

HEALTH.

BY MRS. J. B. STILLMAN SEVERANCE.

We as a people need nothing so much as health of body, and consequent integrity of mental and moral action.

Lack of bodily health gives us weak, vacillating, erratic characters; for the body is to the brain, as the foundation to a building, or the base in music, a support to all the rest.

We may find many persons whose minds teem with beautiful thoughts and grand conceptions, whose lives are almost lost so far as the world is concerned, because they lack the vital force to outwork them into actual life, and they lie like hidden treasures, useless because lacking the physical effort to bring forth to bless the world.

An individual may have moderate mental capacities, and strong vital powers, and by the vigorous use of that mentality accomplish much; while on the other hand although their minds are stored with knowledge, and lacking physical stamina, the world is none the better for it.

Relatively smaller brains and larger muscles, would greatly improve our people.

This clamoring of the mind for outward expression through the body, which in its weakness is unable to respond to, causes a feeling of depression which can be temporarily overcome by stimulation.

And we find of all classes of mankind, those with a preponderance of the nervous temperament most erratic, and they of all others should most avoid it, because it increases the already too great action of the brain and only seems to give more physical strength, while it really uses up the capital stock of vitality, and soon leaves the person bankrupt.

And every particle of stimulus whether taken in food or drink, only increases the difficulty.

But the reader may ask "What would you recommend?"

Simply this: whatever portion of the organism you wish to strengthen and develop, exercise that portion, whether of brain or body.

If you have small benevolence, exercise that faculty and you will grow it. If your reasoning powers are weak, by continually repeated action they will be developed, and if you lack physical strength, muscular vigor, exercise your muscles daily, engage in some active physical labor, or if possible something that will be a benefit to yourself and others, and you will have the double gain of culture and pecuniary profit, for it is only a false condition of society that makes it at all necessary that we should exercise merely for the object of physical action, for there is so much to do in this world of work, that the necessity for action can be satisfied, and other good be secured at the same time, but if any one is so situated that time or circumstances will not allow them to engage in manual labor, let them spend a little time often in exercising the muscles by vigorous gymnastic movements, losing no opportunity to thus add to their physical vigor.

Action in any part of our organism causes a greater flow of blood to that part, and as all the nutrient material is conveyed in these arterial canals, of course where most is conveyed there will be the greatest growth.

Another element essential to a vigorous, healthy organism is pure blood, from which can be gathered the proper material with which to replenish the waste in the tissues which is constantly going on, and to form this, simple food of nature's own producing and in as nearly as possible her proportions of elements should be used; for nature better than any chemist knows how to prepare our aliment, she makes all her productions relatively adapted one to the other.

At every era in the development of the earth, we find the air, the vegetable, and animal life, corresponding each with the other, in the earlier periods of the earth's history as recorded by geology, we find the soil coarse in its texture, the vegetable formations were correspondingly coarse, while the animals living upon them were huge mammoth productions on a corresponding unrefined plane, and through various formations and re-formations matter had to pass before the earth, air and vegetation became fitted for the human species, coarse and crude as were its first specimens.

Many kinds of plants and animals had done their work in the refinement of matter and ceased to exist, leaving only

their record in fossil remains for man to read generations afterwards.

At the present time we find different grains, fruits, and animals, as well as human beings in different countries, each adapted to sustain the other, formed by natural laws and rightly related and proportioned in combination; but we in our ignorance often mix together most incongruous materials for food, substances that it is not in the power of the gastric juice to dissolve, and with these fill our stomachs to surfeiting, producing a diseased action, or rashes an effort of the system to throw off this foreign, useless material: from this irritated, inflamed and entangled condition of the stomach, come cecid by the nervous system most intimately with the brain, come all manner of bad feelings, untidy desires and immoral tendencies.

Were I to make one thing more than another promulgo of morality it would be sound digestion.

One of our very respectable citizens called into the establishment of a joking druggist last summer, and overcome by the sultry weather, sat down in a chair and was soon enjoying a sound slumber.

Observing that the sleeper had on a new fine hat, the druggist gently reminded it, substituting in its place an old one with a sadly dilapidated and rusty crown. The drowsy citizen at last awoke; and after a few h-hums, felt of the hat, which was rather a tight fit.

Removing it from his head, and taking a steady gaze at the battered relic, he turned to the druggist and enquired: "Did I sleep a long time?"

"Yes" replied the joker, "a very long time."

"Well," continued the first, "a very long time; for when I came into your store this dirty old hat was brand new."

It is suggested that the teeth of ladies decay early on account of the sweetness of their mouth. Prof. Sillschem, an eminent chemist of the country, says it is because of the sourness of their temper. Which theory is right?

MRS. WHEELER'S WORM CONFECTIONS.

MOTHERS,

READ this over carefully, and make up your mind. If the worms are not slowly but surely destroying your children's health, you will find it well worth the expense to purchase a box of Mrs. Wheeler's Worm Confections. You may not understand the science, but mark the warning from the glass, the expressionless eye, the thin, starting lips, the restless picking of the nose with the thin fingers, those of the least sensitive of the stomach, turning away the very life of the child—a life you would give your own to save. And yet the cause is plain, and the cure is simple. It is the worms, the victims of worms, the innocent but sure sufferers. Drive out the worms thoroughly with the effective caratives of bowel complaints. 1. Are the worms in the stomach? 2. Are they in the chest and elsewhere in the system? 3. Are they in the bowels? 4. Are they in the lungs? 5. Are they in the bladder? 6. Are they in the kidneys? 7. Are they in the liver? 8. Are they in the spleen? 9. Are they in the pancreas? 10. Are they in the gall bladder? 11. Are they in the stomach? 12. Are they in the bowels? 13. Are they in the lungs? 14. Are they in the bladder? 15. Are they in the kidneys? 16. Are they in the liver? 17. Are they in the spleen? 18. Are they in the pancreas? 19. Are they in the gall bladder? 20. Are they in the stomach? 21. Are they in the bowels? 22. Are they in the lungs? 23. Are they in the bladder? 24. Are they in the kidneys? 25. Are they in the liver? 26. Are they in the spleen? 27. Are they in the pancreas? 28. Are they in the gall bladder? 29. Are they in the stomach? 30. Are they in the bowels? 31. Are they in the lungs? 32. Are they in the bladder? 33. Are they in the kidneys? 34. Are they in the liver? 35. Are they in the spleen? 36. Are they in the pancreas? 37. Are they in the gall bladder? 38. Are they in the stomach? 39. Are they in the bowels? 40. Are they in the lungs? 41. Are they in the bladder? 42. Are they in the kidneys? 43. Are they in the liver? 44. Are they in the spleen? 45. Are they in the pancreas? 46. Are they in the gall bladder? 47. Are they in the stomach? 48. Are they in the bowels? 49. Are they in the lungs? 50. Are they in the bladder? 51. Are they in the kidneys? 52. Are they in the liver? 53. Are they in the spleen? 54. Are they in the pancreas? 55. Are they in the gall bladder? 56. Are they in the stomach? 57. Are they in the bowels? 58. Are they in the lungs? 59. Are they in the bladder? 60. Are they in the kidneys? 61. Are they in the liver? 62. Are they in the spleen? 63. Are they in the pancreas? 64. Are they in the gall bladder? 65. Are they in the stomach? 66. Are they in the bowels? 67. Are they in the lungs? 68. Are they in the bladder? 69. Are they in the kidneys? 70. Are they in the liver? 71. Are they in the spleen? 72. Are they in the pancreas? 73. Are they in the gall bladder? 74. Are they in the stomach? 75. Are they in the bowels? 76. Are they in the lungs? 77. Are they in the bladder? 78. Are they in the kidneys? 79. Are they in the liver? 80. Are they in the spleen? 81. Are they in the pancreas? 82. Are they in the gall bladder? 83. Are they in the stomach? 84. Are they in the bowels? 85. Are they in the lungs? 86. Are they in the bladder? 87. Are they in the kidneys? 88. Are they in the liver? 89. Are they in the spleen? 90. Are they in the pancreas? 91. Are they in the gall bladder? 92. Are they in the stomach? 93. Are they in the bowels? 94. Are they in the lungs? 95. Are they in the bladder? 96. Are they in the kidneys? 97. Are they in the liver? 98. Are they in the spleen? 99. Are they in the pancreas? 100. Are they in the gall bladder?

MRS. WHEELER'S CONFECTIONS

Are the cause for you to use, for these reasons. They contain over twice the amount of dose in a box of any other worm medicine of dose in a box, and they are really worth as much again, but will cost the same price, and cure you twice as fast. They are warranted just as represented above. Try a box of them and they will prove good and you don't feel perfectly satisfied and they will rub you 25 cents for the box and half need up. Full directions on each box, which must be strictly followed.

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The Farm.

Improved System in Farm Practice

There is good sense in the following words of Colonel Horace Copron, Inspector of Agricultural Department at Washington. He says:

"Hitherto this country has been characterized by random farming, with immediate results, with no reference to future results, with no reference to the use of advantage, and no persistent following of any prescribed course.

It has been a speculative business, with a constant endeavor to overreach the soil, even at the risk of bankruptcy. Cotton, wool, hops, and other products have been periodically or locally abundant causes of unnatural exultation, and it may be long ere our countrymen shall hold away among our business men; but there are evidences of a more stable views, and more systematic processes are beginning to prevail.

In the central settlements of the West, farm animals, the basis of systematic farming, are held in higher esteem than formerly, and a preparation at least is made for some simple system of crops.

More stability exists, under no circumstances, as in case of wool-growers, many whom, far-seeing and wise, are so prudent of future profit in the midst of present discouragement.

There is a disposition in the West to produce their own bread and meat, to hold their cotton as a surplus, to buy better price when the quantity does suffice to glut the market.

These and many other signs of thoughtfulness and growing wisdom are apparent."

Sheep Skin Mats.

The following is for two skins, the directions are faithfully followed, and make something nice:

Make strong soap, using lye, and let it stand till cold, then wash the skins with it, carefully scrub out all the dirt from among the wool, then wash them in cold water, and the soap is out.

Next dissolve half a pound of salt and alum in a little hot water, put into a tub of cold water, and cover the skins, and let them lie twelve hours; then hang over a drain.

When well drained, stretch the skins while drying. Before they are entirely dry, sprinkle on the back one ounce each of finely pulverized gum and sulphur, rubbing it in; then lay the flesh sides together, hang in the shade for two or three days, turning them over every day, so they will be perfectly dry.

Finished by scraping the back with a blunt knife to remove remaining scraps of flesh, and then the flesh side with pumice stone and t. e hands.

Very beautiful mittens can be made of lamb skins tanned as above. Ransau, Pa.—Chaut. Farm.

The Treatment of Sick Animals.

The saying evil of the age in this country is, that we have a system of veterinary instruction, except in large cities, and, indeed of those, it is impossible to educate a veterinary surgeon, to suffer from diseases generally about by our carelessness, are obliged to bear the still suffering of the laborious to men farmiers and quacks, almost nothing of the organic their bodies. As a consequence, violent purgatives, flogging, blisters and are applied without thought, reason, entailing untold animal, and generally misadventure. Of course, when sick, any farmer who is ignorant should be done ought to best advice within his reach.