



FOREIGN NEWS.

in 1805.



# PRINEVILLE, CROOK COUNTY, OREGON, SATURDAY, NOVEMBER 22, 1890.

# OCHOCO REVIEW THE PACIFIC COAST, EASTERN ITEMS. PUBLISHED EVERY SATURDAY BY

. J. . A. . DOUTHIT.

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OFFICE IN MASONIC BUILDING.

## State Official Directory.

all & Bintes Benaton

County Official Directory.

J. ATERMEN

G RPRING

a proverstanties inty Clerk P Princyille Precise

Arrival and Departure of Malls.

opt domilay at 5 & M ; arrives every day except Princeille Satores Princeil le Monday Princeille Satores at 5.50 r -CANT POLE - Leaven Princeille antroi at Princeille Toesday at 6 PRINTY R.L. - Teases Mitchell or w. 6 a. M. arrives at Princy line at returns to Mitchell on Toronday and A C PALMER, P. M.

## MEETINGS OF SOCIETIES.

PRINTVILLE LODGE No 76 A F A A M P. o. DAVIS, Secretary,

O HOCO LODGE, No. 88, L. O. O. F., MEETS

O'll CO LODGE, No. 10, A O U.W. MEAT? DESEVILLE FIRE COMPANY, No. 1. MRETS

PROFESSIONAL CARDS.

Dr. Henry E. Center, Physician and Surgeon,

Mitchell, Or

The Idaho Legislature will meet at Boise City on December 8, Rock cod and Spanish mackerel are ginning to run on the coast "near San son county, O. States of the second second The United States government build-ng at Carson is finished, and will be United States. ready by January 1.

Joseph Mumford, a basiness man of San Diego, is a nephew of the late Mrs. Booth, wife of General Booth of the Sal-

vation army. The Riverside Placenix says the influx State Supreme Court. of population to Southern California is now almost as great as during the boom time of three years ago.

San Francisco.

California Almost as Great as

Buring the Boom.

President C. P. Huntington of the Southern Pacific denies that he has late-ly purchas d extensive coal fields in Washington, as reported in the Oregon dispatches. A deed went on record at Los Angeles

last week conveying 1,00.) acres of the Rancho San Pedro to the Rodondo Beach Company. Th was \$3,000,000. The consideration named

United States Attorney Varian at Salt Lake has filed suits for the forfeiture of the Temple block under the escheat law, claiming that it is used for immoral and Booth. egal purposes,

The labors of the Umatilla reservation appraisement commission is are now nearly finished, and next spring will probably see this fine body of land adopted. thrown open to settlement.

The buildings at the mouth of the Ontario Eastern drain tunnel at Park City, court offi ials. U. T., were burned the other day. The \$60,000. Work on the tunnel will

be d-layed a couple of months. A jury in Colusa, Cal., awarded the ilenn estate \$32,000 damages against the

Central irrigation district for right of way for their canal. Before the trial, which lasted one week, the price demanded was \$50,000.

The Judges of the Supreme Court of Idaho have qualified and drawn lots for long and short terms. Hon Isaac N. Sullivan drew the two-year term, thereby becoming Chief Justice, Judge Huston will serve four years and Judge Morgan for six years.

The controversy between the Comstock Tunnel Company and the mining com-panies on the Comstock has been adpanies on the Comstock has been ad-pasted, by which the rate of royalt es-has been reduced to 4 per cent, of the bullion yield. This will enable the companies to work lower-grade ores.

There is talk of a Confederate soldiers' The Portland Oregonian publishes a tatement said to emanate from reliable arres of land and a large subscription of money have been donated. A Polish member of the Anstrian result of the weeks or only after a lapse of months to inquire into the condition of the Polish that digestion becomes impaired. This authority that the Rock Island has money have been donated. ined hands with C. P. Hustington to build a line from Winnemucca, on the the castings of the cruiser Maine that will cause a delay of several months and Central Pacific, using Pengra pass, east of Springfield, Or, through the Cas-cades and connecting with Huntington's thousands of dollars of expense. Smuggling is increasing enormously Oregonian railroad. Diphtheria is rapidly increasing at San Francisco, and the Board of Health is greatly alarmed lest there be a general past year is estimated at \$500,000. epidemic which will kill many children. There have been thirteen deaths since yields 1,0.00,000 gallons of drinking water every day. With the present population th re is no danger of a water famine Monday, and there are scores of cases in those paris of the city adjacent to sewers and dumping grounds. There were ninety-five cases and twenty deaths in there.

the Salary is Inadequate to Meet Home of Martin Luther for a Charitable Purpose. the Calls of Charity. A tin-plate plant is to be established at Scranton, Pa. the world. Oil has been struck near Jeddo, Jeffer-

Diphtheria Increasing Rapidly in Screw Worms Continue Their Rav- The Corinth Canal to be Opened

ages in Louisiana.

The Influx of Population to Southern The Mayor of Nashville Resigns Because Empress Frederick Purchases the Former

Sucretary itusk says the pleuro-phan-i The death is annoual monia is fast disappearing from the General von Weyhern.

A Toronto paper figures out that the is that beards must go. drunkards of that city lost \$191,655 in There is to be an An vention respecting Africa. The North Dakota banking law has

en declared unconstitutional by the Louisiana has a law which requires ; Nicholas is completely paralized.

railroads to have cars sufficient to sep-arate whites and blacks. Russia has a high tariff. Twenty per nt, in gold has been added to the It is propos d to levy a uniform tax of duties. 4 per cent. on the gross earnings of the Washington city street railways. Cuban bandits are terrorizing the isl-and. Planters are captured and held for

Chicago needs \$15,000,000 to make the World's Fair a success, and looks to the country for aid in raising that sum. Frenchmen living outside of France umber, according to a recent census, The Mayor of Nashville has resigned, 408.0 0 b cause his salary of \$2,400 was not enough to meet the calls of charity.

The peasants are floeing from the vi-inity of Mount Etna in dr ad of an cinity The Salvation army in New York has eroption. decided to erect a large building in that city as a memorial of the late Mrs. The vintage which is now in progress

throughout France will prove a fairly prolific one. A system of naming sub-streets in Washington, in accordance - ith General The Emperor of Germany has decided itis, in which the quick subduing of pain Washington's original plan, has been to denolish the wall around the inner is essential to the saving of life. But in city of Posen.

The British government has appropriated £3,000 to deepen the harbor of The general fund of the county of Hamilton, O., is exhausted, and there is Balling, Ireland, no money to pay jurors, witnesses and

House, giving to women who pay taxes the right to yote at town, vi lage and fire district elections. The French Credit Mobilier has

Switzerland which has not a railroad by an artificial force. It resembles

Governor Humphrey of Ransas of removed the Police Commissionist Topeka for appointing a resubmissionist Topeka for appointing a resubmissionist Irish and question, and cannot be in-duced to withdraw the Irish purchase Balfour believes he can stile the

Atlanta, Ga., is believed to be the only city in the United States which has a house constructed wholly of paper from Lieutenant Schmidt, who was tried in Russia on a char, e of betraying the plans of Cronstailt to a foreign power, has been who in his normal condition was con-

The final delivery of certificates of al-lotment of the Queida lands in Wiscon-sin has been made to the general satis-former r faction of the Indians.

ing toward Italy.

What a Physician Says About It-Steps Toward a Cure.

The habitual use of opium and its derivative, morphine, is assuming vast proportions. It will suffice here to say that victims of this habit amount is many thousands in the United States alone. Professor Ball, of the Paris university, reckons the number of victims the world

THE VICTIMS OF MORPHINE.

over at hundreds of thousands. Those predisposed to contract the morphine habit are of a highly nervous organization, suffering insupportably from exhaustion upon any unusual fatigue, or exhausted, perhaps, by any ordinary exertion or distracted by long watching or by sarrow. These find in morphine a The Czarowitz is to make strip around the world. Bismarck is to start a brewery at Friedrichruhe. The death is announced at Berlin of General von Weyhern. The latest decree of English ellowite is that beards must go. There is to be an Angle-Turkish Con-tention resent to be an Angle-Turkish Con-

The physician is not seldom to blame Belgium proposes a renewal of the Latin Union for five years. atin Union for five years, Beside being insame, the Grand Duke cautions on this point: "I would not deny morphine to the ataxic patient, racked with pains beyond endurance; nor to the victim of dyspepsia when he begs for some assuagement of his agony; nor in cases of neuralgia, where the suffering is extreme. But I would be remoraeless in denying it to hysteric patients, to hypochondriacs, to neuropathic subjects of every kind. \* \* Above all, I take care not to let the patient make the injection himself, nor to put into his hands the means of doing so." These cautions to practitioners reflect

none too severely upon a professional carelessness that is far too prevalent. It should be noted that they relate to cases of chronic ailment. There are certain chronic diseases, as dysentry and peritoncases the remedy, having accomplished its end, can be at once with drawn

The first effects of the morphine habit are no doubt agreeable. Depression passes away and a feeling of comfort takes its place. The barometer rises. All things look well. That which was lacking in the normal force is supplied the h and the spur without their sting. But the sting is sure to follow. It is not long before the victim realizes that he is in a wretched snare, from which, if un-

aided, he is powerless to free himself. Even before the physical effect is scientious, high minded and sensitive, Empress Frederick has purchased the former residence of Mar a Lather for a charitable institution pressure of her husbard. The French people , a contributing liber-ily toward the propased monument of Garibaldi. This shows a better feel-

Equally permicious physical effects are

# THE HOMEBOUND HOST.

The sound of a host advancing, Tramp tramp tramp! Under the windy flicker And fare of the evening lamp, Under the steady whitenoss Of the clear electric light, The sound of an army unsrehing Is in the streets to oight.

Not to the stormy text of dru Not to the stormy text of dru Not to the battle's tosin, The jubilant army comes. A aweeter music su And thrills along the line, hough each to himself may hear it, And make to the next no sign.

The patter of tiny footfalls The patter of tiny footfalls That run to an open door, The methods to enter singling. Har slap on the nursery for off The hostin should of weighted The grand fipple of slow. At the click in the granded portal Of the homeocumd father's key

This is the army's most: Encoding calls post-sight The termy rates of the connecte As to passes out of sight Info the basis of the bousehold When the day's long work is dong And with and failure are written. Gairne are wall

With a kiss for their dearest one Under the windy flicker And flare of the evening lamp

And flar of the evening lamp I hear a best advancing With steady and resolute tramp-A hear of the strong and gentle, A throng of the brave and true, Doar little wives and mothers, Hastoning home to you -Margaret E Sangster in Harper's Base

The Salmon's Feeding Grounds Where the sea salmon go is as much a ystery today as it has ever been. After leaving the coast they disappear. Stray fish have been found in very deep water hundreds of miles from any salmon river, but their marine feeding grounds are still undiscovered. In the spring they suddenly reappear at the mouths of rivers While in salt water they never jump at a fly; the moment they strike fresh they When going up stream they rise freely. frequently stop in pools as though to rest, and when descending go most of the time tail first, letting the current carry them and keeping head up the river .-Globe-Democrat.

## "Kine Cure" for Consumptives.

The odor of cows and cow stables is thought to have a curative effect upon consumptives. A hospital for this "kine about to be opened at Reinickendorf, near Berlin. The samatorium proper consists of a vast circular building, in the basement of which dred cows will be kept, and the odor of the stables be conducted to the rooms in the upper stories. In the center of building is a large yard, for which a whey cure, bathing establishments, etc., are planned. The surplus of the dairy products is to be disposed of to the public under proper precautions.-Home Jour-

Carlous Treatment of Hydrophobia. I recently met a gentleman of high educational attainments, who stated that, in six years' residence in the East Indics, he had known of three severe cases of hydrophobia, and that each case was permanently cured. The means used boat, so that his blue figure was di was to take the patient to a pool er stream of water, plunge him in and alhim to go 100 feet off or more, some low him to just about drown and then resuscitate him him. In each case, as before stated, a permanent cure was effected, -- "W. T. G." in Scientific and to order an instant start for them. American. He was none too soon. The enraged How Clowns "Make Un." How do clowns make up their faces! I will tell you. They take oxide-chloride of bismuth, which they mix with grease, rub upon their hands until the composi tion is thorough, when it is put upon the -coming up nearly two feet. Fortuface like the burned cork of the negro minstrel. After that, common chaik, carefully dried, is laid on a second cost. The chalk adheres to the greasy skin, and the face is soon very thoroughly whitened. -Clown in Globs-Democrat She Seemed to Forget. Mr. Benedict (to sportsman friend)-Yes, we paddled that day over fifty mile had a narrow escape of hardly ten inches. against head winds. Made a splendid But the men were saved. Indeed, the boat, being a shell lifeboat, would hardly run Mrs. Benedict-John, please hold the nave sunk, although it was already hall baby for a little while. My arms are so full of water and the men hard at work tired. Mr. B .- You seem to forget, dear, that baling when the steam yacht reached them. The vicious fish was repeatedly lanced through the head and neck till be that infant weighs fifteen pounds and that my arms are also tired .- Pittsburg got comparatively quiet, when, in haul-Bulletin. ing him up the side, with the harpoon Our Consumption of Raisins. purchase at the shoulder and the long The United States is the largest raisin grappling hook at the tail, a slipknot was consuming country in the world, and trustworthy authorities estimate the conlast grip he would have turned the boat sumption at about 2.000.000 boxes of twenty-two pounds each, which, at an over. But the way he lashed the sea average of \$3 per box, shows an expen with that tail was a caution .- Hartford Times. diture of \$4,000,000 per annum for one

## NO. 24.

CAPTURING A SWORDFISH.

Vicious Monster, Being Wounded Pierces a Block Island Boat.

A man stands on a little platform in front of the bow armed with a harpoon having a sharply and deeply barbed point, so that in piercing the fish, if it goes in far enough, it cannot be easily got out, let the fish be as ugly as he may. The iron is so arranged, in connection with a pole and cord, that the cord can be detached from the harpoon, the pole pulled back, and the harpoon left firmly fixed in the now maddened fish-the line, a very strong rope, 200 feet long, being fast to the iron and the other end secure on the vessel. This end is im fastened socurely to an empty barrel, which is then thrown overboar and it marks the course and position of the enraged fish,

It also enables the vessel tarrend out-a life boat to hand in, pre-out and if pos-sible, capture the ugis willow. And ugly he is, if fire is a young fish. If he is old and heavy, he is much quieter even with a harpeon in him. It is the younger, livelier fellows that are so full ugly courage-that attack and kill whales, and attack, indeed, pretty much everything in the ocean, unless it may be the sea serpent and the devil fish.

That they will attack a man, even a bather, who is in water not over his head, and kill him, too, unless he can make wonderful time in getting into shallower water, was proved a few years ago in the case of a young Catholic priest who was attacked while bathing on the California shore, in water just above his hips; he was fearfully gashed and nearly killed before he could get ashore. Sometimes, in its fury at being harpooned, it rushes at the small boat and thrusts its ugly sword up through the boat's bottom. Wee to the man it hits!

Our harpooner fastened to a fish that was secured, as it happened, with little trouble, though the harpoon only pene-trated a little way into his big carcas. He proved to be 10 feet 5 inches long, and weighed undoubtedly 450 pounds. Much larger ones have been caught, but rarely. We also secured two others, not so large. And it was with the second one that there was an exciting time. He proved to be "a young man" among his llows, and an ugly young fellow, too.

Having him well harpooned, and the barrel going dancing at a great rate against the wind-for it is a curious and hitherto unrelated fact that a swordfish, when harpooned, always rushes off to windward-the life boat put out to secure him after duly "playing" him. In it went a Block Islander belonging to the vessel, and two courageous passengers. By the time they reached the barrel, they were a mile from the vessel and could be seen, with a glass, pulling in on the line

They worked the fish a good while, They worked the fish a good while. When a swordfish, finding himself har-pooned and bopelessly heid, really give up the fight, he addenly turns and gost to leavard. The men as the line under-stand what that movement means. They were still "playing" this fellow, and ex-hausting him, when, having several times had him hauted in close to the beat, so that his him forms was dis tinctly visible, and as often permitted thing happened which caused the captain of the steam yacht a nule off, looking through his glass, to exclaim: "They're in trouble! he has struck the boat!"fish, withdrawing some sixty feet, had made one of those arrowlike rushes upon the boat, which can be equaled in its velocity by no other fish in the sea. The sword pierced the bottom of the boat a little one side of the keel, near the center nately men have learned ere now not to sit down in a boat engaged in hauling in a swordfish. By standing (as well as they can) their feet present a smaller surface, and hence a diminished chance of being hit. Last year one man's boot heel was partly hit, knocking him head-In the present instance one of the men successfully got over his wide forked tail -and then-we had him. But for this

All rails attenued promptly. Office - New Cen C. A. CLINE. Dentist, Dentist, Prineville, Or. All dental work done in the most approved style, al association applied for the painless extractioneth. All work done at Portla d prices. H. P. BELKNAP, M. D., Physician and Surgeon, Prineville, Or. Office in Helkinge's drug store

GEORGE W. BARNES, ATTORNEY AT LAW. Prineville, Or. Other on Third street.

J. F. MOORE, ATTORNEY AT LAW. Prineville, Or. Office on street leading to Courthousan near platter

D. L. PATEE, Contractor : and : Builder,

Prineville, Oregon.

### The Old Fashioned Way

"John," she said, as she toyed w.h one of his coat buttons, "this is leap year, fan't u?"

"Yes, Mamie," he answered, as he looked fondly down on the golden head that was pillowed on his manily beem. "This is the year when the proposing is done by the young indica?"

'Yes.'

"I hope you don't expect me to propose to you? "Why. Mamie, dear, I never gave the

The screw worms continue their ravthe month just ended. A bulletin based on reports received ages in the interior of Louisiana, and several cases are reported where t'ey have attacked human beings, causing from over 700 farmers in every section of Oregon, and from data prepared at the State Weather Bureau at Portland, death in some instances.

wheat average of the whole State is: Wheat 26 bushels per acre; oats, 42; barley, 36; ive, 28; hay, 2 tons per acre; except alfalfa, which averages 4 tons; The effect of a verdict in the Circuit Court at Newport, Ky., is that Mayor Reid of Dayton, who has occupied that position for two years, was not qualified for the office by citizenship. Almost every section of the State reports the quality of grain above the average.

foundation to turret.

The British iron bark Embleton has the record of making the longest ocean trip to this Coast ever known—that is, provided that she is afloat still, for seri-on+ doubts of her safety are held by some underwriters. The Embl ton is It is announced at Washington that the President has decided not to make recently public the appointment of a successor to the late Justice Miller until in December at the convening of Congress.

It is said that wholesale liquor dea'ers some underwiters. The Embl ton is in Philadelphia, who by law cannot sell to commence work on the trans-Siberian the first eight or ten days a degree of has not been spoken for months. She pint of beer with plenty of foam in a railway without delay, using at first the well being is experienced. The sufferer is team months ago with a sailed over sixteen months. She less than a quart of liquor, are selling valuable cargo on board for Puget sound quart glass, thereby evading the liquor

The Nicaragua canal is progressing westward. The cost of the work thus W. H. Shelby of Nevada City, Cal., who came to Oregon to get some Mongalian pheasan's, has returned home. He se-five or six years steamers will be passing curred about twenty pair, paying upon an average \$5 each. He paid one young man \$150 for ten pair, which he had through the canal, unless all signs fail. The County Medical Society of Philadelphia has taken a stand against hypcaptured when chicks and raised by notism, and has appointed a committee are making unfavora de remarks about the number which Mr. Shelby of physicians to draft a law that will resecure will scon populate the fields of strict hypnotism to its legitimate chan Central California, if they prosper as nels.

well there as in Oregon. Old Chief Moses has returned to Spo-kane from a visit to Washington. the has been interviewed by the Review, and mournfully declares that he should have applied for a pension for his son as well as himself when he was East. He incidentally added that his son had been dead two years. Moses has evidently been studying very closely the habits of his pale-face brothers. In the anit bronch, by the Catholic

In the suit brought by the Catholic bought by the club.

Bisbop of Nesqually to obtain title to 430 acress of land occupied as a military ment at Vancouver the Court holds that the claim of the United States govern-Heretofore the custom has been to reent to the land as a reservation is prior ment to the land as a reservation is prior in time, and for that reason, if no other, superior in equity to that of the plaint-iff. An appeal was taken to the United States Supreme Court. Articles of incorporation have been

Articles of incorporation have been tario, which, if operated, would cut out filed for the Washington Social Marriage Bureau, w th its headouarters at Ta-coma. The object of the 'ucorporation and Montreal. The railway would be sixty-nine miles long, and the estimated the set in the tario, which is the set of the 'ucorporation' of the 'ucorporation'

A flaw has been discovered in one of ish colonists in Brazil,

facturers exaggerated.

the Lower St. Lawrence. The loss of the Canadian government during the ast year is estimated at \$500,000. Dallas, Tex., has an artesian well that

An encounter has occurred between Turkish troops and armed Armenians is carried by those long habituated to near Erzengan in Armenia. Seven sol- morphine is simply amazing when we diers were killed and fifteen wounded.

The French Budget Committee has rejected the government proposal to ad-vance a loan of 68 000,000 frances to the daily. Tonquin protectorate for public works and railways.

Efforts are being made in influential circles to induce the Queen or Prince of Wa'es to be present at the Welsh Na-tional Elsteddfodd to be held at Swansea next year.

The financial report of the exhibition recently held in Edinburgh shows a deficit of \$150,000. This more than absorbs the guarantee fund, which amounts to \$123,000,

The Russian government has decided raising an internal loan for the purpose.

The Corinth canal, which will sever Peloponesus from the mainland of Greece, and will permit the largest ships to p ss directly from the Gulf of Athens to the Gulf of Corinth, will be opened in 1895.

The Italian government new-papers are making unfavora de remarks about pre s of Austria, the imperial lady hav-ing been received with marked favor by the Pontiff, who also extended to h r

ture home. Nearly all the furniture and carpeting owned by Mr. Stewart was bought by the club. Canadian customs officials at Windsor have been ordered to collect duty on all boughts and the reported duties on iron and copper ores, it is asserted, will prove disastrons plements of American sportsman to the trade of the country if the measuring into Canada for a day's shooting, ure becomes a law.

The repressive measures adopted by

A clause in the new French tariff gives the President and Cabinet full power to retaliate to as great extent as they choose upon articles export.

result more quickly follows the use of The French Minister of Agriculture reports the beet-root crop fairly good and the complaints of the sugar manu-facturers exagorated finally believed. The brain loses its

> The extent to which the daily allowance consider the potency of this toxic agent. It is not unusual to find persons con-suming thirty, forty or even sixty grains These quantities are, of course, reached by a slow increase, else they

could not be borne.

The first requisite to a cure is submis-sion to restraint. Without this any attempt at cure is certain to result in fail-The power of self control and de termination is not adequate to the case Moreover, if the lubit has been at all prolonged there will be a degree of disturbance during the first period of abstinence, and a degree of illness and petulance following. For these reasons seclusion is requisite, and seclusion under restraint. Following the perturbation of has passed the turning point and is be-ginning to mend. During the early

period it is essential that a skilled and willing nurse be in attendance both day and night. The case should not be without watching for a single moment.

There are many alleviations within dried fruit. - Once a Week. reach of the attending physician. Abund ance of nourishment, regularity of the organic functions, and all right means for quieting the nervous system are allebe a curiosity, and yet every child should viating conditions. Individuals differ be provided with one and made to use it. greatly in their recuperative power; but from one to- two weeks in bed will be This is a duty which cannot be too strongly insisted upon. Unless the teeth are kept clean they will decay, and withrequisite in all cases. In attending to out good teeth perfect health is absolutely impossible. - Bosten Herald. the diet milk must not be omitted. Even after leaving the bed and resuming his place at table, milk should be allowed the patient abundantly and often, and

especially st night as a sleep producer. It must ce admitted that among gen-

zon cradles the young in palm leaves. A single leaf turned up round the edges by some native process makes an excellent eral practitioners there is too little attention given to the requisite treatment of this condition. Even among specialists there are those who are disposed to make cradle, and now and then it is made to do service as a bath tub.-Brooklyn light of it. But it were simply cruel to Eagle, overlook the real suffering of this process

of abstinence, and equally unsafe. relief should be denied that can conscientiously be given, and the progress of

York Herald.

Honolulu is a perfect paradise on earth

An "inch of rain" means a gallon of pirit water spread over a surface of nearly two square feet, or a fail of about 100 tons on rou, of nt is an acre of ground.

The Tooth Bresh for Children.

Leaves of the Palm.

A tribe in the palm region of the Ama-

In many homes a tooth brush would

What we ought not to do, we should aily ere not ever think of doing.-Epictetus. ears

Six hundred thousand Frenchmen own lies' shares in the Panama canal.

uther Cure for Ind

"So many curse for have been advo-cated for elections that I am tempted," writes a correspondent, "to propound my own recipe, which, if it may appear comewhat impracticable and far fetched, i.r.s at least the advantage of simplicity. It is merely this: When you have tumbled and tressed about one bed until your pillow seems to be on fire and your sheets red hot, turn into anothermean another bed. You will find the sheets and the pillow refreshingly cool, and it is probable at all events that you will go to sleep. The recipe is not in-fullible, and it is of course necessary to have another bed to turn into, which is not always possible. But when practica-ble it is worth trying; and if it fails one can always fall back on the undoubted fact that there is no universal cure for sleeplessness. What is one man's meat is another man's poison."-Pall Mall Budget.

Biting the Finger Nails.

The wife of a well known iron operator in Pennsylvania is beautiful, witty and accomplished, but she bites her finger nails. She says she cannot help it. She acquired the habit in childhood, and has tried every means to break it up, but without success. At times she has succeeded in resisting the inclination until all her finger mails are triumphantly long, but invariably they disappear as if by magic the first time she is disturbed, annoved or rendered nervous. She does know when she bites them. suddenly finds them all gone. Her doc-tors tell her the habit is incurable except very strong willed phlegmatic per

Just as Back. Many who would not for the world utter a falsehood are yet eternally scheming to produce false intoressions on the the case should be carefully watched to minds of others respecting facts, characters and opiniona.

guard against syncope or collapse. --George Edward Hopkins, M. D. in New A Paradise on Ecarth.

Norway has more earthquakes than is generally supposed. Dr. Hans Reusch records twenty-three for 1887, all but three, however, being very slight. sor