Fatigue and Indignation.

The following wise remarks are quoted from Health, an Bogdish monthly devoted to scientific hygiene:

"A cause of imperfect digestion is fatigue. When we start on a walk it does not matter much whether the road is rough or not; any litt'e obstacle is avoided with ease and we thread our way over rough stones, through tangled heath, or over a quaking bog, without difficulty. Our nervous system is in full vigor, and preserves perfect co-ordination among the movements of the different parts of the body; so that one helps the other, and all difficulties are surmount ed. But when we are tired a little roughness in the road will cause us to stumble, and an unexpected stone may give us a sudden fall. The wearied nervous system no longer co-ordinates the movements of the various parts of the body, that they may work together for a common end.

"The same thing occurs with the various parts of the intestinal canal. If the nervous system is exhausted by previous fatigue, or debilitated by illness, the requisite co-ordinations may not take place, and biliousness or indigestion may be the result. How oft- | favor. en do we find the meal taken by a person immediately after a long railway journey disagrees with him, and either causes sickness or diarrhœa, or a bilious headache? Forty winks after dinner is not always a bad ence whether a murderer am hung by de thing; but forty winks before dinner is cer- | Sheriff or a blacksmith. De main pint, artainly much better.

hard all day, with their mental faculties | take up de miscellaneous bizness an' seek to constantly on the stretch, go home and have dinner forthwith ! Exhausted as they are, how can they eat? They ought to make a point of having a little rest at home before dinne:

"There is grave truth in these remarks, and they should be well laid to heart by those who are compelled to work at high pressure, and thus fail in that repair of the bodily waste which lies at the foundation o health. But mental emotions and the play of mind may in their turn produce disturbances of the body's duties in the way of food digestion. Here, again, the views expressed teem with a common sense and philosophy which commend them to the thorough appreciation of those who find digestion to fail from the nervous influences that chase one another and career over the surface of the mental atmosphere.

"Effects, somewhat similar to those of fatigue, may be produced by depressing or disturbing mental emotion, or bodily conditions. We know how readily excitement of almost any kind will destroy the appetite of some people, and depressing emotions will

"From this it would seem to be equally probable that various emotions affect special | despaired of. He had been greatly worried parts of the digestive system. A strong impression of disgust may excite vomiting; compassion is said to produce movements of gas in the small intestine; worry is know to | replied the President. "In de fust place, affect the liver; and Dr. Brunton gives some countenance to the popular notion that jaundice may be brought on through a men- to be proud of. It may be dat you am tal cause, illustrated for example, by anxiety. The old adage respecting the wisdom of maintaining an easy mind if we would grow fat, has therefore a physical basis. I is the surest of inferences that the mind and | a brick house has hit him on de neck." nervous system which are allowed to remain placid and unruffled, are most likely to be found presiding over a body and processes which respectfully live and act in a healthy and normal fashion. If care really kills us, it seems probable that its method of slaughter is largely that of destroying the harmony of those functions on which the proper nutrition of our bodies depend."

A Wet Sheet Pack

This valuable process in water treatment may be briefly described as follows: Have ready two or three comfortables or thick blankets, one woolen blanket and a large linen or cotton sheet. It is important to be certain that the sheet is sufficiently large to extend twice around the patient's body. More blankets are required in cool weather than in warm, although the pack should be taken in a room at temperate heat. Spread upon a bed or straight, broad lounge the comfortables, one by one, making them even at the top. Over them spread the woolen blanket, allowing its upper edge to fall an inch or two below that of the last comfort-, able. Wet the sheet in water of the proper temperature, wring out so that it will not drip, then gather the ends so that it can be quickly spread out. Now place its upper end even with the woolen blanket, and spread it out on each side of the middle sufficiently to allow the patient to lie down on his back, which he should quickly do, letting his ears come just above the upper border of the sheet, and extending his limbs near together. Wrap the patient snugly, carefully first with the sheet and afterward with the blanket, taking care to exclude air from the neck to the toes. After the bath give the patient a cool or tepid sponge bath, or a wet sheet rub, and he will probably feel greatly refreshed and invigorated. This form of bath is particularly useful in disceases of a ferbrile type.

Salt and Digestion.

If a piece of salt is taken into the mouth, the flow of saliva is temporarily increased, though it is not certain that the amount secreted in any given time is any greater than it would have been had no stimulants been used. It has been argued, also, that the effect of salt on the gastric juice in the stomach is the same, and that its use promotes digestion. Some recent experiments, however, on a man who had an artifical opening into his stomach to supply food, which he could not take through the mouth, seems to negative this assumption, and that salt hinders the secretion of gastric juice and digestion rather than promotes them. If the amount of salt is considerable, digestion almost ceases. Experiments like these have great value, for they help to clear away the superstitions of past ages, which seem to be held by the educated and the ignorant alike.

Diphtheria.

M. Delthil, of Paris, has become famous for his success in the cure of this disease. Large flat dishes, filled with spirits of turpentine, are placed in different parts of the room; sponges wet with it are placed at each side of the patient's head, and it is even used to swab the throat. M. Delthil claims for

this treatment sixty recoveries out of sixty three cases, where it was instituted and carried out from the beginning of the di

" Heah am a petishun to de nex' Legislachur', signed by twenty-eight cull'd men of Battle Creek," said Brother Gardner, as silence fell upon Paradise Hall. "It am a petishun prayin' dat body to restore capital punishment. I hope dat ebery member of dis club will add his signatur' to it. If dar am one fing more dan anoder wanted in de Stait of Michigan to-day it am a hangman who understands his bizness. De want of sich a man, together with juries who won't permit deir sympathies to run away wid deir common sense, am bein' felt to-day in almost ebery county in de Stait. De number of cold-blooded murders an' attempts at murder foot up a total to surprise you. We stand among de foremost in de record, an it am evident to all observers dat nuffin am am held mo' cheaply in Michigan dan human life. We hev sent men to prison fur life fur murder, but dey am libin' on in hopes of a new trial an' a verdict in deir

"Let de petishun be signed an' returned. If it doan' do any good dis club will stan' ready to jine itself to a vigilance committee. It really doan' make so much differter you am sartin of his guilt, am to hev "How often do men who have worked him well hung by de neck. We will now cl'ar off de Secretary's desk."

GIVEADAM IS THREATENED.

Giveadam Jones notified the meeting that he was in receipt of the following letter, dated at Halifax and written in bloodred ink:

It has been decreed, by virtue of the Grand Council, that you shall meet your doom by the hands of our Worthy Grand Assassin. So by faith shall it come to pass as we say it. R. G. & S.

We are desirous that you should have time to give thoughts to your soul's best wishes. The Grand Deliverer of Orders shall in course notify you of the date fixed for your journey to the mysterious destination of your kind. You will therefore prepare for the promised future. G.

The Grand Scriptorial Deliver will do duty to your soul's wishes.

R. W. G. Fiend Lodge 444.

The letter reached his cabin during his temporary absence, and his wife opened and read it. When he came home he found her unconscious, and for three days her life was himself, sometimes being inclined to flee to the West.

"Brudder Jones, you stay right heah," we can't spar' you, an' in de next place, if you am assassinated you shall hev a funeral marked as a victim, but I wouldn't worry over it. Jist put a pa'r o' brass knuckles in your pocket an' keep your eyes peeled o nights, de assassin who tackles you will think

DON'T TRUST HIM. The Secretary annouced the following:

SISSONVILLE, KANAWHA Co., W. VA. Brother Gardner.

DEAR SIR-At a meeting of "Whitewash Club" No 7201 I was directed to inquire of your Recommendation Committee whether or no they had given Brother Col. Andy Ray a certificate of moral reputation. He is canvassing our community with a windmill. Already he owes Brother Jenks two weeks' board, and Brother Sam Jones, the barber, has refused to shave him until we hear from you. He claims that the "mill" will blow lime out'n of a whitewasher's eyes, and all seeds cleaned, from a mustard up to a large sized 'tater. As you have been sitting under the dripping of lectures on cyclones and other wind currents, we desire your advice before purchasing. We number sixty-three members, and all belong to the Baptist Church except fiftynine. It's time to suspect something when a man weighing 187 pounds lays down his whitewash brush and goes into the wind business.

P. HENRY FLOYD, Sec'y.

The Secretary was instructed to reply that the club had no knowledge of any such man as Col. Andy Ray, nor did it desire to express an opinion on his invention. While he passed as an individual the club would prices. R. B. BUTLAND, 37 King-st. W., Toronto. not go out of its way to whack him, but in case he claimed membership, or pretended that his mill was indorsed by the club, his sorrows and tribulations would begin at

The thanks of the club are also due to "G. G.," of Alabama, who has forwarded a hair brush said to be 4,500 years old.

A NEW POEM.

The receipt of the following touching poem was announced, and Waydown Bebee was authorized to set the same to music:

HI DAR! CHIPMONK.

BY SALAMANDER SMIFFIN. A chipmonk sat on a hick'ry limb, Hi did a di, hi did a di, A rabbit come 'long an' he say to him, "Hi did a di, did a da."

"I see you is sittin' up dar all day, Hi did a di, hi did a di, Why for de debil you up dar stay? Hi did a di, did a da."

Chipmonk:

Rabbit:

"Oh! dem hick'ry nuts, day am so sweet, Hi did a di, hi did a di, An' I sittin' up here dem for to eat, Hi did a di, did a da."

Samuel Shin was then fined \$450 for breaking two lamp-chimneys with his elbow while throwing a paper wad at Elder Toots and the meeting adjourned.

Ill Temper

Is more rapidly improved by relief from physical suffering than in any other way. Step on your friend's corn, and the impulse to strike is strongest. Putnam's Painless Corn Extractor, by quickly and painlessly removing them, insures good nature. Fifty imitations prove its value. Beware of substitutes. "Putnam's," sure, safe, painless.

Charge it to Wiggins.

Devou know that there were very many

an Buffalo-not ignorant and superbut educated and of rather good nerves who were quite worried and alarmed by Wiggins' prediction of a general shaking up of our planet on that Wednesday? It is difficult to believe it, but it is none the less It is told of a lady whose reputation for strong-mindedness is rather wide that she actually called upon her paster and had to be prayed with before her terrors could be subdued. More than one clergyman, if report be true, had to reason with members of his flock to convince them that the day of wrath was not actually at hand, and that Wiggins could have no such exclusive information as to the coming of earthquakes as has been claimed by him.

Where Are You Going?

If you have pain in the back, pale and sallow complexion, bilious or sick headache, eruptions on the skin, coated tongue, sluggish circulation, or a hacking cough, you are going into your grave if you do not take steps to cure yourself. If you are wise you will do this by the use of Dr. Pierce's "Golden Medical Discovery," compounded of the most efficacious ingredients known to medical science for giving health and strength to the system through the medium of the liver and the blood.

Old-fashioned hoopskirts are already worn by ladies who "have just returned from

Sick and bilious headache, and all derangements of stomach and bowels, cured by Dr. Pierce's "Pellets"-or anti-bilious granules. 25 cents a vial. No cheap boxes to allow waste of virtues. By druggists.

The new style of arranging the hair gives a good chance to display ornamental hair-

Life seems hardly worth the living to-day to many a tired, unhappy discouraged woman who is suffering from chronic female weaknesses for which she has been able to find no relief. But there is a certain cure for all the painful complaints to which the weaker sex is liable. We refer to Dr. Pierce's "Favorite Prescription" to the virtues of which thousands of women can testify. As a tonic and nervine it is unsurpassed. All druggists.

Embroidered crapes, muslins, and batistes are in beautiful designs for evening

Don't use any more nauseous purgatives such as Pills, Salts, &c., when you can get in Dr. Carson's Stomach Bitters, a medicine that moves the Bowels gently, cleansing all impurities from the system and rendering the Blood pure and cool. Great Spring Medicine 50 cts.

Life is short—only four letters in it. Threequarters of it is a "lie" and half of it is an

A Free Fight.

The great reputation of Briggs' Electric Oil is such that it has induced unprincipled persons to adopt other names as near as possible. The proprietors of Briggs Electric Oil have the name and style of the Electric Oil registered both in Canada and the United States, and no one can use it but themselves. Others hearing of the success of Briggs' Electric Oil have adopted other names similar, such as "I clectric Oil," Electron Oil," &c., and are striving to induce the public to buy them instead of the ger uine

In fact so determined were they that they brought a suit at Law, in the High Court of Canada, to deprive Briggs & Sons of their right to control the same ; but the Courts and the Minister of Agriculture at Ottawa fully sustained their registered trade mark.

Briggs' Electric Oil cures Rheumatism, Neuralgias Sprains and Bruises, complaints arrising from Cold, such as Sore Throat, Cough, Asthma, Bronchitis and difficult breathing. A man has invented a sleigh made of pa-

used a paper cutter for years. A CURE FOR DRUNKENNESS,

opium, morphine, chloral, tobacco, and kindre t habit. The medicine may be given in tea or coffee without the knowledge of the person taking it if so desired. Send 6c in stamps, for book and testimonials from those who have been cured. Address M. V. Lubon, 47 Wellington St. East, Toronto, Ont. Cut this out for future reference. When writing mention this paper.

It sounds like a paradox to say that a man is laying up money when he is salting it

A. P. 303.

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Jenkins sold 128 the first week; J. E. Brace say;

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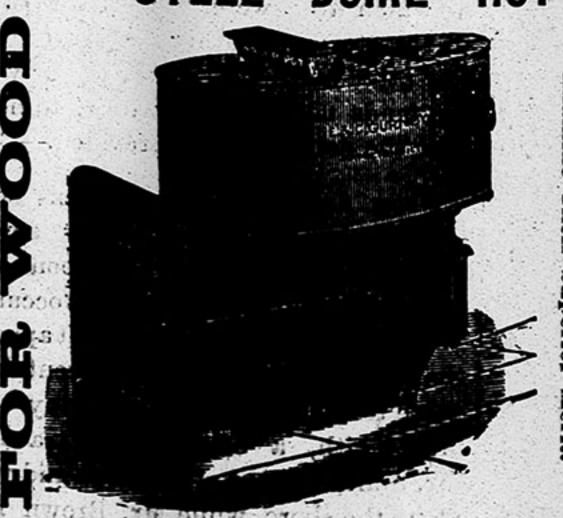
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THE MOST

CHAPTER IV .-loy !" shouted Capta His majesty's schoon thought so." Vo impertinence. W bell that we may

Haven't got one. That's it. She catter ahoy !" Who are you ?" The Mary Jane-So ngs and pickaxes !" ! went a gun fro Rift had altered i harmlessly past he e fleeting moment, that the posi be seen through the That you !" said Dol vou are. I can ge by two points east,

light canvas which the Rift fluttered for and flapped itself ange of position of then, at an acceler. w through the rising the sea was rising l to have condensed and to have produc such as is evoke at equilibrium a are the causes in the Spray fired

direction of the Rift

flown off into the m of the piece of ordnar nt lit up the spars though, as was the mist, it sho ard the Spray the which floated the st ica. Not above a vard the yacht was r as if it had bec

dangerous proxim from the Spray and the sound came hat ship ? Ahoy !"

Tho are you?" shou lis majesty's schoon reply was prompt: acht Nautilus, Unit aptain Morton, own low did you get here eel downward !"

old !" cried a clear a different descrip o to this moment ha aintry! I will see t tion is requested her Spray that I, C autilus yacht, can gi low came you here ? e have made the

n that boat?" ood luck to you, sir, hank you !" e are looking for a vessel cutter-rigge just above watero, sir; I shall see n or otherwise "I am not abou ementary custom-ho mie majesty! Good hoy! Yacht ahoy! Nautilus sped on h

on board the Spr pet as he said: onfound the fellow's ay with these Amer always got some ans ready that one can ll after they have sa you think no Spray, and who in

Vell, s-a-h! Oh, of wished, I should hav -I should certainly h Ay, ay, sir !" Green gave himse

he descended to tl only wish that the e the name of the founder, or that so her in hand !" the cabin of the negligently loungin tem of a meerschau

a Turkish smoking a pair of red mor really," he sa figurement, Green, did you ev verything! Ah, v it is annoy of said the , who was

Annoying, do deal worse t You can Moselle

sobehed the v Dayle has been

anies by all desice. solution Training