



The athletic woman is the woman of the day. The past twenty years has seen wonderful progress in this respect. That this tendency will result in a more robust womanhood, better able to bear the burdens and duties and pleasures of life, there can be no question. But this result will be accomplished by the building up of those women already in reasonably robust health, and the killing off of their weaker sisters.

Athletics will make a naturally strong woman stronger and healthier; they will make a naturally weak, sickly woman weaker and more sickly, and if indulged in to excess, may result fatally.

A woman who suffers from weakness and disease of the delicate and important organs distinctly feminine, cannot hope to recover her general health through athletics, so long as she remains locally weak. A woman suffering in this way is unfitted to bear the strain of athletics just as much as she is unfitted to bear the duties and burdens of wifehood and motherhood. There is a safe, speedy and permanent cure for all disorders of this description. It is Dr. Pierce's Favorite Prescription. It acts directly on the organs concerned in wifehood and maternity, making them strong and healthy and vigorous. It soothes pain, allays inflammation, heals ulceration and tones the nerves. It fits a woman to indulge in, and be benefited by, athletics. All good medicine stores sell it.

Your valuable Favorite Prescription cured me of female weakness and a catarrhal discharge from the lining membrane of the special parts," writes Mrs. T. H. Parker, of Brooklyn, Jackson Co., Mich. "I am now perfectly well."

Dr. Pierce's Pleasant Pellets cure constipation. Constipation is the cause of many diseases. Cure the cause and you cure the disease. The "Pellet" is a gentle laxative and two a mild cathartic. Druggists sell them, and nothing is "just as good."

ALL THE DRINKETS DEAD.

The following extract from a speech to railway employees by the Hon. Chauncey M. Depew, is good reading for all young men:

"How are they trained, saved from temptation, and made better? Now I suppose that every well-ordered man in the community works about ten hours a day. (As I say, I work fourteen hours a day, and have for twenty years.) I suppose that he takes seven hours for sleep, two hours for his meals, that is one; he has at least four hours left. What is he going to do with them? These four hours, if I figure rightly, amount to two months in a year. No man can stand still. When God created us he did a fortunate thing for us; he made us so we must either go back or forward. A man knows more today than yesterday or he knows less. A man who sits down and bottoms a chair, and gets up and goes to his meals, and then goes back and bottoms a chair again in the course of five years

and his opinions will not be worth knowing. He will lose his power for work and will not be worth three cents an hour. A man is just like a locomotive always running on an up-grade. Ambition is the engineer, hope the fireman; the stations where he stops to take in coal and water are home, the church, his society, whatever it may be, associations like these, or the library. There are no brakes on that engine, and when he stops and the engineer and the fireman jump off, the engine goes down. Now he has four hours a day, or two months a year. What is he going to do with them? A gentleman in the community—an exceedingly pleasant gentleman—steps up to me and says: "I'll tell you what to do, my friend." And that gentleman is called the Devil. Some people don't believe in a personal devil; I do. I meet him every day in my life, and he is one of the most agreeable fellows I know. Now he says: "Don't mope around home; don't be bothering your head with the women; let the children go to school and take care of themselves; don't be sitting down and reading books and all that sort of thing; what you want is recreation." Yes, that's so, he does want recreation; he has been at work, perhaps, all night. It may be he is a conductor or fireman, or he has been all day in the yard or shop. He wants recreation, so the devil takes him into a pool-room and says: "Play a game; bet your money." There is one element, one instinct, dormant in every man born into this world, and that is the instinct of gambling. It is there, and if the temptation comes, it is bound to be aroused, and once aroused it is

THE MOST DIFFICULT PASSION TO SURPASS.

The instinct is inflamed, and that young man goes home to his wife feverish, irritable; comes home another night more irritable, more feverish; his home becomes the last place he wants to see; he anticipates his wages, borrows against them, if he is in a place where he can do it; he steals, and then he becomes a thief and fugitive, and that settles him. Or the devil takes a young man by the arm and says: "Come into the saloon—here is a free lunch, free billiards, free dominoes, take them." Then he says to him as he goes out: "Are you going to allow the generous landlord to provide all these things and then 'pay his own rent'?" "What shall I do?" "Take a drink." "Alone?" "No; treat somebody. call up the boys." In a little while he takes him again. He becomes intoxicated; he arouses the notice of his superior officers; he is discharged; he goes from a house into rooms; from rooms into a single room; his wife becomes wretched and miserable; she does what she can to earn something, and his children, from being promising and beautiful, begin to weaken, go out into the streets and form associations, and find them at home in his own language and conduct, that makes them subjects for the criminal classes of the future.

AND IT HAS BEEN A STUDY WITH ME TO MARK BOYS who started in every grade of life with myself, to see what has become of them. I was up last fall and began to count them over, and it was an instructive exhibit. Some of them became clerks, merchants, manufacturers, lawyers, doctors. It was remarkable that every one of those who drank is dead; not one living of my age. Baring a few who were taken off by sickness, every one who proved a wreck and wrecked his family, did it from rum and no other cause. Of those who were church-going people, who were steady, industrious, and hard-working men, who were frugal and thrifty, every single one of them, without an exception, owns the house in which he lives, and has something laid by, the interest on which, with his house, would carry him through many a rainy day. Now it is the women that suffer in these things. When a man becomes debased with gambling, with rum or drink, he doesn't care; all his finer feelings are crowded

out. The poor woman at home are the ones who suffer—suffer in their tenderest emotions, suffer in their affections for those whom they love better than life. Let this grand work go on and multiply and remediously for the safety of the State, and of this republic, which we all love and hope will continue forever.

Care of Spectacles.

The following excellent advice concerning the care of spectacles and eye-glasses comes from a prominent optician:

1. Remember that you have a fragile and delicate instrument, one that always requires considerable and careful handling.
2. The whole success of usefulness of spectacles depends upon their proper position in front of the eye. If they are bent out of their right position, or otherwise misplaced, they become thereby worse than useless.
3. In putting on or taking off spectacles always use both hands, and do it in such a way that the temple-pieces are not pulled widely apart or otherwise sprained, so as to wrench, bend or loosen the attachments.
4. In putting on the glasses do not crush the lenses against the eye, and thus soil them at once.
5. Fold and unfold the frames as little as possible, and always with care. Upon retiring at night leave them unfolded and in some place where other objects will not be laid upon them. Never lay a lens on its face, but always on its edge.
6. For cleansing lenses, which should be done several times a day, use a clean un-tarred old cotton or linen handkerchief and one never used for any other purpose. Never use cambric leather, tissue paper, silk or woollen material, etc. To remove all obstructions, it is well (except in bifocal glasses) to cleanse the lenses with the aid of ammoniated water once or twice daily. In cleansing, firmly grasp the frame at the outer edge, close up to the lens, near the hinge, with the thumb and forefinger of the left hand. Do not hold by the bridge.
7. A well-fitted frame has the optical centre of the lenses opposite the pupil in the most-used position of the eyes; one lens never higher than the other, or farther from the eye than the other; the upper edge of the lenses slightly inclined forward; the lashes never striking the lenses; the bridge accurately in opposition with, but not cutting or deeply indenting, the sides of the nose; the temple-pieces straight from the outer lens-attachments to the tops of the ears, and in opposition with, but not cutting, the skin of the temples; the curves at the top of the ear sharp, conforming to the shape of the ear-curve, etc. Do not attempt to remedy these defects yourself.
8. Bifocal lenses need the greatest care, to keep them from getting out of adjustment. More than others they demand absolute precision of position.

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Had Tried So Many so-called cures which had failed even to relieve me. At last I procured a bottle and after taking all the medicine the headaches had left me and my catarrh trouble was much better. I continued taking Hood's Sarsaparilla and have derived so much benefit from it that I would advise any one troubled with impure blood to try Hood's Sarsaparilla, the great blood purifier. I feel better now than I have for years, thanks to Hood's Sarsaparilla." Mrs. E. GREY, 27 St. Nicholas St., Toronto, Ontario. Remember

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