

HEALTH

Nerve Hygiene.

It stands approved by experience that nerves and muscles which remain inactive lose strength and shrink; and just so the brain needs exercise, and in fact, earnest, hard labor, but not too one-sided, in order to become, and remain strong and healthy.

Every one who desires to secure and strengthen a healthy and useful brain, must first, not only labor physically, but mentally; must really labor, and that daily, and not too little.

On the other hand, mental labor preserves the plasticity of the brain to a much more advanced age. Idlers, therefore, in spite of the fact that their brains are not overworked, are old mentally, narrow-hearted, limited in horizon, and not seldom absolutely stupid.

A Contrast.

With an incredible faculty we give our children pies, cake, preserves, hot biscuit, coffee, pepper, and all other condiments we can collect from the four quarters of the globe, and then wonder that their stomachs and nerves are a wreck before they are fifteen.

Sleep.

The phenomenon of sleep, one of the most common and the simplest of the functions of the body, has, until recently, been one of the most difficult of explanation. It may not seem so difficult to understand why one becomes weary and desires sleep, although to the physiologist this is by no means a simple problem; but when one is sound asleep, why should not one remain in a state of repose?

The Queen's Will.

It is understood that the Queen made her will in 1876. It is engrossed on vellum, quarto size, and is bound as a volume, secured with a private lock. Several blank pages have been left at the end of the book for codicils, some of which have already been added.

No matter whether he has been to college or not, the man who can keep sweet when things go wrong is a man of power.

ATLANTIC STEAMERS.

How They Were Run in the Old Days.

The recent accidents to some of the big Atlantic steamers bring prominently to mind the great changes that have taken place in ocean travel in the past thirty or forty years. While to-day it is hardly an exaggeration to say that one is quite as safe on an Atlantic liner as on dry land, the same assertion could not be put forward regarding the "good old days" which are so honored in song and story.

THE PALATIAL VESSELS.

Now plying on the great rivers of the United States, the first actual attempt at Atlantic steam navigation was made by Colonel John Stevens, of New York, in 1812. The boat was called the "Savannah" and was built as an ordinary sailing vessel, but afterwards fitted with engines and boilers, and steamed from the city of Savannah on the 25th of May, 1819.

Sailors' Bravery.

Upwards of 70 passengers on board the steamer Rualine drew up an address between Tenerife and the Cape of Good Hope for presentation to Captain Bone, the officers, and crew of the ship. It tells in a few words the story of a period of trial, anxiety, and danger in which these able navigators displayed unflinching zeal and devotion to duty.

He who prefers the material delights of life to its intellectual pleasures is like the possessor of a palace who takes up his abode in the kitchen and leaves the drawing-rooms empty.

When another speaks be attentive yourself and disturb not the audience. If any hesitate in his words help him, not, nor prompt him nor answer him till his speech is ended.

A NORWOOD MIRACLE.

Health Regained after Seven Doctors Had Failed.

The Remarkable Experience of John Slater Knox—Two Hours' Sleep all the Benefit Derived From Six Weeks' Medical Treatment—Rescue From Suffering Came After the Doctors Had Pronounced His Case Hopeless.

The readers of The Register will remember having read in this paper during the early part of last year of the very serious illness of Mr. John Slater Knox, who lives on lot 20, in the 3rd concession of Asphodel township. They will remember how in January, 1892, Mr. Knox was stricken down with la grippe, how from a man of about 185 pounds he fell away in flesh in a few short weeks until he was a mere skeleton of his former self, weighing only 120 pounds; how he was racked with the most excruciating pain; how he longed for death to relieve him of his suffering; how he consulted doctors near and far, and how they failed to successfully diagnose his case.

Before I had finished taking the first box I felt a little better, and when I had taken two boxes I was convinced that the seven doctors had failed to do what they were effecting a cure. I felt so much better after having taken three boxes of Pink Pills that I ceased taking them, but I had not fully recovered and had to resume, and I then continued taking them until now I am as hale a man as you will meet in a day's travel. I am positive that this happy result has been brought about by the use of Dr. Williams' Pink Pills. I recommend them to my neighbors and my friends as a thoroughly convinced of their great curative properties.

"Yes," replied Mr. Knox, laughingly. "I am about building a house and barn, which I enjoy will demonstrate that I am trying to enjoy my renewed lease of life." Calling on Dr. Moffatt, druggist, The Register reporter asked him if he knew of Mr. Knox's case, and that that gentleman ascribed his cure to the use of Dr. Williams' Pink Pills.

These Pills are manufactured by the Dr. Williams' Medicine Company, Brockville, Ont., and Schenectady, N. Y., and are sold only in boxes bearing the firm's trademark and wrapper, at 50 cents a box or six boxes for \$2.50.

matter what name may be given them. They are all imitations whose makers hope to reap a pecuniary advantage from the wonderful reputation achieved by Dr. Williams' Pink Pills for Pale People, and refuse all imitations and substitutes.

Dr. Williams' Pink Pills may be had of all druggists or direct by mail from the Dr. Williams' Medicine Company from either address. The price at which these pills are sold makes a course of treatment comparatively inexpensive as compared with other remedies or medical treatment.

GHOSTS OF THE TROPICAL FOREST.

Strange Animals That Spend Their Lives in the Lofftest Trees.

To the naturalists the most marked feature of the great tropical forest south of the equator is the inequality in the balance of nature between vegetable and animal life. From the forests of Brazil to the forests of Northern Madagascar to the tangled jungles of the Asiatic Archipelago and the impenetrable woods of Guinea, the boundless profusion of vegetable growth is unmatchably similar abundance in animal forms. A few brilliant birds of strange shape and matchless plumage, such as the toucans of Guinea and the Amazon, or the birds of paradise in the Moluccas or the Papuan Archipelago, haunt the loftiest trees, and from time to time fall victims to the blow pipe or arrow of the natives, who scarcely dare to penetrate that foodless region, even for such spoils, until incantation and sacrifice have propitiated the offended spirits of the woods; but, except the sloth and the giant ant-eater, there is hardly to be found in the tropical regions of the New World a quadruped which can excite the curiosity of the naturalist or form food for the wildest of mankind.

FAITHFUL TO DEATH.

An Indian Story Which Has Come Down From Remote Times.

The Banjars occasionally keep dogs, and it was, we believe, a Banjara dog which gave rise to the well-known legend of India. The story comes from at least half a dozen different parts of India, the substance being identical, although the localities differ. This is how it runs: "Once upon a time a poor man owed a large sum of money to a Banjara, and as he could pay nothing the Banjara came to seize his property, but he found that all he had was a dog. 'Well,' said the Banjara, 'since you have nothing else I will take the dog; he will help to watch my house.' So the poor man took a tender farewell of his four-footed friend with many injunctions to serve his new master faithfully and never attempt to run home. Some time after the dog got to his new home thieves broke into the house and took all they could find, the dog barked as loudly as he could, yet the Banjara snored on peacefully, and so seeing the thieves disappearing with the booty, he followed them and saw them hiding their treasure in holes dug in the dry bed of a nala. He then ran home and never stopped barking until his master woke up. The Banjara was almost frantic with grief on discovering his loss and was about to wreak his vengeance on the dog, but, attracted by his strange behavior, he determined to watch him instead. The dog at once led the way to the nala and began scratching at the hole, and very soon the stolen wealth was again in possession of its lawful owner. The Banjara's delight on recovering his property was so great that he wrote on a paper 'Your dog has paid your debt,' and, fastening it to his dog's collar, he bad him return to his old master, and the faithful dog, full of joy, trotted on as hard as he could go. His old master, as it happened, just about this time began to long for a sight of his dog and determined to go and see how he was getting on. When half way on his journey he saw the dog running toward him. He drew his sword and waited his approach, and as the dog, with a whimper of joy, sprang forward to greet him, he cut off his head with his sword, crying out: 'Thou disobedient dog! Pay the penalty of deserting thy post.' Then too late he saw the note attached to his dead friend's neck, and was seized with such remorse that he fell upon his neck and died. The man and the dog are buried in one grave, and any one traveling to Haiderabad may still see the grave by the roadside."

Suicide of Three Soldiers.

Suicides in the German Army are still very frequent. From Coblenz comes the intelligence that no fewer than three soldiers have committed suicide within three days. An artilleryman, after arrest and conviction, threw himself off a ship's bridge into the Rhine and was drowned. The next day another soldier hanged himself while under military arrest, and on the following evening a vedette shot himself while awaiting his trial in the Civil House of Detention.

SPECIALLY FOR LADIES.

Facts and Fancies, Short and Sweet, for Feminine Recs. R.

Pianos were invented at Dresden. Titled lady shopkeepers are on the increase.

American women decorate their muff with violets.

Lady journalists are not to be allowed in Japan.

Skirts are getting wider and wider. This looks ominous.

Gay coloring is to be a characteristic of the coming fashions.

Queen Elizabeth was renowned for the beauty of her lace.

Most young French ladies are taught fencing as a matter of course.

Ten years ago the demand for black crapes was treble what it now is.

Of the 363,000 teachers in the United States, over 240,000 are women.

Women were first admitted as students at the University of London in 1878.

A celebrated millinery establishment reported to already have over 20,000 crinolines in stock.

Freckles may be safely treated by touching each one with a moistened crystal of common nitre.

The true Oriental ruby is found in the sands and rivers of Ceylon and the mountains of Pegu and Ava.

In Indiana a Bill has been introduced to the Legislature to prevent the importation and sale of crinolines.

Skirts are getting so voluminous that it is said women will have to take to the crinoline in sheer defence.

Flattery is not love, nor yet friendship, nor yet, again, admiration; it is a very bad imitation of all three.

There are a score of women in New York whose collections of lace vary in value from \$20,000 to \$50,000.

Straw hats this year are wonderful in their workmanship—they are shot and shaded in all combinations of color.

A pretty floral fan is made of ivy-leaf geraniums, the center being hollowed out and filled with grass and ivy leaves.

In a case of earache, turn a drop of milk as hot as can be borne into the ear, and cover it quickly with a piece of cotton wool.

The first lady to attain the degree of "Master" of Arts in England was Miss Mary Dawes. She accomplished this in 1884.

The reign of three-quarter length cloaks is over. In the spring nothing but peleries reaching a trifle below the waist, will be seen.

Madame Patti likes to have her hair dressed by a woman. She has employed the same hairdresser when in London for the past eleven years.

A Manchester house has already laid in a stock of steels sufficient for 10,000 crinolines in anticipation of a sudden rush if the fashion be established.

The world is increasingly dependent on intellectual work, and women are increasingly dependent on their own exertions to secure their maintenance.

Princess Victoria Kamlani, daughter of the Queen of Hawaii, is now at school in Northamptonshire. She has developed a penchant for slang English phrases.

A delicious breakfast cake is made with two cups of milk, two cups of flour, and two well-beaten eggs, to be baked in scalloped dishes or patty-pans.

John Collier, the well-known artist, says—"My opinion is that female dress will never be wholly satisfactory until women have realized that they have no waists."

The most striking thing about a Swedish dinner is its profusion, which is an exaggeration of the French system of *hors d'oeuvres*, and sometimes consists of a dozen or more dishes.

The art of fencing was the delight of our forefathers, and it is being extensively taught to ladies. It does not require strength, and will be found a graceful and healthy amusement for young girls.

A new fashion among ladies in Germany is to have visiting cards of iron, forty cards making only one-tenth of an inch in thickness. The names are engraved in letters of silver or gold on the black surface.

The great enemy of marriage is not its irrevocable character, but the increasing luxury and idleness of the present day pervading all classes, and making so many people ignore the duties of home domestic life.

The Short Skirt League has for its object to induce ladies to adopt a dress more rational than the present style for out-of-door wear. The chief rule is that the skirt be not less than 5 inches off the ground all round.

An idea evolved by an ingenious woman, whose dainty *tele-tele* set lost both its saucers, was to tie the two bereaved cups together with a bow of fancy ribbon, and convert them to the service of used and unused matches.

Not so Glad as She Thought.

A few evenings ago a gentleman stepped from a train at one of the London stations when a young lady skipped up to him, threw her arms rapturously about his neck, and kissed him many times, saying:

"Oh, papa, I'm so glad you have come!"

The old gentleman threw both arms around her and held her firmly to his breast. Soon she looked up into his face, and horror stood in her eye.

"Oh, my you're not my papa!" she said, trying to free herself from his embrace.

"Yes, I am," insisted the old gentleman, holding her tightly; "you are my long-lost daughter, and I am going to keep you right in my arms till I get a policeman."

When the officer came he found the old gentleman's diamond pin in the girl's hand.

A Shrewd Tailor.

Gentleman—If you will get my coat done by Saturday I shall be forever indebted to you.

Tailor—Oh, if that's your game, it won't be done.

Nothing will do more to put wrinkles in your face than worrying about things you can't help.