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Plenty of Air Needed.

Take as much exercise as you can and be in the open air as much as possible. Cutdoor life is the natural condition of man kind and the more one can have of it the better. The practice must not be carried to extremes, however. There are many flays when one is much better off in a warm, comfortable, well ventilated house than trying to take outdoor exercise in a midwinter storm or under a July sun-

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ACTS AT ONCE on the Kidneys, Liver and Howels, restoring them to a healthy so-tion, and CUINEN when all other medicines fall. Hundreds have been saved who have been given up to die by friends and physicians.

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MRS. WINSLOW'S SOUTHING Fee sale by all trugglate. 25 Cents a bottle Legerdemain That Failed to Work.

The bright young man-who isn't so very young either-was fortunate enough to secure a seat right in the midst of Deacon Huggum's young ladies' Bible class and by their arch manners was so far decoyed from his usual staid indifference as to try and make himself agreea-

The speaker of the evening pleaded most carnestly the cause of sweet charity and made the last remaining quarter and nickel burn in the scribe's pocket.

When the deadly contribution box bagan its gyrations in his isle, the newspaper representative began to chuckle under the mellowing influence of a hapby thought. He would execute a next ittle piece of legerdemain with that quarter and 5 cent piece, and while properly impressing his fair neighbors with the larger coin would really drop n the smaller.

He held the quarter daintily between his thumb and finger and pressed the 5-cent piece between his third finger and his palm. There was a click of a coin in the bottom of the box, a rather unusual twist of a large cuff and a bland smile on the reporter's face.

A second later the young man started as if he had been shot and turned ex- as the dead, but as they had never seen it citedly toward the deacon, who was now two seats behind him.

He had dropped in the quarter! The deacon mistook the gesture as a sign that the young man had been overlooked, and again he thrust the box under the reporter's nose.

What did be do? Just what on would. He put in the nickel. And walked home. - Beston Herald.

Curiosities of Glycerin.

One of the great advantages of glycerin in its chemical employment is the fact that it neither freezes nor evaporates ander any ordinary temperature. No perceptible loss by evaporation has been detected at a temperature less than 200 degrees F., but if heated intensely it decomposes with a smell that few persons find themselves able to endure. It burns with a pale flame, similar to that from alcohol, if heated to about 300 degrees and then ignited. Its nonevaporative qualities make the compound of much use as a vehicle for holding pigments and colors, as in stamping

Baking Powder proved by actual work. If the pure glycerine be exposed for a long time to a freezing temperature, it crystallizes with the appearance of sugar candy, but these crystals being once melted it is almost an impossibility to get them again into the congealed state. If a little water be added to the glycerin, no crystallization will take place, though under a sufficient degree of cold the water will separate and form crystals, amid which the glycerin will remain in its natural state of fluidity. If suddenly subjected to intense cold, pure glycerin will form a gummy mass which cannot be entirely hardened or crystallized. Altogether it is quite a peculiar substance.-Good Housekeeping.

> When Booth Saved Young Lincoln's Life. It was at Bowling Green, Ky., during the summer of 1877. Edwin Booth stood upon a platform waiting for a train; so, oo, did a man unknown to the actor. Buried in thought, this stranger left the platform to walk upon the track, not noticing an approaching engine. One moment more and there would have been an indistinguishable corpse. Silently, suddenly, Edwin Booth seized this stranger and lifted him almost bodily upon the platform. So close came the engine that it struck the stranger's heels as they left the track. "Do you know who that man is?" asked Mr. Ford, the well known manager of Baltimore, who witnessed the thrilling scene. "No," replied Booth.

"Robert Lincoln, President Lincoln's

This was the most satisfactory incident in Edwin Eooth's life. Sensitive as a woman, he suffered untold tortures for the mad deed of his brother. He had voted for Abraham Lincoln as president and never voted before or after.-Kate Field's Washington.

He Worked.

Housewife (to tramp)-You can't get any breakfast here. Why don't you go to work? Tramp-Madam, this is the tenth house I have called at today. Don't you call that work?-Yankee Blade.

A Reflection.

Rivers-That Miss Blenkins over there was born with a silver spoon in her meath. Banks (critically inspecting Miss Blen kins)-It must have been a mighty wide one. - Chicago Tribune.

Easy Enough.

Willis-Did Slanter have any trouble in finding his way around the streets when he was in Boston?

Wallace-Oh, no, he's cross eyed, you

know.-Truth. Off For the Shore. Daughter-Mamma, is my bathing suit

in the trunk? Mamma-I don't know. Take that mi croscope and see for yourself.-Detroit Free Press.

A Gift. Tom-When shall I pay this money back

to you? Jack-Oh, whenever it is convenient. Tom-Thanks for the gift, Jack .- Tit-

Oxford, England, which is by many regarded as the greatest university, has 21 Field's Washington. colleges and five halls.

Investigating the Brain.

When I was a student of medicine, 30 rearsage, the brain was regarded as a single organ, and its various functions were not thought to have especial localized centers of action. When the brain acted it was thought that the whole of it acted, just as the liver or the stomach acts as a whole. Now we know that instead of the brain being a unit, it is really a very complex organ. Be sides the portions concerned in sight, smell, thought, etc., we have four adjacent portions which are concerned in motion. One produces motion of the face; another, motion of the arm; a third, motion of the leg. and the fourth, motion of the trunk

How, it may be asked, have these facts been determined? Has it not been by observing the effects of injuries and diseases in man? To a small extent, yes. But very, very rarely does disease or injury involve only one of these very limited regions of the brain, and the moment two or more of them are involved our inferences become confused and misleading. As a matter of fact which cannot be gainsaid, nine-tenths of our knowledge has been derived from exact experiment upon animals, and in this sy: A monkey is etherized, a certain area of its brain is exposed, and an electrical current is applied. This stimulation of most portions of the brain is followed by no motion in any part of the body. These parts of the brain, therefore, have nothing o do with motion, but are the centers for general sensation (touch), or for certain pecial senses, as sight, hearing, etc., or for nental processes. But in one definite rezion of the brain called the "motor area" he moment the brain is stimulated by the electrical current motion is produced.-Harper's

Preserving a Living Body. J. T. Lacy of Lavaca, Ark., sends the fol

owing to the St. Louis Republic: About 70 years ago I was told that in olden times, and even in modern times, the cople had a way of preserving the dead. The idea struck me that, if the dead could e preserved by drugs, perfumes and chemicals, why not preserve the living? I told my friends and neighbors that I believed the living body could be preserved as well tested they were not prepared to give an

I concluded to try the experiment, but my neighbors said I would kill myself, and they advised me to let nature take its course, as I would die as soon as my time came. I began the experiment regardless of my friends' opinion and protest, and now I can look back and see that they are all

I preserved my body 70 years ago, when I was 34 years of age, which now makes me 104 years old. How much longer I can continue my experiment and preservation I do not know, I being the first who has ever indertaken the experiment. I guess that will be compelled to await the resut. Should my death be brought about by my experiment, I would have nothing to regret, because I am now 104 years old. It may be that I will be able to prolong my life indefinitely. Who knows and who can tell what the result will be? I am satisfied as far as I have gone.

Some of the best known citizens of the town vouch for the truth of Mr. Lacy's

Passover Ceremonies.

About 8 o'clock in the evening the family and their friends and Jewish servants, where such are employed, assemble around a table on which the various symbols of the original institution are arranged.

A shank bone of a shoulder of lamb represents the paschal lamb, and an egg roast od hard signifies that the lamb was to be roasted whole (Exodus xii, 9). A smail basin of salted water in which a sprig of parsley is dipped by the host and given to each celebrant is an emblem of the Red sea, while pieces of horseradish, covered with a certain confection of almonds and apples (Matthew xxvi, 23; John xiii, 26), are a reminder-the former of the bitterness of our lives while in Egypt (Exodus xiv), the latter of the bricks and mortar with which we wrought there.

The wine used is either homemade or a pure and absolutely unadulterated importation and supposed to be taken to the extent of four cups-nowadays sometimes minimized to four sips. These four drafts are intended to illustrate, however fancifully, the four different expressions, all used in Exodus vi, 6, 7: "I will bring you out." "I will rid you out of their bondage." "I will redeem you." "I will take you to me for a people."—Temple Bar.

A Remedy For Spider Bites.

Having read of the man in Jersey City bitten by a spider, I would suggest a remedy that has never failed in my treatment for that trouble. It is liquid ammonia and whisky. Rub a few drops of the liquid ammonia on the bitten part, and drop 8 to 12 drops in a good whisky dram, and repeat two or three times if necessary every 25 or 30 minutes. Repeat also, rubbing the part bitten several times if the pain lingers This is a very safe remedy for snake bite, the moccasin's especially, if the treatment is used in 10 or 15 minutes after the bite of usually prevents the swelling. Every family where there are children should keep the liquid ammonia, and the whisky, too, if the use of the latter be not abused. I am on the shady side of 70 years, have been in active practice of medicine, chiefly in Virginia, for over 50 years, and I can truly say the remedy above mentioned is safe and sure.-William T. Fleet, M. D., in New York Sun.

The Hawthorn.

Few hushes in England are more timid of flowering than the common hawthorn. have seen the hedges in bloom-here and there, at least-as early as the middle of April, and t have seen them as late as the middle of June. No doubt the buds wait patiently for such weather as will bring out in numbers the particular flies on which, as a rule, they depend for fertiliza-

On this year of which I write I noted the meat fly abroad on the 24th of April, while the May blossom broke into bloom on the 27th. For-must I tell the sad truth?painful as it is to relate, the hawthorn flowers are fertilized for the most part by carrion insects.-Longman's Magazine.

"Minding Baby" Is Good.

Minding baby is an expression that is peculiarly appropriate to itself, I'm thinking, for if that isn't just what baby's care taker is doing the whole blessed, livelong day, I'm very much mistaken. It's the caretaker who does the minding in nearly every instance, while baby revels in the freedom of his own sweet will.-Buffalo News.

The Old and the New. "I love you, but I don't know whether you love me," is the formula of the old fashioned romance. "You love me, but I don't know whether I love you," that of the new. One is a problem of fact, the other

FAR AND White

Not on this broad continent sione, but in ma-larial breeding tropical regions, in Guaternaia, Mexico, south america, the Isthmus of Panama and elsewhere. Hostetter's stomach litters af-toria to inhabitants and sojourners projection against majaria. The miner, the freshly arrived immigrant, the tiller of the virgin soil newly robbed of its forests by the axe of the ploneer, flud in the superb untifebrile specific a pre-server against the poisonous miasma which in yast districts rich in natural resources is yet fertile in disease. It aunthilates disorders of the atomach, liver and bowels, fortifies those who use it against theumatic allments bred and fostered by outdoor exposure; Infanes genial warmth hito a frame childed by a rigorous tem-perature, and robs of their power to harm morn-ing and evening mists and vajors laden with hurfulness: strengtheus the weak, and con-quers incipient kidney trouble. Not on this broad couringnt slone, but in tha quers incipient kidney trouble.

Columbus was considered a great Italian be-cause he made an egg stand on end, but nowa-days Italians think nothing of having a positit stand on the corner.

A LIFE INSURANCE POLICY.

Every man ought to have one, but a long step towards that is the possession of Attcock's Porous Plastens. It is certain that they prolong life by relieving the strain that comes from continued suffering.

Many a man can endure a sharp disease better than he can the wear and tear of pains, little in themselves, yet constant in their strain upon the system. A weak back, stiffness of the joints, sore-

ness of the muscles, seem to many unworthy of special notice. Yet they do not a little to exhaust the powers of physical endurance. Allooks's Porous Plasters relieve them at once, and no wise man will fail to use them on the first sign of pain It is a very small premium that he has to

BRANDRETH'S PILLS will cure indigestion. Nearly every boy determines to whip a certain school teacher when he grows up.

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Sworn to before me and subscribed in my presence this sin day of December, A. D. 1886, [SEAL]

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parily with great benefit. I had wide laint and tried many medicines in valu Hood's Sarsaparilla was recommended and it helped me. I have taken three bottles and am entirely cured and enjoy good health and a good appetite. I take pleasure in recommending flood's Saraparilla." Charles J. O'Buren, 306 Richmond Street, West, Toronto, Ont.

Hood's Pills are the best after-dinner Pills

# Flower"

"I am happy to state to you and to suffering humanity, that my wife has used your wonderful remedy, August Flower, for sick headache and palpitation of the heart, with satisfactory results. For several years she has been a great sufferer, has been under the treatment of eminent physicians in this city and Boston, and found little relief. She was in-duced to try August Flower, which the snake. It will relieve the pain, and gave immedaite relief. We cannot say to much for it." L. C. Frost, Springfield, Mass.

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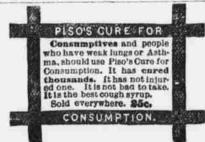
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scrofula) in its earlies stages, all are cured It purifies and enriches the blood, rouses DOCTOR every organ into healthful action, and re-stores strength and vigor. In building up-both flesh and strength of pale, puny, Scrot-ulous children, or to invigorate and brace-up the system after "Grippe," pneumonia.

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