

A NO-TO-BAC
PHYSICAL PERFECTOR
BY THE USE OF

...of our beautiful hills town are...
 ...interesting and exciting time for...
 ...husbands, since the injurious...
 ...tobacco and the case with which...
 ...cured by a preparation called No-...
 ...have been so plainly demonstrated...
 ...the cure of Mr. F. C. Waite. In a written...
 ...he says: "I smoked and chewed...
 ...for twenty-three years, and I was...
 ...one of the worst in...
 ...of the country." Even after I went...
 ...at night, if I woke up I would want...
 ...smoke. It was not only killing...
 ...my wife was also ailing from the in-...
 ...effects. Two boxes of No-To-Bac...
 ...me, and I have no more desire for to-...
 ...than I have to jump out of the win-...
 ...I have gained twenty pounds in thirty...
 ...my wife is well, and we are indeed...
 ...happy to say that No-To-Bac is truly...
 ...worth its weight in gold to us."

The cure and improvement in Mr. Waite's...
 ...looked upon as a miracle—in fact, it...
 ...talk of the town and county, and it is...
 ...that over a thousand tobacco...
 ...will be using No-To-Bac within a few...
 ...The peculiarity about No-To-Bac as a...
 ...remedy is that the "Hakers," the...
 ...Chicago Remedy Company, No. 45 Randolph...
 ...Chicago, absolutely guarantee the...
 ...of three boxes to cure or refund the...
 ...cost, \$2.50, is so trifling as...
 ...compared with the expensive and unneces-...
 ...use of tobacco that tobacco-using hus-...
 ...have no good excuse to offer when...
 ...wives insist upon taking No-To-Bac...
 ...getting results in the way of pure, sweet...
 ...wonderful improvement in their...
 ...and physical condition, with a prac-...
 ...ritualization of their alcoholized nerves.

The Ladies.
 The pleasant effect and perfect safety with...
 ...which ladies may use the California Liquid...
 ...Syrup of Figs, under all conditions...
 ...is their favorite remedy. To get the...
 ...and genuine article, look for the name of...
 ...California Fig Syrup Co., printed near the...
 ...of the package.

Germany's proportion of suicides is...
 ...greater than that of any other European...
 ...country.

Hall's Catarrh Cure
 Taken Internally. Price 75c.

Lady's Honey of Horehound and Tar re-...
 ...cures Croup, Whooping Cough, Sore...
 ...Throat, Hoarseness, and all...
 ...Inflammations of the Throat and...
 ...Lungs. Cures in one minute.

At Cape Town (South Africa) houses...
 ...at the rate of \$5 per room per month.

Lady's Clove Root, the great blood purifier...
 ...and cleanses the system, to the complex-...
 ...and cures constipation, 35 cts., 60 cts., \$1.

Medicated with sore eyes use Dr. Thompson's...
 ...Water. Druggists sell at 25c. per bottle.

Australian Member of Parliament get...
 ...it every day.

SAVING LIFE IN THE WATER.

Every boy who swims—and every boy who does not swim—should be taught before it is too late—ought to know how to help his fellows should they need help while in the water. Even the best swimmers sometimes give out while in the water, or are attacked with cramp and have to be helped to shore. It does not require an expert swimmer to save a drowning person if the rescuer only understands the right way to go about his task. If a drowning person is not properly handled he is very likely to clutch at the rescuer, and many a brave swimmer has been drowned in trying to save some unfortunate comrade in danger, only through the latter's losing his head and dragging him down.

There is a school in England where the most approved methods of rescuing persons in danger while in the water are taught, and this life-saving society, as it is called, is probably

All of these instructions are only to get free so that one may secure the position described first. The rescuer should turn over on his back and secure the hold described under the drowning man's arms and then swim ashore with him. Once ashore, the methods of resuscitation differ with the facilities at hand. Of course, if a doctor can be secured that is the best course, but this is frequently impossible.

A man who has been under water long enough for his lungs to fill is in great danger, and the first thing to be done is to restore his breathing. This must be done at once or he will die. If no doctor is at hand, there is an excellent way of starting the suspended respiration. First the sufferer should be rolled over a barrel or some round object so as to force out of his lungs the water that he has drawn in in his effort to breathe under water. Then force open the mouth and scrape out the froth that has gathered there. As soon as this is done and it is seen that most of the water is out of his lungs, the rescued man should be turned on his back. Then the



1. Rescue Practice. First Method—The catch for one who may be quiet when rescued.
2. Rescue Practice. Second Method—A firm grip when the person being rescued is struggling.
3. Rescue Practice. Third Method—A sure grip when the drowning subject is struggling violently.
4. Release Drill—To release oneself when clutched round the neck.
5. Release Drill—To release oneself when clutched round the body.
6. Rescue Practice. Fourth Method—Used in carrying a disabled or tired swimmer.
7. Resuscitation Drill—The "Sylvester" Method of producing artificial respiration.

responsible for the lives of more than one man who has been saved by some pupil of their methods. There is a regular drill, which is gone through in the big tank, and this consists of pulling their fellows out of the water and of working over them after they have reached a place of safety, in order to bring them back to consciousness.

In the first place, the proper way to rescue a drowning person who is quiet and does not struggle when he is reached, is to put the arm under his armpits and then swim on the back toward the shore with him. This is one of the easiest methods of swimming and requires little exertion. All of the progression is made with the feet, and one can easily keep an unfortunate comrade's head above water with the hands under his arms. But this is only the easiest method of life saving. "More frequently a drowning person will struggle in the water, and very often clutch at his rescuer. If the life-saver can get behind him without being grabbed, he should turn over on his back and firmly grip the drowning man by the arms, just above the elbows. This can frequently be managed, and when a firm hold is secured the struggling man cannot interfere with the swimmer.

But even this is sometimes impossible, and a drowning person will occasionally grab wildly at his rescuer before he can be properly secured. If the latter be caught either around the neck or the body, the best way to release himself is by forcing the other's head back until he lets go of his grip. If both of the arms are free, put the left arm around the drowning man's waist, and with the other hand under his chin, force his head back until he releases you. A man cannot breathe if his head is thrown far back and he will soon relax his muscles if you tug on his arm. If you are caught by the arm, free

The Best Things to Eat

Are made with **ROYAL BAKING POWDER**—bread, biscuit, cake, rolls, muffins, crusts, and the various pastries requiring a leavening or raising agent.

Risen with **ROYAL BAKING POWDER**, all these things are superlatively light, sweet, tender, delicious and wholesome.

ROYAL BAKING POWDER is the greatest of time and labor savers to the pastry cook. Besides, it economizes flour, butter and eggs, and, best of all, makes the food more digestible and healthful.

ROYAL BAKING POWDER CO., 106 WALL ST., NEW-YORK.

Origin of Light.

According to Maxwell, light has its origin in this way: A luminous ray is a series of alternating currents produced in dielectrics, or even in the air of the interplanetary vacuum, which changes its direction 1,000,000,000,000 times every second. The enormous indication due to these frequent alternations produces other currents in the neighboring parts of the dielectric, and it is thus that the luminous waves spread from point to point. Calculation shows that the rate of spreading is equal to the ratio of the units—that is to say, to the velocity of light. The alternating currents are a kind of electrical vibration; but it is not known positively whether these vibrations are longitudinal, like those of sound, or transversal, like those of Fresnel's ether. In the case of sound, the air undergoes condensation and rarefaction alternately. Ether, on the contrary, when vibrating, behaves as if it were formed of incompressible layers, capable only of sliding one over the other. If there were open currents the electricity going from one extremity to the other of one of these currents would accumulate at one of the extremities; it would condense or rarefy itself like air, and its vibrations would be longitudinal. But Maxwell's theory of the origin admits only closed currents, and under such hypothesis this accumulation is impossible; and electricity must, therefore, behave like Fresnel's incompressible ether, its vibrations being transversal. The identity of light with electricity is consequently something more than a seducing hypothesis; but, though it is a probable truth, it is not as yet a proved truth.

A White Rhinoceros.

Among the latest accessions to the South African museum are an old imperfect skull and other bones of a white rhinoceros, presented by W. G. Schmidt. These remains of the now all but extinct "white" or Burchell's rhinoceros were unearthed at a depth of eight feet in black, turfy soil while digging out a fountain twelve miles from the Vaal river. This is the most southern locality recorded for this huge species of rhinoceros, which was first recorded from Latako (Kuruman), some ninety miles farther north, and whose range northward does not appear to have extended beyond the Zambesi.—[Chicago Times.]

ASSIST NATURE
 a little now and then, with a gentle, cleansing laxative, thereby removing offending matter from the stomach and bowels, and toning up and invigorating the liver and quickening the early action, and thus by remove the cause of a multitude of distressing diseases, such as headaches, indigestion, biliousness, skin diseases, boils, carbuncles, piles, fistulas and maladies too numerous to mention.

If people would pay more attention to properly regulating the action of their bowels, they would have less frequent occasion to call for their doctor's services to subdue attacks of dangerous diseases.

That, of all known agents to accomplish this purpose, Dr. Pierce's Pleasant Pellets are unequalled, is proven by the fact that once used, they are always in favor. Their secondary effect is to keep the bowels open and regular, not to further constipate, as is the case with other pills. Hence, their great popularity with sufferers from habitual constipation, piles and indigestion.

Farmers' Produce
 To F. I. SAGE & SON, 183 READE ST., N. Y.

Receivers of all kinds of Country Produce, including Game, Live and Dressed Poultry and Dressed Cattle, Specialties, Berries, Grapes, Apples, Honey, Onions, Potatoes and Butter. Correspondence and consignments solicited. Stencils furnished. Reference: Duns or Bradstreet's Commercial Reports, to be found at any bank.

Gold Watch Free.

A Hunting Case, richly jeweled, elegantly engraved, 14 K. gold electro-plated watch, fitted with the Celebrated Climax Nickel Movement, equal in appearance to an \$25 watch. Send your name and address, and in order to introduce our cigars, will send you 100 lbs. all Havana Perfecto Cigars for \$7.75. Remember, we send 100 cigars and watch by express. C. O. D. \$7.75 without any deposit. After examination, if satisfactory, pay expressage; don't don't take them. Perfectly Guaranteed. Write to: "Climax Watch Co., 14th Street, New York."

Goldfish.

Goldfish are of Chinese origin. They were originally found in a large lake, near Mount Tsientsing, and were first brought to Europe in the seventeenth century. The first in France came as a present to Mme. de Pompadour.

Dr. Kilmer's SWAMP-ROOT cures all Kidney and Bladder troubles. Pamphlet and Consultation free. Laboratory Binghamton, N. Y.

Dr. Hoessie's Certain Croup Cure should be in every medicine closet. It cures the worst of coughs and colds, and does not cause nausea. 50 cts.

As much as \$2,500,000 is expended for lead pencils in the United States every year.

BEECHAM'S PILLS

(Vegetable)

What They Are For

Biliousness	indigestion	sallow skin
dyspepsia	bad taste in the mouth	pimples
sick headache	foul breath	torpid liver
bilious headache	loss of appetite	depression of spirits

when these conditions are caused by constipation; and constipation is the most frequent cause of all of them.

One of the most important things for everybody to learn is that constipation causes more than half the sickness in the world; and it can all be prevented. Go by the book.

Write to B. F. Allen Company, 365 Canal street, New York, for the little book on CONSTIPATION (its causes consequences and correction); sent free. If you are not within reach of a druggist, the pills will be sent by mail, 25 cents.

"Thrift is a Good Revenue." Great Saving Results From Cleanliness and

SAPOLIO

In Hot Weather

Nothing is needed to keep up the appetite, digestion and give good, healthy food. For these purposes Hood's Sarsaparilla is peculiarly adapted. As a blood purifier, it has no equal. It is chiefly by its power to make pure blood that it has won its fame as a cure for scrofula, salt rheum and other similar diseases. Get Hood's Sarsaparilla. Hood's Pills cure headache and indigestion.

W. L. DOUGLAS
IS THE BEST
NO SQUEAKING.

\$5. CORDOVAN, FRENCH ENAMELLED CALF.
 \$4.50 FRENCH CALF & KANGAROO
 \$3.50 POLICE, 3 SOLES.
 \$2.50 WORKINGMEN'S EXTRA FINE.
 \$2.00 BOYS' SCHOOL SHOES.
 LADIES' \$3.00 \$2.50 \$2.00
 BEST DONGOLA.
 W. L. DOUGLAS, BOSTON, MASS.
 SEND FOR CATALOGUE

Can save money by wearing the W. L. Douglas \$3.00 shoe. We are the largest manufacturers of good shoes in the world, and guarantee their quality. We stamp the name and price on the inside of the shoe, and protect you against high prices and shoddy profits. Our shoes equal custom made in style, easy fitting and wearing qualities. We sell them everywhere at lower prices for cash than any other make. Take no substitutes. If your dealer cannot supply you, we can.

PHALT
 Boiling: 5 to 10 minutes. 10 to 15 minutes. 15 to 20 minutes. 20 to 25 minutes. 25 to 30 minutes. 30 to 35 minutes. 35 to 40 minutes. 40 to 45 minutes. 45 to 50 minutes. 50 to 55 minutes. 55 to 60 minutes. 60 to 65 minutes. 65 to 70 minutes. 70 to 75 minutes. 75 to 80 minutes. 80 to 85 minutes. 85 to 90 minutes. 90 to 95 minutes. 95 to 100 minutes.

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