



HE IS AN OLDER MAN.

The present revival of public interest in the Shakers is a notable and rather puzzling fact. Items and stories about them may be found in half the papers and magazines one picks up. This is all the more remarkable as they never put themselves forward in any way.

We mention the circumstance in order to correct a mistake made by a contemporary as to Alonzo Hollister, of Mount Lebanon, N. Y. He is not a young man, as alleged, being now 65 years of age. He has lived with the Shakers ever since he was a child of seven. Of the outside world he knows nothing, save by reading and hearsay. He has a settled mind. No doubts or fears ever trouble him. Tall, slender and clear-eyed, he is a philosopher, a philanthropist and a seer—a man in a million.

Hollister's genius for botanical and medicinal chemistry would have made fame and fortune for him had he not always been a Shaker and a recluse. All the better, however, for the rest of us, as we are now indebted to him for the only real and radical cure thus far known for indigestion or dyspepsia—the recently introduced preparation called Shaker Digestive Cordial.

Beyond dispute this is a discovery, or rather a revelation. This community of expert herbalists have, under Hollister's guidance, been for years searching for such a remedy. Now they seem to have found it. It promises to be to all gastric disorders what anti-toxine is to diphtheria or quinine to fevers.

Taken right after meals the Cordial digests the food and prevents the stomach fermentation which causes sick headache and other forms of suffering. Chronic cases are cured after all other treatment has been appealed to in vain. The first dose has an immediate good effect. Hating war on principle, "Alonzo" and his friends have, nevertheless, won a big battle for their fellow men.



The Peaceful Life of the Shakers.

The following letter is from the graceful pen of the talented MARY FRANCIS CARR, of Mount Holly City, N. J.

“Last, but not least, comes up the remembrance of my visit to the Shaker Settlement. That is a leaf in memory to which I shall often turn. I have it all before me now. Its broad acres of rich land; the trees laden with ripe, golden fruit—everything growing in rich profusion that heart could wish for; the substantial pleasant built houses; the cheerful ways of the well-ordered families; the great broad-backed, soft-eyed cows, themselves partaking of the quiet gentle ways of their keepers—the rich, pure milk drawn from their udders by the pretty young Shakeresses; the young brother who passed on before us, showing us his stock (and with an air of pride pointing

out his best), with his broad-brimmed hat, fat, rosy cheeks, and bright black eyes—all these things make a bright picture that will never fade.

“As I passed from one to another and saw the calm, happy look on each, I could not but wonder of their inner lives—what of their hopes and fears, etc.

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“As these things crowd my mind, the tall, slender figure of SISTER SARAH comes up before me. Her kind, motherly ways gave me the confidence to ask what I would. She told how, at seven years of age, her mother had brought her from the far-off hills of Vermont, and laid her an offering on God's altar, consecrating her to His service. Fifty years have passed since then, and her testimony now is, ‘I am happy.’ What a lesson for the worldling! I scanned that placid face—no mark of discontent was there—no hard drawn lines had settled round any of the features, but a peaceful, happy expression, telling of the beauty of her life. As I looked at her, I wondered if, when fifty-three years of my life had passed, I should be able to bear the same

testimony. And then I said to her, 'Have you never, in all these long years, longed for the pleasures of the world?' With an eye beaming with truthfulness and a voice full of sweetness, she said: 'Nay, Sister, never.' With this testimony I was led to believe what I had never thought before, that the Shakers are a happy people. All that I saw led me to think it. It is surely no convent life with its rigid laws and penances; no dark vaults or gloomy cells; no high walls or grated windows. Strong, willing hearts are there, bearing a firm but gentle rule. A ready obedience from all gives birth to the good order and happiness that are so plainly visible. As I passed through the cool, pleasant rooms, seeing the happy faces and hearing the cheerful voices of old and young, and seeing the well-filled larders, I thought, 'O, what a home for the hungry, what a rest for the weary!' I know it is very unromantic to talk of being hungry; but as I am of the earth, earthy, I confess I was able to do justice to the sweet Graham bread and golden butter, the fresh milk, cakes, pies, and fruit that were set before us. And then there was such a delicate politeness in the

offering of the lunch, almost making us feel that it was by accident, while we knew it was placed there especially for us. After feasting on these good things, we were led back to the reception room by gentle Sister Sarah. I could not but express my thankfulness for the kindness she had manifested and the pleasure I had realized, and looking into her clear, calm eyes, I longed for a place in her love and memory; and when I asked her to grant me this boon, bright tears gathered in those soft eyes, and she bent over and imprinted a fervent kiss on my face. I shall never forget the pleasure of those sweet lips; and, like the child whom the great Napoleon kissed, must ever keep that spot sacred. I do not know that it was so, but I shall ever cherish the idea that when the dewy tears gathered in those soft eyes, and that warm kiss was given, there went up a prayer for my eternal welfare. Be that as it may, I shall ever pray for one who was to me so kind, and I look forward to the time when I shall rest beside the River of Life and hold sweet converse with the gentle spirit of Sister Sarah."

MARY FRANCIS CARR.

Few Know About the Shakers of Mount Lebanon.

We may not accept their peculiar religious views. We cannot enter into the spirit of their sacrifices, and therefore we do not study their habits of life.

It is not necessary to believe as they do, but we can and do respect their sincerity of purpose and the honor and uprightness which mark all their business dealings.

In one particular the Shakers excel all other men or classes of men. This is in the cultivation of medicinal herbs and plants. They have made it a study for more than one hundred years. They are also expert in extracting from them their characteristic essences and medicinal virtues.

This is their peculiar industry. Their lives have been devoted to it. By it they are supported. They excel in this branch as do the Monks of the order of St. Benedict with their famous liqueur called "Benedictine."

Now, this lifelong study on the part of the Shakers has not been in vain. They have ac-

complished much good. Their medicinal extracts and cordials are known throughout the world.

THE SHAKER DIGESTIVE CORDIAL is probably the most useful medicine ever given to the public. It is not a cure for all diseases; it doesn't pretend to be; but one disease it will cure, and that is indigestion. It is not pretended that it will cure anything else, and a sufferer has not long to wait to see the result.

Almost the first dose will give relief, and if continued, a permanent cure will follow. The Shaker motto is:—"Prove all things and hold fast that which is good." For this reason the Shakers put into the hands of the retail druggists who sell their remedy, small trial bottles, which can be had for ten cents each, so that for this small sum the reader can ascertain whether it is adapted to his case.

Its good effects will be felt at once. The reader should examine the following paragraph and learn about this terrible complaint, dyspepsia, for it is the disease of a large class of suffering humanity.

Important Suggestion.

Probably it is not the rule, yet many persons who have suffered long with dyspepsia are also troubled with costiveness. One may have indigestion without habitual constipation. The conditions are different. But where it does exist, and the bowels and lymphatics are clogged with waste matters, they must be removed out of the way. Now, the Cordial is not intended to act as a mere cathartic (in which case it would do little or no good to the majority of dyspeptics), and therefore we must relieve the constipated by the use of some mild, painless and thorough laxative. The best is the well-known SHAKER EXTRACT OF ROOTS, an article especially prepared by the Shakers for this purpose. Taken in 30-drop doses for a day or two, in connection with the Cordial, it will clear the system and leave the Cordial free to deal with the stomach, the real seat and source of disease.

The SHAKER EXTRACT OF ROOTS should be *taken* at bedtime. The Cordial should always be taken instantly after eating, so that it may become mixed with the food in the stomach and prevent fermentation and decomposition. **Small bottles** of the SHAKER EXTRACT OF ROOTS may be obtained from the druggists for **ten cents**. **Small Cordial bottles**, 10c. each. **Large Bottle Shaker Extract of Roots**, 60c. **Large 16 oz. Bottle of the Cordial**, \$1.00

What is this Disease called Dyspepsia ?

Like a thief at night, it steals in upon us un-awares. The patients have pains about the chest and sides, and sometimes in the back. They feel dull and sleepy; the mouth has a bad taste, especially in the morning. A sort of sticky slime collects about the teeth. The appetite is poor. There is a feeling like a heavy load on the stomach; sometimes a faint, all-gone sensation at the pit of the stomach which food does not satisfy. Eyes are sunken, the hands and feet become cold and feel clammy. After a while a cough sets in, at first dry, but after a few months it is attended with a greenish-colored expectoration. The patient feels tired all the while, and sleep does not seem to afford any rest. After a time he becomes nervous, irritable and gloomy, and has evil forebodings. There is a giddiness, a sort of whirling sensation in the head when rising up suddenly. The bowels become costive; the skin is dry and hot at times; the blood becomes thick and stagnant; the whites of the

eyes become tinged with yellow; the urine is scanty and high-colored, depositing a sediment after standing.

There is frequently a spitting-up of the food, sometimes with a sour taste and sometimes with a sweetish taste; this is frequently attended with palpitation of the heart; the vision becomes impaired with spots before the eyes; there is a feeling of great prostration and weakness. All of these symptoms are in turn present. It is thought that nearly one-third of our population has this disease in some of its varied forms. It has been found that medical men have mistaken the nature of this disease. Some have treated it for a Liver Complaint, some for Dyspepsia, others for Kidney Disease, etc., etc., but none of the various kinds of treatment have been attended with success.

Now, the Cordial causes the food eaten to be digested. This will cause an appetite for more food, and this being digested will result in an increase of strength, an increase of flesh, and an increase of nerve power.

The tired weary feeling will give way to vigor and courage. The pale, thin and emaci-

ated will recover their color and plumpness, because red blood and fat are the result of properly digested food.

A trial bottle will produce a result. Its good effect will be realized at once. You will not have to take a dozen bottles to find out if it is doing you any good. Try it, and then give praise to the Shakers of Mount Lebanon, New York, for the relief that you obtain.

IMPORTANT NOTICE.

In many cases of indigestion there is a complication of diseases, so that the Digestive Cordial will not always afford relief unless these complications are removed. When the blood has been poisoned by the putrefaction of undigested food in the stomach and intestines, the Liver, Kidneys and Skin will not carry off the impurity of the poisoned blood without an alterative remedy to stimulate into action these important organs. In such cases there are frequent attacks of Biliousness and "Sick Headache." When this shall have been done, then the Cordial will have a most happy effect.

To stimulate the Liver, Kidneys and Skin, a remedy made by the Mount Lebanon Shakers should be used, say from one-third to one-half a teaspoonful every night at bedtime. This remedy is a most excellent one and is called "The Shaker Extract of Roots." It can be obtained from nearly all druggists. Trial bottle, 10 cents.

At The Millionaires' Club.

The banquet was over, and a few intimate friends were gathered about the orator of the evening, in one corner of the palatial smoking room, congratulating him upon his eloquent response to the toast "Success in Life."

He stood among them, the picture of health and physical strength, except for a flushed face which they attributed to the excitement of the occasion.

Suddenly, without a moment's warning, he uttered an inarticulate cry and, placing his hand on his heart, sank to the floor unconscious. A physician was hastily summoned, and at once pronounced it a case of heart failure, and expressed the opinion that the patient could live but a few hours.

An intimate friend, remembering that he had been under treatment for some time by a prominent physician of the metropolis, sent for this doctor, who came to the club house post haste.

By this time the patient appeared to be beyond all hope.

The second doctor, who was familiar with the man's constitution and its peculiarities, looked at him but an instant, and said there was no occasion for alarm. Presently the sick man vomited freely, and within half an hour had regained consciousness and was able to be taken home.

What is the moral of this simple story? Instead of heart disease, the man was a victim of indigestion. The food, of which he had eaten to excess, remained undigested and began to ferment. The gas thus set free distended the walls of the stomach, which pressed against the heart and interfered with its normal action.

The moment that the stomach was emptied he recovered. How many poor deluded sufferers go through the world with the idea that they have heart disease, expecting that any moment may be their last, when in reality they have nothing but a form of indigestion, and by giving the stomach a little assistance, they will be completely restored.

It is in just such cases that the Shaker Digestive Cordial proves most efficacious. We could

tell a similar story of people who imagine that they have consumption in its incipient forms.

The haggard face and hacking cough all point to this dread disease, and yet the trouble is really nothing but a form of dyspepsia.

The Shaker Digestive Cordial will prevent distress after eating. This distress is caused by the decomposition of undigested food. The Cordial will prevent the decomposition.

The Digestive Cordial will increase the appetite. It does this by causing the food eaten to be digested, when the empty stomach will call for more food. This is appetite.

The Shaker Cordial will prevent Sick Headache, one of the most distressing symptoms of Indigestion. If the food is not digested in the stomach, it ferments and putrefies, causing the development of poisons. These poisons cause Sick Headache. Remove the cause and the disease is cured—Sick Headache is but a symptom of Indigestion.

The fulness after eating is another symptom of Indigestion, and it is wonderful how soon this disagreeable feeling will pass away when

the food is made to digest in a natural manner. This is all that the Shaker Cordial does. It appears simple—it is simple, but it is effective.

Constipation is the result of overwork on the part of the intestines in being made to carry off not only the excrement, but a lot of undigested food as well. Digest the food eaten and the bowels will become healthy in their movements. At first this Costiveness had better be removed with a dose of the Shaker Extract of Roots at bedtime; in a little while, as the digestion is improved, this Costiveness will cease.

The *Trial Bottles* which are sold at 10 cents each contain three doses, sufficient for one day, but enough to determine if the Cordial is adapted in any particular case. Although the Cordial acts so promptly it is a mild remedy and perfectly harmless.

The large bottles which sell for one dollar each contain 42 doses, sufficient to last 14 days. But we recommend the *trial bottle* to be first used, for the Shaker motto is "*Try all things and hold fast to that which is good.*"

Directions for using the Shaker Digestive Cordial: Take three teaspoonfuls *with* each meal three times a day. Never take the Cordial on an empty stomach, but with the meal or immediately after eating, so that the Cordial will become mixed with the food in the stomach.

We are often asked if Cod Liver Oil should be used in Dyspepsia. We answer no; there is nothing that will so derange the stomach as this disagreeable article. The emulsions are worse than the oil, because the *gum* with which they are made is difficult of digestion. The Egg Emulsions are the best, and should be made fresh by your Druggist.

CONSUMPTIVE PEOPLE all have indigestion. If they could digest their food they would grow fleshy and strong and so be able to resist the disease. No consumptive will die if he can maintain good digestion. Many cases of so called consumption are nothing but indigestion. Such cases will be cured by the Shaker Cordial — make use of a trial bottle for 10 cents and see if it does not agree with you.

The Diet.—This is a most difficult question because the food that will agree with one person will prove harmful to another. The rule is to eat that which *agrees* with you. No one can tell better than each individual. It is a good rule to eat what the palate *craves*. Sometimes a food supposed to be objectionable will be found just adapted to some particular case. But in a short time after the use of the Shaker Digestive Cordial the sufferer will be able to digest anything the stomach craves and the appetite will increase with astonishing rapidity.

The 10c. bottles can be obtained from nearly all Drug Stores, and should the trial bottle prove satisfactory, the Druggist can procure large bottles for you if he should not have them in stock.

If for any cause the trial bottle should not give relief, we would like to be advised by letter addressed: THE SHAKER'S, P. O. Box, 1503, New York.

FATHER JAMES WHITTAKER.

This good and able man, who was one of the founders of the Shaker Community, constantly said to his people, "Never deceive anyone. Tell things as they are. Misrepresentation is as bad as direct lying."

His followers have remembered his advice, which is, no doubt, one of the reasons why they prosper in all they undertake. "A good name," says the Good Book, "is better than precious ointment." These people certainly do enjoy the good name they have lived and labored to deserve.

Therefore, when their new medicine or remedy, the Shaker Digestive Cordial, was introduced to the public, there was a demand for it at once. The bare word of the Shakers seemed to be enough.

The Mount Lebanon (N. Y.) Shakers, from whom it comes, are thinkers, inventors and chemists, as well as moralists. But above all they are botanists and students of the medicinal qualities of herbs; and one of their strongest desires has always been to find a cure for one disease—indigestion or dyspepsia, and its dreadful train of evils.

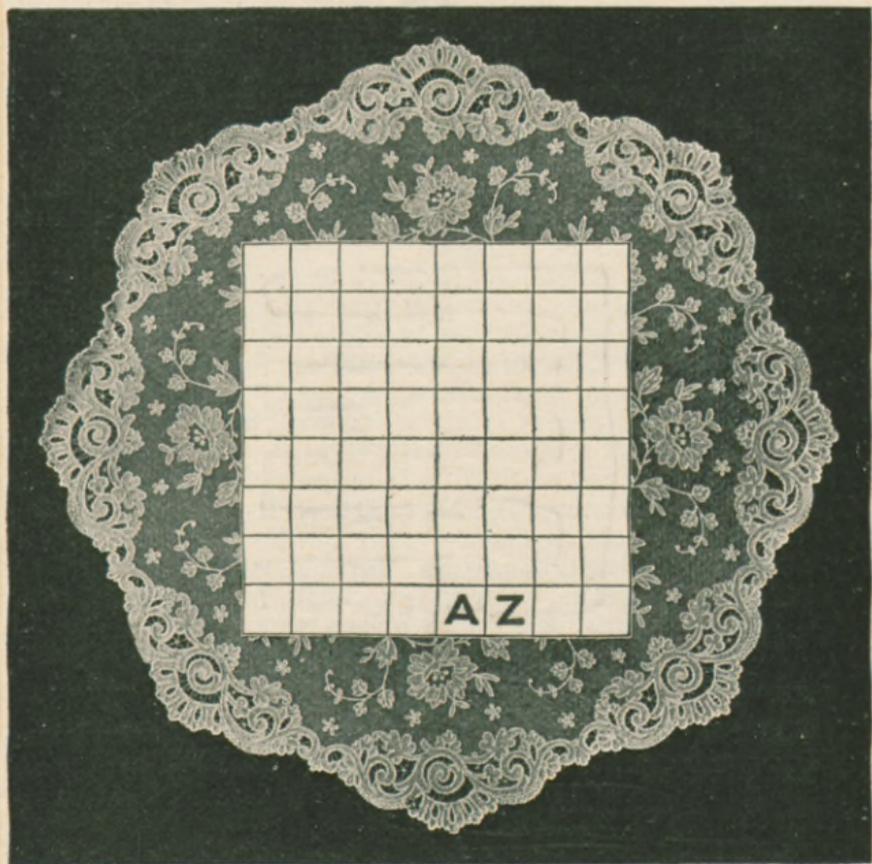
They worked long and patiently at this many-sided problem, just as they work at their manufactures and farms. They have at last succeeded beyond their hopes. In this obstinate and distressing disease their Cordial acts like the oil and wine of the Good Samaritan. It relieves the distress after eating, sick headache, pain in the chest, heart palpitation, etc., almost at once, and soon works a radical cure. Taken immediately after meals it digests the food and prevents fermentation in the stomach, from which so many suffer.

In order that everyone may test this remedy for himself at small cost, the Shakers have placed trial bottles in the druggists' hands at ten cents. They contain enough to prove the claims made for the medicine.

Shaker Digestive Cordial can be had from all enterprising druggists, who will have no difficulty in getting it through their jobber. In any case where the preparation cannot be obtained, we will send a sample bottle, post-paid, upon receipt of 20 cents in stamps, which barely covers cost of sample mailing case and postage.

A. J. WHITE,
30 Reade Street, New York.

The Shaker Puzzle



With the point of the pencil, commence at A and mark out all of the 64 squares with one continuous line ending at Z. It should be done with fifteen (15) strokes without crossing any square more than once. Address Post Office Box 1503, New York.