A Stalwart Man Becomes Weaker Than a Child and Then Recovers His Former Strength.

Waterloo, N. Y., Observer. In these days of rowing giants and athletic heroes fine physical development is more observed than ever before since the time of the Athenian games. A man who shows the elements of physical power is looked up to far more than in the days of our ancestors possibly because there are fewer specimens of well-developed manhood than then. An emmissary of this paper met a magnificant specimen of physical power a few days since in the person of Dr. A. W. McNames, of Waterloo. His muscles, which showed unusual development, were as hard as wood. At his request the writer sought to pinch him in the arms or legs, but found it wholly impossible. A realization of the man took the money and went away. A day or two after that the stone was shown as a great bargain to some other experts, one of whom, after examining it closely for a long time, declared that there was something very peculiar about the way in which the light went through the stone. The owner was advised to have it tested by a ray of sunlight sent through a camera. It was brought to a studio with several other diamonds, and whereas one diashows the elements of physical power is to pinch him in the arms or legs, but found it wholly impossible. A realization of what is meant by an iron man was

fully made manifest.
"Have you always been so stalwart as

this?" inquired the news gatherer.
"Not by any means," was the reply.
"When a young man I was always strong and active and felt that I could accom-plish anything. This feeling so took pos-session of me on one occasion that I attempted to list a box which four men found it impossible to move. I succeeded in placing it on the wagon, but in two minutes from that time I was unconscious stones came apart upon the application and remained so for hours and when af certain chemicals.—Boston Journal. I recovered consciousness I vomited a large quantity of blood. From that day I began to grow weak and sickly. I be-lieved that I had suffered some internal injury and experienced a general debility, which seemed similar to the effects produced by maiaria. My back was very weak. I had no appetite, and at times loathed food. My has were parched and cracked. My head felt as thoughit were entirely open at the top and it pained me on the side intensely. In six weeks time I had fallen away from 208 pounds to less than 170. I was in a most wretch-ed condition. I was completely discour-

aged."
"What did the dectors say about you?" "Almost everything. I consulted no less than six different physicians. They all treated me and none did me any good. At that time I was suffering in-tensely. I could not sit upright but was . I could not sit upright but was obliged to rest in a cramped, uneasy position. I was compelled to urinate every five minutes and passed over three quarts every day. I was not living, I was ex-

One night (how well I remember it! my wife had put the children all in bed when the feeling came over me that I should live but a very short time. My wife and I talked matters all over and I gave the minutest directions as to what she should do after I was gone. I was not in a flighty condition by any means for the doctor on leaving town the day following, bade me good by e saying he never expected to see me again, for I was suffering with Bright's disease of the kidneys in its last stages. Within the next few days more than twenty friends came to bid me good bye. Among the number was Dr. John L. Clark. He asked me what I had used in the way of medicines. I told him. He then recommended a remedy of which I had heard much, but which I had heard much. about which I was very skeptical. If faith were an element of power it certainly was lacking in my case."
"And so you did not try it?"

"On the contrary, I did try it and to my surprise it seemed to go to just the spot. Indeed, it was the most palatable thing I had taken into my mouth for nonths. I relished it."

"And did it cure you?"
"Do I look as if it did?" "Yes, indeed. What was it?"
"Warner's Safe Cure."

"A proprietary medicine!" fight all such remedies at all times. When a man comes down to the last hour, however, and bids his wife friends goodbye, such bigoted prejudices as these all vanish, I can assure you and any remedy that can cure is gladly wel-

'And how have you been since then?"

"As well—or better than before."
"Do you stil exert your strength?"
"Certainly. But I do not over-exert,
as formerly. My strength is increasing every day, and my health is number one. I know that my life was saved by Warner's Safe Cure, and I believe it is the best medicine that was ever compounded by any chemist or physician. I am willing the doctors should sneer at me for such a statement if they choose, but I have proven its truth, and am prepared to stand by it."

The above experience should be of great value to all who are suffering. It shows the deceptive nature of this terrible malady; that all symptoms are common to it and that there is but one way by which it can be absolutely avoided.

Sunday sonor Dudes.

The Rev. and Hon. J. Hyatt Smith spoke to the Sunday school children of the Fleet Street M. E. Church, of Brooklyn, on Sunday about the "Sunday school He said that his experience in Sunday schools had taught him to be-ware of bath dudes. This created a laugh res," continued he, "you need not sugh. I mean dudes—d-u-d-e-s. Look out for the pious dude; you will find him dangerous. He should be sub-dued. (Here there was great commo-tion.) A dude is one of those fellows who comes to your school to meet Miss Flora Mc Flimsey, and the only way he can get into the school is by taking a class. He is a real live dude. [Laughter.] Beware of him; he don't know how to teach. He will carry on a flirtation with a fair one with auburn hair most of the school session, instead or giving the water of life to the thirsty scholars."

Rev. Mr. Johnson, who has had pastoral charge of the Episcopal church at Madelia for some time past, preached his farewell sermon on the 29 th inst. He will remove with his family to Missouri. No appointment has yet been made to fill the vacancy.

THE DANGER OF OVER-EXERTION. The Wonderful Ingenuity of a Cheat.

We have a new use for photographythe testing of precious stones. The business began in this way: One day last year a diamond expert with quite a reputation in the business was asked by a stranger to buy a remarkably fine diamond. Eight thousand doilars was asked for it. The expert tested it in every manner known to the business and examined it carefully with a glass. other diamonds, and whereas one diamond would allow a beam of light to pass clear and straight the \$7,000 stone seemed to have something in it which stopped the beam. A powerful microscope was then brought into play, and the fine diamond was found to be stones joined together with marvelous dexter-ity by the aid of what is known as Canada balsam, the material used by all opticians in joining two lenses. Each stone was worth about \$1,250, and the loss on the transaction was \$4,560.

Astonishing Results. Astonishing Results.

Homer and Pisto both said of the ancient Ezyptians that they were a nation of physicians, yet history has porecord of the discovery by the mof and such peerless compound as Alien's Iron Tamo Bit era, which is the best reme by extail for Dyspepsia, Sick Headache, Loss of Appellie, and general depression of the lind and system. One bottle shows as onishing results. All genuine hear, the signature of L.P. Allen, St. Paul bear the signature of J. P. Allen, St. Paul,

I would recommend Elv's Cream Balm to any one having Catarrh or Catarrh Asthma. I have suffered for the last five years so I could not liedown for weeks a at time. Sinc I have been using the Balm I can lie down and rest arcely. I thank Gol that you ever invented such a medicine.—Frank P. Burleigh, Farmington, N. H.

Lyon's Patent Meta lie Heel Stiffeners keep new boots and shoes from running over. Sold by shoe and hardware deavers.

Allen's Brain Food botanical extract strengthens the Brain and positively cures Nervous Debility. Nervousness, Healache, unnatural losses, and all weakness of Generative System; it never fails. \$1 pkg; 6 for \$3. At druggiests, or by mail from Allen's Pharmacy, 315 First Ave., N. Y.

Personal—Men Only.

The Voltaic Belt Co., Marshall, Mich., will send Dr. Dye's Celebrated Electro-Voltaic Belts and Electric Appliances on trul for thirly days to men (young or old) who are offlicted with nervous debility, lost vitality and kindred troubes, guaranteeing speedy and complete restoration of health and manly vigor. Address as above. N. B.—No risk is incurred, as thirty days' trial is allowed.

Mensman's Pepton zed neef Tonic, the only Mensman's Perton zed need Tonic, the only preparation of beet containing its entire nutritions properties. It centains blood matrix, no esquerating and life-sustaining properties, unvalinable for Indigestion, Dyspersia, nervous prostration, and all torms of general debility, also, in all outselbled conditions, whether the result of exhaustion, nervous prostration, overwork, or acute disease, particularly if resulting from pulmonary complaints. Caswell, HAZARD & CO., Proprietors, New York. Sold by Druggists.

Wise's Axle Grease never gums.

Living in East Africa.

At a recent meeting of the Royal Geographical society, Sir J. Kirk, British Consul at Zanzibar, read an account of a visit which Mr. J. T. Last made last winter to the Mascal people, a race living in a region of East Africa never before visited by a white man. Their man ner of building is distinct from that of any other tri =. They select a spot on the tops of hids projecting from the sides of mountains, and inclose a large advertised medicines as any one could have. When I was studying medicine at Ann Arbor, Michigan, I used to vow with the rest of the class that we have a studying medicine at Ann Arbor, Michigan, I used to vow with the rest of the class that we have a studying medicine at Ann Arbor, Michigan, I used to vow with the rest of the class that we have a studying medicine as a studying medicine ring has been built, a few additional houses are so there; about in the square. and each man's division is marked off Then a strong fence of bushes and prickly thorns is set up all round, leaving here and there gateways, which are closed at hight. The men are great dandles. Because they cannot get their hair to grow long enough, they take the inner back of a small shrub, solit, it, up finely and dry it in the sun, and cutting it in lengths about eighteen inches long, weave it into their own natural bair. The whole mass is then well saturated with a mixture of fat and clay, and carefully bound into a kind of pigtail.

Theo has told a Paris newspaper reporter that the New York journalists and critics are very jovial, very bright and very chic but they all seem very



MY HEAD

HOW IT THROBS,

I CAN'T SLEEP.'



Not a drink not sold in a bar-room, but a reliable, non-alcoholic tonic medicine, useful at all times, and in all seasons, is Brown's

Edward Spencer, a Baltimore journalist and writer, is dead.

SKINNY MEN-"Wells' Health Renewer" restores health and vigor, cures dyspepsia, impotence, \$1. Reports of Minnesota and Dakota crops are quite encouraging.

Mrs. Lydia E. Pinkham's Vegetable Compound is a most valuable medicine for ladies of all ages who may be afflicted with any form of disease peculiar to the sex. Her remedies are not only put up in liquid forms but in Pills and Lozenges in which forms they are securely sent through the mails.

Four dwellings and stores at Shenandosh, Pa, was burned recently \$25,000.

WALTERBORO, S. C.—Dr. J. M. Klien says: "Brown's Iron Bitters have given univer at satisfaction."

The Bayfield branch of the Omaha will be open to Ashland the 22d inst.

"ROUGH ON RATS"—Clears out rats, mice, flies, roaches, bed-bugs, ants, vermin, chipmunks, 15c. The hay crop of Dakota county promises to be the largest ever known there

The unpleasant appearance of even the most amiable and intelligent face, when covered with surface irritations as from tetter, pimples, or eczema on be dissolved naturally cy Dr. Benson's Skin ture, an excellent tollet dressing. It cares dandratif of the scalp.

Blue Earth county is congratulating itself a losing little grain by the storm. Convers. Gs. - Dr. W. H. Lee says: 'Brown's Iron Bitters is a good medicine and

many are using it in this place," The losses in Elgin and vicinity foot u; \$57,385. Rebuilding has already begun "Brents-Parna,"—Quick complete cure, all amoying Kidney and Urinary Diseases. \$1.

The free book system for the public schools of Brooklyn will go into effect on

Perry Davis' Pain Killer is an excellent egulator of the stomach and bowels, and should always be kept on hand, especially t this ceason of the year, when so many after from bowel complaints. There is othing so quies to relieve in attacks or

The New manpshire legislature has passed a bill prohibiting the sale of toy pis-

Wells' Rough on Conns."-15c. Ask for it Complete, permanent cure. Corns. warts, busions We recommend Wise s Axte Grease.

Grand Army of the Republic.

MILWAUKER, Special Telegram, July 27 .-Special to the Sentinel from Denver, Colo.: At a business meeting of the Grand Army of the Republic this afternoon, it was decided to hold the next encampment and reunion, in 1884, at Minneapolis, Minn. It is a victory for the railways leading to the Northwest, especially the Chicago, Milwankee & St. Paul and Northwestern, maswankee & St. Paul and Northwestern, mas-much as the various railway systems of the country have been working to have the place at some terminal point on their respective lines, the business to be derived therefrom being well worthy of a contest. In the present encampment the Union Pacific railway has compelled Eastern roads to pay such tribute as it saw fit to name, there being no necessity of its cutting rates.

Dr. O. W. Holmes shaves himself, and has used one pair of razors fifty years



A Sure Cure for all FEMALE WEAK. NESSES, Including Leacorrhoe, Irregular and Painful Menstruation, Inflammation and Ulceration of

the Womb, Ploeding, PRO-LAPSUS UTERI, &c. in its effect. It is a great help in prognancy, and re-lieves pain during labor and at regular periods.

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will eradicate every vestige of Humors from the Blood, at the same time will give tone and strength to the system. As marvellous in results as the Compound. 23"Both the Compound and Blood Purifier are pre-pared at 233 and 235 Western Avenue, Lynn, Mass. Price of either, \$1. Six hottles for \$5. The Compound is sent by mail in the form of pills, or of lozenges, on receipt of price, \$1 per box for either. Mrs. Pinkham freely answers all letters of inquiry. Enclose 5 cent stamp. Send for pamphiet. Mentics this Paper.

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The Mexican Mustang Liniment has been known for more than thirty-five years as the best of all Liniments, for Man and Beast. Its sales to-day are larger than ever. It cures when all others fail, and penetrates skin, tendon and muscle, to the very bone. Sold everywhere

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ters the papers say so much about."
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"Eleven years our daughter suffered on a bed of misery, "From a complication of kidney, liver

"From a complication of kidney, liver, rheumatic trouble and Nervous debility, Under the care of the best physicians, "Who gave her disease various na nes, "But no relief, "And now she is restored to us in good health by as simple a remedy as Hop Bitters, that we had shunned for years before using it."—The Parents

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"My daughters say:
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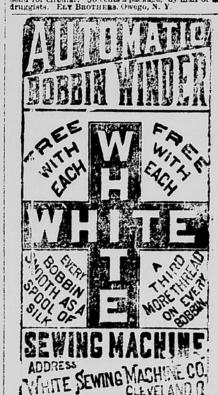
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Cheam Dana will, when applied by the finger into the nostrils. De absorbed, effectually secretions. It allays inflammation. Protects the membrane form protects the membrane amel. Beneficial results are realized by a few applications. A thorough scatternat culturation. Onequaled for circular. 50 cents a package, by mail or at druggists. Ely Brothers. Owego, N. Y.



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