

## The Acton Free Press.

THURSDAY, JULY 20, 1893.

### The Young Folks.

#### A PLAIN LITTLE GIRL.

Once I knew a little girl  
Who thought she was a Queen,  
You might try her hair to curl,  
All in vain.  
But she took no mind of such things,  
Paled her face, and wept again,  
She was sick.  
But the thought that through her brain  
Came and went,  
As a response to pain,  
Anguish, pain,  
But she took no mind of such things,  
In the thought and shuddering,  
Gave content.  
Every thought was full of grace,  
Praise, and love,  
And then the kindly face  
Loved her.  
With a heavenly radiance bright  
From the soul's reflected light,  
Loving, bright,  
Praised her little child,  
Praise, and love.  
Your thoughts are undivided,  
You are sure  
Of the innocence of youth;  
And the innocence of youth  
Will endure.

—St. Nicholas.

#### DISTORTED IN GLASS.

Trick Mirror at the Big Fair in The Manufacturer's Building.

That the exhibition director has made a wise provision for pictures and other amusements in Jackson Park to relieve the somberness which prevails by reason of the overwhelming vastness of the great show can be demonstrated any hour of the day in the Italian section of manufacturer's hall.

In the aisle which runs by the north side of the exhibit are hung some concave and convex mirrors, and visitors crowd about them to laugh and enjoy the discomfiture of the man who finds himself astounded that as the head polo of natural history still passes along, polished glass or shown, a veritable mountain of flesh while passing before another.

As is the case every day of the week, the mirrors were surrounded by hundreds of people yesterday who resorted to all manner of strategies to force passage by to stop before the curved glasses. Those who were in the "phot" would range themselves in front and by a system of obstruction succeeded in getting the unobstructed visitor planted directly in front of the queer plates.

The fun came in watching the astonished "spectator" when he discovered the elongated or broadened pictures of himself in the glass.

The reflections assume truly fantastic shapes dependent upon the accidental position of the person in front of the glass. The delight of the crowd always becomes more hilarious when a visitor possessing some peculiarity in physical contour is on exhibition, for the classes myself this particular defect to a startling degree. The man with the long nose is the favorite subject, and the most popular of the novelties. Then the next most popular comes into an anecdote resembling the trunk of an elephant. Another good subject is the fat man with the "bully goos" whiskers, a man who sets the people to roaring.

It is interesting to watch the visitors when they wake to the fact that they are being laughed at. It is true that not one man or woman in a hundred can be "made" the subject of good natured ridicule and graciously retire to turn the tables with the same. Before the arrival of the most popular and interesting diversion cases of embarrassment can be witnessed any hour in the day. The wedged garter and the rural bride, the Clark street tough or the Calumet avenue belle, the prouper merchant or the exorable foreigner cannot escape the laugh of the spectators. Some grow angry, some hasten away others laugh with the crowd and many join the audience and go even by watching for fresh victims.

If the Exposition Company could prepare numerous such diverting features for each of the great palaces it would be much less of the overwhelming weariness that comes with a day's sight seeing. For it is hard to study and there is so much to see.

#### MEAT EATING AND BAD TEMPER.

"In no country," declares Mr. Ernest Hart in London Hospital, "are persons rendered so unhappy and life made so miserable by the ill-temper of those who are obliged to live together as in England. If we compare domestic life in England with that

with those of other countries where meat does not form such an integral article of diet, a notable improvement will be marked. In less meat-eating France obesity is the rule of the house, in fish and rice-eating Japan fatal words are unknown, and no exquisite politeness is seen another in the streets. In Italy, in Germany, hard bread, angry words spoken by any but Englishmen, I am at a loss to understand that the ill-temper of the English is caused in a great measure by a too abundant meat dietary combined with a sedentary life. The half-assisted products of albumen curulating in the blood produce both mental and moral disturbances. Brain workers should live sparingly if they would work well and live long. Their labor is required for mental exertion, and should not be taxed by the overeating of meat, for they should remember that the digestion of heavy meat requires a great expenditure of nerve force. The best thing to do is to lead an active and useful life, on a moderate diet sufficient to maintain strength and not increase weight."

Fatty is per cent of all the charms made is lost by the bursting of bubbles.

It is said that the King of Italy only takes one meal a day.

## Chronic Coughs

Persons afflicted with these or any throat or lung troubles should resort to that

### Most Excellent Remedy.

## Scott's Emulsion

of Pure Cold Liner Oil with Hypophosphites of Lime and Soda, two other preparation effects such cures.

OUR RECIPE.—A mixture of emulsions, carefully prepared to contain Liner Oil, Hypophosphites of Lime and Soda, and other ingredients.



**VOLUMES COULD BE WRITTEN**

filled with the names which have been made well known by Dr. M'NARD'S EXTRACT.

It's made especially

that's made especially