

Treatment of Hereatter attendants in New York
insane asylums who strike and abuse
patients patients are to be prosecuted by the
Commission in Lunacy on a charge
of assault. The commission finds that there is no need of violence on the
part of attendants in managing insane part of attendants in managing insane
patients. Restrint, of course, is
necessary in some cases, but it can patients. The decision of the Lunacy Commission to discourage and punish sons whose mental coneition renders
their confinement in an asylum neecs sary will be gratifying to all humane
citizens, and especially to those have friends ampeoially to the those who
such institutions of over the fear that minds of thousands latives under restraint in asylums
shall be ser abuse or deprivation. The officials of
charge charge of those instituions should do
all they can to allay that feeling and
inspire confidence in the management of our state asylums.--Rochester and Chronicle.

## This Good a Story to Keep. was, whiman was waill, or thought she Accustomed to the mame thing the thistrations of 

 hurry call, but the medico could notbe located for the moment. She grew
sick and sicker with every sick and sicker with every minute, and
as a last resort, another medical man
was sent for, a stranger, but of

## Before he coult respond, the familly physician turned up and patient

 patient. He was not cold that an-other had been
the second man so flustered and nenplused by was
false position in which she found her-
self that she sent down word tol that she sent down word she was
to ill to see the physician-would he
excuse her? He happened to mention the strange
incident to the family physician, with whom he maintains close relations,
and that is how the story leaked out. Here is a bit of information it will pay you to keep ready for referene,
though you will perhaps turr up your
nose at it at the first reading. "How nose at it at, the first reading: "How
to wake up, and wake up fully and
and wake up in the morning-that is, they
think of the pleasure there would be in just five minutes' more of sleep if
only that alarm clock had not sounded its warning. if course you have
to get up, and if there is really anything that will make the job easier
and more pleasant you will want to know about it. Doctors have long ago
agreed that dullness on first awaken-
ing in the morning is circulation of the blood in the brain.
This can be quickly overcome by massaging the neck in the neighborhood
of the jugular vein, thus stirring the
ond neck well on both sides and drowsi-
ness will leave you: Try it."-New .

How much remains to be done plae of ith indinhabitants of our litt Slanson Skinner of the American
useum of Natural History to get to communication last summer with
e Naskapi Indians of Labrador. He easkapi ndians of Labracor. He eached by way of the west coast of inter, they go to Nitchequon, in the erior, 55 days' journey by canoe
m Rupert's House on East Main interior of Ley are confined
Last proper,
back on the east and north by stskimo, on the west by the
orthen Cree, and on the south by Dangerous Oil Wells. nection of peestion of undergileound connells and possibly Texas land. At owners of
TexiMexican San Geronimo field was in spreading. It became was steadily
to only a fow grains, which ba
fices for a single puff.
Of the races of the world. 600,000
Of the races of the world. 600,000
Of the races of the world. 600,000 000 are white, $700,000,000$ yellow, 215 ,
000,000 black, $35,000,000$ brown or
Malayan, and $15,000,000$ red or Amert Malayan, and
can Indians.
asked with not a

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