

DOWN A MOUNTAIN.

A Rapid and Exciting Descent Much Rougher than Tobogganing.

There is an indefinable exhilaration in rapid motion, as every school-boy knows, else why should he tug up hill, time after time, for the sake of sliding down again? But an Englishman, touring among the Alps, describes a coasting exploit of two ladies of his party, which, however interesting for once, would hardly have been voluntarily repeated. In a small way, and with some difference of method, it reminds one of the common practice of sliding down the Mount Washington railway on a board. The party had finished climbing, and was ready to descend, but then came the question how the descent should be made.

We might return on foot, of course, but that would take two or three hours, and besides, that was not a *la mode*. For all who can pay for it there is a peculiar contrivance of descent, which, sooth to say, had been one of the attractions of the mountain, though whether or not to avail ourselves of it, was a

MATTER OF MUCH DISCUSSION.

Standing about the house were two or three men with long spikes in their shoes, and leaning against the walls appeared certain light wooden frames with long handles. These are sledges, and to do the mountain properly you should go down, like a streak of lightning, on one of them. It seemed a queer and nervous operation, as the sledges were visible down the steep crest for some distance, and then pitched round a corner into unknown space. There were, moreover, but two men available just then, so that our party must be divided.

The two ladies at last consented to try and all the little colony of the hill assembled to see them packed. The priests assured us of their safety, and that they would reach the bottom in twenty minutes. One portly old fellow, with a trombone of a voice, was not only emphatic in his assurance, but putting a hand on the shoulder of each of the men preparing to descend, warned them to take special care of the two English ladies. Yet you should have seen them as they were tilted over the edge! A small pillow tied on each sledge formed the seat; two crooked pegs were all there was to hold by; the feet were pressed against the runners. For precaution, a string gathered in all habiliments lest they should catch against the rocks.

The men putting themselves between the handles in front, and leaning well backward, struck their spikes into the ground. In a minute they were

BEYOND SHOUTING DISTANCE; in a minute more they were shooting round the shoulder of the hill, and whether for better or for worse, our wives were gone!

As we could not know the result till we reached the bottom ourselves, we made hurried adieus to the friendly priests, and set off at our best speed down the path, reaching Saifnitz in an hour and a half. We met two or three sledges coming up carried on their drivers' backs, but could not learn the face of those in which we were interested. At the door of the inn, however, we spied them, propped against the wall; and within doors were S— and A—, hardly yet knowing, it seemed, whether they stood on their heads or their heels.

They described their unwonted flight as a short agony,—which it must be also for the sledgemen themselves, who were steaming with perspiration, and looking much exhausted. The men either ran with the sledges, guiding them round many turns, and pulling them lightly over obstacles; or, when the descent favored, suddenly seating themselves in front of each occupant, left the sledge to its own momentum; then down went driver and sledge, and lady and all, at a velocity which took away the breath. If a check occurred, or the ground varied, the spiked feet were struck out in a moment; but what with the speed, the shaking and the fright, poor S— and A— were aching all over; and though glad to have had the experience, were not inclined to repeat it.

Think on These Things.

It is often said that we are "the creatures" of habit. Our habit of thought has a great deal to do with our character and influence. Our thoughts are, of course, determined by our natural disposition and temperament, but in regard to them, as to everything else, it is the truth that, consciously or unconsciously, we form the habits which regulate them. In the easy-going, pleasure-loving spirit which takes possession of most of us we are apt to forget that there is going on within us a silent forceful growth of ideas and tendencies which will gradually gain an ascendancy over us, and become the masters of our lives. We are what our thoughts are. It is therefore of the first importance that our habit of thought should be elevating, and that the subjects upon which we dwell should be those which will raise rather than depress us. The great letter-writer who had the care of the churches upon him understood this a very long time ago, and in his Epistle to the Philippians he emphasized it. It was a true love-letter that he wrote to those people, in whom he had great joy and satisfaction, and for whom he wished the best and highest blessings. There are people, and Paul must have known such, in whom there appears to us a homely phrase, "nothing to begin upon," and it seems rather hopeless to try to make excellent characters out of them; but to this class the Philippians did certainly not belong. They had proved themselves Christians indeed; they believed in Christ and suffered for His sake; they loved Paul, and he loved them so much that "in every prayer of his for them, he made his request with joy." They were, indeed, so good that it seemed possible that they should reach the perfection which he desired for them; and in order to this, he told them what subjects they were to choose for their contemplation and reflection. "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there be any virtue and if there be any praise, think on these things." Paul knew that if they did their whole lives would, in consequence, be more beautiful, more helpful, more altogether Christlike. The advice is as good for us as for those members of the Philippian Church, and quite as necessary to us as to them, for we, too, need to watch our thoughts. Especially to those who are young and who desire to rise to the eminence which is truly Christian are

the apostle's words to be commended. "But" some will perhaps say, "we cannot help our thoughts." Oh yes, indeed we can. All sorts of thoughts may flash into the mind; but the disciplined heart will so ignore those which are wrong that they will soon pass away. (Guests will present themselves at our doors, but we may either harbour them or send them from us. Evil thoughts will not stay unless they receive a welcome any more than good ones will. We may choose the inmates of our hearts and minds as certainly as we may select those who are to be the inmates of our houses. It requires some decision of character and energy of purpose, it is true, to think only of the things which are virtuous and praiseworthy; but where a man is master of himself it can be accomplished. "I will elect to think good thoughts, to be interested only in excellent things, to examine into the characters that deserve to be imitated." Whoever comes to that resolution, asking for that help from the All Perfect One which is never denied, will have "got upon the up grade" in very truth, for he will dwell most of all in the presence of the Christ who is Himself the personification of everything that is lovely and of good report.

Sending a Shock.

Among certain Eastern nations the Englishman is supposed, from the success with which he uses certain simple remedies, to be endowed with magic powers, as a "medicine man." It is not only the people classed as uncivilized, however, who regard medicine as a black art, which can do anything.

A woman recently visited the office of a physician who has become celebrated for his successful use of electricity in various diseases, and inquired:

"If anybody had headaches in the back of their neck, and was so nervous they could fly, do you think your batteries would help 'em?"

"I might recommend electricity," said the doctor; "but I must know more about your symptoms."

"Bless you, they aren't my symptoms!"

"Then come another day with the patient."

"But I can't bring her."

"Why not?"

"Because she lives out West. I know you can telegraph that far, and I thought maybe you could set your batteries to work on her."

The Glory of War Departing.

The Philadelphia "Press" says:—The new English drill book just adopted for the use of the army out the space given to company drill to one-half its old space and expands the pages devoted to tactics to thrice the old number. The mechanical wheeling of companies on whose perfection our militia companies pride themselves is left out altogether. So are the movements for counter-marching. The drill is greatly simplified. The figures and movements which make so fine a show on the parade ground and are so useless in battle are omitted. For the long, straight wheel, the rigid line, volley firing, counter-marching, and all the intricate drill to which so much time is given by our national guards, there is substituted a loose order in which the fire is maintained by the independent action of a cloud of skirmishers, and the company officers are occupied in feeding this skirmish line from the rear and keeping the company in hand over a wide area, not by command, but by the intelligent co-operation of the men.

The Favour He Wanted.

Jenkinson Wipedunks would not have exchanged situations with the President of the United States, the Prince of Wales or the drum-major of a brass band.

Felista McGinnis had answered "yes" in a voice as soft and gentle as the sigh of music in a dreamless sleep or the murmuring wail of a caressing breeze from lethean waters soothingly fanning the whiskers of Father Time.

"Felista," he exclaimed rapturously, as his left hand and arm disappeared from sight with a rapid yet sneaking motion toward the back of the sofa on which they sat, and the fingers of his right hand appeared to be feeling for something in his vest pocket, "you have made me the happiest man in the world."

The timid upturned glance of her liquid dark eyes and the warm blush that over-spread the happy face of the lovely girl replied more eloquently than words could have done.

"And you will forgive my presumption, darling," he continued, "if in anticipation of your answer I have ventured to provide myself with—with a—with a—"

Jenkinson paused in some apparent excitement, and his finger and thumb nervously explored his vest pocket without seeming to find anything.

"I—I must have lost it!" he gasped. "Felista, it was a ring! Ha! Perhaps it is in some other pocket."

Rising to his feet he thrust a trembling hand into his trousers pocket.

"There was a hole in that pocket."

"Jenkinson," Felista, as she noted with concern his gasty face, on which the light of a desperate resolve was breaking, "don't grieve over it. It will turn up. You are excited. Is there anything I can do to—"

"Yes," exclaimed Jenkinson in a hollow voice; "Felista, I think I know where that ring is. If you would do me a favor I shall never forget until the last hour of my life, get me a boot-jack and leave me to myself for a few moments."

Rapid Treatment.

Doctor—"How is your husband, Aunt Cynthia?"

Aunt Cynthia—"He's wuss dis mawwin, doctah—lo's wuss."

Doctor—"Did you give him that medicine as I directed—a teaspoonful every hour?"

Aunt Cynthia—"No, doctah; I jest give him de whole bottle ter wunst. He wanted to hurry up and get well so's ter gwine to de show ter-night!"

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Is all that is needed to prove that Polson's Nerviline is the most rapid and certain remedy in the world for pain. It only costs 10 cents for a trial bottle. A single trial bottle will prove Nerviline to be equally efficacious as an external or internal remedy, and for pain of every description it has no equal. Try a 10 cent sample bottle. Sold by druggists. Large bottles 25 cents. Avoid substitutes.

Couldn't Eat the Soup.

An elderly gentleman in a restaurant, having been served with a plate of soup he had ordered said to the waiter:

"Look here, I can't eat this soup."

"All right; I'll get you another plate."

On receiving the second plate, the guest once more remarked:

"It's no use, I can't eat this soup."

Then the waiter went to the proprietor and said:

"That old gentleman over there is complaining about the soup. He says he can't eat it."

"You don't know how to wait on people. I'll attend to him."

The proprietor went to the kicking guest and said blandly:

"I understand you say that there is something the matter with the soup?"

"I didn't say anything of the kind."

"You said you couldn't eat it."

"Yes, I said I couldn't eat it."

"Will you tell why you can't eat that soup?"

"Certainly. I haven't got any spoon."

(Texas Sitings.)

Is any "Flower Born to Blush Unseen"?

The old wives tell us "that blushing is virtue's livery." But, alas! to many a maiden, whose soul is purity itself, has been denied the gracious privilege of wearing the delicate crimson; and all because her skin is covered with blotches, pimples, yellow "liver spots," and other discolorations. Who can tell how such a maiden loathes the sight of herself, or who shall intrude upon her as she weeps bitter tears over her uncomely appearance? Thrice unhappy she, if by the use of cosmetics, she shall seek to hide her wretched complexion. But if she will use Dr. Pierce's Golden Medical Discovery, to regulate the liver and purify the blood of all poisonous humors, she will find that her "fish shall come again like unto the flesh of a little child." It cures scrofula, tetter, salt-rheum, pimples, blotches, eruptions, and all skin diseases. Druggists.

Considering that the United States Senate recently rejected an extradition treaty with Great Britain, it is rather amusing to find The New York Tribune gravely saying:

"It is a wonder that Canada has consented so long to be an asylum for the criminals of the United States. She cannot wipe out this stain upon her escutcheon too soon."

The Fastest Time on Record.

in the direction of the nearest drug store, is not too fast for any person to make who is troubled with constipation, dyspepsia, liver complaint, or sick headache, and is, therefore, in need of Dr. Pierce's Pleasant Pellets. Gentle and effective; one a dose.

If we would bring a holy life to Christ we must mind our frivole duties as well as the duties of the sanctuary. —[Spurgeon.

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More than 100,000 persons annually die in this country from consumption, which is but the child of Catarrh. \$500 reward is offered by the proprietors of Dr. Sage's Catarrh Remedy for a case of Catarrh which they cannot cure. The Remedy is sold by druggists; 50 cents.

"Another lie nailed," said the clerk as he tacked up a "selling out at cost" sign.

Coff No More.

Watson's cough drops are the best in the world for the throat and chest, for the voice unequalled. See that the letters R. & T. W. are stamped on each drop.

"Minister" (who has just driven his horse to a wedding in the country): "Can I hitch out here?" "Prospective Bridegroom": "Wall, no. Guess Sal and the folks rather have the hitchin' done in the house."

Consumption Surely Cured.

To the Editor:— Please inform your readers that I have a positive remedy for the above named disease. By its timely use thousands of hopeless cases have been permanently cured. I shall be glad to send two bottles of my remedy free to any of your readers who have consumption if they will send me their Express and P. O. address. Reply, T. A. SLOCUM, M.C., 164 West Adelaide St., Toronto.

A. P. 441

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