

HEALTH.

Resting After Meals.

In connection with a piece of advice frequently given the following remarks will prove instructive:—

A friend of the writer, who suffered from dyspepsia during almost her entire life, considers the following suggestions to be the most in accord with her own experience of anything on the subject lately published:—

Hurried eating of meals, followed immediately by some employment that occupies the whole attention, and takes up all, or nearly all, the physical energies, is sure to result in dyspepsia in one form or another. Sometimes it shows itself in excessive irritability,—a sure indication that nerve force has been exhausted; the double draught, in order to digest the food and carry on the business, has been more than nature could stand without being thrown out of balance.

In another case, the person is exceedingly dull as soon as he has a few moments of leisure. The mind seems a dead blank, and can only move in its accustomed channels, and then only when compelled. This, also, is an indication of nervous exhaustion. Others will have decided pains in the stomach, or a sense of weight, as if a heavy burden was inside. Others, again, will be able to eat nothing that will agree with them everything that is put inside the stomach is made the subject of violent protest on the part of the organ, and that person suffers untold agonies in consequence. Others suffer from constant hunger. They may eat all can, and still feel hungry. If they feel satisfied for a little time, the least unusual exertion brings on the hungry feeling, and they can do no more until something is eaten.

It is almost needless to say that this condition is not hunger, but inflammation of the stomach. Scarcely any two persons are affected exactly in the same way, the disordered condition manifesting itself according to temperament and occupation, employments that call for mental work, and those whose scene of action lies indoors, affecting persons more seriously than those carried on in the open air, and those which are merely mechanical, and do not engage the mind.

All, or nearly all, of these difficulties of digestion might never have been known by the sufferers had they thrown off the cares of their business, and rested a short time after eating, instead of rushing off to work immediately after hastily swallowing their food.

Nature does not do two things at a time and do both well, as a rule. All know that when a force is divided, it is weakened. If the meal were eaten slowly, without preoccupation of the mind, and the stomach allowed at least half an hour's chance to get its work well undertaken before the nervous force is turned in another direction, patients suffering from dyspepsia would be few.

A physician once said, "It does not so much matter what we eat, as how we eat it." While this is only partly true, it certainly is true that the most healthful food hurriedly eaten and immediately followed by work which engages the entire available physical and mental forces, is much worse than a meal of poor food eaten leisurely, and followed by an interval of rest.

How Much Shall We Eat?

It is clear that with the wise men of old quantity rather than quality was the ruling law; not what a man ate, but how much he ate was the capital thing for him to consider. A tolerably simple diet is advised, though the wise Lessius holds that the quality of the food matters little, so that the man be healthy; but whatever it be, let there be moderation; measure is the one thing needful. The difficulty of finding this measure is confessed: "Lust knows not," says St. Augustine, "where necessity ends." By the time he had reached his thirty-sixth year Cornaro had accustomed himself to a daily measure of twelve ounces of food and fourteen of drink—which does not, I own convey an exact notion to me, though I take it we gargantuan should find the measure small. He does not seem to have been particular what he ate. He found it no labor to write immediately after meals. On the contrary his spirits were then so brisk that he was toying a song to get rid of his superfluous energies before sitting down to his desk. Lessius is loath to commit himself to any certain scale: "If thou dost usually take so much food at meals as thou art thereby made unfit for the duties and offices belonging to the mind, it is then evident that thou dost exceed the measure which thou oughtest to hold." He tells, on ancient authority, some marvelous tales of the little men have found enough to keep body and soul together: how one thrived through a long life on milk alone, how another lived for twenty years on cheese. In monasteries and in the universities this desired measure is, he says, more easily to be found, for there either the statutes of the societies, or the "discreet orders of the superiors" have ordained the quantities of wine and beer that are fit to be drunk. Of monasteries I have no experience, but in the universities I have been given to understand that it is (or was, for the old order changes now so fast that it is hard to say what a day may not bring forth) the custom to leave such matters mainly to the discretion of the students—which, it may be, is like Goethe's poetry, not always inevitable enough. On the whole, Lessius seems to incline to Cornaro's allowance as sufficient, and perhaps as good an average as it is possible to strike. But he insists, as do all these antique sages, that the measure must vary with the age, condition, and business of the man. No hard and fast rule can be there.—Populär Science Monthly.

Snails.

Snails are largely eaten on the Continent. In the markets of Spain may be counted as many as fifteen different species offered for sale; while snail-gardens are common all over Europe. There is, for example, one at Ulm, near Wurtemberg, which sends out no fewer than ten millions of the largest kind—the Helix pomatia—to be fattened in other gardens before being sent to the various convents in Austria for consumption during Lent. At Dijon a small farmer clears about three hundred pounds per annum. Large quantities of the common snail are sold in Covent-Garden Market to the foreign colonies in London. It is also said that they are collected round London for exportation on a small scale to Paris and the United States.

LATE DOMINION NEWS.

Aylmer has become a town. Mr. John Clark, of Crowfoot, N. W. T., had twelve horses stolen by Indians one night recently.

The Bank of Montreal is about to establish agencies at Calgary, N. W. T., and at Vancouver, B. C.

The potato rot is so serious in the vicinity of Stanbridge East, Que., that many fields will be left undug.

The area of the town of Smith's Falls has been increased by the additions of portions of the townships of Montague, North Elmsley, South Elmsley, and Wolford.

A five-pound cucumber and a nine-pound beet have been forwarded to the office of The Missisquoi Record, and the editor has expressed the proper degree of surprise.

Farmers in the vicinity of the River Desert, the Peche, and North Wakefield, in the Gatineau district, are much troubled by bears, which infest the entire district. One farmer in North Wakefield has lost thirty sheep by their depredations this season.

Mr. Henry Dumble, of Kingston, aged 68, was for years perfectly bald, but last spring his hair again appeared, and now he has a fine growth of it, and very black. His whiskers are also turning black although before he was fifty years of age they were grey.

A young man, aged 21 years, named A. Hay was feeding the grain into a threshing machine at Mildmay, and in holding on to a sheaf to prevent it from going in too fast, his feet slipped from under him. He fell in, was torn to pieces, and instantly killed.

A dispatch from Victoria, B. C., reports a valuable gold find close to the boundary between British Columbia and Alaska, and says that already the quantity taken out had realized \$24,000. The question of jurisdiction is likely to be raised, as the boundary between Alaska and the British territory has never been defined.

A dispatch from Indian Head, N. W. T., says the Indians are becoming bolder each day. A man named Guardapie, while guarding property for the Medicine Hat Range Company about twenty miles away, was held up by eight Blood Indians and relieved of his rifle, revolver, and everything else of any value. Horse stealing began about the time the police outposts were ordered in.

Recently Alfred Sutton and Daniel Mahoney were hunting deer in the woods at Cowichin, B. C. Neither party knew the other was out, and Mahoney, seeing Sutton moving in the bush, and thinking he was a deer, raised his gun and fired. The ball passed through Sutton's heart, killing him instantly. The deceased was a native of Bruce, Ont., and a nephew of Sheriff Sutton, of that county.

A few days ago a young man named John Pratt was mobbed near Stittsville by a gang of boys, who, after otherwise ill-treating him, shaved off one side of his moustache and the hair off one side of his head. The victim was also badly beaten, and has since been under medical treatment. The young man's father offers a reward for the apprehension of the guilty parties.

A young man named Martin Dolan, while carrying away grain from a threshing mill in operation on the farm of Mr. Chas. Butler, Fitzroy, inadvertently stepped backward against the driving shaft, and a loose woollen garment which the young man was wearing to preserve his clothes, caught in the shaft, and he was whirled violently against the ground and instantly killed.

During the recent great Central Fair in Hamilton a car was waiting on a switch on King-street for the up car to pass when a heavy old man strode over and asked the driver:—"Is this—the car—for the—Toronto—train?" The driver said that it would take him there with a transfer. "How long do you wait?" asked the old man, "I shall want to go in about an hour."

Mr. Hervey Smith, of the first concession of Malahide and brother of Havelock Smith, who is charged with the murder of Marshall Piggot, has taken proceedings against Mr. Asa Marr, a wealthy farmer of the same neighborhood, for \$5,000 damages for alleged slander. It is charged that the accused has frequently expressed his belief that Mr. Smith was implicated in the crime for which his brother has been twice tried.

Mr. John McCauley, of Chatsworth, lost a bull a couple of weeks ago, and after a six days' search found the poor brute fast in the bush in the rear of his farm. The animal's head and foot were fastened together with a chain, and the chain had caught on a snag, and in its efforts to get loose the bull had wound the chain around the snag, until his head was down to the ground. The animal when found was a mere skeleton, having been six days without food or water.

At Campobello, N. B., there is a child named Glendover Evans Brown, who has nine grand parents and great-grand parents living within a mile of each other. The child is a grandson of Bartholomew Brown and wife, and great-grand child to Col. James Brown and wife on his father's side, and on the mother's side a grandchild of John Mitchell and wife, and great-grand-child of John Mitchell's mother, Mrs. Peters, who is a daughter of Thomas Matthews and wife, who are also great-grand parents to the child.

Recently a young woman arrived at Victoria, B. C., on her way from Seattle to Nanaimo. Her trunk was landed at the wharf from which the Nanaimo boat starts, but not being aware of this fact she engaged an expressman to take her box to the wharf from which the steamer for Nanaimo would start. The unprincipled luggage handler exacted pay in advance, drove around the block with the trunk, and deliberately brought it back to the place whence he started. Victoria has at least one expressman who would make a fine subject for police court treatment.

Nerve Pain Cure.

Polson's Nerviline cures flatulence, chills and spasms. Nerviline cures vomiting, diarrhoea, cholera, and dysentery. Nerviline cures headache, sea sickness and summer complaint. Nerviline cures neuralgia, toothache, lumbago and sciatica. Nerviline cures sprains, bruises, cuts, &c. Polson's Nerviline is the best remedy in the world, and only costs 10 and 25 cents to try it. Sample and large bottles at any drug store. Try Polson's Nerviline.

THE LINE-KILN CLUB.

"He ain't axed," said Brother Gardner, "I've axed and surveyed the bald heads up and down the centre aisle. 'If dia dub an' axed in' international questions! I should axed dat it am! I has also axed an' axed our position on the fishery an' de fishery an' sea-hun. As to de former qeshun if dar am a treaty which says dat we kin catch fish in long Canadian shores, lets continue to catch until de treaty am torn up. If dar' hain't no treaty, we hev no more right in Canadian waters dan dem Cannucks hev in Yankee co'nfieds. I seems to me dat de qeshun am so plain dat nobody need puzzle ober it ten seconds.

"As to de Mexican qeshun, dar' am no treaty about it. Sunthin' ober seventy years ago dis kentry kicked up a row ober de qeshun of sailor's rights. Eber sence dat war closed no American citizen residin' in a fur-rein' kentry has had any rights to go to war about. He kin be illegally arrested, illegally plundered, illegally imprisoned or put to death, an' de case doan' worry our State Department. Dis state of affairs has continued until de weakest nashun on de face of de airth feels safe in abusin' American citizens. Any of 'em chance to be purtected, it am by a British Consul, backed by de British flag an' a British gun-boat.

"Dar' has bin a good deal of talk among de members of dis club. Samuel Shin has walked aroun' him, an' Shindig Watkins has h'isted an American flag in his back yard an' sworn to shoot any Mexican who hauled it down. Some of you am just achin' to die fur yer kentry, an' de rattle of de drum makes Elder Toots an' Uncle Jackson breathe as hard as a hoss gallopin' up hill. Drap it. Dar' hain't gwine to be any war. Uncle Sam am gwine to put on a grin an' purtend to be well-satisfied, an' Mexico am gwine to chuckle to herself an' be a leetle mo' keeful fur de nex' six months."

ELECTION.

On motion of Sir Isaac Walpole the meeting then opened on the thirty-third degree and proceeded to the election of local officers. There has been a great deal of wire-pulling during the summer in regard to these offices, and it was felt that the election would prove an exciting contest. An informal ballot for Secretary brought out thirteen candidates, five of whom could neither read nor write. When this fact came to be whispered about, Brother Gardner arose and said: "I want to say to you five gem'lens dat dis am not a polytical lekshun. If it was you'd be all right. A mankin leave de fool asylum to-day an' run fur alderman in any city in de land to-morrer, but we do bizness on a different basis in dis club. De five of you purceed to abshquatulate or you'll har sunthin' drap!"

A formal ballot was then taken, and Way-down Bebee was re-elected by a majority of 28. He returned his thanks in a few well selected words, in which he rung in Nero, Plato, the great Sahara Desert and the Mormon question. An informal ballot for Treasurer brought out twenty-eight candidates, and the feeling promised to be so high that the President again rose and said: "My frens, I doan' want to keep interrutin' de purceedin's, but I mus' remind you agin dat dis club doan' hold its lekshuns on a polytical basis. In pollyticks it am not eben considered cheeky fur an embezzler to lay his wires to become a public treasurer, but de case am different heah. Dar's a heap of you who doan' know 'nuff to add five to seven, or to subtract two from six, an' dar' am some others who could't get a bond of \$50 signed to save der necks. Dar' mus' be more abshquatulashun."

His brief speech produced a wonderful effect. A formal ballot brought out only three candidates, and of those Trustee Pull-back received a majority of the votes and was declared elected. He expressed his thanks in broken remarks, which were about equally divided between the glacial period and the latest improvements in corn-shellers, and sat down amidst the heartiest applause.

Brother Gardner said that other committees of less importance might be named later on. Such persons as had been named were expected to enter into committee work with energy and enthusiasm, and seek to make a success of whatever they might be asked to do. It was announced that the Library would open at 7 and close at 10 o'clock through the fall and winter months, and frequenters of the place were cautioned about indulging in either political or religious debates in the room. The janitor was instructed to secure the services of a civil engineer to make a survey of the hall stove and estimate the amount of money which would put it in safe condition for the winter, and the Keeper of the Sacred Relics was cautioned to keep his eyes peeled for a cheap bust of Gen. Jackson to stand in the southwest corner of the main hall. The meeting then went home.

Filial Love.

There is not on earth a more lovely sight than the unwearied care and attention of children to their parents. Where filial love is found in the heart we will answer for all the other virtues. No young man or woman will ever turn out basely, we sincerely believe, who has parents respected and beloved. A child affectionate and dutiful will never bring the gray hairs of his parents to the grave. It is seldom the case that a dutiful son is found in the ranks of vice, among the wretched and degraded. Filial love will keep men from sin and crime. There never will come a time, while their parents live, when their children will not be under obligations to them. The older they grow, the more need will there be for assiduous care and attention to their wants. The venerable brow and frosty hair speak loudly to the love and compassion of the child. If sickness and infirmity make them at times fretful, the younger folk should bear with them patiently, not forgetting that time ere long may bring them to need the same care and attention. Filial love will never go unwarded.

Competent to Recommend.

"Well, Thomas, you say you have a recommendation?" "Well, yes, sah; I brought my fadiah long to recommen' me; he's knowed me all my life, sah."

Thomas Carlyle, the great Scotch author, suffered all his life with dyspepsia, which made his own life miserable and caused his best and truest friends to leave him because of his selfishness. Dyspepsia generally arises from diseases of the liver, and as Dr. Pierce's "Golden Medical Discovery" cures all cases of this great gland, it follows that while all cannot be Carlyles, even with dyspepsia, all can be free from the malady, while emulating his virtues.

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A. P. 302.

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CHAPTER II.—(Continued) Dolan clonched his hands and his nails were painful. Dolan shrank back as he saw his hands in his eyes. Dolan shrank back as he saw his hands in his eyes. Dolan shrank back as he saw his hands in his eyes.

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