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NUMBER 4.

A hacking cough is a dangerous cough.

(Cherry Pectoral)

has been curing hacking coughs for 60 years.

QUAINT ORGANIZATION.

California Town Has a Deaf and Dumb Debating Society.

Berkeley, Cal., can boast of the most extraordinary debating society in America. For one thing it is the quistest debating society in America, and that alone is enough to make it remarkable.

It is a society in which the pros and cons of the questions of the day are discussed and never a word is spoken. It is a society in which debates wax warm and eloquent, in which judges weigh argument and award the palm, and never a sound is heard. It is a society in which no human note falls on the ear, in which no ear is needed. It is, in short, the debating society of the deaf and dumb, where people talk with their fingers and listen with their eyes.

It is called the De l'Epee Pacific Lyceum league, in grateful memory of the Abbe de l'Epee, the benevolent French priest who originated the sign language and first brought the deaf and dumb into intelligent communication with the world around them. It is made up of some 25 or 30 of the older students, boys and girls, at the California Institnte For Deaf Mutes in Berkeley, and life. they get quite as much fun and profit out of their silent debates as if they could nake the welkin ring with their

rounded periods. The society meets in the artroom of the institute, where there are casts of the works of the masters to delight the eve, and the "honorable mention" of two who are kin with them in affliction -Douglas Tilden and G. S. Redmond -to show them that all reads to achievement are not closed to them. In the artroom is a big drum to call the meeting to order, and while they cannot hear its roll, so keenly sensitive are they that they can feel the vibration-

and so it serves its purpose. McDonald is the president; Miss Emma Moldenbauer is vice president, Miss Pearl Wilson is secretary and Miss Irene Lynch is chairman of the programme committee. Mr. T. d'Estrella, a pupil teacher of the school, is perhaps the strongest force in sustaining interest in the society. Three boys and three girls take part in each debate, and judges are chosen from among the members. The subjects are up to date. - Sam Francisco Examiner.

A HUMAN MORTGAGE.

Strange Case of an Old Cripple on Maine Farm.

Some people sold a house down in Maine village where I was stopping last summer and sold an old man with itone of the strangest cases I ever heard of. He was a sort of human mortgage. Ten or 12 years ago the owners of the property took in a helpless, friendless neighbor, a distant relative, who had been permanently crippled by accident. He had no means nor family, so they generously gave him a home. A few years later they moved out west. They could not take the old man with them. so they made an agreement with the people who purchased the farm under which-for a slight reduction in the price-the grantees agreed to assume the responsibility of caring for the old pan for life, and entered into a pormul contract to furnish him bed, board, clothing, medical attendance and what ever else he should need, as if he were a member of their own family.

They carried out the agreement with conscientious fidelity, but last summer they decided to leave the place and sold out to another family, to whom the contract for the care and custody of the cripple was assigned. The old man has already lived a good deal longer than anybody expected, and aside from his general helplesences he is in a pretty good state of preservation. There is no almshouse in that part of Maine, and if there were one it would be considered a sin and disgrace to send anybody there. - William E Chrtis in Chicago

White Bread and Brown,

White bread is weight for weight more natritions than brown It thus would appear that the preference given by operatives it large towns to white brend has to a certain extent a sound physiological basis - in the case of people with irritable butes thes white bread is to be preferred to brown. - British Medicki Joornal

Refret to 4 x Mines Distressing Kidsey and Studder disease relieved to six hours by anyw GREAT SOUTH AMERICAN KIDNEY It is a great surprise to the

Purchase of a Permanent Embassy Seriously Considered.

ITALY IN WASHINGTON.

HOMES OWNED BY OTHER NATIONS

England Was the First of Foreign Governments to Establish a Permanent Abiding Place For Her Representatives in Washington-Germany Followed Suit, and Mexico Also and probably more, as most of the Bullt a Legation.

The Italian government is seriously considering the advisability of becoming an owner of real estate in Washington. The representative of Italy has always maintained a very modest establishment at this capital. Since 1893, nowever, when the minister was raised to the rank of embassador, it seems to be the sentiment that his entourage here should correspond with the high official dignity. The property new under consideration is the mansion of the late Anthony Pollock, corner of I and Seventeenth streets. This would establish Italy's headquarters in one of the most aristocratic residential centers. The house, a large one, is particularly well adapted for entertaining, the dining room being the feature of the drawing

The first nation to purchase its own home here was England. That country, vein in such quantities. from the earliest days, maintained a legation here in a style corresponding sented. For a number of years the British flag waved over the house 1710 H street, now known as the French embassy. Lord and Lady Napier made the old house the social center while they lived in Washington. When Lord Lyons succeeded Lord Napier, he also selected this stately mansion for his residence. Lord Lyons' term as Pritish minister to this country extended from 1859 to 1865. Although he was a bachelor, he carried off the palm for brilliant and notable entertainments. A ball given on her majesty's birthday was of so splendid a character that it is yet recalled with delight by those who were present. Sir Frederick Bruce, who came after Lord Lyons, lived in the house but a short time. It was subsequently purchased by Admiral Porter, who oc-

cupied it during the remainder of his

The English embassy was the first house of importance built out on Connecticut avenue and Sir Edward and Lady Thornton the first to dispense its elegant hospitalities. Then Lord Sackville followed with his daughters, who were great belies here, although it was said they were not recognized abroad at their father's official stations In the two instances where the withdrawal of British ministers has been requested by this government a curious coincidence of social history occurs. Sir John Crampton, whose recall was demanded because he endeavored to enlist recruits in this country for the British army in the Crimea, like Lord Sackville, took The club is duly officered. Miss Isabel his wife from the stage. She was the star of an operatic troupe performing at St. Petersburg, where Sir John Crampton was the British minister. He became desperately infatuated with her and a marriage followed. Her maiden name was Victoria Balfe, her father being the composer Balfe, of "Bohemian Girl" celebrity, as well as the author of several other operas. Lord Sackville, as Sir Liouel Sackville West, married at the eleventh hour, and just shortly before her death, Pepita Durand, a dancer, who was the mother of the Misses

> France has always fought shy of real estate investment here, preferring to rent. When M. Patenotre married Miss Elverson of Philadelphia, the house 1710 H street became the French empassy. At the time of this distinguished infernational wedding, about 100 years had elapsed since M. Genet, the first French minister to the United States, married Cornelia Tappan Clinton,

daughter of the governor of New York. The prominent part played by the present embassador in the peace negotiations between the United States and Spain will give the house 1710 H street still greater historical interest. The mansion was built by Richard Rush of Philadelphia and was occupied by his family during John Quincy Adams' administration, when Rush was secretary | At break of day the Yankees held of the treasury. In 1816 he went to The Spaniard by the neck and yelled, England as American minister, taking Benjamin Ogle Tayloe, the original owner of the Octagon house, with him as secretary of legation. The Octagon house, however, was built years before the Rush mansion, the latter dating from about 1826. The quaintly pictur. esque architecture is very attractive.

oven at this day. Germany bought her own home on Highland terrace, Massachusetts avenue, A voice fell like a falling starseveral years ago. It is a spacious, elegant mansion, thoroughly modern and with no historical associations whatever. The Mexican government built its own legation here about ten years ago. The house was planned with special view to entertajuments of an official character. The ballroom, with its mirror walls, is a distinguishing feature. It has been the scene of many beautiful entertainments with the late lamented

Mme. Romero as bustess. Korea had established a legation here but a short time when it was decided to buy the property 1500 Thirteenth street, just off lown circle This was the first home of the picheer Kerean ladies who came here in 1889 and formed such an attractive and pict resque feature of social gatherings that a ason

While the digital is show a disposition to states a differentiate Lafavette

W (NIEI) SEVERAL TRUSTWORTHY PERSONS in this stat to springe come of its exceeding or in these in our business in their own and nearby relieving pain in blackler, kuber and counties. It is mainly office work conback in mate or female. Re leves re- ducted at home. Salary straight \$900 | b us. but boys in white -- Independent tention of water almost immediately. a year and expenses - definite bonafide If you want quick relief and cure this no more, no less salary. Monthly \$75; References Enclose self addressed

square that a greater number of houses remain, whose story gives glimpses of persons and events that have traveled down to posterity in history and in some of the communicative memoirs of the early days of the capital .- Washington Post.

GREAT PLATINUM MINE. Deposits Worth \$1,000,000 Found to

Washington. New York and Chicago men have accidentally found the biggest platinum mine in America in Okanogan county, Pa. Experts say it is worth \$1,000,000

Asia at large expense. For a year past C. R. Aldvin has been developing a free milling gold ledge, owned by a New York and Chicago syndicate and located 25 miles north of Leavenworth, on the Great Northern railway. Last summer a 20 stamp mill was crected, but its operation was impeded by the persistent presence of some

white metal. A few weeks ago a member of the company took a number of ore samples east with him. These were shown to of New York, who inand the whitish ore to be platingn. He made tests which showed the ore to average 72 ounces of platinum to less than two ounces ofgold per tou. The white metal thus proves more valuable and abundant than gold. Experts say it is a rare occurrence to find platinum in a quartz

. Aldvin's ledge is eight feet wide and has been traced across the country for | supply When the true value of the find was revealed, the mine owners could scarcely appreciate their good for tune. Aldvin is confident that his discovery will mark the beginning of a new enoch in northwestern mining -Philadelphia Press:

Dog's Costly Funeral.

There was rather a pathetic funeral at the Delaware Water Gap recently. The ecrose was only that of a dog, but it was almost as truly mourned by its bereaved owners as a child. The little animal was a Japanese spaniel, named Dodo and was owned by Mr. and Mrs. Harold Blake, frequent summer visitors to the resort and well known theatrical people. The body of the pet was inclosed in a handsome casket. A monument is to be erected over the grave with the word "Dodo" cut thercon. The funeral party returned to the Quaker City on the 2:21 train The feneral expenses were in the neighborhood of \$150 .-Philadelphia Press.

Emblematic Engagement Ring. An emblewatic engagement ring is a heavy gold band, in which are set diamonds, emeralds and rubies. The diamond typifies faith, the emerald hope and the ruby love.

Diseases of the Blood and Repres. No one need suffer with neuralgia. isease is quickly and permanent's cony Browns' Iron Bitters. Every des blood, nerves and rer otherwise, succumbs to Bitters. Known and used quarter of a century, it store lost among our most (Browns' Iron Bitters is sold

The winter snows were falling fast As through the streets of Faris passed A man who here mid snow and ice A banner with the strange device-

His brow was sad; his eye below Would indicate that he was slow; While like a last year's bird's nest rung The accents of that unknown tongue-

In many ways he knew that he Should bustle most prodigiously; And-though perhaps he might have tried He only didn't, as he sighed-Manana.

"Go, get a move on!" thousands said. 'At that gait you can't get ahead. Give up your ancient, moss grown pride," And soft the Spanish voice replied Manana

"Oh, stay," the maiden said, "and rest Your weary head upon this breast! A tear stood in his dark brown eye, And still he answered with a sigh-

"Say, what's the matter? Don't you know You haven't got a bit of show That any power will take your side? A voice, half tears, half trick, replied-

"Give up the stuff" - their daily prayer. A voice cried through the startled air-

A Spaniard in the snow was found By persons who were nosing round. Still grasping in his hand of ice That banner with the strange device-

There in the twilight cold and gray. Lifeless, but Spanish still, he lay, And from the sky, serene and far,

"Snowed under, Froze out. Done for. Got it in the neck, Left at the post. Rusted, by thunder! -W. J. L. in New York Sun.

White Uniforms In Manila. The fashion of white clothes goes with the American officers. General Merritt, General Greene, Admiraj Dewey and Captain Seabury of the China, just as that ship was about to start for Hougkong, formed a bandsome group, all in snow white linen, coats, trousers, caps and suces, a few gold buttons and cords, shoulder straps and cuffs the only relict on figures that seemed out from marble without flaw or state When I called on General Aguinasia and he came in his came sciely appropried, he was in white, his coat becomed, his trousers newly ironed bu far as our officers are concerned in the Philippines, they are not boys in

CURE rheumatism by taking itood's Sarsaparilla, which by neu-

A NOVEL AIRSHIP. MADE OF ALUMINUM AND SAILS AGAINST THE WIND.

A Description of the Curious Craft-Great Possibilities May Result From the Trial of This Experiment-Under Perfect Con-

In this translation the term "flying machine" signifies a self-sustaining, self-propelling machine; "air ship," a motor with a balloon attachment; "balloon," an inflated apparatus without any means of propulsion or control.

The more or less bird-like structure, world's supply is now brought from that should be both self-elevating and self-propelling, has offered many alluring fascinations to modern inventors. All aeronautical sugmeers shares in the belief of a brilliant future for the dynamic air ship.

Its development will, according to the judgment of experienced aeronauts, be on a line with and a continuation of the experiments with the balloon; the latter being still an absolute necessity, and, so to say, a "life preserver" for future aeronauts who wish to master the intricate problems of air navigation, so that they can the better overcome the obstacles it presents.

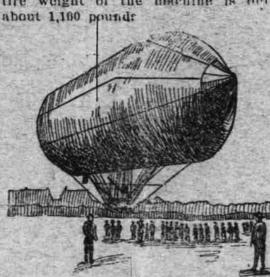
In order to obtain the most perfect construction of an air ship, and to study the practical results, an interest- with the records of surveys made in ing experiment was made at Berlin 1893 shows that the mean annual inwith a balloon constructed of aluminum. This balloon was put to a trial on the "Tempelhofer feld."

The shape is that of an oblong cy- six centuries has been about 198 square linder, with conical head. The body miles. The increase is continuing, and to-the dignity of the nation it repre- five miles, indicating an inexhaustible of the balloon consists of a frame of the Gulf of Venice is doomed in time trusses covered with sheet alumnium (about 100th part of an inch in thickness). The bottom of the gondola, or basket, was 45 m. distant from the ballcon, and rigidly connected there-

with by means of a trestle. The body of the balloon was about 150 feet long, and had an oval section or head. It was the largest air ship ruilt up to date,

It was equipped with a quadruple cylinder benzine motor of 16 indicated and 12 effective horsepower. As much as possible the motor is

constructed of aluminum, and the entire weight of the machine is orly about 1,160 pounds



ALUMINUM AIRSHIP. The aluminum propellers of the air ship had, comparatively, a small diameter. The two on the sides of the balloon only measured two yards each; the one in the center, directly underneath the body of the balloon, was a little larger. This was the steerage propeller, and was movable in different directions.

Under the bottom of the gondola a horizontal propelling serew had been attached, but was found unserviceable at the trial. The total weight of the machine was

about 8,000 pounds. Many of the spectators certify that they actually saw the air ship fly directly into the face of the wind. In the beginning the ship was held fast with ropes, because some preliminary experiments were to have been made, but they gradually parted and the machine broke loose.

The experiment cannot be termed a complete success, but quite a number of positive results have been attained thereby which encourage further labor in this direction. The fact that it has been proven a possibility to construct a rigid balloon out of metal riveted together, and to steer such a machine against the wind, is in itself a success, even if, on account of untoward circumstances, it was impossible to remain afloat for a longer time.

When a Candle Burns.

Nothing is lost when a candle burns. | there is one specimen undoubtedly the | either side will cause the other side If the smoke and invisible vapours be largest in the world, which is 232 feet to ascend and the needle which indicollected and weighed, it would be found that they would weigh rather more than the whole of the original candle weighed before a match was applied to it-the extra matter being derived from the oxygen of the air.

Victoria's Subjects. There are 400,000,000 people in the British Empire, and the Queen would have to live another seventy years to enable her to see all of them pass before her, night and day, for all that

Live on Fifty Cents a Week, Millions of men in India live, marry and rear apparently healthy children upon an income of 50 cents a week, and sometimes it falls below that,

Salt of China. The annual amount of salt produced in China is 200,000 tons, valued at one million sterling.

Brains of Man and Animals. The only two animals whose brains are heavier than that of a man are the whale and the electont.

Taking the aver se depth of the scean to be three me is, there would be a layer of sait 27 teel if the water should evaporate.

"Five years ago," says Anga A Lewis, Ricard, N. Y., "I had a constant cough, nigh sweats, was greatly reduced in flesh, and had been given up Sold by E. F. Nadal. Druggist, Will-stamped envelope, Herbert E. Hess, on, N. C.

References. Enclose self addressed trailizing the acid in the blood permanently relieves aches and PAINS.

References. Enclose self addressed trailizing the acid in the blood permanently relieves aches and PAINS.

Signature of

Spanish Derivations. Many English words are taken di-rectly from the Spanish. When you speak of a Piccadilly collar you are not using slang. The "piccadallo" is a collar which at one time was worn by all men of position is a collar.

by all men of position in Spain. A few years since many Americans cities boasted of companies of volunteer soldiers called grenadiers. The first grenadiers were in Grenada. Our marines, of whom we are specially proud just now, get their name by

elimping the last syllable of "mariner-es," which is the equivalent Spanish Rye bread without caraway seeds would not be rye bread at all. Caraway is a purely Spanish word, derived from "Alcara Hueva" The hammock on your veranda got its name from the Spanish "hamaca." although that is not purely a Spanish

word. Columbus got it from the Indians 400 years ago. There are many other examples: "Banana," "apricot," "Canada," "duel" and "palavar" are all directly from the

Venice Drying Up. . Venice without its waters would be a far less pictusesque place than it netually is. And such a state of affairs, we are led to believe, may eventually come about. The regular increase in the delta of the Po has been studied by Prof. Marinelli, Comparison of the Austrian map of about 1823 crease during those seventy years has been about three-tenths of a square mile; and from all known data it appears that the total increase during to disappear. No immediate alarm need, however, be excited, for Prof. Marinelli calculates that between, 100 and 120 centuries will elapse before the entire northern Adriatio will have be-

Distance Traveled When Reading. Has it ever occured to you to reckon now far your eyes travel in reading? The distance will not startle you, perhaps, for 1,000,000 letters in ordinary type would measure hardly more than a mile placed side by side. In a lifetime, however, the average reader wends his way through 2,000 miles of print. The average novel of 300 pages contains one mile of reading; that is, the eye travels 1.766 vards in reading the book through.

come dry land.

Where Umbrellas Are Valuable. An African chief's umbrella is of greater importance than many people suppose. Apart from its enormous size, its loss in battle more than equals the loss of a standard of a European commander. Some of the umbrellas are of prodigious dimensions, being no less than 25 feet in diameter, with ibs 12 feet six inches long.

His Protest. The editor of the Clarion was a very patient man. A startling crash from the direction of the composing room caused him to push his spectacles up on his brow and cease writing. When he found that the boy had let the first page form fall on the floor, where It lay in an incoherent mass, he shook his head repreachfully and exclaimed: "Lemuel, I do wish that you could manage to break the news more gent-

Distressing Stomach Disease Permanently cured by the masterly powers of South American Nervine Tonic. Invalids need suffer no longer, because this great remedy can cure them all. It is a cure for the whole world of stomach weakness and indigestion. The cure begins with the first dose. The relief it brings is marvelis certain under the use of this great health giving force. Pleasant and al-

ways safe. Sold by E. F. Nadal, Druggist, palace live.

Wilson, N. C. A Monster Cactus Plant There are very few people living in the East who can realize the wonders

of nature that this country offers, parmarked an army officer who spent many years in the West. "Take the cactus as an example. Nearly everyone associates it with the small specimens seen here, or at least with the socalled 'giant cactus' Which is about seven or eight feet high. Yet in Arihigh. Fancy that placed in a jar as a curiosity."

New Bick A cycle which has to seats, one of which gradually sinks unjer the weight of the rider while the other rises empty, is the latest invention. After the loaded seat gets to its lowest point the rider climbs to the other, and again utilizes his weight to help to propel the machine.

Russian Library. The Imperial Library of Russia, established by Peter the Great in 1714, is the third among the world's great libraries. It contains about 1,200,000 volumes and about 26 000 manuscripts.

Cost of Wars. The cost of the warld's wars since the Crimean War has been £2,653,000,000, or enough to give about two sovereigns to every man, woman and child on the

White Inhabitants Now. en years ago a white man was not to be found in Rhodesia. To-day it is one of Britain's most promising colcuies.

England's Pirst soldiers. The first permanent military force in England was the King's Guard of Yeomen, established in 1486.

CASTORIA.
The Kind You Have Always Bough

THE SACRED PLACE THE CHINESE EMPEROR'S PALACE

It Is Surrounded by High, Thick Walls and in Many Respects Is Peculiar-10, 000 Persons to Wait on Him in Various

The old kings of Europe could "do no wrong." They were heaven's own divinely appointed agents to rule and their entire kingdoms belonged to them in fee simple, and often they had the arbitrary right of life and death over their subjects. The Chinese emperor to this day is "Son of heaven," the almighty's lieutenant set apart to rule the earth. And yet, in actual practice, he is so hemmed about by unyielding precedent and customs that the veriest serf in his dominions is more free than

His chief duties are to offer sacrifices to his ancestors, to visit the empress-dowager at least once in five days, to pray in the temple of heaven and earth and give audience to the supreme council daily. His life even to the miutiae is so hedged about that he doubtless often wonders why he



TOMB OF CONFUCIUS.

(From a Chinese Drawing.) was born. There are 10,000 persons designated to wait on him in various capacities. His harem is cared for by 5,000 enuchs. But into his palace only the highest officials are allowed to

The imperial palace is in the center of the "prohibited town" of Pekin. Facing the south, it is surrounded by a double line of walls in the form of a square. The first-is high and thick, covered with red cement, surmounted by glazed yellow tiles. It is eight lis long, four wide and 24 in circumference. A li equals one-third of a mile. - It has four gates, one at each side; each one having three portals, the center one remaining closed to all except the emperor.

The inner wall immediately surrounding the palace is high and thick, built of large, regular bricks and ornamented with handsome battlements. It is called Hoang-tching and is six lis long, one and a half wide and 15 in circumference. It has four gateways, with high arches and arcades. The north and south gates are triple.

At each end and corner is a large glazed hall, red with a sprinkling of flowers on the outside, covered with yellow glazed tiles. Between the two walls are several palaces. On the east flows a beautiful river, crossed by handsome marble bridges, with wooden draws in the center. On the west lous and surprising. It makes no fail- side is a lake, five lis long, crossed by ure; never disappoints. No matter a bridge with three arcades, bordered how long you have suffered, your cure by pleasure houses. The rest of the space east and west is occupied by houses in which the officers of the

Delicale Weighing Machine.

Scales are now being made of such a nice adjustment that they will weigh anything from the smallest hair. plucked from the eyebrow. They are ticularly in the vegetable world," re- triumphs of mechanism, and are inclosed in glass cases, as the slightest breath of air would impair their records. The glass cases have a sliding door, and as soon as the weight is placed in the balance the door slides down. Two pieces of paper of equal weight can be placed in the scales and zona there grows the largest cactus and an autograph written in pencil on cates the division of weight, even to the ten millionth part of a pound and less, will move in its perpendic nature containing nine letters has been weighed and proved to be two milligrams or the 15.500th part of a troy

Must Have Interest.

A sermon defeats itself when it is not-shall we say?-hearable, So Anthony Trollope says about books: "Of all the needs a book has, the chief need is that it be readable." Wilkie Collins has the same thought. "Let me add that I never got any good out of a book that did not interest me in the first instance."

A Most Singular Ship. The most singular ship in the world is the Polyphemus, of the British Navy. It is simply a long steel tube. deeply buried in the water, the deck rising only four feet above the sea. It carries no masts or sails, and is used as a ram and torpedo-boat.

Why allow yourself to be slowly tortution "FEBRI-CURA" (Sweet Chill that which I learned in had society. Tonic of Iron) is more effective than Quinine and being combined with Iron is an excellent Tonic and Nervine Medeffect cures. Sold by B, W, Hargrave. by B. W. Hargrave.

Scrofula to Consumption.

Any one predisposed to Scrofula can never be healthy and vigorous. This taint in the blood naturally drifts into Consumption. Being such a deep-seated blood disease, Swift's Specific is the oppress benighted humanity. In law only known cure for Scrofula, because it is the only remedy which can reach

the disease. Scrofula appeared on the head of my little grandchild when only is months old. Shortly after breaking out it spread rapidly all over her body. The scabs on the sores would peel off on the slightest touch, and the odor that would arise made the atmosphere of the room sickening and unbearable. The disease next attacked the eyes, and we teared she would lose her sight. Eminent physicians from the surrounding country were sonsulted, but could do nothing to relieve the little innocent, and gave it as their opinion that the case was hopeless and impossible to save the child's eyesight. It was the could be save the child's eyesight. possible to save the child's eyesight, then that we decided to try Swift's then that we decided to by Sality and com-That medicine at once made a speedy and com-plete cure. She is now a young lady, and has never had a sign of the disease to return. Mrs. Ruth Berkeley. Salina, Kan.

Scrofula is an obstinate blood disease, and is beyond the reach of the average blood medicine. Swift's Specific

is the only remedy equal to such deep very foundation and forces out every taint. It is purely vegetable, and is the only blood remedy guaranteed to contain no mercury, potash or other mineral substance whatever. Books mailed free by Swift Specific Company, Atlanta, Georgia.

EAT BEFORE GOING TO BED

Is Contrary to Our Early Training, But Is Full of Common Sense, Here is good advice to thin people who want to grow fat. It seems contrary to all our early training, but is full of good common sense and comes from a prominent physician. His sug-

gestions follow: "If you are thin and want to put flesh upon your bones, eat before going to bed for the night. Physiology teaches us that there is a wasting away of tissue while a person sleeps as well as when he is awake, and this being so there should be continuous nourishment. Food taken at dinner or in the early evening is always digested at the time of retiring, and the activity of the process of assimilation continues until

long after we are asleep. "If the tissues are not nourished they are pulled down by the wasting process, and as a result sleeplessness ensues. On a full stomach, however, or with some food to sustain the system there is a building up of the tis-

"Man is the only creature I know of who does not deem it proper to sleep on a full stomach. The infant, in this respect, instinctively cries to be fed at night, showing that food is necessary during that time as well as through the day, and that left too long without it causes a discomfort which it makes

known by crying. "There is no need for rest in the digestive organs, provided the quantity of food eaten is not above normal during the twenty-four hours. Too long intervals between meals are bad for the stomach, from the fact that the cessation and resumption of work of the digestive organs tend to enfeeble

"A moderate working of the organs through the twenty-four hours is much more beneficial. I would advise those suffering from insomnia to take something to eat before going to sleep always. A glass of milk and bread, meat or any digestible food will do."

Causes of Death. Aimost all persons die of disappointment personal, mental or bodily toil or accident. The passions kill men sometimes even suddenly. The common expression "choked with rage" has little exaggeration in it, for even though not always suddenly fatal, strong passions

shorten life. Strong-bodied men often die young, and weak men usually live longer than the strong, for the strong use their strength and the weak have hardly any to use-the latter take care of themselves, the former do not.

As it is with the body, so it is with the mind and the temper-the strong are apt to break, or, like the candle, run; the weak burn out.

Man, of all animals, is one that seldom comes up to the average. He ought to live 100 years according to the physiological law, but instead of that he scarcely reaches an average of four times the growing period. The reason is obvious-man is not only the most irregular and most intemperate, but the most laborious and hard-working

of all animals. He is always the most irritable, and there is reason to believe, though we cannot tell what an animal secretly feels, that, more than any other animal, man cherishes wrath to keep it warm, and consumes himself with the

fire of his own reflections. A Little Sermon.

What you learn from bad habits and in bad society you will never forget, and it will be a lasting pang to you. tured at the stake of disease? Chills I will tell you in all sincerity, not in and Fever will undermine, and eventu- the excitement of speech, that I would ally break down, the strongest consti- give my right hand if I could forget -John B. Gough.

"In a minute" one dose of HART's is an excellent Tonic and Nervine Med-icine. It is pleasant to take, is sold ordinary case of Colic, Cramps or under positive guarantee to cure or Nausea. An unexcelled remedy for money refunded. Accept no substi- Diarrhoea, Cholera Morbus, Summer tutes. The "just as good" kind don't complaints and all înternal pains. Sold