

TEMPERANCE.

BRAINS WANTED.

A humorous fellow in a tavern late,
Being drunk and valiant, gets a broken pate;
The surgeon with his implements and skill,
Searches the skull deeper and deeper still,
To feel the brains and try if they were sound;
And as he keeps ado about the wound,
The fellow cries, "Good surgeon, spare your
pains:
When I began this brawl I had no brains."

INTERMITTENT DRINKING.

There would be little use in my describing what I believe to be the cause and the course of intermittent drinking, unless I set forth my experience as to the various methods in use to check or cure the disease. It may be asked: "Has not a man a will power, and can he not of his own volition abstain from what he knows to be simple self-destruction?" My answer, unhappily, must be that a man who has fairly fallen into the drink habit, whether constant or intermittent, has scarcely any will power while the fit is on him, and as I have said, each fit leaves his will feeble and less able to withstand the temptation of a sedative of which he has proved the power, and of which he is too prone to forget the danger.

The intermittent drinker, as soon as he has abstained for a few weeks, forgets the disastrous effects of his last attack. He believes himself as temperate and discreet a man as any of his friends who takes his pint bottle of claret at dinner and seldom takes more. He does not see why he should not do likewise. It is the hardest thing to convince an intermittent drunkard, who is able to abstain for a period, that he can never, by any chance, become a moderate drinker. Nevertheless the principle of his drinking is distinct from that of a moderate man. If he tries to return to his two or three glasses of claret he is absolutely certain to go on to his secret "nip" of brandy or of whisky, and his "nips" will increase and he will find himself back again on the old road to ruin. The patient, if he really wants to be cured, must clearly make up his mind that it must be total abstinence or self-destruction, gradual, perhaps, but none the less sure.

CHILDREN OF DRINKERS.

The London correspondent of the American Practitioner and News writes that a distinguished English specialist in children's diseases has carefully noted the difference between twelve families of drinkers and twelve families of temperate ones during a period of twelve years, with the result that he found the twelve drinking families produced in those years fifty-seven children, while the temperates were accountable for sixty-one. Of the drinkers, twenty-five children died in the first week of life, as against six on the other side. The latter deaths were from weakness, while the former were attributable to weakness, convulsive attacks, or an edema of the brain and membranes. To this cheerful record is added five who were idiots; five so stunted in growth as to be really dwarfs; five when older became epileptics, one, a boy, had grave chorea ending in idiocy, five more were diseased and deformed, and two of the epileptics became, by inheritance, drinkers. Ten only, therefore, of this fifty-seven, showed, during life, normal disposition and development of body and mind. On the part of the temperates, as before stated, five died in the first week of weakness, while four in later years of childhood had curable nervous diseases. Two only showed inherited nervous defects. Thus fifty were normal, in every way sound in body and mind.

A PRACTICAL TEST.

Two young physicians practicing in a hospital were much taken with Dr. Ainstie's theory of the food value of alcohol. In good faith they set about a personal demonstration, taking the doctor's "safe dose" instead of their usual rations of eatables three times a day. By the end of three days they were hardly able to crawl up and down stairs; they had each lost six pounds of flesh and they were altogether so miserable that they were glad to return to their usual diet and discard alcohol.—W. C. T. U. Bulletin.

TEMPERANCE NEWS AND NOTES.

A vote for whisky to stay is a confession that we don't want the devil to go.

Forty-four countries of the world now have branches of the Woman's Christian Temperance Union.

Buffalo, N. Y., has 2440 saloons, 113 hotels, 74 storekeepers, 73 druggists and 96 taverns licensed to sell liquor.

Chinese Saying: A drunkard's nose is said to be "a lighthouse, warning us of the little water that passes underneath."

The W. C. T. U. of Neapolis, Va., has had recently dedicated to its use a handsome building erected by the President, Mrs. Roberts, and her husband in memory of their son.

A Difficulty: "Why don't you set a bound to your drinking?" said the doctor. "So I do," replied the patient; "but then you see it's so far off, that I always get drunk before I reach it."

A white ribbon choir of five hundred voices composed of members and associate members of the British Woman's Temperance Association will be one of the features of the World's W. C. T. U. Convention.

Senator Hoar, of Massachusetts, says he wishes to be counted among those who do not mean to give up the attempt to rescue the cities and towns of that State from the vice of dram-drinking and dram-selling.

There is a clause in the New Zealand Local Option bill providing that every man convicted of being an habitual drunkard shall be photographed at his own expense, and every publican in the district in which he lives supplied with a copy.

Beneficial.

Carrying weights upon the head graduated to the strength of the bearer, tends to straighten the spine and improve the condition of the chest. This form of exercise, taken for say half an hour a day, will do much good to young people who are becoming stooped and round-shouldered. The exercise should be commenced at an early age, and the weight must be very light to commence with. It should at first, indeed, be more an exercise of balancing.

The Banjo.

Lexicographers have agreed that "banjo" is a corruption of the Spanish "bandore," which has words of similar sound, spelling and significance in many tongues. It is quite likely that the Arabs, in their conquest or by trade, may have introduced the guitar and banjo into Western Africa, whence it was brought to this country.

A LIVING SHADOW.

REMARKABLE TRANSFORMATION OF A NORTH CAROLINA MAN.

Strange, but True, Story From the Lumber Regions of a Southern State—Verified by Personal Investigation.

(From the Greenville, N. C., Reflector.)

The following interview has just been given our reporter by Mr. G. A. Baker, the overseer at the farm of Col. Isaac A. Sugg, of Greenville, N. C. It will interest anyone who has ever had typhoid fever. Mr. Baker said in part:

"I was living in Beaufort County, and on the 2d day of October, 1893, I was stricken down with typhoid fever. I had the best physicians to attend me and on the 15th day of January, 1894, I was allowed to get up. I was emaciated, weak and had no appetite. I could only drag along for a short distance and would be compelled to sit down and rest. This continued for some time and I began to give up hope of ever getting well. I lost my position in Beaufort County and having secured one in Pitt County, clerking in a store, I undertook it, but was so weak I could not do the work and had to give it up. The disease settled in my knees, legs and feet. I was taking first one kind of medicine and then another, but nothing did me any good. I was mighty low-spirited. I moved out to Col. Sugg's about four or five months ago and commenced taking Dr. Williams' Pink Pills. I took three a day for about three months. I began to regain my appetite in a week's time, and then my weakness began to disappear, and hopesprung up with a blessedness that is beyond all telling. At the expiration of the three months I was entirely cured and could take my axe and go in the woods and do as good a day's work as any man. I was troubled with dyspepsia and that has disappeared. It is also a splendid tonic for weak people. I say, Mr. Editor, God bless Dr. Williams; may he live for a long time; I know he will go up yonder to reap his reward for he has done a wonderful lot of good. Tell everybody that asks you about Dr. Williams' Pink Pills for Pale People that if they will come to me I can certainly satisfy them as to their merits. I always carry a box of pills with me and when ever I feel bad I take one."

We were forcibly struck with the earnestness of Mr. Baker and his statements may be relied on.

Dr. Williams' Pink Pills contain, in a condensed form, all the elements necessary to give new life and richness to the blood and restore shattered nerves. They are an unfailing specific for such diseases as locomotor ataxia, partial paralysis, St. Vitus' dance, sciatica, neuralgia, rheumatism, nervous headache, the after-effects of la grippe, palpitation of the heart, pale and sallow complexion, all forms of weakness either in male or female, and all diseases resulting from vitiated humors in the blood. Pink Pills are sold by all dealers, or will be sent post paid on receipt of price, (50 cents a box, or six boxes for \$2.50) by addressing Dr. Williams' Medicine Co., Schenectady, N. Y.

"Faint heart never won a fair lady" without considerable assistance on her part.

It Is Merely Good Health.

That beautiful complexion is health, preserved by Ripans Tablets. Ripans Tablets purify the blood, clear the skin of blemishes and make life more worth living.

To feed upon one's own greatness is to become a victim of cranial gout.—Puck.

We will give \$100 reward for any case of catarrh that cannot be cured with Hall's Catarrh Cure. Taken internally. F. J. CHENEY & CO., Props., Toledo, O.

We want logs are shipped from Missouri direct to furniture makers in Scotland.

We think Piso's Cure for Consumption is the only medicine for Coughs.—JENNIE PINCKARD, Springfield, Ills., Oct. 1, 1894.

The ancient Egyptians used wooden rollers to move their huge blocks of stone.

Impaired Health is Not Easily Regained, yet Parker's Ginger Tonic has attained it in many cases. For every weakness and distress.

Take no Substitute for Royal Baking Powder. It is Absolutely Pure.

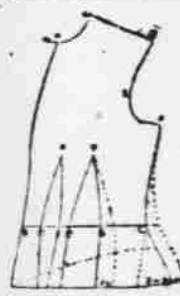
All others contain alum or ammonia.

Part, at least, of the remarkable advance in the price of beef can be accounted for by natural causes affecting the cattle crop. The statistics given by Secretary Morton show that that the cattle crop for the present year is nearly 1,000,000 less than that of the year preceding. Last year's drought played havoc with cattle in many of the larger stock-raising districts of the West. The lack of an adequate crop of corn also had a tendency to decrease the supply of prime beef made from corn-fed cattle. It is not unlikely that the firms which control the cattle supply have taken advantage of these influences to make a profit on their decreased supply by artificial means. It would be quite possible to do this without entering upon any actual combination or trust. With a serious scarcity of cattle the influence of even one of the giant packing firms which might choose to hold back its supply of cattle would effect an increase of price which the other firms would rather secure than endeavor to cut down by competition. However, it is gratifying to know that the Secretary of Agriculture is going to make a thorough investigation of the facts with a view to learning the exact causes of the sudden advance in beef. If any unfair means is being used to increase the cost of the people's tenderloins and sirloins the public has a right to know it.

Patriotism in the Home.

"Every household," says a woman, "should own a flag, just as much as it should have bed linen," a sentiment that will find few dissenters. The flag should not only be owned, but put out on every occasion on which there is the least excuse. Patriotism is inborn, to be sure, but lots of inborn sentiments need development and fostering. Love of country is one of the things that we cannot bring out too early or have too strongly demonstrated.

She (after the unmasking)—I see that strawberries are on the bill of fare, George. He (nervously)—Yes, but they are very sour at this season of the year. She—Of course; but I think I will take a few. One cannot expect strawberries to be at their best in March, you know.—Harlem Life.



FREE INFORMATION

All ladies sending us their names and addresses will receive by mail information for that will be worth many dollars to them in how to design and fit all styles of garments by the latest improved and most practical method in use.

AGENTS WANTED. THE GRANT PATTERN CO., 216-218 Clark Street, Chicago, Ill.

Keep the Baby Fat.

"CAVE SPRING, GA., May 21, 1894.
"My baby was a living skeleton. The doctors said he was dying of Marasmus, indigestion, etc. The various foods I tried seemed to keep him alive, but did not strengthen or fatten him. At thirteen months old he weighed exactly what he did at birth—seven pounds. I began using SCOTT'S EMULSION, sometimes putting a few drops in his bottle, then again feeding it with a spoon; then again by the absorption method of rubbing it into his body. The effect was marvelous. Baby began to stouten and fatten, and became a beautiful dimpled boy, a wonder to all. SCOTT'S EMULSION supplied the one thing needful."
"MRS. KENNON WILLIAMS"

Scott's Emulsion

is especially useful for sickly, delicate children when their other food fails to nourish them. It supplies in a concentrated, easily digestible form, just the nourishment they need to build them up and give them health and strength. It is Cod-liver Oil made palatable and easy to assimilate, combined with the Hypophosphites, both of which are most remarkable nutrients.

Don't be persuaded to accept a substitute!

Scott & Bowne, New York. All Druggists. 50c. and \$1.

Not the Same Genesis.

A German Hebrew professor had five daughters, whom the students called Genesis, Exodus, Leviticus, Numbers and Deuteronomy. One day the professor began his lecture by saying

"Gentlemen, I wish to speak to you to-day about the age of Genesis," which remark was greeted with a burst of feet scuffing and a general smile on the part of the class.

The professor, thinking that his subject was being appreciated, continued, with a still firmer note in his voice

"Genesis is not so old as some of you suppose."

This was greeted with such a burst of merriment that the professor had plenty of time, before it quieted down, to think what should be his next remark. And this, after all, was not so wide of the matter.

"I may not be thinking of the same Genesis that you are."

LOOK OUT FOR BREAKERS AHEAD



when pimples, eruptions, boils, and like manifestations of impure blood appear. They wouldn't appear if your blood were pure and your system in the right condition. They show you what you need—a good blood-purifier; that's what you get when you take Dr. Pierce's Golden Medical Discovery.

It carries health with it. All Blood, Skin and Scalp Diseases, from a common Blotch, or Eruption, to the worst Scrofula, are cured by it. It invigorates the liver and rouses every organ into healthful action. In the most stubborn forms of Skin Diseases, such as Salt-rheum, Eczema, Tetter, Erysipelas, Boils and kindred ailments, and Scrofula, it is an unequalled remedy.



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Cleanser and beautifies the hair. Promotes a luxuriant growth. Never fails to Restore Gray Hair to its Youthful Color. Cures scalp diseases & hair falling. 25c. and \$1.00 at Druggists



Holstein-Friesian Cattle

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CURES WHERE ALL ELSE FAILS. Best Cough Syrup. Tastes Good. Use in time. Sold by druggists. 25 CTS. \$5 CTS.