FLOWERS FOR THE SICK.

A well known florist tol a customer some interesting things about sending flowers to sick people, the other day, says the New York Sun. The customer was a woman, and it all came about in this way: She dropped in late one af-ternoon and told him she wanted to send some flowers to a friend in a hos-

"I am amazed that you should come in here at this time o' day to order flowers for a sick person," he said. "Why, what do you mean?" asked the woman. "I thought flowers were acceptable at any time of the day or

"So they are," returned the man, "but they are more acceptable to a sick person at one time than another. Flowers should be sent to the sick early in the morning, when the invalid feel brightest after the night's rest, for an invalid feels better early in the morning, even after a poor night, than later in the day. The flowers go in early in the day and brighten every hour of it. Send flowers to slick people at this time in the afternoon and nine out of ten will hardly look at them, and while they appreciate the thought, they'll get no enjoyment out of the bouquet."

"How strange," said the woman, "that I should not have thought of that. I was in a hospital for weeks last. fall and got perfect loads of flowers, and I remember perfectly now that I did enjoy those that came to me early in the morning most of all."

"Another thing," continued the man, "great care should be exercised in selecting flowers for people who are ill. The sender should make each flower express a thought. Suppose you are sending flowers to a middle-aged woman. Send old-fashioned flowers, carnations, imignonette, jonquils, violets and such things as will recall pictures of her girlhood. If you are sending to a young woman fond of society choose American Beauty roses, orchids or some rich flowers that will make her think of the social functions she has enjoyed, and, above all, never select a white flower or any blossom that gives a hint of death to one who is sick."-

GENIUS AND WORK.

William Dean Howells said recently that hard work in literature made what the world calls "genius"—with a brain, of course, to begin with. And that recalls a little story; says the Chicago Times-Herald.

In conversation with Joel Chandler Harris a friend said: "You are one of the fortunate authors; everything you touch turns to gold. Life must be a very smooth affair for you."

"On the contrary," was the reply, "life is hard work to me. I get a good deal of enjoyment out of it, but it's more serious than you think." "But, then; your genius-"

"Genius Bosh!" he exclaimed. "It's hard work, I tell you! While some of you fellows are sitting before the fire dreaming dreams and building castles that crumble, I'm at a desk-at work! I haven't time to stare the fire out of countenance. I'd rather build log calbins on earth than loaf around among the stars. And that's what I'd do. I nail myself to a chair and bend to the work, and when you see it flowing pretty fast you say: That's' genius! Go to work, my brother-go to work Stick to your work and you'll win." A youthful literary aspirant who was present said:

"I shall practice what you preach!" And away he went and got him a roller-top desk and a fine, revolving chair and a ream of paper and all the other "helps to literature." And he "nailed himself to the chair," and bent over that desk for two weeks; but when he next made his appearance, haggard and worn, he said; "Well, I've been there for two weeks, but-the work won't come. It's 'no go,' I tell you. Do you know anybody who wants to buy a roller-top desk and a literary re-

MRS. WASHINGTON'S BEDTIME.

volving chair?"

A homelike picture of Mrs. Washing ton and her favorite granddaughter is given by Mrs. James Gibson, who frequently visited her when, as the president's wife, she resided in Philadelphia, then the capital of the United States. Mrs. Gibson's language is quoted by Miss Wharton in her "Martha Washington."

"Mrs. Washington was in the habit of retiring at an early hour to her own room unless detained by company, and there, no matter what the hour (Miss Cuntis) attended her.

"One evening my father's carriage being late in coming for me, my dear young friend invited me to accompany her to her grandmother's room. There, after some little chat, Mrs. Washington apologized to me for pursuing her usual preparations for the night, and duty by reading a chapter or a psalm from the old family Bible, after which all present knelt in evening prayer.

then assisted her to disrobe and lay commission to be examined for the poher head upon the pillow. Nellie then sang a verse of some sweetly soothing hymn, and leaning down, received the parting blessing for the night, with some emphatic remarks on her duties improvements, etc. The effect of these judicious habits and teachings appeared in the granddaughter's character through life."

STARS AND STRIPS.

A meeting of the local committee named by Mayor Knight for a collection of funds to be sent to the New York Journal for the erection of a monument to the crew of the battleship Maine was held at the office of the mayor, in the City building, yesterday morning. Nearly all of the members of the committee named were present, and signified their willingness to serve. Mr. Knight was named as chairman of the committee, and adjournment was taken for further

instructions. "The best monument that could erected to the memory of the Maine's dead would be to plant the Stars and Stripes on Morro Castle," remarked J. S. Fairhead, a member of the committee. 'Would you be willing to help do it?'

asked some one. "Yes, I served four years, and I will serve as many more, if it becomes necessary," was the reply. His sentiments were heartily applauded.—Jacksonville Times-Union.

THE GREAT "PICKWICK PAPERS."

Mr. Percy Fitzgerald lectured on "Pickwick' before a workingmen's college in London a few evenings ago, and maintained that "during the last hundred years no other book had given rise to so many satellite books and illustrations.' To quote the London Daily New's report of the lecture, Mr. Fitzgerald said: Having been prompted to collect all the works on the subject, he found in a

short time that he had nearly a roomful, and when they were bound would require forty or fifty quarto volumes. To get what was called a perfect 'Pickwick,' with the original green covers to all the numbers, and the right details in the illustrations, for, owing to the large de-mand, the first coper plates were worn and others were substituted with differences in the details, cost between £50 and £100. Many of the inns and other places where Mr. Pickwick and his companions visited were now pulled down, but they had been sketched or photographed, and enthusiastic collectors inserted copies of the pictures in their volumes of the famous book. 'Pickwick' had been translated into all the leading languages of Europe, and even into Japanese. Its broad humor was particularly liked in Holland. Among the many eminent men who had taken up the subject was the late Sir Frank Lockwood. He lectured upon it, and wrote a pleasing little work called 'The Law and Lawyers of "Pickwick." There was a great law book entitled 'Taylor on Evidence,' and, strange to say, the Pickwickian infected might be found there. for the author quoted half a page from the novel, and remarked: "Mr. Dickens has in the case of Bardell and Pickwick given a vivid picture of the foolish way in which the law of evidence is pressed." Perhapst few people suspected that the novel was proof of an interesting change in the pronunciation of lower-class Londoners. It represented them correctly as using "v" for "w," a peculiarity which

has now died out.

'Pickwick' has appeared, Mr. Fitzgerald produced a well-printed peny edition, issued by a firm of sauce and pickle-makers, and now, he said, very scarce. He had also a copy of the book in characters for the blind, and he knew it had been printed in shorthand. 'Pickwick' was to a large extent a catalogue of things that had disappeared during the present reign. For example, it mentioned duels, mail-coaches hackney-coaches debtors' prisons, warningpans night-caps rush-lights, carpet-bags, sealing-wax, wafers (though these two might be seen in exceptional cases,) halfprice to the theatre, valentines, the two-penny post sedan chairs, hustlings at elections elopements to Grentna Green, watchmen the pound for stray cattle, men's tights ruffles, stocks, seals, hanging watches, turbans, and scuttle bonnets. link boys, and flint guns. The famous novel was probably the first that came out in numbers, a form which prompted a lady to say that reading a book so divided was like listening through a keyhole and catching a few words now and then. Exhibiting views of Pickwickian inns. Mr. Fitzgerald said that in every one remaining the keepers showed a room, with the remark "Mr. Pickwick slept there." The other day Mr. Fitzgerald was at the Great White Horse Ipswich, where he actually heard a complaint that Dickens's misdescription of the house had done it harm. This was after sixty years.

Mentioning the various forms in which

A JEALOUS PET HORSE.

In a boarding stable in New York there a horse whose name is Tatters. He is the pet of Mrs. D., who owns and drives him. She always gives him an apple or carrot before starting on a drive, and another on returning, the latter being given after the bridle has been removed; and he has learned to wait patiently for the dainty until that time.

On the same floor of the stable is Mr B.'s horse, Phil. Mrs. D. used frequently to give an apple to Phil, after giving one to Tatters. The latter would manifest displeasure at this in a mild way but his demonstrations never went beyond the shaking of his head and laying back of his ears.

But one evening, while Tatters, who had just come in, was waiting for the removal of his bridle, Phil, who was ahead of him, was the recipient of an apple from Mrs. D.'s hand as she stood talking

A moment later the groom had remov-ed Tatter's bridle and at once his mistress offered him his apple. He turned his head away and refused to touch the fruit. Mrs. D. followed him into his stall and tried to coax him; but he began munching his hay and would not look

Then Mr. B., and after him the groom, tried to induce Tatters to take the apple, but to no purpose; he was hurt because his mistress had given an apple to Phil before giving one to him, and he would not forgive the affront. His owner's feelings were much like

those of the horse, and she left the stable with tears in her eyes. Before start ing out the next day she had a friend give a carrot instead of an apple to Tatters, in the hope that if he had not forgotten the unintended affront the carrot might break the association with the apple.

He took the carrot eagerly. Then h took one from his mistress' hand, and you may be sure she has never since then given apple or carrot to another horse while Tatters was in sight.-New York Observer.

DIDN'T WANT THE ROUTE.

"Senator Sulloway of New Hampshire tells a good one when he gets warmed Nellie entered upon her accustomed on the civil service question," said one of the statesmen who came to help the Michigan club celebrate Washington's birthday. 'Somewhere in the south a "Mrs. Washington's faithful maid bright colored boy appeared before the

> sition of letter-carrier. "How far is it from the earth to the moon?" was the first question asked by those who were to determine the young man's fitness for the place he sought.' "'How fah am it from de earf to de moon?" echoed the applicant. My

Lawd, boss, if you's gwine to put me on dat route I don't want de job.' "With that the young man grabbed his hat and left as though he were chased." -- Detroit Free Press.

THEY WAITED ON LINCOLN.

'A delegation of preachers from Chic ago waited upon Lincoln to urge the issuance of the Emancipation Proclamation. The spokesman urged the claim with ecclesiastical dignity by saying: "The Lord sends this commission to you, President Lincoln."

"Perhaps so," he replied, "but isn't it strange that He should send his message by the way of Chicago?" To another delegation urging immediate action, he said: "If you call the tail of a sheep a leg, how many legs

make it one,"-From the Chicago

Record.

nd best judges, pestowed upon the squity vauce

defray all expenses." will the sheep have." "Five," replied the spokesman. "No," said the bothered president, "it would only have four. Calling the tail a leg wouldn't lated,

THE LORD'S PRAYER BY BOOTH.

"I think," said James O'Neill, in his talk about the Booths, "the most thrilling experience I ever passed through was in New York city one time, when quite by accident a number of foreign diplomats from Washington, a few American statesmen, some prominent New Yorkers, and one or two of us professionals were gathered together in a smoking room of the Fifth avenue Hotel, when somebody asked Booth, who by the merest chance happened to be there, if he would not repeat the Lord's Prayer for the assemblage. I was sitting not far from the tragedian when he fixed his eyes upon the man who made the request. I think that it was Lord Sackville West, at that time British Minister to the United States, and I shall never forget the peculiarly searching expression that Booth shot out of his dark eyes. They seemed to penetrate the very soul of the man at whom they were directed, and then, as if satisfied, resumed their

wonted vacuous density,
"We were all breathless with anxiety, at least I was, for seldom would he ever recite off the stage, but at length he arose, walked to a little cleared space at one end of the room, and began a recital that even after all these years makes me thrill through and through. He said 'Our Father,' and never before had those two words been clothed with the majesty and reverence with which his look and tone enveloped them. And then he carried us into celestial regions, our spirits seeming to leave our bodies and to follow his behest; he lowered us into depths too dark for Dante's genius to conceive or Dore's pen to portray; the power exerted over us was simply un-His musically resonant tones sounded slowly through the room, and as he swayed his body we unconsciously followed his motion. It was something hor-rible, fascinating-I cannot find words in the language to express it. There are

"I would not go through the scene again for a thousand worlds, and yet if I had the opportunity I would brave any danger to hear it once more. Do you understand? These few score words as delivered by Edwin Booth were the most powerful argument for Christianity that I ever heard, and could every being on the face of the globe have heard them there would no longer be atheism. Booth strode out of the room when he finished and a simultaneous sigh of relief arose while without a word we strode singly and on tiptoe, and I do not believe that any of us think of that thrilling evening without a shudder. He was a great man, a great man."-Kansas City Times,

YOUR P's AND Q's.

"Mind your p's and q's" has three possible origins: First, that it is the outcome of the writing master's injunction to his pupil, to be careful in the formation of those letters, to distinguish them from y's and g's; next that it may be derived from the formerly common custom of chalking up beer scores on a slate or board behind the door, pints being indicated by p's and quarts by q's. When such an account was growing beyond reasonable proportions it would be likely that the landlord, or the customer's gossips, would bid the offender mind his p's and q's. The third version of pieds (deportment) and queus (tails of hair). The grace and the graceful arrangement of these were distinguishing marks of the

later Louis. "Dead as a door nail" is not so hard to guess. Its origin dates to the primitive times of old-fashioned knockers, which the visitor hammered on to arouse the inmates. As the plate, or the nail that held it, was favored with more pounding than other nails it was naturally thought to be the deadest member of the nail brotherhood.—New York Mail and Express.

WANTS THIRTY NEW BATTLESHIPS

A first-class battleship costs \$3,000,000. or a little more. Thirty could be built for \$100,000,000. These with the vessels already in commission or in course of construction, would give the United States the most formidable fleet of battle ships in the world. The richest nation in the world with a national debt no longer burdensome, the United States could build thirty battleships and hardly so much as feel the outlay.

The vessels would not be built in a year. The burden of paying for them would not fall upon the people at one time. It would be distributed over a series of years. It would probably require ten years to complete them. Let it be said that an equal amount would be expended for cruisers and other vessels below the grade of battleshipes. The burden would still not be heavy, and the navy would be increased so rapidly in strength that in a short time the United States would have nothing to fear even though still it might rank below England in the number of its ships. The coasts should be fortified at every dangerous point. That would leave the

navy free to prosecute an offensive war. Good progress has been hade in this direction, but there still remains much to be done. The Union was formed to provide for the national defense. It is the duty of congress to appropriate whatever money may be needed to secure that end.-Denver Republican.

RESOLUTIONS

In the Interest of the Blue and the Gray and National Patriotism. Headquarters General Burnside Post

No. 28, Oakes, N. D., Jan. 19, 1898.

At a regular meeting of the General Burnside Post, No. 28, G. A. R. Department of North Dakota, the 19th day of January, 1898, the following resolutions were introduced by Comrade E. R. Kennedy, of Ludden:

"Resolved: First, That we ask as a patriotic measure that the government of the United States invite all soldiers of the war of the rebellion, both union and confederate, to Washington, as guests of the union for one week, beginning the 1st of July, 1900.

Second. That on the fourth Independence Day of that year, the president, his cabinet, and the surviving generals of both armies, review the grand old armies, as they march down Pennsylvania avenue, each army dressed ,as near as convenient, in their former colored uniforms, but al under 'Old Glory' the flag of our union.

posts and all patriotic citizens to help carry this into effect. "Foutrh, That congress be petitioned and urged by patriotic influences, to appropriate the money necessary to

"Third, That we urge all G. A. R.

he motion being seconded by Comrade J. B. Root, was unanimously adopted and a committee was appointed to procure the resolutions printed and circu-E. G. BALDWIN,

Post Commander. H. V. HICKS, Adjutant.

WILDS OF WISDOM.

Accomplishment by effort brought to Is sunlight boussed by a burning-glass. -Grace F. Pennypacker.

A flow of words is no proof of wisdom, If the cornel be good, no matter who The first tep to virtue is to love vir-

tue in anot In essentials, unity; in non-essentials charity.

A handfor of common sense is worth a bushel of fearning. Though i werty may bring sorrow riches creat inquietude.

good reaso will expressed. Liberty (nnot long endure in any country wi are the tendency is to con-centrate w alth in the hands of a few.

-Webster. Learning without thought, is labor lost; though without learning, is perilous.-Conft Mu

When we approof we must be careful to replant a der more favorable conditions, where we demolish we should be prepared to rebuild, or no comfort will come of the changes.

To deny the equal right of all men to sit at the well-spread board of a common fatter is to deny the brotherhood of men.-Governor J. R. Rogers. Many polycians are in the habit of laying it do in as a self-evident proposition that ip people ought to be free till they are fit to use their freedom. The maxim's worthy or the fool in the old story who resolved not to go into the water to he had learned to swim. -Macaulay

MEFUL HINTS.

Do not fall to oil the wringer every time you wish. If oiled often there is less wear to the machinery, and less strength is a pended by the operator. To clean the robers rub them first with a cloth sature od with kerosene oil, and follow with soap and water. Always loosen the follers before putting the

wringer aw Moisten to buttonholes of starched collars, wri bands or cuffs a little (on the wrong de) before attempting to button ther for to insert cuff buttons: they will there easily button, and the buttonholes will keep longer intact. Soiled place, on bed or pillow ticks, are greatly imp gred if covered thickly with moistened tarch and placed in the hot sunshine. When the starch has dried rub the spot which it has covered vigorously with dry starch.
Salt throug on coals when broiling steak will prevent blazing from the drip-

ping fat. When contents of pot or pan boil over or sare spilled, thrown on salt at once. It will prevent a disagreeable odor and the stove or range may be more readily cleaned. Flannels just be washed in water of uniform tenterature, Whether it be hot, lukewarm of old does not so much mat-ter, but for the best results the water

must be of the temperature for the several processes all conducted with dispatch was a quickly, rinse quickly, dry quickly, is the injunction for washing flannels. Willens should never be allowed to freez dry. Freezing injures the

The broke pieces and crusts of bread not fit for tast may be put into a pan and dried. t browned, in a cool oven. the door open or you may Better leav forget them When thoroughly dry roll them on an id bread board; sift through a coarse sie e; put them into a blass jar or tin box, ind stand them aside for breading of quettes, cutlets or oysters. This will save the purchase of cracker

To remove wnite spots on varnish furpolish the urniture with a furniture cream. The white vory keys of a piano should never be clamed with water, which dis-

colors ther Instead, they should be rubbed over with a soft flannel piece of silk dipped a oxygenized water which can be obt ned at any chemist's and when the i tes are strained or greasy use methy led spirits, gin or diluted whisky.

HE REG TERED FOR THREE

A man with had stopped at a crowded hotel in a tay where a national political convent on was in session stepped up to the cark's desk on the morning of his depa ture to settle. "Aw, how much is it, me good fel-

low?" he as led the clerk. "Thirty-six dollars," replied that functionary lafter a glance at his ac-"How do ou make that out?"

"Four dol ars a day for three of you. You have then here three days. Three times twelt are thirty-six." "But, me good fellow, there are only two of us any wife and myself." "You re istered as 'Mr. and Mrs. Upsmith and Fidelia." "Aw, me good fellow, 'Fidelia' is my

wife's lapda. You can't charge for a lapdog, you know!" joined the Mexorable clerk, "and every cot in the couse has got to bring in

money thir week. Thirty-six dollars, And Mr. spsmith had to pay it .-

Youth's Cot ipanion. WIVE SHOULD REMEMBER.

That it is policy to let him believe he is "lord an master." That your relationship is closer to

him than to your mother. That a frompt and pointed answer does not ten away wrath. That he oes not get sleepy the same

mement yea do. That he expects you to look your best when you go out with him: That it does not improve his razor to use it for chiropodical purposes.— Boston Glc. ie.

The story of "Margaret's Misadventure," by .. S. van Westrum (Town Topics, 200 Fifth ave., (New York), is one that is found to cause very general comments tits account of the social campaign of a cad, and its picture of a young i rl's first disenchantment, have the qualities of interesting and pleasing the most differing tastes. A number o sharply drawn character-sketches fr m society, add to the interest of the lot. The style of the story is such that no one can lay it down until the lest page is reached.

WHAT TO DO IN EMERGENCES.

Some Interesting Points in Dr. Alfred C. Wood's Lecture to Nurses.

tive and interesting talk to nurses last week at the College of Physicians and Surgeons on emergencies, arising from accidents, disease or nervous conditions, which they are likely to meet within their experience.

Nurses, he said, are expected to know rather more about the treatment in such cases than others outside of the profession, although it has been generally understood that the nurse should only be a pair of hands for the physician. He confined his remarks A lie well put will carry conviction to to the commoner forms of emergencies, the average mind more surely than a such as fainting, hysteria, drowning, wounds, burns and scalds, suffocation, epilepsy and apoplexy, giving brief directions how to proceed and what to avoid in the reatment, with a little insight into the causes of some of these conditions. A few of these points will be of general interest.

In any case of unconsciousness, if the nurse does not know its cause, first examine the pulse. The action of the heart in the circulation of the blood is one of the most imporant functions of the body, and a person can live but a few moments after it ceases to beat. In persons who have fainted, the heart beats so feebly that it would not long sustain life. In most cases placing the person on her back will probably restore her. Fainting is caused by a bloodless condition of the brain, produced by a weak action of the heart. It is a condition which usually need cause no alarm.

A condition commonly confounded with fainting is hysteria, a well-recognized nervous disorder, in which the person simulates any form of disease. In such cases the pulse is not affected. no matter how skillfully the person may feign. The same remark applies to the temperature. If both pulse and temperature are normal, there is nothis serious the matter, and such cases do not need any treatment. It is unwise to throw cold water in the face, or use heavy currents of electricity to arouse them. It is also objectionable to pay too much attention to the symptoms, but to ignore them as if they did not exist.

It is a bad plan to give a person everything that is recommended in case of emergency. A nurse should do nothing unless she sees some indications requiring certain action. Some persons give every remedy in reach that they ever heard of, as in the case of a man who waked up with soreness in his wind pipe, and before the physician could arrive his faithful wife had put a mustard plaster on him, given him powdered alum, sulphur, coal oil, and would have used other remedies had time allowed, while the patient husband was nearly choked to death by the treatment.

In cases of epilepsy, commonly called "fits," the person becomes very pale, nigid, preventing breathing. After few moments the spasm relaxes, there are a number of convulsions, and respiration is resumed. The condition at the out-set is perfectly plain. It needs no particular treatment. During the convulsions the person should not be allowed to hurt himself in any way.

Apoplexy, or, as it is called, a stroke of paralysis, and by various other names, is caused by the rupture of a blood vessel, which allows the blood to pour out and cause a pressure on the brain. If a large rupture, the person loses consciousness and the power to niture dip a soft flannel in spirits of wine move certain portions of the body at and rub the spots well. Afterward reonce. If small the effect is produced gradually. In such cases the patient should be set upright, with the head as high as possible. A person with apoplexy would not be apt to have any convulsions. It occurs almost invariably to persons past middle life. If there are any premonitory symptoms they would be headache and dizziness. No stimulants like whiskey should be

> Convulsions commonly occur in children from all sorts of causes, some of them very simple, like the scratching of a pin. The best thing is to put the child in a tub of hot water, temperature 100 or 103 degrees. If the child has fever, ice should be applied to the head while in the hot water.

> What is called shock results from any general injury. Any local injury should be allowed to wait until the patient has been partial restored to a better physical state, the pulse and temperature being the best guide. In giving stimulants, particularly internal, do not make the mistake of giving an overdose, as it prejudices subsequent trealment.

In cases of drowning, the person should be placed face downwards so that the water may escape from the lungs, and the chest pressed at not too rapid intervals, so as to clear the lungs. "All I know is that we put an extra Then the person should be turned over cot in your room for Miss Fidelia," re- on the back and the motions of breathing be stimulated by pressing the chest about sixteen times a minute. In cases of suffocation from choking by something in the throat, care should be taken not to push the object further down. It is well when the person is coughing to strike a smart blow on the back at the moment of the cough to assist in forcing the object out.

Burns or scalds, if superficial, are best treated by a strong solution of baking soda. If deep, and the whole skin is involved, care should be taken to bring nothing against the wound which is not surgically clean. Strong antiseptics on the raw flesh should not be used. Boric acid could be used freely without harm. Having cleansed the part, it should be protected from the

VALUABLE EXPERIENCE.

"Johnnie," said his father, "I'm surprised to hear that you have dared to dispute with your mother." "But she was wrong, pa," replied Johnnie.

That has nothing to do with it, said the old man. "You might just as well profit by my experience and learn once for all that when a woman says a thing is so it is so, whether it is so or not."-Chicago News.

-Nashville Christian Advocate.

RELATING TO HEALTH

We all known that our feet spread, and take it quite as a matter of course; but it seems that, after all, there is Dr. Alfred C. Wood gave an instruc- no necessity for their doing so. They spread because we do not know how to rest them properly. The feet do not grow, but by resting them in the wrong way the muscles have been uermitted to take a wronk direction, and the foot flattens. When a woman finds that the instep of the foot is tired she should change her stocking for thin ones and put on slippers with a totally different heel from that of the shoes she took off, either higher or lower, as the case may be. Then she should lie down, turned upon her face and place a pillow under the insteps of both feet, so that every inch of the breadth of her feet should rest upon the pillow. When this is done, the foot is at ease. The muscles rest and strengthen and the beutiful arch of the instep is preserved. Possibly someone may think this is nonsense, but let them try the above plan of resting when very tired and they will be surprised to find out how successful it really is.

> People speak about their eyes being tired, meaning that the retina or secing portion of the eye is fatigued, but such is not the case, as the retina hardly ever gets tired. The fatigue is in the inner and outer muscles attached to the eyeball, and the muscles of accommodation which surrounds the lens of the eye. When a near object is to be looked at, this muscle relaxes and allows the lens to thicken, increasing its refractive power. The inner and outer muscles are used in covering the eye on the object to be looked at, the inner one being especially used when a near object is looked at. It is in the three muscles mentioned that the fatigue is felt, and relief is secured temporiarily by closing the eyes or gazing. at far distant objects. The usual indication of strain is a redness of the rim of the eyelid, betokening a congested state of the inner surface, accompanied with some pain. Sometimes this weariness indicates the need of glasses rightly adapted to the person, and in other cases the true remedy is to massage the eye and its surroundings as far as may be with the hand wet in cold water.

As to the influence of tobacco on health, this appears from an analysis of the statistics gathered by the Russian doctor: "Out of 100 smokers, 16.09 per cent fell ill from affections of the respiratoy organs and out of 100 nonsmokers only 10.96; ill from affections of the digestive organs, out of 100 smokers, 11.88, and and out of 100 nonsmokers, 9.92; affected in both apparatus, respiratory and digestive, out of 100 smokers, were 8.77 per cent, and out of 100 non-smokers, only 3.22; in general, 36.74 per cent of smokers and 23.83 per cent of nonsmokers were taken ill." As these facts were derived from an inquiry among 1,000 young men of about they seem to show thunistakanny that smoking is deleterious to health. -Chicago News.

THE PASSLESS PARSON.

Colonel Andrews Loaned Him a Hand Car and Gave Him the Right Away.

(Fairbrother's Farrago It is related that a minister recently called upon Colonel Andrews and requested a pass to his home in the western part of the state. Colonel Andrew explained to him that it would be impossible to comply with his request which he would like very much to grant-but because of the fact that grand juries were indicating the Southern with alarming rapidity for issuing

passes, he would be oblidge to refuse. "But," said the consecrated man, "I om short of money, not only here, but at home; I expected you would grant this favor, and consequently I am not prepared to bear the expense -it is several dollars, and" really looking a gubernatorial oath, "I must be home Sunday." Colonel Andrews offered to loan the

preacher the price, but he refused, saying, "If I borrow, I cannot return it. I am not able.' Then the Colonel offered to imagine that he was in church, and that a contribution box was coming, and he would chip in. This the minister re-

After a few moments thought the parson said: "Have you a a hand

fused-saying it was not right.

Colonel Miller ascertained that there was a spare hand car at the Raleigh section hou se.

"If you would loarn me that, and give me the right away, I think I could make it by Sunday," said the parson, his face beaming with delight. The right of way was given him, and he started, pumping the hand car. As he passed through Durham he was stopped about an hour by parties wanting him to raffle off the car. which he refused to do; alt Greensboro he was bittenb y a miad dog and the authorities at Charlotte overtook him and vaccinated him. Two Mormon elders held him up at Statesville, but he got home Sunday morning at 10 o'clock, and delivered a powerful sermon from the 16th chapter and the 17th verse of St. Luke, wherein it is recorded that "and it is easier for heaven and earth to pass-" than it was for Colonel Andrews.

A WASHINGTON INCIDENT.

There was interchange of courtesies at a recent reception in which the wife of a former congressman and the wife of a bureau official were the principals. It was a crowded afternoon affair, and the ex-congressman's wife was assisting the hostess in receiving the guests. When the wife of the bureau official was presented, the hostess said to the woman of the receiving party, "You know Mrs. Blank, don't you?" "Certainly," said the ex-congressman's wife, "I would know her anywhere by that pink dress." The cheeks of the bureau official's wife were suffused with a rosy glow, but she turned on her tormentor and said: "Probably if my husband had been mixed up in as many questionable transactions as yours , madam, it would not be necessary for me to wear my pink reception dress so often as to cause comment." Every word rang out clear and sharp upon the ears of the astonished guests. Inasmuch as there had been frequent criticism of There is hope for the boy who, what-ever his failings, still reveres his mother.

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The ex-congressman for his connection, with questionable transactions the force of the bureau official's wife's retort can be readily imagined.—San, Francisco Ar-