Health-Giving Pleasure Open to Rich and Poor Alike-Physical Culture Which Brings Delight-Advantages of Walking-Avoid Too Long Walks

ng life are the great desire and hope of has been the aim and study of the sages of all ages. But notwithstanding all that done in the interest of health and longevity—to promote a more perfect development of the human system—the physical condition of man, as he exist to-day (in the cities at least), seems to be de-

generating instead of advancing.

Not long ago there appeared in one of our leading monthly magazines some values. statustics touching the subject of a sent out into all parts of New Engand some 5,000 circular letters asking for detailed information concerning the occupations, habits, &c., during life of person over eighty years of age, male and remaie.

The inquiries were quite thorough and some interesting facts were furnished in the \$500 answers that he received. The eighty years of age, male and female among other facts were clearly

1. That longevity, without regularity of

habits, is rare.

2. That physical activity is conducive to That bone and muscle are the basis and main support of health and long life.
 That excessive flesh is rarely found in

healthy old age.

5. That the percentage of those who attain a ripe old age is greatest among farmers, or those leading active lives in the

comparative health rate for the cities, in spite of the fact that cities and large towns enjoy the benefits of all that science can do in the way of improved hygienic appli-ances. In the cities, too, was found the ances. In the cities, too, was found the greatest degree of physical degeneracy.

These unsatisfactory conditions are due largely to the inactive, lazy habits of city people, who take insufficient exercise. Street railways and cheap cab lines are responsible for a good deal of it. I once heard a well-known physician declare that the lines are heard a well-known physician declare that the lines are the man as he desires to histori al, the second ornamental. In destroined historial, the second ornamental in destroined historial, the second ornamental. In destroined historial, the second ornamental in destroine historial, the second ornamental in destroined historial historial, the second ornamental in des

how can this tide of physical degeneracy mple-outdoor recreation is the cure.

Nowhere is this evil more apparent than Boys and girls are growing up attention. The establishment in the pub- with his inner self, is bristling. schools of a department for training thinks he can buy anything, from he pupils in the art of walking and other picture, of which he knows nothing, to

particularly efficient in promoting a is large. The big hands are only wait-healthy development of the organs of vision. Next to walking they are the best back can bear a gobgly share of others'

The fact that tennis players, as a rule.

a fruitful source of discussion. critics. That each possesses advan-

on natural physical development. It tends to curvature of the spine and other malveloped at the expense of the arms and body, and grace and symme- | goes down.

The superiority of walking over any place it beyond the range of rivalry.

to all. The rich and the poor are alike very freedom from expense is, perhaps, the reason why walking is not more popu-lar with city people. That which is cheap and easily acquired, is never eagerly self. But were the advantage

long walks are not to be recom mate. Twelve to fifteen miles ought to be the limit. A walk to be beneficial must men in whom force of character is carenjoyed, hence fatigue snould be enjoyed, hence fatigue snould be ided. Walking, when employed as a means of testing physical endurane The best walking shoe is a snug-niting calf gaiter (lace or button) with flexible shouldered back that denotes the domestic ogre. His bald head shines one knows that in the front the veins the provided has been

hodical, energetic step, the arms s methodical, colored symmetric swinging lightly by the side.

A light cane might be carried with ad-

vantage, George Simmons in Washing-

PROGRESSIVE DRUNKENNESS.

Hindrafed both. Work of Two Painter on the Front of a Brick Fullding. There was quite an odd spectacle the her day in front of a large business block in course of repair. The front wall was of brick, and had been freshly painted, but the "tuck pointing" or outlining of the bricks with white paint still remained to be done. On the day in question the two men hired to do the pointing and at the building comments the appeared at the building somewhat the worse for having been on a mild spree the right before. However, the contractors no being so hand, the men ceided to go right to work. Ascending to the top of the building, where the scaffold was already hanging, they carefully climbed out and began work.

All work wall for a line and the cut.

Rather a Good Day For Dogs.

"That Bergh founds W. E. Goodman the other day as he took a seat in Henry Weinberg's cigar store, and puffed meditatively at a Key West cigar.

"Is that so," said Henry, as he drew up a chair.

"Yes, last night I counted 9,000,000,458, and the cut."

All went welf for a time, and the outlines of the buloks were true, but as the men lowered the scaffold to the fourth

Henry fell off his chair and sank into a men low red the scanoid to the fourth story one of them proposed having a little refreshment. Of course no objections were raised by his companion, and he shortly refurned with a large pail of beer, which was soon emptied, and work was resumed, a little more joyously

Henry tell off his chair and sank into a state of coma that took him nearly three in fill the turnips, use the slice which was cut off the top as a cover, tie them round with thread, place them in a shallow sauce pan, pour over them some boiling broth (gravy is preferable), add à lump of butter, does and horses, or are you giving the an season and let them simmer till quite ten

brick so small? I say, let's make 'em "That's right, Henry, I was asseep and dish, remove the threads, thicken the bleger," one fellow remarked to the dreamed it." The rapidity with which sauce with the yolk of an egg, pour it over ger, and, suiting the action to the Mr. Weinberg passed the cigars was some-

the size of paving blocks. This excited the rivalry of his companion, and in a short time the facade at the fearth story began to look as if it had been rented by a dry g ods merchant to advertise plait dress goods, large, small, and broken. At the third floor more beer was consumed by the pair, and the brick began to assume fantastic shapes. With one graceful sweep of the brush they would make a round, triangular, or octagonal brick, as the fancy

in the street began to notice that something was wrong. The small boys gathered below, and the remarks they made at the expense of the two jolly fellows on the scaffold would fill a made at the expense of the two jolly fellows on the scaffold would fill a column.

"Come, put in a star." cried one. That's it, make an eagle.

"Now paint a flag," said another,
"Why don't you draw the President's
picture?" yelled a third.
The men however, went on undaunted, making lines an | curves as if their lives depended on it, crawling along the scaf-fold, which was suspended at a dangerous angle. At 11 o'clock the contractor appeared and ordered the men to stop repeared and ordered the men to stop placelithic men were essentially the crazy work and come in, or he would draugtsmen, not decorators. But their have them a rested. It was none too on, either, for with the disappearance of the fifth pail of beer the outlines on in post-glacial Europe had an art of an the wall had assumed very grotesque entirely different type, purely and solely shapes, and there were no two bricks on decorative. Instead of making pictures the whole facade, below the top floor, of they drew concentric circles and ornamenuniform size. The effect was ridiculous, and the bricks looked as much intoxicated as the men who had executed

As the two painters were taken in hand by the contractor one of the spectators ever they advanced to the bronze-using was heard to say: "By Jove! I'd rather stage; and they designed brooches and have lost \$100 than to have missed that." -Washington Post.

CHARACTERS IN BACKS

As Inter s'ing o studen's of Human No ture as the Fronts of Individua's.

responsible for a good deal of it. I once heard a well-known physician declare that shoulders bend; one knows that his every street car was a recruiting office for the hospital and the poor house. Lazy people ride when there is no necessity for lit, and when it would be a thousand times better for them to walk and save their money.

The important question, therefore, is, how can this tide of physical degeneracy is not cannot be the months of the walks his head and shoulders bend; one knows that his hurrious to the digestive org ns is hurrious to the digestive org ns head that his nutrious to the digestive org ns head that his nutrious to the digestive org ns head that his nutrious to the digestive org ns head that his nutrious to the digestive org ns head that his nutrious to the digestive org ns head that his nutrious to the digestive org ns head that his nutrious to the digestive org ns same streets and saw everything, with They draw figures and animals ill or not which is destroying our manhood and head characteristically held back and

in the ranks of the rising generation, the refined and intellectual back is the loys and girls are growing up misshapen back of the broad and vulgar figure who under their present careless and listless struts past us as if he owned the street. manner of carrying themselves. The His glory is not in his mind or heart, physical culture of the youth of the land but in his pockets. He has a habit of is a question of vast importance and it is sticking up for his rights. Even his colone that is now occupying a good deal of lar sticks up, and his hair to correspond

an elector, who knows nothing of hir The purse-proud man will never hand tal idea, for the true end of education should be development, the right adjustment of mind, body and caracter. The need of some such system is unquestioned, especially in the interest of girls, who are more limited in opportunities for physical culture than boys.

Among the field sports, base ball, croquet and lawn tannis ought to be encouraged. These games furnish healthy diversion for both mind and body. Buse hall and croquet bring into play every joint and muscle of the body, and they are particularly efficient in promoting a large. The big hands are only waittal idea, for the true end of education money out of that pocket for charity,

As for the back of the rogue, it is of but one arm is an objection to the infinite variety. If there were only one e, for it tends to promote uneven desort, we might all make what so diers game, for it tends to promote uneven development. Lovers of this graceful, fascinating sport should encourage the use of both arms.

That rational exercise is essential to a That rational exercise is essential to a detect and outwith the sharp dealer of the business world, who is remarkably spruce at the back, a detect and outwith the sharp dealer of the business world, who is remarkably spruce at the back, a detect and outwith the sharp dealer of the business world, who is remarkably spruce at the back, a detect and outwith the sharp dealer of the business world, who is remarkably spruce at the back, and the adventurer of speciety, who can be described by the sharp dealer of the sharp dealer of the business world. ill be admitted by all, but people are not | bow like the first gentleman in Europe | trotted up the aisle, clattering along unso well agreed regarding the best method and ten thousand more varieties, from to be used. The relative merits of each of the welcher on the turf up to the gentlethe various mechanical devices now em- man who ought to be a baronet, and who and dropping his shout into his hand, b fruitful source of discussion. has lived for the last thirty years on the fact that statement, and on charitably collising and to grunt loudly on not finding lecting for the savages of Borriboola. He could stra ghten his body if he liked, It must be said, however, that want of but his mind is fixed in curves of cun-bure are and a natural tendency to over-ning. He and his principles are as ning.

wheeled variety especially—must be ob-jected to on account of its bad influence back of the student. The back of a the servant, who had arrived breathle bookworm is another kind of bend-a when he suffered himself to be quietly curve to be respected. Nor is it the driven home.—St. Paul Globe. formations of the system; and the boy or stoop of old age. The back is an index age is apt to become stoop-shouldered, small child stands a square, upright weak-chested and bow-legged unless great atom of humanity. The man grows preventive care is taken. The legs are straight to his full height; then his

There is an old saving to describe a man of weak character that he has "no echanical method is so marked as to backbone." There is not much backbone in the man who walks as if not Walking is nature's own exercise. It is quite sure where he is going to, who be soft. If you do what a girl tells you, drops his letters, and never cares to you will do all sorts of foolish things straighten his shoulders. Follow him, and note how his hat poin a backward; Melcome to its picasures and occurred and you know from the angles to which git tired, and have to do sumthing wonse in its enjoyments and it vouchsafes almost he has set his hat and his whiskers perfect immunity from the dangers which | that, seen front face, his aspect is not | surround the gymnasium, the horse, the wise. Still, he is a good-natured fellow. ie, the boat, &c. And comparatively and by some instinct we read on his can afford these luxuries. Sound feet back that he has an ambition to be and a reasonable amount of energy are the amusing. One is perfectly certain that only capital required of the walker. Its the man with such a back sings comic songs and equally certain that he never knows when people cease to laugh at

But there is such a thing as having walking better understood it is certain wors than having too little. When a man has too muc; backbone his heat t is thing dredful.

not as people say "in the right place."

Girls olways Somet mes there is no room in him for ried into the extreme, and becomes hardwords, when it becomes a task—a severe face. It is not what we would call the just and righteenals in the call the call the call the call the just and righteenals in the call the ca To secure a good gait in walking the body should be erect, head up, feet low, twisted to a sharpness by angry fingers. mightily against his ha d-set knee. He could strike, but he has too much pride, and his orders are harder than blows He has a habit of getting his arm crook-

There are, in leed, many backs that are more gladly seen than the corres-ponding faces. The back of the bore is a goodly sight, while, on the other hand, when good-by is grievous, how much precious regard is wasted on that dear characteristic, well-known back, that never knows what loving looks went after it .- Toron o Truth.

Rather a Good Day For Dogs,

dogs and horses, or are you giving me an extra dose of humanity?"

ART OF PRIMITIVE MEN. The Cave Dwellers and Their Post-

Glacial Successors. Whoever has examined the handicraft of savage peoples knows well that from a very early age two totally distinct types of art arises spontaneously among uncul-tured races. One is imitative, the other decorative. Paleolithic men, for example the cave-dwellers of prehistoric Europe before the glacial epoch, had an art of struck them.

It was about 10 o'clock that the people their own of a purely imitative and pictothe grassy plain; there, a couple of rein-deer engaged in desperate fight, with their antiers hard locked in deadly embrace; yonder a mammoth charges, unwieldy with wide open mouth, or a snake glides unseen beneath the shoeless feet of an un-suspecting savage. All their rude works their half way, a distinct story. They are pictorial records of things done, things

the normal tissues of the stomach. Oninine, too, that most beneficent of emedies in many cases, is much abused in as many more. The climatic conditions of this region do not demand its seen, things suffered. incessant consumption. Yet in innumerable households the box of quining neolithic successors, of a totally different pellets from one grain for the children race—the herdsmen who supplanted them n to five and even ten for the seasoned head of the family seems to be an essential. Quinine is counted among the ten dangerous drugs, and the statistics of tal curves on their boats and dwellings they adorned their weapons and their in plements with knobs and nicks, with rosses and bosses; they wrought beauti-

ful patterns in metal work as soon as bracelets of exquisite elegance, but they seldom introduced in their craft any living object; they imitated nothing, and they never in any way told a pictorial story. Now, these two types of art—the essentially imitative or pictorial and the essentially decorative or aesthetic-persist at all, but they produce decorative pottery out door recreation is the cure.

The answer is slightly to one side—an energetic observer at the cure.

The answer is slightly to one side—an energetic observer at the cure.

Yery different from what we may call placed at the arts and crafts in the new placed. gallery. Everywhere racial taste and racial faculty tell most in the one or the other direction. A tribe, a horde, a nation is pictorial or it is decorative. Rarely or never is it both alike in an equal degree of

The Pig Went to Church.

Harrison Black, of Spring City, Tenn., is the owner of a very fine pig of an imported breed, of which he is very proud and which is very devoted to him in return, as was evidenced recently. Mr. Black is in the habit of feeding Bolter, as the pig is called, himself, but, the morning ing Sunday, was too hurried to follow his custom and deputized a servant to perform the duty. Bolter refused to touch the breakfast however, and seemed very restless for awhile, but, after a time, his discontented grunting ceasing, they supposed he had reconciled him to his master's absence. In a short while one of the servants, though, passing the pen, found that the pig had broken out, so at once

started in pursuit of him.
Running with all his might he soon caught sight of Bolter toiling up a little hill, at the top of which is situated a small mission church, in which Mr. Black takes great interest, and where he was then atthe expected meal.

Amid the involuntary laughter of the congregation, in which the minister heart-He and his principles are as ily joined, Mr. Black rose, calling to the ertion and straining are objectionable crooked as wriggling eels. He can press pig to follow him, but frightened by the testures of the gymnasium.

Others to his will too, as he presses his noise Bolter turned obstinate and flew about the edifice, squealing lustily, until cane to a curve like himself.

About the edifice, squealing lustily, until forcibly expelled by Mr. Black, aided by

Girl's, From a Boy's View.

Girls is grate on making believe. She will make believe a doll is a live baby. She shoulders come forward and his head will make believe she is orful sweet on another girl or a feller if they come to see her, and when they are gone she will say Horrid old thing. If yer don't do what a girl tells yer, she

says your horrid. I drather be horrid than Girls can be good in school every day if they feel like it. I shud think they would in a while: I know a feller does. Girls say fellers act orful, but when a girl gets a-going it she acts order than any feller durst. They don't care for nuthing.

If a girl wants a feller to carry her books take it, nor have I anything in stock just now that would suit you." And I left the shop and purchased what I wanted elsehome, she ain't satisfied unless she gits

the same feller the other girls want, whether she likes him or not. Girls is grate on having secrets I mean, telling secrets. They make a secret out of nothing at all, and tell it around to all the other girls, orful quiet, just as if it was sumthing dredful. I bleeve a girl likes to make bleeve they are doing sum-

Girls olways git their joggerfry lessons better than a feller; but if they are going anywhere they don't know their way a bit,

and they are sure to git lost. If a girl don't feel like doing a thing you can't make her, no matter whether she had orter or not. If she won't, she won't and she will git out of it somehow. That is all I know about girls this time.-Home

Weak Eyes Sicken the Body. That weakness or imperfections of the eyes may be the unsuspected cause of the various troubles apparently in no wise connected with the organs of sight is asserted by a writer, who says that headaches which come on after sewing, reading, watching a play or otherwise using the visual organs in a special direction for edly bent to his knee in self-restrained a period of time, are usually the direct reness, mental depression, melancholia, St. Vitus's dance, and even epilepsy, have been shown to be directly dependent in certain cases upon refractory errors for their causation. To some people glasses are a revelation, revealing powers and eauties of vision never before known to exist. Glasses not only increase the powe ion and greatly relieve the work of the eye, but they actually prevent the occurrence of certain diseases of the eye and of reflex affections in other parts of the

n Kentucky started a story recently that body, and effect the preservation of good vision throughout life. Hernando De Soto, the discoverer of the Mississippi. This has set the antiquarians at work. It is claimed by them that the A Nice Dish of Turnips. Peel the turnips, boil them in slightly salted water till they are half done; take route traveled by De Soto in America can be clearly traced by the aid of the old them out, slice off a thin bit from the botroadway which he opened for his cannon, and by the diaries and notes of his priests tom to insure their standing firmly and cut a piece off the top, scoop out the midand others. These, it is claimed, establish the fact that De Soto was no further north than Memphis, and that he never was in any dle of the turnips, make a stuffing with minced veal, onion and parsley, and with it fill the turnips, use the slice which was part of the territory now included in Ken-tucky's boundary. Moreover, it is asserted with much show of proof, that the Mississippi River now flows in a channel 300 miles eastward of the bed which it occupied season and let them simmer till quite ten-der. Take them out, arrange them on a when De Soto's body was buried muddy waters. Thus the attractive fiction of the town boomers and advertisers is ruthlessly shattered by the cold and un-"That's right, Henry, I was assespend dish, remove the threads, thicken the

the turnips and serve hot.

SCENES IN YUCATAN.

knowledge" has frequently been proven In these days, particularly when every LITTLE CHANGE IN THE LIFE OF THE other person one meets has a notion or theory to advance upon the ethics of life, mental and physical, discretion is PEOPLE IN FOUR CENTURIES. imperative. You have a sore throat, perhaps, and say so to a friend you encounter in a street car. "Oh," she

"dangerous & thing is a little

cries, whipping open her bag, want a ch orate of potash lozenge.

vanishes. I don't wait till the

hever without them. Whenever I fee a drymess in my throat, however slight

pop one in my mouth and the drynes

sore stage is reached." She hal much

better do so, for the probabiliti s ar

that she consumes forty usel as loz nger

to the one that proves a remedial agent.

and the thirty-nin · are not only useless

they are not absorbed, unkindly upon

T-rrapin Fattenig Withou Ford

caught in the Coesapeake."

Pinnish Honesty.

'This seems exactly the kind of appara-

and I will buy it at once if, knowing what

I want it for, you can honestly recommend

for three hours through the woods on his drosky, handing him four shillings.

when I told him he might keep it for his

honesty, he slightly nodded his thanks

obsequiousness were equally absent.

Brok a Muscle in S reto-ing

act of stretching, Mr. Y cum

Philadelphia Press.

snapped a muscle back of his ear which

had connection with the shoulder, and

this caused the loud report. It is a

painful i jury and will require an absolute rest of some days before Mr. Yo-

cum can resume his pulpit duties .-

Not De Soto's Remains.

Some parties engaged in booming a town

at Fort Jefferson on the Mississippi River

imaginative devotoes of fact .- New Or-

leans Picayune.

No. sir; I do not recommend you to

The Dark Skinned Mayas Still Tilling the Field -Land Owners Enriched by the Sisal Industry-Mixed Races-Some If the northers still blow and the sand-

bars are shifting with every ebb of the tide, as they were 400 years ago, so too, there is little change in the lower currents of human existence in Yucatan. The darkskinned, coarse-haired, somnolent Mayas but harm'ul. The same properties they are still to be seen lazily tilling the which act succe-sfully upon the influence tilling the fields and sunning themselves in the market-places. Four centuries ago their great were there when Cortes sailed the seas, and sive causeways and temples were overgrown with tropical verdure. They had been a superior race, with a genius for architecture, mechanical art and engin-eering such as the over-rated Aztees never possessed; but they were in an advanced stage of intellectual decadence when the Conquistadores passed along the coast. They still form passed along the coart the main mass of the population of the peninsula; and when one glance at their stolid faces he finds it hard to believe that their recent artiticism. the hospita show it to be the most pro-lifte cause of deafness. And, on the other han i, this noble compound is ac-credited with having increased the averother han I, this noble compound is accredited with having increased the average length o human life two and a half y ars.

Another drug used in the hands of women especially is aconite. Many mothers will tell caimly of keeping a supply on hand with which to do so the children indiscriminately on the appearance of any a normal condition. Fortunately most of the aconite thus recklessly used is in the little sugar pills of the homeopath, doubtless given thus in discontral. He is always in debt to the ear mothers who boldly administ there are mothers who boldly administ there are mothers who boldly administ the entered to the state of mental developement. The sital fields and the market workmen in the sisal fields and the market work more and the market work much as their statils live very much

ture as the Fronts of I-dividua's.

The back of an individual is an easy study—the whole of him, his figure and walk, his shoulders moulded by the habits of his life, the carriage of the easy habits of his life, the carriage of the carriage of the carriage of the seen; but behind his back we take him be seen; but behind his back we take him be supprise and catch sight of his and the carriage and catch sight of his back we take him be supprise and catch sight of his and the carriage and catch sight of his and the carriage of the carriage of the supprise and catch sight of his and the carriage of the supprise and catch sight of his and the carriage of the supprise and catch sight of his and the carriage of the carriage of the supprise and catch sight of his and the carriage of the supprise and catch sight of his and the carriage of the supprise and catch sight of his and the carriage of the supprise and catch sight of his and the carriage of the homeopath, doubtless given thus judiciously because of the habit; but there are mothers who boldly administances here quoted. The great aim of the other is to produce a beautiful object; the first is, so to speak, and supplemented generally with its antidote or complement. It does serious scenation twenty-four hours after a ferist-day. Life means to him as a first day. It is most supplied the residual of the remain as employer and never to be counted upon for serious scenation twenty-four hours after a ferist-day. It is employer and never to be counted upon for serious scenation twenty-four hours after a ferist-day. It is employer and never to be counted upon for serious scenation twenty-four hours after a ferist-day. It is employer and never to be counted upon for serious scenation twenty-four hours after a ferist-day. It is employer and never to be counted upon for serious scenation twenty-four hours after a ferist-day. It is employer and never to be counted upon for serious scenation twenty on a feast-day. This is the character of the working population of Yucatan to-day, according to the testimony of experienced observers. Generations of Mayas have

mate of Spanish-American civilization. If there are in Yucatan and adjacent States send for a doctor, but every one who needs it. "-New York Times. hundreds of thousands of the descendants of the one powerful race whose genius is attested by the elaborate stone structures unearthed during recent years by Everybody has heard of the toothsome archaeologists, it is because the conquest terrapin, surnamed the diamond back, dear to the epicurean palate, but even in Washington, where they are comparatively plentiful, it is not everybody sion would have swept them into the Pathat knows that it will take \$3 in good cific. The Indian tribes which witnessed the settlement of Jamestown, Manhattan minutive little dainties with the pecul- and Plymouth Rock have perished from iar marked shells. That is to say, it the face of the earth. The Indians whom takes \$3 to possess one in the raw shape, before some expert chef has converted him into an edible. In the latter state and uncertain as it is, that makes the nobody but millionaires and gastron-omis's like Colonel Tom Ochitree are in it. In cooking them only butter worth 50 sents a round is fit to be used. worth 50 cents a pound is fit to be used, of the country, be of pure Indian stock, and wines of the rarest vintage, which the great mass of what remains, at least help to make the figures foom up on the 6,000,000, is of mixed blood; and the upper ticket that comes when the fea t is strata of it have received the impress of

"What will you take for a dozen of Spanish civilization.
Compare the Indian Compare the Indian races and mestizes them?" was a ked a Twel th-st. dealer, whose front window was pretty well filled with the little crawlers.

"Take a de zen for \$0." was the reply, "though only hotels and restaurants usually order that many. Yes ply, "though only hotels and restau-rants usually order that many. Yes, that's the lowest price. We get them from a little town down in Maryland, where they are bought up from the fishermen who catch them in nets in ruins to be found in a land of ruins but tranced, bre thless lest a note of the fa-There are diamon! backs in other they have at least been left in possession vorite to which he had been so long con-Southern waters -- bere is one that came of their mountains and forests. To these stant should escape him. Southern waters—here is one that came from Savannah—but none are supposed to have the exquisite taste of those to have the exquisite taste of those southern waters—here is one that came of their mountains and forests. To these stant should escape him. His were the only dry eyes in the the matter hardly a second thought. The play progressed. Lucky Bill's face How long will they live?"

tle sea grass put down for them to The average terrapin isn't over seven beach, and while it is small it looks fresh, good-by and express his thanks, and in inches long, and in the shell don't businesslike and prosperous. On its long the evening he penciled a request that weigh over two pounds. The late Mr. wharf are landed all the imports received the leaves of the rose be preserved and revolvers were drawn. Some of the by-Wormley, of hotel fame, was a con-noissour in diamond backs, and bought for the main product of the country in the State, and it is the shipping-point sent to his mother in Detroit. nequen or sisal fibre. The town is the ter as many as 300 at a time. H. put them away in a remote room, where no light minus of a well-managed system of Amerientered, so that they wouldn't stir can railways, by which a crop of henne about, locomotion being a hindrance to quen, valued last year at \$5,007,562.05, when exported is brought into market. the fattening process.-Washington railway runs for many miles through sisal plantations. All the way from Progreso to Merida rows of this valuable fibre-producing cactus are seen, mile upon mile, in Finnish honesty is proverbial. In trade every stage of development. Everywhere the Finns, as a rule, are not only scruputhere are stone fences in excellent order lously honest—they are heriocally, quixotimany of them covered with beautiful creeping vines; the farm-houses and cab-A tradesman will tell you the whole ins have a fresh and tidy look; and the truth about his wares, even when he knows perfectly well that by doing so he country while perfectly level is beautiful to the eye. Yucatan is one of the most oses a customer whom the partial truth a productive and prosperous States in Mexslight suppressio verio, would have secured . The sisal industry has enriched the land owners. If the working population remains in the lowest state of impoverishtus I am looking for." I said to a merchant ment and ignorance, the sisal-farmers are in Helsingfors some months ago, in refer-ence to an article that cost about £15, well-to-do and contented with their lot. They have what Sir Ambrose Shea is seek-

> and climate, Correspondence N. Y. Tri-Mushroom Lore.

ing to provide for the Bahamas a valuable

industry pre-eminently adapted to the soil

where. "Here's your fare," I said to a peasant in the interior who had driven me A local expert proposes to make mushroom hunting a specialty this Summer, hour to an hour before eating breakfast. and he is certain that if there is any section of Maine where there are lovers of f-red. Whichever be used, the water "No, sir; that's double my fare," he re-plied, returning me half the money. And and Auburn. On his finger he can count stomach with cold water would be scores of men (has to use his fingers twice over and more too, you see) who are fond Hera'd. with the dignity of one of nature's gentle- of them and know how to cook them. At men from which deflant pride and cringing one certain country house in Lewiston the Sunday mushroom dinner is a fixed thing in Summer, and my! aren't they delicious! The Rev. Ezra H. Yocum, D. D., pasof Grace Methodist Episcopal Church of Harrisburg, injured bimself not know the difference. The top of the conscious for a time. Members of the under side or spongy part and give it time the World's Fair at Chicago. He - Lewiston, Me., Journal. tion the physician stated that, in the

A Relie of the 8 m an D saster.

pounded on the rocks and -Baltimore Sun.

Making a Passure of Duty. "I believe you Presbyterians don't keep Lent, Miss Lawrence?"
"I guess we do. I always have a new

"I AM HAPPY NOW."

A OT DICK TEAM STITCHE A AMMA FLUTTERING INVALID.

She Rode Through a Storm to L t H m my watch and replied, "Five after 8," and passed into the dining room. He took a seat opposite me, and the moment he caught a full glimpse at my face he fairly She Rode Through a Storm to L t H n Content."

Philip J Boest, who is dying of consumption in San F arcisco, at the age of thirty, was a resident of Detroit a few years ago and a parsionate lover of the life." Then the incident came back to me, the strength of the life." Then the incident came back to me, the strength of the life."

rigor for a time, and was able to accept light employment, but not for long.

For weeks past he has been bed-ridden at the home of his brother, No. 1 134%. Twenty-second street. With hope of life gong poor Boost had little to wish for beyond a speedy termination of his sufferings, until Euma Abbott began her recent engagement at the Ballwin

convey the information of Boost's passlonate longing to Miss Abbott, and A storm of sleet, hail and snow, M.s. Hotalin: accomplished it through with intensely cold weather, did great a third p rson. In the midst of the day's violent down- 17.

pour the lady was surprised by a call from Miss Abbott. The prima donna was so cloaked and hooded that Mrs. Hotaling did not recognize her at first, but the fair visitor soon stated her er-

"Now, Mrs. Hotaling" she said, at the conclusion of her recital of what she had heard. "I want you to take me to your young friend. If my singing will give him one moment's pleasure or for-getfuiness I don't think I can spend the afternoon to better advantage."
"But the weather; it is raining," began Mrs. Hotaling, pleased, but sur-

"Never min! the rain; it won't hurt me a bit, and I have set my heart on this. Will you accompany me?

Mrs. Hotaling needed no urging, and in a few minutes the errand of mercy had begun. The introduction was almost too much for the invalid. Joy came near killing in his instance. It was several minutes before he recovered sufficiently to even attempt to express his gratitude,

and then his visitor refused to listen. Save your strength, my friend; you have but if the le t, and use it in making your peace for the life to come. The strange interview was between the two alone, and it lasted for nearly an hour. Tuen Boost's trien is were

summone i for the song.

There was no stage, no costuming, and all the properties but one were lacking. In her left hand the actress held a blush ros , and with the no es the petals fell to the floor, one by one.

'fis the last rise of Summer Last of oming alone. Boost lay on his pillows as one en-

and sinew of the population, upon which ever entered in o any comp all hope for the future progress of Mexico Miss Abbott ever attempted. ever entered in o any composition that "For three or four months, and must be based. If the Latin race had been At the end B sost droppe ! back utterly

strang- to say get fatter t e longer they like the Anglo-Saxon there would not have are kept. All the food they get is a lit-been these six millions of mestizes. Progreso is practically the only port of that the excit-ment had killed him. Yucatan. It is a town built on a sandy He railied suffic ently later on to say

Salt on ! Water.

Salt is an absolute essential to the diet of man. It promotes health in var .ous ways. Many of the functions of the body go on better under its influence, and w thout it the blood becomes impoverished. While a complete deprivat on of salt would produce disastrous results, an excess ve use of it would scarcely be less harmful. In large doses it acts as an emetic; in quantities beyoud the requiremements of health it irsometimes purges. Those who use salt more or less from constipation.

To drink large quantities of water daily should be the rule with those who suffer from con-tipation. Each day the water, as about that quantity is used up or thrown out of it every twenty-four hours. Fruits and vegetable foods contain much water, and in tea, coffee, soups, etc., considerable is taken habitu-

In all ways, as stated, about two quarts of water should enter the stom ach daily. It is a good plan to drink one or two glasses of water from baif an to invite dyspeptic troubles.-Boston

Lust Buffalo in the Red D sert. There is a small herd of buffale on what is known as the Red Desert, not The old rule for distinguishing them from many miles from Laramie, Wvo. A partoudstools—viz. eat them and if you die ty of hunters recently returned from they are toudstools—is not now operative. there and report having seen 15. Dur-It's a poor mushroom gatherer who does not know the difference. The top of the lasso, but both of them died, it is said, in a peculiar monner Tuesday morning. young mushroom is white, the under por-Upon arising from his night's rest the tion loose and lighter; as it matures the ceived. One of them was taken after top changes to a brown color and the un-bac over his heat and stretched him-der part to a dark red. The stem, which seif. Suddenly there was a rather loud is white and round when young, also his purpose in capturing them alive was report, as of something snapping, and grows durk with age. Eatable mushrooms to add them to a private collection of Mr. Younn fell to the floor. He managed to reach the bed and lay on it un- A test proposed is to sprinkle salt on the ains which he intends exhibiting at family discovered him there and sent to act. If it turns black the mushroom is three hunters in the hills near the desfor a doctor. After making an examina- good; if yellow, the toudstool is poisonous. ert for the pupose of c pturing other animals .- D nver News.

A P.aywright's Biu . B tok. There exists in the Lord Chamber-An interesting relie of the Samoan dis- lain's office in London a p. iceless collec a der in the shape of the propeller of the Nipsic is soon to be place I on exhibition author has to deposit in the official in Washington. It is now at the Mare archives a copy of the work for which a Island Navy Yard, 1 av.ng been brought license is demanded. Over and over there from Honolulu, where it was taken again an author who has lost his manufrom the Nipsic. When the American script has been able, through the gen-ships were driven on the coral reef at erous assistance of the librarian to obtain a copy of his property, by paying at full speed and she was making frantic efforts to get to sea. The propeller was its blades lain would permit the publication, in struck the hard co al at every revolu- the form of a B ue B ok, or a complete tion. They were tw sted and curled up list of all the plays hitherto licensed by out of all semblance to their former the L rd C numberlain and contained in shape, but remained unbroken, showing the official archiv s, says the London a wonderful degree of tensile strength Telegraph. With the aid of such a cataand elongation in the material. The logue a dramatic author could see at a propeller was made of old-fashioned glance what titles had been used before, navy bronze containing 83 parts copper. and dramatic historians could have 10 parts tin and 2 parts zinc, and it is under their band the dates and places doubtful wheth r any of the fancy of production of a'l the plays of the cer patent propeller bronzes lately intro-duced could stand such rough usage and would cheer ully subscribe for the issutury. Man gers, authors and critics still be capable of running the ship to of such a blu book, for, of course, there olulu, as was done with the Nipsic. are no funds available by the Lord

Camberlain for its publication Where They Said It. Clara-Oh, I have so much to say to Maud-And I to you. Let's go to opera to-night.—L'fe.

cross, of Chicago. "I was about to enter the dining room of an Indiana hotel, when

a gentleman, also bent on the same errand as myself, asked me the time. I looked at shouted: ..." Howard Northeross, by all that's sublime! Don't you remember me— Andy" McDevitt, of Corning, Ohio? By

A Strange Coincidence.

an odd thing happened" said H. F. North

"At 8:05 on the evening of March 11, 1891

music. He was a regular patron of the hotel fife." Then the incident came back to me. Abbott seasons in that city and nev r That memorable night, March 11, 1884, and who is one of the most prominent different prominent. Andy, who is one of the most prominent citizens in his "neck o' woods," came very Her solo, "The List Rose of Summer,"
was his ideal of music.:

When he was first attacked by the
pulmonary affection which is now end-Ing his days he came to California in striking s o'clock that evening a mob hopes of being benefit d by the change rushed into Andy's store and dragged him out to lynch him. I happened to be in vigor for a time, and was able to seem render him aid at that critical time. He escaped, and the meeting on the seventh anniversary was our first since the fateful night."-St. Louis Globe Democrat

> A Precedent Mr. Sprightly-Miss Oldgirl, won't you

waltz with me?
Miss Oldgirl—Oh, thank you, Mr. Spright-

Mr. Sprightly-By no means, Miss Oldgirl; I saw a lady dancing last week who was quite a little older than you.

Miss Oldgirl—Really, now Mr. Sprightly. What was the dance? The waltz-Mr. Sprightly-No. it was the St. Vitus Boston Courier.

Four or five aldermen are to be The dying man, usually tractable and tried for accepting bribes for their

People's party. damage to crops all over Texas March

President Palacio of Venezuela has twice postponed the presidential elec-tion and his opponents are stirring up a rebellion, backed by ex-President Blanco. Several fights have occurred

Emperor William and his cabinet have split on the education bill The ezar is alarmed over the report

that another plot is under way for his assassination.

I was watching a game of poker once, at Helena, Mont. The players were a gain-bler (whom I knew slightly and who bore the sobriquet of "Lucky Bill") and two miners.
Suddenly after the hands were dealt

and the players had "chipped in" and drawn cards, Lucky Bill, with perfect calmness and not so much as a shadow of a change in the expression of his face, laid his cards on the table, took a notebook from his pocket and deliberately wrote a few words. Then he tore out the leaf and handed it to me. "Look at that when you get home to-

His voice was steady and did not betray a particle of excitement. I thrust the paper aimlessly into my pocket and gave expressive. He noticed everything however, and his vigilant eye did not miss the slightest move on the part of the other players. He was a typical gambler and

Hence his sobriquet. At last there was an altereation between revolvers were drawn. Some of the by-standers interferred at this point and, in the scuffle that followed, I heard the sharp whistle and spring of a bullet. Lucky Bill (his good star in the descendant) fell to the floor and expired without a groan. He charge of a pistol in the hands of one of the

I was horrifled at the occurrence and that evening, after i reach home, I thought of the line the gambler had written me. I took it from my pocket and read as follows:

I have drawn a pair of sevens. I not old jacks full on red sevens. It is a fatal hand. No one ever yet held it and left the unusually freely almost always suffer card table alive. I shall die. I have \$6.000 PETALUMA INCUBATOR CO., - - PETALUMA, CAL. in the First National of Bismarck. Notify my mother Mrs. —, of Franklin, Ky.-Detroit Free Press.

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> secretary of the Santa Fe's land company at Los Angeles, has been arrested in San Francisco.

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