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 THE WORLD'S BEST  
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 TO ALL POINTS NORTH, EAST AND WEST!  
 Modern Buffet Sleepers on all Passenger Trains  
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 Quickest and Best Service to Cincinnati, Louisville, Atlanta and Washington  
 Maps, Folders and Rates of Fare, Apply to  
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 Is what every one should use, because it is the purest and best in the city and can be had fresh at all times. This leaves for the consumer, country and city orders solicited. Give me a trial.  
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 It attained in the fit, style and wear of the Buckley Shoe for men, made in Calif. Corbyan, Kanranoo and Nancy Leathers, \$4.50, \$5.00, \$6.00 and \$7.00.  
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This is not a musical comedy, but strictly legitimate, Bob appearing in modern costume.  
 The greatest success Chicago has had exceeding the Midway Plaisance.  
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 Mr. M. L. Westheimer has removed his livery, boarding and sale stables from Texas avenue and Travis street to corner Miami and Commerce, where he will be pleased to have his old friends and new customers call, as the business will be conducted as heretofore, second to none. Telephone No. 18.

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 Old No. 48, 307 1/2 Main street. Residence Telephone 278. Office Telephone 98.

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 Graduate Chicago Veterinary College. Medicine, Surgery, Dentistry, Obiterrides.

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 Painless extraction with gas. Office over Pharmacy and Mechanics' National Bank. Telephone No. 474.

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 Files, brachial structures, cancers and tumors cured without the knife or pain. Asthma and Phlegm permanently cured. Diseases of Women, of the Skin, and all private diseases successfully treated.

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 202 1/2 Main Street. Office hours 9 to 12 and 2 to 5 P. M. Sundays 9 to 4.

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 Physicians, Surgeons and Specialists  
 Catarrh, Cancers, Tumors, Skin Diseases, Whoops, Morphine and Tobacco Habits.

**THE THEORNTON INFIRMARY.**  
 Houston, Texas, where we are prepared to take the best care of our patients. CORRESPONDENCE SOLICITED.

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 Fine Conveyances for pleasure parties for hire.  
 Particular attention given to Boarding Horses.  
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 Corner Louisiana and Congress.

**Driving the Brain**  
 at the expense of the Body. While we drive the brain we must build up the body. Exercise, pure air—foods that make healthy flesh—refreshing sleep—such are methods. When loss of flesh, strength and nerve become apparent your physician will doubtless tell you that the quickest builder of all three is

**Scott's Emulsion**  
 of Cod Liver Oil, which not only creates flesh and in itself, but stimulates the appetite for other foods.  
 Prepared by Scott & Bowne, N. Y. All druggists.

**THE CITY.**  
 The Post is delivered to any part of the city for carriers at \$1.00 per month; three months, \$2.50; six months, \$4.00; one year, \$7.00.

Mr. Theodore Hering has charge of the circulation and advertising. No "orders" for copies, etc., are given by the management, and none will be accepted or payment of office bills. Subscribers failing to receive the paper regularly will please notify the office immediately. Subscriptions a paper not delivered to be delivered not later than 6:30 P. M.

**For a Conference.**  
 It is now well understood that there will be a large number of visitors in Houston next week, brought here by the excursion, and it is desirable that some organized plan be had for their reception and the extending of usual hospitalities.

By request a conference, looking to that end, is hereby called at the Post editorial rooms at 2 o'clock this afternoon. Every one who feels an interest in this very important matter is requested to be present.

**THE FIRST EXCURSION.**  
 About 1000 Visitors—The Commercial Club Doing Good.

Dallas News, 30th.  
 The first of a series of excursions to Dallas, arranged by the Commercial Club with the Houston and Texas Central railway, left Houston yesterday and is expected to arrive in Dallas about 10:00 P. M. The excursionists will be met at the depot by a committee of the Commercial Club, and will be taken to the city by the Commercial Club.

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**THE CAUSES OF WORRY.**  
 ADVICE FROM LEADING MEN AND WOMEN AS TO A CURE.

Quite a quantity of ideas—Octogonarian Statesmen Tell How to Retain Intellectual Health—Methods of Diet and Exercise.

Washington, November 28.—How shall we keep our intellectual health? How shall we avoid worry?  
 What is your cure for insomnia? What would you advise a person who is overburdened with work and weary to do to make the most of himself?

I have a number of opinions on this subject from famous people away from Washington. One of the best is from Neal Dow, who now, though nearly 90 years of age, carries on an active intellectual life. I give his letter in full. It reads:

Dear Sir: You ask me for my secret for intellectual health and prevention of worry. There is no secret about it, except that I do not let my mind get into a groove, philosophically and don't worry. Worrying won't help it. Help it if you can—if it don't worry! There is ten times as much suffering from mistourne as anticipated that never comes than from those which overtake us. Don't worry; submit quietly to the inevitable.

As to my habits of work, I am always busy with books or pen or exercise. I do not over-fatigue myself with books that require great concentration. When the mind begins to flag I take a lighter book. I do not write to weariness. I take a walk or a drive or an amusing book. I lose no time.

Yes, I can throw my work off when I leave it and wish to do so; but often when tired by the pen I lay it aside for a walk, and on the tramp look out what I later would put upon paper, or into a speech which I am engaged to make.

You ask me as to insomnia. I sleep well, though I do not sleep in a deep sleep, or what I am engaged in writing, but when the time comes for sleep I do not let my mind get into a groove, philosophically and don't worry. Worrying won't help it. Help it if you can—if it don't worry! There is ten times as much suffering from mistourne as anticipated that never comes than from those which overtake us. Don't worry; submit quietly to the inevitable.

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remember that the first necessity for literature is that you have something ready before you begin you will remember what most authors have thoroughly forgotten or never know.

The business of writing is the most exacting of all. It is not a matter of chance, but a matter of preparation. It is not a matter of chance, but a matter of preparation. It is not a matter of chance, but a matter of preparation.

If this bowl of coffee or chowder of soup is continued as my meal, the working man who wishes to keep in order will have five meals a day, besides the morning cup of coffee or of coffee colored milk. Breakfast is one; this extended lunch is another; dinner is the third; and what is not to be forgotten, a sufficient supper must be had before bedtime. This just may be a little of your medical gentleman's plan, but let it be sufficient. It is not a matter of chance, but a matter of preparation.

Remembering that sleep is the essential factor in the whole matter, the man who declines to go to bed in the last six hours before going to bed, if the wind blows, or if the rain falls, or if the water at the tea table colored with tea, but let the law be that.

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 But Other Troubles Treated Successfully at the Copeland Medical Institute for \$5 Per Month.

Mr. S. C. Smith, who gives the following for publication, resides at 210 Gray avenue, Mr. Smith is in the employ of the city and is known throughout Houston as an honest and industrious man.

"I have received no such benefit from your treatment, I am perfectly willing that you should use my name and portrait if you choose to do so."

