

FOR FLESHY PEOPLE.

An Outline of the Schweninger Treatment for Obesity.

The system of Prof. Ernst Schweninger for the treatment of obesity, which was introduced here about two years ago, has by this time been sufficiently tested to demonstrate that any body who will determinedly follow the regimen prescribed by it can reduce his flesh to any reasonable degree desired, it being understood, of course, that his physical condition is not such by reason of incurable heart or kidney disease as to make reduction perilous. And there is just one thing about it that is hard to get used to. That is the absolute prohibition of all liquids during meals and for an hour before and an hour after each meal. It does not seem so difficult to do without fluids to wash down one's food until it is tried, and the iron pressure of habit in sipping and even gulping water, wine, milk, tea, or coffee while eating is realized. The very fact of prohibition seems to make one more intensely thirsty, and the juiciest food takes on the astringent dryness of chewed pomegranate rind. Of course, one becomes accustomed to it after awhile, eventually does not feel any desire for liquids at the prohibited times, and even finds less disposition to drink at any time than he had before. Then his reward comes, not only in the reduction of flesh, but in a surprising diminution of the nuisance of perspiration, which is the misery of all fat men.

It must not be supposed that this shutting off of liquids is the whole of the treatment, though it appears to be the most important requirement. That banking next to it is that one must not gorge with food, especially food in which sugar and starch are largely component parts.

The Iron Chancellor still lives by Schweninger's rules and in doing so keeps down his tendency to growing fat and remains a wonder of vitality and vigor at his advanced age. No longer ago than last April one of the special dispatches told how he restricted himself in eating to a light breakfast and substantial dinner, with no liquids at meals and only a glass of wine daily, taken just before retiring. One experiment with the bogus system of Bismarck would doubtless afford Germany another first-class funeral.

There is no royal road to relief from corpulence that may be traveled with ease and safety, and without self-sacrifice. Nostrums are from time to time advertised as affording it—such as one now boomed in England, and finding not a few dupes here—but they do not. Starvation a la Banting, and the nostrum cures that profess to reduce gluttons while practicing their gluttony if they will only "take a wineglassful at each meal," are alike dangerous humbugs. Renouncing liquids seems to be demonstrated the safest and best thing when accompanied by due moderation in eating. But in no case is it absolutely safe for a fat person to adopt any really effective measures for reducing weight without thorough preliminary knowledge of the actual condition of his vital organs.—N. Y. Sun.

POOR MARBLE HEART.

He Meets the Man with the Iron Fist and Learns a Lesson.

A young man from some interior town, who was in that condition known as "sprung," was seeking a skirmish at the corner of Woodward and Jefferson avenues yesterday. He said he was the young man of the Marble Heart, whatever that is, and that he felt lonesome because he hadn't shed somebody's blood for three long hours. The policeman on the beat warned in a fatherly way to scatter himself over the city, but he replied:

"Not a scatter! Honor chains me here. I am the man of the Marble Heart."

"Yes, but you don't want to be locked up, I take it," protested the officer. "There's no use in getting into trouble because your heart isn't made on the regular plan."

But he wouldn't go. He wanted gore and other high-priced summer goods, and waiting until the officer was a block away he bristled up to a man with a basket on his arm and dared him to look cross-eyed.

"I warn ye to kape off!" exclaimed the man as he moved along.

The man of the Marble Heart moved after him. Then the basket dropped, the young man went into the gutter in a heap, and a sport declared him knocked out in the first round. The policeman returned and poked him up and called the wagon, and it was not until the victim reached the station that he spoke. Then he said:

"S'all right. Man of the Marble Heart can't stand up to the Man with the Iron Fist. Didn't know it before, but I shall remember it now—always remember it."—Detroit Free Press.

—When a young man occupies a place in which those who do business with him naturally expect to find age and experience, he sometimes resorts to a ruse to make up for the deficiency. A young physician relates that, being called upon to attend a patient who, he knew, would expect to see an elderly and dignified gentleman instead of a person of almost boyish appearance, he took with him an assistant, having given him instructions always to address him as "Doctor," and to not toward him in the most deferential way. This plan to win his patient's trust and respect succeeded admirably, and was the means of increasing his field of practice.

LOG CABINS are neither fashionable nor in demand, but they were more comfortable and more healthy than any modern dwellings. Warner's Log Cabin Hops & Buchu is a reproduction of one of the best of the simple remedies with which Log Cabin dwellers of old days kept themselves well. Did you ever try "Tippecanoe"?

—The Indians of New York State enjoy 125,000 acres of land, distributed among eight reservations, though whites hold some of the land.

STARTLING DISCOVERY. The discovery by the inhabitants of a locality hitherto visited by the pestilence scourge of fever and ague, that it exists in their very midst, is decidedly startling. Such discoveries are made at every season, in every part of the world, and especially when it is found, as it invariably is at such times, through the valuable experience of some one who has been benefited and cured, that his Stomach Bitters is a thoroughly efficacious and safe remedy for the malarial poison, and a means of fortifying the system against it, a feeling of more security and tranquility reigns throughout the whole neighborhood. Besides the febrile form of malarial disease, dumb ague and ague cake are removed by the potent action of the Bitters, to which women are especially indebted as a remedy for rheumatism, dyspepsia, constipation, liver complaint, debility, kidney troubles, and all diseases impeding the organs of digestion and assimilation.

I am a man of desperate fortunes, that is, a man whose friends are dead, for I never aimed at any other fortune than in friends.

White Elephant of Siam, Lion of England, Dragon of China, Cross of Switzerland, Banner of Persia, Crescent of Egypt, Double Eagle of Russia, Star of Chili, The Circle of Japan, Harp of Erin.

To get these buy a box of the genuine DR. C. McLANE'S CELEBRATED LIVER PILLS, price 25 cents, and mail us the outside wrapper with your address, plainly written, and 4 cents in stamps. We will then mail you the above list with an elegant package of photographic and chromatic cards.

FLEMING BROS., PITTSBURG, PA.

Sell your poorest horses. Always keep the best young females to breed as they mature.

Don't study oak whose branches wide broadly the storm and wind defy. Not long ago an acorn, small.

Lay dormant 'neath the summer sky, Not until the thrifty oak in its germ development and growth, is completely out of this mighty foe of mankind, positively yields to the wonderful curative properties of Dr. Pierce's Golden Medical Discovery if taken early. Don't be blind to your own interests and think yours a hopeless case. This remarkable remedy has rescued thousands. Of druggists.

Wine is now aged by electricity, the wine by this means acquiring all the bouquet of old wine.

A Wonderful Food and Medicine. Known and used by physicians all over the world, Scott's Emulsion not only gives flesh and strength by virtue of its own nutritious properties, but creates an appetite for food that builds up the wasted body. "I have been using Scott's Emulsion for several years, and am pleased with its action. It is a pleasant and palatable, and all grow stronger and gain flesh from the use of it. I use it in all cases of wasting diseases, and especially in children when nutrition is needed, as in Marasmus."—T. W. FERRIS, M.D., Knoxville, Ala.

The United States has about half the railway mileage of the world.

IN LOVE'S HARNESS.

Most women naturally look forward to matrimony as their proper sphere in life, but they should constantly bear in mind that a fair, rosy face, bright eyes, and a healthy, well developed form, are the best passports to a happy marriage. All those wasting disorders, weaknesses, "ragged-down" sensations, and functional irregularities peculiar to their sex, have an unfailing specific in Dr. Pierce's Favorite Prescription. It is the only medicine for women sold by druggists, under a positive guarantee from the manufacturer, that it will give satisfaction in every case, or money will be refunded. This guarantee has been printed on the bottle-wrapper, and faithfully carried out for many years.

If a man pope not for that which batteth here, he shall not find it, for it is past searching for and past finding.

CURED OF MALARIA.

22 FLORIDA ST., ELIZABETH N. J., March 17, 1881.

I have been using ALCOCK'S PLEASANT PASTILS for the last five years. Some two years ago, after having been sick for upwards of six months with malaria, I found myself with an enlarged spleen, dyspeptic and constantly troubled with a headache, and my kidneys did not act very well either. Having spent most of my money for medicine and medical advice, I thought to save expense I would use ALCOCK'S PLEASANT PASTILS, two on the small of my back, one on the spleen or ague cake, and one on the pit of the stomach, just under the breast-bone. I continued using the Pastils about thirty days, changing them every week. At the end of that time I was perfectly well, and have remained so ever since.

GEORGE DIXON.

The heavy harness should be dispensed with as soon as the weather begins to get warm.

SUIT YOURSELF.

but there is no other remedy for sick headache, giddiness, constipation, biliousness, or to restore regular, healthy action to the bowels, stomach and bowels, equal to those reliable little "Pleasant Purgative Pastils" prepared by Dr. Pierce. Of druggists.

It is dangerous for the colt to run along side of the mare, particularly on a public road.

"Brown's Bronchial Troches" have a direct influence on the inflamed parts, giving relief in Coughs, Colds, and the various throat troubles to which Singers and Public Speakers are liable. Sold only in boxes.

J. H. FINE, Assayer and Analytical Chemist, Laboratory, 101 First St., Portland, Or. Analyses made of all substances.

TRY GERBER'S for breakfast.

Gerber's Life Essence is very valuable where the stomach is unable to extract from the food the albumen and phosphorus. The Life Essence is immediately absorbed, and nourishes the nervous system, without any aid from digestion. Price, \$1.50 a bottle. All druggists.

HAMBURG FIGS (MEDICATED)

Are the greatest fruit Cathartic of modern times. They are a complete laxative, composed of fruits and vegetables. Hamburg Figs are an infallible cure for Piles, that distressing complaint arising from a constipated and sluggish condition of the bowels. When Nature's laws are violated, the effects are at once made apparent by a general clearing of the system, and the relief is immediate. Hamburg Figs are Nature's cathartic, and are given in perfect order, and by their action as a mild but certain laxative, and purgative, restoring the body to a condition of perfect health.

Hamburg Figs are prepared in London from the finest fruit, and are sold in boxes of 100 and 500. Price, \$1.50 a box. Sold by druggists.

"Let bygones be bygones" is no sort of a motto for a woman. She would turn her head around to look after a stylish bonnet if it broke her neck.—Burlington Free Press.

—A young wife can be a good housekeeper without bothering to polish up the spare change in her husband's pocket every time she cleans up the rest of the silver in the house.—Somerville Journal.

—Hello, Jones, where are you going? "Getting ready to develop my gold mine." "What machinery do you choose?" "None. I'll take my wife along. She'll be sure to find the pockets if there are any."

—The only man who has ever known to keep a cash account of his private expenses straight for a year died the year afterwards, and the doctor pronounced his death was caused by mental overwork.—Journal of Education.

—Nearly all the world's thoughts with sad are unpleas'd ones," explained a teacher to her class. "You any one of you think of an exception?" "I can," shouted a small frechin, holding up his hand, "slippin'."

—The story from Indiana that he had found a nest of gold and silver coin while "grubbing" will be accepted with caution by other boys whose fathers have patches of ground to "grab."—Nashville American.

The sweetest of sweet girl graduates blooms only for one season. The society belle fights for her place year after year, and knows so many half-headed old fellows she can keep in step that she makes the top of the debatable difficult.

—Horace—"I say, David, how old do you suppose Miss Jones is?" Her quond says she is only twenty-one." David (who knows a little of business)—"Ay, yes, Horace, married down from thirty-three; to be disposed of as a bargain don't you see."—Life.

—Gwendolen (in sleep)—"Won't you take my hand here, George?" George—"No; somebody'll see us and think we're pretty loose for a married couple." Gwendolen (coaxingly)—"They won't think we're married at all; they'll think we're only engaged."—Harper's Bazar.

—John, dear, what would you do if I were to die?" Husband—"Don't speak of such a thing. I would be deperate." Wife—"Do you think you would marry again?" Husband—"Well, no; I don't think I would be deperate as that."—Epoc.

—Don't you think that the majority of people are a little off?" "A majority?" Why, bless your heart, everybody's crazy, more or less, and has been from the beginning—with the possible exception of Adam, and I rather suspect there was an hereditary taint in his blood.—Boston Transcript.

—The man who casts the vote of the whole rolling-mill the fellow who goes to deliver a precinct at the proper time, the chap who carries the ward around in his vest pocket, the great man who controls the county, is now standing on the street corner where he may be seen of men. Take notice of him, my son, and watch him well when he is counted by and by. You will then observe that he aggregates one vote, and that one—Burdette.

How to Make Iced Tea.

Iced tea is constantly growing in favor, and is now considered a standard beverage in many homes. Some enterprising grocers also furnish a trial cup to their patrons, and in this way sample their teas. The question was once asked us, "How is iced tea made?" and while some of our readers may smile at the question, yet we assure them there's nothing very ridiculous in it. To be sure it is only to drop a piece of ice into a goblet of tea and the thing is done. But then, the tea itself! It isn't every one who knows how to make that tea, and to them this hint will not be unprofitable. Put the tea in an earthen or agate-ware pot and set on the back of the stove where the pot and contents will get thoroughly warm; then pour on water that has been freshly boiled, and boiling thoroughly at the time; let it stand on the back of the stove for fifteen minutes, by which time the tea will be perfectly drawn. If you desire the tea to be perfect and to remain so, separate the liquid from the leaves by pouring it off into another vessel. If your intention is to spoil it, you have only to boil it, and let it remain with the leaves in the pot.—Table Talk.

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Careful. See that every pound package "Arm & Hammer Brand" contains full 16 ounces net, and the 10 pound packages full 10 ounces net. Soda or Saleratus same as spooned out on each package.

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Office of the BANCROFT COMPANY, Printers and Stationers, San Francisco, June 26, 1888.

Messrs. Palmer & Ray, San Francisco, Cal. Gentlemen: Our machinery expert, Mr. Burton, has examined your "Old Reliable" Jobbers at our request, and we are pleased to say that his report is that your "Old Reliable" presses are much better built than the Chicago "Old Style" or "Challenge" models. This being the case, we shall arrange to put in a line of your presses as soon.

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