Famous Old Men and Women Tell the Secret of Long Life.

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Twenty-three of the most famous old men in the world, mostly Anglo-Saxon, have given to The Herald their secrets of a long life. They wrote in response to the following questions:

1. To what, principally, do you attribute your success in keeping up your strength and the capacity for work beyond the age at which the majority of men have used up their lives?

2. Does your experience show, or do you consider the habitual (though, of course, moderate) use of alcoholic drinks and of tobacco injurious to health and a menace to longevity?

3. Would you say that constant hard work, mental and physical, is beneficial or otherwise (providing, of course, that proper precautions for the preservation of health are observed)?

4. Is there any particular rule—in the matter of regulating work and recreation, food and drink and sleep—that has contributed, in your opinion, to help you in reaching your present seniority?

DONALD G. MITCHELL.

ity to my good fortune in having had parents both healthy in body and mind. My father, indeed, was a man of immense energy and strength, who, in his early manhood, had fought through the Mahratta wars, and had a charge of cavalry at Assaye. And the further blessing of a happy childhood, guided by the wisest and tenderest of mothers. Starting so prosperously, I believe I have maintained my vigor and the high level of my spirits chiefly through my habitual respect for my own healthy instincts. I have never despised Nature's little kindly hints that it was time to eat, or drink, or take exercise, or go to bed. The temptation to neglect all these in a lordly way, and to wait famishing for breakfast or starving for dinner, or to sit all day in a stuffy room for want of energy to take a walk, or to wait up at night, nervous and shivering, till somebody comes back from a party or from Parliament, these common proceedings have never commended themselves to me, and, fortunately, I have been free to follow my own more wholesome habits. When I lived in London, in the '60s and '70 and early '80s, and dined out, perhaps, two or three times a week, I always came straight home soon after dinner, and was asleep soon after 11, and ready for breakfast next morning at half past 8. As a girl, I was wont indeed to sit up studying, sometimes the whole night long, taking my sleep in the morning, perhaps on one of the garden seats. But this did me no such harm as late hours in heated rooms would have done. I have been twelve hours in the saddle more than once in Syria, and very often eight or nine hours walking over these beautiful Welsh mountains alone.

"You ask me, finally: 'Have you found the use of alchohol beneficial?' I reply frankly (though with the dread of indignant temperance friends before my eyes!) So distinctly beneficial have I found it that I am satisfied that I should never have accomplished such little share of work as I have done in the world had I been converted to teetotalism in my earlier and busier years. Now that my labors are drawing to a close, I feel much less need of anything of the kind."

COLLYER BELIEVES IN SMOKING.

Although the questions submitted were in each case the same, the answers showed a wide divergence. Especially in the response to the second question was there a difference of opinion among the famous seniors of the age. The Rev. Robert Collyer, the veteran preacher of New York, who has been for over fifty years actively engaged in the ministry, told a quaint story in answer to the question.

"I remember that a minister of my acquaintance once reproved an old Scotchman whom he saw smoking, telling him that it shortened life. The old fellow looked thoughtful and said, 'Yes, dominie, ma doot yer right. Here be I only 83 and smookin' ma pipe for mair than sixty year. Na doot I might a' been a hundred ef I hadna smocked.'"

"The veteran preacher puffed a cigar [illegible] his story, so he apparently has not found tobacco a menace to longevity as yet.

"Here am I," continued Dr. Collyer, "a rather careless fellow about myself, who, all my life, have eaten what I liked when I wanted it, and who, through forty years of active work, never bothered to change my clothes when I got a wetting. I started out in life with a good constitution, I had a good father and a good mother; I was brought up on oatmeal and blue milk and plenty of fresh air. To these things and a merciful providence I hold that I owe my present age."

SECRETS OF OLD AGE.

The Duke of Cambridge ascribes his longevity to "a good constituution, active life and plenty of work and occupation." Lord Armstrong, the famous engineer and statesman, who is nearly 90, says that he has never followed any particular rules in regard to diet, except to practice moderation. He has never smoked, always indulged a preference for plain food and has been a hard worker. The only rule for longevity that he recommends is "the practice of moderation and keeping the mind interested."

The venerable Dr. Temple, archbishop of Conterbury, writes:

"I have observed no particular rule of diet except not to eat and drink what I found to disagree with me. I have little doubt that total abstinence from intoxicating liquors conduces to longevity. As to tobacco, I know of nothing for or against its use, except that it is an annoyance to those who do not smoke."

"MODERATION," SAYS ONE.

One of the oldest of Americans consulted does not agree with Dr. Temple in the matter of liquor and tobacco. This is Rear Admiral Thomas O. Selfredge, sr., who was retired from the navy under the age limit in 1861 and who still lives in Washington, being now close to the century mark. Rear Admiral Selfredge says:

"Moderation in work and moderation in everything in which I indulge has always been my motto. I early learned not to fret over matters that could not be controlled, and have always endeavored not to borrow useless trouble. I entered the navy at 12 years of age, when the service exposed one to many hardships now unknown to naval men. I made it a practice to assume all tasks with cheerful disposition and always to do my level best. When one does this he is never worried over consequences that may follow.

"I cannot say that moderate use of alcoholic drinks and of tobacco is injurious to health or a menace to longevity. I have drunk liquor nearly all my life in a moderate way, and for many years have chewed and smoked.

"I do not think constant hard work, mental or physical, is altogether conducive to long life. The constant strain on either the mental or physical faculties must cause a break somewhere. Then when disease sets in a man may succumb. I have always followed an invariable rule as to food, drink and sleep, namely, to indulge in moderation in each. In strictly obeying all the rules here laid down I owe, thanks to a merciful Father, nearly a century of life and happiness."

"SOPND PARENTS," SAYS A LADY.

Another outspoken adherent of the moderate use of liquor is Miss Frances Power Cobb, the famous English reformer, who is now in her 76th year. Miss Cobb writes:

"I attribute my long tenure of vitality in my work and some recreation is the best recipe for old age that I know of. I think that work properly regulated, is an aid to longevity, but some kinds of work, notably that which falls to the lot of a man in public life, is wearing, because of the long-continued strain which it often places upon him."

Dr. Theodore L. Cuyler, the aged Brooklyn preacher, wrote from a summer hotel at Lake Mohonk in the Catskills:

"Let me say that I have no claim to longevity—being only 78; and a gentleman to whom I showed your letter playfully said, 'You are the youngest man in the house.' I have been actively engaged in the ministry for fifty-two years, preaching continually. I have never spent a Sunday in bed in my life. Under a kind providence, I owe my vigorious health to a good constitution, and a careful observance of the simplest laws of health. My only physician is Dr. Prevention. I avoid all indigestible food and all alcoholic stimulants, and have never smoked a cigar. I sleep soundly (with a bountiful bowl of bread and milk before retiring) and I never drive either body or brain after I am weary. My amusements are reading, walking and lively chats with friends; and I find that 'old age' is more a matter of temperament than of the almanac."

WITHOUT AN ACHE AT 83.

Mrs. Elizabeth Cady Stanton gives her ideas on longevity as follows:

"I am now 83 years old, in perfect health, without aches or pains. I have always been a great sleeper, a moderate eater, and have taken much exercise in the open air. My hearing is still good, teeth sound, but my eyes are dim. My mind is active. I have always had subjects of deep interest for thought and action, and am still writing every day and have recently spoken in the open air to a large audience on the question of women's suffrage. An active mind has much to do with health and longevity, and so has the true philosophy of life.

"I waste no energy in regrets of the past, or fears for the future. I attribute much of my health to being free from all superstition."

Another famous old woman is Mrs. Keeley, the mother of the English stage, who is now 93.

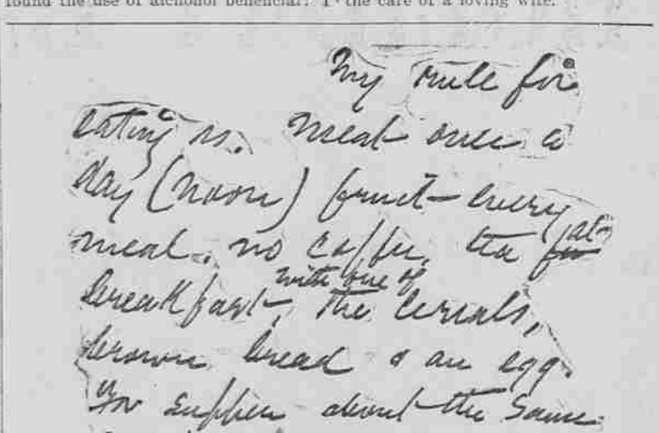
"It is impossible to say what has led to my living so long," Mrs. Keeley said. "I was the eldest of eight; all the others have died, and I alone am left. But who can say why? I have set no rules for my manner of life, and perhaps the only special care I have taken is to be very moderate in everything. I have always been a very small eater, and have not taken too much sleep. After our work at the theatre was over, Mr. Keeley and I never used to go out to supper, but would come straight back home; and in summer days I would be up at 5 in the morning, out in my garden. I love the open air and outdoor life.

"But if you come to me and ask me how you, too, can live long, I say that I cannot tell you. All I can say is live simply and quietly and regularly. I have never cared for drink of any kind whatever, not only intoxicating drinks, but liquids of any sort. It is almost a punishment for me to drink wine. Recently I have been taking a glass of wine a day just to oblige my doctor; but after doing it a week or two I had to stop."

MISS YONGE LIKES PALE ALE.

Miss Charlotte M. Yonge, the well-known English historian, who is now 75, admits that she finds the moderate use of pale ale and sherry helpful, taking them on the advice of her physician. She prescribes plenty of country air as the best of tonics.

Professor Goldwin Smith writes from Toronto: "I have never observed any particular rules of diet, except that of general moderation. I have always avoided working late at night. I have always taken a good deal of outdoor exercise. When young, I wandered on the Alps, went out shooting, rode with fox hounds. I perhaps owe something to having been in early boyhood at school where work was light. In my later years I have owed a great deal to the care of a loving wife."



My rule for eating is, meat once a day (noon) fruit—every meal, no coffee, tea for breakfast with one of the cereals, brown bread & an egg. Supper about the same omitting the egg; in bed at 9, up in the morning at 5 in the summer & at 6 in the winter. Two or three hours in the open air each day rain or shine. Charity towards all, malice towards none.

Sincerely Yours
John Burroughs.

FACSIMILE LETTER FROM JOHN BURROUGHS.

Charles Salaman, the octogenarian composer, is an example of a hale old age.

"I wore glasses for about fifty years," he said, in answer to the questions, "and then, when I got well into the seventies, I thought I had worn them quite long enough, so I left them off. I can still shave myself and calculate that I have performed the operation altogether about 22,600 times. I keep an interest in all my old friends, and, although I cannot get outside now, like a young man, I know and rejoice over all their doings and successes.

"If there is any secret of doing this, it is to live simply, quietly, steadily. A few years ago, when people asked me what I lived on, I told them love and new-laid eggs. Now I say soup and sympathy, or cocoa and comfort; for I have not eaten any solid food for a few years past. But I was never a club man, and all that club life means. Of course, I went freely about among my friends, and did not shut myself up, hermit fashion; but I did not go in for that rapid rate of living and about town mode of life which wears men out sooner than anything. Then I was never a smoker. Once, it is true, I smoked half a cigar, but that experience was quite enough for me. I have not repeated it since."

COMMENDS A DAILY TUB.

"I was singing last night for a charitable concert," Sims Reeves told the interviewer, "and at the end some one came to me and said, 'Mr. Reeves, I heard you sing in public fifty years ago.' It seems a long time to look back on—fifty years a public singer.

"The question as to how long life is attained is not to be answered in a moment," Mr. Reeves continued. "But I believe the great cause, not only in my own case, but in nearly every instance, is constitution. The man who has a good, sound constitution, and no functional disorders, is able to bear many strains, and even excesses, that would quickly kill another. If you look at the lives of old men, you will see that not all were able to live quiet, regular existences, but they were able to ward off possible evil effects by their own inherent strength.

"Coming to exact rules for maintaining long life, regularity and moderation are great things. I have found the greatest benefit from the daily tub, and from a thoroughly good rubbing down every day. As for hard work proving harmful, that is not the thing to hurt any man."

JULES VERNE GIVES ADVICE.

From two veteran authors characteristic letters were received. Jules Verne, who still rises at 5 in the morning and works steadily until 11, although it is more than forty-five years since his first story was published, wrote:

"I can but reply to the various questions put to me: Work and temperance.

"There is the whole motto of life; work always, be temperate in all things. And, above all, do not overindulge in sleep. Obey the precept of the school of Salerno, which runs, if I am not mistaken, thus:

"'Six hours of sleep suffice for old and young,
Seven for the lazy, eight we grant to none.'

"JULES VERNE."

Sir John Mowbray, father of the house of commons, says that he attributes his longevity mainly to heredity.

"My father was 83, my grandfather 84. My mother, when she died, was close upon 96. I had a great-grandmother who lived to 93. Three generations of our family kept golden weddings in '36, '64 and '98. As regards my own habits, moderation in eating and drinking has been everything. I take little meat and no beer or tobacco. I have always been used to wine in a reasonable quantity, and lately mainly whisky. In younger days, I remained at the house of commons as long as it sat. I never do this now, and rarely return after dinner. I am one of those who require a great deal of sleep, and am always ready to take it. I was a great walker up to a very recent date."

Congressman Galusha A. Grow, who occupies a similar position in the house of representatives, gives very similar testimony. "Inherited health and a boyhood spent largely in the open air," he says, "gave me a fund of strength and vigor to begin with. I have been careful not to draw too heavily against this valuable bank account. As for habits of eating, regularity is the great thing to be observed. I do know that tobacco works either for or against a man; it is a matter of personal liking. I don't believe that work, merely work, is any foe to long years—rather an aid I should say."

SIR CHARLES GAVAN.

On the contrary, Sir Charles Gavan Duffy is an example of a man handicapped in youth by delicate health who has preserved his life for more than eighty years by taking care of it. He writes from Nice:

"I am now in my eighty-third year, and I attribute my prolonged life to a careful and systematic method of living. In boyhood and youth, I suffered habitually from dyspepsia, and in early manhood I was so engrossed in political work that I gave no attention to the state of my health.

"About my thirty-sixth year a great change came. I read in Addison's Spectator a paper on Louis Cornaro, who preached with singular force and persuasion the necessity of obtaining constant good health to an advanced age, by a strict and habitual moderation in eating and drinking. Addison describes Cornaro as an Italian gentleman of undoubted credit, who lived to be a hundred years of age by pursuing the practice he recommended. I studied this little book with great satisfaction, and it was probably about the same time I met, in Sir William Temple's works, a graphic homily on the supreme advantages of health. 'Health,' he says, 'is the soul which animates all the enjoyments of life, which fade and are tasteless without it. Without health, a man starves at the best tables, makes faces at the most delicate wines, is old and dull among the most sparkling beauties and poor and wretched in the midst of the most splendid treasures, music grows harsh and conversation disagreeable, riches are useless and honors and attendants cumbersome.' I determined to spare no pains to become well and vigorous. From that time I rarely or never ate to fulness or drank to elevation. I have also avoided, as far as was compatible with the business of life, to study or sit up past midnight, or in later years past 9 o'clock, and I have always been an early riser. I have lived as much as possible in the open air, and have read for instruction or amusement, but still more for necessary rest or relaxation, some hours every day. I have never suffered from rheumatism, gout, sciatica, or any other torturing malady, and this immunity is, I think, attributable to my mode of life. I may add that I have never paraded any system, or troubled my friends outside my own household about what I was to eat or drink, but simply refrained wherever it was necessary. I do not consult a doctor on an average more than once a year, and altogether refrained from taking medicine till after my eighteenth year, when some of the processes of nature became lethargic, and needed occasional assistance. Sir Richard Steele has made a picture of old age, which is perhaps somewhat exaggerated, but it has a solid basis of truth. 'A healthy old man,' he says, 'that is not a fool, is the happiest creature living.'"

ROBERT BONNER.

Robert Bonner, the veteran editor and horseman, says that plenty of fresh air and exercise is his great panacea.

"A natural fondness for country life and especially for driving," he says, "has led me to spend a part of almost every day of my life out of doors. I believe that has added to my years as I know it has to my happiness, for today I get out of life as keen enjoyment as I ever did."

One of the most remarkable of old men is Sidney Cooper, the Royal Academican and father of English painters. In his 96th year, Mr. Cooper still labors at landscapes and animal studies, and his work is still that of a man in his prime. He furnishes the following bit of autobiography:

"I was born in 1803, during the great imperial war, which lasted till I was twelve years of age. All provisions were very dear, and my early life was spent on very plain food. My father deserted my mother and her children, and she had great difficulty to sustain us. So soon as I was able, I got to hard work, for little pay. I took every opportunity to try to draw, but as I could not get instruction, my work developed slowly. I have been a great worker. At 22 years of age, I was able to learn drawing at country schools, to which I had to walk a great number of miles. I was never ill, except with infant maladies. At 30, I commenced to try to paint. After I came to reside in London, my living was still very simple. I did not taste wine, port or sherry, till I was 35. After I became known, and began to receive many commissions for my work, I was much invited to the dinners and evening parties of patrons and lovers of art. This, and late hours, began to try my health, which was not strong, for I had to give up my long walks. For years I was much reduced in health, and I fear I should have become a poor invalid. So I went back to the country, bought some land and built this house (Vernon Holme, near Canterbury) in 1848. I soon felt the change for the better. I bought a farm, which required much looking after, and I commenced my walking again. This I continued to do, and now, in my 96th year, I can paint four or five hours a day, and walk slowly a mile and back in fine weather, or take a carriage drive, when the weather is not fine. I rise at 7 o'clock, go into my study, set my palette, take my breakfast at 8, then my Bible; then I paint till 12:30. Then lunch and Bible, and paint till 3 o'clock. This is my day's work, and then comes my walk, and letters, and at 6 o'clock dinner. I take no wine, but a very little whisky and cold water. Then I read my newspapers, and to bed at 10:15. I generally sleep well, and am not much troubled with illness. Of course, I have the infirmities of old age, but I now enjoy the cheerful effects of a temperate life. I think moderate smoking in the evening conducive to sleep, but do not think smoking all day wise."

ELIZABETH CADY STANTON.

FROM JOHN I. BLAIR.

Of John I. Blair, the famous millionaire and philanthropist of Blairstown, N. J., W. H. Vail writes:

"Mr. Blair has relied upon temperate habits in all things to enable him, with his magnificent constitution, to endure hard work for all these years. By temperate habits he means no tobacco and no alcoholic stimulants, together with moderate eating, and plenty of exercise, especially in the shape of walking; and in walking he would never use a cane.

"Mr. Blair, from his earliest years, was always one of the hardest workers, and always believed in hard work. He never had any system about his recreation, but always managed, in connection with his work, to find enough out of door exercise to maintain his constitution in good order. Though of large, well-rounded physique, he never felt the need of eating much, and never but the plainest of food. He was very fond of coffee, but while enjoying three or four cups of it, he never drank it strong. He could sleep anywhere, and rested better on the cars than at home. In fact, during the most active years of his life, he often spent more nights in a month on the cars than at home. Mr. Blair never exulted over his successes, and never mourned his losses, and always enjoyed a hearty laugh."

W. P. FRITH, R. A.

William Powell Frith, R. A., another veteran artist, writes:

"Some time ago a number of old men were comparing notes as to their habits. They differed altogether about food, drink, and almost every habit. What one recommended, others declared quite wrong. But there was one point in which they were unanimous. They all spent a considerable portion of each day taking exercise in the open air. I believe that open air life is one of the greatest aids to long life, though, of course, nothing will lead to many years unless nature has given the person the foundation to start with. For myself, I still walk my four miles a day, though I am in my 80th year; and I still actively work.

"Painting never wearies me, and I come to my studio at 10 in the morning, and often remain at work so long as the light lasts. Throughout my life, I have found in my work my greatest pleasure. My habits of life have been simple. I have not gone in for playing tricks with myself. I have had no rules about eating. An old friend of mine would tell you, if you asked him the secret of old age, 'Porridge, porridge.' I sometimes tell him that if old age can only be had by living on porridge, I prefer a short life. In eating, I make a very good breakfast, thus starting the day well, but take very little lunch, merely a little soup or the like. I take no afternoon tea, but dinner early in the evening. I find that a little whisky after dinner helps the digestion; though I am strongly against the use of drink in any quantity. In painting, in particular, drinking is sooner or later fatal to good work. Show me a picture, and I can tell you at a glance whether the painter is a heavy drinker or not. If he is, all of the delicate touches, the fine effects, will be shaky and blotched. His nerve has gone. I once knew a man whose hand grew so shaky through drinking that when he wanted to paint he had to grasp the wrist of the right hand with his left, to steady it. Most painters, however, find that their hand grows less steady as the years come on. The one great excention I know to this is my old friend, Sidney Cooper. Today, at 93, his hand is as sure as that of a young man."

JOHN BURROUGHS.

One American who apparently has mastered the philosophy of life to his own contentment is John Burroughs, the naturalist. From his cabin at West Park on the Hudson comes the following letter:

"There are no doubt many factors in the problem you ask me to solve. First I come from good healthy farmer stock and passed my youth and early manhood on the farm. Then I have lived most of my time in the country, where the wear and tear of life is much less than in cities. And finally I have lived a simple life, ate plain, simple food, taken plenty of exercise, had regular habits, slept seven hours out of the twenty-four, avoided stimulants of all kinds and all undue excitement. These statements ought to answer your first question.

"As to the second, I believe that as a rule the American suffers from even the moderate use of alcoholic drinks and of tobacco. I am sure alcohol is poison to me, and tobacco I detest.

"To the third question my answer is, that work, both mental and physical, say three hours per day of each, adds to length of days—hard work that does not reach the point of straining or exhausting. My rule for eating is, meat once a day (noon), fruit every meal, no coffee, tea at breakfast, with one of the cereals, brown bread and an egg. For supper about the same, omitting the egg; in bed at 9, up in the morning at 5 in the summer and at 6 in the winter; two to three hours in the open air each day rain or shine; charity towards all, malice towards none. Sincerely yours,

"JOHN BURROUGHS."

Regularity & System are—I should say—the great essentials for living long & keeping strong. To these, I might add out-of-door exercise, & Country air; & to these—yet again (whenever one lives)—Evenness of Hours, Evenness of work, Evenness of temper & even-ness of simplicity.

Edgewood, Oct. 1, 98 Yours Truly John Burroughs

FACSIMILE OF PORTION OF LETTER FROM DONALD G. MITCHELL

HOW TO LIVE LONG.

"Moderation" is the recipe given by nine out of twenty-three famous old men. Their advice is tabulated below:

Moderation in eating, drinking, sleeping and working	9
Abstinence from all intoxicants	6
Moderate use of intoxicants	3
An active working life	5
Vigorous outdoor exercise	3
Abstinence from smoking	4
Moderate smoking	5
Good inherited constitution	4
Plenty of open air	5
Regularity and system	3
Recreation	3
Early retiring	3
Abstinence from hard work	1
Freedom from superstition	1
Activity of mind	1
Regular bathing	1
Care of loving wife	1

Volcanic Eruptions

Are grand, but Skin Eruptions rob life of joy. Bucklen's Arnica Salve cures them, also Old Running and Fever Sores, Ulcers, Boils, Felons, Corns, Warts, Cuts, Bruises, Burns, Scalds, Chapped Hands, Chilblains. Best Pile cure on earth. Drives out Pains and Aches. Only 25 cents a box. Cure guaranteed. Sold by Z. C. M. I. drug department.

The oldest Tea prepared in Japan is the M. & M. brand. Hewlett Bros. Co., sole agents for Utah and Idaho.

NO WASTE OF WORDS.

Evidence Which Is Right to the Point and Reliable.

Judge Frank Ives of District Court of Crookston, Minn., says: For some time I have used Stuart's Dyspepsia Tablets with seeming great benefit with few exceptions, I have not been so free from indigestion in twenty-five years.

George W. Roosevelt, U. S. Consul to Brussels, Belgium: Stuart's Dyspepsia Tablets, safe, pleasant to take, convenient to carry, give keen appetite, perfect digestion.

Mr. W. D. Tomlin, mechanical engineer, Duluth, Minn. One box of Stuart's Dyspepsia Tablets has done its work, and I am again gaining flesh and strength.

O. E. Ranson, Hustonville, Ky.: I was distressed and annoyed for two years with throwing up food, often two or three times a day; had no certainty of retaining a meal if I ate one. Four boxes of the tablets from my druggist have fully cured me. I find them pleasant to take, convenient to carry.

Rev. G. D. Brown, Mondovi, Wis.: The effects of Stuart's Dyspepsia Tablets is simply marvelous; a quite hearty dinner of broiled beefsteak causes no distress since I begun their use.

Over six thousand people in the state of Michigan alone in 1894 were cured of stomach troubles by Stuart's Dyspepsia Tablets.

Full sized packages may be found at all druggists at 50 cents, or sent by mail on receipt of price from F. A. Stuart Co., Marshall, Mich.

Send for little book on stomach diseases, mailed free.

WHEN BISMARCK WAS IN LOVE

Compelled the Hostile Parents to Come to Terms.

(Weekly Telegraph.)

Johanna von Puttkammer was just entering her 24th year when Bismarck fell in love with her and sought her hand. Her parents were stanch Conservatives, and as such they were strongly averse to any union with the avowed representative of other opinions, and forbade their daughter to accept the advances of her suitor.

But Bismarck refused to be thwarted in any of his intentions, and they found that opposition was useless and even dangerous. Finding himself repulsed, Bismarck adopted a plan which met with full success. Having been told that he would not be received if he called, he heard that the Puttkammers were to give a large evening party, to which he naturally had not been invited.

Nothing loath, he made his appearance in the crowded drawing rooms, and offering his arm to Fraulein von Puttkammer, he boldly passed with her from group to group and audibly informed all the other guests that he was affianced to her.

Startled and stunned by this audacity, the parents had not the presence of mind to deny the engagement on the spot, and later on they agreed to give their formal consent rather than brave what would have been a public scandal compromising their daughter.

Discovered By a Woman.

Another great discovery has been made, and that, too, by a lady in this country; "Disease fastened its clutches upon her and for seven years she withstood its severest tests, but her vital organs were undermined and her death seemed imminent. For three months she coughed incessantly and could not sleep. She finally discovered a way to recovery, by purchasing of us a bottle of Dr. King's New Discovery for Consumption, and was so much relieved on taking the first dose, that she slept all night, and with two bottles has been absolutely cured. Her name is Mrs. Luther Lutz." Thus writes W. C. Hamnick & Co., of Shelby, N. C. Trial bottles free at Z. C. M. I. drug department. Regular size 50c and $1.00. Every bottle **guaranteed.**

A Point of Resemblance.

(Chicago News.)

"I don't see why you should compare that absconding bank cashier to Dewey. There's nothing in common between them."

"Oh, yes, there is. Haven't they both got taking ways?"

How Is Your Wife?

Has she lost her beauty? If so, Constipation, Indigestion, Sick Headache are the principal causes. Karl's Clover Root Tea has cured these ills for half a century. Price 25 cts. and 50 cts. Money refunded if results are not satisfactory. Sold by Nelden-Judson and other druggists.

Bamberger Coal Co., 161 Main.

Standard SQUARE INCH TAILOR SYSTEM

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This is the only system in the world that is guaranteed to cut a PERFECT fitting garment for ALL forms, without CHANGE or ALTERATION. Scholars taught the COMPLETE art of cutting all kinds of garments at this school.

Terms reasonable. Call and examine the work.

328 SOUTH MAIN STREET.

Salt Lake City, Utah.

Chichester's English Diamond Brand. PENNYROYAL PILLS Original and Only Genuine. SAFE, always reliable. LADIES ask Druggist for Chichester's English Diamond Brand in Red and Gold metallic boxes, sealed with Blue Ribbon. Take no other. Refuse dangerous substitutions and imitations. At Druggists, or send 4c. in stamps for particulars, testimonials and "Relief for Ladies," in letter, by return Mail. 10,000 Testimonials. Name Paper. Chichester Chemical Co., Madison Square, PHILADA., PA. Sold by all Local Druggists.

Hotel Knutsford.

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