THE FAMILY DOCTOR.

NUTMEGS should be used sparingly, for they possess a narcotic property that constitutes them a drug. A lady who was induced to take nutmeg tea by her nurse was made drowsy by it and finally put into a profound stupor resembling that of opium.

DR. EMMET recommends the fat of pork, properly prepared, as an excellent substitute for cod-liver oil. We should ourselves prefer the cod-liver oil, but, when they can be digested, flax seeds carried in the pocket and eaten raw afford a large amount of fatty substance.

A SUGGESTION for hoarseness worthy of trial is the use of common horse-radish prepared in sugar—one part, to nine parts of sugar. A little of this mixture in the mouth, swallowed slowly, gives relief. The remedy (horse-radish) is not a new one, but, to us, the sugar way of using it seems to be a new and good one.

CHOKING.—Bits of meat or bone—particularly fish-bone—become fixed in the throat, and, according to size, produce either suffocation (choking), or troublesome tickling cough. *Treatment*—If the person be choking give a smart slap with the open hand between the shoulders. In nine cases out of ten the sudden compression of the air in the chest will shoot the substance out of the mouth; but if not, look into the throat and see if there be anything you can reach with your finger and thumb or a large blunt-pointed pair of scissors, and pull it out. If you do not succeed in this, take a silver or pewter tablespoon, bend it a little, and push it down the throat. Keep quite to the back of the throat, and you will do no harm. If there be a doctor near, send to him. But this is a case which admits no delay, and the life hangs upon your coolness and quickness of action. If it be only a small substance in the throat, and the person can swallow, give plenty of bread or potato and a drink of water after it. If this is not sufficient, give a teaspoonful of mustard and warm water, or any other emetic you have at hand; and, after the person has vomited, you will generally find it all right. If you do not succeed, send for a surgeon.

HOW TO ACT IN A SICK-ROOM.—Nothing requires more care, judgment and circumspection than the simple act of visiting a sick-room. A capital book could be written on this subject, warning people of the danger of being brusque and stupid. There ought never to be more than one spare chair in a sick-room, says an authority, and a nurse who knows what she is about would do well to place an ice-pitcher on that chair, so that no one could sit in it. The most absurd thing a person can do who calls on a sick man or woman, is to refer back to something which, in their imagination, was the cause of this illness, "the cucumbers of last week, or the soft crabs of the week before." Religious admonitions, a delicate point, though they may save the soul sometimes, if carelessly administered certainly hurt the body. Mr. Brickley, who has written a careful book, which he calls "Notes on the care of the sick," says that he "looks with disgust on the person who speaks to the patient as if the illness was a distinct punishment for grievous sin," and follows it up by sending some book, with a note containing these words: "I hope you will prayerfully study this little book which I send you." Doctors themselves often act in exact contradiction to their theories. "I must insist on the most perfect quiet in the house; have the children moved to the rooms below and avoid all noise," says Esculapius. Then the physician goes down stairs quietly enough, but in the hall he forgets all about the patient, for he closes the front door with a loud bang, and, instead of moving off softly with his horse and wagon, rattles his equipage all he can over the cobblestones. Doctors, sometimes, are as much at fault as visitors in a sick-room. —*New York Times.*

THE exploits of a Grand Rapids dog was to run up one aisle of a church during services, upset the contribution box, run down the other aisle, go up stairs into the gallery, look over the railing, fall over with a yelp into the congregation below, and then get kicked out.

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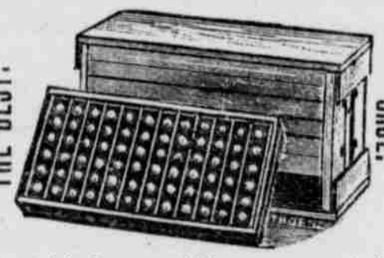

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Commonwealth's Attorney—T. A. Curran.
Clerk—B. D. Parry.
Sheriff—J. C. Pickett.
Deputies: { Dan Perrine. J. H. Rice.
Jailer—Ed. Gault.
Tuesday after second Monday in January April, July and October in each year.

County Court.

Judge—G. S. Wall.
County Attorney—J. L. Whitaker.
Clerk—W. W. Ball.
Second Monday of each month.

Quarterly Court.

Tuesday after second Monday in March, June September and December in each year.

Magistrates Courts.

Maysville, No. 1.—W. H. Pollock and J. L Grant, first and third Tuesdays in March, June September and December.

Maysville, No. 2.—Wm. Pepper and W. L Holton, first Saturday and fourth Tuesday same months.

Dover, No. 3—A. A. Gibbon and A. F. Dobyns first and third Wednesday, same month.

Minerva, No. 4—O. N. Weaver and J. H. Watson, first and third Tuesdays, same months.

Germantown, No. 5—S. F. Pollock and James Fegan, first and third Saturdays, same months.

Sardis, No. 6—J. M. Ball and J. W. Tilton second and fourth Saturdays, same months.

Mayslick, No. 7—C. W. Williams and J. D Raymond, second and fourth Fridays, same months.

Lewisburg, No. 8—J. M. Alexander and Abner Hord, second and fourth Thursdays, same months.

Orangeburg, No. 9—W. D. Coryell and W. J. Tully, first Saturday and last Monday, same months.

Washington, No. 10—John Ryan and James Smithers, fourth Tuesday and third Wednesday, same months.

Murphysville, No. 11—Lewis Jefferson and E. L. Gault, fourth Monday and third Thursday, same months.

Fern Leaf, No. 12—S. E. Mastin and J. B. Burgess, second and fourth Saturdays, same months.

Constables.

Maysville, No. 1—J. P. Wallace.
Maysville, No. 2—W. L. Moran.
Dover, No. 3—W. B. McMillan.
Minerva, No. 4—James Runyon.
Germantown, No. 5—Isaac Woodward.
Sardis, No. 6—J. A. Collins.
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Lewisburg, No. 8—S. M. Strode.
Orangeburg, No. 9—Thomas Hise.
Washington, No. 10—James Gault.
Murphysville, No. 11—W. R. Prather
Fern Leaf, No. 12—B. W. Wood.

Society Meetings—Masonic.

Confidence Lodge, No. 52, first Monday of each month.

Mason Lodge, No. 342, third Monday of each month.

Maysville, Chapter, No. 9, second Monday of each month.

Maysville Commandery, No. 10, fourth Monday of each month.

I. O. O. F.

Pisgah Encampment, No. 9, second and fourth Mondays in each months at 7 o'clock.

DeKalb Lodge, No. 12, Tuesday night, each week, at 7 o'clock.

Ringgold, No. 27, Wednesday night, each week, at 7 o'clock.

K. of P.

Limestone Lodge, No. 36, Friday night of each week.

I. O. W. M.

Wednesday night each week, at their hall on Second street.

Sodality B. V. M.

Second and fourth Sundays in each month at their hall on Limestone street.

Father Mathew T. A. S.

First Sunday in each month, at their hall on Limestone street.

St. Patrick's Benevolent Society.

Second Sunday in each month, at their on Limestone street.

Cigar Makers' Union.

First Tuesday night in each month.

I. O. G. T.

Monday night of each week.

Mails.

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The Board of Council meets the first Thursday evening in each month.

Mayor—Horace January.

Council.

President—L. Ed. Pearce.
First Ward—Fred. Bendel, E. D Nute, L. Ed Pearce.
Second Ward—Dr. G. W. Martin, Thomas J Chenoweth, M. C. Hutchins.
Third Ward—Matt. Pearce, Richard Dawson David Hechinger.
Fourth Ward—Dr. J. P. Phister, B. A. Wallingford, John W. Alexander.
Fifth Ward—Wm. B. Mathews James Hall Edward Myall.
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Clerk—Harry Taylor.
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Deputies. { Charles McAuliff. Wm. Dawson.
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