

# TO GAIN WEIGHT.

**Pale, Thin People Usually are Diseased.**

**The First Step Necessary to Gain Flesh is Health, then Proper Food for both Body and Nerves.**

**An Old Soldier's Clear, Straightforward Statement.**

From the World-Herald, Omaha, Neb.

Florence, the cozy little suburb to the north of Omaha is agog with excitement. The older generation, of which the population of Florence is mostly composed, are apparently getting young again, and vie with the younger generation in feats of strength and agility.

A World-Herald reporter was attracted by the evidence of renewed activity of some of the older inhabitants of the village and enquired the cause. Mr. Andrew Finkowkeiler, who was a member of Company B of the First Iowa Volunteers during the war, made the following explanation of his strong, healthy appearance, when for years he had been crippled or compelled to lie on a sick bed with a complication of disorders resulting from the hardships which he was compelled to endure.

"In July, 1888, while my company was on the march, through to Austin, Texas, my leg troubled me considerably. But I thought that it was nothing but a recurrence of the effects of a sprain I had received during the war by my horse falling on me, but the pain soon increased to such a degree that I was compelled to ask for medical treatment. The surgeons pronounced the cause rheumatism, and that of the worst order. At Alexandria, Louisiana, I was in such a weak condition, that I continued to march with my company, that the excessive heat overcame me and I was sunstruck, remaining unconscious several hours. As a result of the sunstroke, I was unable and have ever since been unable to remain in the glare of the sun, even on a moderately cool day, and every summer I have been overcome by the heat so that I would be compelled to give up my work. The feeling that I experienced was a sort of bearing down on my head, as though a heavy body was resting there and at times it would come quickly, like a blow and I would unconsciously stoop as though involuntarily avoiding an obstacle presenting itself to my head. This bearing down gradually grew into a steady pain which increased until it seemed as though my head would burst.

"There was also a constant ringing in my ears rendering it very difficult for me to hear. Coupled with this, palpitation of the heart caused me great trouble, and this grew so that the slightest shock to my nerves from a slight noise or other disturbance would set my heart to thumping against my chest and I would tremble from head to foot as though I had St. Vitus' dance. Three times, from slight circumstances the palpitation was so great that I fainted and remained unconscious for from seven to ten hours, at which times my relatives despaired of my life. In addition to this the rheumatism, which had been felt only in my ankle, began to work up my right leg until the whole right side of my body was affected by it, so much indeed, that my head was drawn down to my right shoulder. I was totally unfit for work, lost my strength and flesh. I tried every physician who was reported to me to have a special knowledge of my case, but after long trials, I only experienced temporary relief from the pain. I was confined to my bed during the greater part of the cold weather of each year.

"For twenty-eight years I have consulted physicians and taken their prescriptions without deriving any material benefit. My ailments increased in intensity until I was assured that there was no hope for me. During last year I went into the butcher business, but the dampness from the ice need increased my rheumatic pains to such an extent that I was not only compelled to quit the business, but was confined to my house and bed for nearly six months. "I had given up all thought of being a well man again, when in November last I read in the World-Herald a case of a man who had

been entirely cured from the ailments from which I was suffering, by the use of Dr. Williams' Pink Pills for Pale People. Though the name did not at first strike my fancy, on November 28, I purchased a box. In a week I was astonished to know that I felt better than I had for six months past, and before I had used half a box I was sure that I had found a cure for my ailments. The ringing in my ears began to subside, my vision gradually improved, my nerves in general gradually left me, so that within one week from the time I took my first pill I was able to sit up in bed. On January 1st, I was able to go out and walk around a little. The palpitations of my heart entirely ceased. On February 9, I was so thoroughly cured, that I accepted a position as night watchman in the Forest Lawn Cemetery, remaining out of doors from 6 P. M. until 6 A. M. I have gained in weight from 124 pounds which I weighed in November last, to 172 pounds which I weigh now.

"The rheumatism has entirely left me, except when I have too much walking to do during the night, my right ankle pains me a little, but only when I do too much walking. I now feel like a well man and am good for forty years in volume. Fifty years old and have resided in Florence nine years, having come to Omaha in 1881. I have recommended the pills to nine people in this village all of whom are taking them and experiencing the same beneficial effects which I have received. I used nine boxes of the pills."

Mr. R. W. Cowan, keeper of a general store at Florence was also seen by the reporter. Mr. Cowan is also an old soldier, having been a member of the 14th Infantry, Company C, and the latter of Company M of the First Minnesota Cavalry. Mr. Cowan stated that he contracted chronic diarrhoea while he was in the army and has never until within the past few months, received any relief. He stated that he had taken two boxes of the wonderful Pink Pills and was now almost thoroughly cured, so much so in fact that he has discontinued their use.

He was also partly cured in the left side of his face, the mouth being drawn up at the left corner, and he was entirely unable to move the muscles of his forehead or to close his left eye. He states that he believes it is owing to the use of the Pink Pills that he has recovered the use of his left eye-lid, which, prior to his taking the pills, had been fastened down by a physician so that the sight would not be destroyed from the eye filling with blood and scarring the recovery to the Pink Pills. He has gained fifteen pounds in weight since last October, and feels healthier and stronger than at any time since the war. He intends to recommend using the pills with the expectation of a complete recovery from the paralysis.

Dr. Williams' Pink Pills for Pale People are considered an unfailing specific for such diseases as locomotor ataxia, partial paralysis, St. Vitus' dance, neuritis, neuralgia, rheumatism, nervous headache, the various forms of neuritis, neuritis of the heart, pale and sallow complexion, that tired feeling resulting from nervous prostration; all ailments resulting from vitiated humors in the blood, such as scrofula, chronic erysipelas, etc. They are also a specific for troubles peculiar to females, such as suppression, irregularities, and all forms of weakness. In men they effect a radical cure in all cases arising from mental worry, overwork, or excess of whatever nature. Dr. Williams' Pink Pills are sold by all dealers, or will be sent postpaid on receipt of price, 50 cents a box or six boxes for \$2.50 (they are never sold in bulk or by the 100), by addressing Dr. Williams' Medicine Co., Schenectady, N. Y.

## A MOTHER'S LULLABY.

Come nestle your head on my bosom, love,  
O sweet, welcome babe that you are!  
With eyes like the sky that is glowing above,  
And hair like the sheen of a star.  
Lie close to my heart while I sing to you  
A song of true happiness born,  
For the sun has slipped out of the sky-noon blue,  
And the birds to their tree-couches gone.

The flowers have folded their petals in rest,  
The stars hang their lamps in the sky;  
A breeze, with the mark of the rose on its breast,  
Goes dreamily wandering by.

The wee, wee moon, like a sickle of gold,  
Is low 'mong the far purple hills;  
The cricket, that shy, little turbulent soul,  
Her gossip still noisily trills.

All things go to rest, save the crickets and  
The wee, wee moon;  
To sleep till awake by the sun,  
When the glad little song-birds new madrigals  
Sing.

To tell that a new day's begun  
So close your pink eyelids in sleep, my dear,  
My darling one, pure as a star,  
And dream happy dreams till the morning  
dawns clear,  
And the shadows of night flee afar.  
—E. B. Lane, in Good Housekeeping.

## CONQUERED BY SNAKES.

**A Gang of Outlaws Hounded In by an Army of Serpents.**

The close of the civil war left some portions of the South in the hands of desperate wicked men. Particularly was this true of parts of Missouri, Mississippi, Arkansas, Louisiana and Texas. While the Confederate troops had disbanded, and before the Federal could occupy the country, the guerrilla and bushwhacker were there. I had a district assigned to me along the St. Francis river, Arkansas, and the total strength of my command was twenty-eight men.

In my territory, says a writer in the New York Sun, as I soon ascertained, were some of the most desperate desperadoes in the West. All had belonged to guerrilla bands and all had refused to come in and surrender at the close of the war. The meanest, if not the worst, man in my district was Captain Dade. He was in command of a dozen outlaws. I sent the desperado word to come in and surrender. He sent me word to go to thunder. I notified him in writing that if he did not come in by a certain date I should declare him an outlaw in the district, and proceed to hunt him out and kill him. He replied by word of mouth that if I did not surrender to him on or before the same date he would proceed to exterminate my command. I gave him ten days, having not the slightest hope that he would come in. On the morning of the eleventh day I had a call from a native, about twenty-five years old, who announced himself as "Dan," and who said he had called on a little business matter. I supposed it to be about a permit, or to make complaint, but after a bit he observed:

"Captain, then ten days 'ar up, an' I reckon Bill Dade ain't shovin' himself."

"No, he hasn't come in."

"An' he won't, neither."

"I don't expect he will."

"Well, 'ar you gwine ter let him an' his gang keep up thar whoppin' an' shoppin' an' killin'?"

"No, Bill Dade and his gang are now outlawed by proclamation. I am going to hunt them down and wipe them out."

"Right off, Captain!"

"As soon as I can arrange for it."

"You kin arrange right now, Captain. Thar's what I'm here for. How much he had if I were out the Dade gang?"

"Well, they are there?"

"Just five, an' every one of 'em has committed murder an' was a dozen times over."

"I can't offer a reward for their heads. I have outlawed them, and the military authorities have the right to shoot them on sight."

At that moment word was brought me that Dade's gang had come within two miles of headquarters and murdered two of the command who were stationed at a frontier town's rendezvous to procure mules. Half an hour later the man called Dan departed on his mission, and he had my agreement in writing that neither the law nor the military should trouble him for shooting down any of the gang.

This three-man-hunter stepped into his canoe and pulled up the river about five miles. Then he entered a bayou to the right, and carefully made his way to a bit of high ground about two miles from the river. All the low lands were then under overflow for ten miles back, and he knew of but one spot where the outlaws could rendezvous. This was a larger island, about half a mile away, and bearing a log-house and some farm improvements. At this time the place could be approached only by water, and Dade was not bluffing when he told me: "It is doubtful if my offer of reward could have induced a Federal soldier to follow Dan. The overflow had driven the reptiles to take refuge in the bushes and trees, and as his canoe moved in and out the holes of the cotton-mouths and the warning of the rattler came to his ears almost continuously. Half a dozen times in the course of half an hour hideous serpents let out of the branches and fell into the water with a loud splash and swirl for the canoe, perhaps hoping to be carried to the high ground, and at such times the man had to lay down his paddle and beat them off with a pole. There was danger with every rod of the journey, and the semi-darkness and the utter stillness would have taken the courage from an average man.

Dan did not land upon the island, but made the circuit of it in his canoe, and satisfied himself that no sentinel was established here, as he suspected might be the case. If one had been posted there he had been forced to abandon his position by the thousands of reptiles which had been driven in for shelter. Any craft seeking the other island must pass here, and any craft making for the river from the other island must use this channel. Satisfied that he had left no danger behind him, and that his way of retreat was open if he were forced to fall back, Dan cautiously proceeded on his way. It was not yet midnight. It was a hot summer's day, and there was absolute silence in the great swamp. The outlaws, returned from their raid, would expect pursuit and, therefore, be watchful and covered. One of the men came to the door, yawning, threw up his hand, and looked about him in a sleepy manner. There was a jug of whiskey outside the door, and after taking a long drink the fellow stepped over to the fire, threw on a few faggots, and then lurched into the house. The other discovery was that the back water in the bayou was rising. He got the hint from the action of cottonmouths and the snakes. They were pressing toward the higher ground on which the house stood, and none of them seemed to mind his presence.

Taking advantage of such a shelter as was afforded, and being ready at any moment to open the light, the man finally reached the cabin. It was a stout structure, with a heavy door opening outward. On the point he was upon, sprawled out in reckless fashion, were five sleeping men—Captain Dade and his outlaws. They were not only asleep, but each man was blind drunk.

Guns, revolvers and knives were lying about on the floor. Dan could have gone among them and stabbed each one to the heart without risk, but he was not coward enough for this. He was thinking that he would find the fellows tight and fast, remove their weapons, and then bar them in until he could return for help and capture the lot for the gallows-tree. This plan would have been carried out but for one unlooked-for circumstance. The snakes had begun to take possession of the cabin. A dozen rushed in through the open door in quick succession, and others climbed up to the open window, and either fell to the floor or squirmed along the logs. Here was safety from the rising water. Their fear of man was temporarily numbed by the other danger, and cotton-mouth, rattler and moccasin passed the man at the door without thought of using their deadly fangs.

Said Dan: "I carefully pulled the door to, and braced it shut with a log. Thar was a wooden blind to the window, and this I also shut and braced. Thar was room enough under the door for more snakes to get in, but it would have taken the strength of five sober men to break it down. I calkerated as how thar room would be holdin' about a hundred snakes when the fellows began to rub their eyes open, and I felt sure I could leave the job to them."

He had to wade in water knee-deep before he got back to his canoe, and it was after daylight next morning when he came to my headquarters to make his report and ask for a detail of men to go back with him.

"What do you suppose has happened by this time?" I asked.

"Dead, sir, every man of 'em," he replied. "Them snakes got over their fear in about half an hour, and the first man who moved to get up had pizen shot into him like a streak of lightning. Thar'll be five corpses thar to be identified, and thar'll be some property to be divided up."

I concluded to go along with the detail, and about noon we reached the place. We had to kill a score of reptiles before we could land. The door and blind were as Dan had left them. He advanced alone to the door, threw it open, and, after a hasty glance inside, came back to us with his face as pale as death.

"Dead, I suppose?" I queried.

"All in a heap, sir, and thar's mo' than a thousand snakes inside!"

A guerrilla outlaw named Chambers, who had sworn to kill me, came in four or five days after the death of Dade, and begged me to permit him to surrender and go home.

"But you have threatened my life," I said.

"Sartin I hev, Captain; but I've bin a fool. I didn't know what you was. When a man kin handle serpents and outlaws like you hev done, what's the use a lickin' agin him. I want to surrender and put an end to this war."

Two weeks later there wasn't a "hider out" in my whole district, and it was safe for men to go everywhere. The snake business, which Dan insisted on giving me credit for, was of more help than a regiment of Federal infantry.

**PARLOR-CAR SPIES.**

**Work of the Regular Watchers of Pullman Conductors and Porters.**

Special agents go every week or two on each train that runs with the Pullman Palace Car Company's cars. They are the company's check on the conductors and porters. The special agents are sent from the company's headquarters and are known only there. They correspond to the systems of street-car companies, though they are better paid and have a more pleasant time of it, as they have nothing to do but to travel around, watch what is going on, and report it.

A special form is printed by the company for the use of these agents. A copy of it came into the hands of a New York reporter. It is Form 130 of the company's blanks, and a number of things are to be filled in. These items include: the name of the car, the conductor's name, the porter's name, from where he is, the time of departure, the time of arrival, and the route, the number of the special agent, and the office he bought it at, the cost, and the number of his check. These are required as a check on him and his expenses.

After this prologue he is to tell the condition of the ventilation of the car, whether the hand railings are wiped, the platforms swept, and the stepping box put out at important stations. The agent must observe whether the porter uses the stepping box and wears his jacket in making berths and in putting a ticket up again, and whether the conductor assists the porter when the passengers are in a hurry to get to bed. The technical expression of the report is: "If Conductor assists Porter in making up and down berths when passengers are in a hurry to get to bed, the conductor is in a hurry to get to bed, the office he bought it at, the cost, and the number of his check. These are required as a check on him and his expenses.

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