Medicine For Weary Brains.

Many persons seek relief from whereines and lassitude, in things which stimulate and excite them. Those who do this are simply burning the candle of life at both ends. Whipping a tired horse may make him to, but it does not make him strong the leasth en his life.

A judicious writer says: "The best possible thing for a man to do when he feels too weak to carry anything through, is to go to bed and sleep as long as he can. This is the only actual recuperation of brain force the only recuperation of brain power; because during sleep the brain is in a state rest, in a condition to receive appropriate particles of nutriment from the blood which take the place of those that have been consumed by previous labor; for the very act of thinking burns up solid particles, as every turn of the wheels or screw of the steamer is the result of consumption by fire of the fuel in the furnace. The supply of consumed brain substance could only have been derived from nutritive particles in the blood, which were obtained from the food eaten previously, and the brain is so constituted that it can best receive and appropriate to itself those nutritive particles during the state of sleep. Mere stimulants supply nothing in themselves; they gorge the brain, and force it to a greater consumption of its | the drug thrown upon the system at once. substance, until it is so exhausted that there is not power enough left to receive a supply.

The weary man, by the aid of any stimulant, drives away sleep, drives away the best friend he has, and may find, when too late, that the friend has gone beyond recall. Sleep is a priceless gift, restoring and refreshing the weary. Let us see to it that we do not abuse this gift, and so prepare ourselves for sleeplessness, trouble, and death at the end.

Danger in Bad Water.

Many of those who know that the use of bad water is dangerous, are not aware o the extent or gravity of the risk incurred in the use of water which is contaminated with sewerage.

The following account of poisoning from the water of an ordinary well, resulting in typhoid fever, shows that this grave disease may be contracted by the use of even a very small amount of contaminated water. quote from the Annals of Hygiene:-"M. Dujardin-Beaumetz has forwarded

to the Paris Academy of Sciences a communication on the Pierrefonds typhoid cases of last summer. M. Fernet, who occupies a high post at the Ministry of Public Instruction, hired a house for his wife and family, at Pierrefonds, a fashionable resort near Compiegne, contiguous to two others. After they had rented it for a season, they were told to beware of the water in the well. through the illness.

"The well has been examined, and is reported to contain the bacilli which are believed to be associated with typhoid fever. This is a common danger to which visitors to so-called health resource frequently subjected. The facility which well-water is infected is hidden from the population by the impunity with which filthy well water may often be drank by the River Moy in Ireland: resident families, who have become acclimatized, especially when that water is for the moment infected only by non-poisonous fecal matter; and this fancied immunity often leads to habits of carelessness, for which not themselves only, but also their visitors, have to suffer."

Tobacco Blindness in a Woman.

A prominent oculist recently reported case of tobacco blindness in a woman of apparently cultivated and refined habits. No suspecting the real cause, the 'ctor made a very thorough investigation of the cause, and was much puzzled to determine its real

"She laughed heartily, and then confessed that she did smoke a good deal Nathr ally, I desired to know how one with her education and refinement had acquired habit so unusual to ladies. Her history was soon told: "I married when quite young, and went to live with my husband in North Carolina, where he had a very large farming interest. He owned so extensive a tract of land that neighbors were far away, and I saw but little of them. have had no children, and during many long winters my husband and myself have been the sole occupants of our country house. My husband had always been devoted to his pipe, which he takes up as soon as he gets into the house after overseeing his farm work. Often during our carry and cating it. months of married life, he would call upon me to fill it for him, and at times would even dare me to light it. By degrees I found myself able to take several whiffs of tobacco smoke without discomfort. At his request, I learned to smoke, as he said, for not the boy that iver told his same alie. companionship; and for many years I have taken my pipe with regularity

We believe in woman's nighter and the to be afflicted by tobacco blindness to be has; and why should not son "snake for companionality ways and trifling, so Colonel 1 erger has seemed to us very selfish for the control of talk with him recently. Dillow talk with him recently. wife smoke with him, and allow all the children to smoke small pipes or cigarettes, also? If tobacco is necessary for the father it is just as important for the mother and certainly the children ought not to be itented a "harmless luxury." a "harmless luxury."

Influence of Beer on Bigestion biod

Prof. H. A. Hare, M. D. of the Univer-Prof. H. A. Hare, M. D. of the University of Pennsylvania, has received been subjecting to acientific tests the property likes that been is an aid to digestion. If has long been supposed by many that the lighter of forms of alcoholic fiquors, particularly the various forms of been, are an aid to digestion. The experiments made, buttered, very clearly show that been distinctly re-

men of beer examined, some seventeen in In more than two thirds of the specimens of beer examined, the stomach digestion was delayed considerably more than one hour, and in some instances the delay at the John Hopkin's University, shows known simply as "General Bonsparte," and the Cossecks, whip in hand, rode into their gestion of starch in a very marked degree. These two sets of experiments, together that the nutritive value of beer as so exceed. ingly small that a whole hogshead contains no more actual nutriment than a single loaf of bread, it will at once appear that popular faith in beer as an aid to digestion

Health Notes.

Food that a person cannot endure will not a few minutes from the observe.

It is asserted in the Medical World, that, if you desire as speedy action of drugs swallowed, as if you gave them hypodermically. administer them in hot water. One-half the tries was drawn around the Longwood lency," answered the Polish gentlemen. dose will suffice if given het, as it is quickly

One word regarding that insane delusion which possesses many—that if they have been bitten by a healthy dog and that dog subsequently becomes rabid, the injured one also acquires the disease. Nothing could be more fanciful and ridiculous than this theory and people who entertain it libel their own common sense. A dog must be rabid at the time the bite is administered in order to communicate rabies. In no other way but by the introduction into the system of the contagious virus, the specific poison of the rabies, can that disease be transmitted to healthy person or animal.

A novel method of treating patients suffering from phthisis is described in the current number of The Medical Record, It was devised by a French physician, Dr. Borgeon of Lyons, who has been applying it for two years to cases of chronic pulmonary and throat disease. The results are said to be remarkable. The treatment consists of daily injections by enema of medicated gases. Carbonic acid gas when introduced into the system by this method is found to be harmless and painless. Sulphurated hydrogen is mingled with it, the entire structure of the lungs is permeated by the medicated gas and remarkable curative effects are observed.

carried by germs, and that the cir is filled with these, and it is a wonder to most pesto return to Paris, were too busy to fetch The germ is the same as a seed. We must of the Emperor on the continent. some bottles from the chemist. Madam plant seed in a soil suitable for it, and the Napoleon's remains now rest in Paris, Madam Fernet had had typhoid fever be- may be introduced directly into the blood vault. fore; and though attacked again by it after through an open wound, or it may be introtheir return from Pierrefonds, have got duced indirectly through the alimentary

A Fish Dinner.

Travellers in Alaska have told us that the seals of the Pacific coast waters apture the codfish and eat all but the head, which is hard and boney. An English gentleman was shown a similar sight at the mouth of

My guide and I were watching the creatures at play among the rocks. "Them's big bastes, anywhee," said

"Sure, they're waiting to come up after the salmon when the tide turns," said Mick. "I'll engage there'll be a great run of salmon this tide."

"Sure, Mick," says Terry," "you'll mind the salmon 'ating the sale and holding him under his arm ?" "What do you mean, Terry," said I, by a

salmon eating a seal and holding him under his arm ?" "Ah, nat at all," said Terry,; "fore, I

meant a sale 'ating a salmon and holding him under his arm. Sure, I'veray'd him do it more than once. "Well," said I, "Terry, I've heard that

Irishmen can sometimes tell a lie, if required, but I never heard of anyone telling so big a one as you can ' Sure, it's truth I'm tilling, yer anner,' said Terry. "Sure, its no lie astall, at

All of a sudden there was a most excited shout from Terry.

ating the salmon !"

"Did yer anner iver say the like of that, now?" "Sure, I was thinking we'd niver to learn show to make bread. They will say him getting his dinnered all this day. take your word for it then when you have Sure your annet say'd ft yersel. Perry's

Choosing a Profession

ger, Jr., does not show any amortion to make his mark in the worlder the be buy and trifling, so Colonel 1 erger had a serious talk with him recently. DUIOW JEJUO

work; now, what profession or trade do own or other yeast, but who will buy a five you think would sait you 3 "Well, if I've got to de tomething, I

reckon I'd rather be a retired army officer with a pension than anything else,"

A Good Corn Sheller for 25 Charte. A marvel of cheapness, of the car and of Napoleon in Exile.

Napoleon's Me at St. Holene was so - At Warsaw, the peaceful but impressive guarded from the knowledge of the islanders, public demonstrations were mainly brought and even of the officers of the garrison, that about by the Committee of the Szlachta on the arrival of newspapers from England, To it must be attributed the organization was nearly two hours. Some recent experi- the first question asked was, " What news of the street processions, the kneeling down ments made by Prof. Duggan, of Baltimore, of Bonaparte?" The great prisener was af masses of people before the churches, while that alcohol in all its forms relateds the di- by no other title. A code of signals was midst; the singing of the national hymn in written out in a small book, by which Sir the churches themselves, when thousands Hudson Lowe, his jailer, was kept informed of persons, staying there day and night, show very conclusively that beer tetards of every movement of his imperial prisoner, were with the utmost difficulty got to leave the digestion, in consequence of the Mcohol. When he took his daily ride within the pre- or dragged out as prisoners; the neiversal which it contains. When it is considered scribed boundary, the men, working the wearing of mourning garments by women, I wooden telegraphs on the hills, sent such and so forth. On its part, the Democratic messages as these :

wood," "General Bonaparte has passed the was known only to a few, and for a long guards." "General Bonaparte is at Hutt's time scarcely suspected by the Russian auor to nutrition, has no foundation whatever Fate." "General Bonaparte is missing." There is a story, apparently well

the general had turned, in the course of his one day held a parley with one who was ride, an angle of a hill, and was hidden for supposed to be deep in the confidence of

Purity of surroundings kills many con was stimulated by curiosity to see the exile, said he could not bear the strain of his potagious elements, on the principle of starva to such a degree that one night he risked his sition any longer, and exclaimed: "Why commission for the chance of a glimpse, at | do you not rise in arms? If you did, I know the mysterious captive, through the Long- how I should have to act against you; but wood windows.

grounds. The venturesome ensign crept, "Well," said Gortchakoff, "if that is the absorbed from the stomach, and the force of under cover of trees, between two sentinels, only impediment, I shall have pleasure in up to a lighted window of the house. The furnishing them to you, and then I shall be in Tine at 35c., 70c. and \$1. A 35c. Tin will can curtains were not drawn, but the blind was delighted to deal with this question. But lowered. Fortunately for the youth, two or this wretched unarmed agitation I cannot three inches of space remained open between bear any longer." However, without weathe blind and the window-frame.

ing up and down the lighted apartment. He sian Government was utterly surprised. could see of the exile only a pair of thin shoes with diamond buckles, two well bour legs encased in silk stockings, and the edge. of a coat lined with white silk. On a sofa, so placed as to afford the "peeping Tom" a full view of its occupant, was Madame Bertrand, with her boy leaning on her knee.

The Emperor was speaking slowly and distinctly, and some one was writing at hi dictation. The curious ensign returned to the guard-house well repaid, as he thought, for his risk, for he had heard Napoleon Bonaparte speak.

The last occasion on which Napoleon was out of doors, the ensign spied him through a military telescope. It was a bright morning, and the sergeant of the guard at Longwood Gate said to the ensign, "General seized a spy-glass, threw open the guard- panion, "what would you do if you had room window, and surveyed Napoleon as he | moustache on your lip?" stood talking to General Bertrand.

Something on the ground attracted his was the demure reply. notice, and he stooped to examine it. Suddenly the music of the band of the regiment There is a general idea that disease is was heard, and he moved away to catch a glimpse of an inspection.

The severe restrictions were maintained ple that every one is not so afflicted, the as precautionary measures. Napoleon had On this account they drank mineral water laity conclude that the germ theory is an once before escaped from an Island, and the exclusively until the last day, when the absurdity and a contradiction. They do British Government did not wish Europe to stock was out, and the servants, preparing not consider the elements of a fert le soil. be again disturbed by the sudden appearance thing when it stands alone.

Fernet said, "For once surely there can be surroundings—heat and moistage must be under the gilded dome of the Invalides, this morning and he put his arm around her no harm in drinking the well-water." They adapted to it if it is to great while this mausoleum was being prepared neck and said: 'Rosa darling. I cipher a drank it. Six out of nine persons have soil, so to speak, is found as . for the Emperor's ashes, a party was walking since died, including one of the servants. person whose constitution is run down from one morning through the work-rooms, in-The cook, two of the four children, and over lack of rest, poor living or distant. It specting the sculpture intended to adorn the

One of the party was the brilliant Count D'Orsay, and another was the director of the work, who struck the granite block, which was to encase the remains, with a hammer, to exhibit its solidity. A spark followed the blow.

"See," said the Count, "France may yet light a torch at the tomb of her Emperor!' The remark was prophetic. France's cry, "On to the Rhine!" which heralded the war with Germany, was inspired by Napoleon's idea that the Rhine is the natural boundary of France.

The Last Question on Examination Pay. We were ranged on the floor in front of the visitors on examination day to be looked at, and answer such questions as they or the teachers saw fit to ask. 1 32 7 3 "Where was John Rogers burnt to death?" said the teacher to me in a commanding voice. I couldn't tell.

"The next." "Joshua knows," said a little girl at the foot of the class. "Well," said the teacher, "If Joshua knows, he may tell. "In the fire!" said Joshua, looking very

solemn and wise. This was the last question We had five minutes, and then go home.

A GENEROUS COMPANY. - A beautiful present to nearly every one as long as they last, first come first served. The most accom-"Ah the sale! Say the sale! Say the sale | plished woman has still something worthy to be added to her list if she has never yet And positively—believe it who can that made a good sweet white lost of bread." T has not seen it - there was a seal who seem - encourage the art of Home Bread-making ed to be almost standing up in the water, The Breadmakers Yeast Company have see with a griles of six or eight pounds presented oured ten thousands presents, which will be under his supper, and putting never his head sent to all who comply with their terms. They want all who are old shough either to follow Directions or work underinstructions, Yer anner will belave that story anyway succeeded to your own satisfaction by using their Mon Would and write tor unit 1 149 ac enclosing a wrapper of a five cent package of

hold who is not now baking for the family, and who will commence by using their yeast, and who sends to the state, will re-"I dunno."
"Four are not smart enough tobe a lawyer or a preacher, and you are too lazy to scatt making their own bread, using their cent package of the Breadmakers! Yeastifion any grocer or storekeeper, and, after using, will write to say that Our Yeast is Superior. we shall believe her also, and will astonish that lady by return mail with a lovely gift. Address, -The Breadmakers' Yeast Co. Tor-

that beer is an aid to digestion, it has long been supposed by many that the light of the various forms of alcoholic frozons, particularly the various forms of beer, are in aid to digestion. The experiments made, buttered, that nothing is known of its operation mittle that nothing is known of its operation mittle that nothing is known of its operation mittle that nothing is shelled. Beware of superficulties of the the corn is shelled. Beware of superficulties of the the corn is shelled. Beware of superficulties of the corn is shelled in the United in the corn in the United in the United in the United in the United in

The Last Polish Rising.

Committee worked with the object of bring-"General Bonaparte has left. Longo ing about real action; but this firm intention The last message was telegraphed because authenticated, of Gen. Gortchakoff having the patriotic Polish party. Pacing the room An English ensign, now General Ward, in nervous excitement, the Russian Governor this unarmed agitation will be the death of Every night, at sunset, a cordon of sen- me!" "But we have no arms, your excel-

pons being thus furnished by the foe, the The ensign knelt and saw some one walk- revolutionary rising soon came, and the Rus-

Waiting for His Wife's Train.

Old gentleman in refreshment room, near Depot. Looks at watch and soliloquizes. "Here's six glasses of whiskey I've had already, and my wife's train's not due for another hour. That's six more. And it's sure to be ten minutes late. That's two more—one to be booked to agitation and suspense. Really, what with the expense and wear and tear of the constitution, that woman will be the death of me yet."

She Would Never Complain.

"Jennie," said a young lady, turning Bonaparte is in the garden, sir." The ensign away from the mirror and addressing a com-"If I liked him I would keep quiet,"

> It Stood for Something. "Mamma," said little Susie Thoughtful, "what is a cipher?"

"Why, my dear," replied the astonished parent, "a cipher is-why, a cipher is naught-its nothing; that is, it means no-

"Well, ma, why I asked was, I saw pa standing beside the new cook in the kitchen neck and said: 'Rosa darling, I cipber a taste of your rosy lips."

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CHAPTER VIL August sun had set ; the liding over a flat and wooded best and there fields of whea out and orchards full of t of cak and beach that s whom Abbay looked densely h

olear light. he Abbey itself—an ancient i ling, Httle altered since th des II.-did mot stand, as do rural seats, on a piece of risin aloping lawns and gardens a dip of the country, close lake. In spite of its age an Abbey, shrouded from sun an ed by the water of the lake, Tany a bright-taced healthy "taken" at the Abbey by bbs, the housekeeper, left, af

and languid, with consumpti of her glittering eyes and p fevered checks. The Earl ki Haughton-its low situation. lake—that had killed his deli thirty years before, and whi only a month or so every ye paid high wages to retain hi smi'ed grimly to see how eage risk health and life for gold olesome place it was most cer merous blazing fires, the hot-v neath every floor, could not or mpness of the air; the room a moist by day, chill and dank was a place that any one who n life before soft sylvan scener t and health before a curious teenth century architecture, sed to the ground and rebuilt e wooded slopes about it. So perhaps thought a lady, slig d of noble and stately carriage st stepped through a window to a narrow terrace of red and pt the water from the actual bbey, and who was slowly so d fro, an expression of wearing scontent so stamped upon her at one could see at once that bitual cast when , the smooth r others was removed. She walked leisurely up and

errace in the moonlight, the v methysts glimmering among t sits of her flaxen hair, her pli gure shown to advantage in ade silk dress of so pale a b most white, a scarf of costly ce wrapped about her shoulde ounded arms clasped with brace hysts and gold. Presently she paused in he

sening her white arm on the he terrace, turned her proud u n the dark water. Hyacinth ras not a woman to be envied, lainest and most impecunious red, well-conducted, marriage ounging about the large, low, ng-room within, waiting for ppearance of the gentlemen a The light pouring from the and shining on the black water, mur of voices, the sound of a s tune which some one was playi dreamily upon the piano, seen Hyacinth. She looked impat her, and then walked rapidly race to where a broad flight of narrow path lapped by the wa She descended these and west one, letting the edge silk robe trail over the wet pa would have done with a chear dress in the old make-shift, time, when she soiled and gowns and was far shabbier have been. Some memory of ed to touch her heart now; half pegretfully as she saw ho silk was ruined. Then, but w scornfully, she fell to admirin

face below her. "Yes," her thoughts ran, ickering ghost of herself loo through the dark water, "ye andsome, healthy woman, can tear or soil a sixty-guinea punity you can give lavishly really needed you can see y mother enjoying comfort in with proper aurroundings—yo brothers to college and start t profesions they have chosenyear beautiful sister out wit tige that wealth and posit more than you dreamed of in tound happiness? ad aNo ! Ah, you are ri tay of me only yesterday face; some deep a pride as much as she will

flection of her lace-draped sho

She pulled off one long g out her white arm to let the schillate in the light; but fuled to change. "Should I have been happ the other life offered to meman's love a love t when I understoo to secrifice for me. I knew more then all the gold little lo ered snother word of ple d me and clasped me i

was breaking for me ther shanged But would happier than I welfare of my peop the king a then

Hora: My mother a but their