## Depression of Spirits

so common in summer-time accompanied by loss of energy, lack of thought-power, means a deficient supply of nourish ment. The vital force is lost It isn't a question of muscle and sinew, but of resistance and endurance. At any age, but aspecially in youth, it involves of flesh and a cough are threat ening signs

of Cot liver Oil, with the hypoperfectly. It tones up, fattens and strengthens.
of the oil is fully discuised making it almost as palatable as milk.

## SRREX PLLMENT.

It is "Lay-by Time" With the Country People and

ALLIS BRIGHT ANI CHEER-
FUL.
The Young People Are Having Picnics and a diood Time Generally.

From The Constitution.
It is "lay-by" time in Giorgia and that means a happy time for old and young-for boys and girls, especially.
The country young folks have nothing to do at this season, but good tume and fruit and ghave a good time generally- It does
me good to watch them at their picnics and at the church on Sunday. I believe that girls are growing prettier and sweeter chance for showing off now than they ever did before. It is easier to get up pienics now than it used to be and taking excursions on the railroads is a delightful thing that old timers never had the whole state of South Carolina came over to Atlanta last week and I had no idea there were such pretty girls in that state, but they can't come up to Georgia. It is
ainost as easy to go a picnicking from South Carolina to the mid.
dle of Georga now, as it ued to bo to go out on the creeks and
rivers ia ones own settlement, and there is no redbugs and chig. gers to annoy after the picnic i
over. These yonng people that
$\qquad$ In the o!d times a young fellow hand and walk the big road for miles, or through the pathe they wading streams and having many other drawbacks that are never thought of in these days of rall. roads and other modern conveniences. Some of the youngsters tell me that it is ot so "horrible" to be crowded as they do crowd on these excursions, and I guess it is not' for even in old times I never heard a young fellpw comweetheart, and the girls don't care, nor never did cars for a little pressure on such occasions the pressure on such occasions
when circumstances excused the thing. There is a right smart human nature in all such things
and mighty little difference in
folks upon the matter but I ven ture tiat the pressure is alway congenial or the girls will quick ly make you stand further. Me
and Brown have tried to get scrouged by these pretty young till we they stick pins in us stay out-there seems to be some little diflerence in being scrouged by an old man or young, and I think I see where they are right
But, leaving the young people to have all the pleasure that they can, there is just such a state of thai should make us all ticts now our hats and rejoice. The young men that follows the plows and make the crops ha
that the calling of th
 rying and that many
 mothers, came to thiners and time that the country and country life was the hardest lot of the human family. This feelwhe were brave enough to stand the hardships and stress, are pitying those who were so foolish as to leave the farms and crowd to
the city. Surely the Georgia country people should thank God
for the prosperity that is upon them, and they do.
The towns are now passing through an ordeal, and it may be that the country passed through. This depends upon the course taken. The towns must be reworld cannot relieve the town people of this stress as long as there are five or six men for every job of work. I would add nothing to the depression of the towns, but I feel they cannot es cape without returning to the rural pursuits, and they had better be told of it, and prepared against it as soon as possible. If I could see anything, even in the dim distance, that would relieve the overcrowded towns, I would gladly admimster the cheer, but I do not see it. Labor disturb. ances are bound to increase, demorilization will grow and necessarily it will take an iron hand to deal with the conditions. I verily believe that were it not for the country people this grand overnment would be in a state of revolution directly-it would at least take a "stronger" govern-
ment than the people of these I nited States have ever known to keep things in order. There is just one remedy to avoid this-that is people return to the rural pur

The hardest thing in having thas occur is for the town poor
folks to come down of horses they have mounted. Fals pride must be suppressed, big n cision at once to live with your means and to labor at what know your hand findeth to do.
knat we mighty har to get thousands to arrive at this stage, but you must. War will not relieve, desperation only tighter, and sooner or later, on way or another, you will have to It to country life.
It would be easy enough to do this if we would all only start at folks will be hardest to persuade made to acemplish be rather dis of them, I believe, had rather die than give up the style
that they have beeng training
hard to assume. If all the wo
men would get to be aem men would get to be sensible and practable, the whole matter family get together and agree keep in the present ruts and tha a more simple way, and half the

more money.
I have never had the reputation of being a great financier,
but I have concluded that more money is the thing wo want-
anyway, that seens to bo the but side, and I am tired. tired. of always being in the minority, and shall trim my sails

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