(From "Man's Maladies.") A prominent physician being asked the question: "What are the things in life a man needs the things in life a man needs most?" answered, "Physical health, strong nerves, mental efficiency, money and social success." Any man possessing these five attributes is a success. Any man possessing the first three can be a success and have the other two. Possession of a sound body with strong nerves is really the requirement which men need most. Men need stamina, courage, staying qualities, endurance and perseverance but in order to have these qualities the nerves must be strong but in order to have these qualities the nerves must be strong
and keenly vensitive to every
emotion. When a man has forebodings, sensations of fear, timidity, accompanied with such
symptoms as trembling hands
and limbs; weak voice, nervousness, sleeplessness, numbness,
dizziness, heart paipitation, restleasness, forgetfuiness, melancholia, weariness without cause,
and many others of a similar naand many others of a similar na-ture, it cannot be expected that he will be a success financially, socially or otherwise.

Strong virile magnetism comes only to those whose nerves are properly nourished in a sound body. Nature in her wisdom has supplied certain extracts, essences, etc., which, if properly blended, will restore a normal keenness to the nerves so that any man can feel the rich red blood surging through his body supplying all the elements necessary to derive the most out of life in all its various phrases. For the benefit of those temporarily deficient in nerve strength the following ingredients can be obtained of any good druggist and prepared in the privacy of home. Purchase three compound in a six ounce bottle.

Add one ounce of compound fluid balmwort, shake and let stand two hours. Then add one ounce (not cardamom) and one ounce compound essence cardiol. Mix, Shake well and take a tenspoon-ful after each meal and one when retiring. All distressing symp-toms will soon vanish and a com-plete restoration to normal foi-

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AND THEY WEAR NO LETTER

These Practically Unknown Men Are the "Strubs," Who Help to Keep the Varsity Team on Edge-They Play the Game For the Game's Sake.

There is no royal road to a thorough knowledge of American college football. The preparation of the varsity eleven is long and hard. The mills of the coaches grind slowly, and they grind exceedingly fine. There is nothing in store for much of the good magated to the side line. These men, wrapped in gray blankets, who line the low fence surrounding the field on the day of the big game, are the scrubs, or second team men.

There is a paradox in their situation -their only chance for personal glory lies in the defeat of the varsity eleven. There comes a time in many a big game when a coach, realizing that the day is lost, that his varsity men have done their utmost to no purpose and are being swept steadily down the field, will throw into the game scrub after scrub, hoping against hope that these men will play better than they really have a right to and so turn the tide. And even ten seconds in the big game give the scrub his letter.

So it is in after years that one may point out many a wearer of the letter who was not nearly so good a football player as many scrubs. It has happened, too, that a man has fought for years in the hope of making the eleven, has improved slowly, if surely, has been sent into the big game as a forlorn hope and has played a game the like of which has not been seen on the

Even scrubs take their triumphi and their disappointments differently. There are not a few who are proud to have been on the second team in the year that the first eleven swept all before it. They have no varsity letter, but the discriminating know that they were better players than some of the varsity men of other years. There are other scrubs who bemoan the fact that they were not in college when the general average of the players was low and they would have been almost certain to make the first team. Be it said, however, for the honor of the second team that instances of the latter type are rare. A scrub player learns the lesson of self sacrifice. It is his but to be walked over daily by the varsity, while

most of the instruction and encourage-

ment are lavished on said varsity. As a rule, however, there comes at least one week in the season when the scrubs are pampered and petted and made much of. The varsity is in the throes of a "slump," is lagging, dispirited and sullen. It is then that the scrub team suddenly finds that it is being taught to play the game just as if it were to take the field as the first choice against the foe. There is a coach for almost every man, there are words of encouragement, much valuable instruction and a new esprit de corps. Under the new inspiration the second team sweeps the flagging varsity off its feet, humiliates the first string players to the uttermost, while the coaches cheer the scrub and jeer the varsity. At least once a season it is very good to be a scrub, for at least once a season the scrub defeats and humiliates the team that has proved perhaps a terror to all its side rivals. Nothing has such a salutary effect on the varsity as the eating of humble pie once in awhile. In late years the scrub is getting

more consideration than in the old days. Yet the men play principally for the love of the game and in order to make the going as hard as possible for the varsity. Sheer loyalty and the thrill of battle keep them at it year after year. They learn football from the ground up. They see the big games from the side lines and knowing the signals, have a peculiar advantage over any other spectator. With a knowledge of the signals one may criticise the handling of the big team in the big game-may more readily understand the strategy of coach and

quarterback.
It is this opportunity to analyze the big games, coupled with the chance to get practically as good coaching as the varsity, that makes excellent coaches out of many scrub players. Some of these scrubs have gone back to college and turned out freshman teams that have been able to fight the varsity to a standstill aud so have astonished the very coaches who taught them. . There have been instances of this at nearly every big institution in the east etimes the services of these exscrubs have been eagerly sought by the veteran varsity conches, and many a man without a field reputation bas

proved to be no mean strategist. It is really these ex-scrub men who keep up the high average of interest in the game. They are turned out yearly at the rate of five or more to every varsity player. The varsity man may lose interest in the game in after years, but the scrub practically never. It'is they who are the backbone of the pilgrimages to West Point, and it is they who talk football far into the

night in the club and chop house. The scrubs, in a word, all unhonored and unsung as they are, are the backbone of the game in the colleges and out of them. They play the game and they watch it for the game's sake.-New York Post

The Christmas Whig.

THE VEILED PROPHET.

The celebrated "Veiled Prophet" of fistory was a Moslem fanatic whose real name was Haken Ibn Hashem. He was born about the middle of the eighth century and became the most noted impostor of the middle ages. He pretended that he was an embodi ment of the spirit of the "living God" and, being very proficient in jugglery which the ignorant mistook for the power to work miracles), soon drew mense number of followers wound him. He always wore a gold mank, claiming that he did so to protect the mortals of this earth, who, he said, could not look upon his face and

At last, after thousands had quitted the city and even left the employ the Caliph al Mohdi to join the fanatmovement, an army was sent against the "Veiled Prophet," forcing him to fiee for safety to the castle at Keh, north of the Oxus. Finally, when ultimate defeat was certain, the prophet killed and burned his whole family and then threw himself into the flames, being entirely consumed er ept his bate, which was kept in suseum at Bagdad until the time the crusades. He promised his faithful followers that he would reappear to them in the future dressed in whit

The Husky Jamaican Didn't Care Work For Nothing. An English naval officer tells of be ing on a war vessel which took provisions to St. Kitts, one of the British West India islands. A hurricane had left many of the inhabitants in a

destitute or even starving condition Hungry crowds gathered at the wharf, but refused to help unload the food that was to be given to them unless paid for their work.

A similar story sheds light on the Jamaican negro. Some years ago a burricane devastated the island, and a large relief sum was raised, much of t in England and the United States. The committee having charge of this fund sent a wagon load of lumber to a husky black man whose house had been scattered over the parish. He and his family were living in a rude shack, made out of odds and ends.

"What's that fur?" he asked of the men who were unloading the material in front of his patch of ground. "That's for your new house," was the reply. "It's from the relief fund and won't cost you anything."

"Who's goin' to build mah house?" "You are, if anybody does." "Who's goin' to pay me fur mah work?"-Waynesboro Record.

An Old Garret on a Stormy Day. I know no nobler forage ground for romantic, venturesome, mischievous oy than the garret of an old family ansion on a day of storm. It is a perfect field of chivalry. The heavy rafters and dashing rain, the piles of spare mattresses to carouse upon, the ig trunks to hide in, the old white oats and hats hanging in obscure corers like ghosts, are great! And it is so far away from the old lady who seeps rule in the nursery that there is to possible risk of a scolding for twisting off the fringe of a rug. There is no baby in the garret to wake up. here is no "company" in the garret o be disturbed by the noise. There is no erochety old uncle or grandma. with their everlasting "Boys, boys!" and then a look of horror.-Donald G.

Jack Sheppard as a Text Jack Sheppard had a great hold upon the imagination of the people of his time. The fact that 200,000 people witessed his execution at Tyburn on Nov. 18, 1724, "upon the tree that bears welve times a yeare" is some witness to his grim popularity. But one of the strangest tributes ever paid him was the sermon preached upon him in a

"Oh, that ye were all like Jack Shepard!" began the preacher, to the stuperaction of his congregation. He went to draw a parallel between things of the flesh and those of the soul and to point out that the genius shown in housebreaking might have been bestowed upon "picking the locks of the beart with the nail of repentance."-London Standard.

Sure on One Point. "Do you believe that great wealth has a tendency to keep a man out of eaven?" queried the party who was ddicted to the conundrum habit "I am not prepared to express as

ion on that subject," answered the udent of human nature, "but I know that great wealth has kept many a man out of the penitentiary."-Chicage

Stuttered Out the Child's Name. Flannery-It seems his full name is Dinnis K. K. K. Casey. What's all thim K's fur? Finnegan - Nothin'. Twas the fault of his godfather stutterin' whin he tried to say "Dinnis Casey."-Philadelphia Ledger.

Also It Uses Up Gold, "Did you ever notice how a ring is ke the marriage colligation? "No. How do you mean?" "A ring is more easily put on than t is taken off."-Boston Transcript

A newspaper says of a recent tic performance, "The ladies, the barone and the bass were good, and so sere the tenor's intentions?

Every good deed performed is not nly a present pleasure, but a support or the future. a partial data became

On December 8th, 1862, Richard and A splendid suit or overcoat made to SIDEBOARDS.

Mary Aylward were publicly hanged order for \$18, at Prevost's, Brock BEST LINE IN THE CITY. Decasionally an astronomer discovers something to admire in the theatrical starry realm.

Elsewhere in this issue attention is for murder at Belleville, in the prescaled to the Whit's Christmas Numbers of about 8,000 people.

The coltion is limited, so orders for David Spencer, Picton, was celebrated starry realm.

Elsewhere in this issue attention is for murder at Belleville, in the prescale at the prescale of the prescale at the prescale of the prescale attention is limited at the prescale of the presca

Sculptor Ward's Model, Lex, Seemed to

Have a Sense of Humor. The late L Q. A. Ward, the sculptor found great diversion in watching the tricks and peculiarities of the horses which served as models for some of his equine statues. He made friends with them all, and he was a good friend to them.

"The only horse humorist that I have had experience with," Mr. Ward is quoted as saying, "was of thorabred blood, and he was a real joker. That was Lex, a horse of the blood of the immortal Lexington. "Lex was of a splendid type. He

stood for me for much of my early work. Somehow he discovered that a table on which I worked was easily, haken. It was a board on trestles so arranged that the position of the board night be altered to almost any angle. When Lex saw I was busiest he would slide slowly and silently to the side of the table and turn his head to have good look at me as he jostled the table with his shoulder or hip. It was amusing at first, but it sometimes ampered me, and I thought I would try a joke in return.

"Lex had a place at the table that he invariably approached, and when he struck it always leaned on the same corner. Lex was not conscious when I placed my compass, with the point-ed ends out, barely half an inch extending over the edge of the table, and braced the other end against a

"I had not long to wait before Lex gently came up, and I thought I could mischief in his eye. He took his usual place, and then when I pretended to be very busy he pushed the table in his usual manner, pricked his shoulder on the points and jumped back with a snort. He looked long and hard at me, but took his place of duty. The joke was against him that time."

WHEN THE PLAGUE RAGED.

Cat. and Dog Laws In England In the Sixteenth Century.

Disease and the dog were believed to walk together in the sixteenth century. The terrier then was as much a suspect as the rat today. In plague times he had only to venture into the street to court death. Here is an order issued by the authorities at Winchester in 1583, which is typical of the rest: "That if any house within this cytic shall happen to be infected with the Plague, that thene every persone to keepe within his or her house every his or her dogg and not to suffer them to goo at large. And if any dogge be then founde at large it shall be lawful for the Beadle or any other person to kill the same dogg and that any owner of such dogg going at large shall lose

Among the records of King's Lynn, inder May, 1985, appeared this: "For as muche as it hath pleased Allmightie God to begynn to send us his visitawith sickness amongst us and that dogges and cattes are thought verie unfitt to be suffered in this tyme Therefore, Mr. Major, aldermen and ommon councell have ordered and ecreed that every inhabitant within the same Town shall forthwith take all their dogges and yappes and hange them or kill them and carrye them to some out place and burye them for dinge of a great annoyance.

"And likewise for cattes, if there be any nigh unto any house-or houses vistted with sickness. It is ordered that the cattes shall furthwith be killed in all such places." An exception was made in favor of any "dogge of accompte." Such a one was allowed to be kept if "kenelled or tied up or led in a lease."--Chicago News.

She was walking around the corridors of the Pennsylvania Academy of the Fine Arts with her pince nez held at elbow length, evidently admiring some of the works. Although the gown that she wore was very expensive, it did not show good taste, and a single glance would convince one that she was of the class known as the "newly rich."

An acquaintance accosted her with the remark, "I didn't know that you were such an admirer of curios. "Oh, yes, indeed," she replied; "I just delight in iniquities." - Philadel

The Lady or the "Tigect" "Will you be my wife?" "This is so sudden!" "I know it, but will you?" "I must have time to con "How much time?" "An hour. Would the suspense drive

you frantic? "Nope, 'Tisn't the suspense, but if you are going to turn me down I want to know it and get away in time for a poker party I have halfway promised to join."-New York World.

Sorrow is not an incident occurrin now and then. It is the woof which is woven into the warp of life, and he who has not discerned the divine sacredness of sorrow and the profou aning which is concealed in pain has yet to learn what life is -F. W

Shod Your Light Talents are not wasted in a narrow here. Your lamp could add but little to the great glow that illu the world, but it may fill with light a home that without it would be in

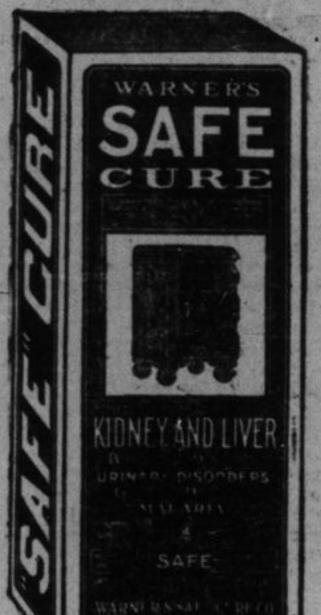
Be not hurried away by excitem but say, "Semblance, let' me see what you are and what you represent."-

ALL FINISHES.

BUFFETS.

Kidney Poisons In

The Cause of Widespread Ill-Health. How To Tell Whether Your Blood Is Impregnated.



to, nothing is more to be feared than those caused by kidisoning, because such ailment invariably come on so stealthily tha you are seldom aware, of their presence until they have actually spread dangerous disease throughout the

There are, however, certain signs by which you can tell whether your kidneys are properly filtering your blood, or whether, through some hereditary weakness, chill or strain they are failing in their duty and allowing these irritant poisons to pass unrestricted into the system.

Unmistakable Symptoms

If you rise in the morning with duli aching pains at the bottom of your back and feeling as though your night's rest has not refreshed you; if you are weak, depressed, nervous or irritable; if your head aches, spots appear before your eyes or noises ring i your ears; if your appetite is poor. your thirst excessive, your urine scanty and your complexion sallow. If you have indigestion, billous bouts, rheumatic pains, and have lost flesh rapidly-if you have one or any of these symptoms you may be sure kid-ney poisons exist in your blood, and you cannot possibly get well until they are removed.

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good, nothing can cure you half so quick as Warner's Safe Cure. It has a steady yet persistent restoring action on the kidneys and brings per-

The World's Best Remedy for the Kidneys, Liver, Bladder and have not only removes the early symptoms of kidney poisoning, but it is a wonderful remedy for advanced stages of Kidney Disease, Dropsy, Lumbago, Rheumatism, Stone, Urinary Disorders, Bright's Disease, etc., as the hundreds of testimoniais we have received conclusively prove. It is put up in 50c and 1.00 sizes and sold by all druggists.

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