Istigue and Indigestion. polowing wise remarks on this subof quote from Health, an English by devoted to scientific hygiene: mother can; e of imperfect digestion is When we start on a walk, it does the much whether the road be rough is any little obstacle is avoided with ad we tread our way over rough through tangled heather, or over a bog, without difficulty. Our nervordination among the movements different parts of the body; so that plos the other, and all difficulties are But when we are tired, the rery different; a little roughness in al will cause us to stumble, and an ected stone may give us a sudden fall. rairied nervous system no longer cothe movements of the various

of the body, so that they no longer tigether for a common end. warious with the various of the intestinal canal. The mechanwhich the acts of chewing and swalappear to act as stimulants to the ation and nervous system, thus insuring groper co-ordination between the funcof the mouth, the stomach, intestines, frer has been described. But if the as system be exhausted by previous or debilitated by illness, the requispordination may not take place, and estion or biliousness may be the result. foften do we find that the meal taken by immediately after a long railway disagrees with him, and either sickness or diarrhea, or a bilious ische! Forty winks after dinner is not bad thing ; , but forty winks bedimer is certainly much better.

often do men who have worked hard is, with their mental faculties continon the stretch, go home and have or forthwith! Exhausted as they are. they expect to digest properly what est! Almost the only saving point is, many of them live some distance from falses of business, and have a short during the homeward drive to sit still nat. This is sufficient for some, especialgroung men; but it is insufficient for men, and they ought to make a of having a little rest at home before Some men, unfortunately, are so mided as to believe that exercise after riday's work will do them good; and ad of utilizing the little time they have nst after a day's labors are over, they three or four miles, or take a tricycleof several more, before dinner. The ensence is that, under the combined al and physical strain, their digestion inpaired and their strength broken

lare is grave truth it these remarks, and should be well laid to heart by those re compelled to work at high pressure, has fail in that due repair of the bodily which lies at the root and foundation of mind may in their turn produce dismee of the body's duties in the way of digestion Here, again, the views exof the sed teem with a common sense and philest of the which commend them to the thorough six position of those who find digestion to f cracker from the nervous influences that chase runt. Eminother and career over the surface of mental atmosphere :-

Mects, somewhat similar so those of me, may be produced by depressing or tibing mental emotions, or bodily condi-We know how readily excitement of stany kind will destroy the appetite in people, and depressing emotions will in almost every case. We not unfrethy hear of girls in whom consumption and gold are to have been brought on by an unuste love affair. If we accept the view consumption depends upon the presence tabarcle-bacillus (or living germ), we at first sight, think that there can tile or no connection between consumpund dissapointed love; but the depreseffect of the disappointment will lessen agestion, impair the nutrition, and rento body more likely to afford a suitable

or soil) for the bacillus." muthis it would seem to be equally prothat various emotions affect special of the digestive system. A strong imon of disgust may excite vomiting; passion is said to produce movements of in the small intentine; worry is known weet the liver; and Dr. Brunton gives countenance to the popular notion that may be brought on through a menane illustrated, for example, by anxielaeold a lage respecting the wisdom of chaining an easy mind if we would grow , therefore, a physical basis. It is of inferences that the mind and and unruffled are most likely to be presiding over a body and processes respectfully live, and act in a yand normal fashion. If care really it seems provable that its method anghter is largely that of destroying armony of those functions on which proper nutrition of our bodies depends. te foregoing considerations have paved Tay for the discussion of the practical tion that faces us at the close of the testing lectures we have been engaged in ving. We have seen, in the first place, very varied are the causes which prothe disordered states collectively known indigestion." The whole subject is a one, and these papers may have mplished at least one useful result of readers have been led to note that each requires parsonal study before the exact of the digestive disturbance can be There is no greater or more foolish signing which one might be tempted hak in strong terms, than that which the idea that all cases and classes It is this idea which encourages that able habit of indiscriminate drug-swalwhich characterizes our age. Given "puff" of any drug or prepar and the "great army of martyrs" (to

will fly thereto for relief,—only,

of hopes of renewed health and re-

drugs, of which they know little, into frames of which they know less.

Let us clearly recognize that there is no panacea, ro universal healer, no one unfailing remedy, no sovereign specific, for the many-headed ailment we have named "dyspepsia," or "indigestion." Those who labor under such an idea are only to be compared to the deluded persons who, believing in the absurdities of the quack, are found to purchase a pill or ointment which, if the ordinary statements puffing the wares in question are to be credited, will as readily heal cancer as cure consumption ; as unfailingly cure scrofula as dissipate a tumor of serious nature. Recognizing the true and scientific aspects and phases of the digestive process and its disturbances, we shall be the better able to appreciate the nature of the means which are to be relied on for the relief of the latter conditions

## HERE AND THERE

The Yuma Indians dispose of their dead by cremation.

Helens, Montana, taxes Chinese launkries \$600 a year. Electric lighting of mines in the anthra-

cite region is pronounced a failure. The song 'Nancy Lee" was offered to music publishers for \$25. It ultimately

paid its composer \$25,000. Japan has been mapped out into six divisions, and a medical college is to be estab-

lished in each division. In some parts of Mexico precious woods are so plentiful that the . atives build pig atyes of rose wood logs.

The Florida sponge fisherman have just commenced the season's business. The annual yield is atout 350,000 pounds.

The well-known pugilist Charles Mitchell attributes much of his success to the fact that he cannot raise a beard, or even a moustache.

It is said that President Grevy is very rich and very miserly. He eats plain food because he is too stingy to buy dainties. He is worth millions, and he is saving money all the time out of his salary.

The ocean fisheries of France and Algeria, according to the last Government report, employ over 87,000 persons and 24,000, vessels, while the value of the fish taken is between sixteen and seventeen millions of dollars.

Asbestos is so well known as a non-conductor of heat that the advantage of its use for hat-linings is obvious. Such linings are being widely introduced, especially in the head gear for warm climates and summer weather.

The most serious incident during the British election was the savage attempt on thel fe of the great landowner, Sir Watkin Wynn. is noted, and not without satisfaction, that the legal element will not be too numerous in the new House of Commons.

The House of Commons has sent many a health. But mental emotions and the | valuable man to a premature grave. Lord Lansdowne's brother, Lord E. Fitzmaurice, had for an indefinite time to abandon political life, and Lord Dalheusie and Sir A. Otway have since been warned by doctors to keep away from Westminster.

The Duke of Somerset, wh. died lately, left no son, but had adopted the illegitimate son and daughter of his eldest son, who had formed a lasting attachment to a woman of very respectable connections, to whom he was attracted by her extraordinary resemblance to a lady whom he had wooed in

When Spain held despotic away over South America, from Panama to Cape Horn, some of her ablest viceroys and bravest and most brilliant soldiers were of Irish blood, the men or their descendants who, after the disastrous Comwellian and Williamite wars disdained to take service under the conquerors, and went in thousands to swell the armies of Spain.

The new statues of Beaconsfield and Gladstone, by which the architect designed to mark the era of the erection of the new gateway at Magdalen College, Oxford, were mutilated during the recent election. That of Lord Beaconsfield was first defaced, and then, by way of retaliation, Mr. Gladstone's was decapitated "by certain undergraduates and other roughs," says an Oxford paper.

It lately come to light in the English probate Court that a man named Pound had lived with two wives for fifteen years. He divided his time between them, and each thought when he was absent that he was away on business. He was on the happiest terms with both. He passed with one wife as Mr. Jackson, and bequeathed her money under that name. It was agreed that the property he acquired under the name of system which are allowed to remain | Pound should go to wife Pound, and that under Jackson to wife Jackson. But for his testamentary dispositions, the women would probably have been in ignorance of the real state of things to this hour.

> The other day there left Dublin for Galway by the Midland Railroad a social phenomenon, viz. : a respectable young man who could not speak or understand one word of English, having never spoken any other language than Irish. He had been a fortnight in Dublin, and during that time required in the capital of his native country to be accompanied everywhere by an interpreter. The young man is a native of the Island of Boffin, off the Connemars coast, where, out of some six or seven hundred inhabitants, only nine speak English. this island they possess a rich treasure of traditional folk lore, old poems, &c. Fifty years ago on a large estate in West Galway there was not one tenant who spoke Eng-

Someraby, the birthplace of Lord Tennyson, is a parish containing but sixty souls, six miles from Spilsby in Lincolnshire. It has, however, a commodious rectory house in which the poet was born, his father being then parson. The Tennysons are of ancient Lincolnshire stock. Admiral Tennyson, the poet's cousin, has a magnificent place, Bayon's Manor, in another part of the country. to experience the trebly bitter It was granted by William the Conqueror to Walter d'Eyncourt, but being subsequently forfeited by the late Baron d'Eyncourt, diger. If people would only study, the particulars of their mode T habits, diet, work, and other details, physical are rudimentary knowledge was purchased back by his kinsman, Mr. Tennyson. The late Rt. Hon. C. Tennyson d'Eyncourt assumed the latter name in addition to his own in compliance with his hydology of digestion, we should at it them infinitely less liable to pour father's will to mark his descent from the

d'Eyncourts.

Queen Victoria has a great financial advantage over her heir apparent in the circumstance that, whether times are good or bad, her Majesty's snug little revenue of over £7,000 a week is paid just the same, while it is well known that the Pr noe has for years pust been obliged to make heavy abatements in his duchy of Cornwall property-not so much, perhaps, in the duchy proper as in its outlying estates in other counties. His allowance from Parliament of £40,000 a year is just what the Queen receives from her duchy of Lancaster as a little extra pocket money, in addition to her £1,000 a day. The Prince, moreover, has no country seat kept up tor him, while the Queen has half a dozen besides her 'own

Herr Hager, the wealthy German banker, is the most punctual man in the world, and always carries a couple of chronometers about with him. Thanks to this habit he is a frequent victim to pickpockets, as not a week passes without his losing one of his watches. At first he had recourse to all kinds of safety chains; then one fine morning he took no precaution whatever, and quietly allowed himself to be robbed. At night, on returning from business, he took up the evening paper, when he uttered an exclamation of delight, and at once started off to the police station. This is what he had read: "To day, about 2 P. M., a violent explosion took place in a house in Bstreet, occupied by Mr. S -, a wealthy townsman. The hands of the victim are shattered and the left eye gone." The crafty banker had filled the watchcase with dynamite, which exploded during the operation of winding. Since that time no more watches have been stolen from the person of Herr Hager.

## Is Hydrophobia Preventible?

Louis Pasteur, an eminent chemist of Paris, determined, about five years ago, to find a remedy for perhaps the most dreaded of all diseases. He had previously discovered a method of inoculation which prevented splenic fever in cattle and sheep, and experimented in the expectation of making the great discovery that hydrophobia could be prevented by inoculation with the virus of rabies. In October last Pasteur announced that by the means stated hydrophobia was preventible in human beings. Previously, in June, 1884, he had published the success of his plan in the treatment of dogs bitten or scratched by mad animals.

At the present time M. Pasteur has more than seventy persons under his care. They are both male and female, and of all ages, ranging from infancy to an advanced period of life. The French Government has placed the Hotel Dieu Hospital at Pasteur's disposal for patients whose wounds require dressing. Most patients live near his laboratory and call to be inoculated as often as need be. The discoverer of what promises to prove a great boon to mankind, is neither a surgeon nor physician, and employes a surgeon to operate under his instructions.

Jura, and is about 60 years of age. He is an honorary Fellow of the Royal Seciety of London, and is personally well-known to English men of science. Perhaps the best way of stating his methods of precedure in the matter which gives him notoriety throughout the world, is to give a translation of what he himself said of it, in a recent interview:

"I first take the poison from the brain of a mad dog. With this I vaccinate a rabbit which will die within fourteen days, and this gives the poison for a second one, which is vaccinated the same way. I continue this practice until I have reached the twentieth or twenty-fifth. From there up to the fiftieth the rabbit will die in eight days, and after the fiftieth the animal will become mad within seven days. This procedure enables me to determine the most important feature of the treatment, namely the duration of the period of incutation. There were people who were afflicted with the fatal disease several years after the accident, while others died after a few weeks."

## The Value of Hip-Pockets.

The general practioner is frequently asked by anxious parents: "What shall I do for my boy; he is getting so awfully stoop shouldered that I am afraid he will get consumption I will have to get him a brace. What kind would you recommend?"

It requires no extended argument to prove the importance of a well expanded chest. Apart from the incalcuble benefits to health, an erect carriage and graceful movements attract the attention of the most humble. It causes them to correct as far as they are able, in their children any tendency to awkward stooping, or ungainly positions. Apart from the cost and inconvenience of expensive instruments, but few meet the requirements. In many cases better results may be obtained by attending to a few simple details, within the reach of every one, in the ordinary clothing.

The boy's pockets are to him a very important part of his dress, and the natural tendency to keep his hands in them. When not actively engaged, there they are usually found, and if the pockets are properly placed, they will inadvertently cause him to throw back the shoulders and more or less expand the chest. For instance, the jacket or overcoat should have what is called breast pockets, the epening should be high and as far back as possible, parallel with and in the line of the body, instead of low down and transverse as usually found in the ordinary jacket or overcost.

The pants should have what are called "hip-pockets," and no others. It will then be apparent that, whilst the hands are in the pockets a better if not a perfect, position will be assumed and the boy spared the many admoni sons to "Keep your hands out of your pockets," and the accompanying box on the ear.

## To Cure a Corn.

There is no lack of so-called cures for the common ailment known as corns. The vegetable, animal, and mineral kingdoms have been ransacked for cures. It is a simple matter to remove corne without pain, for if you will go to any druggist or any medicine dealer and buy a bettle of Patnam's Corn Extractor and apply it as directed the thing is done. Get "Putnam's and n

An electric boy is reported at Younge town, Ohio-Frank Burnett, A special to the Concennati Enquirer says : " On his approach chairs and tables dance and heavy articles, totter that his natural strength could not move. The lad is unable to explain his unnatural power, and has always enjoyed got d health. The tests made thus far show the lad to be able to do more than he has claimed. It is probable medical experts will examine him to ascertain if possible the secret of his power." He is described as being 15 years old and slight of build, and lives with his mother.

The man who will not execute his resolutions when they are fresh upon him can have no hope of them afterwards; they will be dissipated, lost, and perish in the hurry of the world) or in the slough of indolence.

Mark Twain has written to a Boston paper and gives himself only two years getic, and know what they teach. Endorsed by the more to live. There was a story lately that | ing positions of trust in every city, town and village in he was beginning to lose the use of his reason; and that he imagined he had been turned into a tombstone. But we suppose that the thing is a fabrication, just as was the statement that during the appearance of the late comet he sat upon the roof of his house all night with a long pole in his hand, to ward on the errant star.

## What "Old Fritz" Said.

It was an aphorism of Frederick the Great's that "Facts are divine things." An undisputed fact is that Dr. Pierce's "Golden Medical Discovery" is the most powerful liver vitalizer extant, and by its characteristic and searching action will core dyspepsia, constipation, d. opsy, kidney disease sick-headache, and other maladies which, popular opinion to the contrary notwithstanding, are directly traceable to a direased condition of the liver, by which its work as purifier of the blood is made incomplete. All druggists.

"Plenty of room at the top," remarked a dealer as he opened an apple barrel and found it only half-full.

## "Oh! But I Salivated Him!"

was the actual exclamation of an honest physician, spoken of one of his patients to whom he had given calomel for the cure of biliousness and a diseased liver. And he had salivated him for certain, from which he never recovered. All these distressing | for Scotland and Ireland. Also from Baltimore, via consequences are avoided by the use of Dr. Pierce's "Pleasant Purgative Pellets," purely vegetable remedy that will not salivate, but produce the most pleasing effect, invogorate the liver, cure headache, dyspepsia, biliousness, constipation and piles. By druggists.

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> No means have been takenby the manufacturers to push the sale of their "Myrtle Navy" tobacco except giving from time to time a simple statement of the facts connected with it in the public press. The large and rapidly increasing BHST demand for it has been the result of the experience of smokers which these statements suggested. Their advice to business men is to advertise largely if they have the right article to keep up the advertisement with.

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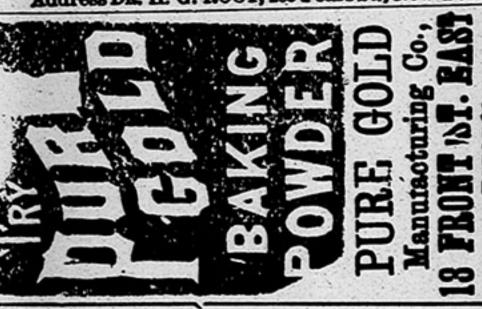
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