Age works great physical changes, of which are generally recognized. of them involve dangerous liabilities, and impose the need of constant caution.

One is to guard against undue exertion, The tough, clastic coat of the arteries is apt to become, on the one hand, chalk like and brittle, or, on the other hand, fatty and weak. Nature seeks to guard against the consequent darger by rendering older persons less inclined to effort. But a little extra exertion put forth suddenly, may cause the weakened vessels to give way, fron the increased force with which the heart throws the bleed interhem. Hence may result apoplexy or fatal ansurism-the latter being a sudden bulging out of arteries.

Se, teo, the heart itself (or its aorta—the great curved trunk which first receives the blood from the heart) may be in a similar cenditien, and suddenly fatl because of undue exertien, when it might have been equal to the ordinary work of years. Such no doubt was the last case, when an elderly gentleman hurried to reach a railroad train, and fell dead on entering it. The aged should firmly refuse to hurry.

A like caution applies to whatever quickens the action of the heart. Every one knows the power of violent emetions in this respect. No one wishes to fall dead in a fit of anger. Undue eating, especially of stimulating food, is almost as dangerous. All the appatites need to be kept under con-

A spec:al caution is needed in descending the stairs. In our normal voluntary movements there are certain nice adjustments affected by unconscious mental acts. But age effects such a change in the brain substance that mental activity is lessened. An old man can no more think as quickly as a young than he can run as rast, or jump as high. Hence the missteps of the aged in descending stairs. Aged persons, therefore, should form the habit of taking their bearing, so to peak, at the top of the stairs, and keep their mind on each step down by a conscious voluntary effort.

The aged should also most carefully guard against a chill. It is more dangerous for an old man to catch cold than for a young man to catch a fever.

Pack the Lungs with Air.

Deep breathing and holding of the breath is an item of importance. Pe sons of weak vitality find an uninterrupted succession of deep and rapid aspiration so distressing that they are discouraged from perserving in the exercise. Let such persons take into the lungs as much air as they can at a breath and hold it as long as they can, and they will find a grateful sense of relief in the whole abdomnial region. Practice will increase ability to hold the breath and the capacity of the lungs. After a time the art may be learned of packing the lungs. This is done by taking and nolding the long breath and then forcing more air down the treach a by swallows or air. The operation may be described by that of a fishe s mouth in water. To those who have never learned it will be surprising to what extent the lungs may be packed. Caution at first is needful but after practice will warrant large use of the treatment. The whole thoracio and abdominal cavities will receive immediate benefit and continuance and temperance in eating, good air and right exercise, will bring welcome improvement,

Palatable and Pure.

Distilled water is not essential to good health. It is " flat, stale and unprofitable." Unless well erated it is unpalatable. The process of distilling separates the mineral matter, but not the volatile substance. The con pounds of nitrogen and sulphur may reappear in the distilled water, and the peculiar odor so repulsive to delicate tastes. If clean soil-water cannot be obtained, make a large, deep and clean cistern, and keep it clean. Take a sound eak or ash barrel, put a false bottom (perforated) 3 inches from the bettem of the barrel; place three inches of clear washed gravel on the top of the perforated bottom; on this twelve inches of granulated charceal, made from hard maple; on this 4 inches of clean washed sand, and then place a perforated false top over the sand, so that water poured into the barrel will not disturb the filtering materials beneath. Insert a wooden faucet in the side of the barrel, clese to the bettom, and you will have a filter which will make good rainwater filtered through it as clean and palatable as can be desired.

Eating Lemons.

A good deal has been said through the papers about the healthfulness of lemons. The latest advice is how to use them so that they will do the most good, as follows: Most people know the benefit of lemonade before breakfast, but few know that it is more than doubled by taking another at night also. The way to get the better of the bilious system without the blue pill or quinine is to take the juice of one, two, or three lemons, as appetite craves, in as much ice-water as makes it pleasant to drink without sugar, before geing to bed, In the morning, on rising, at least a half-hour before breakfast, take the juice of one lemon in a goblet of water. This will clear the system of humor and bile with efficiency, without the weakening effects of calomel or congress water. People should not irritate the stomach by eating lemons clear.

Bad Effect of Pickles.

The influence of acid in retarding or arresting salivary digestion is further of impertance in the dietectic use of pickles, vinegar, salads and acid fruits. In the case of vinegar it was found that one part in 5000 sensibly retarded this process, a prepertion of ene in 1,000 rendered very slow, and one in 500 arrested it completely; so that when acid salads are taken together with bread the effect of the acid is to prevent any salivary digestion of the bread, a matter of little moment to a person with a vigerous digestien, but to a feeble dyspeptic one of some importance. There is a very widespread belief that drinking vinegar is an efficacious means of avoiding getting fat, and this popular belief would appear from these experimental observations to be well exchanged. This was what the merchant founded. If the vinegar be taken at the same time as farinaceous food it will greatly interfere with its digestion and assimilation.

HERE AND THERE.

Esther Dow, of Deerfield, N. H, who recently died, aged 88 years, har never in her life seen a reitway train, and for years had not been off her farm.

Daniel Arnold, of Macen, Ga., hid his savings (\$700) in a hele near his house, tut the recent flood inundated the hole and carried away Dan's wealth.

A remarkable bedstead, made to order by a Milwaukee furniture firm, is 24 feet wide and has nine compartments, each intended to hold one of the purchaser's children.

One of the barbers who was arrested in Washington the other day for keeping his shop open on Sunday had employed a part of the day of rest in shaving President Cleveland.

Mr. Elijah Lane, of Keene, weighing 210 pounds and standing six feet eight inches high, is the tallest man in New Hempehire, and describes himself as "one of the lanes that has no turn."

An English dean, at the close of a sermon in which he warned his hearers of the speedy end of all things, asked for a liberal contribution to rebuild the tower of the church in which he was preaching.

Phillips Brooks, of Boston, when rector of a church in Philadelphia some years ago, received so many pairs of slippers from his devoted young lady parishioners that he was popularly called the clerical centipede.

Sam Small has given \$140 for the benefit of an Atlanta, Ga., mission Sunday-school. He writes :- " I hope it will do away with the necessity of an entertainment, for I do not believe these means of getting money for the Lord's work, are to either His honour or glory. Try to avoid all such schemes, Let people give what they will, but please den't tarter them anything for the Lord's

A Texas jeweller hung a watch in his window and labelled it: "Look at this watch for \$10," and the unsophisticated gentleman from a neighboring county who stared at the article and then went in and wanted the \$10 had to get down on the floor with the jeweller and roll over and under him a number of times before he could be made to understand that he couldn't have any \$10.

Thunder from a clear sky could hardly have more surprised the passengers in street car recently than the sudden exclamation made by a 3-year-old child, of remarkably beautiful tace and form. It had been lying half asleep in its mother's arms, and had been awakened, when it straightened up and cried, loud enough to be heard from one end of the car to the other, "Ma, if you don't let me alone I'll break your nose."

Sealing-wax was quite the rage with fashionable letter-writers six months and even three months ago, but ultra-fashionable women use it no longer. The rage for decorating the backs of envelopes with huge blots of red, blue, black, or green wax, in which was impressed a monogram or initial, spread among women generally. So fashion has now tabooed it and has returned to the habit of using ready-gummed envelopes.

readers that 4-year-eld Dillie Welsh and a small Jersey calf are great friends. One day Dillie went to an unused well and peeped over the low curb. The calf saw her, shin-j butsu ni meisho wo kudasu ni atari, trouble would be in getting any off them and seized her dress in its mouth. The little girl lost her balance and fell over the curb, but the calf haug on, and fer half an hour held her thus suspended until the child was rescued. Then the calf was very happy.

A Maine fisherman, who used to sail the Southern seas, reports that he saw a sea serpent the other day off Wells. It was like one he once saw in the Caribbean Sea, except that it has grown considerably. I held its head, the size of a barrel, high in the air; its eyes, as big as saucers, gleamed with a marvelous light, and its huge open mouth was armed with triple rows of teeth. The paper that reports this says the eld salt is not addicted to drink.

Mrs. Prudence Crandall Phillog, now living in a "three-room pioneer box house" at Elk Falls, Kan., who has just been compensated by the Connecticat Assembly with an annuity of \$400 for outrages sustained 53 years ago when she was driven out of a Connecticut town for keeping a school for nergo girls, has written a grateful letter of thanks for the relief at last afforded. She is under especial obligations to the press and to pregressive persons who petitioned in her behalf as well as to the Legislature, and notes the change in Connecticut sentiment as follows: "In 1833, when the law was passed by which my life prespects were destroyed it was celebrated by ringing the bell hung in the steeple of the church, into which we were not allowed to enter, and by firing a cannon thirteen times, placed upon an eminence a few rods from my door; and to-day when your telegram arrived, the only jubilant display I wished to make was to have a private nook where my tears of joy and gratitude could flow unobserved for the change that has been wrought in the views and feelings of the mass of the people.

The following stery is told of an enterprising Torento jebber, the events having taken place some time age : The merchant in question, naving heard of the arrival of a country trader who was know to be a large purchaser and of unquestionable credit, was reselved to get him to visit his establishment, and once there, he felt sure he could secure him as a customer. He accordingly sent out one of his drummers, of whem he had quite a number, adapted to every taste and disposition. The one sent, however, returned without success. No. 2 was dispatched, with no better result, and again No. 3, and se en until all had gone and come back without their man. The merchant now determined to go himself, and finding that brandy and water and free tickets to the theater were of no avail, for the country trader did not take one or go to the other, he was reduced to the necessity of employing a ruse, which, as the sequel shows, was simple as well as effectual. On taking his departure after a pleasant interview the merchant took care to commit the "mistake" of taking the trader's hat instead of his own Next morning, as was expected, the merchant received a prompt visit at his store from the trader, who came to look up the hat which he supposed had been hurriedly wanted, and through this means he sold a good bill of goods and secured a regular

THE LIME KILN OLUB.

back Johnson get into a dispute as to ed his corn-salve every single man has been crack on the jaw in return. Brother Gard settle this case with your club for the sum nothing was said until the meeting opened. this sert of business. Then he looked around the hall and observed :

"If Elder Juneberry Davis an' Judge Heldback Johnson am in de hall to-night I should like to spoke a few remarks to

Both gentlemen walked ferward to the platform with anxiety deploted on their faces, and the President continued: "Elder Davis, when did dat Glacial Epoch take place?

"I dunne, sah," "Judge Holdback, what do you know bout de Drift Period?" "I reckon dar' was a good deal o' driftin'

aroun', sah," "Yes, I s'pose dar' was. Didn't happen to drift any 'taters an' meat your way, did

"No, sab." " Elder Davis, did dat Glacial Epoch p3y up any of your back rent or git new shees fur dechillen ?"

"No, sah." "Dat's 'nuff; you kin boaf sot down. While I blame two old members like you for sottin' a bad example befo' de club, l must at de same time acknowledge dat it am only de weakness of human natur'. Moas' of us would sooner fight over de sige of de world dan to resent a straight insult.

"We would argy longer to convince a man about de size of Neah's ark dan to convert him to our religun of de present

"We let our chil'en go bar'fut while we hunt fur evidence to convict de Gauls el shiftlessness.

"We spend hours assertin' an' denyin dat de moon am inhabited, while fifteen minutes used to fix de bottom hinge en de front gait am looked upon as time frown

"While we sot an' wonder why Sedom and Gomercah didn't behave deirselves an' escape destruckshup, de ole weman scrapes de bottom of de flour-bar's, an' de fiah goes out in de kitchen stave.

" Jist what aige de crow-bar belongs to, or who invented it, or why it was invented, am queshuns which needn't trouble any member of dis club. De fack dat de crow-bar am heah wid us should satisfy all. Let us now purceed to attack de bizaess which has called us together.

The Secretary annsunced the receipt of a Japanese newspaper called the Rom ji Zusshi, published at Tokio. The priceedings of the Lime-Kiln Club at one of its January

meetings was as follows: taru kaku no gotoku ni gaikeku kosai no masumasu waga ni yunyu shi kitaru wa be moved back fourteen mile. ikioi no shikarashimuru tokoro nari to su 2. The enemy would have no trouble in Giveadam Jones ni waga kokumin ga sono landing troops on our shores. The only oneene katte shidai naru mojt we mochiite, alive again. The only suggestion we have oncone tekito no imi wo arawasu koto ata | to offer is that Ben Butler oe notified to be wazaru toki wa ; mei-jitsu no aida ni soi wo on hand early in the morning. arezaru nari. Omou ni, shorai wa masu- any spot accessible to the gun-beats. maau bunji jo ne hanzateu wo zoka, teui ni 4. We don't want a war, but if one hapkesei no gakusha wo Pickles Smith wa Ssm. pens to fall out of a tree and hit us we shan't uel Shin kono kotoba wa nani to iu imi wo ruu away. shimesu mono naru ka, kono kotoba ni wa 5. It is better to apologize than to get sushu aru ga izure ni beki ka nado to ichi licked. Tnis advice is for such nations as suru ui hijo on kushin wo yesuru naran shoulder. Shika nomi narazu moji no nan-i wa ikkoku Waydown Bebee eyoso ga gakumon wo shug- a shelf to dry, the meeting adjourned. yo sono chishiki wo hattatsu suru ni atarite, dai ichi ni sono shugyo hattatsu no nami we jubun ni akiraka ni suru koto wo ezaru toki wa.

On motion of Judge Baldy Cabiff the Sec retary was instructed to return the thanks of the club to Seko Nachiko, Tanaka Toyo tara and Remaji Kai, the editors and proprietors of the Romaji Zasshi.

DON'T KNOW HIM. stated that:

"About four weeks ago a colored man atruck this town who gave his name as Gen Mentgomery Scott, and claimed to be a member of the Lime Kill Club and a cousin of the King of Dahomey. The General was selling what he termed 'Scott's Death to Corns,' tegether with a cream tooth paste. With every box or bottle sold for twenty-

five cents he gave a phetograph of Brother Gardner. He was here about two weeks. Just previous to the opening of the meet- and then suddenly skipped. Among the ing Eider Juneberry Davis and Judge Hold- thi ty or forty colored people wno purchaswhether the crow-bar belonged to the Gla- rendered a cripple; those who used the cial Epoch or the Drift Period, and after tooth paste find their teeth ready to some hot words had passed the Elder punch. fall out. You will soon receive a visit from ed the Judge en the nose and received a a Talbot lawyer, who will be authorized to ner came in as they were pulled apart, but of \$40 000. We are good natured and longhe seemed to take no notice of the affair and suffering, but we propose to put a stop to

consulted the rolls, but had failed to find the name of Gen. Scott thereon. It was likely that he was one of the dozen impostors traveling around the country and using the name of the club to farther their ends. OH BREE GRANTED

residents of Lunenburg, N. S., set forth the following facts:

3 They felt that they could do the whole continent good.

Candle Nebber Explodes."

thori y be granted them to organize a Lime-Kiln Ulub, and a charter grant d them to work to the thirty first degree.

Warden and Counsellors of Lunenburg County, together with Capt. A. J Wolf, S. Watson Orner, F B Wade, Dr. C. C. Aitken and James Dowling. On motion of Judge Chewso the petition was granted and | day. the Secretary instructed to forward the charter.

Waydown Bebee then offered the following

preamble and resolution : "Whereas, Medical science has demonstrated de fack dat de habit of drinkin' icewater has a tendency to bring on heart disease, lumbage, liver complaint, insemnia

"Resolved, Dit dis Lime Kiln Club not only abstains from ice-water doorin' de comin' summer, but it advises de cuil'd people of dis kentry to do de same thing."

Prof. Ambidexter Smith, Giveadam Jones, Samuel Shin and Sir John Skinner opposed the resolution, while Elder Toots, Whalebone Howker, Casar Johnston and others favored it, and upon a vote being taken a tie was the result. Brother Gardner said he did not care to take the responsibility of a decision on his shoulders, and suggested as a compromise that Sundown Davis be submitted to a series of experiments from May to October to determine the matter. The suggestion was accepted and the resolution withdrawn.

"Brother Gardner konnichi no arisama and had reached the following conclusion:

shigeki wo ukete, bummei no shimpo wa hi ealiy bombard auy city on the coast. We An Alabama newspaper seriously tells its | wo ote sumiyaka nar u ni, shin-libuteu no | would therefore suggest that all these cities

shozuru mono zokuzoku idete, shorai ni 3 If a new Paradice Hall be erected it ikanaru keka wo shozinka bakari-shirubek- should be placed at least twelve miles from

ji ikku no tame ni sono imi wo sensaku may feel like knecking the chip off our The report was accepted and adopted,

no keizai ni oite tasho no kankei ari to su, and all unfinished business being placed on

The Good Die Young. kadachi taru bunji ni cite tadachi ni sono The right kind of a fellow is modest and mellow and generous and brave and benign; His nature's apparent and clear and transparent live yours, gentle reader, and mise. He has no verbosity, no tongue tortuosity, and he rever is boastful and loud He is gentle and quiet and plain in his d'et and never get med in a crowd:

He's grand and majestic, yet meek and domestic. and spends his spare evenings at home; He's a tireless searcher for all kinds of virtue like the author and proprietor of this pome : A communication from Talbot, Mish., He don't play the fi de part his hair in the mi die, nor c'rees like an Anglican dude. When he coes to a p rty with Meigs or McCarty he never is noisy and rude; He li es in frugality and sweet conjugality. and wants pie but two times a day; He never eats ontons nor treads on your bunions not growle when you get in his way

He's wise and he's witty, pe severing and grit ty, and has a ma nincent head; He's all light an aweetness, he's thorough compieten s, he's persection in short but

The belle of Bath, M. T., fcurteen inches long and has belled the captaincy of a base ball the Dr. Burney Yeo, of Leede, ourious observation that then the who usually drink tea without in whom, when in a depressed indicated

PEOPLE

Mark Twain is talked of its

Henry Ward Beecher is out Wet

tien, it occasions indigeties

Baren Tennyson has been in pass

recent visit to Earl Dafferia, but a

accounts the young man was in the

by Sccretary and Mrs. Whitney at V.

ton have been the most intensitie

ings of the season there, although

Cieveland's !uncheons have had in

Oscar Wilde's mother, a pris-

bright woman who writes steries with

and from whom Oscar derives his be

erary ability, has completed the

tion of what is considered an important

Physiologists who hold that the

Kitty Austin walked the other day

Clerasburg, Md., to Rockvilla

miles, and expressed hercelf as being

as a cricket. Miss Kitty was 83 lar

Mr. C. F. Gunther, of Chicago, ha

the largest and most valuable collect

autographs in this country. Mr. 6-

is a baker, but he prides himself per

ly on his rolls of original manuscript

include Payne's manuscript of "F.

Sweet Home," and many other

Lampasas Jake, the cowboy min

who is doing successful work in New L

co, was, it is said, never in church h

life. He is described as a tall, loon is

fellow, with a full beard covering

cheeks, a hig mouth, a high forehed

voice that might be heard a mile if the

Frank R. Stockton insists that them

characters in his stories are dann

real life, and that the odd Pemen i

" Rudder Grange" was actually a m

servant girl in his family, while his

" Mrs. Null," was a Virginia terme

whose husband killed himself rather

trusted several of the mest distingui

grammarians and philologists of Jen V

mar and Eisenach with the work of on

ing the German vocabulary, studying

necessity of introducing into the las

foreign words and deciding whether

pool some time during May in come

with the International Exhibition

opened in that city. Her Majestyl

visit to Liverpool took place October!, I

when she was accompanied by theh

Consort, the Prince of Wales, the Prince

Royal, and the Princesses Alice and His

with chronic dyspepsis. Teo much had

ing will bring a prince as well as a plan

The Prince of Wales is said to be trul

Queen Victoria has decided to visit le

words should be Germanized.

The Grand Duke of Saxe-Weimer by

specimens.

was right.

live with her.

ing merit of originality.

lection of Irish legends.

It is admitted that the reception

kes,

ke.

Hartford.

TWO HUNDRED INDIIGNANT CTIZENS."

The Secretary said that he had carefully who centracted the Indian ferm

A petition signed by sixty-four colored

1. They sighed for intellectual progres-

2. They had no place to hang out o

4. Their watchword was: "Ds Taller

And they would humbly petition that au-

The petition was reccommended by the deteriorating should remember bet

NOT CARRIED.

and Mr. Bright's disease; now darfore

MILITARY REPORT Col. Erastus Wnite, of the Committee on Military Affairs, reported that his committee had carefully investigated the subject of defenses, as required by a late resolution

I In case of war the enemy's fleet could

to grief. The stomach of reyalty dis no way from the stomach of every dist As the Prince sets the fashien in light dyspepsia should be very popular then now. In fact, no real "swell" careful be without it. Dr. Mary Putnam Jacobi told the

teenth Century Club that woman has be "discursive and superficial" in her of mind, because she has always three in to think of, the pot on the fire, the and the expected husband coming he a stew. Whereupon ene of the falle ladies, of whom the audience was composed, whispered to her neg "Neither the pot, the baby ner the ever trouble me. Do they you?"

The number of suicides at Monto to be increasing at an alarming min of the noblest families of Austria ha thrown into mourning by the death di at Monte Carlo, who, after losing ever 000 at the gaming table, blew his brus in the doorway of Monsieur Blanci lishment on the 20th February lat announced on good authority that the ian Consul of Monaco has just been an at Rome for falsifying, and in some totally suppressing, the reports of the by suicide at Monte Carle of Italian

· Royalists Learning to Labor. Prince Ludwig, of Battenberg, the Russian princes, has been to handleraft, was lately initiated in mysteries of printing. Having the business he taught it to his will the princely pair have just set up and printed a book of 200 pages, "My Journey to Bulgaria." The this little volume, which is intended fer private circulation, is the Maria, of Erbach, Scheenberg, Prince, ander's sister. The Knights of

would hardly approve of Prince and Plant Ludwig's competition, but they only

little fault with their printing.

A Single Trial

Is all that is needed to prove that Pur NERVILINE is the most rapid and R costs 10 cents for a trial bottle. trial bottle will prove Nerviline to he ly efficacious as an external or interior edy, and for pain of every description Sold by druggists. Large bottles Avoid substitutes.

The pay of a second lieuten French army is but \$37.80 per his sword knot costs \$5.

There is something equidite can's reply to the Europe he asked him if he had just ores - " Wal, now you call my fact, I guess I did pes it



WHAT'S ALL THIS HOME AND DUSTLE ABOUT

11 Het Chreech.