-One hundred million cubic feet of gas is used in London in one day of

-A skipping-rope has been patented in Eigened which sets in motion a small musical box in one of the

-The Parisians are so distatisfied with the weight of the Eiglish high hat the their hatters have invented a silk hat weighing little more than an onuce and a half.

-The little town of Kiningen, in Bavaria, is a perfect example of a Socialistic community, all the land being the property of the citizens in common.

-In Eigland a four-wheeled cycle has been invented for military uses. which will carry three riders, and is fitted with a Maxim gun at the rear and a r.fl: inside the right-hand front

-The Bible carried by General "Chinese" Gordon during his sojourn in the Soud in, lies open in an enclosed enamel and crystal case in front of the marble statue of the General in the corridor at Windsor Castle.

-It takes a long time for a man to get into a London club. A gentleman was recently elected to the Athense um who had quite forgotten that his name had ever been proposed, so long had it

-In Sydney, Australia, according to report, if you want to use the tolephone, you must ring the person up with whom you would communicate and then take a cab and go and see him. An answer by telephone is never expected.

-At an inquest recently he'd at Holborn, England, on the body of a dom s c servant, aged twenty-six. who had died while under the influence of chloroform administered for the performance of an operation, the jury returned a verdict of 'Death from misadventure.

-Black and moddy rain fell at Naples recently. Prof. Palmieri, of the V savio Observa orv, says that the strong winds from Africa raise into the air any amount of dust, and the rain, passing through those clouds of just, falls down blackish, colored by

-A unique election recently occurred in a small community in Germany. The vote was taken to decide who was the "best man" in the community. Oily one man, a shoemaker voted, and as he voted for himself. he was declared to be unanimously elected to the position of "best man" in the municipality.

-King Theebaw's revenue from the famous ruby mines of Burmah, it is said, did not average \$150,000 rupees annually. All precautious which were practicable were taken to prevent smurg ing, and stones of the value of 2 000 rupees were royal perquisites, but they were generally secre ed or broken up by the finlers. The Eaglish have stopped all work at the mines since they conquered Burmah.

-Several mail routes in Outer Mongolia have had to be altered on account of the appearance of swarms of rats, whose burrows are very daugerous to the mounted couriers, and whose rayages have destroyed all forage for the horses. The pastures have suffered severely from the vermin during the just two years, and last season nearly every blade of grass was eaten up in the infested districts.

## AN UNKNOWN KNIGHT.

He Had Only Ris Muscle to Help a Lady,

and Knew H w to Use It They came slowly long Lafayette place, New York-a tired, bony horse, drawing a wagon with an old body with the paint worn off the wagon filled with kindling wood. On the wagon seat sat a boy about fifteen ears old. He had no overcoat, a felt hat with the brim more bent and dented than the most extremely-fashlonable hat you ever saw. The old, tired horse drew up closa to the curb, and seemed to be glad of the opportunity to rest. The boy on the wagon seat jumped down and soon was shoveling the wood into a barrel, which he delivered in a neighboring basement. He presently returned with his empty barrel, whistling. As he threw his barrel into the wagon a lady started to cross the street over the snow, but when she reached the middle of the street she found a broad, deep puddle of soft slash. She stood perfectly still and apparently very much puzzled. The boy took in the situation at a glance; he ran to the back of the wagon, got his shovel, and, with a bright smile to the lady, began shoveling the slush up on to the snowbank. He made a clean path to the stones, and then, without giving the lady an opportunity to say a word, sprang on to the seat of his wagon, threw the shovel into the bottom of the wagon, gathered up his reins, and, with a cheery "Get up!" drove away. Now, did not that act prove that boy a gentleman? The picture of Sir Walter R leigh spreading his mantle at the feet of Queen E izabeth came into mind, but at once the thought came, "Why, this boy is a greater knight than Sir Walter Raleigh, for he knew that it was the Q een at whose feet he laid the elegant cloak, but this boy did not have the faintest idea who the lady was that he served so nobly, and did not permit her even the oppor unity of thanking him, but acted throughout as if there was nothing else to be He had only his muscle to help a lady, and he laid it at her serv-It takes more than handsome clothes, a pair of kid gloves and fashionable hat to make a gentleman. - Christian Union

ADVICE TO YOUNG MEN.

The Value of Perseverance Set Forth in True Texas S yle.

The great trouble with many young people, and likewise with some who are not young and who are not going to be young again very soon if they keep on, is that they lack perseverance. This criticism, of course, does not apply to all young people. There are quite a uninber who are notable exceptions to the rule.

O r remark in regard to lack of pers verance was not intended to wound the feelings of the worthy young man who gives up the whole of his mind to raising with difficulty a young mustache. There may be a lack of hair, but there is no lack of perseverance en his part. His efforts to induce the shy and downy mustache to protrude from its hiding pace out into the bright glare of the noonday sun. where it can be seen and admired, are unceasing. In fact, as too much kindress once killed a cat, we are afraid that the extraordinary amount of fondling the inciplent mustache is sulf ci to is perhaps one of the reasons why the erep yields so little to the area cultivated.

But we will let up on the monstache, as it is down already. The small boy seeking to perpetrate an eclipse of a pie, whose circumference apparently exce ds that of the b y, is another excention to the rule of young people not having soffi dent p rseverance. In fact, he has more perseverance than ple. There is, on such occasions, no such word as fail with the small boy

of the large appetite. The class of citzens to whom we refer as lacking in perseverance is composed of those who start out with enthusiasm, but either fly the track or allow themselves to be distanced in the race. With these persons, if a calculated exertion fail, they immediately become discouraged, and follow suit by making an assignment for the benefi of their creditors. Success depends upon perseverance, except where a party is yearning to achieve success as a lamentable failure, which is the only kind of success that is ever cartured by the man who allows himself to be bluffed by ad-

We do not desire to do any injustice to the gifted editors who run the party press, but the greatest inventor of the age is undoub elly Elison. Edison is a great inventor, and he himself says that if it were not for his perseverance he would not amount to a row of pins. Elison says that when you start out to accomplish any thing. you must concentrate yourself upon it and not allow any thing to disturb you. If you allow your attention to be divered from your work, you will be unable to recover the lost ground. An intruder may offer you unrivaled opportunities to pay the bill you have been owing for years. Heed not his siren song. Do not allow yourself to be disturbed, but persevere in your labors and success can't help crown ing your efforts.

If you have cramp-colie and a bookagent whispering in each ear, do not all w yourself to be disconcerte l. We lo not mean to say precisely that the ear, but only the book-agent. Under no circumstances allow yourself to be put out. He that endureth to the end will inevitably get there.

What Elison says applies not only to the field of invention, but the same principle holds good in any department of human industry. The statesman, the burglar, the life insurance agent, the journalist, the train robber, the New York alderman, the back driver-in fact, success in any and all of the learned professions depends mainly on perseverance. - Texas Sift-

## GRINDING HIM DOWN.

Why the Colored Ries His No Show in

"I does think I got de trif'encest loy dat eber libel in dis yare country," said an old negro who had met a white acquaintage v.

"What is the matter with him?"

"Oh, he ain't no 'count, dat's whut de natter wid him. Come an' steled my chickens, he did, an' sold 'em, an' gin de money to mer wife."

"It was wrong to steal the chick-

"Yas, it woz. an' he knowd dat. Yas, he did; he knowd how I wuz rested on ercount o' dem chickens an' tuck up 'fo' de cou't, an' how I come mighty nigh goin' ter de penitenchy. He knows dat I had ter keep dem chickens hid fur er munt', an' den he come an' steal 'em dat way. It makes me mad ter think dat er boy will treat his daddy dater way. Chillun dez a days ain't got no revunce nohow. Come er stealin' my chickens."

"Where did you get the chickens?" "Whar I git de chickens?"

"What you wanter come foolin' wid

me dat way fur? Is I done you any harm dat you wanter come er slander-"I merely asked you"-

'You merely wants ter slander me,

dat's whu yer wants. Kain't er man

hab chickens widout you come roun' yare cuzin' him o' stealin' 'em?" "I didn't say that you stole them." "Mout ez well. Come axin' me whar I git dem chickens. I's had ernuff trouble 'bout 'em already widout you comin' roun' tryin' ter make me feel bad. I ain't no fool dat you should come at me in sich er way cz dat. I's er hones' man, an' I gwine hab you tuck up fur slander ef yer doan watch out what yer doin'. No wonder de cultud generman ain't got no show in dis country when de white folks all

time tryin' ter grin' him down"-

Arkansono Trave er.

FANCIES IN OLOCKS.

The Expensive Craze in Which Some Wealthy People Take Delight.

To own beautiful or curiously-designed clocks is as strong a passion with some as the collecting of bric-abrac is with others. Fortunes are expended in the purchase of clocks. A few Chicago individuals of wealth have time pieces in every available place from garret to basamet.

Clocks are to be had at every price from \$1 to several thousands. The average good clock ranges in price from \$25 to \$80). The kind most used at present is the plais French marble, with ut mantel-piece ornaments. They are about a foot and three inches across and a foot and a half high They are very popular for gifts, and c st from \$35 to \$50. Ten unique designs are offere! under \$150. One novelty for \$3 is exhibited Sate street shop. a bronze dog, with chain and collar of brass, to which a jadlock is attached. It is a nickel-plated clock, with silv r dial.

A beautiful French clock, bought the other day as a weddin gif, was of white onex in a finey design. It cost you are spoiling my carpet!" \$195 Penered porcelain plaque clocks, that found such high favor as bridal presents for a time, are now pushed asid of or plain and fancy creations in white onyx and brouze. The conceptions in bronze are innumera- carpet." ble, and there's almost as great variety in the priess of bronz clocks as in the style. One of the mes artistic shown in the city is an ideal figure of "G nius" ip n a pedestal. liminutive black onyx dial, with figures of white onyx and polished brass hands, is set in the pedestal. The figare is that of a you h, a herald on the run. The horn he uses is the most unique part of the conception. It is a dragon-headed serpent, with wide-open mouth. It encircles the figure about he waist, coming up the back and forming an archabove the head. The tail of the reptile is grasped in the right hand. Toe price for this bit of art is \$600. Another elegant bronze work represents two warriors. The el-e's in this instanc is also set in the pedestal. Ajax is a favorite figure to and guard ab ve the pedestal-set na ntel time-pice s.

Antique bronze is mostly employed in library clocks. Our very handsome specimen was recently sold for \$300. They can be had from \$175 to \$500. The once-a-vear clock which is wound | the commission: up only once in twelve months, is sometimes bought by lazy people, Taeir price is \$110. Equare resewood and brass clocks, with the eight-bell Westminster chimes pealing each q arter of an hour, can' be had for \$300. Little brass and silver affairs, about four inches across and ten high, with site ornaments for a bracelet, cost from \$200 to \$300 Of 'Grandfather's" clocks there is no end. They are used in hails, and cost from \$200 to \$3,000. Generally they don't run above \$500.

Statuary in Italian marble is rather superseding brouz . Brouz is most susceptible of expressive results when eramp-colic could whisper in your the figures employed are of the E hiopian type. The Caucasian race is some of our new neighbors are: not as available for artistic realizations in bronze. The best realizations in bronze are always in mythological or Ethiopian subjects. In the treatment of delicate feminine conceptions Italian marble is a far superior material. Refined artistic development now manifests itself in the selection of partially-draped Italian marble temple figures instead of bronze Greek boys of manly stature and ancient fighting men. B ques are still in demand, although not to as great extent as a year ago. Choice in bisques runs to dainty bits of suggestive femininity. The diminutive size prevents their offending prudish uncultivated Western ideas. A Venus, draped with a few drops of spray, resting languorously in a pink shell, that is only a foot long, can be placed in a drawing-room with impunity. It will win the encomium "Just too cute for any thing," when a three foot erect figure of the same A Splendidly-Formed Race of Natives of sore would be declared "Just shameful, you know."

Window vases are seen in every handsomely appointed house. They cost from \$150 to \$200 Porcelain plaques, the subject of the picture being either pastoral or mythological, with frames of antique brass, are seen upon many walls. The head of Dr. Faustus is a favorite subject for porcelain painting. These pictures cost from \$50 to \$150. - Chicago News.

## Some Curious Discoveries.

A well-known Paris scientist, Dr. Do launay, has made some curious discoveries which show the connection between little and great things. To ascertain the qualities of an applicant cook he says it is sufficient to give ber a plate to clean, a sauce to make and watch how she moves her hand in either act. If she moves it from left to right, or in the direction of the hands of a watch, you may trust her; if the other way she is certain to be stupid and incapable. The intelligence of people may also be gauged. the doctor further says, by asking them to make a circle on paper with a pencil and noting in which direction the hand is moved. The good students in a mathematical class draw circles from left to right. The inferiority of the softer sex, as well as the male dunces, is shown by their drawing from right to left. Asylum patients do the same. In a word, says the doctor, centrifugal movemen's are characteristic of intelligence and higher developments; contripetal are a mark of incomplete evolution. - Science Gossip.

THE RULING IMPULSE. It Is Strong in Wamankind Even When

Burglars Abound.

An amusing incident of the strength of involuntary impulse was recently afforded by the visit of burglars to the h me of a certain well-known official of this city. About three o'clock in the morning be and his wife were suddealy aroused by the appearance in their bedroom of three masked men. Two of them stood at the head of the bed, and with revolvers cocked and jointed at the temples of the b df !lows, ordered them to lie still and save their lives by so doing. They complied with the request while the third ruffian began to explore the room. Hotook a cardle from the bureau and lighting it began to ra sack closets, drawers, boxes and bureaus. While so engaged he carelessly let the paraffine taper drop in swift succession hot drops all over the floor. The housewife, though bound to the pillow by

· Shame on you, don't you see that

the muzz e of a revolver, could not

restrain her impulses despite the blood-

cordling threat of the burglar at her

side. She half rose in bed and cried

An unintelligible grunt was the only nuswer.

The startled thief, who could not have heard her command, turned around and met her blazing eyes.

"Y s m'm, I will do it, seein' how we can't take it with us," he gently remarked.

taining their plunder over their the front gate and decamped.

And then it was that the good housewife fainted - Washington Letter ..

### ALIEN PASSENGERS. The Number of Those Who Have Landed

This interesting table has just been compiled by the Enigration Commissioners showing the number of allen passengers arriving at this por each year since the establishment of

1847	199 (0)9	1909	913,690
1848			
1849	220,603	187)	212.170
1850	212.796	1871	277,635
1851	2-9,601	1872	294,581
1852	.800,902	1873	2000, 818
1853	284,9	1874	140,641
1854	3 9,223	1875	84,06
1835	, 136, 233	1856	68,264
18 6	142,002	1877	54,500
1807	181,773	1878 yes	10,044
1859	TH. 000	1000	4 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
18 9	110,000	1-01	455 (64)
1869	105,162	1600	433,001
1861	. 100,000 eres	1000	405 000
1862	174 944	1001	990 696
1863	190,00	10.62	991 066
1865	104 950	1806	391 814
1866	1217 418	1897	4.5.435
1867			
4001-11111	* mand 2154		

ity of the alien passengers landed at the Garden during 1887 will show who

1		
1	Germany	864 Iceland
l	Ireland 56.8	W Mexico
1	England	195 South America
	Ita y	71 Central America.
	Sweden 37.	62 Portugal
	Russia 33,5	es China
	Hungary 17.3	19 Great Britain (not
	Scotland14.8	specified)
	Norway 13.	II Australia
	Austria	362 Arabin
	Denmark 8,3	175 Nova Scotia
J		10 Japan
	France 5,1	99 Br tish East In-
1	Netherlands 5,	vol dies
1		149 South Africa
		37 New Zealand
l		31 Brazil
		002 India
		Sid Africa
l		711 Egypt
		512 Sandwich Islands
	Luxemburg	572 New Brunswick.
		485 Prince Edward's
		and Island
	Malta	298 British Columbia.
	Syria	ITS Java
	Burmah	70 St. Helena
	Turkey	169 Peru
J	Armenia	161 Morocco
	Account to the state of the sta	
ĺ	1	-N. Y. Su

## HANDSOME AFRICANS.

The Bangalas are a fine race physically, being tall, powerful and splendidly formed, with features by no means of the negro type; the women are the handsomest I have seen in Africa. Their dress is scanty, consisting for the most part only of a waist cloth for the men and a short kilt of woven grass for the wemen; but men of high degree . fren wear mantles of dressed goat or other skins. They cicatrize their arms, shoulders and busts in patterns by cutting the skin and injecting some irritant. Sometimes the result looks very well; but in other cases the process is not successful, and raises huge unsightly

lumps of flesh. The chief f Iboko, when I arrived, was an old man over eighty-his age was reported by some to be eightyfour, by others eighty-six-who had lost one eye in battle and possessed fifty wives. He was over six feet in height, with a five, well-developed figure, and, but for his dirty white hair and shriveled skin, would have passed for a man of half of his age. He was much attached to Captain Coquilhat (named "Mwafa" or the 'Eigle' by the natives), and never undertook any thing without consulting him. The scene just after our acrival at Bangala, when, Le Roi des Bangalas" being announced as we were all sitting over our afternoon coff e. Mara Bwyki entered, wearing his royal hat of leopard skin and attended by several of his wives, and enfolded Captain Caquilliat, gold-spangled uniform and all, in an ample bear's hug, was really worth seeing .-Blackwood's Magazine.

THOUSANDS OF MOTTOES.

How Mercantile Signs About Credit and Other Things Are Made.

It is something a little startling to hear a man say that he has 3 000 mottoes." Just one good all 'round, working motto for every-day use is about as much as any body ought to try to have and live up to. But a manufacturer on Canal street claims to have '3,000, and all different, the largest stock in the world, of various siz s, in all colors and styles." that point the thing begins to look a little clearer. He do sn't keep so many in order to live up to them himself, or pretend to, as he might if they were glittering generalities, such as "I'd rather be right that President," or "G d bless or boarding-house." He constructs them for others, and hey have a directly pertinent bearing upon trade interes s that keeps them i constant demand; as, for instance: Poor Credit is dead, but Cash still lives;" "Credit to-morrow, not to-day;" or the ou burst necompanying a picture of man dangling from a gallows:

This man was hung. Bu don't you fear, Is played out here.

S metimes he descends from those p ayful faucies to such presumably Now, look here, you villain," again matter-of-fact statements as "Our cried out the housewife, "I want you goods are unsurpassed," "come in and to stop spilling greese all over my see our new stock," 'Our prices are the lowest," and he calls those motloes, too. He is not quite positive that This style, \$3." or 'Simply elegant, 75c," should not be classed as a motto, as by reason of the words added to the figures raising the i scription to a ently remarked.

The scoundrels at the bedside only card." Call it what you like if you chuckled. At that moment an alarm only buy it, and you must be hard to clock set up its call for an early-rising suit if you can't find in his stock the servant up-stairs. The thieves became trade motto you want. But if you can suspicious at once. They snuffed out not he will produce it for you in a few the candle and threw a big bag con- minutes. His mottoes are painted upon cardboard of vacious colors, and shoulders, closed the door behind upon black or white oit-cloth, and are them, and stole down the stairs, out in almost infinite variety of tints and styles. They are executed with very rapidly-drying paints, water colors when laid upon card-board, and a more durable preparation when put upon oil-cloth, which is intended to make a wet-weather sign. Out-of-town merchants buy his largest and gauliest products, country clo hiers especially aff cting styles that seem to be a cross between a circus poster and a Good Templar's regalia. The opposite extreme is reached in the big square block-lettered legends, in plain black and white. "For on's Ice Cream," or 'Hussell's Ice Cream," for city use. These he paints literally by the thousand.

Cardboard "mottoes," 11x14 inches, in assorted tints, are sold for \$2 a dozen, and for \$6 per dozen one can buy them 22x28 inches in sz and of such gorgeous variety of colors as would discount Joseph's famous coat. Oil-cloth signs come rather higher. but last longer. One that is 21x27 inches cost 75 cents, and a very big one, 21x54 inches, \$1.50. The little price cards are so cheap that their A glance at the report of the nation- prices hardly seem to cover the cost of material.

H: employs four men to lay out the letters in outline, and a couple of boys to fill in the solid colors in the larger letters; work that is done with surprising rapidly, accuracy and taste. From the facts that he has been called upon to supply considerable quantities of his pretty-colored cards for use in England, and that English painters he has employed tell him they never saw such work done over there, he believes that our American style of eardboard color decoration for commercial use is practically unknown in Great Britain. His business amounts to about \$10,000 per annum, and is good all the year through, except in the months of July and August, when it temperarily wilts. It is his boast, which seems to be sustained by the facts, that there is not a trade or business, or hardly even an office requirement for any thing in his line that he is not realy to meet at any moment from his stock. The principal strain on the intellectual department of his establishment is in the invention of new and forcible ways of presenting the 'No credit' idea, and he has done so much in that line that he has come to regard that as the principal one of his "three thousand mottoes" for his own observance. -N. Y. Sun.

# A Jail-Bird's Cruel Joke.

"I had a funny experience once," said a young farmer. "When a boy I confess I was pretty green. I lived with my father upon a farm near Columbus and used to haul wood into the city and sell it for him. One day I had entered town with my customary load, when, as I passed a large building, some one poked his head partly out of a window and asked if the wood was for sale. Ireplied in the affirmative. Weil, throw it over the fence,' came back from the upper window. The house was surrounded by a high wall, but I managed to pitch it over, and then went around to the front gate for my pay. I could not get in. I hammered and called in vain, when some passer-by, attracted by my frantic efforts to gain entrance, inquired what was the matter, and informed me that the building was the jail. One of the prisoners had played a joke on me. I could not get my money or the wood back and returned home with empty wagon and pockets." -Allanta Constitution

-A St. Lauis hotel clerk claims to have made the discovery that tall men sleep later in the morning than short men, and that persons of a dark complexion is variably require more rest

THE WHIPPING COUNTESS.

Alleged Extraordinary Confession of a Reformed Female Climinal. A corr spo dent, who gives her

name and address and declares her statements to be true in every partieular, se als us the following narrative of her criminal experience: "I am the daughter of a poor mas in,

who, I am sorry to say, used oftentimes to get drunk, then return home and abuse his wife and children. For some time the former bore with meek. ness the rough treatment of her spouse, but ultimately she, too, sought to drown her cares in liquor. With parents who bo h quaffed the int x . cating cup is it any wonder her chifdren (three girls and a boy) went to ru n? The son went from one degree of iniquity to another till ultimately he ended his days on the gallows for the murder of his sister. O' the two women then left, one of them as transported for life for burglary, . ftrepeated; and the other (i. e. myself) fast followed in her footstels, but succeeded in escaping with a f-w menths' to prisonment for each offense, until the last of my parents was laid in his grave.

"About a week after I went one night and stealthily opened the drawing-room window of a widow, the wife of an Eurl. I entered the room and stole money, together with many valuables, to the amount of about one hundred pounds. As I lived near to this residence and my character being well known, the lady, on discovering her loss, at once hastened to my poor abode, and was not long in finding part of the money-for I had wilfully spent about tweety pounds -and most of the j wels. She at once brought me by force to her home, made me follow her up-stairs to an attic with only a chair and a wooden bed for furniture; then she spoke to me seriou and kindly about this and other misdemeanors, and told me she would not give me into custody, but I was to remain in that room for two months, be fed on bread and water, and she would come three times a day, at morning, noon and night, and administer the birch with her own hands. At first I felt inclined to rebel, but after all I thought any thing better than gaol. The next morning after breakfast, which was given to me at six o'clock, I was brought into an adjoining apartment, where I was stripped of all my clothing by the lady and one of her servants. Then I was stretched on a cushion as soft as down, after which my hands and feet were securely fastened by means of leather straps, so that I was utterly unable to repel the strokes of the rod, which fell swift and smart. "At first, although I was whipped

till I cried (for my lady would never cease the chastisement till the tears came to my eyes in earnest), when I was released I at once declared I would leave and go to prison, when the lady said she was quite willing I should do so if I preferred it, but I dreaded gaol too much from my former experience, so decided to continue as I was; but after the punishment I began to give a mock laugh and thank my lady ironically, but whenever I did so I was always again refastened and repunished, which was repeated once as often as three times. Another time I resisted and would by no means allow myself to be so treated, when two more female servants were called up, and I had to submit. The servant who helped always went away before the punishment. Ultimately, I used to undress and lie in position myself, as the lady after that came alone, though the whipping was as severe as ever. When the two months were expired I was released, with much prayer and advice, and I never after stole any thing to the value of a pin, and I am now the wife of a respectable mechanic, and bless God for the experience of those two months. I was at

the time twenty-three years of age. "I relate this circumstance, as I believe if the 'cai' is beneficial in preventing men from committing atrocious crimes, that castigation might also be performed with good results on the female prisoners by some of the female warders."-Liverpool (Eng.)

## VALUE OF EXERCISE.

The Only Safe Way of Restoring a Worn-Out Body and Mind.

In the summer of 1885, I had under treatment a young professional man much given to hard intellectual work, of sedentary habits, extreme disinclination for physical exercist possessed of an ever-present, feverish restlessness, and who was for years a sufferer from insomnia. His appetice, though for years voracious, gradually failed and left him a dyspeptic. He was tall, thin and flabby, had a weak heart, and quick, feeble pulse, of en dicto ic in character. He was strongly urged to exercise in the open air. He impatiently gave it an unfair trial, consisting of over-exertion at irregular intervals. In the fall he developed a bronchitis that persisted despite the best treatment and a rest out of town and away from all care. In the latter part of February, 1886 he again took up his out-door exercise, and kept it up steadily, with the re-ult of getting in o fine physical form at the end of the season, when he was wiry and minus fat, and when stripped remindel one of a race horse. Al his muscles were hard. his girths and weight had increased slightly; his men al and physical vigor had undergone a revolution; his appetite was very good and his insomnia gone. This is but one instance of a general restoration by suitable exercise of a worn-out body and mind -Dr. Leuf, in Medical and Surgical Exporter.