presiding elder: Charleston: Trinity, John O. Wilson; Bethel, R. N. Wells: Spring Street, L. F. Beaty; Cumberland, H. Bascom Browne; Cainhoy, W. W. Jones; Berkely, L. C. Loyal; Summerville, J. M. Pike: Cypress, J. W. Brown; Ridgeville, J. B. Platt; St. George's, Thomas Raysor; Reesville Mission, to be supplied by W. Patrick; Colleton, J. C. Young: Round O. W. W. Williams: Walterboro', E. B. Loyless: Yemassee, J. A. Mood: Allendale, R. H. Jones: Black Swamp, C. E. Wiggins: Hardecville, G. R. Whitaker; Beaufort, E. J. Meynardie; Brunson Academy, J. E. Watson, principal.

Orangeburg District-T. J. Clvde, presiding elder: Orangeburg, J. E. Carlisle: Orangeburg circuit, M. Dargan: Elloree, J. W. Humbert: Providence, W. H. Kirton: Branchville, D. Tiller: Bamberg and Buford's Bridge, C. B. Smith: Graham's, J. T. Sifley: Edisto, W. H. Lawton; Upper Edisto, M. M. Ferguson: Blackville, P. F. Kistler: Boiling Springs, L. S. Bellinger: Orange, B. M. Grier: Williston, J. W. Elkins; South Branch-ville, J. J. Workman.

Columbia District-S. B. Jones, presiding elder; Columbia: Washington W. R. Richardson; Marion street, street, T. E Morris; City mission, L. M. Little, Winnsboro', G. P. Watson; Fairfield, N. K. Melton; Blythewood, J. W. Neely; Lexington Fork, John Attaway; Lexing ton, C. W. Creighton; Leesville and Concord, S. H. Browne; Batesburg, S. D. Vaughn; Johnston, J. A. Porter: Edgefield, R. P. Franks: St. Matthew's, A. M. Chrietzberg: Graniteville and Langley, W. H. Wroton: Aiken, W. M. Duncan; Chaplain to Penitentiary, W. Martin: Columbia Female College, O. A. Darby, president; Paine Institute, G. W. Walker, president; Editor Southern Christian Advocate, W. D. Kirkland.

Cokesbury District-R. D. Smart, presiding elder; Cokesbury, R. R. Dagnall; Greenwood, F. Auld; Ninety-Six, W. P. Meadors; Donnaid's, C. H. Pritchard; Abbeville, P. B. Jackson; Abbeville circuit, S. J. Bethea: McCormick, J. C. Chandler: Lowndesville, W. S. Martin: Tumbling Shoals, W. A. Clarke; North Edgefield, M. H. Pooser; Newberry, J. L. Stokes: Newberry circuit, M. Brabham, A. W. Attaway: Kinard's, T. P. Phillips: Saluda, C. D. Mann; Parksville, J. M. Steadman. Greenville District-J. Walter Dick-

son, presiding elder: Greenville, J. B. Campbell; Greenville circuit, A. A. Gilbert; Reidville, W. H. Airial, J. A. Wood, supernumerary: North Greenville, A. C. Walker; Fork Shoals, J. D. Frierson: Williamston and Belton, W. A. Betts; Piedmont, T. C. Ligon: Anderson, W. C. Wightman; Anderson circuit, to be supplied by A. T. Dunlop; West Anderson, A. W. C. Attaway: Townville, to be supplied by C. V. Barnes; Pendleton, J. K. McCain; Pickens, J. C. Davis; Pickens mission, to be supplied by O. L. Durant; Seneca City, J. J. Neville; Walhalla, S. F. Anderson; Oconee mission, to be supplied by J. N. Wright; Williamston Female College, S. Lander, president.

Spartanburg District-T. G. Herbert, presiding elder; Spartanburg, J. ... Clifton; R. C. Oliver, supernumerary; city mission to be supplied by J. A. H. Harmon, J. F. Smith, supernumerary; Union, S. A. Weber; Cherokee, A. P. Avant; South Union, J. M. Friday; Jonesville, C. D. Rowell; Gaffney City, J. B. Wilson; Laurens, J. M. Carlisle; North Laurens, J. C Counts; Clinton, D. P. Boyd; Belmont, S. J. McLeode; Campobelia, A. W. Walker, R. W. Barber, supernumerary; Pacolet, Dr. Brown; Clifton, M. L. Carlisle; Wofford

College, A. Coke Smith, professor. Chester District—A. J. Cauthen, pre siding elder; Chester, H. F. Chreitzberg; Chester circuit, J. B. Traywick; East Chester, G. T. Harmon; Rock Hill, J. C. Kilgo; North Rock Hill, E. G. Price; Yorkville, W. W. Daniel; York circuit, J. W. Airairl; York mission, M. A. Connelly; Kings Mountain, L. A. Johnson; Fort Mill, J. W. McRay; Lancaster, A. J. Stafford; West Lancaster, John Owen; Tradesville, J. E. Grier; Chesterfield, H. W. Whitaker.

Sumter District-J. S. Beasley, presiding elder; Sumter, T. E. Wanna-maker; Sumter circuit, J. T. Kilgo: Wanna-Lynchburg, J. S. Mattison; Wedgeneld, E. O. Watson; Bishopville, S. P. H. Elwell; Santee, J. L. Shuford; Forreston, J. S. Porter; Manning, H. M. Mood; Clarendon, W. C. Gleaton; Camden, P. A. Murray; Hanging Rock, T. W. Munneriyn; Hichland, G. H. Pooser; East Kershaw, D. Z. Dantzler; West Wateree, G. W. Gatlin.

Florence District-W. C. Powers, presiding elder: Florence, J. T. Pate; Darlington, J. E. Beard; Cheraw, W. J. Herbert; Society Hill, J. E. Rushton. one to be supplied by C. G. Hannon; Darlington circuit, E. T. Hodges; Lower Darlington, J. W. Murray; Timmonsville, A. W. Jackson; Effingham, M. W. Hook, D. Durant; Lake City, N. B. Clarkson; Kingstree, B. J. Guess; Salters, D. A. Calhonn, H. C. Bethen; Georgetown, A. H. Lester: Georgetown circuit, M. H. Mayor; Johnsonville, W. B. Baker; Mars Bluff, W. T. Capers.

Marion District—A. J. Stokes, pre-siding elder: Marion, W. A. Rogers; Centenary, G. H. Waddill: Britton's Neck, W. Carson; North Marlboro, L. Wood; Bennettsville. J. W. Daniels: Bennettsville circuit, J. C. Stoll, J. A. Rice; Clio, G. M. Boyd, John Manning, J. R. Little supernumerary; Little Rock, D. D. Dantzler; Mullins, J. C. Bissell; Little Pee-Dee, T. C. Odell; Conway, W. Thomas; Conway circuit, W. L. Pegues; Bayboro, Wm. Harden, P. L. Kirton; Bucksville, M. L. Banks; Waccamaw, A. F. Berry: Pec-Dee mission, to be supplied by B. O. Berry: J. W. Wol-ling and J. W. Tarboux transferred to

Brazil Mission Conference. A Young Married Woman Shoots Herself.

SPARTANBURG, December 22.—Mrs. Naunic Smith, wife of Ed. C. Smith, shot herself last night about 6 o'clock, evidently intending to take her own life. About six years ago she was married to Ed. Smith, a house carpenter. A year or two ago he went to Florida without her and remained several months. He was preparing to leave again to-day, and had sold his lot and asked her to sign the dower. She refused. and for a few days past has been oppressed in mind and even morose. Smith states that she rose before daylight yesterday and lighted a lamp, and was up for some time. She returned to bed, however. During the day she had little to say. They were living with Mrs. Cynthia Smith, his mother, On reaching home. Smith went in the house and took a seat by the fire, but his wife did not go in. The report of a pistol was heard by the family, but it did not attract special attention. After sitting by the fire awhile, he said he wondered what had become of Nan, and went out to look for her. He found her lying within a few feet of the house, apparently dead. called in some neighbors and sent for Dr. Russell, who ascertained that she was shot. the ball entering the body just below the

BRIC-A-BRAC.

Good for boils-The teakettle.

On fatigue duty-The 'tiring woman. A see change-Putting on green goggles. A blunder-buss-Kissing the wrong girl. A bad sign-Endorsing anothing man's

The grandest verse ever composed-The universe.

The sculptor should always have "a head or figures. The thermometer gains notoriety by de-

grees, so to speak. It takes two women, his mother and his

wife, to make a great men. Experience costs more than advice, but it

s cheaper in the long run. Can anybody improve his condition by whining? If not, whine not.

The best adhesive label you can put on luggage is to stick to it yourself. Where was time raised? In the lapse of

Love is blind, but it generally pullsdown he curtains, too.

Can a man intoxicated by music be said

be air tight? "This beats me," as the egg remarked

when it saw the spoon.

Does death end all? Alas no; there is he monument subscription fund.

"Who shall decide when doctors disagree!" Alas! sometimes the undertaker. Silence may be golden, but it doesn't necessarily make a millionaire of a mute. The canines probably got their bark

when somebody "threw physic to the dogs." When the roast turkey is stuffed with chesnuts, it will be time to ring the dinner

The labor troubles have become so general that even bells on railway engines are striking.

It is the Washington critic that thinks hat an honest alderman is the scarcest work of God.

Most men like to see themselves in print." but women don't. They prefer silks and satins.

A poet claims that nothing is warmer than woman's love. Woman's love never reaches to her feet, then.

A New York proof-reader was found lead the other day. All the editors are suspected.

Card parties are again in vogue and will be inaugurated in most charming fashion this week. It is a word and a blow when the trom

oone man gets his order from the leader of he orchestra. Practical and successful farmers are already making their arrangements for the

work of another year. Give a tramp a cold shoulder one day. and he will come back the next for gravy

and potatoes to go with it. The man who likes whisky better than beef walks not after the flesh, but after the of Bulgaria has caused great disappoint spirit.

The man who expectorates in the ladies' waiting-room surely does not expect to rate as a gentleman. The spider would not make a good base-

ball player, because it so frequently goes 'out on the fly." A costermonger's cap and a cape over-coat are the correct thing for the youths of

the period. Quite English, you know. When the old gentleman deeded all his

property to one son, the other referred to it as one of the old man's misdeeds. A man who saw an apparition of his de

ceased wife said he was not scared but sort of surprised, because he didn't exspectre. and of an adjoining building were shatl'olitical economy seems to be passing into oblivion in this country, elections are getting so expensive and appropriation bills growing so.

Congress had to adjourn over the Christmas holidays, or else the season of "peace on earth and good will to men" would be a drophobia of a daughter of Louis Grand, ex hollow mockery.

With a grape crop equal to five millions of callons of wine in prospect for next year. Years old, and was bitten some time ago by California is not in a favorable frame of a pappy only two months old. mind to listed to prohibition.

A little boy who had been used to receive his elder brother's old toys and clothes reently asked: "Ma, shall I have to marry his widow when he dies?"

Nothing recalls to the mind of the married man the joys of his single life so vividly as to find that the baby has been cating crackers in bed.

Conscience is said to be the voice of the ou!, but it does not follow that the man whose sole squeaks all the way down the broad aisle has a troublesome conscience. An agricultural paper discusses the sub-

That's easy enough. Just give some small boy a straw and leave him alone with a parrelful. There is a great depression in the business of making bottles. The business of

ect "How to Keep Cider from Working."

emptying them seems to be carried on as briskly as ever. The true use of a porous plaster, according to a Milwaukee druggist, is "to retain

he back in its proper place and let the pain rawi out through the holes." Two of a kind-The youth who wishes e had the money back which he had paid

for a present to a girl, and the girl who wishes the mean thing had his old present Josh Billings says it is a good plan to come up to the back side of things and work towards the front, but his philosophy

would not work very well if applied to a Thousands of families are now receiving an earnest of the horrid possibilities of the tin trumphet in the hands of the small boy.

and so far as the returns show they don't like it. Before offering to ring a street car bell for a lady about getting off look closely at her right hand. If she wears a diamond

ring and you pull the strap she will be your enemy for life. "There is nothing impossible to the determined spirit," says a philosopher. Evi-

dently that philosopher never tried to reach up behind his shoulder to get hold of the end of a broken suspender. "Mother," said a little girl to her parent, who takes a great interest in charitable in-stitutions. "I wish I were an orphan." "Why so, my dear?" "Because I should see more of you, for you are all the time

going to the orphan asylum." It is said that a year in which there is much snow will always turn out to be a good crop year. An excellent beginning has been made, and we sincerely hope that the old saying will be abundantly verified this coming year.

Tailor-Married or unmarried? Customer-Married. Tailor (to cutter)—One pocket con-ealed in lining of vest. Custoner-Eh? What? Tailor (explaining)-To nide your change, you know, at night: I'm married myself.

"I think you ought to be a congressman, snaried Mrs. Shufflebottom, the other even ing, as she prepared to make a clearing to receive the lamp. "Why so?" inquired receive the lamp. "Why so:" inquired Shufflebottom. "Because everything you don't know what to do with you lay on the

The greatest barrier to-day to the success of the drama is the high velvet hat, and the dear girls who wear them should know that Mrs. Cleveland, "the first lady of the hand," is in favor of ladies removing their headgear when at the theatre, and has already set the example. It is to be hoped that our young ladies will bear this in mind that our young ladies will bear this in mind and pull down their milinery baricades ing from the impending discussion, that the left breast. The pistol was 22 calibre. She and pull down their milinery baricades was living this morning, but there is little hope of recovery.—Cor. News and Convier.

GENERAL NEWS NOTES.

France, Italy and Germany are making extensive preparations for war. Mr. Elliot Kennemore, of Pickens, killed

thog last week that weighed \$16 pounds

An avaianche killed a band of 17 smuglers who were in hiding near Vizienza The steamship Leanelly, sailing from Liverpool, has foundered at Holyhead.

Twelve persons were drowned. The residence part of Gelvaston was again visited by the fire-field yesterday and 2s dwellings and 2s tones burned. The steamer La Champagne, which arrived in New York Moreing from Havre, brought 8,180,349 frames in gold bars.

A terrible railway collision occurred Charkov, Russia, on Saturday, resulting in killing 13 persons and injuring 30 others A preliminary meeting of railroad the will be held in St. Louis today to form pool of cetton carrying roads south of the

The American District and Sen Francisco District Telegraph Companies have con-ceded the demands of the striking messeners for 75 cents a day of 12 hours. Ex-Alderman Methade was sentenced

vesterday to seven years imprisonment and to pay a line of \$5,000. Mediande's coun sel have appealed. The government will soon inschare pre-ceedings in Boston to test the validity of the patent granted to the Bell Telephone

Company. At Macon, Ga., Thulon Preston, 15 year old, son of State Senator Preston, was ac-

cidentally shot and killed by his younger brother. The lads were out hunting. At Winchester, Va., la the local election e Prohibitionists were defeated in every district, their opponents carrying Clarke

County by 300 majority. Richard Shinnick was vesterday arrested n Cincinnati and will be held for the Richmond (Va.) authorities, who want him for a murder committed last fall.

Robert Trushamer, of Paterson, N. J., years old, had his arm crushed by a pass-ing train. Sunday, and submitted to two amputations without taking chloreform. He is expected to recover.

News from Jearey county, Ark., says that valuable silver mines have recently seen discovered on the Tomaha Creek, it that county.

The steamship Aranas, while attempting to cross the bar at Rockport, Texas, yester-day afternoon, was driven ashore by the high wind and breakers, and now lies in a dangerous position. The jury in the Colin-Campbell case ha

found a verdict exonerating both Lord and Lady Campbell from the grave crime mu tually charged, and denouncing Gen. Bul er for failing to appear as a witness for Lady Campbell. The report that Count Herbert Bismarck

has advised the Bulgarian delegates to ac-cept Prince Nicholas of Mingrelia as ruler ment in Solia. Colonel George Northrop, one of the best

known railroad men in the South, and the drill-master who developed the invincible DeMolay Commandery, Knights Templar, of Louisville, Ky., has been adjudged a unatic. Yesterday Dr. O'Reiliy, of Detroit, or bled to Dr. Kenney, Treasurer of the Irish National League in Dublin, £5,000. This

makes \$40,000 transmitted by Treasurer O'Reilly since the Chicago Convention. At Midland Junction Monday an attempt was made at 6 o'clock in the morning t blow up Major Harris's foundry with dyna

tered. No arrests.
Rev. Charles Meanigrode, D. D., of St. Paul's Episcopal Church, Richmond, Va., Jeff Davis's old pastor, has resigned his position on account of feeble health. He

is 73 years old. At St. Louis, Mo., the death from hy chairman of the Republican city central committee, is announced. She was 15

At Laurens, on Friday night, during a colored people's frolic, Wat Ellison drew a revolver and fired at a man named Little The bullet missed its mark, and passed hrough the body of an old colored woman,

inflicting a mortal wound. Chattel mortgages are becoming more iron-clad than ever. There are several on file in the Clerk's office in which the following words are printed: "Household and kitchen furniture, books, pictures, jewelry musical instruments, saddles, buggy and wagon harness, farming itools all crops raised by me or any one else for me, any where, but particularly on my place for or during the years, 1886, 1887, 1888 and 1889.

 Pickens Sentinel. The North Carolina delegation held an informal conference at the Metropolitan Hotel in Washington at which Mr. J. W. Reid's brother. Turner Reid, was desired to be present that the delegation might put itself in communication with the still missing Congressman. The object of the con erence was to make it as easy as possible for Mr. Reid to return to his sent in Congress or to induce him to give some satisfactory explanation of his absence. Mr. Turner Reid failed to keep the appointment, and the general belief is that Mr. J. W. Reid iin Canada.

While Th re is Life There is Hope. Many of the diseases of this season of the year can be averted by a small amount of care and at little cost, by the timely use of EWBANK'S TOPAZ CINCHONA CORDIAL.

It cures Diarrhæa, Dysentery, Chol era Morbus and like complaints. No traceler should be without a bottle, as it will prevent any disease that would no doubt arise from the change of water, food and climate, without its use. The most valuable medicine in the world, contains all the best and most curative properties of all other Tonics, Bitters, etc., etc., being the greatest Blood Purifier, Liver Regulator and Life and Health-Restoring Agent in existence. For Malaria, Fever and Ague, Chills and Fever, Dyspepsia, Indigestion, Sick Headache, Nervous Headache, Chronic Rhenmatism, etc., etc., it is truly a Herculean Remedy. It gives new life and vigor to the aged. For ladies in delicate health, weak and sickly children, nursing mothers. See circulars wrapped with bottle.

CHARLESTON, S. C., Sept. 1, 1885. H. B. EWBANK, Eso., President of The Topaz Cinchena Cordial Co., Spartanburg, S. C.: Dear Sir-I have used a case of your Topaz Cordial in my family, and as a Touic and Appetizer I can cheerfully recommend i all who are suffering from Debility and lack of appetite. My children especially, have been much benefitted by its use. Respectfully,

HUTSON LEE. Ask your druggist for EWBANK'S TOPAZ CINCHONA CORDIAL and take no other. THE TOPAZ CINCHONA CORDIAL CO.,

Spartanburg, S. C., U. S. A. - ++

The Norristown Herald wants the Concord school of philosophy to explain why all the poisoned ice cream finds its way to the Sunday School festival. It is a question of theology rather than philosophy; and responsibility lies between the devil and the emateur manufacturer.

A MONEY ORDER.

M. QUAD RELATES HIS EXPERIENCE WITH A POSTOFFICE CLERK.

A Nice, Easy Way to Send Money-Had to be Identified-Identification of the Identifier-Heroic Attempt to Cut the

One of the reasons that induced me to have a remittance sent to Atlantic City in the way of a postoflice money order was the fact that the express company or a bank would demand personal identification. Almost everyboxy is certain of his own identity, but when it comes to some one else being certain the case assumes a different aspect, especially if a sum of money is concerned. However, this great and gleations government, in its praiseworthy desire to help a stranger in a strange land out of a bad box, will permit a friend to deposit money in one postoffice and let you draw it out at another. The man at the desk will ask you who sent it, providing you are a stranger to him, and when you have replied that the sender was John Smith, your brother-in-law, and a good fellow generally, and that you have been expecting the order for two days, and that the folks around the hotel can no longer look upon you without suspicion, he will hand it over without a doubt timi you are the person for whom it was intended. It's a nice, easy way, you see, and the bank tellers and express agents are awfully put out because they can no longer bluff strapped strangers.
"I have a little order," I said to the money

order cierk as I went back into his den. "Y -- s." he grudgingly replied, as he received it. "Is this your name?"

"Who was it sent by?

"John Doe, of Detroit." "Yes-um! You'll have to be identified?"

"Why so! Haven't I told you who it was sent by, and didn't I receive it in this letter directed to me and deposited in a box which "Yes, but--"
"If this isn't my name how do I get the

letter addressed to it! If I am somebody else what right have you to hand me another person . mail?" "I know, but you must be identified."

"But there isn't a person here who knows me a.i I am dead broke and far from home." "Can't belo that." "And you won't pay?"

Not unless you are identified." I went back to the hotel and asked the clerk if he would identify me. "Well, I don't know you, you see."

"But ain't I registered and haven't I been here several days;" "The yes, but you might have assumed this man's name, you see. People often do that."
"Well, come up and look over my trunk. Locit at these half dozen envelopes. Go ask

my wife who I am.

"Yes, but you must excuse me. It's against orders, you know." "Orders be hanged! I owe you \$30; here's an order for \$50. Either help me to get it cashed or fil walk off with your bill unpaid." He concluded to identify me. He wrote a note to the postmaster to the effect that he

believed that the bearer was the person named in the order, and I returned to the postoffice, shoved the note through the window and asked: "Well, what do you think of that?" The clerk looked at the signature, scratched his head, and mused: "Boggs, of the Gilsey house? Who in Hali-

fax is Boggs:" "Perhaps you want him identified?" I "! do!" he coolly replied as he handed the

note back. "Can't say that I ever heard of Boggs. Something was said about some one getting licked if he would come out of doors, but he

wouldn't come. I went back and told Boggs the result, and he looked at me in a vacant way and replied: "Me not Boggs? Well, he may be right. We can't take no chances here."

Next day I went down for the mail, having determined to let the order cash itself. There was a card in the box asking me to call at the money order office, and when I showed up the clerk said: "Who sent you that order?

"John Doe.

"Where does he live?" "Detroit."

-Oh-ah. I guess it's all right, but you'll have to get your money at the bank across the way. "Are you sure I'm the man?" "You may or may not be, but we'll cash it."

He gave me an order on the bank, and I skipped across and handed it to the paying "Yees," he said as he seized it, "you'll have

to be identified. "What!" "Have to be identified."

"i'll be durned if I do! I just got that order from the money clerk, who kept me out of it three days, and I don't propose to fool away any more time." Can't help it."

"Will you come out doors?"

No. sir!

"Will you let me in there?" I was going out, leaving the order in his ands, when Boggs came in. I told him of the difficulty, and he said to the cashier:

"It's all right-I know him." "But I don't know you!" replied the teller. Hoggs then offered to fight him inside or outside the railing, and after we had got the board of directors out and a crowd around the door some one came in who identified Boggs. Boggs identified me, the teller handed over the money, and the postmaster, whom I met at the door, paralyzed everybody by calling out:

"Hello! Mr. King, did you get that money all right:"

Boggs almost fainted away, and the teller shouted for me to return, but I slipped linto the crowd and got safely away.-M. Quad in Detroit Free Press.

A Curious Phenomenon.

On the eastern coast of the Caspian sea a urious phenomenon is in progress. The Kara Bobhaz is an estuary nearly separated from the main body of the sea by a bank through which there is an inlet. The evaporation from this gulf is so great that a current continually sets in from the Caspian; and as there is no return current the water of the gulf becomes more and more saliferous, and a deposit of salt is in course of formation. In time this gulf will be cut off from the Caspian, and will then be dried up and become an extensive salt bed.-Frank Leslie's.

A Chicago expressman says that the oddest thing he tver received by express was a grave. It was in a box four feet long, covered with a glass. Inside was the earth of a child's grave the turf, flowers, headstone and all. It was going from this state to California. man had moved out there, and had the body of a dear child taken up and shipped to him. The thought struck him that he would like to have a little of the sod from the old home-stead, and so he sent for the top of the grava -New York Sun.

Moving a Grave by Express.

Buried in Her Bridal Robes.

WILKESBARRE, Pa., December 21.-Miss stilda Meyrich, daughter of a mine surintendent in Luzerne borough, 23 years d, and very pretty, committed suicide day. She first tried to take her life sticking pins in her neck, but failed. She then took laudanum. She was to have een married to-day. Her lover, Charles Bradbury, took sick and the wedding was postponed. The postponement preyed on the mind of the bride-elect, because she had been told by a fortune-teller that she would be married on a certain day; but if He went to Dennin's drug store, at the anything should to prevent it her life would be a burden to her. She will be buried in purchased a two ounce bottle of carbolic will

KEEPING WELL.

Exercise for Aged People-Hunger Cure. Fasting is Good.

M. Buchardt, professor of hygiene at the Paris Faculty of Medicine, declares that aged people should have exercise for the benefit of all the organs of nutrition and locour tion as well as young people. He says that the tendency to rest brings on a gradual diminution of strength. Moderate exercise, partic ularly walking, is commended. It is well known that the disuse of any organ impairs its powers. Why then should not the aged lose the use of their members the sooner from giving way to an inclination for rest:

The Hunger Cure.

Not favoring anything which may be fairly called starvation, it is unquestionably true that there is a manifest advantage, as a curr tive means, in reasonable fasting, at lea 7 t an extent to allow the system to rid head or all obstructions. As when we make there labor on hand than can be possibly done to day, some of it must remain till to megrow, so when we take more food than can be aigested in the allotted time, or that so difficult of digestion that it cannot be disposed or in the usual time, there must be an accumulation, something which serves as an obstensetion, an accumulation of materials which need to be disposed of, the whole system being more or less clogged.

Fasting, therefore, under such circumstances, is among the most important of the remedial measures. When this is not done, nature, as the next best means to be en ployed, throws off such offending matter is vomiting or purging, thus avoiding other forms of disease, if as disease these friendly manifestations may be regarded. I well know that there are persons who believe that one must eat or soon die, but they forget that Dr. Tanner lived for forty days, taking only water, and that others have live i still longer. and that in high fevers and acute discusses. when the appetite is entirely suspended, several weeks may pass while the patient is fast-The danger of starvation is not as great a

is usually supposed by any means, since the body is composed mainly of the elements of air and water, which, we suppose, may be appropriated in an emergency. Therefore, I am firm in the opinion that at the communic ment of an acute disease, decided sickness may be averted, in nine cases out of tea, by reasonable fasting, at least so long as there i no appetite, with extra bathing, friction of the surface, quiet, rest, a good supply of all and sunlight.-Dr. Hanaford.

Pure Air.

The atmosphere is a most important factor in disease. It is always contaminated with dust containing minute particles which caus putrefaction and fermentation. It is now a seried that these cause all malarial and contagious diseases. Stagnation in the atmosphere acts as stagnation in water, which every one knows is unwholesome. The body requires a vast amount of air, and the polsons cast off by the human system are dead ly. If breathed over and over again they are deleterious to the strongest constitution. Defectivo sewer pipes are perhaps the most serious cause of fevers. These should receive immediate attention as soon as bad odors are detected. Especially, let the house be well and frequently aired and its impurities sweps away, as the tide draws off the drainage of a city and carries it out to the ocean.

Cholera in Corea.

The deaths from cholera in Corea were reported for a while at 1,060 per day. Seoul. the chief city of the peninsula, contains less than 250,000 inhabitants within its walls An important point to note is that the sanitary condition of the capital has been for a long time horrible, in spite of excellent natural drainage. The sewers were once very good, although open on the streets; but of late the houses have encroached on the thoroughfares, and have been reckl built up to and even over the sewers, heaving only the space necessary for these conduits which have become filthier and filthier. The lesson of this devastation of Seoul is the one that would be tought in any other city of the world under like circumstances; and horrible and pitiable as was the mortality, insomuch as the dead lay rong unburied, it cannot be called surprising.

SOCIAL INTERCOURSE.

Be Careful to Answer Invitations-At-

tention to a Speaker. One of the most frequent breaches of goo breeding is the interruption of one who i speaking. It requires considerable practice especially for a naturally impatient person to become habituated to listening attentively to what a companion is saying. One wh can stand where a great deal is passing which it is desirable to see and can look directly a and listen attentively to one who is speaking to the exclusion of all else, shows an unmis takable mark of the highest breeding.

The Terms Men and Women,

A singular change in the use of the ord designating men and women has come about within the last fifty years. In the middle of the present century it was common to speak of a man's wife as "his lady." To-day such a use of the word would be regarded by many

as an insult. Neither the word gentleman nor larly i used as frequently as formerly. It used to b common for a young girl to speak of be male friends as gentlemen. Now, she would say a man had called on her, or four men were presented to her during the evening One is more likely to hear his barber spoke of as the gentleman who shaves him than hear the president of the United States called the gentleman who occupies the White House It would be the man who is president.

The terms gentleman and lady were originally used to designate a class in England with special privileges. There is no distinction in class in the United States, and people are all men and women alike.

Answers to Invitations. It may be laid down as a rule that any in

vitation requires an answer, however eti quette changes the method of reply, or at least the acknowledgment of an attention Invitations to parties, dinners and the like always require a reply, even if one is not asked for. An invitation to dinner should receive a reply at once, that the host may have ample time to fill the place if the invita tion is declined. And the guest should ar rive exactly on time; not too late because the dinner should not be kept waiting; not too early, since the host or hostess may desire to superintend the arrangement of the table and might not be ready to receive guests. Invitations to receptions do not need a reply i the invitation is accepted. If it is not accept ed a card should be sent with regrets.

The Polite Boy.

A boy who is polite to his father and mother is likely to be polite to everybody else. A boy lacking politeness to his parents may have the semblance of courtesy in socie ry, but is never truly polite in spirit. As he becomes familiar he will betray his real want of courtesy in spite of all his attempts not to.

Swallowed Carbolic Acid. Robert J. Watson, a brother of Super

visor Thomas B. Watson, of Erooklyn, committed suicide yesterday by taking an ounce of carbolic acid. Mr. Watson was: well to-do plasterer, and lived at No. 1 Butler street. He had been acting strange ly for a week or ten days. Yesterday h proposed to his wife, who is not in good health, that they should visit some friend in a distant part of the city. At 1 o clock he said he would go out and get a \$10 bill changed, so he would have car fare handy. corner of Court street and First place, and

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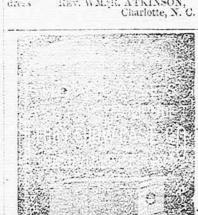
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