# CARLISLE MERCURY.

VOLUME XXVII. CARLISLE, NICHOLAS COUNTY, KENTUCKY, THURSDAY, DECEMBER 7, 1893. NUMBER 50.

## THE MESSAGE.

### President Cleveland's Suggestions to Congress.

No Embarrassing Situations Remain in Our Foreign Relations.

Number of Pensioners Added to the Roll For the Year 123,634.

The President Recommends a Reform in the Seeds Department.

Owing to Hard Times and a Depleted Treasury, Economy in Congressional Legislation is Urged—The President Favors the Reduction of Present Tariff Rates on the Necessaries of Life.

To the Congress of the United States:

The constitutional duty which requires the president from time to time to give to the congress information of the state of the union and recommend to their consideration such measures as he shall judge necessary and expedient, is fittingly entered upon by commending to the congress a careful examination of the detailed statements and well-supported recommendations contained in the reports of the heads of departments who are chiefly charged with the executive work of the government. In an effort to abridge this communication as much as is consistent with its purpose I shall supplement a brief reference to the contents of these departmental reports by the mention of such executive business and incidents as are not embraced therein, and by such recommendations as appear to be at this particular time appropriate.


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KENTUCKY STATE NEWS.

HOW TRAMPS TRAVEL.

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YOUNG MOTHERS
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WILSON'S COMMITTEE.

AS TO HAWAII.


IF you wish the lightest, sweetest, finest cake, biscuit, bread and rolls, Royal Baking Powder is indispensable in their making.


THE PUBLIC HEALTH.

Its Promotion One of the Great Economical Problems of the Nation.

The public health is a great public concern. It is the people's cause. It appeals not only to the wage-worker and the bread-winner, but to those of all classes and conditions of society. Whether we will or not, the physical stamina of a nation to a great degree determines its intellectual and political status. A weak man or a weak woman may do great things. But the old age of nations require robustness. If this is not fostered and continued, the nation itself dies or is crippled in comparative youth. It is the record of the Romans that they showed physical before they did intellectual or moral decadence. It is a great political and social question, and one for wise statesmanship to consider, how the physical welfare of a people is best to be promoted. Labor is healthful, but if allowed its way, goes on under many enforced conditions, prejudicial to vigor. Recreation is healthful, yet it may be conducted as to lead to an ease as ignoble for the body as for the mind. Food is healthful, but it may be so indulged in as to wreck and ruin the noblest framework. Sleep is healthful, and yet the sluggard may need to go to the ant, not only to learn wisdom, but to find an animal living in accord with the laws of its being. It is high time to realize that the great national problem is at hand—how to preserve the health of the people. Study it as bearing on happiness and contentment, or on intellectual and moral productivity; it is far beyond astronomy, botany, mechanics or the arts. Study it as an economic factor, and it is appalling not only in view of sickness and death, but of the reduced vitality that remains to the nation that survives.—N. Y. Independent.

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How Many People It Bothers.

THE MARKETS.


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CURES PERMANENTLY Rheumatism.

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"BLUE GRASS ROUTE"
SHORTEST AND QUICKEST ROUTE
FROM
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TO ALL POINTS
North, East, West and Southwest
FAST LINE BETWEEN
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THE BEST IN THE MARKET.
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