THROUGH THE FOREST.

The Old and Young Danced All Night. Our Hardy Ancestors.

Old men live in the past.

Perhaps it would be better for the young men of the present, if they lived a little bit more in the past, and drew less on the future.

The log cabins of primitive times would seem very cheerless habitations to the people who live in the finely constructed, furnace heated mansions of to day. But our grandparents took a great deal of comfort in these rude homes.

They were rugged and healthy. The men had stalwart and hardy frames, and the women were free from the modern ailments that make the sex of to-day practically helpless slaves to hired foreign help.

White haired grand-sires frequently took their life partners and on horseback rode a score of miles through the forests to enjoy the lively pleasures of a frontier ball, danced till daylight, rode home again in the early morning, then put in a good day's work.

Middle-aged folks of to-day couldn't stand that sort of a racket.

To these mud-chinked log cabins doctors' visits were a rarity. The inhabitants lived to a rugged and green old age.

Sometimes these log cabin old-timers were taken ill. They were not proof against all the exposures to which they were subjected. They found the effective remedies for these common ailments in the roots and herbs which grew in the neighboring forests and fields. They had learned that nature has a cure for every ill. These potent remedies assisted their sturdy frames to quickly throw off disease and left no poison in the system.

The unpleasant feature of modern practice with mineral medicines is the injurious after-effect on the system. May not modern physical degeneracy be due to this feature?

A drug-saturated system is not in a natural, consequently not in a healthy, state. If any of the main organs are clogged with traces of the mineral poisons used to drive out a particular disease, the whole machinery of life is deranged and early decay of natural powers is the inevitable result.

There can be no question that remedies from the laboratory of nature are the best. If they are as efficacious, they have the advantage of *leaving no after sting.*

Their efficacy, if properly compounded, and the proper remedy applied to the proper disease, will not be doubted. The experience of ages proves it.

Their disuse has come about principally through the rapid congregation of people in cities and villages, rendering these natural remedies difficult to obtain. Progressive business enterprise has lately led to putting these old time remedies within the reach of all classes.

The proprietors of Warner's safe remedies, in the faith that the people of to-day would be benefited by using the simple remedies of log cabin days, have caused investigations to be made and secured the formulas of a number of those which long and successful use had proved to be most valuable.

They will, we learn, be known under the general title of "Warner's Log Cabin Remedies." Among these medicines will be a "Sarsaparilla" for the blood and liver, "Log Cabin Hops and Buchu Remedy," for the stomach, etc., "Log Cabin Cough and Consumption Remedy," a remedy called "Scalpine," for the hair, "Log Cabin Extract," for internal and external use, and an old valuable discovery for catarrh, called "Log Cabin Rose Cream." Among the list is also a "Log Cabin Plaster" and a "Log Cabin Liver Pill."

The Only Accident.

"Did any of your family get cut to pieces with a mowing-machine this year?" he asked of a farmer on the market yesterday.

"No, sir."

"Any legs taken off by the reaper?"

"Not a leg."

"Any one fall off a haystack and run a pitchfork into him?"

"No, sir."

"Any one get wound up in the tumbling-rod of the thrashing-machine?"

"No, sir."

"Any one killed by the explosion of a portable boiler?"

"No."

"None of the women burned to death by kerosene?"

"No."

"Well, you ought to be thankful."

"Yes, I suppose so. The only accident we had in our neighborhood occurred to a chap who came out from the city to stay a day or two with me. He fell asleep in the orchard and a calf chewed all the hair off his head!" —*Detroit Free Press.*

A Trifle Sarcastic.

Wife to Husband—I can't comprehend how I ever came to marry such a donkey as you.

Husband—Don't get excited, my dear.

"The only explanation for it is that I was a fool, a wretched, ignominious fool."

"Now look here, my dear, you may abuse me as much as you please, but I shall not allow you to call my wife a fool. You must speak respectfully when you mention her name, even if she does not deserve it."—*Schalk.*

—"I do wish," remarked the white horse, wearily, "that auburn-haired girls would try and keep in doors more."—*Washington Critic.*

VALUABLE ADVICE.

An Eminent Physician Tells How Diphtheria Should Be Treated.

Dr. George M. Sternberg, in the Lamb prize essay on the "Disinfection and Individual Prophylaxis against Infectious Diseases," given by the American Public Health Association, devotes a page to the methods of avoiding diphtheria. He says that insufficient nourishment, the malarial poison and unsanitary surroundings, are predisposing causes to the disease. The diphtheritic poison is capable of increase independently of the sick, in damp, foul places, such as old sewers, damp cellers, and especially under old houses in which the floors come under the surface of the ground, leaving a damp, unventilated space. At all events, Dr. Sternberg says diphtheria often clings to such houses in spite of the application of the usual means of disinfection. There is no doubt of the influence of bad hygienic conditions in maintaining the infection when the disease has been introduced, and it is possible that such conditions may originate diphtheria. Prevention is best secured by complete non-intercourse with the sick, the avoidance of infected localities, and care to exclude all persons and articles coming from such houses from contact with housekeepers or children. The disease is often spread by thoughtless persons who visit the sick-room, and even kiss the infected patients, and then, without any disinfection, fondle healthy children in other places, and perhaps transmit by a kiss the infectious material that has adhered to their lips. The disease may be transmitted by pet animals. But it is the discharges from the throat and nasal passages which are especially dangerous.

Dr. Sternberg says the little bag of camphor or cotton wet with carbolic acid which the fond mother ties about her child's neck to ward off diphtheria or scarlet fever at school are of no use. Nothing but thorough disinfection of the premises and keeping away from the contagion will do. All damp and dark places should be aired and cleaned, ventilation should be secured under every cellar and floor. Plenty of good fires should be maintained in stoves and grates, and abundant air admitted to every room. There is no specific for the disease; it is not known to be due to any special germ. Children should be isolated, put in a room upstairs, or distant from the general living-room. No public funerals should be permitted. If possible, the sick-room should be deserted and fumigated with sulphur every few days. The room should be steamed by a pan of boiling water on the stove for an hour. It should then be closed tight; the keyhole and cracks closed with paper pasted on. Then a tub with an inch of water is set in the middle of the room, and the sulphur is burned in a pan supported on bricks in the water to avoid fire. The sulphur is mixed in with cotton batting, a pound to a bedroom and two pounds to a living-room. The cotton and sulphur are moistened with alcohol, ignited and the room closed for two hours or all night. Only in this way is the disinfection thorough. All rags, handkerchiefs, towels, sheets and garments near the sick should be burned or boiled for a half-hour. The sick-room should be as clear of furniture as possible. Carpets, stuffed chairs and bric-a-brac should be removed from the sick-room. Friends and visitors must be kept out, and the attendants should be regarded as infected persons. The mother should not care for the sick child and at the same time have the family in charge. There must be division of labor and household and sick-room quaratine.—*Indianapolis Journal.*

THE GRAY SQUIRREL.

Some Habits of This Interesting Member of the Rodent Family.

Although the gray squirrel lays up some store of nuts for the winter, he is not a very provident housekeeper, and enjoys his food as he gets it. He sleeps through the rugged weather in some hollow branch or tree trunk, but the warm winter sunshine will sometimes lure him out even when the snow is lying on the hills. Still he is not wholly improvident, as the empty nutshells about his winter quarters testify. His character as a poacher is not above suspicion, and many a bird's nest is rifled of both eggs and downy young when they fall in the way of his rambles.

A rather remarkable feature in the life of the gray squirrel is the irregular migratory movement which numbers of them make at various times, more especially in the fall of the year. For many years the gray squirrels may be scarce in many sections of the country, when all at once some fine autumn morning the woods and trees were overrun with them. Broad rivers offer no barrier to their progress; mountain ranges are crossed and whole areas of woodland are given over to them. These occasional migrations are very similar to the irregular movements of lemming, a ratlike animal of Northern Europe, which at times sweeps over the country in vast hordes, devouring every green thing in their path. A tract of country through which such a migration has passed is often completely devastated. But happily the migrations of our squirrel are not on so large a scale or so frequent, and the crops do not suffer greatly. The cause of these movements is undoubtedly a scarcity of food compelling them to leave, and under a common impulse they unite in one great body and migrate elsewhere.—*Philadelphia Times.*

—Farmer Dickinson, of Chatham, N. J., is a skillful taxidermist, and that he may have birds to stuff and sell he breeds owls which he prepares for the market, which is said to be firm.

At the fourth annual convention of architects in Cincinnati, recently, a house which was built with fire-proof wire lathing, was set on fire in order to show the architects that it would not burn.

PEACE ON EARTH

Awaits that countless army of martyrs, whose ranks are constantly recruited from the victims of nervousness and nervous diseases. The price of the boon is a systematic course of Hostetter's Stomach Bitters, the finest and most genial of tonic nervines, pursued with reasonable persistence. Easier, pleasanter and safer this than to swash the victualing department with pseudo-tonics, alcoholic or the reverse, beef extracts, nerve foods, narcotics, sedatives and poisons in disguise. "Tired Nature's sweet restorer, balmy sleep," is the providential recuperant for weak nerves, and this glorious franchise being usually the consequences of sound digestion and increased vigor, the great stomachic which insures both is productive also of repose at the required time. Not unrefreshed awakens the individual who uses it, but vigorous, clear headed and tranquil. Use the Bitters also in fever and ague, rheumatism, kidney troubles, constipation and biliousness.

It is said that England expends nearly $5,000,000 yearly to maintain her spy system in America.

THE BEAUTY OF WOMAN

is her crown of glory. But alas! how quickly does the nervous debility and chronic weakness of the sex cause the bloom of youth to pass away, sharpen the lovely features, and emaciate the rounded form! There is but one remedy which will restore the faded roses and bring back the grace of youth. It is Dr. Pierce's "Favorite Prescription," a sovereign remedy for the diseases peculiar to females. It is one of the greatest boons ever conferred upon the human race, for it preserves that which is fairest and dearest to all mankind—the beauty and the health of woman.

There is said to be a sheep at Akron, Ohio, which weighs 600 pounds.

IN GENERAL DEBILITY, EMACIATION,

Consumption and Wasting in Children, Scott's Emulsion of Pure Cod Liver Oil with Hypophosphites, is a most valuable food and medicine. It creates an appetite for food, strengthens the nervous system, and builds up the body. Please read: "I tried Scott's Emulsion on a young man whom Physicians at times gave up hope. Since he has been using the Emulsion his Cough has ceased, gained flesh and strength, and from all appearances his life will be prolonged many years."—J. SULLIVAN, Hospital Steward, Morganza, Pa.

It is highly dangerous to use anything but a purely vegetable remedy for the liver. Hobb's Little Vegetable Pills is such, and is recommended by physicians.*

Anne, Queen of Richard II, first introduced side-saddles for ladies.

A SURE THING.

There are very few things in this life of which we may be absolutely certain, but this is one of them: that Dr. Pierce's "Pleasant Purgative Pellets" have no equal as a cathartic in derangements of the liver stomach and bowels. They are very small and their action is pleasant. Purely vegetable, perfectly harmless. 25 cents a vial. All druggists.

Seven years ago Mexico had but 400 miles of railroad; now she has 4,000.

TESTIMONY OF A PAINTER.

No. 105 CARLTON AVENUE, BROOKLYN, N. Y.

Allcock's Porous Plasters are undoubtedly the best external remedy manufactured. I make this assertion to the public from my own personal experience of their wonderful virtues. Suffering from severe pains in my side and chest, contracted through a severe cold, I applied a couple of Allcock's Porous Plasters upon going to bed at night. The result was, that in eight hours after applying them I could get up and walk about with very little pain or ache, when the night previous I could neither get up nor down without help, nor stoop to remove my shoes. I have since used them in my family for various ailments, and have never known them to fail to give almost instant relief.

T. H. BACKUS.

UNITARIAN religious literature sent free on application to Miss E. F. Davison, P. O. Box 520 Portland, Or. Washington correspondents adc. Miss M. DeVoe, Seattle

ITCHING PILES.

SYMPTOMS—Moisture; intense itching and stinging, most at night; worse by scratching. If allowed to continue tumors form, which often bleed and ulcerate, becoming very sore. SWAYNE'S OINTMENT stops the itching and bleeding, heals ulceration, and in many cases removes the tumors. It is equally efficacious in curing all Skin Diseases. DR. SWAYNE & SON, Proprietors, Philadelphia. SWAYNE'S OINTMENT can be obtained of druggists. Sent by mail for 50 Cents.

See Antisell Piano advertisement.

TRYGERMEA for breakfast.

Camelline improves and preserves the complexion.

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The new Texas State House is the largest State Capitol building in the Union.

TO CONSUMPTIVES.

Reader, can you believe that the Creator afflicts one-third of mankind with a disease for which there is no remedy? Dr. R. V. Pierce's "Golden Medical Discovery" has cured hundreds of cases of consumption, and men are living to-day—healthy, robust men—whom physicians pronounced incurable, because one lung was almost gone. Send 10 cents in stamps for Dr. Pierce's book on consumption and kindred affections. Address, World's Dispensary Medical Association, 663 Main Street, Buffalo, N. Y.

Butter and lard should be kept in stone or earthenware, and kept in a cool place.

For relieving Throat Troubles and Coughs, "*Brown's Bronchial Troches*" have a world-wide reputation. *Sold only in boxes.* Price 25 cts.

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Respectfully,

T. A. SLOCUM, M. C., 181 Pearl St., New York

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ELY'S CREAM BALM.

I have used two bottles of Ely's Cream Balm and consider myself cured. I suffered 20 years from catarrh and catarrhal headache and this is the first remedy that afforded lasting relief.—D. T. Higginson, 145 Lake St., Chicago, Ill.

CATARRH

HAY-FEVER

A particle is applied into each nostril and is agreeable. Price 50 cents at druggists; by mail, registered, 60 cents. ELY BROTHERS 235 Greenwich Street, New York.

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SYMPTOMS.

Pains.—Those which afflict the back are the most insidious or subtile. They come at times without warning; we rise from a sitting posture to find the back so crippled or strained as to cause acute suffering.

TREATMENT.

Cure.—Rub the parts afflicted freely with ST. JACOBS OIL; rub hard and vigorously, producing warmth, and if the pain is slow in yielding, wrap the parts in flannel steeped in hot water and wrung out.

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"THE BLOOD IS THE LIFE." Thoroughly cleanse it by using **Dr. Pierce's Golden Medical Discovery,** and **good digestion, a fair skin, buoyant spirits,** and **vital strength,** will be established.

CONSUMPTION,

which is **Scrofula of the Lungs,** is arrested and cured by this remedy, if taken before the last stages of the disease are reached. From its marvelous power over this terribly fatal disease, when first offering this now celebrated remedy to the public, Dr. PIERCE thought seriously of calling it his **"Consumption Cure,"** but abandoned that name as too limited for a medicine which, from its wonderful combination of tonic, or strengthening, alterative, or blood-cleansing, anti-bilious, pectoral, and nutritive properties, is unequaled, not only as a remedy for consumption, but for **all Chronic Diseases of the**

Liver, Blood, and Lungs.

If you feel dull, drowsy, debilitated, have sallow color of skin, or yellowish-brown spots on face or body, frequent headache or dizziness, bad taste in mouth, internal heat or chills, alternating with hot flushes, low spirits and gloomy forebodings, irregular appetite, and coated tongue, you are suffering from **Indigestion, Dyspepsia,** and **Torpid Liver,** or **"Biliousness."** In many cases only part of these symptoms are experienced. As a remedy for all such cases, **Dr. Pierce's Golden Medical Discovery** is unsurpassed.

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WEAK, NERVOUS PEOPLE

Should Take this Great

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