An Unprecedented Gain in Weight

A Trained Nurse Gained Fifty-three Pounds by Using a Nerve Food.

ONE OF THE MOST REMARKABLE RESULTS ON RECORD.

From the Gazette, Yonkers, N. Y.

"I don't look much like a living skeleton now, do I? And yet two years ago I weighed just seventy-two pounds," said Mrs. J. W. Coffey, of 55 Warburton Avenue, Yonkers, N. Y., to a reporter. And we agreed with her, for she certainly looked anything but a living skeleton, but rather bore the appearance of a plump and attractive lady in excellent health and spirits. Continuing she said:

"I had lost my appetite and was wasting away in flesh, losing some fifty pounds in a few months. Doctors said I was threatened with consumption. I was under what was regarded as first-class medical treatment, but it had apparently little or no effect, for I kept getting worse until I was so weak that I could not attend to my household duties and could hardly walk. My husband and everybody who saw me thought surely that I would die, and there seemed no help for me.

"Tonics and stimulants and medicines all seemed useless, and I grew worse and worse until at last I resolved to seek some new remedy — one entirely out of the usual line of nauseous drugs and doses of stuff which seemed to take away what little relish I might perhaps otherwise have had for food. A friend told me of some wonderful cures effected by Dr. Williams' Pink Pills for Pale People and I bought a box. The effect from their use was noticeable from the first and soon appeared almost miraculous, for it seemed pretty nearly like the raising of one from the dead.

"I soon commenced to eat, something I had scarcely done before for weeks, and soon began to gain in flesh and strength. I went one day to the doctor's office and he was surprised at the change in me for the better. I had to confess that I had been taking the pills, and he was broad-minded enough to advise me to continue what was evidently doing me so much good. I took, in all, six boxes, and increased in weight from 72 to 125 pounds, which is my regular and normal weight."

"Are you sure the cure is permanent?"

"Well, yes. My work is that of a trained nurse, which means, as you probably know, irregular hours and at times great exhaustion. During the two years since my recovery I have had many engagements, and through them all have continued in good health. I take pleasure in bearing testimony to the remarkable power of this great medical discovery. I know of other cures effected by it. A friend of mine suffered greatly at her monthly periods. One box relieved and three boxes cured her. But I know of no case equal to mine, for my situation was critical, desperate and almost hopeless."

Mrs. Coffey has lived in Yonkers for sixteen years, and for twelve years has followed the business of attending the sick, excepting only the period of her illness. She has hundreds of acquaintances and friends who know her to be capable and trustworthy. Many of them know how very ill she was and how remarkable was her recovery. The pills have a large sale in Yonkers and Westchester County, which will be greatly increased as their merits become better known, for they seem to be one of the medical marvels of the age.

AN UNSOLICITED TESTIMONIAL.

From the Democrat, Atlanta, Texas.

"Being constantly asked by many of my friends if Dr. Williams' Pink Pills for Pale People were doing me any good, I offer this unsolicited testimonial and answer. Never having seen a well day since I had typhoid fever last summer, I could retain scarcely any food, my limbs and joints ached and pained all the time. It was misery to me to rise up in bed and my mind was clouded, in fact was a physical wreck and I felt that my life was drawing to a close, and I must confess it was without regret on my part as my sufferings were almost unbearable.

"Since I commenced to take Dr. Williams' Pink Pills, at the solicitation of my wife, I have taken four boxes, and I feel like a new man. My appetite is good and I now retain what I eat, my limbs and joints are free of pain and I have gained ten pounds in weight. My life feels renewed and while not yet entirely well, I feel so much better that I unhesitatingly assert that I believe Pink Pills for Pale People a good medicine for what they are recommended. Knowing that no medicine will save life under all circumstances or in all cases, yet I do honestly believe that they have prolonged mine, or at least, where all was dark and gloomy and full of suffering it has been changed for the better.

"The manufacturers of this medicine do not know of my taking it. Neither am I paid for this statement, but give it freely in answer to friends and the editor of this paper."

(Signed.) JOHN BAUGRESS, Atlanta, Texas.

Sworn to and subscribed before me this 27th day of March, 1896.

R. M. BLAYDES, *Notary Public.*

Regarding the above testimonial of John Baugress, I beg to say that no man stands higher for honesty and veracity in all this section than John Baugress.

W. H. WEIGHT.

Editor and proprietor of the *Democrat* Atlanta, Texas.

Dr. Williams' Pink Pills for Pale People are prepared by the Dr. Williams' Medicine Co., of Schenectady, N. Y., a firm whose ability and reliability are unquestioned. Pink Pills are not looked upon as a patent medicine, but as a prescription, having been used as such for years in general practice, and their successful results in curing various afflictions made it imperative that they be prepared in quantities to meet the demand of the public, and place them in reach of all. They are an unfailing specific for such diseases as locomotor ataxia, partial paralysis, St. Vitus' dance, sciatica, neuralgia, rheumatism, nervous headache, the after effects of la grippe, palpitation of the heart, pale and sallow complexions, and the tired feeling resulting from nervous prostration, all diseases 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 suppressions, irregularities, and all forms of weakness. They build up the blood and restore the glow of health to pale and sallow cheeks. In men they effect a radical cure in all cases arising from mental worry, overwork, or excesses of whatever nature.

Dr. Williams' Pink Pills contain all the elements necessary to give new life and richness to the blood and restore shattered nerves. They are for sale by all druggists, or may be had by mail from Dr. Williams' Medicine Company, Schenectady, N. Y., for 50 cents a box, or six boxes for $2.50.

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PRETTY SCHOOL GROUNDS.

A Constant Object Lesson to the Eyes of Every Boy and Girl.

For several months in the year a large proportion of the children of this country spends less half of the hours of daylight, for five days of the week, in or about the school-house. At the most susceptible period of life the influence of these surroundings must in the aggregate be considerable, concludes Garden and Forest. A neat and tidy room, with simple and cheerful decorations, will be a constant object lesson to every eye. A room with decrepit furniture upon an unclean floor, and with walls and ceiling broken and stained, will teach its lesson, too, in taste and morals, but it will be quite a different one. It is due to the health of children that they be supplied with abundant light and air. This means a detached building with ample open space about it, even in the city. Exercise is also essential to the healthy development, as well as to the happiness of children, and play is the natural and spontaneous exercise and refreshment for both their minds and bodies. A playground may, therefore, be considered a necessary adjunct to every school. Children will play wherever they have room, but it will hardly be argued that a bare space of earth, which will be dusty or muddy as the weather changes, offers every advantage that children should be able to derive from their school-grounds. If the school-room can be made to give lessons in cleanliness and order and taste the surroundings of the building should be arranged to enforce the same lessons.

That properly ordered school-grounds can aid in this direction, and, besides this, be made an important educational auxiliary in some branches of natural science, was the thesis of an interesting paper read before the Massachusetts Horticultural Society by Mr. Leverett M. Chase, master of the Dudley School, in Roxbury. Mr. Chase argued that the ideal school-ground should be separated into two distinct portions—one devoted to the purposes of an outdoor gymnasium, and the other an area of green sward, properly planted with trees, shrubs, vines—in short, a pleasure-garden for the children. They should be taught that the garden is theirs, and a feeling of responsibility for it should be encouraged. That this sense of ownership will engender such a personal interest that the exuberant destructiveness, so often manifested by school-boys, will give place to a sentiment of affection, and a desire to protect their shrubs and flowers, has been proved in many instances. If the plants are all carefully labeled and catalogued; if the children are invited to aid in cultivating them, under proper direction, they will gain much practical information as to the laws of plant growth, and if a serious attempt at systematic instruction in certain branches of botany is connected with the care of the grounds, many lessons which it would be an irksome task to acquire otherwise will be learned without effort, and even with positive delight. From the knowledge thus gained, and the interest aroused in the school-garden, we may reasonably look for a growing love of nature—an increasing appreciation of the beauty of trees and their value. If this generation of children were reared under such influences ours would be a land of fair gardens in a quarter of a century, and there would be no difficulty in securing proper legislation for the preservation of our forests. Indeed, it is to be feared that a distinctively American forest-policy which shall embrace in its scope the wisest administration of the Nation's forests, and the most intelligent care of the farmer's wood-lot, will never be adopted until the interest and sympathy of the children are enlisted, so that they will grow up with sound views and generous sentiments as to the importance of trees and forests as an element of the National welfare.

Of course grounds sufficiently spacious for a garden can not now be found connected with every school-building, and in crowded cities large school-gardens will not be practicable. But there is room for a beginning everywhere. A narrow border along the foundation of the school-house may be made beautiful with flowers from the time when snowdrops appear until frost kills the latest aster. There are few school-yards where a place can not be found for some tree or shrub, or where a vine can not be trained so as to show its own beauty and hide some unsightly object. At all events, some house-plants can be used to brighten up the school-room and to illustrate by living examples the elementary facts in botany and horticulture. One disadvantage will be that of the teachers and trustees who must take the lead in this enterprise know so little themselves of the subjects in which it is proposed to interest the children. The beginnings of this reform—for a genuine reform it will be—will be feeble, and much honest effort will be misdirected. Unsuitable trees and shrubs will often be selected and they will be badly planted in improper places. But the very fact that the lack of knowledge on these points is so lamentable is the strongest reason that a beginning should be made. The attempt will excite inquiry and criticism, and knowledge will come from the study and discussion thus aroused. Fortunate are those places already provided with teachers like Mr. Chase, and Mr. Bancroft, master of the Gibson School in Dorchester, who, at the meeting above mentioned, added some valuable testimony to the soundness of the positions taken in Mr. Chase's paper.

A final suggestion made by Mr. Chase is worth considering in other States as well as in Massachusetts. It was that prizes be offered for the best-kept and most tastefully embellished school-grounds.

THE NOBILITY.

PRINCESS EULALIE has been for weeks past sojourning quietly in London, accompanied by her two little sons.

THE queen consort of Siam owns a wonderfully beautiful thimble. It is shaped like a lotus and made of solid gold, studded with diamonds.

THE only ornament worn by the widowed Archduchess Stephanie of Austria is a locket containing on one side the portrait of her little daughter and on the other that of her mother, the queen of Belgium.

WHEN the princess of Wales was married, the king of the Belgians gave her lace of the value of ten thousand pounds. Since that time the princess has gone on collecting and now her lace is worth something like fifty thousand pounds.

PRINCE HL., of Spain, was not roasted to death by a roaring fire because court etiquette forbade anyone to go to his assistance. He died a natural death, and the same story is told of a dozen different monarchs who were sticklers for ceremony.

THE OPULOUS BAY STATE.

Massachusetts Has Twenty Cities, Each of Over 20,000 Population.

Virginia and half of the states in the union combined show no more cities of over twenty thousand inhabitants than are found in Massachusetts. This fact is not readily apparent from the census returns, says the New York Evening Post, as in none of them are cities having a less population than twenty-five thousand ranged according to their population rank. The fact is also so surprising that few persons will believe it without proof. But there is no place at all with so many inhabitants as twenty thousand in nine states—viz., Vermont, Mississippi, Nevada, Montana, Idaho, Wyoming, North Dakota and South Dakota. Nine states again have each no more than one town numbering over twenty thousand people. These states are New Hampshire, Delaware, Maryland, West Virginia, North Carolina, South Carolina, Louisiana, Arkansas and Oregon. Four other states—Maine, Nebraska, Colorado and Washington—count each only two cities that have passed the twenty thousand limit. These three classes of states amount to twenty-two; that is, half the whole number of the United States, and seventeen is the total of their cities with each a census upward of twenty thousand. Twenty such cities, however, are in the roll of Massachusetts. These are Boston, Worcester, Lowell, Fall River, Cambridge, Lynn, Lawrence, Springfield, New Bedford, Somerville, Holyoke, Salem, Chelsea, Haverhill, Brockton, Taunton, Gloucester, Newton, Malden, Fitchburg. Three cities of this size and no more appear in the census of Virginia—viz., Richmond, Norfolk and Petersburg.

A CHICKEN'S DEVOTION.

The Tragic End of a Faithful Houdan—Loyal Unto Death.

Many a time has the fickleness of human nature been put to the blush by the undying loyalty of a dog or a horse. But rarely has it occurred, we are sure, that a chicken has found itself unable to live without its master and has determined to commit suicide rather than live in loneliness. A correspondent of La Nature, a French scientific journal, tells the following tragic story of a chicken of the Houdan variety of which his brother had made a pet. He says:

"Every morning in coming out of the house the young man brought with him a handful of crumbs or of grain or of something else that chickens like, and little by little his Houdan pet acquired the habit of throwing him about the place. In a grove near the house there was a bench. When the young man reached this bench he invariably seated himself, and the fowl, jumping up by his side, pecked the food from his hand and was petted by being stroked on the head and back.

"This had gone on for quite a long time when the young man left home to go to college. For the first day or two the chicken seemed not to be inconsolable over the loss of its friend, but took its food with the rest. After a few days, however, the fowl seemed to become aware that its friend was not coming back, and it was seized all at once with an unconquerable melancholy. It lingered morning after morning under the windows of the house as if waiting for its master to come out.

"Finally it betook itself to the bench where its master had been accustomed to feed it, and there remained, its head under its wing, almost motionless, day and night. It was useless to try to tempt it with food; the chicken refused to look up when the most tempting handfuls of grain or dough were thrown down before it. Its eyelids were closed, and its intention to die of hunger was so evident that it was deemed merciful to kill it."

VENETIAN GONDOLIERS.

Not Quite as Picturesque as Painted by Sentimental Tourists.

It is with grief that I remind my untraveled reader that in Venice the gondola is the cab. Is the cabman a poetic object—a person to whom you would indite lyrics or elegies? I trow not. But, on the other hand, the gondolier, unlike the London cabman, has his redeeming qualities. He is picturesque. He used to be more so in the days when he wore red silk stockings and a blue silk jacket, and when the boat he propelled was as gay a thing as himself. He is also very amenable to civility. He will quarrel with the portly Briton who speaks no language but English, and after a row tenders in payment a sum of money he deems unworthy of him, though it be in excess of the tariff. But the quarrel will be all on his side, and it will soon dissolve away into resonant laughter as he invites his copper-colored comrades to share the spectacle of the Briton walking off as if he heard not a word of his plea. The cabman, in such a case, would of course proceed to maledictions, and perhaps go further still. Indeed, when all is said, the gondolier is not a bad fellow, though, like the pigeons, somewhat spoiled by being photographed in his boat by enterprising amateurs a hundred times in the year. But in spring, notwithstanding the romance of them, one is not strongly attracted toward gondola or gondolier. When a "bora" is blowing upon the city from the mountains behind Trieste, and all the lagoon is under a blue-gray haze, chilly and thick, one is prone to think of fires, not aquatic expeditions. And many a martyred paterfamilias and his wife, who, at their eldest daughter's bidding, have inelegantly wriggled into the boat, and, aided by the smiling, compassionate oarsman, judiciously dispersed their offspring about the remaining space thereof, are as eager to leave as they were unwilling to enter it. If they can be induced to make another such excursion, they take wool for their ears and enough wraps for a regiment—reckless of the daughter's indignant demur about "how it will look." A playful form of compliment strikes the gondoliers handy about when they are displeased with each other being no to another characteristic of Venice. If, in conveying his fare through the "canaletti," the gondolier classes with a boatloaming in the contrary direction, he will probably call his enemy "the son of a dog," as well as much else.—Cornhill Magazine.

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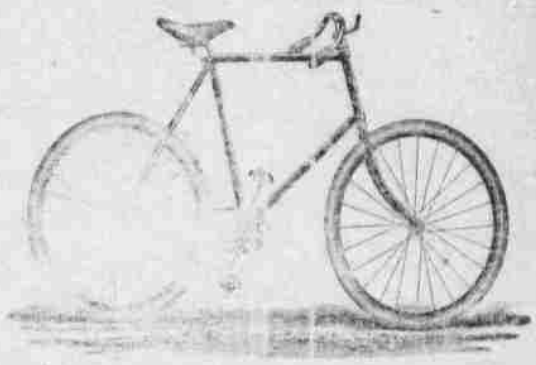

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