

## OTHER WORLDS.

Our sole knowledge of the people on other worlds and how far the people there differ from our inhabitants, can only be guessed by comparison with animal nature on this small sphere of ours. More important to us is a knowledge of ourselves. "KNOW THYSELF" was an old Greek thought. How to take care of one's own body is not so simple as some think; the human mechanism is a wonderful thing and requires watching.

One man who has done more to teach the American people how to care for their bodies than almost any other, is Dr. R. V. Pierce, of Buffalo, N. Y., the Author of the "Common Sense Medical Adviser." He says: It is not the quantity of the food eaten which produces strength and health (for some people can keep strong on a very meagre diet), but it is how much food is absorbed and assimilated by the blood and carried to nourish every organ of the body. It is, therefore, vitally necessary for the body that the stomach be in a healthy state. If disease of the stomach, or what is called "stomach trouble," prevents proper nutrition of the heart, liver, lungs, and kidneys do not get proper food—they are not fed on rich red blood, and in consequence, begin to show signs of distress. Outwardly these signs may be pimples and eruptions on skin, pale face, sleepless nights, tired, languid feelings, or, by reason of the nerves not being fed on pure blood, they become starved, and we receive a warning in the pain we call neuralgia, Rheumatism, too, is a blood disease. After years of practice and study Dr. Pierce found that an Alterative Extract, which he named "Dr. Pierce's Golden Medical Discovery," made from the extracts of several plants, invariably produced a tonic effect upon the system. It helped the process of absorption of the healthy elements in the food and increased the red corpuscles of the blood, as well as eliminated the poisons from the system.

Business is business. No time for headaches. Constipation causes them. Doctor Pierce's Pleasant Pellets cure them by curing the cause. Laxative and mild.

## FRESH AIR DISLIKED.

Where Clothes and Fuel Are Scarce This Has Oftentimes Been the Case.

The theory that the necessity of excluding from houses the injurious night air is the cause of the world over of the practice of poor ventilation will not hold. It is at least not the sole nor the chief reason of the prejudice against fresh air, says American Medicine.

Manifestly it does not obtain for countries in which there is no mosquito. In cold climates, and especially in the winter season, the theory has no applicability, and another explanation must be found.

This is, we believe, the necessity that exists, especially among the vast majority of the poor, to economize warmth. A large portion of the peasants of France to-day secure this economy by keeping their domestic animals at night in the combined house and stable.

In arctic climates and in winter even in temperate zones, and especially in previous centuries, the securing of sufficient clothing and saving the loss of warmth has doubtless been a chief cause of the universal fear of ventilation.

In this way to-day in some countries medical college lecture rooms get on without the expense of fuel by utilizing the foul, but warm exhalations of the bodies of hundreds of students, who in anger cry out against a door ajar or a crack in a window.

The greatest and best remedial agent in tuberculosis and many other devitalizing diseases is fresh air, by night or by day, ever fresh air.

## CHICAGO'S STOCK YARDS.

Twelve Thousand Tons of Dressed Meat Sent Out to Consumers in One Day.

The enormous output of a Chicago stockyard is well illustrated by the following figures: At one of these places alone in a single day, as many as 26,000 cattle, 29,000 hogs and 27,000 sheep, or a total of over 80,000 animals, will arrive in the stockyards.

The 26,000 cattle would arrive in 1,313 cars, and the animals would weigh 30,407,000 pounds, representing, dressed, the enormous total of 18,000,000 pounds, or 3,000 tons of beef furnished by Chicago in one day.

The sheep would weigh 2,234,000 pounds, and would make 584 tons of mutton, while the hogs would yield 2,616 tons of pork.

The cattle, sheep and hogs combined would give a grand total of 12,000 tons of dressed meat distributed among the consumers of the world in one day by this single livestock market.

The meat would fill a refrigerator train over eight miles long, and the animals, as received, would make a train of 1,887 cars, or a solid train of 14 1/2 miles, or a solid procession of animals, in single file, extending over a distance of 80 miles.

Wherever Women Have Been Put They Have Done Their Work in Satisfactory Manner.

The history of the lighthouse service shows that women are thoroughly reliable and efficient as lightkeepers. As a rule they are not appointed to the care of lights of the first importance, because the work would be too arduous; but wherever they have been put they have done their duty most satisfactorily. The Boston Herald tells of many notable feats of heroism performed by women lighthouse-keepers.

On Lake Michigan, at the north end of Milwaukee bay, stands a tall red tower, which is under the charge of Mrs. Georgia Stebbins. Its light is 122 feet above the water, and may be seen for 20 miles. Ten years ago there was a frightful storm, and three men, upset from sailboat, were in imminent danger of drowning. Mrs. Stebbins went to their assistance, and rescued them at the risk of her own life.

Twenty-five miles out in the ocean, in the pathway of the steamers from Boston to Halifax, is a barren and rugged island of small area, which in stormy weather is often swept by the waves. It is called Matineux Rock, and the lighthouse was formally kept by a man named Sam Burgess.

On one occasion in winter he had gone away to the mainland to procure provisions, when the weather turned bad and prevented him from returning. Meanwhile, his wife, who was an invalid, and her four daughters lived for three weeks on one cup of corn meal and one egg apiece per day. The sea swept everything off the rock, driving the family to the light tower; yet the lights during all that dreadful period were as carefully tended as usual, and never failed.

The wife of a lighthouse-keeper often acts as his assistant and performs all his duties when he happens to be away. Thus it chanced that once, during a storm, Mrs. Fowler, whose husband had charge of North Dumpling light, on the Rhode Island coast, found herself in serious trouble. There was a thick fog and the machine for ringing the fog bell broke. It was an accident that might have cost many lives and more than one ship; but the woman was equal to the emergency. Scaling the outside of the tower, she fastened a rope to the bell, and rang it until the weather cleared.

## AN ERA OF IRRIGATION.

Advantages of a Comprehensive System for Every State in the Union.

The following paper, written in August, by request, for the Rural Californian, is submitted at this time in view of the special interest in the subject, awakened by the recent meeting of the national irrigation congress at Ogden, as a contribution towards a complete understanding of its importance to the whole country:

"The full significance of the new era of irrigation on which the nation is now entering is but vaguely understood by the public at large, and is by no means realized even by those who are to receive its most direct and special benefits. It means the inauguration of intensive scientific agriculture on a national scale, and there is need of a comprehensive outline of it, with such details of its operation as will serve to impress the public mind with its utility and permanence, for it is well understood by the promoters and friends of this vast system of agricultural development that in the end it is to be in general use over at least one-half of the national domain and will continue for all time. At present, however, the public discussion of the irrigation system is practically limited to the reclamation of arid lands, whereas a yet larger area of semi-arid regions, embracing large sections of the country in the so-called humid states having an uncertain rainfall, will ultimately share in the beneficence of this unflinching system of agriculture. Indeed, within the past year, experiments in irrigation have been made in such states as Wisconsin, Missouri, New Jersey, Connecticut, Massachusetts and Georgia, and the irrigated crops yielded more than double the value of like crops, which depended alone on the rainfall. Intensive cultivation inevitably follows irrigation; this leads to small, individual holdings, and these provide work and homes for families. Such homes are the nurseries of patriotism, and honest toil on the farm, with a due reward for the work done, always tends to the growth of the essential virtues; in a word, such a system of agriculture produces the highest type of citizenship, and as a matter of course, promotes the security, progress and perpetuity of the nation. The wisest statesmanship will therefore warmly approve of a complete development of this profitable, certain and scientific tilling of the soil, and not only in the arid regions where irrigation is necessary in order to render them habitable, and moreover results in making them the most productive portions of our country, but also in every state of the union where it can be made available for largely increasing the value of crops in ordinary seasons, and in times of drought, which occur too frequently, will insure abundant crops in place of failure and inevitable distress, and this will no doubt be done just as soon as farmers in such states learn to appreciate its benefits, for the general welfare will demand it and the government will provide the means for its development."

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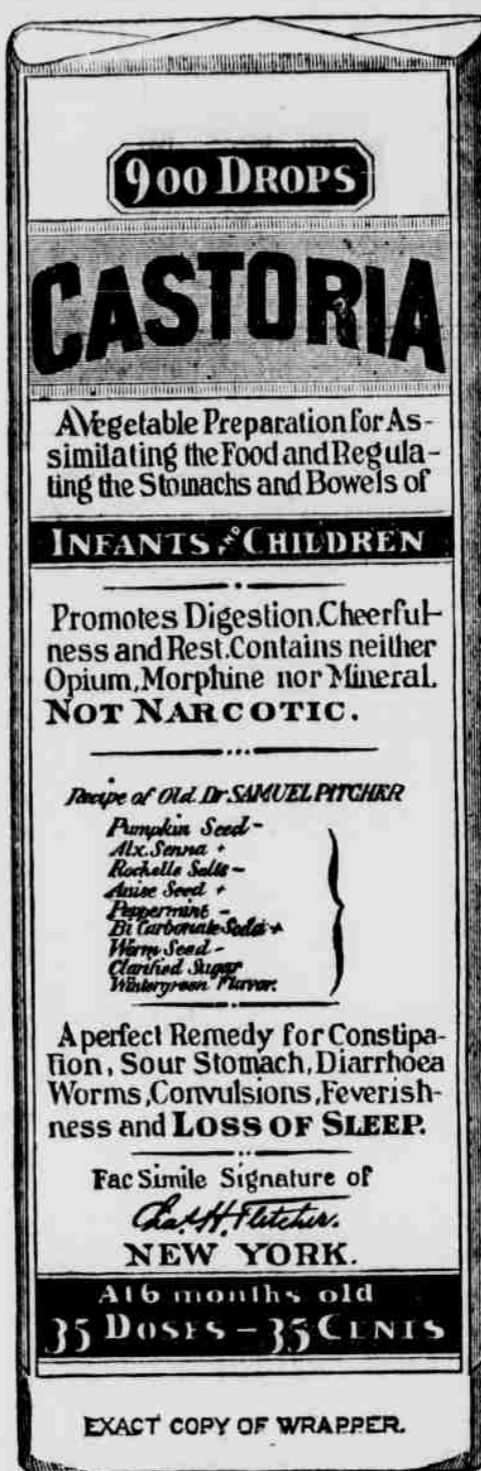
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The animal par excellence, which the hunter, the amateur Arctic traveler and the young explorer hopes and dreams of killing, is the polar bear, writes Com. Robert E. Peary, in Leslie's Monthly. The reason for this is the significant trophy which the great white skin makes. This feeling was no less strong centuries ago than it is now, for we read that one of the early Icelandic sea rovers to Greenland quarreled with and killed his bosom companion because he had slain a large bear, instead of leaving that honor to his chief. With the modern repeating rifle the bear stands no chance against the hunter, no matter under what conditions they may meet, and if he is hunted in the native way, with the assistance of dogs, there is hardly more excitement than in killing musk-oxen, except for the wild, helter-skelter dash over the ice to overtake the animal after the dogs strike the hot scent.

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## MENELEK AGAINST SLAVERY.

Abyssinian King Forbids His People to Make Slaves of the Galla Natives.

A few weeks ago King Menelek of Abyssinia issued a decree against the slave trade. It is couched in the language of potentates who have unlimited power to enforce laws of their own making. The king says:

"By a letter forwarded some time ago to all the provinces, I forbade traffic in men of the Galla tribe. I also intimated that those guilty of this offense would be excommunicated from the Christian Church of Abyssinia, but you refuse to cease making slaves of the Galla men.

"Now beware. You who are taken in the act of enslaving the Gallas will no longer, as heretofore, be fined or turned out of the church; but you will be punished in your own persons, by which I mean you will be subjected to the penalty of mutilation."

This, remarks the New York Sun, is certainly one of the most drastic measures yet taken against slave trading in Africa. The Gallas are a fine tribe, widely spread over the country south of Abyssinia. A large part of their territory, by agreement between Menelek and Great Britain, now lies within the King's domain.

The Abyssinians, with their guns and superior military skill, have regarded Gallaland as their poaching ground and have inflicted great hardships upon the natives, whom they robbed frequently, not only of their produce, but also of their liberty.

The evil has been increasing. Abyssinians have seemed to think that the easiest way to acquire wealth was to make a raid in Gallaland and carry home a few scores of natives to sell as slaves. The crimes committed against this superior tribe have been the scandal of Menelek's reign. The Gallas have been powerless to make effective defense, though they have lost no opportunity of spearing individual Abyssinians or very small parties and speedily decamping to avoid detection.

Years ago the Arabs were wont to invade the Galla country and take hundreds of the natives into slavery. In recent years, however, the Abyssinians have been the only oppressors.

The injustice done them has been the more pitiful because as agriculturists and herdsmen and in the industrial arts they are more advanced than any other pagan people in that part of Africa. They are famous for fidelity and frankness and are distinguished by intense love of freedom and self-government. Such is their horror of captivity that they no longer regard as Gallas those of their fellows who are dragged away into bondage.

In setting his face against the Galla slave trade Menelek has honored himself; and the sympathy and interest with which the world has been watching his effort to consolidate and develop his country will be intensified.

Rudolph Witter, a Salmon river miner, killed Chris Wain and L. D. Long and fatally injured Long's 14-year-old son in a row over mining claims at Seesh Meadows, near Grangeville, Idaho, Friday morning.

A 100-barrel flour mill is to be erected at Hood River this season.