PHYSICAL TRAINING.

ts Value as a Preventive and Cure of Pulimonary Diseases. Dr. E. Fletcher Ingals of Chicago, in

a paper with this title, said that the absence of systematic study by physiclans and the very meager literature compelled him to be somewhat dogmatic in his paper. One of the most common observations made by medical men, be mid, was that the long, narrow, flat chested individual was the one liable to the development of tuberculosis and that in patients presenting this form of chest the chances for recovery were rednoed to a minimum.

This observation he considered sufficient to suggest that systematic physical training in aiding the development of the respiratory muscles, thoracic walls and pulmonary capacity would be of great service in preventing tuberculosis and in curing its early stages. Collapsed air cells, he said, furnished a most favorable nidus for the development of tuberculosis. Therefore for the prevention of the disease measures should be adopted to expand the lungs and bring | Simpson-to whom Sanborn left the rethe air cells into the best possible working condition.

He thought it probable that in most cases there was an early tuberculous localized anamia, diminishing the nutrition of the parts and making them more susceptible to the tubercle bacilli and their toxins. Of the large percentage of the human family said to be affected by tuberculosis (80 per cent), the majority recovered, even when the disease affected the lungs, it not proving fatal in more than 12 per cent.

He stated that in most of those who recovered the disease had made but little progress, and that it was only at autopsy after death from other causes that its presence was detected, in view of which it was the physician's duty to recommend measures likely to strengthen the resisting power of the lungs. The beneficial influence of a high altitude he considered probably due to the increased distension of the air vessels, and that as a means of prophylaxis the first measure should be testeach the patient to breathe deeply.

Careful physical training, he said was of the greatest importance, it being possible for the long, narrow, flat chested to increase the expansion of the chest two or three inches, improve the form and increase the circumference. He believed it possible by physical development to check the process of tuberculosis when it had become established in the chest and to promote recovery .- Med-

COMMERCIAL ENGLISH.

Warning to Those Who Would Send Trade Circulars Abroad.

Manufacturers who wish to do an export business must have their circulars and catalogues translated into foreign languages, says Engineering, but care should be taken that the translator is ing me in peace, I expect the said sister not only a good linguist, but also an expert in the particular business to which the documents to be translated refer. Otherwise the translation is apt to be a matter of ridicule to those to whom it to his wife the sum of £60,000, "on

We cannot well give an instance to show how an English circular might be the ten years following my decease, in translated into bad German, for example, but the London Engineer gives us the following illustration of a translation from another language into English, which is probably no worse than many translations from English.

"We pique ourselves," says the cirsale of the --- has, by us, undertaken. This preparated, exclusively arranged by some vegetables, is entirely spoiled about something hurtful to the steam boiler blades. By our preparated every calcareous substance is neutralized, reducing it to power, and at the same time steam boiler blades are conserved from the usual corrosion, not only, but the ebullition, is totally avoided, as it appears about some very interesting experiments, which have been made in several establishments."

In conclusion the circular adds, "To be willing, this preparated may be decomposed." Homestek.

A recent article on homesickness recalls the reply made by a young Swedish maid to her mistress. It expresses clearly, though in imperfect English, what every sufferer from homesickness

"You ought to be contented and not fret for your old home, Ina," said the Six Weeks After My Death." When this lady as she looked at the dim eyes of time had passed, the second envelope the girl. 'You are earning good wages, was opened and a third uncovered, "To your work is light, every one is kind to Be Opened One Year After My Death." you and you have plenty of friends At the end of the year a fourth en-

not the place where I do be that makes | the game went on until 1894, when the me vera homesick, it is the place where actual will was discovered and read. I don't be. "-Youth's Companion.



HEADACHE

is only a symptom-not a disease: So are Backache, Nervousness, Dizziness and the Blues. They all come from an unhealthy state of the menstrual organs. If you suffer from any of these symptomsif you feel tired and languid in the morning and wish you could lie in bed another hour or two -if there is a bad taste in the mouth, and no appetite-if there is pain in the side, back or abdomen-BRADFIELD'S FEMALE REGULATOR will bring about a sure cure. The doctor may call your trouble some high-sounding Latin name, but never mind the name. The trouble is in the menstrual organs, and Bradfield's Female Regulator will restore you to health and regulate the menses like clockwork.

Sold by druggists for \$1 a bottle. A free filestrated THE BRADFIELD REGULATOR CO. ATLANTA, GA.

ODDITIES IN WILLS.

SOME PECULIAR BEQUESTS AND CURI-OUS CONDITIONS.

A Patriotic American's Desire to Be Heard After Death - Wills Which Proved That In the Cases of Their Makers Marriage Was a Failure.

The admiration of our American consins for their country is a prominent characteristic of their daily life, and some years ago a Mr. Sanborn desired that in death as in life his body should proclaim the glory of the republic. He left £1,000 to the late Professor Agassiz, in return for which he was, by an extremely scientific process set forth in the will to tan his (Sanborn's) skin into leather and from it have a drum made. Two of the most suitable bones of his body were to be made into drumsticks, and with these a Mr. Warren mainder of his property-was "on every 17th of June to repair to the foot of Bunker, hill and at sunrise beat on the drum, the parchment of which had been made out of the testator's skin, the spirit stirring strains of 'Yankee Doo-

A somewhat similar bequest was made by a German in 1887. He died in Pittsburg and by his will directed that his body should be cremated and the ashes forwarded to the German consul at New York, who was to deliver them to the captain of the steamship Elbe. When in midocean, the captain was to request a passenger to dress himself in nantical costume, and, ascending with the funeral urn to the topmast, to scatter the ashes to the four winds of heaven. These strange directions were faithfully carried out.

Quite as peculiar were the directions for the funeral of a Mr. John Underwood. He willed that he was to be buried in a green coffin with a copy of Horace under his head and of Milton under his feet, a Greek testament in his right hand and a small Horace in his left. Six friends, who were not to wear mourning, were to follow him to the grave and there to sing a verse of the twentieth ode of the second book of Horace. After this they were to "take a cheerful glass and think no more of John Underwood."

Wills may also be admitted as evidence of the mixed blessings of the matrimonial state. A nobleman wrote, "I give and bequeath to the worst of women, whom I unfortunately married, 45 brass halfpence, which will buy her a pullet for supper."

A Glasgow doctor, dying some ten years ago, left the whole of his estate to his two sisters, and then came this extraordinary clause: "To my wife, as a recompense for deserting me and leav-Elizabeth to make her a gift of 10 shillings sterling, to buy her a pocket handkerchief to weep in after my decease."

A Mr. Sydney Dickenson bequeathed condition that she undertakes to pass two hours a day at my graveside, for company with her sister, whom I have reason to know she loathes worse than she does me.

Another husband stated that he would have left his widow £10,000 if she had allowed him to read his newspaper in peace, but as she always commenced cular, "on making you known that the playing and singing when he started to read he left her only £1,000. Such instances could be mutiplied indefinitely, but one other is worthy of note.

A husband left his wife £12,000, to be increased to £24,000 provided that she were a widow's cap after his death. She accepted the larger amount, wore the cap for six months, and then put it off. A lawsuit followed, but the judge held al! druggist and shoestores for 25 cents and shelters.

that the testator should have inserted Trial package FREE. Address, S. C. Board per day, including lodging the word "always" and gave judgment | Olmsted, Le Roy, N. Y. in favor of the widow, who the day aft- SHAKE INTO YOUR SHOES er re-entered the state of matrimony. Thus the husband's little plan for preventing his widow marrying again fail-

velope was discovered, to be opened two "Yas'm," said the girl, "but it is years after the testator's death, and so It was quite as eccentric in its dispositions as the directions attached to its opening. The testator bequeathed half his fortune to such of his heirs as had the largest number of children. The rest of the property was to be placed in a bank and a hundred years after his death to be divided, with the accumulated interest, among the will maker's descendants. Thus by 1989, at 5 per cent compound interest, the 50,000 rubles will have swelled into 6,000,000 rubles. But what will this be among so many descendants?-Household Words.

Hardly.

Miss D .- Angelina, why don't you marry Lieutenant Y.?

Miss A .-- First, because he has no brains-and he can't ride, dance or play tennis. What could we do with him? "But he swims beautifully."

"Oh, yes; but one can't keep one's husband in an aquarium, you know."-London Tit-Bits.

The Poor Wife.

"John Henry, it isn't any good, I know, that keeps you down town so late, when you ought to be at home with me and the children." (Shrugging his shoulders.) "'Honi

soit qui mal y pense, ' my dear." "That's right! Swear at your wife in Latin."-Chicago Tribune.

Badly Named.

Mr. Beerbohm Tree relates an amusing story about a boisterous voyage from New York. He was lying in his cabin. The luggage and fittings were flying round. The vessel was rolling terribly. Suddenly there was an extra special lurch. Mr. Tree was knocked to the floor by a heavy weight and lay half stunned. On fully recovering his senses he looked to see what it was that had felled him. It was an admirable contrivance and was marked, in bold letters, "Life Saving Apparatus."-Lon-

world has just been held here. There were 200 of them. From embroidered slipper to shaven poll they were arrayed in their best. They wore satin blouses that shone in the sun with a silvery shimmer. They were embroideries of wonderful birds and bees and flowers never seen on land or sea. The little boys were shaven, and the little girls had their hair stiffened and polished and dressed as though for the grandest function, with little birdcages and fringes of beads and paper atop. There were great tinklings of metal and much shining of green jade. A new fashion in infant headgear showed a halo of stiff pompons that rose above the infants' somber eyes. Others wore huge rosettes of silk on each temple, like a joss, and one little girl had a mane of black silk cue strings hanging down from the back of her head. Even the baby complexions had been looked after. On the smooth, yellow cheeks appeared the most lovely patch of pink rouge, put on quite frankly in the Chinese fashion. The rosebud mouths were touched up, and the narrow brows beautifully penciled .- Penang Gazette.

Catarrh.

Catarrh is one of the most obstinate diseases, and hence the most difficult

to get rid of. There is but one way to cure it. The disease is in the blood, and all the sprays, washes and inhaling mixtures in the world can have no permanent effect whatever upon it. Swift's Specific cures Catarrh permanently, for it is the only remedy which can reach the disease and force it from the blood. Mr. B. P. McAllister, of Harrodsburg, Ky., had Catarrh for years. He writes: I could see no improvement whatever though I was constantly treated with sprays and washes, and differ



saw it was unreasonable remedies which onl; reached the surface. S. S. S., and after a few bottles were used. I noticed a perceptible improvement. Continuing the remedy, the disease was forced out of my system, and a complete cure was the result advise all who have this dreadful disease to

ent inhaling remedies-

in fact, I could feel that

each winter I was worst

than the year previous "Finally it was brought to my notice

that Catarrh was a blood

disease, and after think-

ing over the matter.

done them any good, and take S. S. S., a rem edy that can reach the disease and cure it." To continue the wrong treatment for Catarrh is to continue to suffer. Swift's Specific is a real blood remedy, and cures obstinate, deep-seated diseases, which other remedies have no effect whatever upon. It promptly reaches Catarrh, and never fails to cure even the most aggravated cases.

is Purely Vegetable, and is the only blood remedy guaranteed to contain no dangerous minerals. Books mailed free by Swift Specific Company, Atlanta, Georgia.

NEW ADVERTISEMENTS



TRY ALLEN'S FOOT-EASE,

A powder to be shaken into the shoes. At this season your feet feel swollen, nervous and damp. If you have smarting feet or tight shoes, try Allen's Foot-Ease. It warms the feet and makes walking easy. Cures swollen sweating feet, blisters callous spots Releives corns and bunions of all pain

Allen's Foot-Ease, a powder for the feet. It cures painful, smarting, neryous feet and instantly takes the sting ont of corns and bunions. Its But the most curious will which the the greatest comfort discovery of the writer has ever come across is that of age. Allen's Foot-Ease makes tight M. Zalesky, a Polish landlord, who died or new shoes feel easy. It is a certain in 1889, leaving property valued at cure for Chilblains, sweating, callous, 100,000 rubles. His will was inclosed in | sired, aching feet. Try it to day an envelope bearing the words, "To Be | Sold by all druggist and shoe stores. Opened After My Death." Inside this 25cts. Trial package FREE. Address, Allen S. Olmsted, Le Roy, N. Y



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forts and dangers of child-birth can be almost en-WineofCardui pectant mothers. 'It gives toneto the gen-

relieves exitalorgans, and puts them in

condition to do their work perfectly. That makes pregnancy less painful, shortens labor and hastens recovery after child-birth. It helps a woman bear strong healthy children.

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has also brought happiness to thousands of homes barren for years. A few doses often brings joy to loving hearts that long for a darling baby. No woman should neglect to try it for this trouble. It cures nine cases out of ten. All druggists sell Wine of Cardui. \$1.00 per bottle.

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Mrs. 1805 HALE, of Jefferson, Ga., says: "When I first took Wine of Cardui we had been married three years, but could not have any children. Nine months later I had a fine girl baby." WINE OF CARDL

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urday.

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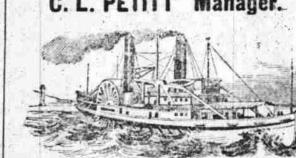
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cality. Terms easy. Vacant lot on Road street, south of

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