

EARLY HOURS

...G PEOPLE MAY PRE-
...HEIR HEALTH.

...oon Loses Her Beauty
...Man His Strength—
...This—Go To Bed
...Then See the
...—Not Bad
...Advice.

...or The American.]

SELENE.

...nursery rhyme be true—
...and early to rise will
...thy, wealthy and wise."
...physical, financial and
...society at the present
...able, if we must judge by
...which it revels. This
...been a desultory attempt
...system, which all recog-
...ly unhealthy, but which
...alter, therefore we must
...to the women, who hold
...in their hands, with the hope
...their approval by a prac-
...tions.

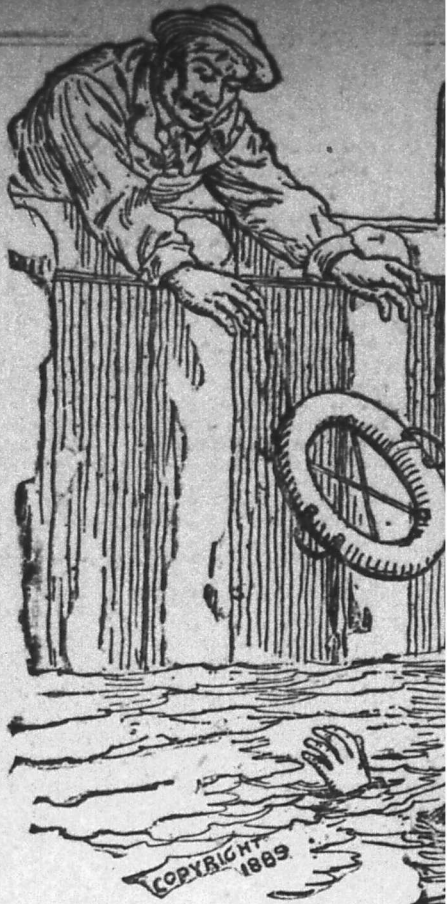
...turning night into day and
...nothing to recommend it, ex-
...fashion." Why, then, can-
...ommon make it fashionable to
...in the evening, so that both
...ng members of society may
...asant dreams" before mid-
...glanced a glance through
...mu of our papers would call
...tion that the early-hour sys-
...been adopted, for the hours
...ge from seven until nine, or
...o'clock, very comfortable and
...they were indications of the
...the affairs were over, but we
...ay are not, and that a dance
...r nearly always make it far
...ours when the last guest de-
...watching the career of a
...ne no longer wonders at the
...hich she loses her youth and
...ch freshness and vivacity were
...arts, for sleep is above all else
...auty, and next in importance
...rest and repose. Mrs. Jennes
...so broadly interested in the
...usiness of women, recommends
...d not to be slighted, if one
...r looks. Mrs. Miller says
...ward off a spell of ill-
...o to bed and stay a day
...eeling badly from fatigue

...own and most charming
...ar rises in the morning
...whether she is out late
...at not. Her breakfast is
...in. After enjoying this
...tends to her correspon-
...the papers. So, the time is
...st, for there are very many
...down to breakfast who do
...that much by noon. This
...partial invalid, has retained
...of complexion and contour of
...which gained her many ad-
...ounger days. But, of course,
...f our women cannot afford to
...day in bed, nor is it right that
...at they can gain even more
...health and appearance by
...or more of the night there,
...sweet restorer" is said to do
...in the morning hours.

...of surprise that the women
...ome young daughters, do not
...asures to bring about the
...stem thus preserving their
...well of physical endurance.
...ants of living the girls look
...time they lose the brilliant
...e attractive, a languor soon
...astily of movement, and
...hance wane, in many cases,
...dissipation.

...and their mothers who, as
...t keep equally bad hours,
...one who suffer by the pres-
...easiness, nor are they the ones
...for it is possible for them
...up during the day the loss
...t might before; but how is it
...ere is no redress for them.
...a social affair until morn-
...excused from their duties
...t be in their places at the

...there are comparatively
...society who have sufficient
...out attending to business
...ore we find the men who
...airs successful are en-



A LIFE-PRESERVER,

thrown to you ladies in the sea of troubles that threatens to engulf you in its danger-fraught waves, so to speak, and one that will float you over its threatening crests with perfect safety, is found in Dr. Pierce's Favorite Prescription. You make a dangerous mistake if you do not seize and make use of it if you are afflicted with any of those distressing ailments peculiar to your sex, styled "female complaints," for it is a guaranteed remedy for all such ills. In fact, it is the only medicine sold by druggists, for such ailments, under a positive guarantee from the manufacturers, of satisfaction in every case, or money refunded. Read guarantee on bottle-wrapper, which has been faithfully carried out for many years.

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As a soothing and strengthening nerve,

CATARRH

manently cured by DR. SAGE'S CATARRH REME

The Columbian Iron Wor

OF BALTIMORE

thus preserving their
 of physical endurance.
 of living the girls look
 they lose the brilliant
 a languor soon
 of movement, and
 wane, in many cases,
 a dissipation.

and their mothers who, as
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 be in their places at the

there are comparatively
 ocity who have sufficient
 out attending to business
 ore we find the men who
 airs successful are en-
 fessional or mercantile
 and their regular atten-
 k *Sun* says: "The more
 ociety young men will
 ear and tear which will
 es and help to narrow
 e spread of fatigue.
 men how some of the
 the strain to which
 ng this season of the
 months there will be
 of receptions in pri-
 n public places. The
 yall to a certain extent.
 cing men, and in order
 atations they make it a
 most entertainments
 e and a smooth floor.

is how they manage to
 ous they keep are very
 of the young men are
 own, where they are
 nd early in the morning.
 at they lead has some-
 e physical degeneration
 eans, about which ath-
 er less disturbed.

strain on a young man's
 own constitution. How
 with consumption, pneu-
 prostration, simply be-
 nergy to resist these dis-
 ysical condition. Statis-
 here is a larger death-
 ety men than among the
 berate hours, for nature
 amount of rest, and when
 ure to take her revenge.

ociety, then, is that
 e should be made
 e the hours
 s, and it remains
 ve them to inaugu-
 e. In summing up the
 e gained we find first, in a
 eauty will last longer,
 ainiability replace irrita-
 e invariably follows loss of sleep;
 ul looks will not take to them-
 s, and the daytime may be spent
 ess. We also find that the young
 ve longer that they will enjoy
 and play more than they can pos-
 e the existing circumstances; that
 energy and loss of fatigue will
 o do without stimulants during
 e taking deep draughts of sweet
 ight season.

the incentives are sufficient to
 themselves to the social law-
 ay we not hope that in the near
 e regime may be inaugurated in
 aying the comfort and health of
 eople for its objects.

Wrecked by the Sea Burned.
 uary 11.—Early this morning
 cottages at Great Head, Win-
 by J. J. Gibson, of Jamaica
 Muller and Joseph T. Gray, were
 occupants of Mr. Gray's cot-
 in their night-clothes, saving
 entire village narrowly es-
 sion. The loss on Mr. Gray's
 00; no insurance; on that of
 00; no insurance; and on that
 \$6,000; insured for \$2,500.

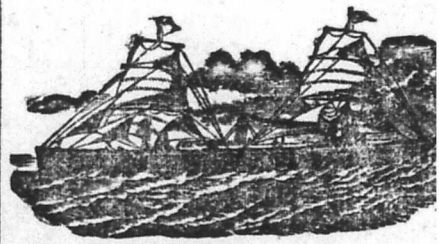
COURT DOCKET.
Judge Stewart.—E. Clements
 arked; demurrer to the deci-
 on of the court filed sustain-
 er. John H. Cason vs. Presi-
 and company of the Balti-
 wu Turnpike Road; motion
 gment and for a new trial
 judgment on the verdict for
 with interest and costs.
 eudicker vs. G. E. Warfield,
 ed Thomas Green; motion in
 gment and for a new trial over-
 gment on the verdict, with in-
 t. Amelia M. Dager vs. Chas.
 John B. Kepitnker; motion
 al overruled; there being an
 culation of interest, the ver-
 dced from \$172 to \$163, and
 ered for that amount, with in-

storative tonic.
 As a soothing and strengthening nervine,

CATARRH

manently cured by DR. SAGE'S CATARRH R

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