The Free Lance

TUESDAY.....JANUARY 2, 1900.

The Craving For Stimulants.

The blood normally contains stimulants, and that these stimulants exercise a favoring influence on function and conduce to and may even be a necessary factor in the production of the feeling of well being explains the widespread liking in man and beast for stimulating substances. This liking, amounting often to a craving, is the expression of a great physiological principle. When health is perfect, when the blood is well provided with its proper stimulants and not overcharged with depressants, there is no craving for extraneous stimulants, such as alcohol, tea or coffee, but when the blood is defective in the one or surcharged with the other then is felt the desire for the glass of wine or the cup of tea.

In order to obviate this desire the body should be kept at the highest level of health. The more perfect the health the more perfect will be the composition of the blood in respect to both physiological stimulants and deleterious toxins. A blood properly constituted in these and other respects will exercise a gentle stimulant action on the nervous system and induce a condition of mild physiological intoxication, which expresses itself in a feeling of well being and happiness—a condition that cannot be bettered.—Lancet.

The Result of Too Much Pathos.

"One day," says Jean Francois Raffaelli, "Daudet was arguing a point that on the stage it is a mistake to insist too strongly on any one form of sentiment, whatever it may be. 'Listen,' said he. 'I recall a little incident which may serve to illustrate my meaning: A woman dressed in black one day entered an omnibus in which I happened to be. She was in deep mourning, and her countenance was so worn, so contracted, so furrowed with grief, that her neighbor could not refrain from asking what terrible sorrow it could be that had thus left its marks upon her.

"'Whereupon the woman, amid the sympathetic attention of all the little world in the omnibus, including the conductor, who did nothing but blow his nose so as to hide his tears, told how she had lost first one child and within a very few days another. Every one pitied her greatly, but when she proceeded with many tears to tell of the death of a third child her hearers were somewhat less moved, and finally, when she launched into a long account of the loss of a fourth—devoured by a crocodile on the banks of the Nile—every one in the omnibus burst out laughing.'"—New Lippincott.

Why He Is a Waiter.

W. E. B. Du Bois, in his book, "The Philadelphia Negro," devotes much space to authentic instances, proving that, in the words of the author, "the road to success is to have a white face." Professor Du Bois cites many individual cases in support of his somewhat bitter deduction, one of the most striking being the experience of a graduate of the University of Pennsylvania.

This young colored man took a course in mechanical engineering, was an apt student, was well recommended and by reason of his excellent record obtained a situation through an advertisement. He reported for work, remained only a few hours and was then discharged for the simple reason that his skin was not white. The experience was repeated several times until he became utterly discouraged. He is now a waiter in the University club, where he is forced to serve white fellow graduates.

He Read Caine.

While Hall Caine was in this country several years ago the Aldine club of New York city dined him. Among those invited to meet Mr. Caine was one of the most popular of our American authors. Soon after the dinner began dinner cards began to circulate with requests for autographs. The author in question whispered to his neighbors:

"I'm going to send my card up to Mr. Caine as soon as I can, for I am down for a speech later on, and I want to be able to say that I've read something that Caine has written."—New York Mail and Express.

The Pendulum Alone Out of Order.

An Onion Creek (Tex.) darky visited the establishment of an Austin jeweler.

"I wish, boss, you would regulate dis heah penjulum."

"How can I regulate the pendulum without the rest of the clock?"

"Dars nuffin de matter wid de rest ob de inards ob de clock, so I jess leff 'em at home. Jess you fix up de penjulum. Ef der penjulum goes all right, de rest ob de clock goes all right too. I know dat much, even if I ain't had no book larnin."—Texas Siftings.

Liver Complaint.

Fuddy—What is the matter with Harris? He seems all out of sorts.

Duddy—He is suffering from liver complaint.

Fuddy—Can't he find anything to help him?

Duddy—He is looking around for a new boarding house, one in which liver is not an inseparable feature of the cuisine.—Boston Transcript.

Essential Facts.

"I called in," said the puffy little man, "to say that your story about the fire next door to me yesterday was all wrong."

"All wrong?" asked the editor.

"Yes, sir! Why, hang it, sir, I spell my name with two s's, and I make soap, not shoe blacking."—Philadelphia North American.

The Arabs show their friendliness when meeting by shaking hands six or eight times. Arabs of distinction go beyond this; they embrace each other several times.

It Saved His Leg.

P. A. Danforth, of LaGrange, Ga., suffered intensely for six months with a frightful running sore on his leg, but writes that Bucklen's Arnica Salve wholly cured it in ten days. For Ulcers, Wounds, Burns, Boils, Pain, or Piles it's the best salve in the world. Cure guaranteed. Only 25c. Sold by M. M. Lewis, druggist.

Contractors.

A SERMON FOR MEN.

The man who earns his living with his brains cannot afford to neglect his body. The body is the furnace and boiler that furnishes steam to the brain. If the furnace is permitted to get clogged with clinkers, the boiler will make no steam, and the delicate machinery of the brain will slow down and come to a dead stop.

When a man finds that his ideas do not come as freely as they once did, he needn't worry about his mental machinery, but he had better look to his body. His stomach and intestines are clogged with the clinkers of indigestion. His blood is impure, and does not receive the proper elements to put vim and speed into the machinery of the brain. If he neglects this condition he will suffer from headaches, sleeplessness, loss of appetite, confusion of ideas, despondency and lack of energy. Eventually he will break down with nervous exhaustion or prostration. There is a remedy that will promptly put a man right under these conditions. It is Dr. Pierce's Golden Medical Discovery. It cures indigestion, fills the blood with the vital elements of life, tones the nerves, and makes the brain bright, clear and active. It cures all nerve and brain troubles due to insufficient or improper nourishment. The "Golden Medical Discovery" is for sale by all good medicine dealers, and only an unscrupulous dealer will try to induce a customer to take some worthless remedy, alleged to be "just as good."

Mr. Ned Nelson, the celebrated Irish Comedian and Mimic, of 327 Royden Street, Camden, N. J. writes: "We fulfilled an engagement of twelve weeks and the constant traveling gave me a bad touch of that dreaded disease called dyspepsia. I had tried everything possible to cure it till last week while playing at B. F. Keeth's Bijou Theater, Philadelphia, in the Nelson Trio, a professional friend of mine advised me to try Dr. Pierce's Golden Medical Discovery. I tried it, and, thank God, with good results."

Constipation is promptly cured by Dr. Pierce's Pleasant Pellets. All medicine dealers.

Railroads.

Potomac, Fredreicksburg AND PIEDMONT RAILROAD

Schedule for 1898.

No. 1.	LV	ARR.	*No. 2
8:00 a m	Fredericksburg		3:15 p m
8:18 a m	White's		3:01 p m
8:20 a m	Mine Road		2:56 p m
8:23 a m	Robey's		2:51 p m
8:29 a m	Screamerville		2:46 p M
8:32 a m	Airich		2:42 p m
8:35 a m	Furnace		2:37 p m
8:40 a m	Brock Road		2:28 p m
8:43 a m	Stephens		2:23 p m
9:00 a m	Parker		2:10 p m
9:08 a m	New Hope		1:57 p m
9:18 a m	Tinder		1:45 p m
9:28 a m	Reynolds		1:35 p m
9:38 a m	Verdiersville		1:25 p m
9:48 a m	La Fayette		1:18 p m
10:03 a m	Unionville		1:06 p m
10:14 a m	Nason		12:56 p m
10:24 a m	Taylor		12:40 p m
10:40 a m	Orange		12:30 p m

Connections at Fredericksburg with R. F. & P. R. R., and Weems Steamboat Co. At Orange with Southern and Chesapeake & Ohio R. R.

The only line to the Chancellorsville and Wilderness Battlefields.

Eastern Standard Time. Daily except Sunday. W. H. RICHARDS, Gen'l Manager.

*Train No. 2 leaves Orange the 4th Monday in each month at 3 p. m.

C. & O. To Hot Springs.

CINCINNATI, LOUISVILLE, CHICAGO ST. LOUIS AND THE WEST.

THE SHORTEST AND QUICKEST ROUTE TO THE WEST.

The most direct and popular route to Old Point and Norfolk.

TRAINS LEAVE DOSWELL, VA.

Oct. 24, 1899.	No. 5. Ex-Sun	No. 1. Daily.	No. 3 Daily.
Lv. Doswell	†11:17 A	3:12 P	11:35 P
Ar. Staunton	† 3:38 P	7:08 P	4:23 A
" Clifton Forge	† 5:45 P	8:57 P	6:26 A
" Va. Hot Springs	.....	9:50 P	7:25 A
" White Sulphur	.....	....	.....
" Ronceverte	.....	9:51 P	7:26 A
" Cincinnati	.....	7:55 A	5:15 P
" Lexington	.....	8:00 A	5:30 P
" Louisville	.....	11:00 A	8:00 P
" Chicago	.....	5:50 P	7:15 A
" St. Louis	.....	6:56 P	7:30 A

Time marked † daily except Sunday.

Pullman Sleeping Cars on Nos. 1 and 3 for Cincinnati and Louisville.

TRAINS FOR OLD POINT AND NORFOLK.

Lv. Doswell	7:25 A M	2:39 P M
Ar. Richmond	8:30 A M	3:30 P M
Lv. Richmond	9:00 A M	3:45 P M
Ar Newport News	11:10 A M	6:00 P M
" Old Point	11:40 A M	6:30 P M
" Norfolk	12:15 Noon	7:05 P M

Additional trains leave Doswell 7 A. M. and 6:45 P. M., except Sunday's for Richmond.

For other information, address
JNO. D. POTTS
A. G. P. A., Richmond, Va

SOUTHERN RAILWAY.

Schedule in Effect Dec. 10, 1899.

Trains leave Washington, D. C.

8:01 A. M.—Daily—for Danville, Charlotte and way stations, connecting at Manassas for Strasburg, and Harrisonburg daily and Stanton daily except Sunday and at Lynchburg with the Norfolk and Western daily for Roanoke and points Southwest and with C. & O. R. R. for Natural Bridge daily, and Lexington daily, except Sunday, also connecting at Calverton for Warrenton.

11:15 A. M.—Daily—THE UNITED STATES FAST MAIL carries Pullman, Sleepers New York and Washington to Jacksonville, uniting at Salisbury with Pullman Sleeper for Asheville and Hot Springs, N. C. Knoxville, Chattanooga and Memphis, Tenn., and at Charlotte with Pullman Sleeper for Augusta and at Columbia, with sleeper for Charleston, Pullman Sleeper New York to New Orleans, connecting at Charlotte with sleeper for Birmingham. Solid train Washington to New Orleans without change. Southern Railway Dining cars between Washington and Spartanburg, S. C.

11:30 A. M.—Daily—Local for Charlottesville, connecting at Calverton for Warrenton.

4:01 P. M.—Local for Strasburg and Harrisonburg daily except Sunday.

4.30 P. M. daily, local for Charlottesville, connecting at Calverton for Warrenton.

9.50 P. M. daily New York and Florida Express Pullman Buffet Sleeping Cars, New York and Washington to Port Tampa, via Savannah and Jacksonville, and to Augusta via Columbia with connection for Aiken. Through coach to Jacksonville. Dining Car service.

9:50 P. M. daily, Washington and Chattanooga Limited, via Lynchburg, with sleepers, New York and Washington to Memphis and New Orleans through Bristol. Through coach to Memphis. Parlor and Observation Car between Bedford, Va., and Attalla, Ala. Cafe Car service.

10:45 P.M. daily, "WASHINGTON AND SOUTH-WESTERN, VESTIBULED LIMITED," composed of Pullman Vestibuled Sleepers, Dining Cars and Day Coaches, Pullman Sleepers, New York to Nashville, Tenn., via Asheville, Knoxville and Chattanooga; New York to Memphis, via Birmingham, New York to New Orleans, via Atlanta and Montgomery. Pullman, Library and Observation car between New York and Washington and Atlanta. Extra Drawing Room Sleeping Car between New York, Washington and New Orleans every Tuesday and Saturday, connecting thence with "Sunset Limited" for San Francisco. Vestibuled Day Coach, Washington to Atlanta. Dining Car service.

Sunset Personally Conducted Tourists' Excursion. Through Sleeper on this train every Monday, Wednesday and Friday from Washington to San Francisco without change. Leave Richmond at 11.00 P. M.

Trains on the Narrow Gauge reach Orange daily at 10:40 A. M.

Trains on the Southern Railway pass Orange DAILY as follows:

SOUTH BOUND—
11:10 A. M. 2 35 P. M 7.45 P. M.
NORTH BOUND—
11:10 A. M. 6:52 P. M. 5 37 A. M.

For rates, map folders and Sleeping Car Space apply to L. S. BROWN, General Agent.
705 15th St. N. W.
WASHINGTON, D. C.

FRANK S. GANNON, 3rd Vice Pres and General Manager.

J. M. CULP, Traffic Manager. W. A. TURK, Gen'l Passenger Agent.

The Old Man Had Changed.

A Lancaster county man once came to a Philadelphia portrait painter with a request that he paint a picture of his father. "Very well," said the artist; "have the old gentleman come in when next in town, and I will give him a sitting." The man replied: "He gan't do dot; he is dait."

"Oh, well, then, you have a photograph of him?"

"No; I don't got no fottograf of him eider."

"Well, how do you expect me to paint the portrait of your father when I cannot see him and have nothing to give me an idea of his appearance?"

"Vell," he replied, "I dinked maybe if I dolt you aboul hina you gan baint him from dot."

"All right," said the artist, "describe him."

"Vell, my fadder was not so dall und not so short; he vas not fat und not so din." And so the honest fellow proceeded to describe his father as he recalled him.

The artist undertook to paint the picture, and in due course it is completed, and the Lancaster county man comes in to view the results of the artist's efforts. As the canvas is disclosed he gazes long and reverently upon the picture of his departed parent. Then he feelingly remarks: "Yah, dot is mine fadder! Mine fadder vat I loafed so much! But, ach himmel, fadder, how you haf changed!"—Philadelphia Times.

A Beautiful System.

The Memphis Scimitar tells of a recent bride whose husband noticed that she was keeping an itemized account of the household expenses. In looking it over one day he noticed at the bottom of each page or two the letters "D. K. W." This somewhat puzzled him. He really found it very difficult to keep from thinking about what these letters could possibly mean. It occurred to him that possibly his wife was saving out some money to buy something for him. But then he knew that his initials were not "D. K. W," and this did not prove a satisfactory solution to the matter.

So one day when his wife was in a real good humor he took her in his arms and asked what she meant by "D. K. W, 50 cents," "D. K. W., $1" and the like.

She replied: "'D. K. W.' stand for 'don't know what.' Whenever I went to balance my account at the end of each page and found I had spent money for which I could not account, I just put in a sufficient amount, with the item 'D. K. W.,' to make it balance just exactly."

Fast Driving In Russia.

In the larger cities of Russia there is no limit to the speed at which a horse may be driven through the public streets. The typical harness horse is the Orloff, a breed founded by Count Orloff-Chemenski, being a cross between the Arabian stallion Smetanka and imported mares, principally English.

An average roadster is 16 hands high and weighs 1,100 pounds, with heavy mane, a bushy tail that reaches nearly to the ground and "iron" limbs that show great muscular development. The favorite color is gray. Such an animal is driven through the principal streets of St. Petersburg at a furious pace, that portion near the center and beside the surface car tracks being reserved for fast driving.

During the winter months teams of two and three abreast are driven to sleighs at a three minute gait. There is racing all winter, the courses being flooded at night to provide three inches of solid ice. American pneumatic sulkies, harness, boots, gaiting appliances, etc., are in general use.

Lord Lansdowne Visits Turner.

No one was admitted to Turner's house in Queen Anne street unless specially invited. There was a sort of little iron grille in the center of the front door, through which the old housekeeper used to look and see who was there. As an example of the rarity of visitors the late Lord Lansdowne, who was a great lover of art and a friend of Turner's, told me that after receiving no answers to his letters he resolved to beard the lion in his den. He therefore went and knocked at the door, when a shock head appeared at the iron grating, and its owner called out, "Cat's meat, I suppose?"

"Yes, cat's meat," answered his lordship and squeezed himself in.—"Millais' Life of Turner."

The Aged Minister.

If his work be in a city church, it is a grave question whether any minister can now discharge it with efficiency who is much above 50 years of age. The multitude of details in a city parish, the excitement of the life, the severe demand upon the mind and the heavy burden of responsibility call for a man in the prime of life, with an alert intellect and an unfailing body.—Ian Maclaren in Ladies' Home Journal.

Took Their Places.

Here is a story which Baron Dowse, the celebrated Irish judge, once told in that exaggerated "brogue" which he loved to employ:

"I was down in Cork holding assizes. On the first day, when the jury came in, the officer of the court said, 'Gintlemen av the jury, ye'll take yer accustomed places, if ye plaze.' And may I never laugh," said the baron, "if they didn't all walk into the dock."

An Unknown Hero.

La Gaceta, published in Guadalajara, part in English and part in Spanish, prints in a prominent place the following:

A CARD.

Will the gentleman who embraced my wife at the entrance to the postoffice about 9 o'clock Thursday evening please send me his photograph for my "Album of Heroes?" He will greatly oblige, J. I.

—Mexico Two Republics.

Bismarck's Iron Nerve

Was the result of his spendid health. Indomitable will and tremendous energy are not found where Stomach, Liver, Kidneys and Bowels are out of order. If you want these qualities and the success they bring, use Dr. King's New Life Pills. They develop every power of brain and body. Only 25c. at M. M. Lewis Drug store.