is the most enterprising railroad in the country."

NOTHING HOME-MADE. Mrs. Gaddie—"I see you're going in for society. Has your daughter made her debut yet?"

KNEW HIS BUSINESS. Fair Customer—"I only wear number twos, but these don't fit me."

PROFIT WITH THE BRUSH. "Do you think it possible for a man who is clever with the brush to make a living these days?"

ONE WAY OF PUTTING IT. The old farmer was telling a story that was very hard to believe.

HESITATED AND DIDN'T LOSE. "Never was glad for this impediment in my speech but once," said the man from the country.

NO HOLDING THEM BACK. Mr. Bowman—"I remember attending a birthday party of Miss Passay's."

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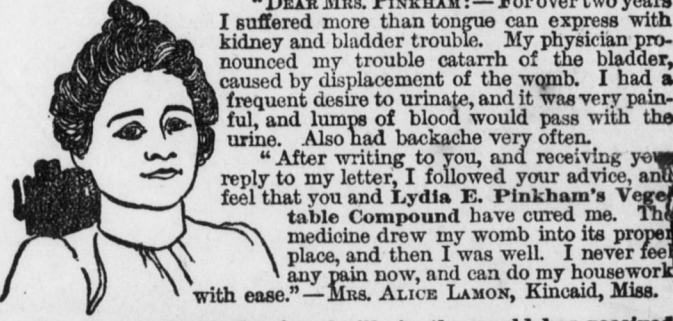
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Mrs. Fairbanks tells how neglect of warning symptoms will soon prostrate a woman. She thinks woman's safeguard is Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—Ignorance and neglect are the cause of untold female suffering, not only with the laws of health but with the chance of a cure."

When women are troubled with irregular, suppressed or painful menstruation, weakness, leucorrhoea, displacement or ulceration of the womb, that bearing-down feeling, inflammation of the ovaries, backache, bloating (or flatulence), general debility, indigestion, and nervous prostration, or are beset with such symptoms as dizziness, faintness, lassitude, excitability, irritability, nervousness, sleeplessness, melancholy, "all-gone" and "want-to-be-left-alone" feelings, blues, and hopelessness, they should remember there is one tried and true remedy.



No other medicine for female ills in the world has received such widespread and unqualified endorsement. Mrs. Pinkham invites all sick women to write her for advice.

Whitman King is the proud possessor of the most ancient legal paper among the Kings of South Raynham, Mass.

The U. S. Dept. of Agriculture Gives to Salzer's Oats its heartiest endorsement. Salzer's New National Oats yielded in 1903 from 150 to 300 bu. per acre in 30 different States.

Does its work in thirty minutes leaves less than 1 per cent. better fat. The price is ridiculously low, according to size, \$2.75 to \$5.00 each.

First sign of RHEUMATISM. Dangerous to let it run. Easy to cure now. A single bottle of Rheumacide.

Rheumacide advertisement with logo and text: "Will probably do the work. Bad cases require more. RHEUMACIDE cures by getting rid of the cause, so that no trace of the disease lingers in the system."

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