

2522 Home Health Club By BAYER B. REEDER. Ph. S., N. B.

On account of the reply to an inquiry recently published in Club Notes, I have had a large demand for information regarding scalp diseases.

Hair grows upon the body of animals, as well as upon man, somewhat after the manner that plants grow upon the earth. Upon certain portions of the body of mankind, as the scalp of both men and women and the faces of men, it should be Insuriant and beautiful, an ornament as well as a protection. It seems to be a law of nature that, whenever a thing outlives Ha naefulnéss, it inevitably decays. This is illustrated in the Biblical parable of the fig tree, for it withered and died almost immediately after being told that it should bear no more fruit. Whenever we find the hair used, as nature evidently intended it should be used, for protection, it is usually abundant and rarely falls out. What, thenshall we not wear hats? To discard them would not only be foolish, but would subject one to the ridicule of his fellows. Civilized men must follow the fashion, and men are no more exempt from her inexorable demands than are women. and, in the matter of hats, he is even more of a slave than she.

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Therefore, as we have, by adopting an artificial covering for the head, relieved the bair of the responsibility of protecting us from the elements, and reduced its use to that of ornament only, it finds nothing to resist and grows weak from non-use, from confinement, from lack of proper care, and from having the blood supply cut off by the hard, stiff brim of a hat, or, in the case of women, by being drawn into a tight coil over the head or being burned to death by hot frons, a horrible death. The scalp becomes dry and hard, is not flexible, and the akin of the head adheres to the bones of the skull, frequently causing headaches and an irritable itching. Presently the hair begins to fall out, and the tonics of all the barbers in Christendom cannot stop it.

If the hair is to be retained as an ormament, it is necessary to treat it with great care. If the hostlers of some of our wealthy bald-headed gentlemen did mot keep the hair of the horses in better condition than the rich man keeps his own, they would be discharged as unfit to properly care for a horse; and yet it is not an unusual sight to see one of these wealthy baid heads critically examining the glossy hair of his wellgroomed horse, and finding fault with the least speck of dust or dirt, while the collar of his own coat is covered with a filthy mass of white scales and loose hair from his own neglected head.

The scalp must be kept loose and flexible or the roots of the hair vegetable will die and then fall out. A comb is all right with which to straighten the hair preparatory to brushing, but the brush must be used vigorously and daily. Not only must the brush be used in order to keep ,a healthy scalp in condition, but where the hair has already begun to fall out the following radical treatment must be kept up for some weeks, or even months If it is the desire to retain the beautiful ornament with which nature has adorned us.

First, the scalp must be relaxed and woftened so that nutrition may reach every hair follicle without let or hindrance, and our treatment will be a combination of hydropathic and osteopathic methods of cure which are both successful in most cases, but hy combinang the two there need be no failures.

Before retiring at night is about the only time this method can be used by most people. Procure from a reliable druggist or manufacturer a soap that is "made of the finest clive oil and potash. A skillful druggist can make it for you If he does not keep it in stock. It is really, or should be, a soft soap. The hard soaps are invariably made of soda instead of potash, and, although most excellent for the skin under ordinary circumstances, are not so good for the purpose now on hand.

This fine potash soap does not so readfly make a good lather as the hard soap does, but it is sufficient with which to thoroughly saturate the hair and skin of the head with a fine, soft, soothing substance. As we keep kneading it into the scalp we find that it has a tendency to dry, which does not feel so comfortable. Without removing any of it we now take the finest almond oil and rub it into the scalp thoroughly. This brings the skin into a soft flexible state all over the head, and the scalp is in first rate condition. Now cover it all over nicely with a close-fitting skull cap, or other covering that will not come of during sleep, and go to bed.

Upon arising in the morning the scalp should be well washed in warm soft or rain water containing just enough permanganate of potassium to make it slightly pink in color, or enough clear white vinegar to make it slightly acid to the taste. Either of these substances if used in the bath makes the head or any other porton of the body chemically clean. After washing out the oil and soap, rinse the head thoroughly in cold water and dry very carefully. Unless this matter of drying the hair and scalp is fully accomplished a cold might result, and if there is any doubt on the subject the skuil cap should be replaced until the natural heat of the head causes

the hair to become dry This treatment should be repeated every third night for two or three weeks. unless the good judgment of the person using it should prompt him to use it for a longer or shorter period. The first or preliminary treatment is now well under way, but only about half of the work is done. On the days when the

above treatment is not used there must be a most thorough manipulation of the scalp for from ten to twenty minutes, twice daily. Every portion of the scalp must be deeply but gently moved in all directions with a firm pressure, not a scratching or rubbing, but a deep moving of the scalp and muscles down to the bone, so that in time the skin of the head may become as soft and flexi-, ble as that of the face. When this is accomplished there will be no complaint of falling hair, the practice of manipulating the scalp becomes an agreeable habit, which will prove very beneficial in its results, the itching will disappear along with the headache and hard-drawn feeling of the head. The hair assumes its natural glossy appearance, and if it is now cared for properly it will remain as long as you do.

Club Notes. Grasslake.-Dr. David H. Reeder, Laporte, Ind.—Dear Sir: We have long been readers of this paper and are much interested in your valuable health talks. I am writing to you now, asking your advice about our little girl, a child between six and seven years of age, who has several times risen in her sleep and walked about the room. She is an active, healthy child, of a cheerful, energetic disposition, playing and working very earnestly. We live a quiet country life. She has never gone to school-spends her time playing with her brother and gisters, and occasionally helping me in little ways about the house. Has never had any illness, and is normal in every way except for this tendency to rise in her sleep. We have three other children, all of whom are healthy. There is no trace of somnambulism on either side of our family and we are totally at loss to account for this in our daugh-

First noticed it about six months ago and it has occurred some six or seven times since. She allows herself to be guided back to bed, still apparently asleep, and in the morning seems to have no recollection of what has occurred, though she has told me of distressing dreams, such as being lost, etc. Can you inform us as to the cause, and what course we should pursue, to check it, or if we can hope that she will outgrow it? Respectfully yours, G. S. L.

I fully sympathize with your little girl because I was afflicted in the same way myself when a child. The trouble usually arises from indigestion, and you should see that she eats a very light supper, and that she eats nothing after about half-past five to six o'clock in the evening. Also be certain that there is plenty of fresh air in the room in which she sleeps, and that she does not have too much bed-clothing over her. A cold footbath every night just before retiring would do wonders in helping her. The immediate cause of the trouble is that the blood does not properly circulate, instead of going to the feet circulates too rapidly in the head. If the digestion was perfect, this condition would not exist. I think you would be wise to procure and have her use the vegetable remedy for that condition: You would find it described in pamphlet No. 2 and the formula has been frequently given in Club Notes.

De Kalb .-- Dr. David H. Reeder, Laporte, Ind.—Dear Six: Will you, through this paper, kindly give formula for tonic for a lady who a physician says is on the verge of nervous prostration, brought on, partly at least, by a poor condition of the blood.

Second, can you recommend any course of treatment to retard growth of tumor (small) situated in abdominal cavity? Very truly yours, H. L.

First-She should procure the Cloth Bound Book of Lectures and carefully follow the method of treatment therein described, and she will soon be strong and well again. In addition to this, she should also have the vegetable remedy of which I told you in my private letter, which would build her up generally and greatly aid in overcoming the condition, by increasing the power of digesting food, and building up the various glands of the body. She should then drink large quantities of fresh buttermilk daily, two or three quarts will not be too much, and take plenty of fresh air and outdoor exercise: avoid worry and overwork.

Second-Electricity, applied in the hands of a skillful operator, is the best method of not only retarding but entirely curing the growth of tumors in the abdominal cavity. The tissue tablets discovered by Dr. Schuessler would greatly aid you in overcoming the trouble. You should be able to procure them from your local druggist at a nominal

All communications for the Home Health Club should be addressed to Dr. David H. Reeder, Laporte, Ind., and contain name and address in full and at least four cents in postage.

Hashed Pork on Toast. Sprinkle one pint cold roast pork, chopped rather coarse, with sait and pepper to taste and one tablesnoon flour; turn the mixture into a small stewpan, add one-half pint stock or cream and simmer slowly, keeping the vessel closely covered for 15 minutes. Season with one tablespoon butter and serve on rounds of toast with a garnish of parsley. Serve nicely baked apples for a companion dish.—Good House-

Leading Peach State. Georgia has held the lead in the production of peaches for the eastern market since 1902, and for years to come is akely to be the leading peach state in

he union. It has over 7,600,000 trees. Turned the Crank. "She said I was a crank."

"What did you say?" "Nothing! I couldn't, it gave me such a turn."-Houston Post.

ENGLAND HOLDS HER OWN.

Why the Number of Immigrants Here Is Smaller Than from Other Mations.

From 1789 to 1903 the entire number of aliens who came to our shores was 20,658,677. When this immigration began the United States had a nonulation of about 4.000,000, which since then has increased what countries contributed most to this immigration, the answer would promptly be, Germany, Ireland and England. And this would be correct, for Germany furnished one-fourth of the immigration, Ireland 3.944,269 and England 2.739.937.

These figures, says the Kansas City Journal, with a few others, explain the reason why the primitive language, customs and laws of the United States have remained comparatively intact. The original 4,000,000 colonial Americans practically all spoke English, and they and their descendants have been assisted by the Irish and English emigrants above mentioned and 388,506 Scotch emigrants, and possibly by 1.050,683 Britishers from Canada, who all have been racially interested in preserving the predominance of the Anglo-Saxon tongue and its institutions.

So there have, in fact, been no more than 12,000,000 aliens to exert their influence against the established order of things. When they arrived they found provision made to prevent any change or disturbance. The government, placed upon a stable foundation, had been so ingeniously planned that as a result laws and public proceedings were habitually written and transacted in English, and that language was the only one generally taught in the public schools. Furthermore, these 12,000,000 emigrants spoke various tongues, no one of which was able to compete in numbers with the English-speaking races. Consequently the newcomers, whether they intermingled with the older Americans or attempted to segregate themselves, all found it necessary eventually to adapt themselves to conditions already existing in the land.

The tendency of the emigrants has always been to locate in old settled parts of the country. This fact is especially moticeable to-day. It is the American of the original stock who has been the pioneer and frontiersman. He opened the wildernesses for settlement, and when the emigrants moved slowly on they found that he had established his language, customs and laws as he went. America is now American for good. The immigration of recent years is not of as desirable a class as that of former times. but nevertheless there is not much danger that it will exercise bad influences to the extent which is so much feared.

HOW TO DISCOVER SPRINGS

Frontiersmen and Indians Learn a Great Deal from Mature's Signs About Them.

There is undoubtedly a practical art of discovering springs. Indians or frontiersmen can find water in the desert when a "tenderfoot" cannot. Mexicans and experienced prospectors can similarly find ore. These arts consist mainly in the recognition of superficial eigns which escape the ordinary obobserver, says Cassier's Magazine.

It is not necessary that the operator should consciously note these signs separately and reason upon them. No doubt he frequently does so, though he may not give away the secret of his method to others. But in many instances he recognizes by association and memory the presence of a group of indications, great or small, which he has repeatedly found to attend springs or ore deposits.

This skill, due to habit, is often almost unerring for a given limited district, but under new conditions it breaks down. Old miners from California or Australia have often made in other regions the most foolish and hopeless attempts to find gold, because they thought this or that place "looked just like" some other place in which they had mined success-

fully. Apart from the magnetic minerals, there is no proof that ore deposits exhibit their presence and nature by any attraction or other active force. With regard to water, however, there may be an action affecting the temperature and moisture of the overlying surface. Even here, however, it seems more likely that such effects are manifested visibly to a close observer rather than by direct affection of his nervous or muscular system. The favorite fields for water diviners are regions in which water is abundant, but not gathered upon given horizons of impermeable strata underlying porous rocks.

Canned Birds from China.

America is not the only country in the world that excels in canning meats and vegetables. At the St. Louis exposition was shown canned rice birds from China. These little birds are much like our own reed birds, and as they live in the rice fields, they become very fat and luscious. They are esteemed highly in China and are preserved with skill. Portugal preserves immense quantities of fish. Germany has made some interesting experiments in canning. One of these is called calorit, the name referring to the device whereby the vegetable or meat enclosed may be heated by puncturing the can. Two chambers inclose the inner can, one holding lime and the other water. The puncture permits the water and the lime to meet, and the slaking process which follows causes heat.

Quite Evident. She-And the reason you are so late getting home, you were struck by a trolley car?

"Yes (blc) that's it dear."

"Were you frightened?" "No (hic), didn't even take (hic) my

breath away." "No. I notice that!" - Yonkers Statesman.

- LAP ROBES GALORE.

LARGE NUMBER SUPPLIED TO THE TRADE EACH YEAR.

Varying Tastes Necessitate Many New Designs-Facts of Interest Concerning the Business.

"There are at least 500,000 carriage robes sold every year," said a man who is prominent in one branch of the trade, reports the New York Sun, "I don't know what creates the demand. It's something like the plane and sewing machine problem.

"Some of them at least are made to last a lifetime, and you'd think the country would have been overstocked a generation ago. But it isn't. On the contrary, the demand grows at a steady

"There are several different branches

of the business, ranging from real skins to worsteds, but by far the largest is the plush robe trade. It furnishes more than half of the total annual output, and it grows faster than any of the others. Year in and year out, 500 patterns or more are put upon the market, more

than 300 of them brand new, and the public appetite seems fo grow. "Perhaps the business of variety and novelty is overdone here. Take the English manufacturers; they keep the same rug patterns on the market year after year, and one American manufacturer offers more styles every year than the

whole English trade does in a decade. But no doubt this form of appeal to the popular taste has been a great factor in developing demand. "Of course we have different patterns for different parts of the country, or rather we have to meet two distinct and well-defined sectional standards. For

the south and west picture effects in strong, vivid colors are the only sellers. "In the eastern and middle states we can't sell anything gaudy .Soft effects In quite colors or very good immitations of animal skins with dark backgrounds

are our strongest features in the east. "I believe the taste of the west is toning down. In the cities and the more verdant parts of the country, more headway is being made with subdued patterns; but in the south ar ' in all the arid or desert regions the cry is for color. Prob-

ably the reason is different in each case. "In the south, the tropical tendency toward showiness is the controlling factor. In the desert regions, I figure that it is the fatigue of the eyes from the constant monotony of yellow plains and hills. Brilliant colors, crimsons and greens and blues, come to have a value that we have no comprehension of here, where variety is abundant.

"The south runs especially on animal pictures. A crouching dog, a lion at rest, a tiger ready to spring will be sure to sell. One very popular design was imitated from Rosa Bonheur's picture of two horses' heads entitled 'Night and Morning.

"Animal skin imitations go well too. with this difference: For the eastern market they must be on a black or dark brown background, but for the south or west we must fill in around them with big flowered patterns, peonies, with bright green leaves mixed in among the crimson blossoms, and the like. Glass eyes are popular, too, in the south Nothing is commoner than an order for an assorted line of animal skins, in which everything will be left to our judgment except the glass eyes. That point will be expressly pur down.

"The designers are beginning work now on the designs for robes to be retailed in the winter of 1906. They are always working about two years ahead. "You see, they will have their work done, and the samples will be made up

in the factories next fall. Then the salesmen will go out through the winter, and orders will be taken at the selling agencies. All through the spring and summer of 1906 the mills will be busy filling the orders, and the goods will be shipped in the late fall for winter sale.

"The samples that are being taken on the road at the present time are from designs made all through the past year and the goods ordered in the next month or two will be sold at retail next winter. You see, we are always dealing with conditions far ahead.

"The saddlery and harness jobbers control the distribution of the goods outside of the big cities. In New York, Chicago and one or two other places the department stores have got hold of the retail trade; but throughout the country generally it is simply a branch of what you might call the house furnishing business."

Taking Bird Notes.

For the study of ornithology, C. C. Worthington has established one of the most wonderful bird houses in the world, and, in order that no action worthy of note on the part of any bird. shall go unrecorded, a stenographer has been employed to make a record of ornithological doings. The stenographer will accompany an expert ornithologist on his inspection of the birds daily, and the latter will dictate his observations. The birds occupy five rooms, and are separated by wire netting from ceiling to floor. The quarters are quite gorgeous, being prettily painted, and handsomely painted trees are placed in the compartments for the birds to rest on Some of the birds are of rare species, one being valued at \$150. The attendants have their homes in the building. Kansas City Journal.

All Due Precautions Taken. Nervous Old Lady (on seventh floor of hotel)-Do you know what precautions the proprietor of the hotel has taken against fire?

Porter-Yes, mum; he has the place inshoored for twice wot it's worth .-Pittsburg Gazette.

DOCTORS' TWO OFFICES.

One for Wealthy Patrons, the Other for Those Not So Well Fixed

"Why can't you come to see me any more?" asked a physician with an office in a fashionable street just off Fifth avenue of a patient, relates the New York Press.

"To be frank, doctor," was the reply, "I cannot afford it. "I am a salaried man. When I came to see you as a specialist I believed it would be only for a short time. But, as you say, my case is an obstinate one. I have already far exceeded the amount I calculated to pay. You have been very kind about arrears, but I don't wish it to continue further. The money must be paid some time, you know," the patient added, with an attempt at cheerfulness.

The physician pondered for a moment Then he said:

"Mr. Blank, I am glad you have been frank. I shall be equally frank with you. I will intrust you with a secret. I am interested in your case for professional reasons. Go to this place," handing over a card with an address far downtown on the West side, "between four and six o'clock in the afternoon and I will see you there. But I must ask you not to go except between the hours named. My fee there will be just one-third what it is here, and you can take your time about paying it."

"A great many doctors do that," said a New York physician who is so rich that he need not practice at all unless he wishes. "I did it myself once. If a doctor aspires to a fashionable practice he must live in a fashionable neighborhood, among other fashionable doctors where there are always plenty of carriages lined up on the street.

'Frequently when a man moves into a house, or even an apartment, costing anywhere from \$2,000 to \$4,000 a year-his practice will not pay his rent and living expenses. Of course he must keep up appearances in his uptown office. Downtown he may do as he pleases. Uptown he is, for instance, Dr. Cavendish Jones, office hours from 9 until 11 a.m. and 7 until 8 p. m. Downtown he is Dr. Jones, office Labours 4 to 6, p., ma.

"Frequently in cases of this kind another physician's plate is on the downtown window, giving his hours as 1 to 3 n. m. In this way Dr Cavendish Jones is. easily able to meet the deficiency in his uptown house expenses. He makes his calls, of course, between 11 and 4, and drives home to luncheon in his brougham. The man who pays his \$2 a visit to Dr. Jones in Greenwich village never dreams that he is receiving the services of the distinguished Dr. Cavendish Jones, whom he may have heard of as a specialist in his particular trouble, but whose fees were prohibitory to him!

INDIANS REVERE CEMETERY Wyandottee Want to Betain Burying. Ground in Kansas City.

"It is contrary to the wishes of most of the members of the Wyandotte tribe of Indians now living in Wyandotte county," said a member of the tribe recently, "that the decision to recommend a bill to congress providing for the sale of the cemetery and the removal of the bodies has been made. If it had been left to us here, as a matter of sentiment more than anything else, we would have voted by all means to have retained it as a cemetery. The majority of the tribe, however, live away from here, most of them in the territory, and since the majority have voted for the disposal of the ground, it has been agreed upon. At the meeting of the business committee of the tribe held on November 29, in Indian territory, there was not a full membership present. It of those present all but one voted for the recommendation that the land be sold."

The cemetery, says the Kansas City Journal, comprises two acres of ground in the center of Kansas City, Kan.: Ata meeting of the Wyandottes residing in the county it was decided on Saturday that the bill providing for the sale of the cemetery be recommended to congress and it will be sent to Congressman Bowersock with a request that speedy action be taken. The bill will have to pass both houses of congress, granting to a commission power to negotiate the sale. Itis estimated that the land is worth \$50.-000. Of this it is expected that \$10,000 will be appropriated for the removal of the bodies and the remainder divided among the members of the tribe.

The cemetery has been held in trust by the government under a treaty made with the Indians and has been used as a burying ground for 60 years. Being the first cemetery in Kansas City, Kan., a large number of white persons are burled there also. The Indians will have to bear the expense of removing these bodies also, as it would be impossible to distinguish the graves.

Had His Own Doubts. "Say, ma." asked little Willie, after he had been in conjunction with the paternal slipper, "did anybody beside pa ever ask you to be his wife?" "O, yes! I had lots of proposals before your father came along." "Well, do you think you gained anything by waiting?"-Chicago Record-

Extra Safe. McCall -- Gracious! What a fine new safe you've got. It's burgiar proof, of

Merchant-Better than that. It's cashier-proof. I'm the only one who knows the combination.—Philadelphia

Misunderstanding. Kate-Dolly is wearing Louis XV. shoes now.

Belle-I knew they were pretty big. but I didn't think that they were more than sevens .- Somerville Journal.

TOBACCO IN OTHER LANDS Peculiarities of Poreign Races in

Their Use of the Seductive Weed.

There is an old story that each of the three principal nations of Europe has its different code of manners in the

lighting of a cigarette. The Frenchman strikes a match, hands it to his friend, and lights his own cigarette afterwards. The German. strikes the light, lights his own cigarette, and then passes it to his friend. The Briton strikes the light, lights his own cigarette, and throws the match Way!

This is probably not strikingly true, for world-wide experience teaches the writer that in these matters the average Briton owes nothing in politeness to any foreigner, though he may lack finish.

As a matter of fact, the best elighette of the above three is that attributed to the German, who is said to light his own cigarette first.

The average continental match when first ignited nauseates one with sulphur fumes. It is only "good form" that the ill-effect of these fumes should be suffered by the man offering the match. and that his friend should enjoy the benefit of a match that had simmered down to a clean flame.

Portugal has a very rigid rule of cigar etiquette. If a man takes a light from the fag end of another cigarette, and the stranger on receiving the end back, throws it away, he mortally insults the other. The idea is that the latter has contaminated the weed by touching it. and that it cannot be smoked after-

In Portugal, therefore, it is invariable to receive the end back and null it for a little, no matter whether it is spent

or not. The Italian, lighting a match in a railway carriage, first hands the match tohis fellow-passengers in the carriage. and only when the needs of all amokers has been satisfied does be light his own.

The Turks, Greeks, and other inhabitants of the east, have a rigid rule of cigar etiquette. Everybody smokes this weed in those countries, much to the detriment of the cigar or ordinary pipe. The rule of the street is to take a light from a passer-by. No regard is made for social distinction. The lowest porter or fruit carrier claims his right to a light from the proudest pasha.

A refusal to give a light is almost unknown. Not only this, but it is insisted. on that the person giving the light must first prepare it for the other by knocking off the ash. If he does not do this, he will be sharply reproved for his bad manners.

The Turk asking for a cigarette does not say much. He simply salutes, in. Turkish fashion, the person asked, and puts forward the weed in silence, acknowledging the favor by another salute and withdrawing.

ONE OF MISSOURI'S CURIOS

May Be Seen Only with a Guida.

"Few people know what a big affair Mark Twain's cave is that he mentions in his books as the meeting place of Tom Sawyer's puventie band of highway robbers," said C. H. Chadwick, of Hannibal, Mo., says the Milwaukee Sentinel. "It is a real cave, and a big one, too. It is situated about two miles down. the river from Hannibal, Mr Clemens' borhood home. The house he lived in in his youthful days is still standing. by the way and is visited by all strangers who come to the town.

"But the cave! That is one of the curiosities of Missouri. Excursions are run every summer from up and down the river by steamers and from the country towns of Missouri, Iowa and Illinois to the grove surrounding the cave. Last summer a society of young people held religious services in the large room of the cave. This is called the assembly hall, and is nearly a quarter of a mile from the entrance at the base of the hill. It is large enough to hold 100 persons, and you can imagine how grewsome an effort might be made upon some persons by a religious service in the bowels of the earth, with nothing in the way of a light but a flickerian candle or two, especially if the terrors of purgatory should be dwelt on.

"There are innumerable passageways

in its depths, and from the farthest point one may return to the entrance in a dozen different routes without going into any of the others. There are many queer formations, and they bear the names given in Tom Sawyer.' There is a pool of crystal clear, ice cold water." a crocodile, an elephant's trunk and other formations. The passages lead up and down, in and out and across each other in a most bewildering way. Sometimes the way is so narrow that an ordinary-sized person can with difficulty squeeze through. So many parties have been lost that the entrance has been closed, and no one is allowed to go inwithout a guide."

Each with a Meaning. In Holland the months of the year are

known by the following poetic names: January-Lauromaand, chilly month; February - Sprekelmaand, vegetation month; March-Lentmand, spring month: April - Grasmaand, grass month; May -- Blowmand, flower month; June-Zommermaand, summer month: July-Hooymand, hay month; August-Oostmaand, harvest month: September - Hertsmaand, autumn month; October - Wynmand, wine month; November-Slagmaand, slaughter month; December-Wintermand. winter month.

Liberty Betained. Howell-Eternal vigilance is the price of liberty

Powell-Yes; many a fellow would be in jail if he didn't watch out.-Smart

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