

Foot Binding in China

The method of binding the feet of Chinese girls is described by Dr. ... as follows: While the great toe is left straight, the other toes are ... on the plantar surface of the foot ... until the tips of the toes ... on a line with the edge of the ... side of the foot, and then the ... is bound "snugly." Gradually ... bandage is made tighter and ... When the metatarsal bones ... to curve, making the character- ... lump on the dorsum of the foot ... bandages are tightened more ... than before. If swelling ... place above the ankle, the foot ... bandaged more tightly. If ulcera- ... occurs, the foot is bandaged still ... more tightly. "Swelling is not a de- ... rable complication. Ulceration is ... treated with joy, for it is usually a ... sign that the foot is yielding grace- ... fully to the inevitable.

To make the smallest-foot with the minimum of suffering and produce no ... ward results is the desideratum; ... process should take about ten ... Patience will then show her ... perfect work; that which foreigners ... a deformity and restricted loco- ... motion are necessary sequelae, not ... toward results. They begin to ... the feet of a child when she ... between three and four years of ... age. Generally the services of a pro- ... fessional bandager are obtained. ... woman carries with her a stock ... of small wooden shoes of various ... sizes. These are the patterns. Her ... daughters choose the size desired. A ... contract is then made to have the ... of this size in a certain length of ... three years or more or less as ... the case may be. The professional ... bandagers, for the most part, fulfill ... their contracts with superb indiffer- ... ence to the children's sufferings, and ... sometimes with such results as the ... death of the child, gangrene of the ... feet, necrosis of bones, etc.

"Corn-Bread" Murphy.

One of the benefactors of the ... man race that everybody should ... his eyes on is Charles J. Mur- ... by, now extensively known in this ... and Europe as "Corn Bread" ... Murphy, whose labors "The Star" ... constantly endeavored to aid. ... Murphy is now at work in ... land, where he is endeavoring to ... produce cornmeal as food, and corn ... a material for use in the great dis- ... tricts of Schiedam. Col. Murphy ... ed to have an exhibition of corn at ... Paris Exposition of 1889, but was ... nounced by the United States Com- ... mission. Not discouraged he made ... his own bread and gave corn lectures in ... is. He exhibited corn at the Edin- ... burgh Exposition, and talked corn in ... Poland and England. He next in- ... vited the German Government to in- ... vestigate in the army the use of ... Murphy bread" which is one-third ... corn. He encouraged shipments of ... corn to the famine-stricken dis- ... tricts of Russia. He next introduced ... American corn in Denmark, and is now ... has been stated, in Holland. ... Colonel Murphy has contended with ... immense obstacles, but has every- ... where attained a degree of success. ... banks to America, wheat bread is ... eaten in many districts of the ... World to which half a century ... it was almost unknown, and to ... America and Colonel Murphy the ... necessity of Europe will yet be in- ... duced for something better than the ... old black bread they have been ... eating for centuries. It is a glorious ... mission—that of giving the world ... the best and more of it.

When Nature

assistance it may be best to render it ... simply, but one should remember to use even ... the most perfect remedies only when needed. ... the most simple and gentle remedy is ... the Syrup of Figs manufactured by the Cali- ... fornia Fig Syrup Co.

St. Paul, Minn., will soon have a ... bridge across the Mississippi.

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

Steamboats made in Pittsburgh ... in South American rivers.

\$100 Reward, \$100. ... of this paper will be pleased to ... there is at least one dreaded disease ... which has been able to cure in all its ... forms. It is Catarrh. Hall's Catarrh ... is the only positive cure known to the ... medical fraternity. Catarrh being a constitu- ... tional disease, requires a constitutional treat- ... ment. Hall's Catarrh Cure is taken internally, ... directly on the blood and mucous sur- ... face of the system, thereby destroying the ... cause of the disease, and giving the pa- ... tient strength by building up the constitu- ... tion, and nature is left to its work. ... who have so much faith in its curative ... power, they offer One Hundred Dollars ... reward if it fails to cure. Send for list ... of testimonials. Address: F. J. HENNEY & Co., Toledo, O.

Dr. Hesse's Certain Croup Cure ... cheap as it is sure. One hundred ... for 50 cents. Cures the family cough ... every year. No nausea.

Wishaw's Soothing Syrup for children ... writes the glands, reduces inflamma- ... tion, cures wind colic, etc. in a bottle.

Respect a Cough. Take some Hale's ... of Horehound and Tar Elixer. ... of the Cough Drops Cures in one minute.

Close your eyes, the great blood purifier, ... cures all the troubles, to the comple- ... tion of the cure. 25 cts. 50 cts. \$1.

with sore eyes use Dr. ... Druggist's

The Horse's Foot.

It is difficult to understand how the ... legs of horses stand the wear and ... tear of work in our great cities, ... where every step of their iron-shod ... hoofs is upon a hard, unyielding ... road. There is no other creature liv- ... ing, with the exception of the don- ... key or the mule, which can long ... bear the constant battering entailed ... by rapid locomotion over a paved ... surface. But if we look at the struc- ... ture of the horse's legs we see how it ... injure him more. His "pasterns," ... the part just above the hoof, yield a ... little at each step and so break the ... force of the concussion. He is, in ... fact, mounted on springs. This is ... one chief reason why he is a pleas- ... ant animal to ride. Anyone who has ... tried riding a cow or ox has found ... the difference between the easy, ... elastic movements of the horse and ... the jolting and joggling of a horned ... mount. —[North American Review.]

The President of France receives \$240,000 a year.

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Is fully as important and as beneficial as Spring Medicine, for at this season there is great danger to health in the varying temperature, cold storms, malarial germs, and the prevalence of fevers and other serious diseases. All these may be avoided if the blood is kept pure, the digestion good, and the bodily health vigorous, by taking Hood's

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Cures Scurvy, "St. Vitus' Dance," Eczema, etc. A boy fourteen years old had a terrible scurvy on his neck. A friend of mine said Hood's Sarsaparilla cured his little boy, so I procured a bottle of the medicine, and the result has been that the bunch has left his neck. It was so near the throat, that he could not have stood it much longer without relief. Mrs. Iza Hood, 534 Thorndike St., Lowell, Mass. Be sure to get only Hood's.

Hood's Pills are prompt and efficient. 25 cents.

Fresh Air and Exercise.

Get all that's possible of both, if in need of flesh strength and nerve force. There's need, too, of plenty of fat-food.

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of Cod Liver Oil builds up flesh and strength quicker than any other preparation known to science.

Scott's Emulsion is constantly effecting Cure of Consumption, Bronchitis and kindred diseases where other methods FAIL.

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Persons who have people who have weak lungs or Asthma, should use Hale's Cough Cure. It is the best.

About 8,000 marriage ceremonies are performed each day throughout the world.

THE FLORIDA SINKS.

Mysterious Depressions That May Be the Work of Man.

The recent accident on the Florida Southern Railway, near Gainesville, recalls the old question concerning the Florida sinks. What are they? The immediate vicinity of the recent accident where a train ran up to Gainesville over an apparently solid roadbed, and on its return found that a part of the roadbed had dropped forty feet below the track has probably more sinks within the adjoining fifty acres of land than any other similar area in the State. About fifteen years ago I was employed to survey a line for a roadway across this tract of land, and found it very difficult to lay out a road between the numerous deep sinks that were some of them to one another that in some cases only a narrow ridge of soil, sloping both ways from the centre of the ridge, remains solid enough for travel. Some of these sinks have water in them, some are dry, and some are forty feet in depth and bearing orange-trees grow on the sloping sides. All efforts to find natural causes for these sinks have failed to account for their existence. The natural wells all have an artesian character. The numerous recent discoveries in some western States in Central America and in Mexico of the remains of the dwellings of a people who lived beneath the surface of the earth, suggest the possibility that these Florida sinks are the breaking in of the roof of chambers formed by a race of people, who in the long ago, occupied Florida. That subterranean chambers and passageways exist in Florida, is well known, but how they were formed, and for what purpose, I have never seen even suggested in any work on the subject. The numerous tunnels in which water runs. Persons have often entered one and come out by another. I have heard it claimed that these natural wells are the open air-shafts to subterranean roadways, and that they lead to large rooms in some places. I have been told of a large subterranean chamber, near Archer, on the walls of which are picture-

writings. A party of explorers have made some very strange discoveries regarding these Florida sinks. They have found that such of these sinks as they have examined all bear the same engineer's marks (attractive bodies placed in the ground), by which the outlines of the original work can be traced, and also the connecting passages; and this has led to the further discovery that the same lines are quite numerous in places where there are no signs of sinks or natural wells to be seen. The scene of the accident on the Florida Southern Railway is on the edge of Payne's prairie where 20,000 acres of rich land might yield grain enough to require an immense storage capacity. The spot is centrally situated for water transportation of the crop across the prairie by its central drainage canal, and is easily accessible from a region where there are no large prairies to cultivate. Near Gainesville and in the city there are many places where it is often noticed that when horses trot over them a hollow sound comes from the ground. I have traced on some of these spots the very same lines that are found at the sinks. At Ocala, Dade City, Tampa and Port Tampa City I have found the same lines, and I have been told of many other places where these lines have been traced by gentlemen interested in the same line of investigation. —[Savannah News.]

TAKE STEPS in time, if you are a sufferer from that scourge of humanity known as consumption, and you can be cured. There is the evidence of hundreds of living witnesses to the fact that, in all its early stages, consumption is a curable disease. Not every case, but a large percentage of cases, and we believe, fully 95 per cent. are cured by Dr. Pierce's Golden Medical Discovery, even after the disease has progressed so far as to induce repeated bleedings from the lungs, severe lingering cough with copious expectoration (including tubercular matter), great loss of flesh and extreme emaciation and weakness. Do you doubt that hundreds of such cases reported to us as cured by "Golden Medical Discovery" were genuine cases of that dread and fatal disease? You need not take our word for it. They have, in nearly every instance, been so pronounced by the best and most experienced home physicians, who have no interest whatever in misrepresenting them, and who were often strongly prejudiced and advised against a trial of "Golden Medical Discovery," but who have been forced to confess that it surpasses in curative power over this fatal malady, all other medicines with which they are acquainted. Nasty coughs, and its filthy "emulsions" and mixtures, had been tried in nearly all these cases and had either utterly failed to benefit, or had only seemed to benefit a little for a short time. Extract of malt, whiskey, and various preparations of the hypophosphites had also been faithfully tried in vain. The photographs of a large number of those cured of consumption, bronchitis, lingering coughs, asthma, chronic nasal catarrh and kindred maladies, have been skillfully reproduced in a book of 160 pages which will be mailed to you, on receipt of address and six cents in stamps. You can then write to those who have been cured and profit by their experience. Address for Book, WORLD'S DISPENSARY, MEDICAL ASSOCIATION, Buffalo, N. Y.

Paper Bobbins. Nearly all bobbins now in use are made from wood. But recently parties have tried to introduce bobbins made from other materials, says the Tradesman. A good bobbin means that the yarns will wind from it rapidly during the knitting. Too often bobbins are so made that they hinder the operator very much. Frequently it is the fault of the spinners who have put the yarns on the bobbins, sometimes the fault of the knitters, who have steamed the yarns too much, so that the winding off operation is defective, and often the bobbins themselves are the cause of loss of time and the waste of yarn. Wooden bobbins are the most extensively used at the present time. The chief reason why inventors are interested in introducing a substitute for wood is that the bobbin of wood often becomes split or cracked in such a way that the yarns catch in the defect and break off. An inventor now comes with a bobbin made from paper stock. Common paper pulp is run into molds and the bobbin cast. Then they are pressed, drilled, polished and varnished and are ready for use. They have all the appearance of a first-class bobbin when first sent to the mill, but they do not possess sufficient durability to stand the treatment to which they are subjected during the steaming process.

Highest of all in Leavening Power—Latest U. S. Gov't Report

Royal Baking Powder

ABSOLUTELY PURE

An inscription on a sign board in Lancashire announces the following miscellaneous articles for sale: "Bibles, blackballs and butter, Testaments, tar and treacle, Godly books and gimlets sold here." A shop sign in London reads: "Plots for novels or short stories. Prices reasonable." The occupant of a devious plots, but no great powers of narration, so is supposed to make his living by selling skeleton plots for stories in cheap papers. "Teeth pulled white you wait" is a singular sign, said to have been set up by a dentist in Fleetwood. This curious specimen of orthography was displayed in a street in Marylebone. "The Mangelling Traid removed hear from the Strete round the Cornir. Threapense a DEZZEN. N. B. New Milk and Cream Sould here. Warrantidd Fresh and not Stale."

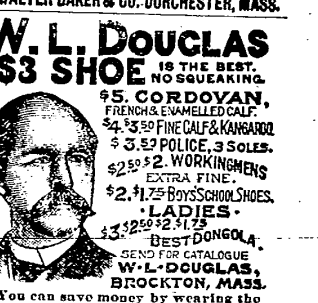
The Time is Short. Oh, my dear friend, you who are letting miserable misunderstandings run on from year to year; you who are keeping wretched quarrels alive because you cannot quite make up your mind that now is the day to sacrifice your pride and kill them; you who are passing men sullenly upon the street, but speaking to them out of some silly spite, and yet knowing that it would fill you with shame and remorse if you heard one of those men were dead to-morrow morning; you who are letting your neighbor starve till you hear that he is dying of starvation or letting your friend's heart ache for a word of appreciation of sympathy which you mean to give him some day; if you could know and see and feel all of a sudden, that "the time is short," how it would break the spell. How you would go instantly and do the thing which you might never have another chance to do. —[Phillips Brooks. 40]



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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.

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