ENJOYING OLD AGE.

POETS AND STATESMEN WHO HAVE LIVED LONG AND WELL

Men with Varied Occupations Find More Enjoyment in Declining Years Than iness Men. Because Their Brain Tissue is Developed in More Ways.

Sir James Crichton-Browner has erated instances of long lived perpaired, and opened up a subject full of interest and which even the large space ied by his address did not allow him fully to develop. It seems a physio-logical law that the functions of the dy must be kept in exercise in order to maintain their efficiency, and it is as true of the body as of the mill or any other machine that it will rust out from sooner than wear out by employ-

The fact is constantly observed in peras engaged in commercial pursuits, who retire at the age of sixty and then fall into rapid decay, while professional then remaining at work preserve their vigor often for another twenty years. It is a sad thing to see the nerve centers decay, with a corresponding weakness of body and mind, but it is still sadder itness, with a wrinkling of the skin. responding shrinking of the brain, Howing vanity and some of the weakly ns, which had been kept in sup-

How different is the spectacle when the organ is kept in its integrity by constant use, and the mental faculties preserved in all their pristine force. We have only to look around and to see our poets, bishous judges, ministers of state and medical men long lived and still in mental vigor while working at their respective avocations. Very remarkable, too, is it that, as Sir James Crichton-Browne observed, the freedom of language will remain as good as ever; an xample of this was observed but lately in a discussion on the London university questions, when two of the most logical and well expressed speeches were made by octogenarians.

OLD AGE SHOULD NOT BE UNHAPPY. We can at the present time point to statesmen and lawyers of great age still before the public; as not long ago we could see Lord Palmerston. Lord Brougham, Lord Lyndhurst and others. In former times we may remember Newton living to be eighty-five, while Sophocles is said to have lived to be ninety, and Plato not much short of this. It is clear that hard work does not kill. The toil, however, must be genial and diversified. The man of mainess often has no occupation besides his breadwinning, whereas a medical man has a variety of subjects to interest

A speaker at the international congress showed by experiments upon school children, when three or four sums in arithmetic were given in succession, that each sum showed an inferiority to the previous one, both in correctness, and as regards the time in which it was completed. The one faculty employed was gradually exhausted, a fresh pi of evidence showing the necessity for diversity of work. In the treatment of sons with mental trouble or worry the very worst method is to rely too much on what is called rest, meaning thereby leaving the patient without ther employment than to brood over his sorrows. True rest to the mind is only to be obtained by the occupation of other faculties roused into action by new surroundings. There is no reason why old age should not be as happy and as enjoyable as any other period of life. If old persons be, asked as to the consciousness of age they will all with one consent declare that there exists nothing of the kind. An old person has a knowledge of his age in the same way as his friends; he sees it by looking in the mirror, by remembrance of past events or the loss of contemporaries, but he is not constantly carrying about with him the conviction or feeling that he is old; 'se is thus still able to ocunpy himself in the business and pleasures of life. AUTHORITATIVE TESTIMONY. Buffon spoke of his green old age as one of the happiest periods in his life, although the kind of pleasures then expeienced are, of course, different from those of youth; and even when decay comes, and a man is becoming free from the remembrance of all earthly things, then, as Sir James Paget says (and no better example could be found of full mental activity by continual work), it may be so ordered on purpose that the spirit may be invigorated and undisurbed in the contemplation of the brightening future. Another writer, peaking of old age in reference to the detained that the highest faculties are kept keen by constant exercise, and the brain vigorous by constant action and renewal. The understanding has often been in the highest perfection in quite advanced old age, and that has been the best period of human life. It is the time when the rage and storm of passion have died away, when the jealousies and cares of away, when the jealousies and cares of a career have ceased and been forgotten, when memory lingers upon all that is bright and charming in the past, and when hope scatters her most glowing tints over a fast approaching future; or. In the words of Sir J. Crichton-Browne himself: "We are able to see in old age glimpses of the truth that its chief glory consists not in the remembrance of feats of prowers nor in the egotistic exercise of prowers nor in the comquest of peeviah or prowess nor in the egotistic exercise of power, but in the conquest of peeviah weakness, in the brightness of hoppiness around. Depend upon it, the best anti-septic against senile decay is an active interest in human affairs, and that those keep young longest who love most."--British Medical Journal.

A CURIOUS OLD WHICH SYSTEM Is Ponierania Employers Have to Bid Against Each Other for Laborers.

The British cousal at Stettin, in the course of very interesting report on Pomerahia enerally, describes an Old World system of labor still to some extent prevailing there. There are two classes of laborers-the permanent (or instleute) and the free laborers. The former; for the most part, are those who, having been born on the estate, remain on it all their lives, their contract with

their employer being, however, renewable from year to year. Each family receives a free dwelling, consisting of two rooms, a kitchen, a loft and a cellar, also outhouses for pigs, goats, poultry.

In land they receive 1,020 square yards for a garden, 2,550 square yards for petato and rye growing, 24 shillings yearly for firing and free carriage of fuel. In wages a healthy man receives 1s. 3d. daily from April 1 to Sept. 80, and 1 shilling daily from Oct. 1 to March 31. Each family is obliged to provide one "Hofganger," either boy or girl, to assist in work on the estate. They receive from their employer as wages from 3 pence to 7 pence per day, according to age. The wife is not obliged to work in the

fields, but she is expected to milk the cows, for which she receives from one to two quarts of milk per day. If she does work on the estate she receives 1 shilling per day from May 1 to Nov. 30, and is generally paid according to her value as The Instleute have oppora worker. tunities of increasing their yearly wages by taking job work.

For example, in spring there is hoe work, in the summer harvesting and mowing, and in autumn gathering roots and fruit. For job work a man can sometimes earn as much as 3 shillings to 4 shillings extra per day; the wife and "hofganger" together, from 2 shillings to 8 shillings extra, or they may be paid in kind, as in wheat, hay, etc.

Should a family bring more laborers, these are paid and treated as free labor-This system now only remains on ers. a few of the larger estates. Free laborers are those who do not live on or belong to an estate and are under no obligations whatever to the estate holders. Their engagement during busy times is occasionally subject to keen competition between the various employers, and it is both interesting and amusing to see the agents (the wages on the various estates are often announced by the police officer stationed in the village) of various estate holders ringing their bells in the principal street of a village and de-claring that they will give so much a day, and opposition agents overbidding each other, the laborers calmly awaiting results. But railway communication so rapidly extending, laborers from the south are able to finish work at the earlier crops in their own districts and yet be in ample time for the later harvesting in the north.

Thus the local laborer is now becoming of less value and this has had a tendency to lower wages to such an extent during winter and spring months that the village laborer is constantly seeking employ-ment in the towns. Indeed, so difficult has it become to obtain laborers at harvesting times that some of the estate holders engage railway wagons to bring laborers from distant parts. These gangs of men and women are generally led by a head worker or "vorarbeiter, who receives the orders and the wages for the whole of his or her gang.

They are usually employed by the job. or weeding, and potato gathering

She is Always Re

There are, as we all know-and too iten assert-both men and women who re "all hands and feet." The man is simply pitied, but the woman-heaven help the woman! She is scolded, pecked neked at, sat down on by everybody to the fourth consin and the third generation. She is next to a martyr. The bowels of our compassion fairly yearn when we picture the reveries of the tactless woman. In sheer eagerness to avoid conte plating her we seek her antipodes-the careful woman or the careful man.

Whether it is a merrymaking or the last sad rites; a picnic, a charity, a birth or a wedding, the precision exer-cised by certain careful men and women we have met is worthy of a monun The provision is equal to all occasions, anquishes all seasons. From the warm-ng of a bed in the coldest night of the son to the laying on of a poultice, the exactness, the precision and provision of the man or woman who thinks of everything is so marked that it excites the admiration of the average, while the tactless one takes refuge in silence and can only look on dumbly. Should a fire startle the family in the early morning hours the caretaker, we are prepared to maintain, will be found with the right garments on ready to direct the hoseman just where to squirt, while the tactless one is tossing a hat box and a music box out of a window or carrying an armful of shoes down stairs.

Nothing short of an earthquake or tornado could disturb the equipoise of the caretaker of the family. He or she knows precisely where to put their hands on pius and matches in the dark. The woman never forgets to salt anything. The man never was known to fail to post the letter intrusted to him promptly. These are the people we defer to. If we had our way we would erect monuments to them and see to it that their virtues were engraved in a fitting manner.-Pittsburg Bulletin.

"Fruit Manners."

"Fruit manners," as a girl aptly desig-nates them, are a distinct department of table etiquette. Strawberries, hulled, are eaten with spoon or fork; unhulled, are taken in the fingers separately and daintily and dipped in sugar before being conveyed to the mouth. Apples, pears and peaches should be divided before being attempted in mouthfuls-although a ripe pear may be halved and eaten with a spoon. The same utensil should be employed with melon, though arouses the liver, kidue's and howels to healtha fork which has one tine slightly broad- ful action, and invigorates the circulation, and ened is often seen for this fruit. At the impurities are quickly carried off through English tables spoons are served for the natural chaunels. bananas as well, although when these Try it and noto its delightful are served as a single fruit course sherry or claret is usually sent around with the whole fruit. A few drops are poured on writes: "I took it for vitiated whole fruit. A few drops are poured on the plate, and the banana, stripped of its skin, is dipped in the vine and thus its, for I could feel it was work-eaten.

oranges seem to offer as many meth-rds of eating as there are varieties of the fruit. The Florida fashion of halving it across the grain and taking out the juice and fine pulp with a dessert spoon is a neat way and gives one all the desirable part of the fruit; some eat an orange quite as daintily by tearing it in small sections and taking the fruit in mouthfuls; this method needs a little practice before being attempted at formal tables, as the inexperienced, with a juicy Havana or India river, speedily gets himself into trouble. -Her Point of View in New York Times.

Feeding the Crowd ,at the World's Fair.

The Case Crase

Half a dozen of our lads have lately had the cave craze. They have been reading dime literature and became the laves of an intense desire to become robbers and live in caves. One day a few weeks since they took shovels, picks near the city, and without even think-ing whose the property might be, began to dig a cave. A hole four feet square and seven feet deep was dug. At the bottom the hole was widened to nearly eight feet. Over this was placed old planks and brush and leaves, so that the "cave" was completely hidden. Here they crawled into their "wild abode" and imagined all sorts of terrible things of themselves.

About a week ago the owner of the woods happened to be going by the spot and noticed smoke rising from the ground. He poked around in the leaves and discovered the boys smoking ciga-rettes. "What are you doing down there?" he called. "We are robbers and we'll cut your throat," said one youthful voice. "No we ain't either," said another rather frightened boy; "we're only boys and we won't hurt you. This is our cave."

The owner of the land made the boys get up out of the pit, and while they were crawling up cut a brace of birches. But when six lads in knee pants stood before him he relented and punished them by making them immediately take shovels and fill up the hole, into which some of his cattle might have fallen and broken their necks .-- Lewiston Jonrnal.

From the earliest times camphor has en a practical necessity to man. Its pleasant perfume, its destructiveness to insect life and its many remarkable the rapeutic virtues have more than earned its great popularity.



Impure or vitlated blood is nine times out of ten caused by some form of constipation or indiges tion that clogs up the system, when the blood unturally becomes impregnated with the el-

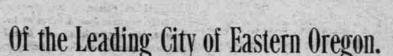
fete matter. Theold Sarsaparillas attempt to reach this condition by attacking the blood with the

drastic mineral "potash." The potash theory is old,and obsolete. Joy's Vegetable Sarsaparilla is modern. It goes to the sent of the in

blood and while on the first bot-

ing a change. It cleansed, puri-





THE LEADING PAPER

The Dalles Chronicle

During the little over a year of its existence it has earnestly tried to fullfil the objects for which it was founded, namely, to assist in developing our industries, to advertise the resources of the city and adjacent country and to work for an open river to the sea. Its record is before the people and the phenomenal support it has received is accepted as the

expression of their approval. Independent in everything, neutral in nothing, it will live only to fight for what it believes to be just and right.

Commencing with the first number of the second volume the weekly has been enlarged to eight pages while the price (\$1.50 a year) remains the same. Thus both the weekly and daily editions contain more reading matter for less money than any paper



Lost Anyhow. Wife-And so you've failed and lost

Husband (sadly)-Everything.

"I don't see why you couldn't have put your property in my name." "I was afraid you'd never let me have my of it."—New York Weekly.

women are alone needed, and therefore gangs of women are often engaged

separately. During the potato-gathering eason the little town of Kallies, in Pomerania, which is estimated to contain from three thousand to four thousand in habitants, and where the people are celebrated as potato workers, is completely deserted, only the mayor and bellringer being left in the town. The people, who are all of the laboring class, go out to the harvest and potato gathering and are scattered all over Pomerania. leaving their houses locked and the keys in the hands of the mayor, as they often do not return for months.--London Times

Lost His Aching Tooth.

David Randabaugh, who is reputed to be a veracious and prominent citizen of Mechanicsburg, O., relates a strange tale of personal experience. He says that the other night he went to bed with a raging toothache, and on waking in the morning he was startled to find his pillow and shirt bosom covered with blood and the offending tooth lying upon the bed clothing close by. He declares he had suffered no pain sufficient to awaken him during the night, and how the tooth became detached from his jaw remains a mystery, - Philadelphia Ledger,

To Toughen Glassware. A simple method of toughening any glassware is to immerse it in a gallon pot of cold water in which a half cup of salt has been dissolved. Let the water boil thoroughly, then lift the kettle off the fire and allow it to become perfectly cold before you remove the glass. When the water is perfectly cold take out the glassware, wash it and wipe it dry. Glass treated in this way is protected against changes of temperature and sudden drafts, which, striking against a superheated lamp chimney, are liable to crack it.—New York Tribune.

And So Little After All. A certain clergyman of Halifax, N. S., while addressing his congregation on the subject of the Prodigal Son, is said to have affected his hearers even more than he anticipated when, with tears in his eyes and pathos in his voice, he pictured the aged father, overjoyed at the return of his long lost boy, commanding them to bring forth and kill the little calf which had been fathening for years and years and years.-Harper's Bazar.

How One Man Speaks of His Child.

A baby is the member of the family that always cries when wanted to sleep, that always sleeps when wanted to keep awake, and invariably sulks when want-| ed to show off. -Cor. London Tit-Bits.

The visitors to the exposition will be fed. The study of how and where to feed the crowds at the big fair has been an incident of the work of the construction department for the past six weeks, and is as complete as possible. Food will be served in ten of the principal buildings in restaurants, private dining rooms and over lunch counters. There will be three characteristic lunch counters, twenty-seven principal restaurants or cafes, and in connection with them 115 dining rooms.

The supplies will issue from seventeen complete hotel kitchens, manned by an army of more than 1,000 waiters, cooks and scullions. The dining room will occupy above five acres of space, and it will be possible for above 8,000 people to sit at table at one time.-Chicago Woman's News.

If the Groom Washed His Hands. In certain parts of Africa a custom once prevailed (and may still) of the in-tended bride bringing a bowl or calabash of water for the bridegroom to wash his hands in. If he condescended to do so she then and there acknowledged him as her lord and master, and nioreover drank the water as a proof of her love and fidelity, and cases have been known where a copious shedding of texts of joy and thankfulness accompanied the latter act.—San Francisco Examiner.

The Buck and the Barbed Wire. W. C. Green was coming across the country near Hereford, accompanied by others, when he came up with a large buck deer tangled up in the barbed w of a neighboring fence. His horns were so completely tied up in the wire that it was with difficulty that they were ex-tracted after a bullet had ended his life. He had evidently struggled for many hours to regain his liberty.-Tombstone (A. T.) Prospector.

Energy Atmost Inaccessible. It has been computed that in a single cubic foot of the ether which fills all space there are locked up 10,000 foot tons of energy which have hitherto escaped notice. To unlock this boundless store and subdue it to the service of man is a task which awaits the electrician of the future. The latest researches give well founded hopes that this vast storehouse of power is not hopelessly inaccessible,-Nature.

Asking for Information.

In Germany teachers are very poorly paid. At a teachers' festival somebody proposed the toast, "Longlive our school

"What on?" asked a cadaverous look ing specimen rising in his seat .- Texas Siftin



By using S. B. Headache and Liver Cure, and S. B. Cough Cure as directed for colds. They were SUCCESSFULLY used two years ago during the La Grippe epi-demic, and very flattering testimonials of their power over that disease are arrand. Manufact-ured by the S. B. Medicine Mig. Co., at Dufur, Oregon. For sale by all druggists.

A Severe Law.

The English peo-ple look more closely to the genuineness of these staples than we do. In fact, they have a law under which they make scizures and destroy sdulterated 2: products that are of what they are represented to be. Under this statute the ourands of pounds of tea have burned because of their wholesale adul-

die, he the way, is one of the most notori-hely adulterated articles of commerce. Not alone are the bright, shiny green teas artifi-cially colored, but thou ands of pounds of substitutes for ten leaves are used to swell the bulk of cheap teas; ash, sloe, and willow leaves being those most commonly used. Agalu, sweepings from tea warehouses are colored and sold as ten. Even exhausted tea leaves gathered from the tea-houses are kept, dried, and made over and find their way into the cheap teas.

The English government at: empts to stamp this out by confiscation; but no ten is too poor for u, and the result is that probably the poor at teasused by any nation are those consumed in America. Beech's Tea is presented with the guar-auty that it is uncolored and unadulterated; in fact, the sun-cureo tea leaf pure and sim-

ple. Its purity insures superior strength, about one third less of it being required for au infusion than of the artificial teas, and its fragrance and exquisite flavor is at once ap int. It will be a revelation to you. In order that its purity and quality may be guar-anteed, ft is sold only in pound packages bearing this trade-mark





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