How to Prolong Life.

As the question of food enters so largely into the subject of long and healthy life, some suggestions seem called for in regard to what may be considered most suitable for persons of sixty and upward. It has been urged that a return to nature, or to the food which primitive man nourished his body upon, would be the right thing to do. Fruits and nuts appear to have been his dietary, and not flesh and vegetables. Oranges, apples, grapes, figs, bananas, dates, prunes, peaches, and, in fact, all kinds of sweet fruits and tomatoes are good, because they are deficient in nitrogen and free from the earth salts of other kinds of food. Starchy foods are more difficult to digest than fruits and meats. Nuts, such as almonds, Brazil nuts, filberts, walnuts, hickory nuts and similar products abound in nourishment and furnish the necessary heat for the body. Eggs, fish, cheese, milk, especially buttermilk, and poultry of all kinds supply variety. Starch foods are clogging to the system, producing constipation. Invalids are always put upon toasted bread, because the heat acting upon the starchy portions turns it into dextrine; this, being changed to glucose by the action of the stomach, is easily disposed of. Glucose is the sugar of nature as found in ripe sweet apples and in honey.

Tea, coffee, wine and beer, as well as all alcoholic drinks, are to be taken in extreme moderation, as they are mere stimulants and have no nutriment, or at least very little. Milk is a better drink. As every one knows, if you eat slowly, you do not need to drink at all. And that is one of the great advantages of a fruit diet. You get enough of the best quality of water distilled by nature in the fruit, which is also aperient and cooling to the blood, already too much heated by starchy foods. Exclusive vegetarianism seems to be injurious to the human system. But people who advocate a diet of fruits and nuts, omitting starch foods and too much bread, are not vegetarians; for they get the heat and strength necessary for health from nuts, lean meats, lamb, veal, and young animals whose systems have not had time to get clogged with the ob?ectionable earth salts. If fresh fruit cannot be obtained at all times, dried figs, raisins and dates can be steeped in hot water and thus brought to an almost fresh condition. As for whole meal or Graham bread, the merit that it may have is offset by its irritating effects upon the stomach and intestines, produced by the indigestible bran particles. Sugar furnished by nature in the form of glucose is ready for assimilation; on the contrary, sugar from cane, beets, maple and sorghum is insoluble by the system until it has undergone the process of digestion, both in the stomach and the intestines. Now as salt, pepper and all irritants, as well as stimulants, are goads to the nervous system, the human body, if treated naturally, does not require them. Animal instinct indicates the law of nature. Since Cuvier's time zoologists have been telling us that man belongs to the frugivorous animals. He is allied to the manlike apes, which live entirely on nuts and fruits, never eating other animals or cereals.

Dr. DeLacey Evans, in his book "How to Prolong Life," gives over twenty pages to tables of analyses of foods. As compared with the nourishment they give, fruits and nuts have the least proportion of earthy salts. Animal flesh comes next, then vegetables, and fourth in rank we have cereals and pulses, which are shown to have the largest amount of the earthy matters. From the analysis we see that fruits as distinct from vegetables have the least amount of earth salts. We also notice that they are to a great extent free from the oxidized albumens—glutinous and fibrinous substances; and many of them contain acids—citric, tartaric, malic, etc.—which when taken into the system act directly upon the blood by increasing its solubility, by thinning it; the process of circulation is more easily carried on and the blood flows more easily in the capillaries—which become lessened in caliber as age advances—than it would if of a thicker nature. These acids lower the temperature of the body and thus prevent the wasting process of oxidation or combustion in the system. Rice is easily digested and an excellent food, except that it abounds in earth salts. Fruits are not only digested in the first stomach, but they have a large part of their nourishment already in a condition to be absorbed and assimilated as soon as eaten. The food elements in bread and cereals have to undergo a process of digestion in the stomach, and then be passed on to the intestines for a still further chemical change before they are of use to the human system. This is the great advantage of a diet of lean meats and fruits.

Overwork is not expected from a stomach already jaded, and the nervous wear and tear of the organs of tife are avoided. Distilled water should always be used both for drinking and cooking, if it can be obtained. Rain water, if filtered, is perhaps the next best, though not free from objections. Grapes, say numerous authorities, act very much like mineral waters on the human system. But they are better, because at the same time they nourish the body. Nutrition is increased, secretion promoted, action of the liver, kidneys, and other excretory organs improved, and the phosphoric acid, of which they contain a considerable amount, acts favorably on all the bodily functions, especially on the brain. As is well known, the sugar of the grape requires no digestion, but is taken almost at once into the blood. Dextrine from the grape promotes the secretion of pepsin and thus favors digestion. Most of the vegetarians eat grapes, though they may prefer pease. Stimulants often assist digestion, but that digestion is best which does not need them.

A Good Thing to be President.

In spite of the money he must spend in keeping up his position, the president of the United States, according to the Chicago News, usually makes a good deal of money during his term of office. The salary amounts to $200,000 in four years, but this is considered less than two-thirds of what the chief executive really receives.

He has the White House rent free and the appropriation to run it this year was $43,000. His stables are taken care of for about $8000. The president's private secretary gets $5000, and the watchman at his private door $1800. The president has fuel, lights, newspapers and stationery free and a stenographer is always present to write his letters.

The presidency is a pretty safe life insurance, as the widow of a president who dies in office has a pension of $5000 a year, besides what is usually raised by the people of the country. When Garfield died the sum of $300,000 was raised for Mrs. Garfield, making her independent for life.

If the president does not die in office his reputation is so made that he can charge anything for after service. Take Harrison, for example; before he went to the White House he never received any abnormal fees, but now gets from $10,000 up for a single case and can charge $1000 for writing a single page in a magazine.

Preserving Fruits in Lime.

Having previously read of the properties of lime for preserving fruits, vegetables, etc., packed therein, I decided to try the experiment, says a correspondent in American Gardening, so last October I took a small starch box and laid a layer of Merrimac grapes in bunches in the bottom and covered them over with air-slacked lime, jarring it down thoroughly through the grapes, leaving the layer hidden under the lime, then added another, and covered as before, continuing in like manner until the box was two-thirds filled, over which I placed two layers of ripe tomatoes, packed as were the grapes, and placed them away in a dry cellar. In November and December I removed the tomatoes and found them in excellent condition, the last ones having been taken from the lime six weeks after they were packed. The grapes at this time were in perfect condition. A few grapes were removed from the box in January, Febuary, March, April May and June, in eatable condition. Some, however, had dried and shriveled up completely, while others were not changed in the least, but the drying may have been caused by the unusual dryness and high temperature of the cellar, which scarcely ever goes below forty degrees in the severest winter weather. From the above I feel convinced that if grapes and perishable vegetables were packed carefully in this manner at the proper time in the fall, before frost had injured them, and kept them in a cool, somewhat dampened cellar or other storage vault, that we could enjoy these luxuries for some months after their ripening season.

FIRE, LIFE AND TORNADO

Insurance!

The undersigned would respectfully inform his friends and the public generally that he has succeeded Mr. L. B. Russell as agent of the following old, reliable Insurance companies, namely:

Agricultural, of Watertown, N. Y., Fire,
Continental, of New York, Fire,
Norwich Union, of England, Fire,
Maryland Home, of Crisfield,
National Life, of Vermont.

ALL CLASSES of Property insured at lowest current rates.

LOSSES fairly adjusted and Promptly settled.

TORNADOES are becoming more frequent every year in this locality, and prudent property owners will avail themselves of this form of insurance. The rate is low.

LIFE INSURANCE. Send for an illustration of the very best Life Insurance Contract ever offered.

Prompt and careful attention given all business. Address or call on

JAMES G. BECK,
Chestertown, Md.
Office in the Simper's Building, opposite Court House.

THE "WATTS HOUSE,"
(formerly Hall's Hotel.)

MRS. M. E. WATTS, PROPRIETRESS.

I am now prepared to accommodate boarders by the day, week or month. Special attention given to TRANSIENT BOARDERS. My table will always be supplied with the best the market affords, and every attention will be given to make our guests comfortable.

Paints and Oils!

BEST AND CHEAPEST,
at P. T. McFEELY'S,

Children Cry for Pitcher's Castoria.

900 DROPS
CASTORIA
A Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of
INFANTS & CHILDREN
Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral.
NOT NARCOTIC.
Recipe of Old Dr SAMUEL PITCHER
Pumpkin Seed -
Alx. Senna +
Rochelle Salts -
Anise Seed +
Peppermint -
Bi Carbonate Soda +
Worm Seed -
Clarified Sugar -
Wintergreen Flavor.
A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.
Fac Simile Signature of
Chas. H. Fletcher.

SEE THAT THE FAC-SIMILE SIGNATURE —OF— Chas. H. Fletcher. IS ON THE WRAPPER OF EVERY BOTTLE OF CASTORIA

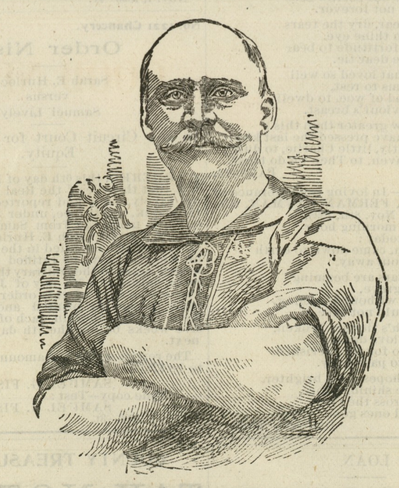
Castoria is put up in one-size bottles only. It is not sold in bulk. Don't allow anyone to sel you anything else on the plea or promise that it is "just as good" and "will answer every purpose." ☞See that you get C-A-S-T-O-R-I-A.

The fac-simile signature of Chas. H. Fletcher. is on every wrapper.

make, finish and price.

WE SELL
ALL STYLES and ALL GRADES
—OF—
FINE, MEDIUM and Heavy Shoes
—FOR—
Men, Boys, Youths, Ladies and Misses.
FINEST LINE OF
Russets and Patent Leather Goods Ever Shown
ALL KINDS OF SHOE DRESSING.
T. G. WROTH, THE SHOE MAN.
UNDER STAM'S HALL. CHESTERTOWN, MD.

CHEAP JOHN, the Mechanic



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Repairs for all First-class Drills at Short Notice
CLEAN YOUR DRILLS AT ALL HOURS, NIGHT OR DAY!
HORSE-SHOEING, - 40 Cents!
Plows and Plow Repairs Cheaper than the Cheapest!
☞Come ond see Me.
JOHN MEDDERS,
s12-tf. KENNEDYVILLE, MD.

$10.00 FOR A BICYCLE
☞Before buying a Wheel send 2 cent stamp for our BARGAIN LIST of SECOND HAND MACHINE.
Good Serviceable Wheels from $10.00 up.
EISENBRANT CYCLE COMPANY. 2339 MADISON AVENUE, BALTIMORE, MD.

HO, FOR 1896!

Here we are again
With ammunition
for another
Big Campaign.

HYLAND FARM WAGON AND CELEBRATED HYLAND FIELD ROLLER. The Best on Earth!

HARROWS, CULTIVATORS, PLOW TREES AND HAMES, all sizes, Single, Double and Three-Horse Trees.

GENERAL BLACKSMITHING and WHEELWRIGHTING. Satisfaction Guaranteed.

We have accepted the agency for the celebrated PAGE WOVEN WIRE FENCE, a sample of which may be seen at our factory.

Thanking the public for past patronage, and soliciting a continuance of the same

I am yours, respectfully,

W. A. HYLAND.
GALENA, MARYLAND.

Town Ordinances.

RELATING TO HOG PENS, &c.

ORDINANCE 62.

There shall be constructed under every privy, hog pen, manure pile and slaughter house in Chestertown, which may be designated by the commissioners as requisite, a cemented or water-tight receptacle which will prevent the percolation into the soil of any deleterious liquid or matter which may contaminate or pollute the water supply of the town.

For a violation of this ordinance, after notice from the Commissioners there shall be a fine of Five dollars imposed.

COMMR'S OF CHESTERTOWN.
M. W. THOMAS, Sec. o17.

RELATING TO BICYCLES.

ORDINANCE 63.

ORDERED by the Commissioners of Chestertown, that the riding of Bicycles through the streets of Chestertown after dark and before daylight, without a lighted lamp or lantern attached, is prohibited.

That riding on the pavements, or racing on Bicycles through the streets of Chestertown, is prohibited.

For a violation of any part of this ordinance there shall be a fine of One Dollar imposed for each offense.

COMMR'S OF CHESTERTOWN.
M. W. THOMAS, Sec.

Order Nisi.

Carolene L. Hynson and Richard D. Hynson, Executors of Richard Hynson, dec'd.
versus
J. Horton Kelley, and Eliza D. Kelley, his wife

In the Circuit Court for Kent County, in Equity.

ORDERED, this 30th day of October, 1896, that the sale of the Real Estate made and reported by RICHARD D. HYNSON, Attorney named in mortgage from J. Horton Kelley and Eliza D. Kelley, his wife, to Richard Hynson, deceased, be ratified and confirmed, unless cause to the contrary thereof be shown on or before the 30th day of December next;—Provided a copy of this order be inserted in some newspaper printed and published in Kent County, once in each of three successive weeks before the 30th day of November next.

The report states the amount of sales to be $8,840.00.

SAMUEL G. FISHER, CLERK.
True copy, Test:
SAMUEL G. FISHER, CLERK.
Oct. 31, 1896—4t.

No 1,146, Chancery.

Order Nisi.

Marion deK. Smith, Trustee.
versus
Lewis C. Justis, Jr.

In the Circuit Court for Kent County, in Equity.

ORDERED, this 14th day of October, 1896, by the Circuit Court for Kent County, that the sale of the property metioned in these proceedings, made and reported by Marion deK. Smith, trustee, under a daed of trust from Lewis C. Justis, Jr., to him dated May 20, 1895, be ratified and confirmed, unless cause to the contrary thereof be shown on or before the 17th day of November next;—Provided, a copy of this order be inserted in some newspaper printed and published in Kent county, Maryland once in each of two successive weeks before the 29th day of November, next.

The report states the amount of sales to be $9,534.43.

SAMUEL G. FISHER, CLERK.
True copy, Test:
SAMUEL G. FISHER, CLERK.
Oct. 17 1896—4t.

NOTICE TO CREDITORS.

NOTICE IS HEREBY GIVEN, that the subscriber has obtained from the Orphans' Court of Kent county letters testamentery on the personal estate in Kent county, Maryland, of

BENJAMIN F. BECK, SR.,

late of Kent county, Maryland, deceased.

All persons having claims against said deceased are hereby warned to exhibit the same, with the proper vouchers thereof, to the undersigned on or before the 27th day of April, 1897, otherwise they may be excluded by law from all benefits of said estate. All indebted to said estate are requested to make immediate payment to the subscriber.

Given under my hand this 20th day of October, 1896.

BENJAMIN F. BECK, JR.,
October 24, 1896—4t. Executor.

75c. For a ROCKING CHAIR!
$5 TO 9.50 For a whole Suit of Bedroon FURNITURE
$1 TO $25 For PARLOR CHAIRS!
90c. TO $5 For WASH STANDS!

All my Furniture is from first hands, and can't be undersold.

Big Stock of CURTAINS at remarkably Low Prices.

P. T. McFEELY,
Opposite Voshell House.

Commission Cards.

SAMUEL M. LAWDER & SON,
GENERAL COMMISSION MERCHANTS for the sale of FRUITS, FISH, WOOL, POULTRY, LIVE STOCK, &c.
No. 125 Light St., Baltimore, Md.
☞Established 1892.

FRANK WRIGHT & CO.,
COMMISSION MERCHANTS, for the sale of
GRAIN, FRUITS, FISH, LIVE STOCK, WOOL, HIDES, FURS and GENERAL PRODUCE,
No. 304 South Charles Street, Baltimore, Md.

JAMES W. JEROME & CO.,
COMMISSION MERCHANTS, for the sale of
GRAIN, FRUITS, LIVE STOCK, WOOL, AND COUNTRY PRODUCE GENERALLY.
Special attention given to the sale of Grain and Fruits.
18 East Camden St.,
Near Light St. Wharf, Baltimore, Md.

A. P. CREW,
WITH
CLIFTON & WOODLAND,
COMMISSION MERCHANTS
217 S. Charles St., Balto., Md.
☞GRAIN and FRUITS a SPECIALTY.
Reference:—National Exchange Bank.
Members of the Corn and Flour Exchange.

COMEGYS BROWN,
WITH
LONEY & CO.,
COMMISSION MERCHANTS
GRAIN, FRUITS, POULTRY, WOOL, LIVE STOCK EGGS, HIDES, &c.
215 S. Charles St., Baltimore, Md.
Reference:—Drovers, Mechanics' and National Bank.

STEVENS BROTHERS,
Members of Chamber of Commerce,
COMMISSION MERCHANTS.
for the sale of
GRAIN, FRUITS, LIVE STOCK, WOOL AND COUNTRY PRODUCE GENERALLY.
☞Special attention given to the sale of Grain and Fruits.
No. 206 S. Charles St., Baltimore, Md.
Reference:—Merchants' National Bank.

Philadelphia.

WILLIAM P. IRELAND,
121 Callowhill Street, Philadelphia.
COMMISSION MERCHANT
IN FRUITS, PRODUCE, POULTRY, EGGS AND LIVE STOCK.
Quick Sales at top market prices and prompt returns, daily if requested. jy13.

R. A. BRICE.
SPECIALTY in PEACHES and POULTRY,
328 N. Front St., Philadelphia, Pa.
Quick Sales. Prompt Returns.
Thanks for past patronage. I ask for a continuance of your shipments, knowing that it is better to keep old, shippers by fair and prompt dealings than to hunt new trade every year. jy20.

WILLIAM CLAYTON,
—WITH—
H. W. PHILLIPS,
FRUIT and PRODUCE
COMMISSION MERCHANTS,
258 South Front Street, Philadelphia.
We earnestly solicit your consignments of fruits and vegetables, with best market prices. All returns made daily.
Reference:—Southern National Bank, Philadelphia, and Phila. Produce Exchange.

R. T. COCHRAN. G. L. COCHRAN.
COCHRAN BROTHERS,
PRODUCE COMMISSION MERCHANTS.
329 Washington St., - - New York.
REFERENCES:—Citizens' Nation'l Bank, Middletown, Del., Irving Notional Bank, New York.
☞Returns made daily. jy11-2m.

H. W. PHILLIPS,
FRUIT AND PRODUCE
COMMISSION MERCHANT,
258 SOUTH FRONT STREET,
June 15, 6m. PHILADELPHIA, PA.

FRANK D. LEARY!
TWO STORES
Open to the PUBLIC
One on High Street opposite
MARKET SPACE.
Another on QUEEN STREET.
—DEALER IN—
FINE and STAPLE
GROCERIES!
Shirts, Overalls. Gloves, etc.
CIGARS & TOBACCO,
CONFECTIONERY, NOTIONS, Etc.
☞CASH paid for country produce
F. D. LEARY,
Jan. 11. CHESTERTOWN, Md.

Galvanized and Painted
CORRUGATED IRON ROOFING on hand and for sale at small advance on manufacturers' price. ☞Would be pleased to quote prices on small or large lots.
J. K. ALDRIDGE & CO.

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