

### Physical Energy.

Perhaps you do not know it, but when you walk a distance of ten miles you expend enough force, could it be all collected, to raise 800 tons one foot from the ground. Of this enormous quantity of energy the legs are responsible for 150 tons, the heart for 100, the lungs for twenty-two and the bulk of the remainder is wasted in the heat given off from the body.

In severe athletic competitions, such as running, rowing and boxing, you must be in such a condition as to be able to exert, by your limbs alone, each minute as much force as would lift 5,000 pounds one foot above the ground.

When a powerful man works for twenty-four hours with all his might the energy he expends is equal to lifting a third class cruiser, and during his life he dissipates enough power to carry his body at death to the sun. These statements may at first sight seem extraordinary, but will not seem so when it is remembered that two ounces of bread contains the potential energy of 150 tons.—Pearson's.

### Buying an Island.

The story of the settlement of Tangler Island, in Chesapeake bay, as told by J. M. Church in his book about the island and its isolated inhabitants, outdoes that of the famous sale of Manhattan:

"You gentlemen ain't never heard how Tangler got settled? It were by a man from the eastern shore settlements back in 1707—more'n 200 years ago. The island were the home of a tribe of Indians, and this here man Post got the idee of raisin' stock on it. So he runs over and tells the Indians that the colonists are goin' to come

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and massacre them and they'd better get outen the way. That scared the Indians, all right, and they sailed over to the western shore of Virginny. But before they went Post said, as the island wasn't goin' to be any more use to 'em, he'd buy it off them. The chief agreed, so Post gave him two old overcoats, and the island was his. Then he brung over five families and a passel o' horses and cows."

### Didn't 'Ear the 'Owls.

Country Host—I hope the owls didn't disturb you last night, Lady Jenkins? Wife of Local Mayor—Law bless you, no I didn't 'ear anything. Which dog was it?—London Punch.

### The Ruler.

Facetious Friend (teasingly)—Well, which rules, you or your wife? Mr Youngwed (with hauteur)—You forget we can afford to keep a cook.—Exchange

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### Very Much Gone.

"Edith, is that young man gone?" called the landlady at ten bells.

"Yes, completely," came the answer.—Michigan Gargoyle.

It never occurs to fools that merit and good fortune are closely allied.—Goethe.

### Ancient Eggs and Jokes.

Bad news and ditto eggs had best be broken gently.—Philadelphia Ledger.

When Luke McLuke wrote it two years ago it read, "Bad news and bad eggs should be broken gently."—Cincinnati Enquirer.

Just so! And when we wrote it four years ago it ran thus: "How do you tell a bad egg? If I have anything to tell a bad egg I break it gently."—Boston Transcript.

Don't get excited, gentlemen. The thing had whiskers when Noah was a boy.—Biddeford Journal.

Not so; it was a female egg. And as the Argus remarked away back in 1803, "News dropped to a woman is like a bad egg—everybody will soon know it, broken ever so gently."—Portland Eastern Argus.

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