## 

## VCL XXIII.

KEEP YOUR EYES OPEN!
 Simmons Liver Rebulator been put hy by any ane excepl

## J. H. ZEILIN \& CO.

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orne magistrates who were indieed or not making their reports were Found guilty and made to pay contes
A gond many burvaries finatid aken place at Kittrell reeently. Tuesdityinght of last wook the stord
of J. M. Woodly \& Co. Wapalmont. At Dod robbers. At Dudley, Whyne county Nat. urbutent colored, Fraititician, was as
sassin.

Stratton, the Cripple Creck milf. are, refuecs to go. into any moo-ey-making rehemes, "What Laint
trying to do," बays he to pronioturs trying so. do," Gays he topromioters:
"is torkeep my income down fitt fi he limits of deecticy."
A Buris boulevardier, whon-died forty y yaras, lad the diptinetion of having launched on Parix, soojefy lemne d'Alencon.न Ilis nieknaime Emptier.)

Dribk Water Plentifully.
The general tendency of people is
not to drink water enough Pure
water itself never can water itself never can be unwhole-
vome, unless it is taken at too low a sompe, un hien reason for this is that diggee-
tion stops until the cold water in the
system is brought up to the proper bystem is brought up to the proper
temperature In The Chautauquan
the following aivice is given. the following adivice is given:
We have proof that an insuffcent
quantity of drinking water is a frequantity of drinking water in a fro-
quent sourco of divease. George
Henry Fox, M . $D$, professor of die gaser of the ekin in the New York
College of Physicims and Surgern
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& \text { ferers only appreciapted the value of } \\
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& \text { dies pure water." Dr. Charles , } \\
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& \text { Iedical school, in an article on diet } \\
& \text { nervons fiseaeses. says: "Water }
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& \text { before meals anda moderateamount } \\
& \text { at meala. At least three pints, of }
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& \text { at meals At least threo pints, or } \\
& \text { about six tumblerful, shold o } \\
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& \text { not drink water enough. They have } \\
& \text { half dessicated nerves and demica. } \\
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& \text { ou?" anked a bengotont individual }
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