

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 cosy little suburb to the north of Omaha is aog 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 tests 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 acquired the cause. Mr. Andrew Finkenskele, 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. He said:

"In July, 1863, while my company was on the march through 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 surgeon pronounced the cause rheumatism, and that of the worse order.

At Alexander Louisiana, I was in such a weakened condition, though 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 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 paralyzed 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 eyelid, which, prior to his taking the pills, had been fastened down by a physician so that the sight could not be destroyed from the eye filling with dust, and narrows 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 continues to recommend the use of the pills with the expectation of a full recovery from the paralysis.

Dr. Williams' Pink Pills for Pale People are considered an outstanding specific for such diseases as locomotor atrophy, partial paralysis, St. Vitus' dance, sciatica, neuralgia, rheumatism, nervous headache, the after effects of influenza, palpitation of the heart, pale and sallow complexion, that distinct feeling resulting from nervous prostration; all diseases resulting from vitiated humors in the blood, such as scrofula, chronic ocrepsias, 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 excesses 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.

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 hatched business, but the dampness from the ice used 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 hope of being a well man again, when in November last I read in the *World-Herald* a case of a man who had

A MOTHER'S LULLABY.

Come nestled with your head on my bosom, love, O sweet, winsome 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 roof-blue, And the birds to their tree cooed 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, baby moon, like a sickle of gold, Is low 'mong the far purple hills.

The cricket, that tiny, little turbulent scold, Her gossip still merrily trills.

All things go to rest, save the crickets and wind, To sleep till awoken by the sun. When the glad little song birds new madrigals find.

To tell that a new day's begun So close your pink eyelids to 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. Love, in Good Housekeeping.

CONQUERED BY SNAKES.

A Gang of Outlaws Hemmed In by an Army of Serpents.

The close of the civil war left some portions of the South in the hands of desperadoes and 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 worst 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 shelter. 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 down and kill him. He replied by word of mouth that if I did not surrender 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 confessed:

"Captain, them ten days ar' up, an' I recollect Bill Dade him 's shown 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 that whoopin' an' shootin' 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. That's what I'm here for. How much a head if I wipe out the Dade gang?"

"How many are there?"

"Just five, an' every one of 'em has committed murder an' wuss 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."

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