#### **HEALTH NOTES FOR** AUGUST.



August is the month of internal catarrh. The mucous mem-branes, especially of the bowels, are very liable to congestion, causing summer complaint, and catarrh of the bowels and other internal organs. Pe-ru-na is an excellent remedy for all these

#### A Failure.

Not long ago a man appeared at the capitol and had his card taken in to Senator Bulley. The Senator did not recognize the name, but, in accordance with his usual courtesy, came out to where the stranger was walting.

It took only a few minutes' conversation to develop the fact that the individual simply desired to make a "touch." It was the regulation "Been unfortunate, sah, and desire to get back to my own country, sah." "What is your business, colonel?"

coat and black hat seemed to warrant the title.

"Why, I am a gentleman, Senator," the stranger replied, pompously, "Oh, I see," the Senator said, pleas-

#### Way of One Man.

cy proceedings yet?"-Philadelphia Rec-

He was romantic, but bashful for his age. At 25 it is expected nowadays cently in Harrisburg of a bill that he that a man should be matter of fact, opposed; She was his equal in romance, but a widow. The conversation had turn. It is naive. It is like the young man ed on the ever-important subject of of Kensington who proposed for the mothers-in-law. There was a full in the hand of the millionaire's daughter. argument. Gazing far, she sighed and

mother-in-law !"

He looked at her with interest for a moment, and then suddenly blurted 'Well, I should say so. Why, we em-

"It was an inadvertence, but he could not draw back. She threw herself into his arms, and they have lived happily -up to now .- Pittsburg Press.

#### Her Majesty's Etiquette

strict on such points of etiquette as make it a breach of decorum, for instance, to hand anything but new and "Whom do you regard as the greatunused coin, fresh from the mint, to est living actor?" the consort of the British sovereign. "My friend," answered Mr. Stormto be the king.

Mineral Wealth of the South.

About one-seventh of the mineral production of the entire country comes from the Southern States, Of bitualnous coal, the most valuable mineral, the South produces one-fourth, and of fron about one-ninth. Its total coal resources amount to nearly 600,000. 000,000 tons, or more than one-fourth f our estimated coal reserve.

Of mineral chemical materials the South supplies more than one-half, hiefly phosphate rock, all of which is produced in Fiorida, Tennessee and South Carolina, and nearly one-third of the mineral pigments. Of precious stones the whole country produces only \$325,000 worth, with the South furalshing its fair share.

The showing in iron ore reserves is juite as good; a safe minimum is 3.000,000,000 tons, or nearly one-third of the nation's total. Of workable iron ore the South contains one and onehalf times as much as the famous Lake Superior district, and this does not include the deep lying southern

On a basis of value of product the South furnishes more than two-sevenths of our oil and more than one sixth of our gas.-New York Sun.

Secretary Shaw paid a visit to the plebelt region of New England the past ummer. He stopped one night at a daughter of the proprietor officiated as waltress. Seating himself at the breakfast table the next morning Mr. Shaw asked: "Have you any breakfast food, young lady?" The ingenuous little Vernonter stared perplexedly at the secretary, cast her eyes with significance ver the well-laden table, upon which was apread the usual assortment of reserves, jellies, pickles, Worcester shire sauce, ham, eggs and bread, and stammered out; "Excuse me, sir, but what did you want?" "Why, some breakfast food, please," repeated Secretary Shaw, politely. The girl frowned and then, with sudden illumination of the distinguished guest's meaning. replied glibly, "Oh, yes, sir: we have apple, pumpkin, gooseberry, and-I believe squash ple!" And she burried from the room to execute Secretary Shaw's order,-Exchange.

#### Noble Duties.

Several of the English dukes have an annual duty to perform in accordance with the patent of their peerages. The Duke of Wellington commemorates the day of the buttle of Waterloo by sending miniature reproductions of the French and English flags to the king. The Duke of Marlborough presents an day of the battle of Blenheim; and the Duke of Hamilton, as bereditary keeper of Holyrood palace, is involved in the duty of sending a fat buck to the Guard of Honor on the occasion of their yearly dinner. While writing of the Senator inquired. The rusty frock that one or two pegrages are in receipt of government grants in perpetuity. For example, the Nelson earldom gets \$25,000 a year, and the barony of Rodney is in receipt of \$10,000 a year. But the annual \$10,000 granted to the baronies of Ragian and Naplee of Magdaia will die with the present holders of these titles.

> 198 Chances. Gov. Stuart of Pennsylvania said re-

"This bill, at first glance, is full of

"'Well,' said the millionaire, frowning thoughtfully, 'what are your pros-

"Ah, me! I shall never have another pects? Is there any chance of promotion in your business? "'Any chance?' cried the young man.

ploy 200 men, and my job is next to the "My mother died when I was very lowest in the establishment,"

Slaves Serve as Money. Perhaps the queerest money in the

world is represented by the boy and girl slaves in Mohammedan Africa. One of these will buy two camels. It is a currency much favored, for it will Queen Alexandria of England is carry itself, and increases in value like the best real estate.

To make love to her majesty is pun- ington Barnes, "the question is not ishable, by the law of Britain, with considerate. You know bow I hate death, unlesss, of course, one happens to talk about myself."-Washington Star.

## WW BLOOD AND SYSTEM DISORDERED

Catarrh is not merely an inflammation of the tissues of the head and Magazine. throat, as the symptoms of ringing noises in the ears, mucous dropping back into the throat, continual hawking and spitting, etc., would seem to indicate; it is a blood disease in which the entire circulation and the greater part of the system are involved. Catarrh is due to the presence of an excess her in some surprise. of uric acid in the blood. The Liver, Kidneys and Bowels frequently become torpid and dull in their action and instead of carrying off the refuse and be so saving?" he asked. and waste of the body, leave it to sour and form uric acid in the system. This is taken up by the blood and through its circulation distributed to all I am working with an object in view. parts of the system. These impurities in the blood irritate and inflame I want to save enough money to warthe different membranes and tissues of the body, and the contracting rant me in securing a boy husband."of a cold will start the secretions and other disgusting and disagreeable Cleveland Plain Dealer. tarrhal poison affects all parts of the system. The head has a tight, full feeling, nose continually stopped up, pains above the eyes, slight fever comes and goes, the stomach is upset and the entire system disordered and

M. MATSON,

affected by this disease. It is a waste of 1,000 eggs thrown at him one night. I had Catarrh for about fifteen affected by this disease. That Catarrh for about fifteen time to try to cure Catarrh with sprays, and no man could have been worse. I triod everything the found hear of, but no good realisted. I then begand S. S. and could see a little improvement from the first bottle, and after taking it a short while was cured. This was six years ago, and I am Catarrh permanently the blood must be as well today as any man. I think the countries of all poisons, and at the same time better for the blood than S. S. S. Nobody thinks more of S. S. S. S. for this purpose. It attacks the time to try to cure Catarrh with sprays, washes, inhalations, etc. Such treatment eggs! What are you talking about?

"Yes. 1,000 eggs. They were contained in a can of caviar!"—Youkers statement the discomfort of the trouble. To cure taking it a short while was cured. Catarrh permanently the blood must be as well today as any man. I think thoroughly purified and the system cleansed of all poisons, and at the same time better for the blood than S. S. S. Nobody thinks more of S. S. S. S. for this purpose. It attacks the the purpose time to try to cure Catarrh with sprays, washes, inhalations, etc. Such treatment eggs! What are you talking about?

"Yes. 1,000 eggs. They were contained in a can of caviar!"—Youkers statesman.

When Clever Men Meet.

When Clever Men Meet.

When George Bernard Shaw came total passenger equipment with the opening of the New York tunnel terminal. At the end of last year the total passenger equipment of the Penn-Sylvania railroad system was about 5,300 cars. S. S. S. for this purpose. It attacks the he put out his hand. disease at its head, goes down to the very bottom of the trouble and makes a complete exclaimed. and lasting cure. S. S. S. removes every particle of the catarrhal poison from the dially murmured, "Shaw!"-Cleveland blood, making this vital stream pure, fresh | Plain Desler. and healthy. Then the inflamed mem-branes begin to heal, the head is loosened

PURELY VEGETABLE every symptom disappears, the constitution is built up and vigorous health twice a week for thirty or forty years. S. S. S. also tones up the stomach and digestion and acts as a be becomes a pretty severe and capafine tonic to the entire system. If you are suffering with Catarrh begin the ble critic of sermons. use of S. S. S. and write us a statement of your case and our physicians will

THE SWIFT SPECIFIC CO., ATLANTA, GA.

#### THE INDIANS' NEMESIS.

A Nonogenarian Who in His Day Has Killed Hundreds of Redskins. Upon a bank of the Missouri River in Cedar County, Nebraska, lives alone man alnety years old, who has killed so nothing in New 2 hundreds of Indians. No one knows prising to the English bow many "reslatins" he killed. He does not himself know, But forty- millan's Magazine, three years of his life were devoted to the one effort of killing as many as may easily travel twenty also without

his three children. Hanson Wiseman and his wife and sorts of the North dan along fifty baby went from West Virginia to miles of highway there is belone small Northeastern Nebraska long before the inn where the horses are danged and

In 1862 he enlisted as a member of or awamp where wild horse roam or Gen. Sully's Nebraska brigade, and in cleared brush where blacked stumps spite of the warning of his neighbors still stand or fern land with patches of he departed with the troop. Less than rough pasture. a year later Wisemen's three children were murdered and his cabin burned the South Island, beautiful enough by marauding Indians. Mrs. Wiseman when they are reached the coach tolls had gone to Yankton after supplies, for two whole days through mehes of eaving her 16-year-old son to protect dust or mud, according to be season, his little sister and baby brother. On dragging its slow way past miles of her return on the fifth may she found seeming desert, where even the rellow the cabin a partial ruin and the boy tussock grass is supplanted by thistles and baby dead. Her daughter was still or by patches of green licks resemalive, but with scalp gone and tongue bling nothing so much as reductis. cut out she lived but a few days. The In New Zealand they appraise land mother, crazed with grief, ran away.

The news reached Wiseman in Montana. Wilthout asking leave he started and a merino sheep into the bargain. small country hotel, where the youthful back to Cedar County. After a long search he found his wife, but it was a year before she was able to tell him or tucks them into woden less perchthe story.

Close by where the Wisemans had lived was the hunting ground of the Poncas, and the Territory was now But this is along the coach roads and and then invaded by the Yankton even they are often impassable for Sloux, who were ever at conflict with wheeled traffic in winter. Then the the Nebraska reds. Wiseman was never able to discover whether it had been Sioux or Ponca that had murdered his family.

Upon the graves of his children he swore the vendetta of the West Virginla hill tribes, and he kept it. Just how many Indians he killed no one pretends to know. A few years ago a bluff upon which his children were buried the remains of twenty-four Indians. It was pronounced to be an Indian burying ground, but Wiseman's neighbors assert it was the old man's private graveyard, and the bodies were those of his victims,

Wiseman stalked his game in forest and over prairie. He always bunted toll have gone to make, all the winter's alone, and he made it a point to pick off every stray Indian he ran across. On one occasion, when the government was moving the Poncas from Nebrasannual flag to King Edward on the ka to the Indian Territory, Wiseman and that with difficulty; and the storelay in wait at a point close by his keepers must bring all their wares from home, and as the first two canoes the nearest railway station or coast rounded the bend he opened fire with a town before the weather breaks, stand-Winchester. He killed several and ing out of their money for many maimed others before the frightened months, or else they must suffer the loss here," was the reply. "Thar's two reds could get out of range. An invest of oxen and horses bogged or exhausted these matters, it may be mentioned tigation was ordered by the govern- with the heavy winter's work. ment, but nothing ever came of it, as none of his neighbors would give testi- "Four foot deep and four foot wide," 'em all together an' it's consid'able o' mony against him.

fived alone for thirty years in a rude eminently evil reputation in that way; habitation along the Misouri bluffs, but even in the old settlements south-His house is built of rough, unpainted ward walking is ofen out of the quesand loopholes, a miniature fortress of to go within walking extrance, but also the frontier type. He had it fireproof- because of the roads and the unbridged ed in every particular, so that it might rivers. Nor is that the worst that can not be burned over his head by his red befall, for in many districts even yet enemies. He has the hallucination that there are no roads, only bridle paths, or they are still on his trail, and he sits foot tracks ending at the water's edge, with a loaded rifle across his knees and whence a boat can be rowed to the neartriffe older, old enough, indeed, to be promise and enthusiasm and hope, but a shotgun at his feet.—Chicago Chronest port of call for consting steamers.

#### Couldn't Go Abroad.

"Am I going abroad this summer?" exclaimed the society woman. "My dear, I shall be obliged to go. I did not intend to, and I feel that I cannot posed to buy and construct 2,000 allreally afford to, in view of all the other steel passenger cars for the Pennsylvathings I have to do and prefer to, but his railroad. This marks a complete I see no other way. My cook sailed change in all existing standards of pasnext week. My maid and her sister are entirely new field, and involves a tremiddle of June, and my coachman has delphia North American. with difficulty been induced to await at present prices of materials close my plans before sailing to spend the estimates put the construction cost of summer in Norway. I simply cannot all-steel passenger cars such as it is be outdone by my own servants, so I proposed to build at more than \$15,000

#### That Law Again.

For miles and miles the through pas- for construction of 150 has been arsenger train has plodded along in the ranged for with the American Car and wake of the slow freight. The travel- Foundry Company, About fifty cars ers grow irksome and even petulant. | will be built in the Pennsylvania rail-

"Conductor," says one of the holdest road shops at Altong. of them, "why do you not get that What the Pennsylvania railroad

allowed to pass anything."—Success tem. This should be completed about

#### Her Purpose.

The friend of the actress looked at

"My dear friend," she lightly repiled,

Eggs Galore.

told me that in a western town he had senger equipment, Miss Sue Brette-One thousand

"Awf'ly glad to see you, Mark," he And Twain, with extended band, cor-

It is only fair to say that after a man has attended preaching services and answered :

It is an unusual father who will is not near as polity as he was when send you literature about Catarrh, and give you special medical advice without charge. S. S. S. is for sale at all first class drug stores. happens to be victorious.

LONELINESS IN NEW HALAND.

Great Stretches of with Few Houses and Towns. As nothing in Eur athe crowds, hand is the vast sketches of unluhable

Even the tourist of he could in revenge for the massacre of passing a single house on the road leading to one of the most popular rewar. That country was then the wild one Maori village, with a schary white teacher for its school. The rest is acrub

And to reach the far-famel lakes of

by the number of sheep it will carry and this is five or six neres to a sheep, The driver as he passes fings out let-

ter bags at the little waysids postoffices ed by the highway. In this way the post is delivered twice or possibly thrice a week in summer and once in winter. post cart, sunk to its axis, lumbers along at the rate of two miles an hour, or the postman rides in mad up to his ness abroad do likewise or walt at home it to fill the space. for better weather.

Luckily, in no part of New Zealand labor is scarcer and dearer. When one thinks of all that has been done, and of the fifty years or so that it has been done in, the wonder is, not that the roads are bad, but that there are so many roads of any kind.

On many big runs, which years stores must be housed not later than April, because when the rains come only an ox dray or a pack borse can travel along the road to the township,

No wonder store goods are Wiseman is 30 years old, and has "the roadless north," which has a pre- York."-Woman's Home Companion.

#### MILLIONS FOR STEEL CARS.

Pennsylvania Road to Have 2,000

Conches of This Material. Within the next three years it is pro-

have to take a chateau in France for each, or double the cost of the present the summer in order to keep them from standard type of wooden car. On this

This year it is the purpose to build blame their pictur's, an' I am." about 200 steel passenger cars. Space

freight to take a siding while we go management is aiming for is to have sufficient all-steel passenger equipment "Under the new Hepburn law," ex- for every train which still be operated

plains the conductor, sadly, "we are not into the New York tunnel terminal systhe beginning of 1909. Besides the coaches, baggage and

mail cars which the railroad will supply, the Pulliman company will have to "But why should you work so hard provide nearly 500 steel sleeping and parlor cars. These will cost close to \$50,000 each.

Thus it appears that the Pennsylvania railroad's New York tunnel terminal, to be operated by such high-voltnge electric power as to make the use of wooden cars too dangerous, will compel an expenditure of fully \$50,000,000 Foote Lighte-That fellow Hamm for all-steel and non-inflammable pas-

Of the proposed 2,000 steel passen-

A perfect Remedy for Constipation. Sour Stomach. Diarrhoea Worms, Convulsions, Feverish-In Nice. Once, in Nice, an Englishman and a ness and LOSS OF SLEEP. Frenchman were about to separate on

the Promenade des Anglais. The Englishman as he started toward the Cercle Mediterrance, called: "An reservoir!" And the Frenchman usvel his hand

"Tanka"-Argonaut.

When an agent calls to collect, he

# When the Hair Falls

Then it's time to act! No time to study, to read, to experiment! You want to save your hair, and save it quickly, too! So make up your mind this very minute that if your hair ever comes out you will use Ayer's Hair Vigor. It makes the scalp healthy. The hair stays in. It cannot do anything else. It's nature's way.

Also manufacturers of yer'S SARSAPARILLA.

The New Oplum Cure. We put very little faith in the new specific for the opium habit, but its success in the region of Singapore equals that claimed here for Christian Science. As a result the importation

of oplum in the Malay States has been

reduced from eighty to fifty chests a

month and thousands have been cured. The plant is a climber, botanically called Combretum sondalcum, A decoction of the plant is put into two bottles, into one of which is added as much burnt oplum as the patient is accustomed to use in a day. When he craves opium he is given two tablespoonfuls from the latter bottle and horse's girths, and those who have busi- as much from the other bottle replaces

This is now repeated when called for, but no new oplum is added. The are the winters so long and so severe patient is cured in from ten to fifteen geologist discovered at the foot of the making is scarce in New Zealand and ing off," with the assurance that the medicine does it .- The Independent.

#### It Wasn't New York.

A gentleman who had occasion to go to an inland New England village to talk books, and he became responten miles from a railroad was met at sive. "And Hugo?" she asked. "Do the station by an old fellow who looked as if he might have just awakened after a Rip Van Winkle sleep. His intensely interesting. I've read a numhorse and buggy were in keeping with ber of his books." their owner's ancient appearance.

"Here we air at last," said the driver, when they finally came to three houses and a blacksmith's shop.

"This isn't much of a place, is it?" said the depressed stranger, looking around,

"Oh, you don't see all o' it from more houses over behind that hill thar, an' a cooper's shop jest around that bend in the road thar. Come to bunch is the familiar description of roads in a place-but o' course it ain't New

> "Did you want to hire a boy?" ask-ed the applicant at a music store. "Yes." said the manager. "What "Yes." said the manager.

musical ability have you?" "None. "Can you even carry a tune?"

"Yes. "Then you'll do. We want you to hurry these phonographic records down to the shipping department."-Kansas

City Times.

The Prize Cow. Take for yourself a well bred cow get her on full feed, cram and feed and stuff and cram her for, say, a year. Go to the trouble of washing and currying and scrubbing and combing her twice a day, get down on your hunkers, my friend, sandpaper her hoofs, groom her legs, polish her horns and last Saturday and my waitress will sail senger equipment and entrance into an brush her tall, and by the time show season comes around you should have going to the Italian lakes about the mendous cash outlay, says the Phila- a very creditable looking show cow .-Sheridan (Mo.) Advance.

His Lack of Courage. "Little boy," asked the gentle voiced matron, "how does it happen that you

don't catch any of these fish but the smallest ones?" "It happens, ma'am," answered Tom-

900 Drops

Avegetable Preparation for As-

similating the Food and Regula-

ting the Stomachs and Bowels of

INFANTS CHILDREN

Promotes Digestion Cheerful-

ness and Rest Contains neither

Perpe of Old Dr. SUMUELPHONER

Fac Simile Signature of

Cast Heteter.

NEW YORK.

Atb months old

EXACT COPY OF WRAPPER

S Doses - 35 CINIS

NOT NARCOTIC.

Panphin Soed-Mr. Sonna • Ruhalle Solts =

Opium, Morphine nor Mineral.

looking down on me."—Chicago Inter basis 2,000 all-steel passenger cars will my, choking back a sob, "'cause the cost \$30,000,000, other boys ain't afraid to lie like blazes,

which appears to be unknown. It probably was a gland, consisting of two tiny lobes, joined together, and is named the Sella turcica. Physiologists believe that this is the remains of a sixth sense, which was of practical value to our antediluvian ancestors. but whether it enabled them to see in the dark in days before they possessed fire or helped them to find their way through trackless forests as wild beasts can to-day or what other purpose it may have served we do not know and probably never shall know. Mothers will find Mrs. Winslow's Southing Syrup the best remedy to use for their children fusing the teething period. The Age of Discretion.

Senator Dillingham, discussing immigration in New York, made use of the phrase, "the age of discretion." The best kind of a testimonial—"Dold for over sixty years." "What is the 'age of discretion," Senator?" asked one of his auditors. "I should say," returned Senator Dillingham, smiling, "that the age of dis-

> photographs and substitutes the por trait of his rich bachelor uncle." FITS 8s. Vitus' Dance and all Nervous Diseases permanently cured by Dr. Kline's Great Nerve Remover, Send for FREE Striat bottle and treatise. Dr. R. H. Kline, id., 8sl Arch St., Falla., Pa.

cretion is reached when a young man

removes from his mantel the rich col-

lection of actresses' and dancing girls'

As Anatomical Puzzle.

Behind the bridge of your nose little cavity in the skull, the origin of

Witty Journalism. Jacob A. Riis, the author and journalist, was talking about witty news-

paper headlines. "As witty a headline as I know," said he, "was written by a youth of 18 in a San Francisco newspaper office. There was a bill up to probibit the sale of alcoholic drinks within four miles of the University of California, and this bill the youth headed:

"'An Act to Promote Pedestrianism Among Our Students." ST. HELEN'S HALL

HOWARD E. BURTON.—Assayer at 1 Chemist. Iteacytic, Colorada. Specimen prices: Gold. Silver, Lead, 81; Gold. Silver, 7; Gold. 62; Zinc. Copper, 81. Cyanido tests: Malling envelopes and full price list sent on application. Control and Unpire work solicited. Reference: Carbonate National Bank.

#### So Many!

They went in to dinner together. He was very bashful, and she tried in vain to draw him out. Finally she began you like his style?"

"Oh, yes," he replied. "I find him Then she asked, "Have you read

Ninety-three'?" "No, I've er only read three, I didn't know he had written so many."

#### -Lippincott's. Different.

"Who iss that happy, contented-look ing chap?" "(I), he' a chap who married a girl If not kep' by dealers, sent to

because she was a fine cook." "And who is the poverty-stricken, sad-looking chap talking to him?" "That's a man who married a girl because she was a fine dresser."-Houston Post.

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Extenuating Circumstances.

"What brought you here?" asked the

"That," replied the prisoner, pointing

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the use of school children were offered in

Brussels, and the first prize was won by

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to a policeman, "but I was drunk."-

Houston Post.

Savings Bank

Fortland.

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in use for over 30 years, has borne the signature of and has been made under his per-Chart Hillichers sonal supervision since its infancy.
Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children-Experience against Experiment,

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