A Creaking Hinge

Is dry and turns hard, until oil is applied, after which it moves easily. When the joints, or hinges, of the body are stiffened and inflamed by Rheumatism, they cannot be moved without causing the most excruciating pains. Ayer's Sarsaparilla, by its action on the blood, relieves this condition, and restores the joints to good working order.

Aver's Sarsaparilla has effected, in our city, many most remarkable cures, a number of which battled the efforts of the most experienced physicians. Were it necessary. I could give the names of many individuals who have been cured by taking this medicine. In my own case it has certainly worked wonders, relieving me of

Rheumatism,

after being troubled with it for years. In this, and all other diseases arising from impure blood, there is no remedy with which I am acquainted, that affords such relief as Aver's Sarsaparilla. - R. II. Lawrence, M. D., Baltimore, Md.

Aver's Sarsaparilla cured me of Gout Rheumatism, when nothing else would. It has eradicated every trace of disease from my system. - R. H. Short, Manager Hotel Belmont, Lowell, Mass.

was, during many months, a sufferer from chronic Rheumatism. The disease afflicted me grievously, in spite of all the remedies I could find, until I commenced using Ayer's Sarsaparilla. I took several bottles of this preparation, and was speedily restored to health. - J. Fream, Independence, Va.

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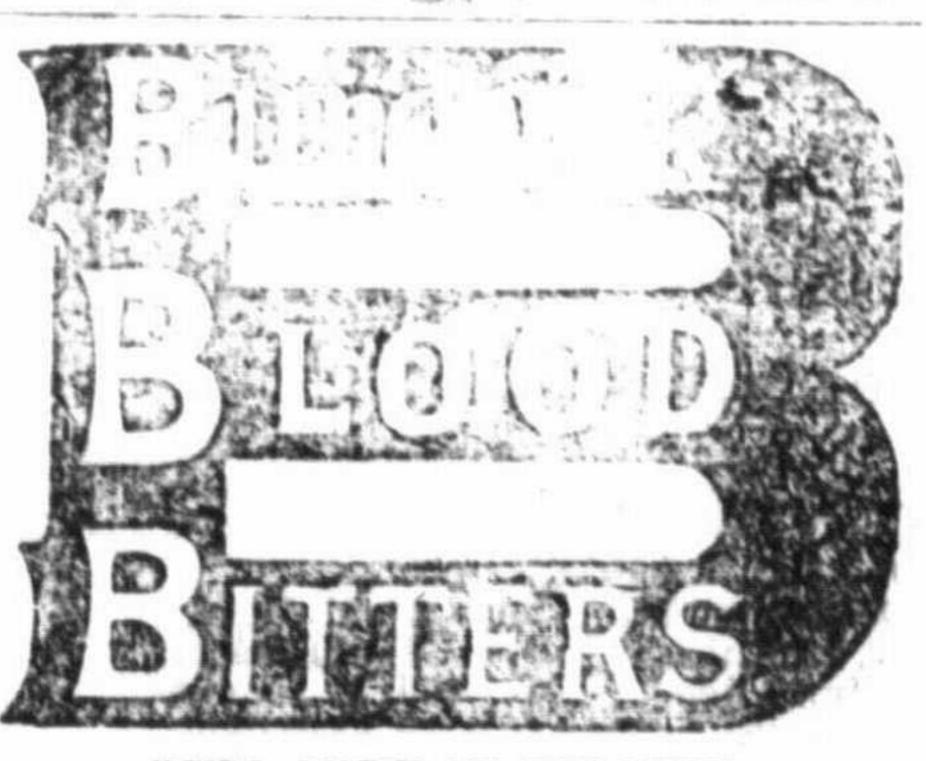
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A THEORY OF SLEEP.

RESUME OF SOME POINTS.

What a Scientist Says on a Very Important Subject-Leucomaines and Ptomaines-Work and Fatigue-Somnambulism-Kohlschlutter's Experiments.

In an address to the Anthropological society of Brussels, Professor Leo Errera has given a resume of some points in the chemical theory of sleep. The phenomena of sleep. have in common with other vital functions the character of periodicity. An examination of such periodic functions in general may aid in ascertaining the cause of sleep. The respiratory rhythm is regulated by the amount of oxygen and carbonic acid in the arterial blood. When the blood is charged with oxygen the respiratory center momentarily suspends activity; but soon the tissues yield their oxygen to the blood, have it replaced by carbonic acid, and the blood thus modified acts as an excitant to the respiratory center. Ranke has shown that the fatigue and recovery of muscles is due to a similar alternation of the accumulation and discharge of certain "fatiguing substances," chief among which is lactic acid. An injection of this acid into fresh muscle renders it incapable of work; washing the acid out restores the activity.

SLEEP EXPLAINED.

Cannot sleep be explained by a similar chemical theory? Preyer has extended the views of Binz, Obersteiner and others (who all agree in making the accumulation of certain products of fatigue—ermudungsstoffe the cause of sleep) by calling all such fatiguing products of activity "ponogens." These accumulate in waking life, are readily oxidizable, and absorb the oxygen intended for glands, muscles and nerve centers until action is impossible and sleep sets in. Gradually the ponogens are destroyed by oxidation, slight excitation is sufficient to arouse the centers, and waking life begins. Among the ponogens Preyer counts lactic acid as the chief, but the experimental demonstration of this has been unsuccessful, and the theory, accordingly, not generally adopted.

Since these researches Armand Gautier has found in the human-body a series of five organic bases akin to creatine, creatinine and xanthine, and calls them "leucomaines" and "ptomaines," The physiological properties of these substances are narcotic, fatiguing and sometimes lead to vomiting. This is just what the chemical theory requires. The periodicity of sleep would be explained by the conservation of energy being applicable to all bodily activity; work must be followed by repair; life is a slow suicide. There is, moreover, reason to believe that the action of these leucomaines is a direct one upon the brain; it is a direct intoxication of the brain

A CONSTANT STRUGGLE.

A theory of sleep must take account of three factors-work, fatigue and sleep. The chemical theory satisfies these demands. All work, muscular or cerebral, produces waste products. These accumulate, make work more and more difficult; this is fatigue. As the process continues, the waste products, notably the leucomaines, intoxicate the higher nerve centers (just as a dose of morphine does), and render them incapable of action; that is sleep. The picture is, however, much more complex. There is a constant struggle against the fatigue, which for a time, by dint of hard work shown in increased secretions and so on, may succeed. We probably never arrive at the extreme limit of work; the sensation of fatigue intervenes to prevent such a

Fatigue, as is well known, may extend from muscle to nerve, and from nerve to nerve center. We may be very tired from repeatedly lifting a weight, and not be sleepy, and may be generally sleepy without any considerable local fatigue. One is peripheral, the other central. As the waste products accumulate in the centers, motion and sensation become more and more sluggish, until the time comes when the ordinary stimulation no longer arouses them, and we sleep. Partial sleep can be similarly explained. The centers go to sleep in a hierarchical order, the highest serving the most delicate function going first. In waking, the reverse is the case; the minor centers may be asleep while the intellectual centers are awake. In somnambulism the latter may be

asleep while the former are awake. THE DEPTH OF SLEEP.

The depth of sleep, according to this theory, ought to be proportional to the number of cortical molecules in combination with the leucomaines. In the beginning of sleep these are abundant, the cerebral cells inactive, and a combination easy. The sleep is deep. Soon the maximum number of combinations is reached and sleep is deepest. From here on, the leucomaines are gradually eliminated and destroyed, and sleep should decrease with a decreasing intensity. Kohlschlutter's experiments on the intensity of sleep, as tested by the noise necessary to awake the patient, gives the curve for the intensity of sleep corresponding to what we should expect by our theory. Variations in our sleep, caused by an excess of work, etc., are evidently similarly explicable. In short, fatigue is a poison for which sleep is the normal antidote.

This theory maintains (1) that the activity of all the tissues (and primarily of the two most active, the nervous and muscular) gives rise to substances more or less allied to alkaloids, the leucomaines; (2) that these induce fatigue and sleep; (3) that on waking, if the body is rested, these substances have disappeared.—Science.

Use of the Paragraph.

It is easily possible to overdo paragraphing. The more experienced writers are especially liable to this sin, mainly because they imagine that it adds to the effectiveness of their compositions. Certainly it does at tract attention for a time. The trick of the types deceives us into the belief that in the multitude of paragraphs a multitude of subjects, or new views of subjects, will be brought out. We turn to this kind of writing against space—with the space coming out a good deal ahead-with lively interest; but it turns to speedy disgust when we find the lines even more empty of ideas than of letters. Paragraphing every sentence gives the thought, where there is any, much such a jerky motion as a rider would get on a horse afflicted with springhalt, or stringhalt, as it is often called.

The proper use of a paragraph is to make thought go forward. The springhalt style simply makes it bob up and down and go forward very slowly. No reasonable being can long write rational thought in this manner without danger of losing what reasoning faculties he had. This jerky style of making paragraphs of every sentence we have borrowed from the French. Perhaps it may be in that people one of the fearful results of a too exclusive diet on frogs' hind legs. It has certainly increased in this country much in the same proportion that eating frogs has become fashionable.-William J. Fowler in The Writer.

The world could not go on if people gave up labor whenever it became irksome.-Christian Reid.

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Gray's Syrup Red Spruce Gum

She Cawned Her Teetin.

It would be difficult to find any sort of per-

sonal property that was not, under the pres-

sure of unforeseen circum ances, at some

time or other pledged for the payment of a

debt. But that a woman should pledge her

teeth is certainly something entirely new. It

happened the other day at a suburban pleas-

ure resort of the city of Frankfort-on-the-

Main, Germany. A young couple had en-

joyed a good supper and were about leaving.

when the male half was shocked to find that

his purse was gone. He walked up to the

hostler, told him of his dilemma, and begged

money should be sent the next day. The

landlord said he would detain the couple

bodily until the bill was paid. Then the fe-

male half the couple advanced and beg-

ged of the landlord to grant her a private

hearing, which he did. There, in the back

room, the lady pulled out of her mouth a

as a pledge for the payment of the bill. That

act of heroism struck the sordid soul of the

publican to the quick, and he allowed the

couple to depart after the lady had replaced

the teeth into her mouth. He received the

The Blending of Life

And death is one of the mysterious func-

tions of the human organism. There are con-

stantly battling two rival elements; the one

and sustain-life. It is when the system

grows sluggish, when the effete and dead

particles are not eliminated and remain to

clog life's channels, that Hamilton's Pills of

Mandrake and Butternut render greatest

service. They cleanse the system, restore

the liver to a healthy action, correct morbid

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Try And Be Cured.

ed with rheumatism, is sometimes met with

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store, has a splendid assortment this season

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all shades for overcoats; also two hundred

pieces of well-assorted Scotch and Canadian

tweeds to select from for suitings. Remem-

Burglary at Norwood.

glary was accomplished here Saturday. J.

the building. The explosion was heard and

parties were seen running off money and

notes amounting to over \$10,000. The regis-

A Cure for Drunkenness.

kindred habits. The medicine may be given

in tea or coffee without the knowledge of

in stamps, for book and testimonials from

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Ont. Cut this out for future reference.

A Postmaster's Opinion.

usefulness of Hagyard's Yellow Oil," writes

D. Kavanagh, postmaster, of Umfraville,

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throat, burns, colds, etc., I find nothing

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A Hint to Housekeepers.

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I always enjoy breakfast at Mr. Blank's,

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A. P. Chown and all druggists.

mend it to everybody."

it is lovely.

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those who have been cured. Address M.V.

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ber he guarantees a first class fit.

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splendid set of teeth in gold and offered it

of him to let him go, promising that the

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