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AFFECTION IN JAPAN.

It is Deep and Lasting, but, as a Rule, Not Outspoken.
Public demonstration of affection is most repugnant to the good taste of the Japanese, and it is the absence of this which is so generally mistaken for a lack of genuine feeling. I recall one man who was so devoted to his mother (though I doubt whether he could ever have been said to have "talked about" her) that when she died, while he was abroad, his depression was so profound that my husband watched him with anxiety lest he should commit suicide. The stoical training may render more unsympathetic a coarse nature, but repression to the refined soul brings an exquisite capacity for pain scarcely conceivable by those who are free to give utterance to every emotion.
Another man said to me, "I rarely speak of my mother, for a foreigner does not understand that a Japanese mother may be just as dear to her son as his to him and by the Japanese it is not expected that one should utter one's deepest feeling." That same son fainted with grief when his mother died and when consciousness returned rose to make light of a "little dizziness," without reference to its cause. To this day, whenever he goes from home, he carries with him his mother's letters, mounted on a beautiful roll of ivory and brocade, and on the anniversary of her passing beyond his mortal ken quietly devotes a portion of the day to meditation and special thought of her. Even to his wife, despite the closest bond of love, he says not, "This is the day of my mother's death."—Outlook.

CRUSTY CARLYLE.

An Anecdote Which Illustrates His Disagreeable Disposition.
Carlyle suffered from dyspepsia and disappointment. He was therefore neither oversympathetic in intercourse with his friends nor fair in his estimates of other writers.
Though he personally liked Tennyson, he spoke with impatience of his "cobbling his odes," dismissed Jane Austen's novels as "dish washings," Hallam, the historian, as "dry as dust" and Goldsmith as an "Irish black-guard."
Even the writers of editorials in the press were saluted with this hard saying: "What are these fellows doing? They only serve to cancel one another." A characteristic anecdote illustrates his cruel disposition, which provoked him to inflict pain even on a friend.
An artist who frequented Carlyle's house painted a picture of him in his dressing gown smoking a pipe by the fireside and Mrs. Carlyle in an armchair sitting opposite him. The picture was hung at one of the Royal academy's exhibitions and, though not a striking work of art, was purchased by Lord Ashburton, Carlyle's friend, for £500.
The delighted artist hurried off to the Carlyles, expecting congratulations on the sale and some manifestation of pleasure on their part at having such a value set on a picture of themselves and their domestic interior. He delivered his glad tidings, but all the response he received from Carlyle was: "Well, in my opinion, £500 was just £495 too much."

When to Exercise.

When to exercise is an important consideration. If the morning only is available the exercise should be light. Particularly is this the case if one is engaged in any work. The supply of energy must not be drawn from at the beginning of the day. The afternoon is perhaps the best time for exercise, when one has gained strength from the absorption of the morning and noon meals. Those who exercise vigorously at night should eat a midday dinner. Exercise should always precede bathing and not, as a rule, follow it. In this respect the ancient Greeks showed great wisdom. Exercise and bathing they called the two pillars of strength. Exercise was Hercules and bathing Apollo. Both were regarded with equal importance, and neither was complete without the other.

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BATHING AND HEALTH.

Benefits to Be Derived From Cold Water and Rubbing.
A cold bath—we might as well get at the straight of the thing—is not really a matter of cleanliness so much as a matter of getting the skin livened up and the capillaries and veins next to the surface full of blood. Ice cold water or scalding hot water will do that, but tepid water—no, no!
The skin is almost exactly the same kind of an excreting organ as the lungs. The same products seep through the pores as are carried off in the breath, and the air purifies the blood in the same way. But the greater part of the skin is smothered up in clothes day and night. What the cold water of the bath dissolves is matter well away. And the rubbing dry is pretty vigorous exercise if you want to know. Any rubbing is bound to push the blood along toward the heart and help the circulation, because there are valves in the veins which prevent the blood from going in any other direction than toward the heart. Whatever loose flakes of outer cuticle are rubbed off we needn't worry about; plenty more where they came from. The extra food the increased appetite demands will make good that trifling loss.—Eugene Wood in Everybody's Magazine.

Three Times Seven.

In the "Life and Correspondence of Arthur Penrhyn Stanley, D. D.," the author tells us that the distinguished preacher had an entire lack of humor, and he cites an amusing incident in proof thereof.
I was telling Dean Stanley that musician Halle's cook had lately won a good round sum in a lottery with the number 23.
Halle was interested and asked her how she came to fix on so lucky a number.
"Oh, sir," said she, "I had a dream. I dreamed of number 7. I dreamed of it three times, and as three times seven makes twenty-three I chose that number, sir."
When I had concluded my story I observed a wistful expression on Arthur's countenance, as if he were ready—nay, anxious—to be amused, but could not for the life of him quite manage it. Then suddenly his face brightened, and he said, but not without a tinge of dejection:
"Ah, yes, I see. Yes, I suppose three times seven is not twenty-three."

No Longer on the Map.

"What makes you so late?" asked Tim's father, who in the boy's absence had had to see to the evening chores himself.
"Teacher kept me in."
"What for?"
"Cause I couldn't find Moscow on the map."
"Couldn't find Moscow? And I'd like to know who could, then? Why, I remember hearing tell of Moscow being burned when I was a boy! It's an outrage to put such nonsensical questions to children what's there to learn something useful. I'll look into that and let yer teacher know I ain't been elected on the school board for nothing!"—London Globe.

Ingenious.

"Jimmy," said the teacher after reading the youngster's "note from his father" excusing Jimmy's absence from school the day before, "it seems to me your father's writing is very much like yours."
"Yes," replied Jimmy, unabashed, "father ain't had no education, and I'm learnin' him."

Taking Care of the Pennies.

Fincher—I believe in that old saying about taking care of the pennies. You know it, don't you? Spenders—Oh, yes! "Take care of the pennies and the dollars will take care of your heirs."—Philadelphia Press.

More to Come.

Bride—I feel awfully nervous. Mother—Pshaw! Don't take your first marriage so seriously. It doesn't have to last forever.—Town Topics.

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C. Unger, 211 Maple St., Champaign, Ill., writes: "I was troubled with a hacking cough for a year and I thought I had consumption. I tried a great many remedies and I was under the care of physicians for several months. I used one bottle of FOLEY'S HONEY AND TAR. It cured me, and I have not been troubled since."

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A. M. Ake, Wood, Ind., writes: "Several years since my lungs were so badly affected that I had many hemorrhages. I took treatment with several physicians without any benefit. I then started to take FOLEY'S HONEY AND TAR, and my lungs are now as sound as a bell. I recommend it in advanced stages of lung trouble."

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