

YOUNG AND OLD.

When all the world is young, lad,
And all the trees are green,
And every goose a swan, lad,

Never too Late to Learn.

Socrates, at an extreme old age,
learned to play on musical instruments.

Cato, at eighty years of age, began
the study of the Greek language.

Plutarch, when between seventy
and eighty, commenced to study Latin.

Boccaccio was thirty years of age
when he commenced his studies in light literature; yet he became one of the greatest masters of the Tuscan dialect; Dante and Plutarch being the other two.

Sir Henry Spelman neglected the
sciences in his youth, but commenced the study of them when he was between fifty and sixty years of age. After this time he became a most noted antiquarian and lawyer.

Ludovico Monaldesi, at the
great age of one hundred and fifteen, wrote the memoirs of his own time.

Ogilby, the translator of Homer
and Virgil, was unacquainted with Latin or Greek until he was past fifty.

Franklin did not begin his philosophical
researches until he reached his fiftieth year.

Dryden, in his sixty-eighth year,
commenced the translation of the Aeneid, his most pleasing production.

Only Ten Minutes.

A touching story is told of the late
Prince Napoleon. He had joined the English army, and was one day at the head of a squad riding horseback outside the camp. It was a dangerous situation. One of the company said: "We had better return. If we don't hasten, we may fall into the hands of the enemy."

A New Fish Named.

A short time ago Capt. Charles Willoughby, of the Quinault Indian reservation, captured on the Quinault river a strange and unknown fish of large size, which he at once sent to the Smithsonian Institute at Washington, for the big men who understand fish to examine. They sent word to Captain Willoughby that it was not only a fish of a "new species," but also a "new genus," and that it was christened "Acrotus Willoughby."

A mammoth petition from Alaska
to the congress of the United States signed by over 1000 citizens of Alaska, against the passage of the bill recently introduced providing for a territorial form of government for the district of Alaska, was brought down on the Ancon on her last trip, and has been forwarded to Senator Vest at Washington city. The people of Alaska, including merchants and miners, are thoroughly aroused over this matter, and only fear their remonstrance may reach congress too late. They claim that a government such as exists for other territories would be practically a death letter for a country like Alaska, with a population of 2000 people spread over an area of 600,000 square miles.

A regular rabbit drive took place
about eight miles south of Bakerville, Cal., on the 13th. About 200 people were present. The first roundup in the corral resulted in the killing of about 4000 of the pests. A barbecue was next discussed, and another drive over the same ground took place, which resulted in adding about 2000 more dead rabbits to the pile.

POISON IN THE ASHES

What the Mt. Lebanon Shaker
Found—Incident in the History of a Quiet Community.

The Mount Lebanon (New York) Shakers are a quiet community, secluded from the fret and worry of the outside world. They are widely known, however, for their strict honor and probity in business.

The Shakers believe that nature has a remedy for every disease. A few have been found—the rest are as yet unknown. Many were discovered by accident. Others came to light as the result of patient experiment and research.

Nervous Dyspepsia is a comparatively new disease, growing out of the conditions of modern life. It is a joint affection of the digestive organs and of the nervous system. These two were formerly treated as separate ailments, and it was left for the clear-sighted Shakers to prove that the basis of this terrible and often fatal complication lies chiefly in the disordered and depraved functions of digestion and nutrition. They reasoned thus:—"If we can induce the stomach to do its work, and stimulate the excretory organs to drive out of the body the poisonous waste matters which remain after the life-giving elements of the food have been absorbed, we shall have conquered Nervous Dyspepsia and Nervous Exhaustion. And they were right. Knowing the infallible power of Shaker Extract (Seigel's Syrup) in less complicated though similar diseases, they resolved to test it fully in this. To have no ground for doubt they prescribed the remedy in hundreds of cases which had been pronounced incurable—with perfect success in every instance where their directions as to living and diet were scrupulously followed. Nervous Dyspepsia and Exhaustion is a peculiarly American disease. To a greater or less extent half the people of this country suffer from it—both sexes and all ages. In no country in the world are there so many insane asylums filled to overflowing, all resulting from this alarming disease. Its leading symptoms are these: Frequent or continual headache; a dull pain at the base of the brain; bad breath; nervous eruptions; the rising of sour and pungent fluids to the throat; a sense of oppression and faintness at the pit of the stomach; flatulence; wakefulness and loss of sleep; disgust with food even when weak from the need of it; sticky or slimy matter on the teeth or in the mouth, especially on rising in the morning; furred and coated tongue; dull eyes; cold hands and feet; constipation; dry or rough skin; inability to fix the mind on any labor calling for continuous attention; and oppressive and sad forebodings and fears.

All this terrible group Shaker Extract (Seigel's Syrup) removes by its positive, powerful, direct yet painless and gentle action upon the functions of digestion and assimilation. Those elements of the food that build up and strengthen the system are sent upon their mission, while all waste matters (the ashes of life's fire) which unremoved, poison and kill, are expelled from the body through the bowels, kidneys and skin. The weak and prostrated nerves are quieted, toned and fed by the purified blood. As the result, health, with its enjoyments, blessings and power, returns to the sufferer who had, perhaps, abandoned all hope of ever seeing another well day.

Causes of Piles. Carelessness takes the lead in causing piles in New York city. Out of 706 fires which are recorded in the last quarterly report of the fire department 355 are put down as the result of carelessness. Smokers were responsible for 175 fires and fire works for 180 fires. It looks as though the smokers were as much in need of regulation as the dealers in fireworks.

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PHYSICAL CULTURE.

DEVELOPING ONE SET OF MUSCLES AT THE EXPENSE OF OTHERS.

Pedestrianism, Rowing, Baseball, Tennis and Running—The Sensible and Physiological Way—Non-sports Exercise. Field Sports Very Healthful.

I am a strong believer in physical culture, but physical culture is something entirely different from outdoor sports as they are carried on at present. Americans do not take enough exercise. Many patients that come to the doctor need outdoor exercise more than they do medicine. As some one has said, the dyspepsia from which a man suffers is often due more to his legs than to his stomach.

The great difficulty with our sports is that they develop one set of muscles at the expense of the others. A man who trains for a specialty is trained only in the particular sport he chooses to play in that particular sport or recreation. A tennis player trains in one way, a runner in another, while a boatman goes through an entirely different course from either. Each of these athletes is strong in one direction, but he has neglected general muscular exercises for the sake of developing a special locality. It will be found that the man who is physically strong in a special sport is weak in some part of his body. For instance, one who intends to be a runner will so train as to develop the muscles of his legs, but he will neglect the rest of his body above his legs in order to carry less weight.

DANGERS OF POPULAR SPORTS. Pedestrianism, who does not when indulged in for pleasure, but is had in contests. The professional pedestrian finally becomes thoroughly broken up; the stomach and general system are exhausted by too much exertion. Rowing is one of the best exercises if indulged in moderately, but an oarsman can row in a contest until entirely exhausted and not know it until he is taken from his boat paralyzed, so to speak.

Baseball is full of danger, especially to the pitcher. So true is this that the "baseball pitcher's arm" as well as the "tennis player's arm," is a frequent sight in the medical profession as special diseases. The exercise in baseball is very violent and sooner or later exhausts the player.

Tennis is a violent exercise and is liable to be carried too far. Running is too much of an outdoor to be carried on in a general way, and is only good on account of the previous training necessary to follow it up. It carries its own danger and is liable to exhaust the runner out of the legs before the rest of the body is exhausted.

The sensible and physiological way for a man to take outdoor sport is, acting on accident authority, to develop special exercises, the parts of his body that are weak, to make the finish better than the start—to break the record of the past, to speak, and to win in him in better physical condition than before.

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HOUSEWOMAN EXERCISE-BUSINESS. It is surprising to see that household exercise is not more indulged in than it is. Many young men spend enormous money on their wives or families to enable them to keep a house. I would suggest, however, those who cannot own a horse riding club might be formed. Let the horses be used by the members of the club just as the club used by boat clubs. The expense of keeping the horses under such conditions, when divided up among members, would be small, and the horse club could be varied with the more vigorous sports in which young men now indulge. The members of the club should be from New York and Brooklyn furnish many lanes and roads through beautiful country, and the riders could not fail to enjoy themselves.

I do not know of any outdoor exercise so suitable for men as the sports of the field. Hunting is a healthful and beneficial sport. There is just enough excitement about it to make the exercise you take beneficial. While you are hunting you are thinking about something of interest; while your body is being exercised your brain acts as a stimulus. Hunting is good for the well and good for many who are sick. I have known invalids sent to the woods with the advice that they should "go shooting" to come back restored in health.

The man who complains of fainting in the pit of his stomach while riding, is, no doubt, in the south, has the best kind of outdoor recreation. Field sports are for young men; the older ones must be content with fishing or following the rabbit.

They Both Took Tips. Next Central park there lives a woman who occupies a comfortable apartment and seems to possess a competence. She rises late and has her breakfast daily from a catering coffee shop. The waiter is liberal, tipping her frequently.

Not long ago this winter, while passing along Third avenue, she created by a beggar woman, who was verily dressed, repeatedly ugly and squalid. The waiter gave her a handful of coin, and the beggar thanked him wildly. The next day the waiter received the same muffled coin from the woman to whom he carried breakfast. He was astonished. He could not believe that the woman who tipped in so round a manner and the stretched beggar of the avenue were one and the same person.

He concluded to experiment. Marking a coin, he took a position on the avenue, seen the same woman that had begged from him the night before asked him for alms. He gave her the marked piece of money. Two days afterwards he received it from the woman of the apartment when she paid for her breakfast. He then accused her of mendacity. She, discovering that she was cleverly caught, laughed and said: "We both take tips, you and I." The waiter relished the joke. He continues to serve her. She continues to tip him and to prey upon the public.—The Epoch.

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