

TERMS: One Year, \$1.50; Six Months, .80; Three Months, .30.

Let Us Take Autumn Walks.

Walking calls forth an amount of energy far beyond what is generally supposed and therefore it ranks as one of the best forms of physical exercise. As a spell in the open air, amid ever-changing scenery, walking contrasts favorably with the exercises common to a stuffy gymnasium. Moreover, walking demands an extra effort on the part of the very organs which contribute more than all the rest to the enjoyment of life.

Now, as to the actual benefits that walking effects, and the peculiar advantage to which the exercise gives rise. In the first place, the temperature of the body is sufficiently raised to cause a more rapid interchange in the contractile tissues. This means that by these quickened changes the muscles are more abundantly supplied with nutriment from the blood and their waste products by various channels more quickly dispersed.

Then, with regard to respiration, this, of course, is accelerated, and breathing becomes much deeper. Consequently, a larger volume of oxygen is absorbed by the blood and oxygen, it will be remembered, is of far more importance than our daily food.

Next we look to the skin; the millions of pores being widely opened, the increased perspiration carries out of the body a larger quantity of effete matter than would otherwise escape.

Digestion, also, is so markedly improved by walking that the appetite is sharpened for a subsequent meal and the food is taken with a keener relish.

Then, as everybody knows, the circulation of the blood is accelerated, so that every nook and corner of the body receives an extra quantity of nutriment. Lastly, the organs of excretion are stimulated by walking, so that a larger quantity of refuse is eliminated by the natural channels. The few facts thus briefly enumerated abound of themselves suffice to encourage the practice of walking. But more has yet to be claimed in favor of this admirable exercise.

In addition to what has already been stated respecting respiration, still further benefits accrue from the more perfect breathing of walking exercise.

The chest is separated from the abdomen by means of the diaphragm, which occupies much the position of a ceiling and floor between an upper and lower chamber. Above the diaphragm are the lungs which partially rest upon the structure, while immediately below it are the stomach, liver and spleen. The diaphragm, being an elastic membrane, is pressed downward as the lungs are fully inflated with air. This downward movement brings pressure to bear on the organs below, hence they are constantly submitted to a species of massage.

Treatment of this nature is highly beneficial all round, but it is especially so with regard to the liver; consequently, we find that persons accustomed to regular walking exercises rarely need to complain of "a torpid liver." And then, beyond all this, the more complete inflation of the lungs due to walking occasions a more perfect supply of gaseous food. The actual gain of oxygen and the increased dispersion of carbonic acid are very nearly doubled by the exercise.—Pearson's Weekly.

If taken patiently and persistently will relieve the most obstinate cases of indigestion, constipation, bad blood, bad liver, no matter how long standing. That's what Hollister's Rocky Mountain Tea will do. 85 cents, tea or Tablets. John C. Taylor.

Quinsy, Sprains and Swellings Cured

"In November, 1901, I caught cold and had the quinsy. My throat was swollen so I could hardly breathe. I applied Chamberlain's Pain Balm and it gave me relief in a short time. In two days I was all right," says Mrs. L. Cousins, Otterburn, Mich. Chamberlain's Pain Balm is a liniment and is especially valuable for sprains and swellings. For sale by John C. Taylor.

"Pneumonia's Deadly Work

Had so seriously affected my right lung," writes Mrs. Fannie Connor, of Rural Route 1, Georgetown, Tenn., "that I coughed continuously night and day and the neighbors' prediction—consumption—seemed inevitable, until my husband brought home a bottle of Dr. King's New Discovery, which in my case proved to be the only REAL cough cure and restorer of weak, sore lungs." When all others remedies utterly fails you may still win the battle against lung and throat troubles with New Discovery, the REAL cure. Guaranteed by N. D. Hart and John C. Taylor, druggists. 80c. and \$1.00. Trial bottle, free.

It is a beautiful remedy of our people to love something.

OBITUARY.

On Tuesday, the 24th ult., the remains of Mrs. Harriet Ames Magee, daughter of the late Edwin Ames, and sister of Homer Ames of this village, arrived from Chicago and was buried in our village cemetery. Rev. W. S. Goodell reading the beautiful burial service of the Universalist church. Mrs. Magee was a sister of the late Captain Nelson Ames, whose death was noticed in a recent issue of the INDEPENDENT. She had resided for several years in the city of Chicago. She was known to most of the older people here as an active, pleasant young lady and a great lover of flowers, which she cultivated with marked success. It was a common saying that "if Hattie Ames gave one a 'slip' it was always sure to grow." She was the second daughter of a family of seven children, only two of whom survive her; a sister older in Chicago, Mrs. Dr. Austin, and Homer Ames of this village. Owing to unavoidable delays and hindrances the train that brought the body did not arrive until 5 o'clock. Mr. Ames and family waited at the station for the delayed train, a few of her former friends and companions were waiting by the open grave and at last the train came and the funeral cortege wended its way to where so many of her relatives and the companions of her girlhood days were sleeping. Just as the ominous words were being spoken "earth to earth, ashes to ashes and dust to dust," the clouds in the sky lifted and the sun sent back a parting ray as it sank below the western horizon, as if to say to those stricken ones "Peace I give unto you, my peace I leave with you." Hattie Ames Magee sleeps with her kindred, near the home of her childhood days. An adopted son only accompanied the remains. Mrs. Austin, her only relative in Chicago, who had watched by and cared for her in her last sickness, was too fatigued to undertake the long journey. May the loving Father in Heaven comfort him, and the words of the Master be to him as a sure and certain anchor of hope, "I am the Resurrection and the Life," in his bereavement. Com.

On the 31st ult., at the residence of her daughter, Mrs. James Smith, occurred the death of Mrs. Gunn of Brownville, N. Y.

Mrs. Gunn came to Mexico for a short visit with her daughter, when the summons, which bade her "go up higher," came. It did not find her unprepared. In perfect peace she obeyed the command. She had for a long while been a communicant of the Protestant Episcopal church, and her daughter desired that the service of her church should be observed at her funeral, and there being no rector in the Mexico church just now, Rev. W. S. Goodell was asked to read the Episcopal service at her funeral, which was held Sunday, the 23d ult., at 8 o'clock. Mr. Goodell kindly consented and the body was taken to Dexter Monday morning. Com.

EARLY ADVANCE SHOWING!

Ladies' Coats, Suits and Furs!

This week we place on sale several SAMPLE LINES of the seasons advance styles of Ladies and Misses Coats & Suits, Childrens Coats and Two Big Sample Lines of Furs.

THESE SAMPLES WILL BE ON SALE FOR 10 DAYS ONLY

AT A SPECIAL DISCOUNT OF

10% Off

Now is your opportunity to secure something exclusive one of a style. Something you won't find duplicated in town and at a nice saving to your pocketbook. The garments are simply magnificent dreams of beauty with all the latest kinks and capers that Dame Fashion has created, made from elegant cloths and in all colors imaginable, suitable to coat wear. Come, take a look anyhow. Mr. Ramsey, the manager of the Cloak Department, will be delighted to show you, as he is more than proud of the line, and well he may be as he has New York City well represented.

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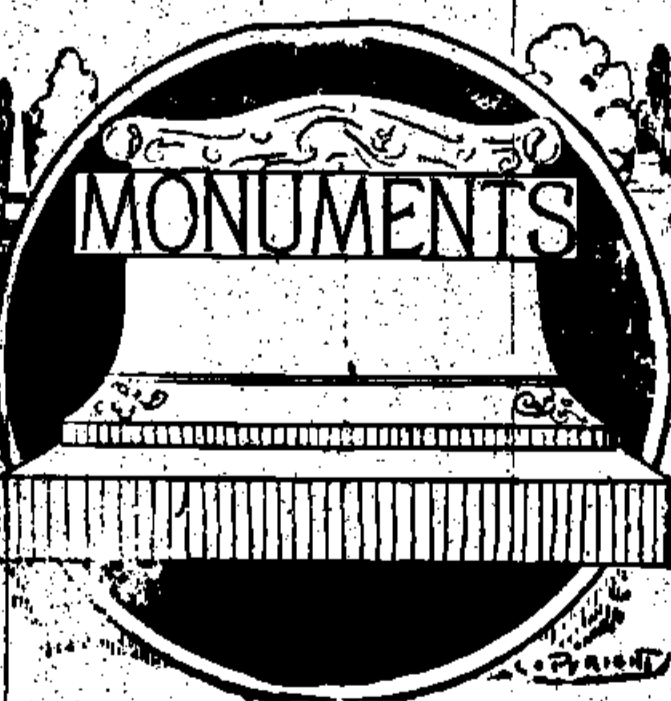
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Postcard views of New York, Albany, Syracuse, Oswego, comic cards, leather cards, etc. A FINE LINE of NEW CARDS. Mexico Souvenir cards and leather cards, 5 cents each. Comic cards two for 1 cent. All other postcards two for 5 cents.

HART, THE DRUGGIST.



ONE WORD

Describes the nature of our business. It would take many words, however, to describe the beauty of our work.

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At special price we will prepare special designs.

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Office and Works, MEXICO, N. Y.

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