

PUBLISHED EVERY TUESDAY. SUBSCRIPTION \$1.50 PER YEAR.

Home and Farm.

Ice Water in Hot Weather.

In reviewing the parade on Memorial Day Governor Morton suddenly fainting. He recuperated, and showed much energy, but in a conversation attributed the attack, which he called acute indigestion, to two glasses of ice water.

Some years ago the opinions of about thirty physicians were given. A little less than half said the use of ice water by persons who are heated is dangerous; the other half said it is not so—a fair statement of the diversity among physicians collected in that way.

Ice water, other iced drinks, and ice cream, taken slowly and in moderate quantity when one has partly cooled, are not injurious. That some constitutions can endure ice water rapidly swallowed only shows exceptional strength.

Deep Breathing. I have always remembered the remark of a singing-school teacher under whose instruction I sat when young. He was at that time a large, strong man with full chest, but in giving his pupils the advice to practice deep breathing, declared that he had been at one time a consumptive, and had cured himself by deep breathing.

THE MOUTH.—If people would wash out their mouths twice or three times a day with an antiseptic solution, there would not be near so much sickness. A physician says: "I have never had a cold, sore throat or fever, and I ascribe this immunity solely to the fact that I follow this plan rigidly."

THE WEATHER AND CROPS. The conditions are uniform and promising in this State. The following is the report of the weather bureau for the week ending July 9th.

"Be Good to Yourself." This is a common admonition, and it is full of important meaning. A man should take as good care of himself as he does of his horse; but how few do this!

THE FARMER'S BOY.—"I agree with Charles Dudley Warner that a farm without a boy would be quite a loss to a man."

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The average of 41 places reporting rain, and excluding about half of the 7th and all of the 8th, was 1.07 and the normal for the same period is approximately 1.32 inches.

There was scarcely an average amount of sunshine, although including the whole State, there were less than 25 per cent. of the possible white in Holly there was 90 per cent.

Typoid Fever and Society.—Typoid fever, like death, is no respecter of persons. A lay journal laments the fact that this very democratic disease has attacked several members of a "society" during the past fall, and has thereby interfered with its high social functions.

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"FAITHFUL UNTO DEATH."—When the steamer Hirkenehead with a regiment of soldiers on board, struck upon a rock on the coast of Africa, it was thought from the moment of the first rasp and shock that it could not keep together many minutes, and orders were given to fit the emergency.

Irish Potato Culture. A comparison with other portions of the country has been exceptionally favored by good growing weather, and immunity from destructive agencies, whether winds, excessive rains, floods, or insects, since the planting of the first crop.

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Advertisement for Dr. J. C. Ayer's Hair Restorer, highlighting its leavening power and benefits for hair health.