were the following: Alchohol, instead of raising, lowers the centure of the body After a drunken or it has sometimes taken three days to the natural warmth, under the most orble circumstances. Even moderate tiers are peculiarly exposed to dangerous

Alchohol is not, in any proper sense, a The development of fat from its use inply due to structural degeneration of

Alchohol accelerates the action of the from one hundred thousand beats a m, say, one hundred and twenty-five and, followed by a proportionate weakthat necessitates, successively, addidraughts. Hence the heart becomes gred and its valves disordered; and the resed flow of blood to i , is rendered for time more active, and is succeeded by er feebleness, which demands a repetiof the stimuius.

The whole internal cavity of the body. iz organs, every bone and joint, the mand spin al cord, are wrapped in memes, through which as filters, everything to pass for the sustenance of the respecputs. These membranes must be just ous enough, and be kept perfectly supple. slehohol causes them to thicken and ink and thus effects a general deterioraof the organic structures.

Among the effects of this deter oration, those who drink moderately, are various raigic pains, the worst form of indiges , and wakefulness.

At a later stage of drunkeness, not a ele organ in the body escapes disorganion of its vital structure, although herefor other conditions may cause a seemconcentration of disease on some partir organ, - the liver, the kidneys, the n the heart, the brain or spinal cord.

pture (t

. CLUTHES ?

If this agent do really for the moment er the weary and impart a flush of trant pleasure to the unwearied who crave mirth, its influence—doubtful even in modest and moderate degrees-is an intesimal advantage, by the side of an hity of evil for which there is no com-St. West, I ston and no human cure."

The above are the teachings of science. will add the teaching of actual obserin. Sir Andrew Clark one of the most ment medical authorities in Great Bria says that in seven out of ten of his hosal patients the disease was caused by hk, and in three others was aggravated by He had some times thought of giving up practice and going about the country in resade against intoxicating drinks.

### The Delusion of Growing Fat.

livou continue your present dietary and bits, and live five or seven years more, burden of fat will be doubled, and the innating tailor will be still congratulatyou Meantime you are "running the sof life -a figure of speech less approte to you at the present moment, than formerly was—handicapped by a weight ich makes active movement difficult, up-

OST DU. hty or ninety years, still retaining a re-ARKET. etableamount of energy of body and mind, Thousand and spare, and lives on slender ra-

Neither your heart nor your lungs can act aly and healthily, being opposed by the thening fat around. And this is because nontinue to eat and drink as you did, or m more luxuriously than you did, when ath and activity disposed of that moisty lod was consumed over and above what bdy required for sustenance.

LL THE sch is the import of that balance of unces That pended ailment which your tailor and HAT IN a missish friends admire, and the grad-QUALITY disappearance of which, should you remer your senses and diminish it, they will ALER deplore, ha'f frightening you back to rold habits again by saying : "lon are growing thin; what can be the

TTC the with you? hane and mischievous delusion.

# About Spices.

singer is the root of a shrub first known and now cultivated in the West and Sierra Leone. The stem grows or four feet high, and dies every year. are two varieties of ginger—the white takk-caused by taking more or less in selecting and preparing the roots, are always dug in Winter, when the are withered. The white is the best. tmanon is the inner bark of a beautiful native of Ceylon, that grows from to thirty feet in height and lives to couries o'd.

Clores-native to the Molucca Islands, called from resemblance to a nail The East Indians call them changkek," from the Chinese "techengragrant nails). They grow on a hight smooth barked tree aboutforty feet Cloves are not fruits, but blossoms, pared before they are quite unfolded.

the flavor of several spices—grows dantly on the allspice or bayberry tree, of South America and the West Ia-A single tree has been known to propounds of berries. They are purple

tid berry of a climbing vine native to the Indies. White pepper is obtained from berries, freed from their husk or ind Red or cayenne pepper is obtained by similar the scarlet pod or seed vessel of a spical plant that is now cultivated in all pro of the world.

Julineg is the kernel of a small, smooth, that grows on a tree in the Lands and other parts of the East. trees commence bearing in the seventh and continue fruitful until they are or eighty years old. Around the thell has a soft scarlet covering, which, The rest nutmegs are solid, and emit when pricked with a pin.

Shinbones Makes a Speech-

It was a calm and peaceful Sabbath morning. The sycamore trees that shaded the old school house of the African population of West Hoboken were waving gently in the afternoon breeze, while the hum of bees rose softly from the two or three ragged hollyhock bushes in the garden.

Within a silence deep as that of creation's dawn brooded. The whole school was in an attitude of attention, for Brother Shinbones Smith had been invited to address the children. On being introduced by the principal, the aged sage arose, and, mopping the perspiration frem his expansive brow, made a courtly bow.

"My young fr'en's an' fellah citizens," he began, "I ham't gwine fur ter tole yo' dat dis am de proudes' 'casion ob my life, 'case it hain't. De proudest time dis hyar cullud pusson ebber knowed war w'en he come back from an official wisit ter de state's prison daown ter Trenton, an' war receibed at de depot by a hadmirin' delergation ob his breddern. Dis hyar casion am de fird proudest ob my life. De second war de fast time me an' my ole woman had a rumpue, an' I done knocked her clean frough de back dooah wid a aged ham-bone. I'se come hyar for de puppose ob gibbin' yo' y ung folks a few ob de results ob a long exper'ence 'mong sinners an republicans.

"'l'ain't allus de dog wid de bigges' tail wot does de mos' waggin'. No moah am it de man wot has de bigges' mouf does de mos' talkin'. A \$2-kitchen wench, wid a mouf no bigger'n a silber quahetr, could talk de lungs out ob Senator Ebbarts.

"Wen a man am short, he weahs his coat long. Dat am a fack in nat ral his'try, an' likewise in Wall street.

"De man wot owns a fas' hoss an' a million dollahs kin git aroun' Central Cark faster dan I kin; but dar's one place I kin git ter jess ez quick ez he kin, an' dat's de pooahhouse.

"Doan't make up yore mind dat yo' know moah dan yore fadder till yo' git to be older dan he is. Den yo' kin tote de ole man ter de succus, an' box his eahs fur larfin' at a clown's joke wot yo' knowed befoah he war "Doan's monkey wid yore mudder on

wash-day. Dat am de day w'en female angels lay off der angelieness fur de time bein'. I hab knowed chillen ter lose a good deal ob deir activity by not mindin' dis ad-

night A man kin shoot a gun jess ez well by de shinin' ob de moon ez he kin by de yo' kin git; den snatch 'em silly.

"Doan't grumble an' kick all de time. Jes recommember dat a common, ord'nary, ebberyday mule kin kick de immawtal soul out ob de mos' onhappy man dat ebbah war boh ..

"An' doan't be too durned checahful, neider. An ole brack tea kettle, and nuffig' inter it but water, kin sing ez e'it nebbah knowed a minnit's trouble. "Doan't vote widout finnin' out which

side am bound ter carry de 'lection. Dat's de side dat'll pay yo' de bigges' price. "Ef yo' chillen 'll jes take dese hyar solid brickbats ob wisdom, an' treashah dem up in yore hearts even from de risin' up ob de sun ter de roostin' ob de chickens, vo' won't hab half so much trouble in dis hyar wuld ez de mos' ob us hab had But dis hyar aged niggah, whose pocket hat been putty nigh emptied by payin' de fine ob his wife fur knockin ascents troublesome, respiration thick in out Mrs. Parsimony Higgins, am willin ter bet all dat hes got left dat not an Not one man in fifty lives to a good old onery pickaniony ob de whul cabooble ob yo' 10ST ST in this condition. The typical man of will ebbah pay de leas' bit ob 'tention ter de ole man's toot."

And then there was another yawning chasm of silence, during which nothing was heard but the breathing of a cross-eyed pupil who had the asthma.

## ENGLISH ECHOES.

Mr. Laton Woodville, "the English De Neuville," is to paint a picture of Princess Beatrice's wedding.

Sr Charles Dilke is practically a total abstainer. He "passes the bottle, but does not diminish ite contents."

Mr. Gladstone is so delighted with Norway that he is going to learn its language. Well, Cato began Greek at eighty.

A mother poisoned her two children at Rishton by giving them poppy-seeds s:ewed in water as a cure for diarrhœs. The Telegraph maintains that Prussia has

at present the most capable and active detective police force in Europe.

A master mariner who lost £120 by backing an unlucky horse at the Yorkshire races went tranquilly to his hotel and made his quietus with a dose of laudanum.

The Duke of Edinburgh did not acquire a Scotchman's aptitude for agriculture with his title. He loses £500 a year on his Kent farm and is about to give it up.

One pound sterling was the price assessed by a London magistrate for a kiss surreptitiously snatched from a married woof the family."

A pension of £100 a year on the Civil List has been granted to the four sisters of the late John Leech, Punch's celebrated draughts man. In presence of a munificence so royal one can only be silent and admire.

It is reported that the Hereditary Prince of Hesse and Prince Henry of Battenberg are under treatment for rheumatism. They had the rashness to accompany the Queen to Scotland in full Highland costume.

Queen Victoria has placed Birkhall, the royal residence at Glenmerick, at the disposal of the ex-Empress Eugenie. Philologists say that Glenmerick means in the Gælic the Pig's Ravine.

An elderly inmate of the Bermondsey Workhouse complained to the Southwark police office that a penny's worth of bread and a few alices of ham, which he brought with him when returning from a day's leave were confiscated by the Workhouse officials.

Prof. Henry of Harvard says that he was discussing Greek with a friend at dinner in a Saratoga hotel when their negro waiter ventured to give a quotation that they could not recall correctly. The servitor was one thell has a stright brown shelf. of a party of Howard University students at work during vacation. His fortunate to: mark caught the fancy of one of the hearers, who presented \$5000 to him for the completion of his collegiate education.

The Power of Discipline

AND TOURS OF A

Frederick the Creat of Prassia was a palace at Potedam, when some of his or by their excessive severity caused great discontent among the Prussian troops; so the soldiers then in garrison resolved to avail themselves of that case and facility with which Frederick could at all times be approached by them; and thus a deputation of the Grenadiers of Ogilvie narched deliberately from their barracks across the great square which lies before the palace and halted at the porch. An officer in waitingafterwards the great Field-Marshall Keith, who was killed in battle by the Austrians at Hochkichen-acquainted the King of their arrival, adding, "Shall I order them in barracks, sire, or place them under ar rest?' "Do neither; they have come to see me and see me they shall; good soldiers have nothing to fear from me, and the regiment of Ogilvie is one of the finest in Prussia. I shall try on them the power of discipline !" Frederick hastily put on his shabby old uniform, his long jack boots which had never known blacking, his orders of knighthood, his cocked hat, sword and sash. "Sire," urged Keith, "Will there not be an inconvenience in all this?" "To whom?" "To you, sire." "How comrade Keithhow?" " Discussion will lead to other deputations, and every order your Majerty may issue will be dissected and cavilled at in turn in every guard-room and beer shop in Prusaia." "No matter, comrade-march in the rascals; I'll trust to the power of discipline!' In they came accordingly, twenty tall and swing ng fellows, all after Frederick sown heart; but the appearance of the King, dressed as if for parade, awed them into total silence. "Achtung !" (attention) cried he, drawing his sword, "to the right face-front! to the left face-front!' These commands the deputation, who were formed in line, obeyed in perfect silence, and wondering what was to follow a reception so unexpected; and so Frederick cried suddenly, ' To the right about face, to your barracks, quick march !" Then, as he never gave the word "halt," they elt compelled to march on, and the old King and Marshall Keith laughed heartily as the baffled deputation disappeared within the barracks-yard where there expectant comrades gathered around them, to hear the report of how Frederick had received the complaint. "We have never opened our lips, 'said the oldest grenadier, with a very crest-fallen expres-"Doan't stes! chickens on a moonlight sion. "Dr Teufel? did not you see the King?" cried they. "We have just left him--" "Blockheads! and why did not light ob de sun. Wait till de cloudies' night | you follow your instructions?" "It was impossible." "Impossible!-and why so? "Because when we saw old Father Frederick in his fighting coat and dirty boots, and heard his voice of command, our hearts faired us, and the-the power of discipline proved to great."

#### How He Did It.

Every farmer's boy who has ever attempted to lead or drive, coax or torce, a hrg, knows the meaning of the proverb, "As obstinate as a pig " That I hman has become famous who so thoroughly understood porpretending that he was going to Cork.

If there is one thing in which the hog is | year. more stubborn than in another, it is in the matter of locomotion If he is wanted to move, he stands still, and a push forward causes him to retreat double the distance of his involuntary advance. He is stiff necked in doing the very opposite of what he is coax-

"A pig, just taken out of the stye, was surrounded by three Scotchmen, who were trying their best to get it into a ro mier place, sixty yards distant, that it might be killed. The pig would not budge an inch towards the open door of the slaughter-pen.

Then the Scotchmen became angry. One haid hold of the pig's ears, the other seized a foreleg, and both pulled, while the third man twisted the tail. The pig squealed and gained several inches styeward. The man at the tail maddened at the pig s stubborn-

ness, belabored it with a stout stick. "What in the world are you doing with the pig?' shouted a stranger, coming up "What are we doing with the pig, is it? t is nothing we are doing with it, but we've been trying to get this perverse daughter of an ugly father into yonder thed. And we are likely to be b aten.

"Leave her to me," said the stranger, "and I'll put her in, unaided.'

"There's not a man in Lochaber can do it," growled one of the pig-fighters. "Perhaps not," replied the stranger, smiling.

"I am not a Lochaber man, but a Lesiune man, and I think I can manage the pig, is you will let me try."

"Try away; let us see what you can do!" "Keep away, then !" said the stranger, slipping behind the pig; and catching her by her hind legs. he lifted her up as though she were a wheelbarrow. The pig, resting on her fore-feet, with her enout close to the ground, remained quiet. The stranger, giving her a sight push, and trundling her backwards and forwards once or twice, to see it man by a man claiming to be "an old friend he had command of the animal barrow, steered her right into the shed, and at its furtherf

corner let the hog go. A clergyman, who had seen the stranger's triumphant wheeling, studied out the philosophy of the feat. When caught up by the hind legs, the weight of the animal was thrown almost wholly upon the fore-feet. The slightest impulse moved it forward, as it had no "purch . e" by which to stand still,

or to move backward. Its quietness was partly due to the brute's astonishment, and to a sense of its utter helplessness, and partly to the weight of the viscera thrown forward into the thorax, interfering with the use of the vocal organs. As soon, however, as it was let go, the hog yelled lustily.

## His First Cigar.

A small boy puffed at a big cigar, His eyes bulged out and his cheeks sunk in, He gulped rack fumes with his lips ajar, While muscles shook in his youthful chin : His gills were green, but he smole a smile, And s 4 high up on the farmyard stile, An cocked his hat o'er his glacey eye, Then wuck a wink at a cow near by.

The tasts swam round, but the stile stood still,
The tasts rose up and the kid entwied down,
Hergerspeed sliers, for he felter ill,
And know that cigar had figure live brown His cheeks grow white at a lines spread. While he weak! gasted as he gased afar, " If I live, tale here's my last cigar."

HEWSPAPER READING.

This is emphatically a reading age. Relatively with our enlarged educational facilities the reading public has increased i number. Where heretofore those who could not read were in the majority, the rule has been reversed, and now a person who cannot read is regarded as a curiosity, but yet deserving the sincerest sympathy. In every department of life the demand for newspaper reading is ever on the increase. The boy at school, the young man in the workshop or in the office, the young girl in domestic service or behind the counter, the master at the deak and the mistress in the parlor, all look with equal eagerness for the regular appearance of the local journal. To supply the growing demand for newspaper reading the city dailies publish large weekly editions, made up almost entirely of the matter which ap pears from day to day in the daily. These weekly reprints of the great dailies are supplied at such a ridiculously low subscripprice as threatened at one time to totally extinguish the local country sheet, which could never afford to furnish the quantity of reading matter given in the large foreign weeklies. To meet the difficulty which here presented itself, the ready-print system was inaugurated. Firms were established which make a specialty of furnishing to country publishers ready-printed sheets, containing the essence of each week's happenings, and clippings from sources available only to a large city publisher.

This system has rapidly grown in public favor, until, in the Dominion at least threefourths of what are known as the country press are published on the auxiliary plan. The prejudices which once existed against the ready print system have entirely dirappeared, and proprietors find that in order to compete with contemporaries using 'he system, and with the city dailies, and to ensure a profit at the end of the year, they must comply with the inevitable and adopt

ready-printed sheets. Some idea of the popularity which this system has attained with country readers will be gained when we state that a firm in Toronto supplies between one and two hundred publishers with ready-printed papers. To do this three separate and distinct editions are issued every week, containing matter entirely different each from the other, and the system is becoming so general that those who have, from prejudice or other cause, heretofore refrained from adopting it. find it necessary to do so to maintain their circulation and give satisfaction to their pa-

#### PERSONAL.

The Swedish Professor Warming, the famous botanist, has gone to the Norwegian coast to study the Arctic flora.

It is rather odd that the Princess Louise should travel incognito as "Lady Cowley' when there is another and actual Lady Cow-

Miss Charlotte M. Yonge, the English cine nature as to drive his pig to Dublin by author, has written more than a hundred bo k, and she is now in her sixty-fourth

> Sir Julius Benedict was not exactly imprecunions, after all. His will disposes of more than \$30,000, and Lady Benedict had a settlement of \$50,000.

Mrs. Celia Thaxter, who has written nu merous nice stories and poems, has just celebrated her 50th birthday. She has passed most of her life on the Isle of Shoals, where her father was keeper of the light-house.

Prince Waldemar, youngest son of Christian of Denmark, will keep up the reputation of his family for brilliant matches by wedding the Princess Marie, eldest daughter of the Dac de Chartres, one of the wealthiest women in Europe.

The Czar of Russia possesses a magnificent mastiff, of extraordinary intelligence and s rength, which has been trained to protect his master. This faithful brute accompanies the Czar on all important j urneys, and sleeps close to the imperial bed.

The Uzardes have lost their suit against ex-Queen Isabella of Spain and the Duchess of Montpensier for the \$250,000 loaned by their ancestor to Ferdinand VII of Spain, fifty odd years ago. The court decided the claim to be barred by the statute of limitations.

Mr. R. Bowld Sherarpe, ornithologist of the British Museum, has returned to London. He has been at Simla since April, packing up the splendid collection of Asiatic bir s presented to England by Mr. Allan O. Hume. There are in the collection 60.000 birds, 500 nests and more than 10,-000 eggs, all beautifully preserved.

It is recalled that Carlyle, speaking of the late Lord Houghton, once said : "Well, Dicky Milnes has his peculiarities, but he has a kind, good heart. Many a starving man of letters owes his life to him. No one knows better than I do the many £50 notes he gave to keep a struggling man's head above water; and no one ever knew it from

Mr. Gladstone's summer vacation has almost restored him to health, and he is able to speak now with a clear voice Sir Andrew Clarke, his physician, believes that he will be fitted for hard work this autumo. It was Sir Andrew who refused to permit Mr. G'adstone to visit this country with Mr. Andrew Carnegie, although Mr. Carnegie had made complete arrangements for the visit, and had even selected the steamerthe Etruria -on which Mr. Gladstone was

A 3 year-old little girl was taught to close her evening prayer, during the temporary absence of her father, with, "And please watch over my papa." It sounded very sweet, but the mother's amusement may be imagined when she added. "And you had better keep an eye on mamma, too!

A little boy was told at Sunday school that when he died he would leave his toly here. After his return home he was muh troubled in regard to it, and questioned his . - Yes, sir: Leold six plain gold rings parents. His mother explained by saying,
if You will take all the good with you, but
leave all their magney here below(2); if a

JUMBO'S HISTORY.

Stirring Events in the Life of the Big.out Captive Elephont.

Jumbo was about twenty-five years old. He was sold by some Arabs to the Jardin de-Plantes, in Paris, when an infant, and when about three years of age was exch nged for other animals and given to the directors of the Zoological Gardens, of London. He remained on exhibition there until March, 1882, when he was purchased by Mr. P. T. Barnum for "the greatest show on earth." Ten thousand dollars were paid for him, and after some litigation, as to the right of the directors of the gardens to make the sale, he was dragged through London on a crate on wheels and put on board the "Assyrian Monarch" steamship on his passage to New York. Even then, there were legal barriers to be got over before Jumbo be allowed to leave the country. It was discovered that there was not room enough between decks. he being eleven and a half feet high and weighing seven tons, and therefore the English Parliament passed a special act providing for precautions against loss of life by emigrants who accompanied Jumbo to America. All these delays of the law and the unwillingness of t'e English people to part with their favorite elephant increased the cost of the animal considerably, and Mr. Bailey (Mr, Barnum's partner) is authority for theistatement that the original cost of \$10,000 rose to \$30,000, before he left the English shores.

HIS LIFE IN AMERICA.

He arrived at New York on the 9th of April 1882, and from that day to the present has been a great pet of the American people. For some time after his errival there was considerable reculation as to Jumbo s probable behavior in his adopted land. The managers of the L ndon Zoological Gardens had not been unwilling to part with him, because he had occasionally manifested a temper that they believed bordered on insanity and they were of the opinion that if he remained they would have to destroy him to prevent him becoming dangerous to visitors. Mr. Barnum was not of that opinion: he believed that the London directors had made a mistake in forcing Jumbo to live an almost solitary life, and he thought that if he had an opportunity given him for congenial society Jumbo would be very happy, very sociable, and not in the least dangerous. Mr. Barnum's expectations were realized, and if Jumbo had one trait of his character that was more highly developed than another it was a love for children. Strange to say, however, though he was for five years under the care of Mr. Barnum and his partners, and afforded every facility for a companionship that had been denied him in England, he has died childless. Mr. Barnum said yesterday that in about ten months they expect to have a posthumous child of his, and in seventeen months another, parturiti n with elephants taking twenty two months.

A REFORMED DRINKER Mr Barnum is a total abstainer from all intoxicating drinks, and has been during the larger part of his life. He was extremely anxious that his pet elephant should also have added to his other virtue, that of temperance. Jombo came short of perfection in this respect, in Mr. Barnum's eyes for he h d the painful consciousness soon after the purchase of Jamb, that the latter could drink whiskey by the quart bottle without it producing any intexicat ng effect. Jumbo's preference for whiskey was, however. quite under restraint, and be, very early after his arrival in this country. abandoned whiskey as a beverage and became a beer drinker. In this e pect, however, he was moderate in his desires, and though he insisted on having his beer regularly every night, yet he never drank more than a quart. and generally one half that quantity. Jumbo's favorite crink, to Mr. Barnum's great delight, was water, and of this he drank the contents of five buckets a day.

Considering the very greats ze of his body and the activity of Jambo's mind, he could not be considered an enormous eater. Hie daily allowan e was 200 pounds of hay, two bushels of oats, a barrel of potatoes, ten or fifteen large loaves of bread, two or three quarts of onions, and a'l the cakes and gingerbread that the chi'dren who visited the show took pleasure in giving him.

STRONG IN FRIENDSHIP. Jumbo formed very strong friendships. This was manifested in his persistent and uniform preference for Scott, his keeper. who had been with him ever since he was three years old Many men tried to take the place of Scott, but Jambo would never permit it. Scott's rule was that of kindness, and Jumbo acknowledged that mode. of government by a love that was quite surprising to every one who had an opportunity of observing it, S ott never used a prod upon Jambo, and ruled him entirely by gentle persuasion, to which Jumbo invariably and promptly responded. There was one occasion when the latter had to remind Scott of an oversight, but the reminder was gently but effectively done Scott had every night a quart of beer brought to him, and he invariably gave Jumbo half of that, One night Scott was sleepy and drank all of it, forgetting Jumbo's allowance. When Scott had made himself comfortable in hed and had gone to sleep Jumbo put his trunk around nim and lifted him from the bed and deposited him gently on the floor. . Scott speedily had a realizing sense of his omission and hastened to get Jumbo his beer. This done the animal was quiet for the remainder of the night and allowed Scott to sleep the sleep of the just

Jumbo had perfect health, was never known to have been sick, not even having a chill, a complaint that very few elephants do not have at some time of their lives.

Jack (who has just treated his friend to the dinner of the establishment)-Pretty good dinner for two france and a half, ch? His Friend-First rate. Let's have an-

A fashion writer says "accordion plaited waists are worn this aummer." Boys, be up and doing. You cannot learn to play on an instrument without practice.

Jeweler (to new boy) -Did you sell anything while I was out, Johnnie! New Boy Jeweler (Very much pleased)—Good my boy.
Wo'll make white that jeweller of you con The prior " Well, I guess I'll be awful thin when I | was marked on the inside, 180, an' the gentiemen took all there was left, sir.