



FOREARMED.



Miss Roques—I feel sure, Mr. Light-by, that you couldn't support me without assistance.

Mr. Light-by—Yes, I could. I've been studying physical culture the last six months.—Chicago Daily News.

Those Rainy Sundays. She bought a pretty bonnet. With a wealth of fixings on it.

She Was Skeptical. Husband (after the show)—I didn't enjoy the performance very much. I forgot my glasses.

Appreciative. Fond Parent—I understand the faculty are very much pleased with your work.

A Hard Name. "That Russian count has a name for killing his man whenever."

Pretty Good, Consideration. Curate—And how did you like my harvest sermon, Mr. Wurzel?

Excessive Interest. Unmindful of our own affairs. Our neighbors make us curious.

HOW IT SOUNDED TO HIM. He—Great heavens! What's all that noise?

She—It's my daughter. She's exercising on the piano.

He—Why don't you fit her up a track in the yard instead of letting her run up and down the piano?—Chicago Journal.

Losing an Opportunity. "The curtain goes up at 8:15, so we'll be just in time."

Preliminary Shaving Off. Dorothy—Edgar used to make such lovely Welsh rarebits.

Substantial Faith. First Statesman—You have, sir, absolute confidence, then, in the people?

How It Happened. Prison-Worker—My man, what is the cause of your being here?

Elemental. Water and land are elements. A (social) world from chaos springs.

WONDER WHY. Winks—What are you carrying that book for around for?

Crushed. "One of the ladies' literary clubs at Mudgeville has given up the struggle."

A Tip for Husbands. This is the reason Solomon. Was thought to be so wise.

A Skeptic. Tom—You evidently don't believe there is any danger of race suicide.

The Vital Question. She—Folks say you only married me because I had money.

How It Looked. "Ferd's rich uncle must be dead; he's cracking jokes at him."

AT WAR ONCE MORE.

San Domingo Again in Throes of Bloody Revolution.

Opera House Negro Republic a Menace to the Peace of the World—Should Be Called to Account by Powers.

It is expected by one of the newspaper paragraphs that the Central and South American visitors to the St. Louis exposition will behold with envy the fly-wheel in the Machinery building, which will execute 2,000 revolutions a minute.

The report that Gen. Juan Isidro Jimenez has been proclaimed president of the Dominican republic by the insurgents fighting for possession of Santo Domingo, the capital, was something of a surprise to his compatriots in this city.

Baron von Stengel, recently appointed Chancellor of the German Exchequer, has been summoned to Berlin to accomplish the Herculean task of making imperial ends meet.

Baron von Stengel, whom Emperor William relieved of the finance minister's portfolio in August, was found unequal to the task of satisfying all these hungry departmental wolves, and Baron von Stengel, with a fine record of successful accomplishment as a state financier in Bavaria, has been summoned to Berlin to accomplish the Herculean task of making imperial ends meet.

then, it is said, was to regain the office of chief executive of the little West Indian republic in which he seems to have at last succeeded. Gen. Jimenez is about 60 years old, and usually tall for a Dominican, and has an military carriage.

"Revolutions are so common in Santo Domingo as the recurrence of the seasons. There have been half a dozen such outbreaks in as many years, and between times the country itself is kept in a state of unrest by bad government, and foreign countries are put to annoyance by infringements upon the rights and property of their subjects and embargoes placed upon trade.

"Santo Domingo is one of the little opera-buffe republics whose very existence is possible only because of the jealousies and rivalries existing between the great nations of the earth. The governing classes in Santo Domingo are negroes, and their attempts at government are a mere travesty upon republican forms and institutions. The only law is the convenience and caprice of those in power, and revenues are collected only to furnish fat livings for successful faction leaders. As soon as one faction grows more powerful than the one controlling the government for the time being, there is a revolution, and one set of rascals is turned out to make room for a worse.

"The latest revolution brings into prominence the question of forcibly annexing Santo Domingo and Hayti as the best means of preventing them from embroiling us sooner or later with one or the other of the European powers. At least we could compel them to maintain a stable and strong government, of whose friendship we could be certain."

Science Right. A great scientist says that women are less sensitive to pain than men.

Wife—I presume it is so. I can suffer torments, and go right along with a smile on my face, while you swear and tear around like mad if you bump your head while hunting for a collar button.

Catfish Is Easily Tamed. The experts say that the catfish is easily tamed, and can be trained like a pig. When it is recalled that there are several troops of educated pigs going about the country this is no small compliment.

Vanity. "Ah, Miss Mabel, you look positively beautiful this morning."

Satisfied. "You poor boy; here's a penny for you. Now stop crying."

BARON VON STENDEL.

New German Chancellor of the Exchequer Who Will Have to Solve Some Hard Problems.

Baron Hermann von Stengel, Emperor William's new chancellor of the exchequer, is confronted by one of the knottiest financial problems with which modern Germany has ever had to wrestle—how to meet increasing national expenditure with a correspondingly decreasing revenue.



BARON VON STENDEL. (Recently appointed Chancellor of the German Exchequer.)

To add to the new minister's woes, the great cash-eating departments of the kaiser's government—the army and navy—are clamoring appealingly for more money; the army wants more cavalry and artillery divisions and a complete rearmament, costing \$25,000,000; the navy is feverishly anxious to cram into the next five years the completion of Emperor William's great 38 battleship programme, designed to extend over 13 years.

Baron von Stengel, whom Emperor William relieved of the finance minister's portfolio in August, was found unequal to the task of satisfying all these hungry departmental wolves, and Baron von Stengel, with a fine record of successful accomplishment as a state financier in Bavaria, has been summoned to Berlin to accomplish the Herculean task of making imperial ends meet.

then, it is said, was to regain the office of chief executive of the little West Indian republic in which he seems to have at last succeeded. Gen. Jimenez is about 60 years old, and usually tall for a Dominican, and has an military carriage.

"Revolutions are so common in Santo Domingo as the recurrence of the seasons. There have been half a dozen such outbreaks in as many years, and between times the country itself is kept in a state of unrest by bad government, and foreign countries are put to annoyance by infringements upon the rights and property of their subjects and embargoes placed upon trade.

"Santo Domingo is one of the little opera-buffe republics whose very existence is possible only because of the jealousies and rivalries existing between the great nations of the earth. The governing classes in Santo Domingo are negroes, and their attempts at government are a mere travesty upon republican forms and institutions. The only law is the convenience and caprice of those in power, and revenues are collected only to furnish fat livings for successful faction leaders. As soon as one faction grows more powerful than the one controlling the government for the time being, there is a revolution, and one set of rascals is turned out to make room for a worse.

"The latest revolution brings into prominence the question of forcibly annexing Santo Domingo and Hayti as the best means of preventing them from embroiling us sooner or later with one or the other of the European powers. At least we could compel them to maintain a stable and strong government, of whose friendship we could be certain."

Science Right. A great scientist says that women are less sensitive to pain than men.

Wife—I presume it is so. I can suffer torments, and go right along with a smile on my face, while you swear and tear around like mad if you bump your head while hunting for a collar button.

Catfish Is Easily Tamed. The experts say that the catfish is easily tamed, and can be trained like a pig. When it is recalled that there are several troops of educated pigs going about the country this is no small compliment.

Vanity. "Ah, Miss Mabel, you look positively beautiful this morning."

Satisfied. "You poor boy; here's a penny for you. Now stop crying."

How It Looked. "Ferd's rich uncle must be dead; he's cracking jokes at him."

How It Looked. "Ferd's rich uncle must be dead; he's cracking jokes at him."

How It Looked. "Ferd's rich uncle must be dead; he's cracking jokes at him."

FARMER AND PLANTER.

THE LABOR PROBLEM. Conditions That Are Constantly Requiring of Greater Importance to Southern Farmers.

There is now much agitation of the farm labor question.

For some reason or other there seems to be fewer available laborers for farm work than there were a few years since. It is the universal cry that there is a scarcity of help to cultivate crops.

There are two explanations that may be offered that may help solve the difficulty. The first is that the scarcity is more apparent than real. There are as many hands engaged in raising crops now as there ever were. Indeed, it is not certain but that there are more.

With cotton selling at five cents, the acreage is somewhat reduced, and this reduces the demand for laborers, but with the price from eight to twelve cents everybody wants to plant as much cotton as possible, and a majority really does plant more than they have help to cultivate, trusting to get day-help to pull them through, with the result that everyone wants day-help at the same time, and accordingly what few hands are possibly produced by a diminished supply of labor.

The second explanation may seem paradoxical when it is stated that instead of being too few laborers there are really too many. It is not a question of whether there are enough laborers to cultivate all the available land, but whether the crops these laborers can grow will sell for remunerative prices.

The average Georgia cotton laborer now receives \$13.72 as his annual wages, while the average laborer in Georgia manufacturing establishments receives \$4.38. Until the farm laborer's wages is increased to a level with his brother in a factory or shop, there will be too many farm laborers. The landowner can not afford to pay more with present prices of farm crops. These laborers only produce \$202 worth of crops, and as a matter of course their wages should be in proportion. But the number of farm laborers ought to be encouraged to go into other work until the amount of farm crops are reduced to the point where they will sell for higher prices.

The percentage of the total population engaged in farming in Georgia is too large. There are too many producers and too few consumers. Take the state of Massachusetts for comparison. Less than 25 per cent of her total population is engaged in agriculture, and the average wages paid farm hands in that state is \$355.63. This amount would be more, but crops produced in states where a greater percentage of population is engaged in agriculture acts as a hindrance.

The proposition is being made now to bring in Chinese laborers to compete with our native laborer in the production of cotton. These parties, who are large land-owners, propose to ruin their neighbors who are dependent on their own labor for a living, and for the education of their children. One man says in the Atlanta Constitution that he has made 300 bales of cotton this year, but he could have made a thousand more if he had had the labor. He wants Chinese laborers brought in, so that he can cultivate all his land, and thus quadruple his cotton crop. He seems to overlook the fact that any considerable increase in the cotton crop which would result from the importation of Chinese labor, would reduce the price of cotton.

He sees ten and twelve cent cotton and his idle land. He is not satisfied with the race problem that we now have, but wants to introduce another. He does not care what becomes of the future, for he says so, but is greedy to pile up for himself now.

Another proposition is to adopt the plantation system. This means that we should have a few large farms, rather than many small ones. It is proposed to cultivate these large farms by labor which can be better controlled, and which will be more efficient. This system is virtually in effect in portions of Oglethorpe and other central Georgia counties at this time.

It may be admitted that this system has some advantages, but these are so overbalanced by disadvantages that the system should not be thought of for a minute.

The south has made rapid strides since the negro was freed and the plantation system was broken up. It would be a decided backward step to check the present tendency towards small farms.—W. L. Williamson, in Southern Cultivator.

Time the People Were Learning to Appreciate Good Bacon Rather Than Fat Pork.

The American people need some education before they can appreciate good bacon. We are a nation of grease eaters and want solid chunks of hog fat and want plenty of lard in which to fry our food, for fried food being difficult and slow of digestion, allays hunger for a longer time than more digestible food. And then food saturated with hog grease is more easily swallowed, thus enabling us to eat faster, and more of it before hunger is appeased. We are a pushing, money-making race, and can not afford to waste our time eating food that must be masticated, and saturated with saliva before it can be swallowed. Therefore, much time is saved by saturating our food with grease. As for its unhealthfulness, we care little. We have physicians, everywhere they must live, and it would be cruel, if not selfish, to adopt a system that would deprive them of much of their practice. In this country, the pork hog or the lard hog, brings the best prices at the great pork factories, and before the bacon hog can be grown successfully our people must learn to appreciate good bacon, rather than fat pork. The Tamworth is the favorite bacon hog of Great Britain and the Scandinavian countries. They are very

prolific, good breeders and of large size; they have deep bodies and arched backs, which insures large sides; their bones are large, legs very strong and feet well formed and powerful. These hogs are kindly disposed and very vigorous and healthy. Perhaps if these hogs were raised in large numbers, a good market could be built up for them. But at present the demand is for pork and grease, and not for bacon with alternate layers of fat and lean. At present we would not advise the raising of Tamworth hogs except for home use. Poland Chinas, Berkshires, Duroc-Jerseys, and other breeds that run largely to fat, are best for marketing, as the packers will pay more for them.—Texas Farm and Ranch.

Modern Farming. The idea may prevail that the main feature of an agricultural course is to teach boys to plow, sow and reap, and to do other familiar manual labor of the farm. Such instruction is chiefly necessary for the boy from the city who has never handled a farm tool. What the boy needs most to study is the natural sciences which underlie the laws of plant life as he may study of them in botany. He needs to know the habits of insects that destroy their fruits and vines as he may study them in entomology. He needs to know of the composition and physical properties of the soil as he may study them in chemistry and physics. Therefore these four sciences have a large place in a course in agriculture. The student likewise needs a knowledge of English history, civil government, mathematics, drawing, etc., that he may become a well-rounded man—a good citizen as well as a handy man in his vocation. An agricultural course is one of the most delightful a person may follow. Some men say it is the best course in the universities which have an agricultural department, because it deals so intimately with the things of everyday life.—Sunset Magazine.

Water a Potent Factor. Water is the most potent factor in farming. Some farmers can't get enough water on their fields, and others can't get the water off. Irrigation and drainage are therefore the most important subjects for agricultural contemplation. In buying a farm, or land to be devoted to farming, facilities for drainage should be considered. It is often the case that good drainage can be secured by proper laying out of fields and a very little of ditching. Irrigation, to some extent at least, can be provided for by damming a ravine and plowing out furrows to direct the course of the storm water. But generally this calls for elevating the water by windmills, or other power. Some land can be irrigated from shallow wells by pumping to an elevated reservoir and putting the water on the land by the gravity process. Drainage is almost as important as irrigation, and can be made a much less costly process. Too much water is as deleterious as too little.—Farm and Ranch.

Machinery on the Farm. The importance of mechanical power on a farm is not generally appreciated as it ought to be. Every contrivance that lessens muscular labor is a time saver. Many progressive farmers use improved implements for preparing land, planting, and harvesting their crops; but all are operated by hand or horse power. A machine is needed that can be used in the barn, to run a threshing, to grind feed, to operate the churn, to pump water, to saw wood, to turn a lathe or grindstone. There are many powers adopted to these purposes, but many farmers do not use them. Some farmers are not able to buy a steam or gasoline engine, or an efficient windmill. In such cases a tread mill operated by horses, at little expenditure of muscular energy, will be found cheap and efficient. It can be hauled from place to place by a team of horses, and then operated by the same team. There is no danger from explosion or fire in these machines, and they can do an immense amount of money saving labor.—Texas Farm and Ranch.

HERE AND THERE. Cotton seed meal fed once a day is one of the best feeds for fowls. It will make the chicks grow rapidly and help the hen to lay regularly. What more is needed in a chicken feed?

Good Bacon Hogs. The American people need some education before they can appreciate good bacon. We are a nation of grease eaters and want solid chunks of hog fat and want plenty of lard in which to fry our food, for fried food being difficult and slow of digestion, allays hunger for a longer time than more digestible food. And then food saturated with hog grease is more easily swallowed, thus enabling us to eat faster, and more of it before hunger is appeased. We are a pushing, money-making race, and can not afford to waste our time eating food that must be masticated, and saturated with saliva before it can be swallowed. Therefore, much time is saved by saturating our food with grease. As for its unhealthfulness, we care little. We have physicians, everywhere they must live, and it would be cruel, if not selfish, to adopt a system that would deprive them of much of their practice. In this country, the pork hog or the lard hog, brings the best prices at the great pork factories, and before the bacon hog can be grown successfully our people must learn to appreciate good bacon, rather than fat pork. The Tamworth is the favorite bacon hog of Great Britain and the Scandinavian countries. They are very

AN EVIL IN FOOD THE LAW SHOULD REACH.

In reference to the use of alum baking powders—Prof. Schweitzer, of the State University of Missouri, says: "The deleterious effects of alum and the soluble salts of alum upon the human system, even when used in small quantities, are too well known to need relating; their use in baking powder is dangerous, and should be restricted."

"The effects of the continuous use of alum baking powders are thus summed up in a medical publication:—'Alum taken into the stomach retards the digestion of the food. It is an irritant which inflames and irritates the stomach and intestinal canal. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded. Its continued absorption into the system causes some forms of nervous prostrations and many of those affections of the nerves from which both women and men suffer. It is an astringent and tends to constipate the bowels, which interferes with digestion. It renders the albumen of the food partially insoluble, and therefore takes away from its nutritive value. It is absorbed into the blood, which it tends to thicken and coagulate. The free flow of the blood through the organs of the heart is thus retarded