

INSOMNIA.

A Few Suggestions for the Sleepless.

New York suffers more for lack of sleep than for lack of food, and this privation is on the increase to a fearful degree. One reason for that excessive drinking which ruins our business men may be found in the fact that men thus make up for the loss of sleep. The use of stimulants under such circumstances is doubly pernicious, but this does not prevent it. All classes of brain-workers suffer to a greater or less degree, but the most painful instances are found among Wall street brokers and speculators, who are under such intense excitement that healthy sleep often becomes an impossibility. The next in point of suffering are preachers and play-actors, who also become excited to an intense degree. Editors, lawyers, physicians, and business men also suffer from insomnia, and the following paragraph, clipped from a morning paper, is an appeal which might be repeated by a large part of our population:

"Sleeplessness.—I am troubled with this complaint; 35 years old; married; happy home; active business; \$20 for recipe or cure. Address Sleep."

My reply to the above is entirely gratuitous, and yet may be of some value, being the result of experience. Avoid intoxicating drinks, and, if possible, get your work done before dark. If very nervous, a warm bath is advisable, for which a wash-bowl and a sponge may suffice. Eat moderately before going to bed. To break off annoying thoughts, which keep one awake, repeat poetry or count steadily from one to 100. I know a man who goes over "Gray's Elegy" night after night until it ends in sleep, while another counts as above mentioned until the same result is reached.

Anything that will divert the mind from its tendency to prey upon itself promotes sleep. If it be too cold for a tepid bath, then friction of the skin is beneficial. Opiates are decidedly objectionable, but there is a sedative which is both safe, efficacious, and hence should be better known. This is bromide of potassium, which, in a weak solution, soothes the nerves in a harmless manner. It should, however, be properly prepared by the druggist. Some people have waking spells during the night, and it is better to rise and walk round the house than to toss in bed. A man of my acquaintance who has such waking spells walks the streets for a half hour and then returns to bed and obtains sleep.

Knowing the liability of public speakers to insomnia, I asked the most excitable of this class (John B. Gough) how he obtained sleep after one of his thrilling lectures, generally two hours in length. He replied: "On returning to my room I begin reading some interesting book, and in this manner fill my mind with other thoughts, and then I can sleep." Public speakers find it very difficult to stop thinking after they have stopped speaking. Old Lyman Beecher, father of the Brooklyn orator, had a load of sand in his cellar, and after evening service he shoveled it from one side to the other, and by this exercise toned down the fever of his brain, often finishing by playing the violin, which was one of his accomplishments. Bodily exercise is certainly very efficacious under such circumstances.

Persistent insomnia is one of the first signs of insanity, and hence should at once call for treatment. As men advance in life naps in the daytime become very useful. I know one brain-worker who takes two or three, and also sleeps well at night. If New York could have a nooning, and our business men could recruit their tired nerves by "kind nature's sweet restorer," there would be less drinking; but as they have no time for this, they keep themselves up by the bottle, and then often lie awake at night from the excitement caused by intoxication. Sleep being our great necessity, I offer these suggestions to such of my readers as may find them of service. As a general rule people should sleep all they can. The most noted victim of insomnia was Horace Greeley, whose intense mental labors and anxiety during that fatal Presidential canvass led through loss of sleep to insanity, and then again a general collapse of an overworked system, which soon found relief in death.—N. Y. Letter.

Hydrophobia.

The symptoms of hydrophobia, as issued by the direction of the University of London, are as follows: The disease occurs in dogs of all ages, and may appear at any season of the year, the fact being recognized by a change of demeanor of the dog, which becomes dejected, morose, inclined to roam, and anxious to hide itself. It gnaws at wood, stones, and any refuse which it sees, snaps at imaginary objects, and becomes unusually excited by strange or sudden noises; it rubs its throat with its paws, as if striving to get rid of some object lodged there, and at the same time there is a more or less abundant flow of saliva from the mouth. The dog will also attack its master, or animals of any kind, but is most easily roused to fury by the presence of other dogs. There is, throughout the disease, no dread of water. If a dog has shown any of the symptoms of madness, it should at once be loose muzzled and securely chained up; and all dog bites should be immediately cleansed by suction and washing, and be at once cauterized.

Adulations.

Tennyson says that chalk and alum and plaster are sold to the poor for bread, and that the virtuous madman flashes up in the ruffian's brain till the filthy highway rings with the yell of a trampled wife, and he might have gone further and told of numerous adulterations both in food and drink. Mustard is adulterated with sulphate of lime, naphthalene yellow, and dark flour. Black pepper is reduced with charcoal, buckwheat chaff, mustard bean, ground cocoon, and dried potatoes; cayenne pepper with corn meal colored with Venetian red; allspice or pimento with cocoa shells; cloves with clove stems and cocoa shells; mace with corn meal; cinnamon and cassia with ground crackers, stale bread, and biscuits baked and ground; ginger with corn meal, cayenne pepper; and turmeric green tar-

tar is adulterated with terra alba and corn flour. To know that cream tartar is pure take a half teaspoonful of it and put it in a tumbler with hot water. If pure, it will all dissolve without sediment.

Extremely Delicate.

Louisa Pinkney, a colored school teacher, boarded at the house of "Guinea Nigger" Dan. Louisa had been educated with great care. Not only her mind, but her tastes, particularly in matters of diet, had received instruction. It soon became evident that the table of "Guinea Nigger" Dan was entirely too ordinary for Louisa. The conventional dishes of the colored race were scorned by her. Dan, observing her high disdain, shook his head and remarked to his wife:

"Get eben wid dat gal fore she's er week ober. Er colt ken sometimes fling up his head so high dat he'll stumble ober a log. She may make fun o' me all she wants ter, but when she turns up dat flat nose at de vid-dults whut it hab pleased de Lawd ter put afore her, w'y den, suthin' rises on my back like de bristles on er swamp hog. Jes' let her prance erlong. Airter erwhile I'll gin her suthin' ter snuff erbout."

"I don't like this meat," said Louisa, at dinner.

"Whut de matter wid de meat, chile?" asked Dan.

"Oh, it's coarse. It's hog meat, is it not?"

"Yes, hog meat, chile."

"Well, I don't like hog meat. It isn't delicate enough."

"Likes delicate meat, does yer chile?"

"Yes, and must have it."

"Uh, huh, an' yer shall hab it, too. Hab yer some mighty delicate meat terner, at dinner."

"Oh, I thank you, kindly."

"Yes, o' cose yer does."

When the teacher sat down to dinner the following day, old Dan, after waiting until the fastidious boarder had begun to eat, said:

"How yer like dat meat?"

"Oh, it's splendid."

"Delicate 'nuff ter suit de palate o' yer mighty fine mouf?"

"It is just right, thanks."

"Uh, huh, glad ter heah it. Yer doan know how much trouble I had gittin' dat sorter meat. Had ter look all ober de country fore I found hit. At last I got holt o' er lamb—"

"Allow me to thank you for your trouble."

"Not er tall, chile; not er tall. Hunted er long time fore I foun' one dat I wanted. Yer said yer wanted delicate meat, an' I sarched wid dat fack in view. At last I foun' er lamb dat wa'n't enjoyin' de best o' health. Powerful delicate thing—so weak he couldn't hardly stan' up. I axed er man how long he thought it woul' live, an' he 'lowed dat it woul' if de win' wuz favorable, stay on dis earth 'bout er hour longer, an'—whut's de matter, lady, doan yer like de meat? Get roun' dar, wife, an' hol' de chile's head. Doan yer see how she's gree'n herself. Sorry dat it doan gree' wid her. Yes, chile, yerk—yerk, yerk—meat so delicate. Swing corners wid her head, wife. Pore lady, sorter delicate herself."—Arkansas Traveler.

Fun in Old England.

A pole thirty feet long and four or five inches in diameter was laid down with one-half its length secured on the shore, the other half being over the water. At the water end of the pole a large box was suspended with a greased pig in it. Seven men tried for half an hour to get at the pig by walking the greased pole. They would take a step two and then tumble head over heels into the water. The crowd roared with laughter. Finally one of the men walked about half the distance out and made a jump, so that he was able to get hold of the string on the box which opened the trap-door at the bottom and let the pig into the water. Then he had to jump into the water himself, catch the pig and bring it ashore. As the pig was greased this was no easy task, but the fellow finally succeeded, and walked off with the animal, which let everybody know it was alive by shrieking all it could.—Kent Cor. Brooklyn Union.

Death in Shakspeare.

There are in Shakspeare's plays about ninety deaths, taking place either on the stage or behind the scenes, of important personages. It might be increased by soldiers and attendants who are killed by the way. Cold steel (the dagger or the sword) accounts for about two-thirds of the whole; twelve persons die from old age or natural decay, in some cases hastened by the trying circumstances of their lives; seven are beheaded; five die by poison, including the elder Hamlet, whose symptoms are so minutely described by his ghost; two of suffocation, unless, indeed, Desdemona makes a third; two by strangling, one from a fall, one is drowned, three die by snake-bite, and one, Horner the armorer, is thumped to death with a sand-bag.

One of the Sweet Things You Read Of.

"Madam," said a husband to his young wife, in a little altercation which will spring up in the best regulated families, "when a man and his wife have quarreled and each considers the other at fault, which of the two ought to advance toward a reconciliation?" "The better natured and the wiser of the two," said the wife, putting up her mouth for a kiss, which was given with an unctious. She was the conqueror.—New York Ledger.

French Novels.

"You must pay very close attention to your French, dear," said a fashionable mother to her darling daughter, "if you want to enjoy French novels. When they are translated, they are refined down to a point of commonplace goodness that is absolutely stupid."—Burlington Hawkeye.

LIBERTY may enlighten the world, but it takes common sense to strike the match giving blaze to the torch.

A THRILLING EXPERIENCE!

Remarkable Statement of Personal Danger and Providential Escape.

The following story—which is attracting wide attention from the press—is so remarkable that we cannot excuse ourselves if we do not lay it before our readers, even though its length would ordinarily preclude its admission to our limited space.

To the Editor Rochester (N. Y.) Democrat:

Sir—On the first day of June, 1881, I lay at my residence in this city surrounded by my friends and waiting for death. Heaven only knows the agony I then endured, for words can never describe it. And yet, if a few years previous any one had told me that I was to be brought so low, and by so terrible a disease, I should have scoffed at the idea. I had always been uncommonly strong and healthy, and weighed over 200 pounds, and hardly knew, in my own experience, what pain or sickness were. Very many people who will read this statement realize at times that they are unusually strong and healthy, and count for it. They feel dull pains in various parts of the body and do not understand it. Or they are exceedingly hungry one day and entirely without appetite the next, just the way I felt when the relentless malady which had fastened itself upon me first began. Still I thought nothing of it; that probably I had taken a cold which would soon pass away. Shortly after this I was taken with a severe neuralgia, pain in one side of my head, but as it would come one day and be gone the next, I paid little attention to it. Then my stomach would get out of order and my food often failed to digest, causing a great inconvenience. Yet, even as a physician, I did not think that these things meant anything serious. I fancied I was suffering from malaria and doctored myself accordingly. But I got no better. I was then afflicted with a peculiar color and odor about the fluids, and also—that there were large quantities one day and very little the next, and that a persistent froth and scum appeared upon the surface of the fluids, and a sediment settled. And yet I did not realize my danger, for I had been feeling these symptoms continually, and my suspicion was wholly disarmed by the fact that I had no pain in the affected organs or in their vicinity. Why I should have been so blind I cannot understand.

I consulted the best medical skill in the land. I visited all the famed mineral springs in America and traveled from Maine to California, and returned home with a host of physicians agreed as to my malady. One said I was troubled with spinal irritation; another, dyspepsia; another, heart disease; another, general debility; another, congestion of the base of the brain; and so on, through a long list of common diseases, the symptoms of many of which I really had. In this way several years passed, during which time I was steadily growing worse. My condition had really become pitiable. The slight symptoms I at first experienced were developed into terrible and constant disorders. My weight had been reduced from 207 to 130 pounds. My life was a burden to myself and friends. I could retain no food on my stomach, and live on which I depended for a living mass of pain. My pulse was uncontrollable. In my agony I frequently fell to the floor and clutched the carpet, and prayed for death. Morphine had little or no effect in allaying the agony, and at times and nights I had the death-premonitory hiccoughs constantly. My water was filled with tube-casts and albumen. I was struggling with Bright's disease of the kidneys in its last stage.

While suffering thus I received a call from my pastor, the Rev. Dr. Foote, at that time rector of St. Paul's Episcopal Church, of this city. I felt that it was our last interview, and took it according to the usual custom, detailing to me the many remarkable cures of cases like my own which had come under his observation by means of a remedy, which he urged me to try. As a practicing physician, and taking it according to the usual custom, I derived the idea of any medicine outside the regular channels being in the least beneficial. So, reluctantly, however, as Dr. Foote, that I finally promised I would waive my prejudice. I began its use on the first day of June, 1881, and took it according to the directions. It sickened me; but this I thought was a good sign for one in my debilitated condition. I continued to take it; the sickening sensation departed and I was finally able to retain it upon my stomach. In a few days I noticed a decided change for the better, as also did my wife and friends. My hiccoughs ceased and I experienced less pain than formerly. I was so rejoiced at this improved condition that I wrote upon what I had believed but a few days before was my dying bed, I vowed, in the presence of my family and friends, should I recover I would both publicly and privately make known the fact according to the usual custom, wherever and whenever I had an opportunity, and this letter is in fulfillment of that vow. My improvement was constant from that time, and in less than three months I had freed from pain, and I believe I owe my life and present condition wholly to Warner's Safe Cure, the remedy which I used.

Since my recovery I have thoroughly reviewed the subject of kidney difficulties, and Bright's disease, and the truths developed are astounding. I therefore state, deliberately, and as a physician, that I believe more than one-half the deaths which occur in America are caused by Bright's disease of the kidneys. This may sound like a statement, but I am prepared to fully verify it. Bright's disease has no distinctive symptoms of its own (indeed, it often develops without any pain whatever in the kidneys), but the danger is in the system like a thief, manifests its presence, if at all, by the commonest symptoms, and fastens itself upon the constitution before the victim is aware of it. It is nearly as hereditary as consumption, quite as common, and fully as fatal. Entire families, inheriting it from their ancestors, have died, and yet none of the number knew or realized the mysterious disease which was removing them. Instead of common symptoms, it often shows whatever, but brings death suddenly, from convulsions, apoplexy, or heart disease. As one who has suffered, and knows by bitter experience what he says, I implore every one to read the system like the slightest symptoms of kidney difficulty. Certain agony and probable death will be the sure result of such neglect, and no one can afford to hazard such chances. I am aware that some may question the statement as this, coming from me, but fully I am throughout the entire land as a practitioner and lecturer, will arouse the surprise and possible animosity of the medical profession, and I make the foregoing statement based upon facts which I am prepared to produce and truths which I can substantiate to the letter. The welfare of those who may possibly be sufferers such as I was, is an ample inducement for me to take the step I have, and if I can successfully warn others from the dangerous path in which I once walked, I am willing to endure all professional and personal consequences.

ROCHESTER, N. Y., Dec. 30.

Clara Belle on Freckles.

Do not distress yourself, Laura B. Lemon juice, vinegar, buttermilk, or any approved freckle lotion may fail to remove your freckles, and they say that in England freckles are so fashionable just now, as well as here in New York, that artificial means are adopted for producing them. A freckle manufacturer has invented a sort of sand that, rubbed into the cheeks, comes out in freckles. They say that it is nice for people to have iron hidden in their blood and visible on their faces, freckles being the outward sign of the inward iron.—Cincinnati Enquirer.

Eyes are only fifty cents a dozen in Washington Territory.

Joyfully Astonished.

Mr. James Brunt, Deputy Sheriff, Baltimore, Maryland, writes: In an experience of thirty years I have become acquainted with numerous so-called specifics for coughs and colds, but never before experienced such surprising efficacy as was obtained from the Red Star Cough Cure. I was attacked with a severe deep-seated cold and cough. I suffered for some time, and tried this valuable remedy. I was completely cured by the use of one bottle.

Before and After.

Before Gribbley's election, a citizen says: "That fellow, he hasn't got sense enough to shake when he has a chill. He should never be elected." After Gribbley's election: "Yes, he is elected, and in my opinion will make a fine officer. I have always been his friend, and I regard his success as a great triumph of brains."—Arkansas Traveler.

A Bad Omen.

We should be heedful of warnings. Nature gives us such. Inactivity of the kidneys and bladder is an omen of danger. The diseases which attack those organs are among the most fatal and obstinate, and are usually preceded by the above symptom of growing weakness. The best invigorant under such circumstances is Hostetter's Stomach Bitters, a safe as well as active remedy. The proper degree of energy is imparted to the operations of these important secreting and discharging glands, without overstimulation, by the Bitters. In that respect, as it surpasses and is preferable to diuretics which overact. The article is also a preventive of chills and fever, and bilious remittent, and cures rheumatic ailments, dyspepsia, debility and nervousness. It cures the head and all kinds of nervous symptoms of any of these ailments, but use the Bitters at once.

APPROPOS of the late Edward Bulwer, Lord Lytton, who perhaps will be long remembered for his "puppy dog" correspondence, it is worth while to recall the caustic description of his "ideal" that once appeared in the "Quarterly." It is alluded to by Mr. Edmund Yates in his memoirs. According to the story, the noble lord's idea of a perfect wife was "a woman who would sit on a footstool at his feet, looking up fondly in his face, and only interrupt him to whisper that he was the handsomest creature on earth."

About twenty-five years since Mason & Hamlin announced important improvements in reed instruments, then known as melodions. So considerable were the changes and improvements that they claimed for their new instrument another and better name—organ or cabinet organ—by which it has become universally known, and obtained wonderful usefulness and success; about 80,000 organs being now made in this country yearly, while American organs are largely exported to every civilized country.

The same company now offer to the public an improved Upright Piano, which they have been experimenting upon and testing for a number of years, and confidently claim presents improvements of the greatest practical value. A distinguishing characteristic is that they entirely dispense with wood in holding the strings, which are secured by metal fastenings directly to the iron plate, so securing perfect vibration and more pure musical tones, with much greater durability. The changing conditions of wood, so objectionable in such a matter, are entirely avoided. The improvement certainly seems to be one of great importance.—Boston Traveller.

Two Famous Moralists Meet.

Dr. Johnson no sooner met Dr. Adam Smith for the first time than he brought forward a charge against him for the death of Hume. Smith said he had vindicated the truth of the statement. "And what did the Doctor say?" "He said the universal query, 'Why, he said—he said—' said Smith, with the deepest impression of resentment, 'he said—'You lie!' "And what did you reply?" "I said 'You are a ———' " On such terms did these two great moralists meet and part, and such was the classic dialogue betwixt them.—Croker's "Diary of Recollections."

BAD treatment of stricture often complicates the disease and makes it difficult of cure. The worst and most inveterate cases speedily yield to our new and improved method. Pamphlet, references, and terms sent for two three-cent stamps. World's Dispensary Medical Association, Buffalo, N. Y.

It is a singular contradiction that when the mosquito visits you he stays to hum. Important. When you visit or leave New York City, save Baggage Express and Carriage Hire, and stop at the Grand Union Hotel, opposite Grand Central Depot; 600 elegant rooms fitted up at a cost of one million dollars, and fully equipped upwards per day. European plan. Elevator. Restaurant supplied with the best. Horse cab, stage, and elevated railroad to all depots. Families can live better for less money at the Grand Union than at any first-class hotel in the city.

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Horsford's Acid Phosphate.

Beware of imitations. Imitations and counterfeits have again appeared. Be sure that the word "Horsford's" is on the wrapper. None are genuine without it.

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can be had for Coughs and Colds, or any trouble of the Throat, than "Brown's Bronchial Troches." Price 25 cents. Sold only in boxes.

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Absolutely Free from Opium, Emetics and Poisons.

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We answer unequivocally, yes! If the patient commences in time the use of Dr. Pierce's "Golden Medical Discovery," and exercises proper care. If allowed to run its course too long, all medicine is powerless to stay it. Dr. Pierce never deceives a patient by holding out a false hope for the sake of pecuniary gain. The "Golden Medical Discovery" has cured thousands of patients when nothing else seemed to avail. Your druggist has sent two stamps for Dr. Pierce's complete treatise on consumption, with numerous testimonials. Address World's Dispensary Medical Association, Buffalo, N. Y.

"We are having a jawee-us time," said the man who was quarreling with his "botter-half."—Gouverneur Herald.

A HAPPY combination of best Grape Brandy, Smart-Weed, Jamaica Ginger, and Camphor Water, as found in Dr. Pierce's Compound Extract of Smart-Weed, cures cholera morbus, diarrhoea, dysentery or bloody flux, colic or cramps in stomach, and breaks up colds, fevers, and inflammatory attacks.

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A reporter has interviewed Hon. Wm. D. Kelley, M. C.; Hon. Judge Flanders, of New York; and T. S. Arthur, Mayor of New York. These interviews give surprising results and show this treatment for the cure of chronic diseases to be most remarkable. A copy of these interviews, also a Treatise on Compound Oxygen, will be mailed free, by Drs. Starkey & Falen, 1109 Girard st., Philadelphia.

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THE VOLTAIC BELT CO., of Marshall, Mich., offer to send their celebrated ELECTRO-VOLTAIC BELT and other ELECTRIC APPLIANCES on trial for thirty days, to men (young or old) afflicted with nervous debility, loss of vitality and manhood, and all kinds of troubles. Also for rheumatism, neuralgia, paralysis, and many other diseases. Complete restoration to health, vigor, and manhood guaranteed. No risk is incurred, as thirty day trial allowed. Write them at once for illustrated pamphlet, free.

MEN'S MAN'S PEPTONIZED BEEF TONIC, the only preparation of beef containing its entire nutritious properties. In restoring blood, making, force-generating, and life-sustaining properties; invaluable for indigestion, dyspepsia, nervous prostration, and all forms of general debility; also, in all enfeebled conditions, whether the result of exhaustion, nervous prostration, overwork, or acute disease, particularly if resulting from pulmonary complaints. Caswell, Hazard & Co., proprietors, New York. Sold by druggists.

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Or CHILLS and FEVER,

AND ALL MALARIAL DISEASES

The proprietor of this celebrated medicine justly claims for it a superiority over all remedies ever offered to the public for the SAFE, CERTAIN, SPEEDY and PERMANENT cure of Ague and Fever, or Chills and Fever, whether of short or long standing. He refers to the entire Western and Southern country to bear his testimony to the truth of the assertion that in no case whatever will it fail to cure if the directions are strictly followed and continued.

In a great many cases a single dose has been sufficient for a cure, and whole families have been cured by a single bottle, with a perfect restoration of the general health. It is, however, prudent, and in every case more certain to cure, if its use is continued in small doses for a week or two after the disease has been checked, more especially in difficult and long-standing cases. Usually this medicine will not require any aid to keep the bowels in good order. Should the patient, however, require a cathartic medicine, after having taken three or four doses of the Tonic, a single dose of BULL'S VEGETABLE FAMILY PILLS will be sufficient.

BULL'S SARSAPARILLA is the old and reliable remedy for impurities of the blood and Scrofulous affections—the King of Blood Purifiers.

JOHN BULL'S VEGETABLE WORM DESTROYER is prepared in the form of candy drops, attractive to the sight and pleasant to the taste.

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