

ING EIDER DOWN

Birds Pluck... for the Use of Man... constitutes the weight... to be the provisions... study this bird in its... the Cosmopolitan... a boat at Reval, and... three islands situated in... They are named Vidy, Pa... Here the ducks pair... every year about the... When the female has... she wishes to lay her... in her plumage the... to line the bottom and... then she generally lays... time the drake, more... prerogatives than was... father of a family... moment to keep a watch... sort and fetches her... the slightest indica... take a walk. This... of a male more careful... the female has been... observations. But... this is simply jealousy... owner of the land... at the same time... eggs. The unfortunate... makes a stout resis... clothes of the robber... off a short distance... out the bondi (farmer)... takes the precious... ple other goes to work... only a part of the... all were removed the... too much would lose... ve is made solely as... the down is removed... of the poor mother... until she finds herself... no longer wherewithal... hole that contains her... gattered near her, then... and, he, too, strips... image, a quality of down... distinguish easily from... because it is white and... sides.

HEALTH.

HEALTH. Hints. A Maine doctor says bilious fever is a mild yellow fever. Brain poltice is said to be an infallible cure for poison-ivy. A simple remedy for neuralgic headache is the juice of a lemon taken in a cup of black coffee. Changes of dress from thick to thin should always be made in the morning, as then all the vital forces are in full play. It is not always necessary to have teeth extracted when they ache. The nerve may be diseased and the tooth still perfectly sound. In a case of slight sore throat, let a little powdered borax be placed on the tongue, and allowed to dissolve and run down the throat. "Enough is as good as a feast." Remember that it is better to leave the table a little hungry than to suffer the pangs of indigestion after eating heartily. The habit of continual spitting which attends the chewing of tobacco and gums, impairs debility, not only of the salivary glands, but of the system generally. Keep your sleeping rooms well aired even in cold weather. Many a headache and unpleasant taste in the mouth is caused by sleeping in impure atmosphere. Men in business have a very bad habit of keeping their hats on indoors. To this cause may be ascribed the distinguishing mark of the middle-aged American—baldness. None of the minor "ills" is more troublesome than an ingrowing nail. By pouring hot tallow over the nail, the hardened flesh about it is shrunk and relief is immediate. When any part of the skin has been frozen, apply ice, snow or cold water. The vinegar, a quality of down that distinguishes easily from because it is white and takes its sides.

continuous brain-work, to excesses in eating and drinking, to passions, to worry. The weak spot being ascertained, the fatal result may be prevented for years, perhaps indefinitely, by a carefully regulated life.

Water-Drinking. According to Dr. L. Brunton in the Practitioner, there is no diuretic so good as water. Water does not merely stimulate the kidneys, but it facilitates their work by preparing the waste substances for elimination, and by aiding in their removal. The majority of persons drink too little water. Persons who have a gouty or rheumatic state of the system, will find great relief in copious water-drinking. A bad taste in the mouth in the morning, may often be prevented by taking a glass or two of water late in the previous evening. Water is most effective when taken hot.

Buttermilk. Buttermilk obtained from sweet cream is often found of great service in the treatment of the diseases of children, and is often useful as a food for dyspeptics and persons suffering with the diseases incident to the warm season. The writer was informed, not long since, by an eminent physician, that he had succeeded in curing a large number of cases of dysentery during an epidemic of the disease in a southern State, by feeding his patients upon buttermilk. Little or no other treatment was employed.

Danger in Ice. The popular notion that water iced by freezing has been proven by scientific experiments to be a mistake. Ice from bad water is as likely to communicate disease as the water itself, hence no ice should be used in drinking-water unless known to have been gathered from a pure source.

A MOTHER'S CRIME. Her Baby Boy Lowered Into a Well and Left to Miserably Perish.

A young unmarried woman, living in a good situation with an Oxfordshire (England) farmer, had with her a boy of 2½ years. This inebriation standing in the way of her being married, she made up her mind to rid herself of it. Obtaining a holiday, she left the farm with her boy, giving out that she was about to visit a relative some miles off. Next day she returned, and stated that she had left the child to be brought up by her cousin. The statement was naturally believed.

On the following afternoon two men were at work harvesting in a field on the next farm to where the mother was employed. One of them was a laborer on tramp, and inquired of his companion the best way to get to the place where he had taken lodgings. The best way was told him, and he was further instructed that when he reached a small coppice he was not to go through, but round it, otherwise he might fall down an unprotected old dry well. All the remainder of that day the thought of this well worried the tramp: he felt an intense and unaccountable desire to see it, and so earnestly solicited the man working with him to accompany him to see it that the other agreed to do so. When they arrived at the coppice and found the well both were afraid to stand on the edge and look down, and lay down to do so. Presently one threw down a stone, when, instead of hearing the sound of its fall, they heard a cry. Another stone was dropped with the same result. Certain that something alive was at the bottom, they promptly went to the nearest farm-house and returned with more men, a lantern and ropes.

A plucky lad volunteered to go down, and was lowered, the rope around his waist, the lantern tied to his wrist. He found at the bottom, 120 feet from the surface, lying between four pointed perpendicular stakes—on either of which a man might have been impaled—a living, bleeding, and sobbing baby boy, which, when brought to the surface, was at once recognized as the child of the girl at the adjacent farm. The mother after conviction, when asked how she got the child down the well without killing it instantly, replied that she had not the heart to throw the poor boy down, so procured a long cord, doubled it under the child's body, and when it reached the bottom let go of one end and drew the cord up by the other. The amount of heart possessed by a mother who could leave her offspring to slowly perish of starvation in preference to slaying it outright must be very small, both in quantity and quality. The poor innocent was 36 hours without food and in pitchy darkness, and was so cruelly cut, scratched and bruised that he still bore the marks weeks afterward, when at the trial he was stripped and placed on the table to show them. And had this inhuman mother any heart in her composition she must have felt cut to the very core then, when the poor little fellow put out his arms and cried to go to her. The death sentence was recorded against her, but commuted to penal servitude for life.

Causes of Sudden Deaths. The number of sudden deaths is large, perhaps increasingly so, though the popular impression may be false, since the daily press and the telegraph have made a neighborhood of the whole land. One source of sudden deaths is accidents, but many events pass under the head of accidents which might have been foreseen, and guarded against. Canadians, particularly, are apt to take great risks; for example, in their eating, their clothing, their building, in crossing railway tracks, and in many other ways. How careless we are! No staging need ever fall, and it would not if proper care were taken in the choice of material and in construction. Think of the frightful list of deaths resulting from the use of oil poured upon a lighted fire to cause it to kindle more quickly!

With many other cases of sudden death, our own personal ills seem at first sight to have almost nothing to do. There may be a fatal break in the physical machinery at a point where weakness has not been suspected. The heart, perhaps, becomes unaccountably enlarged, or its tough, muscular fibre ruptures to fast, and suddenly there is a mortal stroke. On the enfeebled heart fails to send blood to the brain, and the man drops dead in the street, or at his business, or, more fortunately, perhaps, in the midst of his family. In other cases there may be a degeneration of the cerebral artery, and high living, or a glass of wine, or an excitement of passion, may arouse the heart to send the blood to the brain with a force too great for the weakened arterial walls to withstand. These walls give way at one or more points, the outpoured blood presses against the nerve centres, and thus is cut off the necessary supply of nerve force to vital organs. The man falls unconscious, and within a few days dies. We have not space to speak of other cases somewhat similar, but in most of them the weakness of the link at which the chain breaks is due to over-exertion, to too

SCARED BY A BLACK SPOOK.

The Mysterious Composition of a Minister's Graveyard Walk. A Methodist minister, lately a resident of Hamilton county, Ohio, relates the following thrilling episode in his life, which occurred, while he was stopping in Van Wert, Ohio: "It was on a beautiful moonlight evening in June, and the atmosphere was just about as sultry as it has been at any time during the present summer. I was enjoying myself in the company of some relatives who lived about three miles from Van Wert, on the old Wilshire road. At a late hour I arose to go, but my friends insisted that I should remain for the night, as my way would be very lonesome. It was suggested that some ghost might appear to me at the cemetery or some individual might rob me. This was a beautiful country burying ground and was situated about midway on my route. I was quite amused at their artificial method of persuasion and laughed vociferously. It was very ridiculous to me indeed, that there should be a rattling of dry bones or the apparition of a spirit in a modern cemetery. The people of to-day had made too much advancement, as I thought, for such idle fancies as that.

"Thus I proceeded on my way with no thought of danger—indifferent to the warnings that had just been given me. As I drew near to the cemetery, however, and began to see the tall, white shafts of marble looming up among the evergreens my imagination was tensioned to its utmost capacity, and, I confess, I was a fit subject for terror. It seemed as if all the spook stories to which I had listened in my childhood chased each other in quick succession through my brain, and the very chirrup of the crickets or the incessant song of the whippoorwill intensified the loneliness of this little nook of earth. The long line of dark trees that threw such strange shadows across the fields and the mellow light that fell from the moon upon every grotesque stump or stately monument only served to intensify my loneliness.

"I arrived at last at the corner of the cemetery, and oh, horrors, right in the very centre of this field of dead men's bones, and from the shadow of a broad new tombstone, I saw a tall, black creature rise and stand erect. The apparition seemed in the distance like a huge cadaver clothed in a robe of sackcloth. The dreary eyes were sunken deep in their sockets, and the few irregular snags that served for teeth were pressed like fangs against the thin and wrinkled lips. This monster gazed a moment in all directions, then, with a steady, measured movement, it made directly for me. I stopped and gazed upon the creature, and started back bewildered, but at once regaining my senses I concluded to proceed, and, if possible, to put on the appearance of unconcern. As I proceeded the spectre proceeded also, and, as certainly as I live in the present moment it seemed as if we would both meet at the same point in the road. After going a short distance I slackened my pace in order to let the mysterious something have all the room in front of me it might desire, and in a few moments I congratulated myself on being about twenty feet in the rear.

"Contrary to my anticipations, there was no conversation opened between us, but in a strange, ghost-like manner, the long withered form moved ahead of me until it reached a little old, abandoned burying ground at the right of the road. This spot was far more desolate than the new cemetery, for it had become entirely neglected, and at the late hour of the night appeared as an interminable thicket, so completely were the weeds, bushes, briars and trees tangled and matted together. Into this uncanny place my ghostly terrifier passed and disappeared. I have never understood the nature of this apparition up to the present time, and I am perfectly willing to give my name to any one who would be inclined to doubt the occurrence.

One young lady in the west is following the profession of civil engineer; a Cincinnati woman has been licensed as stationary engineer; Mrs. Bond and Mrs. Colby manage a real estate addition in Lincoln, Neb., and woman school superintendents, notary public and deputy county officers have ceased to be a novelty. Anna Dickinson's famous epigram was "The world belongs to those who take it."

How to Select a Wife. Good health, good morals, good sense and temper, are the four essentials for a good wife. These are the indispensable. After them come the minor advantages of good looks, accomplishments, family position, etc. With the first four, married life will be comfortable and happy. Lacking either, it will be in more or less degree a failure. Upon good health depends largely good temper and good looks, and to some extent good sense also, as the best mind must be affected more or less by the weaknesses and whims attendant on frail health. Young man, if your wife is falling into a state of invalidism, first of all things try to restore her health. If she is troubled with debilitating female weaknesses, buy Dr. Pierce's Female Prescription. It will cure her.

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Dr. R. W. Shufeldt has recorded an interesting study of a case of the repair of the bill of a raven after it had been shot off. The bill had carried away the upper bill just forward of the nostrils. The bone had grown again so as to cover the injury, and grown again so as to follow suit, had in the horny covering, following suit, had in the horny covering formed by the bone. The case of the stump formed by the bone was result of Nature's power in relieving pain. The injured part was left in such condition that the danger of subsequent inflammation was avoided, while the form of the resulting stump was as useful a one as could possibly be expected to follow after a wound of such a character. "Dimmy" said an Irish matron to her husband, "yez do be worrull too harrud fer yer health. Yed better stop it or ye'll be down in bed, so ye will." "Well, be gob, if O'd it won't be a such a thrubble," replied Dennis, "for I stand in great need o' the rest."

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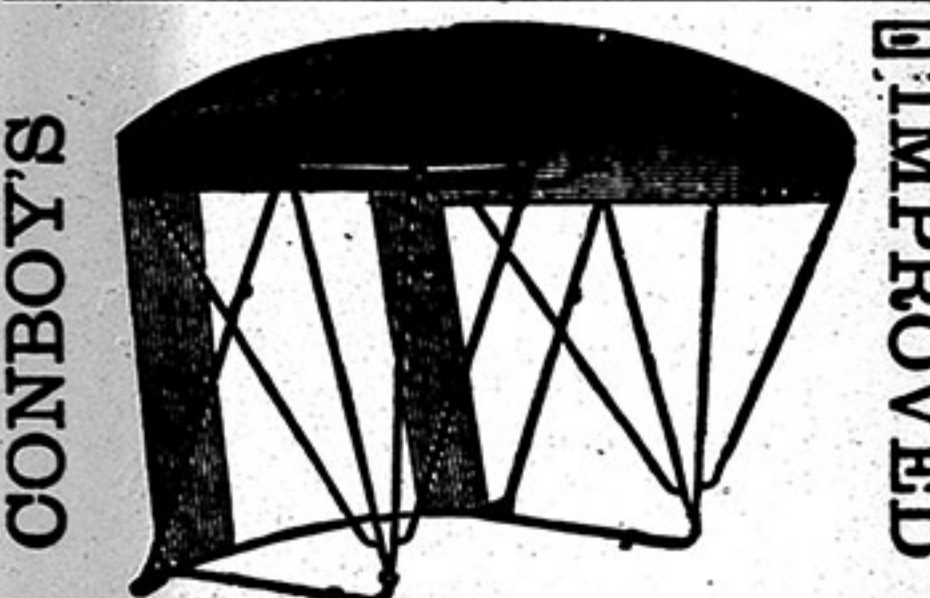
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CONFEDERATION LIFE ASSN.

OUR LAST NOTICE In this paper referred to the Annual Meeting of the Association. This meeting (being the 15th since the Company was organized) took place on Tuesday, the 12th April, when the following gratifying increases were announced: PREMIUM INCOME INCREASED FOR YEAR, \$96,894. INTEREST AND RENTS, 13,029. ASSETS, \$356,375. SURPLUS, 80,234. \$260,420 Were allocated as Profits to Policy Holders. Profits payable on and after May 1st. J. K. MACDONALD, Managing Director.

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er William's Gift. lan Samlung, a great captain of the Royal Palace of Dresden, consisting of no fewer than 60,000, there are three plain two of them entire, the third one are considered to be, as the ceramic art, even more precious than any other porcelain galleries, not including two earthenware life-size colossal bust of Augustus the Alca were painted from the Alca, and the set of porcelain Elector Augustus II. by Prussia, in exchange for a very tall grenadiers. The plates are of direct Chinese and are esteemed the greatest collection, for the reason that there is made for the use of the Alca alone, and its exportation under pain of death. How did with the Imperial color (yellow) way to Dresden is uncertain, veritably more than a century used as models used at the Alca manufactory, for the special porcelain only made for the royal personages. "Dresden" as historical a hue as "bleu du Roi." Emperor ordered a service of the ware to be made as a contribution to her Majesty the hand on the occasion of the King A Raw Cat. A policeman arrested, at an early morning, Charles R. 42 years old, residence un- was walking through East street, holding a dead cat with his mouth, which he ate. I heard the voices of my parents. They never allowed always said to me, "You at a human being or a cat if to have peace in heaven. I heard the same command determined to obey it. All the street, but was un- man, woman or child that to eat them. I then chased it, but I could not catch it and the dead cat, and I obey my wife and parents." A substance what Rider told The latter tore the animal rasp. Both its hind legs had several portions of the neck, frantic on being prevented the remainder of the cat, and officers to take him to the His face and clothing were blood, and he presented a terrible made him wash his face then brought him before a, who committed him for his mental condition. Flower of fashion in London the daffodil. human being of feminine gender afraid to be called a woman. Burdette-Coutts has joined kay for a grand charitable al-