

THE DANGER

to which the Expectant Mother is exposed and the foreboding and dread with which she looks forward to the hour of woman's severest trial is appreciated by all fathers. All effort should be made to smooth these rugged places in life's pathway for her, ere she presses to her bosom her babe.

MOTHER'S FRIEND

always Nervousness, and so assists Nature that the change goes forward in an easy manner, without such violent protest in the way of Nausea, Headache, Etc. Gloomy forebodings yield to cheerful and hopeful anticipations—she passes through the ordeal quickly and without pain—is left strong and vigorous and enabled to joyously perform the high and holy duties now devolved upon her. Safety to life of both is assured by the use of "Mother's Friend," and the time of recovery shortened.

"I know one lady, the mother of three children, who suffered greatly in the birth of each, who obtained a bottle of 'Mother's Friend' of me before her fourth confinement, and was relieved quickly and easily. All agree that their labor was shorter and less painful."

JOHN G. POLBELL, MASON, Ga.

50 CENTS PER BOTTLE at all Drug Stores, or sent by express on receipt of price.

SENT FREE To Housekeepers.

Liebig Company's Extract of Beef Cook Book.

Telling how to prepare many delicate and delicious dishes.

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R.I.P.A.N.S. For Coughs, Croup, Whooping Cough, Sore Throat, Hoarseness, etc.

For Catarrh, Hay-fever, Cold in Head.

JEAN.

Leslie Swetnam, of Blaine, was visiting at M. D. Perkins' last Sunday.

Horn, on the 22nd, to the wife of James Littoral, a bouncing boy, and Jim is wearing the brightest smiles.

Miss Laura Perkins, of Centerville, was the guest of Miss Nancy and Zilphia Perkins last Sunday.

George Bays was visiting here Sunday.

Anderson Perkins left this morning for the Kentucky river. He will be gone about two months.

Miss Teila Bays, of Fish-town, was calling on friends on our creek Sunday.

Several young folks from this place attended church at Cherokee Sunday.

Franklin Kelly and wife were the guests of M. D. Perkins and family Sunday. Battle Ann.

BUCKLE'S ARNICA SALVE. The best salve in the world for cuts, bruises, sores, ulcers, salt rheum, lever sores, tetter, chapped hands, chilblains, corns, and skin eruptions, and positively cures itching, or no pay required. It is guaranteed to give perfect satisfaction or money refunded. Price 25 cents per box. For sale by A. M. Hughes Louisa, Ky.

AROUND MT. RAINIER. This mountain is the grandest in the United States. It is more than 15,000 feet high, is covered with ice and snow, has beautiful parks and noble forests at its base, and is much frequented by camping parties, tourists and mountain climbers.

Some years ago the Northern Pacific Railway fitted out a party that ascended the mountain to its highest point. An article in Wonderland '98, describes some experiences of the party in camp life at Paradise Park. This mountain trip is sure to become increasingly popular, especially to those who make Puget Sound a theatre for vacation trips, and such will be interested in this chapter.

Six Chas. S. Fox, St. Paul, Minn., send boxes for Wonderland '98 and you can read about it.

PROGRAM. Program of the Ky. S. S. Union for magisterial district No. 2, to be held at the Sulphur Spring church, Wednesday, June 1st. Beginning at 9 a. m.

1 Devotional exercises. 2 Welcome address Rev. Thos. Bellomy. Response Charles Miller.

3 Sunday Schools of Lawrence county, W. J. Vaughan. 4 Results of Sunday School Union in the Fallsburg and Bear creek districts, J. F. Hatren.

5 What is the result with the rising generation where Sabbath Schools are successfully carried on. M. D. L. Burns and Rev. W. H. Surgen.

6 What is the result of a neighborhood with a Sabbath School. A. J. Frasher.

7 Should Sunday School teachers be Christians. J. K. Fuller and Rev. B. Billups.

8 The qualifications and responsibilities of the Sunday School. Revs. W. A. Hostetter and Clifton Dean.

9 Necessity of weekly reviews in Sunday Schools. J. F. Hatten.

10 Duty of parents to attend Sunday School with their children. Revs. R. M. Carnette and Isaac Fanning.

11 Subject of music. W. J. Vaughan.

12 Closing address by Joseph Ferguson.

13 Benediction. Charles Miller, Pres. Mary A. Austin, Sec.

SMOKY VALLEY. Rev. I. B. Hutchison, of Normal, spent Saturday and Sunday with relatives at this place and Pleasant Ridge.

Misses Mary and Gypsy Shannon, of Lick creek, were calling on the Misses Sampson one day last week.

Stephen Bradley was wearing his broadest smiles among the young ladies of our town last Sunday.

Miss Lizzie Pigg, of Bussysville, spent last week with her grandmother.

Lon Diamond's many friends and "relatives" were delighted to see him again last Sunday after an absence of several days.

Freeland Frasher was smiling on the ladies of this section Sunday.

WALLBRIDGE.

Charlie Chaffin, of Fallsburg, was visiting here last week. Charlie was welcomed by all as he is a jolly good fellow and an excellent singer.

Aunt Ellis Compton, of Lick creek, visited her son Tom, near this place, recently, and while there she and Mrs. Tom Compton visited Mrs. M. E. See.

W. J. Peterman has returned home and says they did not want him. Bill seemed to fight very badly. We learn that several of our boys have joined W. O. Johnson.

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BICYCLE HEARTS

Several well-known French cyclists have lately, it is said, been rejected as unfit for military service by reason of hypertrophy and other diseases of the heart. Medical men will be rather surprised that the numbers are so small. There must be few of us who have not seen the ill effects of overexercise on a bicycle. The commonest is palpitation and temporary dilation; but even this is sometimes very difficult to cure. In a case which occurred recently a lady, ordered for a fortnight's change of air after influenza, chose to spend it bicycling about 20 miles a day. As a result she has had ever since that time—now nine months ago—a pulse which on the least exertion is 120, though she has not ridden again. This temporary dilation occurs in enough to show the great strain put upon the heart, and it is an added danger that the sense of fatigue in the limbs is so slight. The rider is thus robbed of the warning to which he is accustomed to attend, and he repeats or continues the strain upon the heart. As in other similar cases, the effect is to render that dilation permanent which was at first but temporary and to cause an increase in the muscle of the heart by repeated exertion. The heart produced is of large dimensions and of thick walls, a condition which may, perhaps, give little ease to its owner, but which a medical man will view with considerable distrust and apprehension. Weakly and elderly people cannot be too often told that no exercise is more easily abused, though if taken in sensible measure few are more healthful or enjoyable.

WOMEN OF THE NAVY.

The women who have experienced the most mental sufferings and strain resulting from the complications in Cuba are married and most of them are without homes, but the contrary is true of the officers.

DANGEROUS SMELLS.

Some smells are dangerous. A single sniff of highly concentrated prussic acid will kill a man as quickly as a shot through the heart. The odor of a bad egg is due to the presence of sulphuretted hydrogen, and the objectionable perfume of sewers and bone-factories is attributable chiefly to the same gas. Chemical laboratories, says the Boston Transcript, are famous for lead smelt. Beryllium, who discovered the element called "beryllium," once tried the experiment of permitting a bubble of pure hydrogen selenide gas to pass through a tube of lead. For days afterwards he was unable to see his fingers, the olfactory nerves being temporarily paralyzed. Selenium gas has the odor of putrid horse-radish. Tellurium is even worse. This is a story of a physician whose patient, a lady, refused to take an absolutely necessary remedy because the smell so foul as to be always on the go in society. He gave her a pill containing a small quantity of tellurium, and her breath was affected by it to such an extent that she was not able to attend in public for a month. She never guessed what the trouble was. The volatilized essential oil of the plant, however, is called "oil." This peculiar complaint is so far removed in its character that paper roasts sometimes excite it.

AN ELECTRIC PRANK.

Lightning Cuts Up High Jinks on a Mountain, Side in North Carolina.

A climb to the top of "Big Cracker," along the banks of the Big Tree creek, affords many bits of picturesque scenery, as well as a view of surpassing grandeur from the summit. A party of gentlemen from Asheville, who recently visited this majestic old mountain, that rears its head more than 3,000 feet above sea level, report an unusual manifestation of the pranks of electricity.

While climbing the ridge for a distance of perhaps 75 or 80 yards there was a deep furrow, as if made by a large plow. As the current passed along large pieces of turf were thrown aside, though rhododendron bushes were torn up by the roots and hurled to one side, while huge boulders that lay in the path were split in twain and in some instances adhered to stones.

After the current had passed along the surface of the mountain, or topmost ridges, for 50 or 60 yards, it appears to have divided, one fork going down the mountain side and the other continuing on the ridge for some 15 or 20 yards, the grass growing in the path of the latter appearing entirely withered.

ROOSTER'S WOODEN LEG.

The Malmed Fowl Acquires Unusual Dexterity and is Always Willing to Fight.

A rooster that struts about with a wooden leg is the rather unusual sight to be seen on a farm a few miles from New York. The rooster, the result of its leg last summer as the result of too intimate acquaintance with a mowing machine. It was only a chick at the time, and Mr. Mapp's son found it soon after it had been injured and cared for it. The leg had been cut off just below the knee joint, and the boy, after he wound had healed, cut a piece of about two to the right length and tied it tightly to the stump of the leg. The chicken seemed much surprised and was very awkward at first, but it soon became accustomed to the use of the artificial leg and learned to run about on it almost as well as if the leg had been its natural one.

The wooden leg has been renewed several times. Last winter, when it was the rooster had a hard time keeping its footing, and when it took a tumble it was by no means easy for it to regain an upright position. It was also very difficult for it to make its way about through the snow, but now it takes no odds of any of the fowls on the place and is ready at any time to fight with any other rooster that gives it cause for battle.

EDUCATING A GREYHOUND.

In His Training He Must Walk From Ten to Fifteen Miles Every Day.

The right way to bring a greyhound into condition is to walk him steadily every day from 10 to 15 miles. He must not be allowed to pester about the road in his own sweet way, but should be led by the trainer. The reason is that continual exercise is thus given, and this without tiring the dog. When he comes to the end of his walk, the greyhound is lashed and groomed. When the greyhound is at exercise he wears a thick "sheet," this is exchanged for one of thinner quality when he is at home.

The walking exercise alone is not sufficient, however. Every other day the greyhound is galloped, and this is done in the following manner: A kennel man holds the dog. The trainer walks away for nearly half a mile. At a given signal the kennel man releases one of the dogs, who naturally gallops toward the trainer. When the dog has got away about 20 yards another dog is released, and so the process goes on until all the dogs are running toward the trainer at a distance of about 20 yards from each other. If the dogs were allowed to run together they would either play or fight with each other, and the leading dog must be a very good one at galloping or the gallop will be spoilt.

Formation of Gold Nuggets.

Concerning the theory that gold nuggets are formed by the depositing of the gold around a nucleus from solution, Prof. A. Liversidge, the gold expert of New South Wales, Australia, has made investigations which he thinks disprove it. By slicing the nugget and examining the cross sections obtained he found no traces of concentric coatings, but that the gold was always more or less crystallized, the crystals being in some cases very large and in others very small.

Forged Portraits of Monarchs.

Dr. George Hart, the well-known novelist and Egyptologist, says that a large trade is carried on in Egypt in forged portraits of monarchs. When the genuine portraits painted on wood were first shown in Europe a few years ago they found such ready sale that a concern has gone regularly into the business of making the portraits for sale.

Prehistoric People.

Evidence of the prehistoric people who inhabited the valleys of the Gila and the Salt rivers are continually coming to light, and enough testimony has been found to reveal the fact that in some valleys there lived a mighty and progressive people, numbering not less than 1,000,000—2,000,000, certainly, and probably reaching 3,000,000.

OBITUARY.

Henry E. son of H. R. and F. K. Hewlett, was shot accidentally by his brother, who was repairing a revolver which had one cartridge in it. It was discharged, striking him in the neck near the collar bone, ranging down, killing him in a few minutes.

He was born Feb. 1, 1875, and was killed May 23, 1898. He was a bright young man with a very good education. He had but few enemies, if any. He only lived to be loved and respected by others, but death always chooses a shining mark. He was one of the first-class teachers of the county and had just returned home from school and was preparing to commence another term as soon as the school year comes in. He leaves many friends and relatives to mourn the loss of a son, brother and friend. May God bless the bereaved ones. R. F. Rice.

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HOUSE AND LOT FOR SALE.

Good two-story frame residence in Louisa, with good sized lot, healthy location, pure water, desirable property. Price \$800. For further particulars apply to M. F. CONLEY.

A NEW TRIUMPH.

The Dreaded Consumption can be cured.

T. A. Slocum, the Great Chemist and Scientist, will send to Sufferers, three free bottles of his Newly Discovered Remedies to cure Consumption and all Lung Troubles.

Nothing could be better, more philanthropic or carry more joy to the afflicted than the generous offer of the honored and distinguished chemist, T. A. Slocum, M. C., of New York City.

He has discovered a reliable and absolute cure for consumption and all bronchial, throat, lung and chest diseases, catarrhal affections, general decline and weakness, loss of flesh and all conditions of wasting away; and to make his great merit known will send three free bottles of his newly discovered remedies to any afflicted sufferer of the Big Sandy News.

Already his "new scientific system of medicine" has permanently cured thousands of apparently hopeless cases.

The Doctor considers it not only his professional, but his religious duty—a duty which he owes to suffering humanity—to devote his entire life.

He has proved the dreaded consumption to be a curable disease beyond a doubt, in any climate, and has on file in his American and European libraries thousands of "heartfelt testimonials of gratitude" from those benefited and cured in all parts of the world.

Carriage and pulmonary troubles lead to consumption, and consumption, unless interrupted, means speedy and certain death. Don't delay until it is too late. Simply write T. A. Slocum, M. C., 108 Pine Street, New York, giving address and postal address and the above medicine will be promptly sent. Please tell the Doctor you say his offer in the Big Sandy News.

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Should be in Every Home and Library.

The People's Bible History.

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Each issue contains 128 pages, of twelve pages a week—an increase of two pages a week, 100 pages or 5000 copies a year.

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