# Depression of Spirits

so common in summer-time, accompanied by loss of energy, lack of thought-power, means a deficient supply of nourishment. The vital force is lost. It isn't a question of muscle and sinew, but of resistance and endurance. At any age, but especially in youth, it involves the risk of lung disease. Loss of flesh and a cough are threatening signs.



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## SARGE PLUNKETT.

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

ALL IS BRIGHT AND CHEER-FUL.

## The Young People Are Having Picnics and a Good Time Generally.

From The Constitution.

It is "lay-by" time in Giorgia and that means a happy time for taken. The towns must be re- LUNG TROUBLES AND CONold and young-for boys and leived. All the strikes in the girls, especially.

The country young folks have nothing to do at this season, but there are five or six men for to eat melons and fruit and have every job of work. I would add a good time generally- It does me good to watch them at their picnics and at the church on Sun-day. I believe that girls are ral pursuits, and they had better the transformation of the day. I believe that girls are growing prettier and sweeter be told of it, and prepared "Tuberculosis] and all bronchial, throat, lung and chest diseases, stub-every year and they have a better against it as soon as possible. If born coughs, catarrhal affections, gen-every for charging of new these I could see anything, even in the eral decline and weakness, loss of chance for showing off now than I could see anything, even in the they ever did before. It is easier dim distance, that would relieve to get up picnics now than it used the overcrowded towns, I would to be and taking excursions on gladly administer the cheer, but the railroads is a delightful thing. I do not see it. Labor disturb. the railroads is a delightful thing I do not see it. Labor disturbthat old timers never had the ances are bound to increase, deprivilege of performing. The morilization will grow and necwhole state of South Carolina came over to Atlanta last week to deal with the conditions I came over to Atlanta last week to deal with the conditions. I and I had no idea there were such verily believe that were it not pretty girls in that state, but they for the country people this grand can't come up to Georgia. It is government would be in a state almost as easy to go a picnicking of revolution directly-it would from South Carolina to the mid. at least take a "stronger" governdle of Georgia now, as it used to ment than the people of these European labratories in thousands from those cured in all parts of the be to go out on the creeks and United States have ever known to world. rivers in one's own settlement, keep things in order. There is just

folks upon the matter but I ven- that they have been training so ture that the pressure is always hard to assume. If all the wocongenial or the girls will quick. men would get to be sensible and From any complaint peculiar to scrouged by these pretty young family get together and agree girls, but they stick pins in us that there is no way for them to till we are glad to get out and keep in the present ruts and that Bradfield's Female Regulator. stay out-there seems to be some they must come down and live in It is a combination of remedial little difference in being scrouged a more simple way, and half the agents which have been used with by an old man or young, and I battle is over. The clouds will the greatest success for more than think I see where they are right. clear away, cheerfulness will 25 years, and known to act speci-

But, leaving the young people prevade and the cry of hard fically with and on the organs of to have all the pleasure that they | times will cease. can, there is just such a state of

things in the rural districts now live have nothing to do with the our hats and rejoice. The young there is no talk of anything men that follows the plows and much except that they want that the calling of the farmer is them will join the silver Demo phosphiles, meets these cases posed. A few years ago the be rejoicing. Brown has gone perfectly. It tones up, fattens country people passed through back with the silver democrats, an ordeal of hard times that was and if he goes back everybody trying and that many were not else may. He says that this year brave enough to stand. Not only is the first year of the world that young people, but fathers and blackberries could not be sold, mothers, came to think at one and he thinks when people can't time that the country and find money enough to buy blackcountry life was the hardest lot berries it is time to lay aside of the human family. This feel, every other thought and work for ing has disappeared and those more money. who were brave enough to stand

them, and they do.

through an ordeal, and it may be a more serious stress than the one that the country passed through. This depends upon the course world cannot relieve the town people of this stress as long as nothing to the depression of the

But the people out where we that should make us all throw up strikes; they do not invite war; make the crops have learned "free silver," and the most of not so "low" as was once sup. crats to get this, and then all will all impurities.

I have never had the reputathe hardships and stress are pity. tion of being a great financier, ing those who were so foolish as but I have concluded that more to leave the farms and crowd to money is the thing we wantthe city. Surely the Georgia anyway, that seems to be the big [SOUTHIRN RAILWAY. country people should thank God side, and I am tired. tired, of alfor the prosperity that is upon ways being in the minority, and shall trim my sails to be "in it" The towns are now passing at the next election.

SARGE PLUNKET.

## THE WONDERS OF SCIENCE.

# SUMPTION CAN BE CURED.

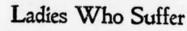
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go on these railroads excursion suits. have but little idea what such occasions was in the olden times.

hand and walk the big road for pride must be suppressed, big nomiles, or through the paths they tions must be smothered and a denever heard a young fellow com- return to country life. plain of being too close to his It would be easy enough to do sweetheart, and the girls don't this if we would all only start at care, nor never did cars for a lit- it right and together. Women tle pressure on such occasions folks will be hardest to persuade ners, when circumstances excused the into the sacrifices that must be thing. There is a right smart made to accomplish the end. human nature in all such things Thousands of them, I believe, had

and there is no redbugs and chig. gers to annoy after the picnic is to unload the towns and let the simply write to T. A Shorom M. C. over. These young people that people return to the rural pur. 18 Pine street, New York, giving

The hardest thing in having Sufferers should have proposition. this occur is for the town poor In the old times a young fellow folks to come down off the high would take his sweetheart by the horses they have mounted. False would go, "cooning" footlogs and cision at once to live within wading streams and having many your means and to labor at whatother drawbacks that are never ever your hand findeth to do. I thought of in these days of rail- know that it will be mighty hard roads and other modern conven- to get thousands to arrive at this iences. Some of the youngsters stage, but you must. War will tell me that it is not so "horrible" not relieve, desperation only to be crowded as they do crowd clamps the chains of necessity on these excursions, and I guess tighter, and sooner or later, one it is not' for even in old times I way or another, you will have to

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