DYSPEPSIA OR INDIGESTION

results from giving the digestive organs more than they can do. There are times when they can do nothing; and when to give them nothing to do is curative, viz : in fever, when we observe the effort of the organism to eliminate the impurities which constitute the real disease. The discharge from the nasal mucous membrane, for example, in epizootic influenza, frees the system of poisonous elements, sometimes amounting to several pounds a day. In this view we recognize the running at the nose as the cure, and not the disease. A cribbing horse, or one that will eat everything before him, no less than the one with a precarious appetite, is a dyspeptic; all such are suffering from disease of the digestive organs. Since horses do not eat fish, flesh, and fowl, and the pernicious condiments associated with these stimulating articles of diet, and are free from all nuisances in the form of pastry, puddings, spices, and bon bons, they have only two sources for digestive disorder, v'z : (1) Excess in diet, and (2) wrong condition at the time

of eating. It is true-most emphatically truethat unless the stable is well ventilsted, the horse must suffer for want of pure air. Poor food and pure air make better blood than the best of food and foul air; and if there is abuse in this regard, the animal may fatten-in fact, this tends to masure fattening, since, for want of pure air in the lungs, the excretories (the lungs themselves, the liver, kidneys, skin, and bowels) can not perform their functions in eliminating the foul products of the natural waste of the system, and of indigestion, in case of excess in diet. Hence the animal becomes diseased, and along with constitutional disorder, the digestive organs themselves become impared; and thus fattening may be called a third source of digestive disorder. repeat that no creature, man or beast, should eat when tired, or directly before

commencing hard work. REST AFTER EATING.

The experiment of Jules Virez settled the question as to the non-digestion of food in default of rest. He selected two curs of the same size, age, and general physique, made them fast a day, and treated them next morning to a square meal of potato chips and cubes of fat mutton; but as soon as one of them had eaten his fill, he made the other stop, too. Making sure that they had both consumed the same quantity, dog No. 1 was confined in a comfortable kennel, while No. 2 had to run after the doctor's coach, not at a breathless rate of speed, but at a fair, brisk trot, for two hours and a-half. As soon as they got home the coach-dog and his comrade were slain and dissected; the kennel-dog had completely digested his meal, while the chips and cubes in the coach-dog's stomach had not changed their torm at all; the process of digestion had not begun! "And," continues Dr. Oswald, from whose "Physical Education" this incident is taken, "railroad laborers, who bolt their dinner during a short interval of hard work, had better pass their recess in a hammock. Instead of strengthening them, their dinner will only oppress them, till it is digested, together with their supper, in the cool of the evening," or at night when they are in bed,-the digestion being poorly done 'midst distressing and exhausting dreams. It is not the evening meal which disturbs the troubled sleeper; it is rather the three loads in the same barrel that

"kick." may not be harnessed soon, or immedi- | Whiting, Esq, of Boston, Mass., says :ately after eating, when occasion calls, "Dr. R. V. Pierce's Golden Medical with the probability that no harm will re- Discovery' has cured my son of a feversult, provided the pace be moderate, and due care be taken not to overdrive. The digestion of a meal may often be delayed, however undesirable as a rule, without causing serious disturbance, -the stomach resuming its work at the first period of leisure, or as soon as the voluntary muscular system has been rested sufficiently to admit the blood to flow freely through the mucous membrane of the stomach. No doubt Dr. Virez's coach-dog would have digested his breakfast had he lived a few hours longer. But while the aim should be to regard the principle here laid down, as closely as practicable, it is evident that If no attention whatever be paid to it, the danger is lessened one-third by dispensing with the midday meal.

Providing always the horse be liberally, that is sufficiently fed, the time of feeding is of small account compared with the in order to prevent indigestion. With a strict observance of this law-and the two meal system renders this an easy kept in a stived-up stable, he will not get foundered, have "pink-eye" (pneumonia), nor "catch cold," though every stable in town may be decimated with an "epidemic." The same horse will do more work stand more exposure, and keep in prime working order, fed upon this principle, than under the ordinary method, which is that he must have his feed at or near the regular hour, with three meals every day.

I once took a "pulling" mare, just up from pasture, where she had been all summer. She was, of course, very round -filled out full with fat and water. I obtained possession of this mare expressly to test the effect of the "rational system" on a "puller"-a horse of whom it was said, "She hasn't any judgment," "She wants to get there too soon," etc. She was no comfort to anybody, no woman could drive her, and few men cared to ride after her. I put her at once on the twomiles' sharp drive daily. In a week my horse-woman, was driving Mollie everymuscular animal. In her case the indi- paint."

gestion, caused by over-frequent feeding. which made the other-and which makes so many others, indeed-"lazy," had the effect to keep her so irritated and nervous that she was headstrong and not readily manageable.

(TO BE CONTINUED.)

#### GROWTH OF RELIGION.

Number and Work of the Missionary Societies.

The following shows the growth of the different religions of the world in the last century, which includes practically the whole of the era of modern missions. The figures of 1784 are from Dr. Carey's "Enquiry into the State of the Heathen

cent. Increase. Jews..... 6 00 J,000 8,000,000 Mohammedans....130,000,000 172,000,000 Eastern Church ... 30,000,000 85,000,000 Reformed Christians Protestants 44,000,000 160,000,000

Population of \ 730,000,000 1,440,000,000

The Protestant missionary societies of the world number about one hundred, which raise nearly \$12,000,000 annually for missionary purposes : of which about \$6,000,000 is from Great Britain, \$3,000,-000 from America, and the remainder from the Continent of Europe and other sources. The ordained missionaries number 2,900, and all the European and American laborers about 5,000; while 30,000 native converts of different lands are engaged in Christian missionary work. It will be observed that those not Chrisians still outnumber the Christians more than two to one; the non-Christians being 1,000,000,000, the Christians 444,000,000. - Baptist Missionary Magazine.

#### Business Is Business.

- "Don't yer vant to puy somedings? "No, I've got everything I need."
- "Don't yer vant to puy a fine razor?" "Put maybe you vants to commit suicide same of dose days."

His First and Last Cigar.

A 14-year-old son of Mr. B. Bunch, of Economy, Marion county, Mo., smoked a cigar and died from tobacco poison in about half an hour. The boy was smoking in a store and soon began vomiting violently. He was carried home, and his father went for a physician, about 100 yards distant, but when he returned with the physician the little fellow was dead.

#### Tall Oaks from Little Acorns Grow.

Great and good results often spring from small deeds and so fatal diseases come of a seemingly trifling neglect. Colds neglected often lead to serious catarrhal troubles. If this is your case lose no time in becoming acquainted with Dr. Sage's Cattarrh Remedy. Its healing virtues will surprise you. It is simple, efficacious, speedy, sure. Dull, heavy headache, obstruction of the nasal passages, discharges from the nose into the throat are symptoms of this horrible complaint.

It is a poor rule that will not work both ways, for if whiskey downs a man, it is because the man first downed the whis-

"Frozen Facts" is a purely American expression, and one, too, of recent origin. It has the merit of attracting attention, and also seems to bear conviction of truthfulness on its face. We make room in our issue of to-day, for a fact of this It does not follow from this that a horse | character. A correspondent, Henry sore of two years' standing. Please accept our gratitude." We believe it to be a fact, whether "frozen" or otherwise, that America needs more men like Mr. Whiting; men who act, men who investigate truths, and seize opportunities.

There were 241 decrees of divorce issued in Philiadelphia courts in 1884. That is ringing the liberty bell loud and long.

If all so-called remedies have failed, Dr. Sage's Catarrh Remedy cures.

A Madison street girl's answer to the current conundrum. "Will the coming man work?' is "He will if I get him.'

### Paiuless and Prompt.

PUTNAM'S PAINLESS CORN EXTRACTOR, the great remedy for corns, is absolutely safe and painless, does its work promptly, without in the least interfering with the comfort of patients, and is absolutely alone vital necessity of obeying this natural law as a safe, painless remedy for corns. Do not be imposed upon by dangerous counterfeits. Use only Patnam's Corn Ex tractor. Beware of base substitutes. Sold matter-if the horse is never overted nor | everywhere by druggists and dealers in medicine. Take only Putnam's Painless Extractor. N. C. Polson & Co., proprs., Kingston.

"Mamma," said little Carrie, "can you tell me what part of Heaven people live in who are good, but not agreeable?'

### The Mighty Dollar

Is long distanced by a 10 cent bottle of Polson's NERVILINE, the newest and best pain remedy. It cures colds, cramps, colic, pain in the head, sciatica, pain in the chest; in fact it is equally effiacious as an external or internal remedy. Try a 10 cent sample bottle of the great pain remedy, Nerviline. Sold by druggists. Large bottles only 25 cents. Try a sample bottle of Nerviline, only 10 cents. Take no substitute.

Herr Kreutzhuber is a member of the secret police. Being on his way home after midnight, he observes on the street Dominion March 5 | Toronto meal plan, and gave her ten to twenty lamp a placard. "Ha! these scoundrels of Socialists have pasted a placard dewife, who is by no means anything of a | nouncing his Majesty," said Kreutzhuber to himself. Being determined to destroy lowest rates. The saloons and staterooms in steamer where in perfect safety. In a few months | the placard, he painfully climbs up the this mare, like her predecessor, was the lamp-post, and having secured the ther particulars apply to any Grand Trunk Ballway transformed completely from a fat to a treasonable document he reads, "Fresh

The "Myrtle Navy plug" correctly represents the whole plan upon which its manufacture is conducted. There is not a fractional part of a cent expended upon it for mere appearance. It is neither wrapped in tin foil nor worked into fancy shapes, nor put in any fancy cases, nor subjected to any expense merely to please the eye or captive the fancy. The manufacturers rightly believed that tobacco was not purchased for ornament, but for smoking, and therefore all extraneous expense was avoided and added to the quality of the tobacco. The public have testified in its case that they prefer paying their money for a high quality of article than for ornament out of

Some one says, "the smoking car must go." This is certainly true if it is coupled onto an engine.

Young Men !- Eesd This. The Voltaic Belt Co., of Marshall, Mich. offer to send their celebrated Electro. Voltale Belt, and other Electric Appliances on trial for thirty days, to men (young or old) afflicted with nervous debility, loss of vitality, and all kindred troubles. Also for rheumatism, neuralgia paralysis, and many other diseases. Complete restor ation to health, vigor and manhood guaranteed. No risk is incurred as thirty days' trial is a lowed. Write them at once for illustrated pamphlet free,

A headless ghost is frightening the people of Ephrata. How would it do to put a head on it?

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Actors may be at sword's points with each other, but they make-up every day.

Catarrh-& New Treatment Perhaps the most axtrarordinary success that has been achieved in modern science has been attained by the Dixon Treatment of catarrh Out of 2,000 patients 'reated during the past six months, fully ninety per cent. have been cured of this stubborn malady. This is none the less startling when it is remembered that not five per cent, of the patients presenting themselves to the regular practitioner are benefitted, while the patent medicines and other advertised cures never record a ours at all. Starting with the claim now generally believed by the most scientific men that the disease is due to the presence of living parasites in the tissues, Mr. Dixon at once adapted his ours to their extermination; this accomplished the catarrh is practically oured, and the permanenc; is unquestioned, as cures effected by him four years ago are cures still. No one else has ever attempted to care catarrh in this manner, and me other treatment has ever oured catarrh. The application of the remedy is simple and can be done at home, and the present season of the year is the most favorable for a speedy and permanent ours, the majority of cases being cured at one treatment. Sufferers should our respond with Messrs. A. H. DIXON & SON, 300 King street West, Toronto, Canada, and enclose stamp for their treatise on catarrh.-Montread

The young man who sows wild oats is apt to reap his sown.

### DRAFT HORSES .- 40 Years Experience.

A. S. Chamberlain, for 40 years proprietor of the Bull's Head Stables. New York City, in reference to the values of different breeds of draft horses,

"I keep exchange and sale stables for horses. Don't deal on my own account to any extent. All classes of horses, amounting to several thousands annually, come to my stables from all sections of the country. A large number of these are draft horses of the different breeds, the Clydosdales, the French horses called Percherons or Normans, the English and Belgian. There seems to be a larger demand for the French horses than for any other breed.

"Some years ago we used to get a great many horses from Upper Canada. These were Clydesdales, and would weigh from 1,400 to 1,600 pounds, but they did not seem to answer the purpose; as a general thing their feet were thinshelled and flat, and being heavy horses their feet would become sore and would not stand the pavements. The French horses have good feet and stand the pavements better than the Clydesdales. That is the reason they sell better. "I would advise the farmers and breeders who

are breeding horses to sell on the New York market for draft purposes to breed from the French horses in preference to all others."—Chicago Trib-

The best horses to be found in France are recorded with pedigrees in full in the Percheron Stud Book of that country.

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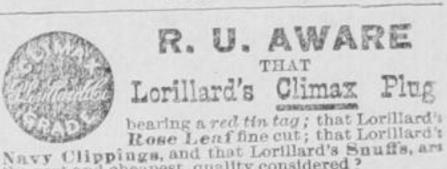
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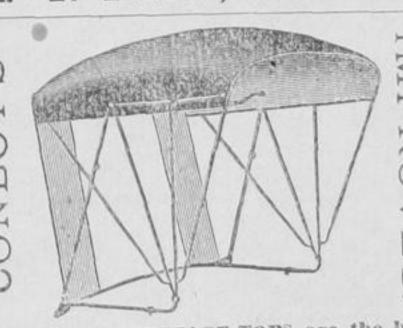




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