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LINDSAY, THURSDAY, SEPTEMBER 20, 1888.

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nences its thirty-fifth volume with a regular circulation of almost 250,000. The war Papers and the Life of Lincoin increased its monthly edition by 100,000. The latter history having reconuted the events of Linoln's early years, and giving the nece sary survey of

### period, with which his secretaries were most intimately equainted. Under the caption. Lincoln in the War,

condition of the country, reaches a new

the writers now enter on the more important part of their narrative, vis.: The early years of the War and President Lincoln's part therein. Supplementary War Papers, following the "battle series" by distinguished generals, will discribe interesting features of army life, tunneling are being spared to make the paper worthy will discribe interesting features of army life, tunneling from Libby Prison, narrative of personal adventure, etc.

General Sherman will write on "The Grand Strategy of Canada, and of the great party of whose of the War"

Kennan on Siberia. Except the Life of Lincoln and the war Articles no Century than this of Mr. Kennan's. With the previous eria, the author undertook a journey of 15 000 miles And able Journalists in every department. or the s pecial investigation here required. An intro-duction from the Russian Minister of the Imterior ad mitted him to the principal mines and prisons, where he became acquainted with some three hundred State Full News from all quaters,

xiles,-Libera, Nihilists, and others,-and the series will be a startling as well as accurate revelation of the etile system. The many illustrations by the artists and photographer, Mr. George A. Frost, who accom-A novel by Eggleston

with illustrations will rtn through the year. Shorter ovels will follow by Cable and Stockton. Shorter fic-

Miscellaneous Features. will comprise several illustrated articles on Ireland, by Charles De Key; papers touching the field of Sunday School Lessons, illustrated by E. L. Wilson; wild Western life by Theodore Roosevelt; the English Catherine is the Catherine and Catherine in the Catherine is a constant of the Catherine in the Catherine is a constant of the Cather thedrals, by Mrs. Van Renselaer, with illustrations by Pennell; Dr. Buckley's valuable papers on Dreams, Spiritualism, and Chairvoyance: essays in criticism, art \$5 per Annum. arvel and biography, poems, cartoons, otc.

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With this issue of the WATCHMAN we extend to its readers many thanks for the cordial support given us since commencing business, and invite all our old customers to give us a The treasure sent is rightly spent, and continuance of the same. Hoping many readers who have not when held by nature's gentleman, yet given us any trade will now do so at the commencement of the New Year. Give us a trial.

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These goods are our own learned this fact by the receipt of tinental freedoms. She made no reply but the tears came in her eyes, and she manufacture, and made the best kiln dried lumber, experienced workmanship& their marriage trip—the Knine, Switz- her in tears. We stopped at Chalons- erland, and back through France. "I liked the place, and took hope all this may last "thought I as I superior finish.

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A. HICINBOTHAM'S Drug Store. ing, so I opened it immediately.

### Poeiri. Nature's Gentleman.

Whom do we dub as gentlemen? The knave, the fool, the brute-If they but own full tithe of gold and wear a courtly suit!
The parchment scroll of titled line, the riband at the knee.

But nature, with a matchless hand, sends I should write to you that I was happy gentleman, who had invited me to join aixhuit. Dick came immediately, and And laughs the paltry attributes of wealth

and rank to scorn; She moulds with care a spirit rare, half human, half divine, and cries exulting, "Who can make a gentleman like mine?"

She may not spend her common skill about the outward part, But showers beauty, grace, and light, upon cital of the real facts of the case could fore I proceeded homeward, so that the

rise from mist and gloom. Should fortune pour her welcome store, and useful gold abound,

He shares it with a bounteous hand and and found myself the next day in my within it. I was close up to it upon scatters blessings round. good, the just, the kind.

He turns not from the cheerless home, where sorrow's offsprings dwell; He'll greet the peasant in his hut-the culprit in his cell. He stays to hear the widow's plaint of

deep and mourning love, He seeks to aid her lot below, and prompt her faith above. The orphan child, the friendless one, the luckless, or the poor,

Will never meet this spurning frown, or leave his bolted door; lis kindred circles all mankind, his country all the globein honest name his jewelled star, and truth his ermine robe.

He wisely yields his passions up to reason's |-a His pleasures are of crimeless kind, and do; be a man, and bear your fate, what- night. What I have endured since I summer. Sugar, also, is mainly a heat pronever taint the soul. Ie may be thrown among the gay and reckless sons of life,

ut will not love the revel scene, or head the brawling strife. wounds no breast with jeer or jest, yet bears no honeyed tongue

merry with the young; He gravely shares the council sheech or joins the rustic game, And shines as nature's gentleman, in every place the same.

pompous tone his word, No studied attitude is seen, no palling nonsense heard; listen, learn, or teach,

With joyous freedom in his mirth, candour in his speech, He worships God with inward zeal, and serves him in each deed; He would not blame another's faith nor

have one martyr bleed; Justice and mercy form his code; he puts she saw through his eyes-she heard his trust in Heaven; His prayer is, "If the heart mean well, Catherine, she would have said of any may all else be forgiven !" Though few of such may gem the earth,

yet such rare gems there are, Each shining in his hallowed sphere as virtue's polar star. Though human hearts too oft are found all gross, corrupt, and dark, Yet, yet some bosoms breathe and burn;

lit by Promethean spark, ed by pelf or pride, Great in the calm, but greater still, when dashed by adverse tide,-They hold the rank no king can give, no

station can disgrace. Nature puts forth her gentleman, and monarchs must give place.

Literature.

had completed this retrospective survey German—a broad-shouldered fellow, "you must be perfectly unreserved with of Dick's doings for the last twelve with blue eyes, a light beard, and long months, "there, he's off again; he's been | yellow locks that fell down upon his good in this unhappy affair. Your husand done it, and no mistake. He's neck. He seemed quite epris with her, band has told me all." going to marry some milkmaid of a and she, Caleb, seemed to me to receive the money market."

Ot Dick himself, from Brussels, full of braidingly. From that moment we raptures, and so forth, declaring that were ill at ease with each other. Our Well, let us consider what is best the more we may wait. -E. H. Chase in The his wife was an angel, and he the happi- intercourse lost all its charm. We left to be done. The matter may admit of Writer. est of human species, and announcing Lyons. I was moody-she was melanfurthermore, that they were making choly; and more than once I surprised their marriage trip-the Rhine, Switz- her in tears. We stopped at Chalons-

Time passed on, the summer was over was that infernal German. I proceedand the term just ended. I was free ed on my way homeward, meditating Manvers, Joseph Staples, Manvers, for a while, and was meditating a trip gloomily upon this ill-omened reccontre. "Certainly, Monsieur. through Scotland, to geologize a little, What could have brought him to Chaland botanize a little, and ruralize a ons? what brought him to Lyons? great deal, when, just as I was stowing Was there no other route in the wide away my hammer, microscope, and a continent of Europe for him to choose them faithfully," and I stretched out the Paris post-mark. The direction was in Dick Woodenspoon's handwriting, so I opened it immediately.

"Monsieur may depend upon me," said the young man, as his fingers to cheer me. I repelled her overtures.

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"Monsieur may depend upon me," said the young man, as his fingers to cheer me with the Provincial Treasurer regarding the accounts between the Federal and Provincial form." few odds and ends, in the way of linen but that which my wife and I were my hand.

"Paris, Hotel de Lisle et Albion, Rue St. Honore.

"MY DEAR CALEB-My dream of fly to comfort and sustain me?

RICHARD WOODENSPOON." munication. Its vagueness was a to meet him that day, so I took my gun thousandfold more painful than any re- and went on my way. It was late bebe. I tortured myself with a thousand sun had set some time before I reached thankfully to heaven. conjectures, but to no purpose. The my cottage gate. I remember how only conclusion to which I arrived, with sweet and tranquil the scene looked in any degree of confidence, was, that his the dim twilight. The low window of

I lost no time in setting off for Paris, warm evening, but there was no light himself into my arms in an agony of the voice of my wifethe grief that was quite alarming.

the face of the earth. Caleb, do not up into my head, my eyes swam-I our bodies, for heat is as much an essential loathe me, do not spurn me; I am a- staggered; but the devil prompted me

struck—horrified, almost unmanned.

He's social with the gray-haired one, and pelled every atom of air out of his body crime." selves upon the mind, even during the my conference with my unhappy friend nature is then so lavish. Most of these No haughty gesture marks his gait, no which little boys crush together for the wife if possible, to investigate the whole and out of him. Nothing, it seemed, could ed by a rosy-faced country-girl. exceed the felicity of the young couple for the first few weeks of their married life. Lucy was all that Dick's heart could desire; she lived for him alonethrough his ears. Like Petruchio's

> object in nature--"Be it moon, or sun, or what you

And if you please to call it a rush candle, Henceforth I vow it shall be so for me. Had he said the Jungfrau was a lake forest of pines at his bidding, and the had reached Geneva on our return in appearance. "So young, so fair, homeward. Here we entered somewhat so artless-looking, can it be that she out into the fresh spring morning. For five into society, less to please myself than has thus gone astray?" Such were my minutes, perhaps, I stood around the dew amazingly; we even attended one of the "And now," said I to myself, after I balls, and Lucy danced with a young

will lie a-bed reading novels or poetry, hurt, and somewhat cool in my manner that has put on simplicity and senti- said nothing on the subject; but I left mentality to hoax poor Dick; playing Geneva the following day, and proceed-Bu- the angel before marriage that she may ed to Lyons. We were scarcely seated play the devil after it. Well, well, it's at the table d'hote when who should sit no affair of mine, after all; hasn't he a down beside her but the same German right to squander old Woodenspoon's fellow. I returned his cordial salutaconsols and three per cents in woman- tion with reserve and coldness. He flesh as well as in railway shares? The turned from me, and addressed himself old fellow can't look out of his grave to her. She was evidently embarrass- she had concluded her sad story. at his son's speculations in the wife or ed. The dinner was at length ended— I thought it would never come to a In due time, or undue—I'm sure I close. I hurried her away as soon as I dreadful lesson of the consequences of don't know well which I ought to call could rise with decency. I spoke to her it—Dick Woodenspoon was married.
I learned this fact by the receipt of tinental freedoms. She made no reply in a few days after I had a letter from looked at me sorrowfully and even up- to neaven that I had a staid with the skirts of "moods;" but I am convinced that day, or that he had staid with the skirts of "moods;" but I am convinced

finished reading the letter, "but I wish banks of the river, intending to pass a it had been a little less high-flown. few weeks there in retirement, if not Those raptures must come to an end, in tranquility. In this sweet seclusion selves, and then-Well, well, there's no mer self. One day I went into the is the evil thereof, and who knows but tel, I saw a young man lolling at the all may come right in the long run, when open window, smoking a meerchaum they settle down a bit?" and so I dis- half a yard long; he had a red velvet missed the subject from my thoughts, cap, with a gold tassel, on his head. I and busied myself about my own pro- looked at him-I could not be mistakper business. What had I to do with en in the blue eyes, yellow locks, and down. light-brown mustache—yes, Caleb, it

We sat down to dinner, and scarcely interchanged a word. We walked in out, "I have something more binding "MY DEAR CALES—My dream of the evening along the bank of the river. happiness is over, and I have awakened I believe I should have walked all night Well, now for the cottage once more." to the reality of wretchedness. I can so fully was I engrossed with my pain-

quest, excusing herself on the plea of a headache, or a swelled foot, or somethe homicide. I was greatly shocked at this com- of that sort. I had promised my friend

misfortune was of a matrimonial nature. the sitting-room was open, for it was a get better." friend's apartment. Poor Dick flung the soft close-shaved grass, when I heard | Heat Producing Food Mischievous in the

"'At this hour, then, to-morrow.' "Oh! Caleb, my friend, I am the "At the same moment I beheld, by during a single year through 130 degs. in the most unfortunate of human beings; a the fading light, my wife seated in a is unusual. Our food requirements in sumdeceived and dishonored husband—an fauteuil, and at her feet, kneeling upon mer differ from those in winter. One of the outcast from society-a wanderer on one knee-a man! The blood rushed chief uses of food is to produce heat within to take vengeance. I raised my gun, either way is fatal. The temperature of the He smote his brow wildly with his and fired at the villain. The man fell; human body in a state of health is the same open palm, and sank upon a chair, over- my wife uttered a loud shriek, and, the world over-in Greenland and at the come with his emotions. I was thunder- springing up, her eyes met mine; she equator. Animal heat is generated within recognized me, and fell to the ground. from the raw material furnished by food. "For God's sake, my dear fellow, com- I rushed from the spot, and found my- Nature within us and nature without us pose yourself, and tell me all; let me self in the town, I know not how. I work together herein. Some foods merely know the worst-I will never desert hurried to the railway station, a train generate heat; others nourish, or furnish was just about to start for Paris; I took force He grasped my hand, and wept like my ticket, flung myself into a carriage jects, according to the need. The Greenwhich fortunately was vacant, and lander craves heat producing fat, but food "Come, come, Dick, this will never traveled hither through that miserable into which fat largely enters is unsuited to

ever it be, like a man. Open your cannot describe to you. My sole occu- sugar and fat, are mischievous in the hot whole heart to me; you know I can pation is to brood over my sorrow, to months. The system, already weakened by neither advise nor comfort you unless curse my destiny. I have not the cour- the heat without, is further heated by the age to look at a journal, though racked heat elaborated within, and is still further Dick gave a sigh so loud, so deep, so by anxiety and fear; for I dread to read by its inability to assimilate what may have long, that I thought he must have ex- the disclosure of my hishonor and my been digested. This throws exhausting work and I almost expected (such ludicrous | Before an hour had elapsed I was thoughts will sometimes force them- on my way to Chalons. The result of

gravest moments) to see his chest col- was the determination to visit the scene vegetables have little heating property. lapse, like one of those paper bags of his misfortune, to see his wretched fun of driving the air out with a report. affair, and to be guided by the issue as By degrees he became composed, and to my subsequent proceedings. The between coaxing and admonishing, I following morning I was at the door of got the whole story of his misfortunes Woodenspoon's cottage. It was open-"Can madam be seen?" I demanded.

> The girl hesitated. "Take this to her," said I, giving her my card, "and tell her that I entreat her to see me upon important business. In a short time the girl returned and led me into the saloon; in a moment after the door was hurriedly opened and a lady tottered forward. Her face

was pale as death, and her eyelids red and swollen from weeping. "Oh, Mr. Chubble," cried she, seizing my hand, "you come from my husband she would have expatiated upon its I know you do-you are his dearest depth and darkness. She would have friend. Where is he? where is he?" There are some spirits nobly just, unwarp- pronounced the falls of Shaffhausen a "I do come from your husband,

madam," I said, very gravely; "but beroar of its waters the song of the fore I give you any further information nightingale. And so they went on, I must first trouble you to answer a loving and roving through the length and breadth of the land, like a pair of I looked at the woman that now sat I looked silly turtle-doves. But I will relate tremblingly beside me. She was not paper, clippings, letters, everything. The the rest in Dick's own words: "We only very pretty, but very prepossessing

to gratify my wife. We went to spec- reflections as I regarded her in silence. tacles; to concerts, which she enjoyed My heart was softened toward her, despite of myself. "Madam," I resumed, in a kinder tune me, if you hope that I can effect any

"Oh, Sir, he has not told you all: he could not, for he does not know all. hay about her. A fool belike, that than I thought was becoming. I was will reserve nothing from you, as you are his friend. When you have heard style was bad, being uneven and "jerky,"

> And the poor thing did tell me all-her whole married life-her trials -her temptations-her struggles-her thing which I could see and handle. Of failings-and I listened to her with course, much of the work of those first mornmoistened eyes, I am not ashamed to ings was gathered up carefully and conconfess it; and I did pity her with my for "moods" soon showed unmistakable signs whole heart, and I told her so when of being broken up; and, after a few months,

> "It is indeed very terrible," I said taking her poor trembling hand; "a giving way to the solicitations of pas- himself, "an editorial back," my copy was

> "Oh, Mr. Chubble, call it by its right name —it was madness! Would other work, writing only occasionally, and to heaven that I had accompanied him again I have formed the habit of hanging on

some arrangement." We continued to talk for some time

anxiously, and I arranged my plans, and left the lady, promising to call again in the course of the day. At noon the same day I sat in a private room of the principal hotel at Chalons, in conversation with a young man in the twinkling of a letter press screw. One some way or other; they must either I was regaining my peace of mind, and whom I met there by appointment whom I met the province whom us required some tact on my part, and jects referred to in the letter. good in croaking; sufficient for the day town, and passing by the principal ho- I flatter myself that I ultimately ar- friend, in the free expression of friendly conranged it to the satisfaction of both versation, I have chatted about the present

> ended, and we arose. "You agree then Monsieur," said "to the terms as I have written them the touch needed to complete a chapter or

sign this paper."

And the young man did so. "I rely, then, upon your observing "printed in a book," to hand down to his

not command my feelings sufficiently to write to you the details of my affliction. Come to me my dearest friend; come to ed. Next morning after breakfast I Can still suffice to ratify and grant such me, without a moment's delay. When proposed that she should accompany inside of it. I despatched a line to last we met you promised me that, when me to the chateau of a neighboring him, requesting his presence numero you would come and witness my happi- in a day's shooting. To my surprise I was shocked to see how much he was ness. Now that I tell you I am the and annoyance she declined, for the changed for the worse, even in the most miserable of men, will you not first time in her life, to accede te my re- short interval since I left him. His

"Is he dead, Caleb?"

"Oh, thank God!" and the poor fellow clasped his hands, and looked up

"Is he recovering?" "Humph-no; and I shook my head oracularly. "I fear he is not likely to

## FOOD FOR SUMMER.

Hot Months-Our Drink. In our climate the temperature may range

weakened and rendered susceptible to disease

Here again we see the harmony of nature within and without. In summer the normal taste is for the fresh vegetables, in which Moreover, they abound in water, which the

Again, cold is a tonic, and long continued heat a depressant. In winter digestion is more vigorous, and this makes the appetite better. In summer, therefore, our food must be less in quantity. Indeed, quantity then tells more unfavorably on health than does quality. The getting rid of waste keeps the eliminating organs at a high and dangerous tension, and that, too, when weakened by climatic conditions. Yet many persons eat their feeble appetites with various stimulants. It is not wonderful that, when the laws of health are thus disregarded, the season is pre-eminently the sickly one, although so much life in the open air should

make it a healthy one. Food includes water and water constitutes the larger part of the body. It is also the solvent both of food and waste. By its evaporation on the surface the bodily temperature is kept at its proper point. Hence it should be drank freely in summer-but not iced. - Youth's Companion.

## Habits of a Literary Man.

"Timothy Titcomb" had just come out with his "Gold Foil," and I, too, began to hammer at the old proverb: "Get thy spindle and thy distaff ready, and God will send thee

next morning, two hours before the usual time of rising, I thought of my "spindle and my distaff? waiting, and I hurried up, and laden porches, and then went in for a cracker and a glass of milk, and was ready for find-

Going fasting to my desk, or taking even a short walk as soon as I was up, always retarded my work, and a headache or early exhaustion was the consequence.

The history of this morning is the history of every morning for a year. The old habit was hard to break, but I was determined to get rid of it, and every morning I compelled myself to write something original; to write it with care and painstaking, endeavoring to concentrate my thought upon it. Often the all, you will surely pity me. Oh! I am | and the matter was even worse, from half formed ideas, yet I found that copying a few pages of some good author the evening before improved the style, and putting the idea on paper often introduced it as a personal to my desk in the morning my flax was

Afterward, when I took up editorial work, or became, as Horace Greeley once called not always a day or two behind time because I had to wait until I felt like writing. For that it is not a necessary thing to wait for inspiration, and, too, that the more we wait,

Hint to Literary Folk.

I early found that I needed some place for special information about men of note, anecdotes overheard, reflections, etc. After much thought I hit upon the following: In the first place, I keep a letter book, with tissue paper leaves. Every letter written, be it of more or less importance, is copied into that book

parties. At length our conference was administration, or given him some sage advice against flirting. Back in the index goes the entry, "Flirting, page 68," Years later these half playful remarks may be just outline a book. By writing down my anecdote while it is hot, and similarly copying, I "Will you be so good, then, as to for filing. This same letter book system is also excellent for preserving a copy of any manuscripts against the chance of their loss by mail, and if it is faithfully kept up, the writer has his literary life and progress all children's children. - "J. P. T." in The

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