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Laughter and Digestion.

That a normal mind is really a basis of good digestion is shown by the remarkable sensitiveness of the digestive processes to mental condition.

It has been shown that when the gastric follicles are disturbed and the gastric juices flowing freely from them when one is hungry and eating with great relish, and sudden receipt of bad news completely reverses the digestive processes.

The digestion seems to be dependent upon the condition of the mind. Often our passing moods hasten or retard digestion.

We often hear people, especially delicate women who have nervous dyspepsia, say that they do not understand how it is that they can go to late suppers or banquets and eat heartily all sorts of incongruous foods without feeling any inconvenience afterwards.

They do not realize that it is due to the change in the mental attitude. They have had a good time; they have enjoyed themselves. The lively conversation, the jokes which caused them to laugh heartily, the bright, cheerful environment completely changed the mental attitude, and, of course, these conditions were reflected in the digestion and every other part of the system.

Laughter and good cheer are enemies of dyspepsia. Anything which will divert the dyspeptic's mind from his ailment will improve his digestion. When they were at home worrying over their health, swallowing a little dyspepsia with every mouthful of food, of course these women could not assimilate their food. But when they were having a jolly good time, they forgot their ailments and were surprised afterwards to find that they had enjoyed their food. The whole process is mental.

People who go to health resorts attribute their improvement to change of air or to the waters they drink, when, as a matter of fact, it has probably been wrought by change of environment, change of mental suggestion, as much as by the change of air or water.

Spring waters, mountain or sea air, often get a great deal of credit which is due to recreation—good, wholesome fun. When people go away on vacation or little outings they go for the purpose of enjoying themselves, and, of course, they are benefited.—Success.

Americans in Rome have been watching a new excavation under the arch of Titus in the Forum. Early in July an event will occur at Denver that will interest political archaeologists.

In his recent speech at Springfield, Ill., Mr. Bryan said: "I do not want delegates who will spread the time at the National Convention complaining because they are instructed for me, or explaining that it is hopeless to try to elect me, and not behind my back. I don't want any more fights with bushwhackers."

Even St. Pierre, Martinique, the city whose population was almost entirely destroyed by the sudden eruption of a volcano, is rising again on its old site below the crater.

It is hinted that the German ambassador to the United States who is visiting Cuba will protest against the withdrawal of this government from the island on the ground that German interests will be imperiled under a second native administration.

AN INGLORIOUS WOUND.

The Hard Luck That Was Handed Out to the Old Veteran.

On one of the volunteer ranges in the north of England is a well known old Irish sergeant, who has charge. It may be mentioned that he went through three wars—the Crimean, the Indian mutiny and the Chinese—and during the whole of that time never received a single wound.

Old W., as he is called, occasionally acts as a marker at the targets, and his utter recklessness has become a proverb.

He has been known to walk forth from behind the mantelet without the slightest warning and touch up a bullet eye which did not quite satisfy him or to note the exact position of a shot.

At all remonstrances he would sniff contemptuously. "Me be shot? Me?" he would ask. "Why, I've bin through three wars and was never shot yet. Pah! Phwat's a bit o' lead flying through the air?" And he would assume an air of disgust.

It actually occurred, however, at last, and he was shot through the shoulder.

For a moment, as frequently happens with rifle shots, such is their terrible force, he did not know he was struck; then when he observed the blood streaming down his sleeve he commenced to walk down the range, right in the line of fire.

It was seen that something was wrong, and they hurried to meet him. As he did so he tottered and had to be carried.

"Shot!" he groaned, with a look of shame. "Shot and by a Saturday afternoon soldier!"—London Tit-Bits.

QUEER TEACHING.

A Glimpse of the One Time Methods in Scotch Schools.

To the work of supervisor of schools in Scotland Mr. John Kerr devoted a number of years. In his book, "Other Memories, Old and New," he has set down some amusing illustrations of the unintelligent way in which the school work was sometimes conducted.

The revised code of education which was introduced in 1862 made provision for nothing but reading, writing and arithmetic in their barest forms. There was no suggestion about grammar, geography, history or intelligence in any study. Explanation of the reading lesson was not demanded, and therefore it was neglected in some of the schools. The following is an example:

The lesson was one giving an account of a clever dog which had rescued a child from drowning. It was said that the dog was caressed by the parents of the child. I asked what was the meaning of the word "caressed," and the answer came at once, "Made of fond led."

On referring to the list of words at the top of the page I found the explanation given was, "made of, fondled."

Wishing to find out if any child in the class had got a glimmering of the meaning, I went from top to bottom and got from every child nothing but "made of fond led," pronounced as four words, to which they attached no meaning whatever.

The teacher was surprised that I was not satisfied with the intelligence of the teaching.

A Tenor's Rebuke.

Roger, the great French tenor, a sensitive soul, was prone to take offense at any slight, whether intentional or not. On one occasion he was engaged for 1,200 francs to sing at the house of a wealthy financier.

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An Unsecured Loan.

Though pawnbrokers are not supposed to have any friends, only customers, there is a story that is told in New York that shows that they sometimes stretch their rules—if the right man comes along. A certain racing man had been having a very hard streak of luck. If there were twenty-one horses in the race, his choice would never be better than No. 20. Finally his money was all gone; also all of his negotiable property. When he had spent his last dollar for breakfast, he turned into the pawnshop where all his valuables were being cared for, and they amounted to considerable.

"I'd like to have \$500 on this," he said to the proprietor, laying down an ordinary lead pencil on the counter. Without a change of countenance, the pawnbroker made out a ticket and passed the money over the counter.

Right there the racing man's fortunes seemed to change. Every winner of his selections proved an easy winner, and, as he pushed his luck, he was able at the end of the week to redeem his pencil and all his other valuables.—New York Globe.

A Doubtful Guarantee.

The Arabs and, indeed, all Moslems have the practice of re-enforcing promises by adding to their word of honor the Arabic phrase Inshallah ("Please God"). How much meaning it conveys in some lands of the east is told in the pages of "In Moorish Captivity."

The pious proviso is a very useful formula to the Moors and is frequently used in making promises that they have no intention whatever of keeping as they can then take refuge behind the Almighty when they are taxed with their breach of faith.

There is a story told of a man who kept a shop in Gibraltar and who knew the ways of the Moor. To him one day came one of the faithful, who was desirous of buying some cloth. On being informed that the price was \$2 a yard, payment in sixty days, he replied:

"All right. I will take so much and will pay you in sixty days, Inshallah." "No," said the vendor, "the price is \$2, payment in sixty days. For sixty days, Inshallah, the price is \$2.50."

Her Hidden Ambition.

There is an instance, rare in the profession, of a musician who had little enthusiasm for her calling, just as Fanny Keuble, the actress, was by no means enamored of the stage and would have quit it had not circumstances bound her there. A brilliant young violinist, a native of Holland, played one day for Edward VII, when he was the Prince of Wales.

"Is there anything you care more for than your Stradivarius?" asked the prince, expecting, of course, a negative reply.

"The young Netherlander colored a little. 'The violin is not an absorbing passion with me, your highness,' she replied.

"Ah! Perhaps you have a leaning to another branch of art?" suggested the prince.

"Indeed, I have not," the violinist said in a burst of confidence. "But, your highness, I just love to cook! I really believe I should make an excellent chef if I had the opportunity to practice."—New York Tribune.

A "Fine Old Woman."

During the evening a gentleman came to Mrs. Siddons and said, "Madam, I beg your pardon for asking so rude a question, but in consequence of a wager allow me to ask your age."

"Seventy-eight years old," she replied.

"Hang it," said he, "I have lost!" And he abruptly went away.

Mrs. Siddons immediately said, "Puppy!"

"Very true," I observed, "but why did you tell him you were so old?"

"She replied, 'Whenever a lady of an uncertain age, as it is termed, is asked how old she is she had better add ten or more years to her age, for then the inquirer goes away saying, 'What a fine old woman!'"—Journals of Sir George Smart.

Foreight and Delicateness.

In Chicago is a woman who combines the functions of caterer and trance medium, serving her customers with refreshment psychical or physical, according to their wishes.

Either she or the sign painter whom she employed must be a humorist, for her sign reads thus:

"Madame Blank, caterer and trance medium. Groceries and Provisions."

Guaranteed Ghosts.

"No intelligent person pays any attention to ghosts," said the dogmatic person.

"Perhaps not," answered Miss Cayenne, "unless the ghost has been able to secure an introduction from some psychic research society."—Washington Star.

The Bohemian.

"Ah, once a bohemian always a bohemian!" exclaimed the unscissored poet. "A bohemian never changes."

"No, not even his collar," replied the practical man, who had met a few bohemians.—Chicago News.

Wayside Commings.

Wareham Loug—Wot started the hard times anyway?

Tuffold Knutt—We did, ye ole fool! We was sufferin' with 'em long 'fore anybody else caught 'em.—Chicago Tribune.

Locating the Blame.

Father—Why, when I was your age I didn't have as much money in a month as you spend in a day. Son—Well, pa, don't scold me about it. Why don't you go for grandfather?

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