

RECEIVING EXERCISE.

Turkish Bath, Floor Rest and Other Methods Described in Detail.

We American women have at last become fully aroused as to the importance of exercise, says a writer, and with characteristic energy we all—men, women and children—have gone at it, and are exercising indoors and out of doors as hard and fast as ever we can.

Unfortunately we have yet to learn the meaning of the word rest—until we do, exercise may prove to the majority of us, a dubious blessing.

Now, why not be exercised? The Turkish bath is one step in that direction, and the "floor rest" is another.

Any woman who is fortunate enough to command the services of a lady's maid, or who can call in an attendant at stated times, or can secure the cooperation of her own family, can receive exercise instead of exercising.

Have a warm blanket or drugget, kept especially for this purpose, spread smoothly on the floor. Then get into loose garments and place yourself at full length on this hard bed for half an hour's manipulation.

When you lie as limp and indifferent as a rag baby, your attendant, whom you have previously instructed, gently rolls and kneads your body, lifts and drops and twists and swings your arms and legs.

The head—the body's fifth limb—receives much the same treatment that is given the legs and arms, but should be handled with special gentleness.

Your own duties consist in, first, assuring yourself that your breathing is full, free, and controlled by the diaphragm, and then in surrendering yourself to a nirvana-like indifference to all things.

I happen to know a very pretty woman who for some years past has indulged herself three or four times weekly, at bedtime, in this sort of delicious "first rest." I recall her when she was a trifle awkward and constrained in her bearing, but now she is as joyously free and buoyant in all her movements as a forest dryad.—N. Y. Press.

A BAD PLAN TO SCOLD.

It Makes Women Grow Older Than Their Years.

Not long ago a man was seen to take a big dose of quinine as unconcernedly as he would have swallowed so much sugar.

"Mercy!" exclaimed his friend, "how could you do that?"

"Very easily; I have been accustomed to it. It happened that I began taking it about the time I had discovered that I had married a scold. One dose was as bitter as the other; now I can swallow either without giving it a thought."

Not a very gallant speech, but wonderfully suggestive.

The most deluded mortal in the world is the woman who fancies that much is gained by scolding, or whining, or complaining. She may seem to gain her ends for a while (for at first one will do most anything to avoid swallowing a bitter dose,) but if she would stop to consider, she would soon discover that every day she has better cause for scolding or whining or complaining, whichever method she adopts, and that, as the month rolls by, an ever-increasing amount is required to accomplish the same result.

The scolding woman never has things her own way without a vast expenditure of nervous strength—much more than the object to be gained is worth. Why can not she realize that and adopt some pleasanter method?—Philadelphia Times.

The Best Shampoo.

A dermatologist of high standing says that the proper way to shampoo the head is to use some pure soap made into a "good lather on the head," with plenty of warm water, and rubbed into the scalp with the fingers or with rather a stiff brush that has long bristles. When the scalp is very sensitive, borax and water, or the yolks of three eggs, beaten in a pint of lime water, are recommended instead of soap and water. After rubbing the head thoroughly in every direction, and washing out the hair with plenty of warm water, or with douches of warm water, alternating with cold, drying the hair with a bath towel, a small quantity of vaseline or sweet almond oil should be rubbed into the scalp. The oil thus applied is used in the place of the oil that has been removed by washing, and to prevent the hair from becoming brittle.—Toledo Blade.

Meaning of Colors.

White is the color of light, purity, innocence, faith, joy and life. Black means mourning, wickedness and death. Red signifies fire, divine love and wisdom. Blue stands for heaven, truth from a celestial origin, constancy and fidelity. Yellow or gold is the symbol of the sun, of marriage and faithfulness; in a bad sense yellow signifies inconstancy, jealousy and deceit. Green, the emerald, is the color of spring, hope, particularly of the hope of immortality and of victory, as the color of the laurel and palm. Violet signifies love and truth, or passion and suffering. Purple and scarlet signify things good and true from a celestial origin.—N. Y. Ledger.

PERSONAL MENTION.

MRS. WILLIAM WALTER PHELPS, wife of ex-Minister Phelps, has crossed the Atlantic sixty-five times.

J. HAMMOND TRUMBULL, the antiquarian, of Hartford, Conn., is the only person living who can read Eliot's Indian Bible.

THE young woman detective, Miss Peyser, of New York, is going to be married. She has the record of having discovered two hundred shoplifters.

MR. JOHN LENEFER and wife, of Milford, Me., have been married sixty-five years and have occupied the same house nearly half a century. He is ninety-three years old and she eighty-two.

LITTLE WOUND, the new chief of the Sioux nation, is six feet tall, sixty years old, and got his name from an injury to his ankle received in a battle with white men when he was twelve years old. He and Red Cloud have always been on bad terms. Red Cloud was Sitting Bull's friend and ally.

GEORGE VANDERBILT has bought twenty thousand acres more of land in the "Pink Beds" district of North Carolina, near Asheville. Mr. Vanderbilt will establish on his new purchase the most complete and extensive game preserves in the United States. The Vanderbilts now own fifty thousand acres in North Carolina.

FASHION'S FADS.

FAREWELL to the pink tea, for it is said that "millinery effects" have had their day.

HOSTESSES who have been puzzled to find some new form of entertainment might try the plan of a London woman who engaged a silhouette expert. All the men and maidens hung around in an unusual fever of impatience to be cut out.

AT one of the grand balls in Paris the presents distributed at the cotillon were rustic hats in coarse straw trimmed with ribbon and flowers, and filled with fresh flowers. Each bore the name of a famous milliner inside, and doubtless a corner lot deed in some places would have been a less costly gift.

A FORGET-ME-NOT luncheon is now given by the bridesmaids of an engaged young woman in honor of her approaching marriage. The decorations are all of blue, the guests wear posies of the forget-me-not dear to lovers, and the flowers at the feast, all in blue, are arranged in hearts and true lover's knots.

A SALARY OF \$5,000.

A Business College Graduate Gets a Position as Bank Examiner.

Thomas E. Jennings, late of Nashville, has been appointed Bank Examiner for the States of California, Oregon and Washington, at a salary of \$5,000 per annum. He is a son of Prof. R. W. Jennings, of Jennings' Business College, Nashville, and this appointment can be largely attributed to the business training he received from his father, as well as to the latter's influence in securing positions. This is perhaps the most thorough and influential school in the United States. Its graduates nearly always get good positions.—Nashville Christian Advocate.

Good Position in a Bank.

The following letter explains itself: MERCHANT'S NATIONAL BANK, ROME, GA., April 27, 1888.—Professor R. W. Jennings, Nashville.—Dear Sir: No doubt you will be surprised to hear from me, but as I know you are always glad to hear from your "boys," I will tell you that I have been elected book-keeper in above named bank. I don't say it because I am writing to you, but I have said to many others that the three months I spent with you was worth as much to me as was the twelve years' schooling I had gotten previously. I have compared my books which I used at Jennings' Business College with the books of several other colleges, which other young men from this section attended, and they all acknowledged that your course is much more thorough and practical than the schools they attended.

Yours truly, T. J. SIMPSON. Write for catalog with names of 1,000 students from 23 States. Address R. W. JENNINGS, Nashville, Tenn.

A BAD habit is a chain.—Ram's Horn.

By Sheer Force—The hair cut.

PARADOXICAL as it may seem, it is always to a man's credit to pay cash.

A WARM-WEATHER Version—"Drink to me with thine ice."—Boston Transcript.

"I MAKE my living from the soil," said the farmer. "And so do I," said the washlady.

NOTHING will trip the light fantastic with more ease than a loose brick in the sidewalk.

SURE Pop—Soda water.

SORROWS are of course preserved in the family jar.—Plain Dealer.

The proper repast to be served after a card party—A game supper.

"I'M better off," buzzed the fly, as he tried to break away from the fly paper.

The skillful mariner, strange as it may seem, is hardly ever grounded in his craft.

In novels children sob; in real life they howl.

The way of the trespasser is hard—when he is caught in the act.—Galveston News.

THE more a man becomes wrapped up in himself the chiller he gets.

The hairs of our heads are numbered; but the early numbers! Oh, where are they!—Puck.

"I AM the power behind the throne," soliloquized the mule, as he pitched his rider heels over head to the ground.

If this thing goes much further the solid silver watch will be ashamed to look the plated kind in the face.—Buffalo Courier.

WHEN a man's feelings are so great that he cannot express them, had he better send them by freight?

WHEN a business house "settles" it's proof of its having a firm foundation.—Yonkers Gazette.

Don't Blame the Cook

If a baking powder is not uniform in strength, so that the same quantity will always do the same work, no one can know how to use it, and uniformly good, light food cannot be produced with it.

All baking powders except Royal, because improperly compounded and made from inferior materials, lose their strength quickly when the can is opened for use. At subsequent bakings there will be noticed a falling off in strength. The food is heavy, and the flour, eggs and butter wasted.

It is always the case that the consumer suffers in pocket, if not in health, by accepting any substitute for the Royal Baking Powder. The Royal is the embodiment of all the excellence that it is possible to attain in an absolutely pure powder. It is always strictly reliable. It is not only more economical because of its greater strength, but will retain its full leavening power, which no other powder will, until used, and make more wholesome food.

SPORTS AND PASTIMES.

Gov. RUSSELL, of Massachusetts, has long been noted as an equestrian, and now he is gaining renown as an expert bicycle rider.

THE consolation remains for Harvard that her able sons can still beat Yale at tennis and probably, too, at battle-dore and shuttlecock.

EX-GOV. BURKELEY, of Connecticut, is said to be able to tell the fire, dam and record of all the principal performers of the last twenty years.

THE Vienna Fashion club has sent a circular to all the tailors in Austria, calling upon them to promote the colored dress coat as being in the interest of good taste. Not bright colors, but blue, brown, drab and green are recommended.

The Death Roll is Largely Swelled. By persons careless of imperilled health, who "spool, pool?" their minor ailments, believing, or pretending to believe, that nature will effect a change. Nature does effect a change, but it is in the wrong direction. She thus avenges a disregard of her appeals. Don't omit, if you are at all unwell, to recuperate by the aid of Hostetter's Stomach Bitters, a signal remedy for dyspepsia, nervousness, debility, malaria, rheumatism, biliousness.

"Yo' George Washington Snowball, come right in otten de sun," screamed a negro mamma to her child. "Whaffur, mamma!" "Whaffur! I'll tell yo' whaffur! Fust thing yo' know yo' complexion 'll be tanned as bad as do white trash."

THERE are thousands of young men standing on the very threshold of life, trying to make a wise decision as to what business or profession they will follow. To all such we would say, before deciding the question write to B. F. Johnson & Co., Richmond, Va. They can be of service to you, as they have been to others.

DINER—"Isn't this meat rather tough?" Walter—"There's no denying that, sir, but then we serve extra strong toothpicks with it."—Boston Transcript.

ANYONE would be justified in recommending Beecham's Pills for all affections of the liver and other vital organs.

THE ascent of the balloon is generally a soar point with the aeronaut.



KNOWLEDGE

Brings comfort and improvement and tends to personal enjoyment when rightly used. The many, who live better than others and enjoy life more, with less expenditure, by more promptly adapting the world's best products to the needs of physical being, will attest the value to health of the pure liquid laxative principles embraced in the remedy, Syrup of Figs.

Its excellence is due to its presenting in the form most acceptable and pleasant to the taste, the refreshing and truly beneficial properties of a perfect laxative; effectually cleansing the system, dispelling colds, headaches and fevers and permanently curing constipation. It has given satisfaction to millions and met with the approval of the medical profession, because it acts on the Kidneys, Liver and Bowels without weakening them and it is perfectly free from every objectionable substance.

Syrup of Figs is for sale by all druggists in 50c and \$1 bottles, but it is manufactured by the California Fig Syrup Co. only, whose name is printed on every package, also the name, Syrup of Figs, and being well informed, you will not accept any substitute if offered.

E. B. WALTHALL & Co., Druggists, Horse Cave, Ky., say: "Hall's Catarrh Cure cures every one that takes it." Sold by Druggists, 75c.

THE Elizabethan ruff will be in vogue in the fall, and the fellow who attempts to kiss a fashionable girl will "get it in the neck."—Philadelphia Record.

FRESHNESS and purity are imparted to the complexion by Glenn's Sulphur Soap. Hill's Hair and Whisker Dye, 50c.

1/2 RATE EXCURSIONS

Arkansas and Texas VIA THE GOTTON BELT ROUTE, August 22, September 12, October 10, 1893.

Tickets good for return until 30 days from date of sale. For full particulars address: R. T. G. MATTHEWS, D. P. A., Louisville, Ky.; H. H. SUTTON, T. P. A., Chattanooga, Tenn.; FRED H. JONES, D. P. A., Memphis, Tenn.; W. G. ADAMS, T. P. A., Nashville, Tenn.; E. W. LAHEUR, G. P. & T. A., St. Louis, Mo.

LEWIS' 98% LYE POWDERED AND PERFUMED (PATENTED). The strongest and purest Lye made. Unlike other Lye, it being a fine powder and packed in a can with removable lid, the contents are always ready for use. Will make the best perfumed Hard Soap in 20 minutes without boiling. It is the best for cleaning waste pipes, disinfecting sinks, closets, washing bottles, paints, trees, etc. PENNA. SALT MFG. CO., Gen. Agents, PHILA., Pa.

Peace Institute FOR YOUNG LADIES.

RALEIGH, N. CAROLINA. One of the greatest female schools of the South. Three M. A. graduates in the faculty. Music-Instructor a full graduate of Leipzig. Assistant, a graduate of Berlin. Unrivaled advantages in every department. Send for Circular. Send for Catalogue to JAS. DINWIDDIE, M. A., of Univ. of Va.

DR. HYATT, The Specialist, of Memphis, Tenn., treats all Chronic, Nervous, Blood and Skin Diseases, by mail, for \$5.00 a month. Write for symptom blank FREE.

\$75.00 to \$350.00 Can be made monthly by working for R. F. JOHNSON & CO., 200-2-4-68 Main St., Richmond, Va.

CATARRH. The Best, Easiest to Use, and Cheapest. Sold by druggists or sent by mail, 50c. E. T. Hazeltine, Warren, Pa. A. N. K., F. 1464. WHEN WRITING TO ADVERTISERS PLEASE state that you saw the Advertisement in this paper.

CLAIRETTE SOAP OUR CHOICE. WE SING THE PRAISE OF PURE CLAIRETTE FOR IT HAS STOOD THE TEST, OF ALL THE SOAPS "OUR GIRLS" HAVE TRIED THIS "FAIRBANK'S" IS THE BEST. OUR CLOTHES SMELL SWEET, OUR LINEN SHINES, THE HOUSE IS CLEAN AND BRIGHT. NO WONDER FAIRBANK'S CLAIRETTE SOAP FILLS HOUSEMAIDS WITH DELIGHT. J. K. FAIRBANK & CO., ST. LOUIS.

DO YOU CHEW TOBACCO? If you do, always chew the best. HORSE SHOE PLUG SATISFIES EVERYBODY. CHEW HORSE SHOE. CHEW HORSE SHOE.

GROVE'S TASTELESS CHILL TONIC. It is as pleasant to the taste as lemon syrup. The smallest infant will take it and never know it is medicine. Children cry for it. Chills once broken will not return. Cost you only half the price of other Chill Tonics. No quinine needed. No purgative needed. Contains no poison. It purifies the blood and removes all malarial poison from the system. It is as large as any dollar tonic and RETAILS FOR 50 CENTS. Just as Good for Adults as for Children. WARRANTED. CORNERSVILLE, MISS., Dec. 12, 1888. PARIS MEDICINE CO., Paris, Tenn.: Please send me three dozen of your Grove's Tasteless Chill Tonic. I was pleased with the lot from your last summer. The people were delighted with it. I gave your Chill Tonic to some children who were pale and starved and emaciated, having had chronic chills for months past, one of them a year, and within three weeks after beginning with the Tonic they were hale and hearty, with red and rosy cheeks. It acted like a charm. W. W. KINSON, M. D. FOR SALE BY ALL DRUGGISTS. MANUFACTURED BY PARIS MEDICINE CO., ST. LOUIS, MO., FORMERLY OF PARIS, TENN.

THE POT INSULTED THE KETTLE BECAUSE THE COOK HAD NOT USED SAPOLIO. GOOD COOKING DEMANDS CLEANLINESS. SAPOLIO SHOULD BE USED IN EVERY KITCHEN.