

A Help to Good Digestion.

In the British Medical Journal Dr. W. Roberts of England discusses the effect of liquors, tea, coffee, and cocoa on digestion. All of them retard the chemical processes, but most of them stimulate the glandular activity and muscular contractions. Distilled spirits retard the salivary or peptic digestion, but slightly when sparingly used. Wines were found to be highly injurious to salivary digestion. On peptic digestion all wines exert a retarding influence. They stimulate the glandular and muscular activity of the stomach. Fervent wines exert the greatest amount of good with the least harm to digestion. When one's digestion is out of order every thing goes awry, unless, as in the case of T. T. Seals of Bellaire, Ohio, who had had dyspepsia for seven years, the digestive apparatus is kept in apple-pie order by Warner's Tippecanoe, the best appetite producer and regulator in the world.

Tea, even in minute quantities, completely paralyzes the action of the saliva. The tannin in strong tea is injurious. Weak tea should be used, if at all. Strong coffee and cocoa are also injurious if used in excess.—*The Cosmopolitan*.

The Deadly Cigarette.

Cigarette smoking has the same effect on boys and young men as opium has on grown people. The tobacco which the cigarettes are made of is so mild in taste that the smoke from them can be drawn on the lungs or inhaled, which, in time, will have an injurious effect upon the smoker. The inveterate cigarette smoker will reject a fine imported cigar for a cigarette, preferring the latter, which, in bundles, cost only half a cent apiece. The price of the article ought in itself to be a sufficient proof that cigarettes are made out of common material, and cheap things are always bad. Some people imagine that gum opium is used in cigarettes, but this is a mistake, as that drug costs \$5 a pound, which would be too expensive to the cigarette manipulator. The white paper is bleached by an arsenical preparation, and that is poisonous enough, heaven knows. Cigarettes ought to be stamped out of existence, for they are sapping the life out of our young men.—*Tobacco dealer, in Brooklyn Union*.

Facts for Families.

In order to cook your hare you must always first catch it.

It is much easier to catch a cold than to catch a hare.

To get rid of a cold always use Red Star Cough Cure.

To get Red Star Cough Cure only requires twenty-five cents.

Peril of the Theological Student.

One of the religious papers, the Chicago *Interior*, thinks that the girls play the mischief with the theological students. "The young brother, as soon as 'Rev. is duly fastened on before his given name, makes a bee line for his girl, and she meets him half-way down the lane, and they kiss each other a few times and walk lovingly together to some old preacher who ought to know better, and he puts his hands on their heads and tells them to be good—and so spoils a missionary."

A Decided Difference.

At the last meeting of the Conundrum Club the following was pronounced:

"What is the difference between woman's sphere and woman's fear?"

After a long and severe struggle the conundrum was given up, and the perpetrator said:

"One is a house, the other a mouse."—*New York Morning Journal*.

Force of Habit.

A well-known Texas gambler was converted and became a minister. One Sunday, just before the service began, he was absorbed in thought, when he was approached by the organist, who, referring to the opening hymn, said: "What shall I play?"

"What kind of a hand have you?" responded the absent-minded minister.—*Aleck Sweet*.

THE curiosities are not all under canvas. A Kansas man has a wife who has worn one bonnet twenty-two years.

Feeble Frames, Shaky Nerves

And dyspeptic stomachs are usually found in conjunction. Vitality is lacking in all three. How can this be created? Simply by using Hostetter's Stomach Bitters with regularity, abstaining from habits inconsonant with health, and by the use of a digestible diet. As an initial step toward the reinforcement of a depleted system, a resort to Hostetter's Stomach Bitters is most desirable, since it corrects acidity consequent upon a vitiation of the glands, and the presence of bile in the stomach, and having regulated and, as it were, lubricated the digestive mechanism, sets it and keeps it at work. An immediate gain in vigor is the result. The food is converted into blood, upon which the system draws for nutrition, the nerves as they acquire vigor become tranquil, the muscular fiber gains substance and hardness, and appetite and sleep improve. Consti-liments yield to the Bitters.

Gently does DR. WALKER'S VINEGAR BITTERS relieve the constipated bowels; at the same time thoroughly toning their inner membrane and restoring their mechanical action. Yet the result is solely due to nature, re-enforced and sustained by the best vegetable alterative and tonic that ever passed the lips of the sick and suffering.

"WHERE are the friends of our youth? All in the poor house."—*Carl Pretzel's Weekly*.

PURE Cod-Liver Oil, made from selected livers on the sea-shore, by CASWELL, HAZARD & CO., New York. It is absolutely pure and sweet. Patients who have once taken it prefer it to all others. Physicians have decided it superior to any of the other oils in market.

"I have found Athiophoros to be all that is claimed for it," is the straightforward testimony of Dr. H. H. Joy, 339 State street, corner Harrison street, Chicago, Ill., to the virtues of this great remedy in all cases of rheumatism and neuralgia.

The best and cheapest Car-Starter is sold by Borden, Selleck & Co., Chicago, Ill. It cost only 25¢.

FIVE dollars can be saved every year in boots and shoes by using Lyon's Heel Stiffener; cost only 25¢.

BRONCHITIS is cured by frequent small doses of Piso's Cure for Consumption.

THE HAPPINESS OF ELYSIUM.

Elysium was the name given by the ancient Greeks to the resting place of the righteous dead, where they should enjoy eternal peace and happiness. None but the pure in heart, the truthful and generous could tread the asphodel meadows of the Elysian fields, and it was a land of everlasting delight. When, therefore, Mrs. Kate Sherman, of Streator, Ill., said recently that she had been in Elysium, though of course she spoke figuratively, it argued that some great good fortune and joy had come to her. And such, indeed, was the truth. Mrs. Sherman tells how it was in this way:

"I have suffered from inflammatory rheumatism for more than thirty years. Heretofore the pain would succumb to the application of hot wet flannel, but at my last attack circumstances had conspired to aggravate the disease, and I became helpless. My hands and feet were swollen enormously, and I suffered almost mortal agony. My physician bought me a bottle of Athiophoros. After taking the third dose I was in Elysium, and was free from pain. By the time I had taken a bottle and a half I felt so wonderfully improved that I discontinued the medicine. I have an ungovernable dislike to all medicine, but I will say that Athiophoros probably saved my life, as I was running down rapidly, and could not have endured the pain much longer. It afforded me the only relief I ever experienced except from hot water, and that had failed me."

The Rev. Samuel Porter, of Crete, Ill., says of the effect of Athiophoros upon his wife:

"Mrs. Porter was very much benefited by the first bottle. Before she commenced taking it she could not walk, she was so badly afflicted with rheumatism, but she was soon able to walk. She sleeps well. Mr. John Hews, our neighbor, was very badly off with the rheumatism last winter, and was not able to work or even to get out of his room. One bottle of Athiophoros cured him, but he has to keep it by him to take when he feels his old difficulties."

Another clergyman, the Rev. C. Hartley, of Huntley, Ill., gives this as his experience with the remedy:

"For six months I suffered severely from an attack of rheumatism. A friend sent me a notice of several reliable cures effected by Athiophoros. I procured the medicine, and less than one bottle completely cured me, and I have not had the least indication of a return of the painful disease. I have recommended it to others, and results similar to those in my own case have followed. I regard Athiophoros as invaluable."

A. M. Blakney, who lives at the corner of Union and Green streets, Decatur, Ill., only confirms the general testimony to the value of Athiophoros when he says:

"During the past winter I was stricken with a very severe attack of rheumatism—a disease with which I had been afflicted for several years—and was rendered almost helpless, and confined to my bed. I tried various medicines, and was prescribed for by physicians with no avail. Finally I was induced by my druggist to try Athiophoros. I was relieved and cured so quickly that words could not tell my surprise. I do not hesitate in recommending it to any one suffering with that most painful complaint, rheumatism."

If you can not get Athiophoros of your druggist we will send it, express paid, on receipt of regular price—one dollar per bottle. We prefer that you buy it from your druggist, but if he hasn't it, do not be persuaded to try something else, but order it from us, as directed. ATHIOPHOROS CO., 112 Wall street, New York.

Witchcraft.

There were, no doubt, many designing and lazy old women in former times, who pretended to be witches in order to get an easy living. They helped to spread the superstition concerning witchcraft, and brought many harmless people to death through their impositions. The charms by which so-called witches worked were short rhymes at the different stages. In the fifteenth century an old dame was tried for using witchcraft in curing diseases, when the judges promised to liberate her if she would divulge her charm. This she readily did, and informed the court that the charm consisted in repeating the following words, after the stipulated pay, which was a loaf of bread and a penny:

My loaf in my lap,
My pen in my purse,
The art never the better,
And I am never the worse.

It is claimed that nothing can move without making a noise. The man who gets away in the night to avoid paying rent gives silence a close shave.

How to Get Strong.

Dumb-bells and horizontal bars, Indian clubs and the trapeze are valuable under certain conditions, but they are detrimental rather than beneficial if the blood is poor and thin and poisoned with bile. Use of the muscles necessitates waste as well as induces growth. If the blood does not carry sufficient nutriment material to repair the waste, loss of strength necessarily follows, and growth is out of the question. Purify and enrich your blood with Dr. Pierce's "Golden Medical Discovery," and then exercise will develop and not consume your physique.

A man is often called a bartender when in reality he is a bar tough.—*Yonkers Statesman*.

A Peck of Peas (P's).

Here are a Peck of Peas, sweet Peas, if you will. Perseverance, Patience, Promptness, Proficiency, Push and Politeness. Add to these Dr. Pierce's "Pleasant Purgative Pill" and you will get well through the world without much trouble. The Pellets prevent constipation and surplus of bile which lead to many different complaints. Enclosed in glass, always fresh, entirely vegetable, prompt, and perfectly hairless. Any druggist.

A MAN doesn't know the true import of wearing a tunic until he gets a bridle in his hat. *Martin's Traveller*.

Lost Faith in Physicians.

There are innumerable instances where cures have been effected by SCOVILLE'S BALSAM OF BLOOD and Liver Syrup, for all diseases of the blood, when the patient had been given up by physicians. It is one of the best remedies ever offered to the public and as it is prepared with the greatest care, as a specific for certain diseases, it is no wonder that it should be more effectual than hastily written and carelessly prepared prescriptions. Take SCOVILLE'S BLOOD AND LIVER Syrup for all disorders arising from impure blood. It is endorsed by all leading professional men.

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BRONCHITIS is cured by frequent small doses of Piso's Cure for Consumption.

Dr. Sage's Catarrh Remedy surpasses all.

MAN wants but little here bill owe, but wants that little paid.—*Whitehall Times*.

CHAPPED Hands, Face, Pimples and rough Skin, cured by using JUNIPER TAR SOAP, made by CASWELL, HAZARD & CO., New York.

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Free from Opium, Emetics and Poison.

SAFE. SURE. PROMPT.

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Relieves Pain at Once.

Allays Inflammation. Heals Sores. Restores Taste and Smell.

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For the cure of Chronic Disease, Chronic Rheumatism, Neuralgia, Sciatica, Damp, Cough, Cancerous Affections, Syphilitic Complaints, Bleeding of the Lungs, Dyspepsia, Water-Brash, White Swelling, Tumors, Hip Diseases, Mercurial Diseases, Female Complaints, Gout, Dropsey, Bronchitis, Consumption. For the cure of

SKIN DISEASES.

Eruptions of the Face and Body, Pimples, Blotches, Salt Rheum, Old Sores, Ulcers.

Dr. RADWAY'S Sarsaparillian Resolvent excels all remedial agents. It purifies the blood, restoring health and vigor; clear skin, beautiful complexion secured to all.

Liver Complaints, Etc.

Not only does the Sarsaparillian Resolvent excel all remedial agents in the cure of Chronic Scratches, Constitutional and Skin Diseases, but it is the only positive cure for

Kidney and Bladder Complaints.

Urinary and Womb Diseases, Gravel, Diabetes, Dropsy, Scrophulus, Venereal Infection, of Urine, Bright's Disease, Gonorrhœa, etc. In all cases where there are brick-dust deposits, or the water is thick, cloudy or mixed with substance like the white of an egg, or there is a morbid, dark, bilious appearance and white bone deposit, there is a pricking, burning sensation when passing water, and pain in the small of the back and along the loins.

Sold by druggists. Price \$1 per bottle.

DR. RADWAY'S READY RELIEF, the Great Pain Remedy.

DR. RADWAY'S PILLS

Cure Dyspepsia and all Disorders of the Stomach, Liver and Bowels. Be sure to get RADWAY'S.

DR. RADWAY & CO., NEW YORK.

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Coughs, Croup & Whooping Cough.

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The Sweet Gum from a tree of the same name growing in the South, combined with a tea made from the Mulin plant of the old fields. For sale by all druggists at 25 cents and \$1.00 per bottle.

WALTER A. TAYLOR, Atlanta, Ga.

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B. H. DOUGLASS & SONS' Capsicum Cough Drops

for Coughs, Colds and Sore Throats, an Alleviator of Consumption, and of great benefit in most cases of Dyspepsia.

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They are the result of over forty years' experience in compounding COUGH CURES.

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