

LOVE IN A CELLAR.

Well, you know, had come for poor Germany. The French conquered us, and the King and our beautiful Queen Louis had to fly with their children, and it was not until they had become French and adopted the French language, and had become French and adopted the French language, and had become French and adopted the French language...

BOYS OF STEEPLE CLIMBING.

Religious duties were strictly prescribed, but were modified by good sense. The knights, as a rule, were to attend the regular church services, but if they had been out on duty at night they were to be excused, and might say their prayers in bed. If they had done anything wrong or foolish they were to confess to the Grand Master or head of the house; if it was a sin they were to go to a priest, who at first was a secular outside the order...

THE MOUNTAIN TEMPLAR RULES.

It is time for lumbermen to begin cutting and saving for these delicate purposes, for fashion once established in the direction of these uses will call rapidly for all that can be supplied. The farmers of Louisiana are tearing down their worm-eaten bullock black-walnut rails, and selling the seasoned sticks to the chairmakers for prices that will defray the cost of the lumber and leave a margin of profit on the operation. It will not be strange if in a few years the pockets and base of many a redwood fence in this state should bring money to help pay off the mortgage on the land it incloses. In the eastern lumber regions there is no such all-around tree as the black walnut. It is the superior of black walnut for every use to which that timber is put, and has every excellence which inheres in wood besides. For all these reasons our coastwise mountain slopes have a treasure in the redwood, which should make the owners of it very firm in their holdings and very conservative in its use, for it is yet to see its highest-priced days. - San Francisco Alta.

GOING LIKE THE BLACK WALNUT.

LET US REST. Brain Workers Should Have a Large Reserve of Energy - Exhaustion. Our article is suggested by one in the Lancet on "The Weak and Tired of London Life." It is very appropriate in our time. Brain workers are in their highest form, involved purely physical acts as truly as does that of the stonemason of the stomach. Excessive thought means cerebral hyperemia as inevitably as excess in the use of a gastric stimulant means active congestion of the mucous membrane of the stomach, and just as habitual use of too irritating food and drink may induce passive congestion in the intervals, or the sequel of active congestion of the gastric organ, so may too persistent and excessive brain work tend to the production of a chronic engorgement of the vessels of the encephalon - (the brain) with whatever the physical fact involves or entails. A perfect similarity of law governs the development of disorders of brain and body. Now, as some have inherited a weak muscular system, and others a feeble digestion, so still others, perhaps in some respects brilliant, have a congenital inability for considerable or prolonged brain work, and are almost sure to be exhausted by a continued strain. The times demand in this country, even more than in England, that brain workers should have a large reserve of energy, and a capacity for producing force almost indefinitely to meet the demands of exceptional exigencies. In our country many enter the profession who are naturally equal to routine work, but are wholly unequal to the strains of competition and to the multiplied and varied demands which so characterize our times. They constantly and periodically strike the limits of their congenital capacity. It is equally so in mercantile life. Not a few, who are equal to a small business, find out that they are not equal to a large one after both physical and financial failure. It is only less so in many other forms of business. Thousands attempt more than they are equal to, to the continual pressure of which results in nervous exhaustion. Some who start in these as teachers in our common schools. The early stages of every profession and business make peculiar demands on the nervous force. And yet thousands enter the teaching profession who do not intend to remain in it. They stay just long enough to overwork, and to be injured, in many cases for life. So, also, our political system constantly brings forward new men who must fit themselves for new and difficult duties at an immense cost to the brain. The physical condition of some of our public men is simply a prominent illustration of this fact. - Youth's Companion.

LET US REST.

Brain Workers Should Have a Large Reserve of Energy - Exhaustion. Our article is suggested by one in the Lancet on "The Weak and Tired of London Life." It is very appropriate in our time. Brain workers are in their highest form, involved purely physical acts as truly as does that of the stonemason of the stomach. Excessive thought means cerebral hyperemia as inevitably as excess in the use of a gastric stimulant means active congestion of the mucous membrane of the stomach, and just as habitual use of too irritating food and drink may induce passive congestion in the intervals, or the sequel of active congestion of the gastric organ, so may too persistent and excessive brain work tend to the production of a chronic engorgement of the vessels of the encephalon - (the brain) with whatever the physical fact involves or entails. A perfect similarity of law governs the development of disorders of brain and body. Now, as some have inherited a weak muscular system, and others a feeble digestion, so still others, perhaps in some respects brilliant, have a congenital inability for considerable or prolonged brain work, and are almost sure to be exhausted by a continued strain. The times demand in this country, even more than in England, that brain workers should have a large reserve of energy, and a capacity for producing force almost indefinitely to meet the demands of exceptional exigencies. In our country many enter the profession who are naturally equal to routine work, but are wholly unequal to the strains of competition and to the multiplied and varied demands which so characterize our times. They constantly and periodically strike the limits of their congenital capacity. It is equally so in mercantile life. Not a few, who are equal to a small business, find out that they are not equal to a large one after both physical and financial failure. It is only less so in many other forms of business. Thousands attempt more than they are equal to, to the continual pressure of which results in nervous exhaustion. Some who start in these as teachers in our common schools. The early stages of every profession and business make peculiar demands on the nervous force. And yet thousands enter the teaching profession who do not intend to remain in it. They stay just long enough to overwork, and to be injured, in many cases for life. So, also, our political system constantly brings forward new men who must fit themselves for new and difficult duties at an immense cost to the brain. The physical condition of some of our public men is simply a prominent illustration of this fact. - Youth's Companion.

LET US REST.

Brain Workers Should Have a Large Reserve of Energy - Exhaustion. Our article is suggested by one in the Lancet on "The Weak and Tired of London Life." It is very appropriate in our time. Brain workers are in their highest form, involved purely physical acts as truly as does that of the stonemason of the stomach. Excessive thought means cerebral hyperemia as inevitably as excess in the use of a gastric stimulant means active congestion of the mucous membrane of the stomach, and just as habitual use of too irritating food and drink may induce passive congestion in the intervals, or the sequel of active congestion of the gastric organ, so may too persistent and excessive brain work tend to the production of a chronic engorgement of the vessels of the encephalon - (the brain) with whatever the physical fact involves or entails. A perfect similarity of law governs the development of disorders of brain and body. Now, as some have inherited a weak muscular system, and others a feeble digestion, so still others, perhaps in some respects brilliant, have a congenital inability for considerable or prolonged brain work, and are almost sure to be exhausted by a continued strain. The times demand in this country, even more than in England, that brain workers should have a large reserve of energy, and a capacity for producing force almost indefinitely to meet the demands of exceptional exigencies. In our country many enter the profession who are naturally equal to routine work, but are wholly unequal to the strains of competition and to the multiplied and varied demands which so characterize our times. They constantly and periodically strike the limits of their congenital capacity. It is equally so in mercantile life. Not a few, who are equal to a small business, find out that they are not equal to a large one after both physical and financial failure. It is only less so in many other forms of business. Thousands attempt more than they are equal to, to the continual pressure of which results in nervous exhaustion. Some who start in these as teachers in our common schools. The early stages of every profession and business make peculiar demands on the nervous force. And yet thousands enter the teaching profession who do not intend to remain in it. They stay just long enough to overwork, and to be injured, in many cases for life. So, also, our political system constantly brings forward new men who must fit themselves for new and difficult duties at an immense cost to the brain. The physical condition of some of our public men is simply a prominent illustration of this fact. - Youth's Companion.

LET US REST.

Brain Workers Should Have a Large Reserve of Energy - Exhaustion. Our article is suggested by one in the Lancet on "The Weak and Tired of London Life." It is very appropriate in our time. Brain workers are in their highest form, involved purely physical acts as truly as does that of the stonemason of the stomach. Excessive thought means cerebral hyperemia as inevitably as excess in the use of a gastric stimulant means active congestion of the mucous membrane of the stomach, and just as habitual use of too irritating food and drink may induce passive congestion in the intervals, or the sequel of active congestion of the gastric organ, so may too persistent and excessive brain work tend to the production of a chronic engorgement of the vessels of the encephalon - (the brain) with whatever the physical fact involves or entails. A perfect similarity of law governs the development of disorders of brain and body. Now, as some have inherited a weak muscular system, and others a feeble digestion, so still others, perhaps in some respects brilliant, have a congenital inability for considerable or prolonged brain work, and are almost sure to be exhausted by a continued strain. The times demand in this country, even more than in England, that brain workers should have a large reserve of energy, and a capacity for producing force almost indefinitely to meet the demands of exceptional exigencies. In our country many enter the profession who are naturally equal to routine work, but are wholly unequal to the strains of competition and to the multiplied and varied demands which so characterize our times. They constantly and periodically strike the limits of their congenital capacity. It is equally so in mercantile life. Not a few, who are equal to a small business, find out that they are not equal to a large one after both physical and financial failure. It is only less so in many other forms of business. Thousands attempt more than they are equal to, to the continual pressure of which results in nervous exhaustion. Some who start in these as teachers in our common schools. The early stages of every profession and business make peculiar demands on the nervous force. And yet thousands enter the teaching profession who do not intend to remain in it. They stay just long enough to overwork, and to be injured, in many cases for life. So, also, our political system constantly brings forward new men who must fit themselves for new and difficult duties at an immense cost to the brain. The physical condition of some of our public men is simply a prominent illustration of this fact. - Youth's Companion.