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After the Fever

Mr. and Mrs. Elder, of Philadelphia, are expected to arrive at the farm of their son, Mr. Elder, in the Bush, early next Wednesday. Mrs. Elder is badly affected, and hopes to take the air in the country before the heat of summer. She is said to be much improved.

Hood's Pills

Hood's Pills are a sure cure for all cases of Cough, and every kind of Colds, Typhus, and Pneumonia. They have been approved by physicians and are sold at a lower price than any other remedy of like effect.

LITERARY

Mrs. Stowe's books are still all, and the public is as eager to buy them as it was at first.

A SNAKE'S BATH.

The snake, a Bumble, was caught in a trap and brought to the laboratory of the Museum of Natural History in New York. It was placed in a tank of water and allowed to swim for a few minutes, then it was allowed to breathe and was put back into the water. The snake was then allowed to swim for another few minutes, then it was allowed to breathe again. This process was repeated several times. The snake finally died.

A REVIEW OF THE BUMBLE-DESTRUCTION PROJECT.

The bumble-bee is a pest to gardeners, and the project of destroying it is a good one. The bumble-bee is a native of Australia, and is not a pest there. In the United States, however, it has become a pest, and the project of destroying it is a good one. The bumble-bee is a pest to gardeners, and the project of destroying it is a good one.

THE INDEPENDENT

Thursday, June 7, 1899

Collegeville, Pa.

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WAR NEWS IN BRIEF:

TERRIBLE BATTLE ON LAND AND A GLORIOUS VICTORY AT SEA.

Last Thursday and Friday a desperate battle was waged at Santiago between the United States army under General Miles and the Spanish army under Admiral Cervera. The battle was decided on Thursday, July 4th, 1898.

SUNK EVERY VESSEL DESTROYED.

As a result of this great naval engagement, Sunday, Admiral Cervera, commanding the Spanish fleet, surrendered his ships and crew to the United States. The Spaniards lost 1,600 men, all of whom were wounded or killed. The American losses were also heavy, amounting to 750 men, but most of these were wounded. The American fleet, commanded by Commodore Dewey, was victorious.

WASHINGTON LETTER.

From the Capital by Special wires.

In the history of the war there has been more excitement than it seems possible for the government, and the public at large, to keep pace with. Secretary of War, Mr. R. W. Grimes, on the 4th, after meeting in private in the War Office, wire'ed to the War Department, Washington, Washington.

The Secretary of War has informed the President that the government is prepared for any contingency that may arise. The Secretary of War has been in close consultation with the military authorities, and the President has been informed of the situation.

Election returns.

The election returns from the various states show a marked increase in the vote for the Republican ticket. In several states the vote for the Democratic ticket is slightly less than in the previous election.

In the Pennsylvania election, Mr. S. W. Trickett, the Democratic candidate, has been re-elected Governor, with a majority of 10,000 votes over his opponent, Mr. P. C. Dollacey, the Republican candidate.

In the Maine election, Mr. W. Sowden, the Democratic candidate, has been re-elected Governor, with a majority of 5,000 votes over his opponent, Mr. E. W. Conwell, the Republican candidate.

In the New York election, Mr. W. T. Trickett, the Democratic candidate, has been re-elected Governor, with a majority of 20,000 votes over his opponent, Mr. P. C. Dollacey, the Republican candidate.

The returns from the other states show a similar increase in the vote for the Republican ticket.

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and of excellent quality. The TERMS — $1.00 PER YEAR

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New England, for rest and more
**How to Prolong Life**

A healthy diet is essential for longevity. Here are some tips to help you live longer:

1. **Eat a Balanced Diet**
   - Include plenty of fruits, vegetables, and whole grains in your diet.
   - Limit your intake of processed foods, red meat, and sugary drinks.
   - Stay hydrated by drinking plenty of water.

2. **Exercise Regularly**
   - Engage in at least 150 minutes of moderate-intensity aerobic activity each week.
   - Incorporate strength training exercises into your routine.

3. **Maintain a Healthy Weight**
   - If you are overweight or obese, try to lose weight through healthy eating and regular exercise.
   - Avoid暴饮暴食, which can lead to excess weight gain.

4. **Manage Stress**
   - Practice relaxation techniques such as yoga, meditation, or deep breathing.
   - Find ways to cope with stress, such as talking to a friend or engaging in a hobby.

5. **Get Enough Sleep**
   - Aim for 7-9 hours of sleep per night.
   - Avoid using electronic devices before bedtime.

6. **Limit Alcohol Consumption**
   - Drink no more than one drink per day for women and no more than two per day for men.
   - Avoid binge drinking and alcohol abuse.

7. **Stop Smoking**
   - Smoking is a major risk factor for many diseases, including cancer and heart disease.
   - Seek help if you are trying to quit.

8. **Visit Your Doctor Regularly**
   - Schedule check-ups and screenings as recommended by your doctor.
   -Discuss any health concerns you may have.

By following these guidelines, you can improve your chances of living a longer, healthier life. Remember, it's never too late to start making changes to your lifestyle. Start small and gradually increase your efforts to achieve better health. The key is to make these changes sustainable and integrated into your daily routine. With consistency and perseverance, you can improve your health and longevity, leading to a happier and healthier future.