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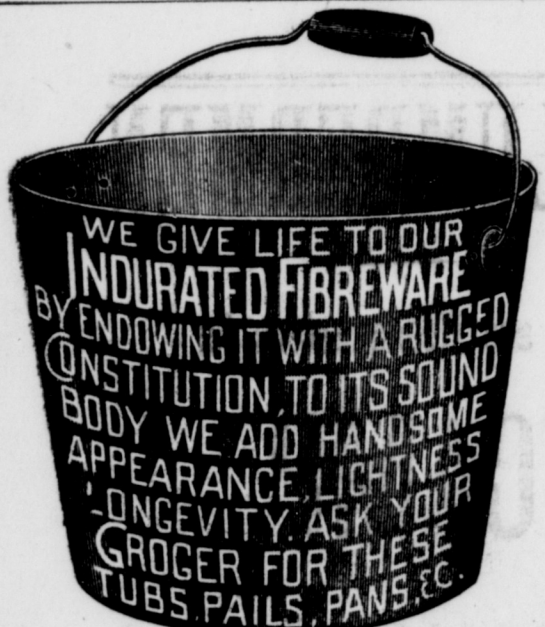
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Having purchased the good will Meat business of Forrester McLean we shall in the future keep

Beef, Pork, Mutton,
Lamb and Veal, with
Ham, Eggs and Sau-
segas in their sea-
son.

Also, in addition to the above we propose keeping Pickled Pigs' Feet, Lambs' Tongues and Tripe, with sundry other articles. After getting our business fairly started and market thoroughly painted and cleansed we would respectfully solicit a fair share of the public patronage. Our aim will be to so treat our customers that there may be a degree of confidence between buyer and seller.

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Has opened with a fine stock, in

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About "Nerves."

What word is more common among us than the word "nervous"? Oddly enough, this is one of the words which has so changed its meaning as virtually to have two meanings. The dictionaries tell us that "nerve" means "physical strength," firmness, courage; the word coming from the Greek "neuron"—a sine. Alas! we say "nervous" when we generally mean "nerveless." I have wondered if some of the ladies who seem to take a pitiable pride in saying "We are so nervous, would be equally satisfied if they had to use the formula, "We are so nerveless!"

The nerves are the fibres which convey sensation from all parts of the body to the brain—the bell wires and telephones, as it were, which communicate what kind of guest or business approaches, and what sort of preparation should be made. They should convey exactly the right impression and stimulus, neither more nor less. When this is done, then our house of life may be considered well equipped, and we might justly be called "nervous." But when the impression travels anyhow, when the effect is quite disproportionate to the cause; when, to speak metaphorically, any harmless guest bell gives a sound like a fire alarm—then the nervous system is out of gear, and we are for the time "nerveless."

Diverse causes produce this lamentable condition. Unceasing work of exacting kind, and, above all, unceasing worry, will in time work damage in the strongest nervous system. But the resisting power of some is much greater than others, and they will for years endure a pressure which would wreck others in a few months.

On the other hand, it is a question whether overwork and fruitless worry produce as much nerve damage as is begotten by monotonous idleness and the ennui of an aimless existence.

Privation in food and suffering from cold will lower the power of the nerves till they cease to respond to any impression. On the other hand, overfeeding, in indulgence in alcohol and life in hot climates or heated rooms will procure effects equally disorganizing and deplorable. The worst side of great city life, its unceasing noise, its perpetual motion, its absolute indifference, all tend to procure afflictions of the nerves. Yet some of the most hopeless cases are to be found in quiet village life.

Where any nerve disorganization has come through overwork or worry, nerve health will probably soon return, if the unwholesome conditions are removed. But they must be removed in time. Nothing is more inhuman than the disregard often shown to the palpable nerve disturbance of a hard worker, sometimes the household bread winner. "Papa has grown so short-tempered," or "mamma is so hasty and emotional," or "auntie is so fretful," and these nerve failures are made an occasion for rebellion or affront, when really what is needed is a little relief from responsibility, and the assurance of surrounding love and appreciation.

There are some who seem able to expend nerve force liberally, almost recklessly, and to get it paid in again. There are others who seem to pour out theirs in one supreme effort and then to remain nerve bankrupt.

It is probable that the former have certain exemptions and reliefs which do not readily appear. For instance, the nerve power may be expended in different directions—one really relieving if not subsidizing the other, just as mental and manual labor often do with bodily strength.

The latter, on the other hand, have had to meet a demand of nerve power which was just in excess of their existing nerve capacity whether great or small. Here let us indicate the supreme value of timely "pause" or "rest." Young people, especially, are apt to be impatient or careless of these; they have the feeling that "it will be as well to go on to the end," and they draw relentlessly on their untouched reserves. It is a great mistake. Brief rest recuperates for renewed effort. It is not for nothing that the "Sundays" of man's life are sprinkled over it at short intervals. They would not answer the same purpose if they all came together at the end of the year! It is also a great art to cultivate that habit of mind which folds its tasks crisply away and at the proper time takes them out again with all the advantage of a "fresh eye." Many a nerve capacity would have lasted its time had it been allowed these "pauses." Sometimes, alas! circumstances do not allow them, and then the sufferer is, indeed, deserving of all consideration.

As for cases of "nervous" degeneration entailed by aimless monotony, or useless excitement, their cure must proceed on the same principle as the cure of those to which we have referred—to wit, the first effort must be to remove the unwholesome condition. But in the former case we have, as it were simply to release the bough from an unnatural bond, and it soon flies back, and presently resumes its natural position. In the latter we have to deal with a state of things which in many instances has grown out of a radical defect in the sufferer's self, and before we can get matters right that individual has, in a way, to be re-created. It is wonderful how many so-called "nervous" sufferers have been cured by sharp shocks, which set them face to face with the realities of life. We will say little of those cases who, having imagined themselves hopelessly crippled, having risen and run when they found themselves in danger from flood or fire. We will think rather of such cases as Coppe, the famous French writer, has so pitifully described in his wonderful little story "Restitution." One of his heroines describes herself as having been a typical case:

"I was without any special interest in life, for my poor father had been a great sufferer—had become, I am sorry to say, very exacting, and tyrannical. 'It is now my turn to be taken care of,' I said to myself, and I did nothing else. In reality, I was only over-

tired, but I believed myself ill, and very soon I was really ill through doctoring myself. I became one of those persons who can never think of a malady without imagining that they are suffering from it. . . . I changed my doctor ten times. Every year I visited a new watering place. The quack medicine advertised on the last page of the newspapers could all count on me as one of their victims. I consulted homeopaths, somnambulists, and I might even be seen in distant quarters of the town gliding into the mysterious little shops of herbalists. My temper, gentle before, became harsh and exacting. I insisted on being pitied, and people who did not seem to me to take sufficient interest in my health were odious to me."

Then came the cure—one which in its entirety no doctor can supply, but only life itself:

"I had grown insupportable to everyone, and also to myself, when Renaudel took everything I possessed, except some few thousands of francs. That was my salvation; I was forced either to work or starve. . . . Formerly, when I was a miserable hypochondriac, I could only digest invalid's food peptonized; now I can enjoy beet served with onions and baked potatoes. To have to earn one's living is the best sort of treatment."

To such sufferers as we have delineated, no medical man can supply this heroic remedy of "living on sixpence a day, and earning it." But he can exist on exercise, on wise nourishment and equally abstinence—on "early to bed and early to rise"—on plenty of bathing, on reasonable, regular habits, and he can check such patients' curious hankering for drugs and other quacklike methods of treatment. He can advise suitable methods of study or work, or fit objects of interest—anything which will help to regulate self to the infinitesimal point it really occupies in the universe.

THE CARELESS AND INDIFFERENT

Suffer Intense Agonies
This Month.

Many Men and Women In
Great Danger.

To Such Mortals Paine's Celery
Compound Guarantees a
New Life.

The Great Medicine a Sure Cure For
Rheumatism and Sciatica.

Thousands of people die annually of rheumatism, yet every case could have been cured if Paine's Celery Compound had been used in time.

Too many men and women show a marked indifference when, in some form, the dread disease commences its agonizing work. Some foolishly imagine that bright, warm and dry weather will banish the intruder, and they determine to trust themselves to time and circumstances. Others place their hope in warmer clothing and the frequent use of liniments, while some experiment with electricity and baths.

As the days pass, the careless and indifferent find themselves deeper in the mire of suffering, and they experience all the countless twinges and agonies of the disease. They have chills, pain in the back, quickened pulse, constipation, loss of appetite, coated tongue, and the joints swell—usually the knees, elbows and wrists.

Now is the time of extreme danger. Now the sufferers realize that they are paying the penalty of their carelessness. Many will soon be helpless and useless; we shall see them with stiffened muscles and joints, and limbs twisted and drawn up.

Some will ask the question, "Is there truly a cure for such helpless rheumatism?" We say unhesitatingly there is. The agent that cures effectually and scientifically is Paine's Celery Compound. It has cured thousands in the past—men and women of the highest standing in every community—and these have given the strongest testimony for the encouragement of others. Besides removing the cause of rheumatism, Paine's Celery Compound is the only medicine in the world that guarantees a permanent cure.

Will you, sufferer, continue in agony and danger of death when such a mighty remedy as Paine's Celery Compound is offered to you.

Let us assure you, poor rheumatic sufferer, that the use of one bottle of Paine's Celery Compound will quickly dispel any doubts that you may have. The effects will be so encouraging that you will be forced to continue with the life-giving medicine till you are sound, well and happy.

A Lamb-Like Answer.
Charles Lamb had a horror of notoriety and of being "lectured" in public places. Impertinence or offensive interference of any sort he could not brook. An overbearing head of a department in the East India house approached him one day, when Lamb was busily engaged, with the Paul Pry question, "Pray, Mr. Lamb, what are you about?" "Forty next birthday," he replied. "I don't like your answer," said the man. "Nor I your question," was Lamb's rejoinder.

Piles Cured in 3 to 6 Nights—Itching, Burning Skin Diseases Relieved in One Day.

Dr. Agnew's Ointment will cure all cases of itching piles in from three to six nights. One application brings comfort. For blind and bleeding piles it is peerless. Also cures tetter, salt rheum, eczema, harbor's itch and all eruptions of the skin. Relieves in a day. 35 cents.

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Window and Door Screens,
INCREASED FACILITIES.

SHINGLES AND CLAPBOARDS FOR SALE.

Kansas Piosoper on Pork.

No man who lives on meat was ever known to lick his wife or ask for a divorce. Adam got into a row, right off, because he had no hog meat, butter or black bass. Napoleon lost Waterloo because the allied forces had baked for breakfast the morning of the fight. The French had vegetable soup. The South had to give in at Appomattox because it was out of meat. No war can be successfully waged without hog meat.

Americans are the most frisky people on earth because they eat the most hog meat. Ingalls would have gone back to the Senate had he not lived on oatmeal, baked apples and blind robing.

A vegetable diet woman is as cold and clammy and unlovable as a turnip. If you wish to put roses on the cheeks of your girls vitality in their very motion, and brains in their heads, feed them on meat.

If you want your boy to get a job and hold it, go to the front and amount to something, give him bacon grease, ham fat or tallow, three times a day.

The world is full of cranks who are always getting up some new fad about hay soup or corn fodder tear.—Eldorado Republican.



Horse Dress

Makes a horse look well, as woman's dress makes a woman look well,

You Can Sell

A Horse for twenty per cent. more if he wears a good Harness, even as a woman can marry twenty per cent. better if she is well dressed.

You Need

A New Harness anyhow, and I can sell it to you.

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NOTICE.

All bills due the firm of Drs. Colter & Hand
between April '91 and '95 if not paid before Sept.
1st 1897 will be left for collection.
DRS. COLTER & HAND.