

Use of Tobacco.

The fact has been pointed out that men are on the whole as healthy as women, while nine out of ten of the male population of the world use tobacco, and women, as a rule, abstain. In the learned professions about one-half the ministers are addicted to it in some form, likely three-fourths of all physicians, and nine-tenths of members of the legal fraternity.

In looking calmly at the tobacco question, there is one feature calculated to excite alarm, and that is the habit of chewing and smoking so widely practiced among boys. This, to young boys, is unqualifiedly hurtful. They voluntarily endure the first disagreeable effects of the tobacco to acquire what they consider an accomplishment, the habit is finally confirmed, and with an entire ignorance of its powers, added to a tendency to immoderation, their growth and development is often seriously interfered with, and the worst results follow. They smoke and chew, generally, the worst tobacco, and to a degree that would be positively harmful to a majority of adults. This matter should be corrected by proper action of our legislators, with whom the responsibility rests.

Smoking, when done at proper times, facilitates digestion. The sense of relief obtained by a cigar, after a heavy meal, is well known to smokers. Dyspepsia, sometimes follows the discontinuance of tobacco, and is removed when the habit is resumed. While the abuse of tobacco weakens the system and leads to emaciation, used intelligently it exerts a favorable influence on nutrition.

Hammond, by observation upon himself, found a gain in weight by the use of tobacco. Fiske attributed an increase of twenty-four pounds in three months, to tobacco. "Tobacco, when the food is sufficient to preserve the weight, increases it; when insufficient, and the body is losing, tobacco restrains the loss." (Hammond). Boehm, of Holland, over 200 years ago, referred to tobacco as being antidotal to hunger. It seems that the power to undergo severe exertion and fatigue, either mental or physical, is aided by tobacco. "Soldiers of all nations use it. It was a standing injunction of Napoleon that his troops should have tobacco, and it was of great advantage in the retreat from Moscow." (Fiske). During our late war the soldier would be patient under very severe privations, if he had had a good supply of tobacco to smoke or chew, and when on picket duty would risk his life to strike a match for his pipe.

Situations of loneliness are always rendered more tolerable by tobacco, and it is the constant companion of those who lead lives of solitude, such as that of the herdsmen and ranchmen. A feeling of unrest or discontent, made up of ill-defined longings, of imaginary disappointments, and unpleasant anticipations, commonly known as ennui, is responsible for much unhappiness. This unfortunate condition of mind is removed by the soothing influence of a cigar, and the moroseness and gloom are quietly dispelled. As much of every day is filled up with care, our degrees of comfort in this life will depend largely upon our ability to bear it uncomplainingly. That tobacco assists us to do this, that it enables us to look upon life more complacently, must be the conclusion of everyone who has experienced its influence. That it enables us to toil with less fatigue, is equally true. The readiest writers generally use tobacco, and cannot accomplish the same amount of work in the same time without it, and those connected with newspaper and other literary work, who have often to write against time, find it of inestimable value. Tobacco formerly enjoyed a deserved reputation as a medicinal agent, and was extensively used in scabies and other cutaneous disorders. It has been largely supplanted, however, in modern practice, by other remedies. The use of tobacco during a mercurial course decreases the risk of salivation, and cases of ptyalism have been reported cured by its employment. Before the discovery of chloroform, tobacco served a useful purpose in the hands of the surgeons in cases of strangulated hernia for obtaining complete relaxation. Tobacco constitutes a most valuable addition to the ordinary opium in local painful affections. In two cases of carcinoma of the breast, by incorporating it in a local application, a marked advantage was noticed by the writer in the relief of pain. As an ingredient to anasthetics, in cigarettes with belladonna, stramonium, etc., it is entitled to share in the remedial effect.

The limited medicinal range of tobacco is unimportant in comparison with its social and psychological influences. Among its many beneficial powers it appears to allay worry and lighten toil. It is an aid to mental work, and a help to reflection and complacency. It promotes sociability, and in the words of one of its champions, "makes a man act more like a Samaritan."—Medical and Surgical Reporter.

D. K. HARTING, ARCHITECT AND DRAUGHTSMAN.

PLANS AND SPECIFICATIONS FURNISHED AND ESTIMATES GIVEN. OFFICE AT RESIDENCE, LITTLE FALLS, MINN.

E. CROSSLAND, VETERINARY SURGEON.

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PROBATE NOTICE.

STATE OF MINNESOTA, COUNTY OF MORRISON, ss. In Probate Court, Special Term, June 23, 1885. In the Matter of the Estate of Nicolas Meyer, deceased. Letters of Administration on the estate of said deceased having been granted unto Nicolas Meyer of said county. IT IS ORDERED, That all claims and demands of all persons against said estate be presented to this court for examination and hearing, at the Probate Office, in Little Falls, Minnesota, on the following days, viz: Friday, July 3, August 7, September 4, October 2, November 6, December 4, 1885, and January 7, 1886. IT IS FURTHER ORDERED, That six months from the date hereof be allowed to creditors to present their claims against said estate, at the expiration of which time all claims not presented to said Court, or not proven to its satisfaction, shall be forever barred, unless for cause shown further time be allowed. ORDERED FURTHER, That said Nicolas Meyer, executor as aforesaid, shall cause notice of said claims and demands, by reading and publishing a notice thereof for four weeks successively in the Little Falls Transcript, a weekly newspaper printed and published at Little Falls, Minnesota, in said county. Dated June 23, 1885. By the Court, N. RICHARDSON, Judge of Probate.

Notice of Mortgage Sale.

WHEREAS, default has been made in the conditions of a certain mortgage executed and delivered by Joseph J. Arnold, of Morrison county and state of Minnesota, Mortgagee, to Lewellyn Christian, of Hennepin county and state of Minnesota, Mortgagee, dated the twenty-second day of March, A. D. eighteen hundred and eighty-two, and recorded in the office of the Register of Deeds of the county of Morrison, in the state of Minnesota, on the thirtieth day of March, A. D. 1882, at four o'clock p. m., in book F of Mortgages, on page 115, on which there is claimed to be due, at the date of this notice, the amount of Two Hundred and Twenty-seven and 68/100 Dollars (\$227.68), and no action or proceeding has been instituted at law or in equity to recover the debt secured by said mortgage, and the same is in arrears, and provided, said mortgage will be foreclosed by sale of the mortgaged premises therein described, at public sale, on the front door of the court house in the Village of Little Falls in the County of Morrison, and State of Minnesota, on Tuesday, the 15th day of August, A. D. eighteen hundred and eighty-five, at 10 o'clock in the forenoon, to satisfy the amount which shall then be due on said mortgage, with the interest thereon, and cost and expenses of sale and Twenty-Five Dollars (\$25.00) attorney's fees, as stipulated in said mortgage in case of foreclosure. The premises described in said mortgage, and so to be sold, are the lot, piece or parcel of land situated in the County of Morrison, and State of Minnesota, and known and described as follows, to-wit: The East half (1/2) of the South West quarter (SW 1/4) of Section numbered Eleven (11) in Township numbered One Hundred and Twenty-Eight (128) of Range Thirty-One (31) West containing Eighty acres more or less according to the United States Government survey thereof. LEWELLYN CHRISTIAN, Mortgagee. ROCKWOOD & COLSON, Attorneys, Minneapolis, Minn. Dated June 23, 1885.

LAND OFFICE NOTICE.

Land Office at St. Cloud, Minn., June 2, 1885. Notice is hereby given that the following-named settler has filed notice of his intention to make final proof in support of his claim, and that said proof will be made before Leon Houde, clerk of the district court at Morrison county, Minnesota, on July 31, 1885, viz: George Walbridge of Morrison county, Minnesota, for the W 1/2 of SW 1/4 of Section 20, township 41, range 21. He names the following witnesses to prove his continuous residence upon, and cultivation of, said land, viz: John Clark, R. H. Curtis, Lancaster, Thomas Wilson, postoffice address of all Little Falls, Morrison county, Minn. D. H. FREEMAN, Register.

LAND OFFICE NOTICE.

Land Office at St. Cloud, Minn., June 10, 1885. Notice is hereby given that the following-named settler has filed notice of his intention to make final proof in support of his claim, and that said proof will be made before Leon Houde, clerk of the district court at Morrison county, Minnesota, on July 31, 1885, viz: Pleasant August of Morrison county, Minnesota, for the W 1/2 of NW 1/4 and W 1/2 of SW 1/4 of section 26, township 41, range 21. He names the following witnesses to prove his continuous residence upon, and cultivation of, said land, viz: Joseph Adam, Peter Lafond, Louis Gerard, John Meyer, postoffice address of all Belle Prairie, Morrison county, Minnesota. D. H. FREEMAN, Register.

LAND OFFICE NOTICE.

Land Office at St. Cloud, Minn., June 11, 1885. Notice is hereby given that the following-named settler has filed notice of his intention to make final proof in support of his claim, and that said proof will be made before Leon Houde, clerk of the district court at Morrison county, Minnesota, on July 31, 1885, viz: John Meyer of Morrison county, Minnesota, for the W 1/2 of NE 1/4 and the W 1/2 of the SW 1/4 of section 12, township 12, range 21. He names the following witnesses to prove his continuous residence upon, and cultivation of, said land, viz: Joseph Deering, Joseph Brule, Camille St. Marie, Pleasant August, postoffice address of all Belle Prairie, Morrison county, Minnesota. D. H. FREEMAN, Register.

LAND OFFICE NOTICE.

Land Office at St. Cloud, Minnesota, June 15, 1885. Notice is hereby given that the following-named settler has filed notice of his intention to make final proof in support of his claim, and that said proof will be made before Leon Houde, clerk of the district court at Morrison county, Minnesota, on August 1, 1885, viz: Justine Lafond of Morrison county, Minnesota, for the NE 1/4 of Section 24, Township 42, Range 21. He names the following witnesses to prove his continuous residence upon, and cultivation of, said land, viz: Joseph Deering, Joseph Brule, Camille St. Marie, Pleasant August, postoffice address of all Belle Prairie, Morrison county, Minnesota. D. H. FREEMAN, Register.

LAND OFFICE NOTICE.

Land Office at St. Cloud, Minn., July 7, 1885. Notice is hereby given that the following-named settler has filed notice of his intention to make final proof in support of his claim, and that said proof will be made before Leon Houde, clerk of the district court at Morrison county, Minnesota, on August 21, 1885, viz: Benjamin Grippen of Morrison county, Minnesota, for the E 1/2 of NW 1/4 and E 1/2 of SW 1/4 of section 26, township 41, range 21. He names the following witnesses to prove his continuous residence upon, and cultivation of, said land, viz: Charles Barnhart, Alonzo Barnhart, Louis Chouinard, James Tanner, Bernard Carr, Abraham Cyrus, postoffice address of all Lafond's, Morrison county, Minnesota. D. H. FREEMAN, Register.

LAND OFFICE NOTICE.

Land Office at St. Cloud, Minn., July 7, 1885. Notice is hereby given that the following-named settler has filed notice of his intention to make final proof in support of his claim, and that said proof will be made before Leon Houde, clerk of the district court at Morrison county, Minnesota, on August 21, 1885, viz: Richard Pettit of Morrison county, Minnesota, for the E 1/2 of the SW 1/4 of section 14, township 12, range 21. He names the following witnesses to prove his continuous residence upon, and cultivation of, said land, viz: Joseph Deering, Joseph Brule, Camille St. Marie, Pleasant August, postoffice address of all Lafond's, Morrison county, Minnesota. D. H. FREEMAN, Register.

NOTICE OF CONTEST.

U. S. LAND OFFICE, St. Cloud, Minnesota, July 15, 1885. Complaint having been entered at this Office by Alvin Chambers against Wilfred Davis for violating his Homestead Entry No. 11,443, made November 23, 1882, upon the W 1/2 of the SW 1/4 of Section 12, Township 12, Range 21, in Morrison County, Minnesota, with a view to the cancellation of said entry; the said parties are hereby summoned to appear at this office on the 10th day of September, 1885, at 10 o'clock a. m. in person, or by their attorneys, concerning said alleged abandonment.

NOTICE.

All persons desiring burial permits or information in regard to Oakland Cemetery will please apply to John Workman, sexton, by order of the board of trustees. O. A. CARRSILL, Sec'y.

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J. C. CONGDON, MERCHANT TAILOR. I have recently opened in rooms over Tuttle & Curchill's store a merchant tailoring shop, and am prepared to do all work in my line in good style and will furnish the best of material. WORKMANSHIP AND FIT GUARANTEED. J. C. CONGDON

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Defective Page

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Norman Stallion, COARSAIR! During the present season I will have the above named Handsome Norman Stallion at Staples' livery stable in Little Falls on Friday and Saturday of each week, and at Frank Farrand's stable in Belle Prairie on Wednesday and Thursday of each week. C. H. FARRAND.

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Notions and General Merchandise. My shelves are now replete with Boots and Shoes, Hats and Caps, Ladies' Cloaks and other garments, Gent's Clothing (Canned Goods), and a large assortment of Groceries. T. J. MARTIN, R. MARTIN

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The Pure and the Impure. The merry little mountain brook, as it lightly dances over the rocks and sparkles in the sunshine on its way down to the river, is pure and clean. It is active therefore it is healthy. It is vigorous, therefore it resists impurity. It is sluggish pool, where the current is not strong enough to keep the water in motion, is stagnant and foul. Dirt and rubbish are thrown into it, and stay there. Impurities and vile odors make it a breeder of disease and an object to be avoided. When the blood is strong and rich and red, and vigorously courses its accustomed rounds through arteries and veins, the system is hearty and healthy. When the blood is thin and poor and weak, impurities and defilements creep into it, and it has no strength to cast them out. Then the system runs down. The only known reliable cure for impure blood and a weak and debilitated system is Hops and Malt Bitters—Nature's remedy. The great Blood Purifier and Kidney and Liver Remedy, compounded from the well known curatives, Hops, Malt, Buchu, Mandrake, Dandelion, Sarsaparilla, Cascara Sagrada, etc. Hops and Malt Bitters is the greatest Health and Life Restorer agent on earth. It is especially recommended for all diseases of women, such as mental depression, weakness, breaking down, lassitude of the system, headache, etc. A trial will surely convince any one of its merits. Call for Hops and Malt Bitters. For sale by JOHN W. CLOSE.

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