Black I - With Frost Wh oh Lade Awfu Work.

alus and Vehicles That Could

Trains to Vehicles that could Not do Thear work—Streets With no Lights—men. London has reason long to remember her receive that ion by the fog. It began to be serone on a Monday, and continued with little interruption for five days. Papers now to hand contain long accounts of the inconvenience and danger to preperty and lite by which this peculiar fea.are of English life was attested. Very cold weather for England preceded and accompanied it. For two or three nights a sharp frost had held the southern and midland districts in an icy grp.—In Leicestershire the thermometer showed 23°, while at York and in Londan it was 26.17°; indeed, on the grass at Brixton the screened thermometer marked 21°. These figures indicate very severe weather for England. It is added that thick hoar frost lay on the ground and roofs.

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On Tuesday, the frost was accompanied by a thick fog, which threw rb. metropolis into dense gloom, delayed traffic in various directions, and stopped it altogether on the river. On the railways fog signalers were stationed at short intervals, and the reports of the detonaters were lou! and frequent. On the Thames navigation was

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the bar. It has been become mensioned real and severth infirmary, where he was attended to make the company of the severe the company of the severe

was visible in all the rest of that busy thoroughfare. In St. George's Bloomsburg the streets were illuminated; in the part of Bloomsbury which is in St. Paneras they grow old without making any conquests."

were left dark. In some parts the lamps were used in the main thoroughfares, but all the other streets were neglected, while there are several hundred crossings at which some special illumination needed to be pro-vided.

record. The temperatures in the morning were exceptionally low in and around London. At Wallington, atomit wo miles from Croydon, the shade thermometer registered if 13° or 19° of frost; at Norwood, 15°; at Croydon, 16°, and at Brixton, 18°. In the southern suburbs of the metropolis the thermometer did not exceed 22°, and in the evening, in spite of the fog still continuing very dense, the temperature was again falling, and there seemed every prospect of a very cold night. Every square inch of the Serpentine was covered with ice 1½ inch in thickness, and it was rapidly increasing in solidity. The Long Water had upon it capital ice. On the waters there were numerous sliders and skaters in spite of the prohibition, but it was impossible to keep them off. An average of about 14° of frost prevailed in suburban London. There was the greatest risk of accident in passing through the parks. Some omnibus routes were without vehicles owing to the fog, and in the suburban roads the palrols.

Exceptional delays were caused in the Channel passenger traffic. owing to the

THE SLEEP WE NEED.

That the amount of sleep required by different individuals is decidedly different has almost passed into an axiom. Persons will are very energetic naturally require a gredeal of sleep and children and young people who are growing require at least nine or ten hours of sleep. Invalids or people advanced it life should sleep as long as they can, as there is no restorer of tired nature like sleep. To get a refreshing sleep. The brain must cease to act. Sleepers who dream incessantly do not receive their requisite amount of rest. It would be curious to trace how many cases of irritability, or of or of functional diseases of the nerves, are due to lack of proper sleep in childhood. Little children should literally go to bed with the chickens. They should have an early supper, at half-part 5, and should be put to bed directly after. Such a regime as this should be kept up till the child is seven or eight years old, when the bedtime hour may be changed from 5 o'clock till 7. A growing girl should certainly go to bed as early as 8 o'clock, and should continue this bedtime hour until she arrives at an age when she judges for herself. The old Norman law which commanded that all fires should be covered and lights put out at the ringing of the curfew bell, though looked upon as a tyrannical measure, was, from a hygienic point of view, one of the most goodly rules that could have been ordained. Considerable harm has been done by arbitrary rules in the matter of sleep. The fact that Napoleon was able to exist with six hours' sleep, if it were true, proves nothing but his exceptional endurance. It is said that General Grant once said that he could do nothing without nine hours' sleep. There are very few people of great nervous energy and force, who do not require a great deal more sleep. A person who does very little work, and whose brain is not very actively engaged in any way, can afford to take eight hours sleep.

There has been considerable discussion as to what is the best po ition to lie in, in sleep. A Few Words as to How it Can Best be

WITH GOD FOR WITNESS.

Frick Dent lay on his bunk and listened to the howling of the wolves in the timber and the more oppressive breathing of his partner. He had been awake for hours, ad not being a thinking man, he had absorutely nothing to do. The fir-tree over the shack dripped slow moisture on the roof, and through the warped glass of the window one star blurred and half smeared out. The heavy cotton comfortable lay unyielding, like a mattress, upon him, and he grew cold. He got up, crept across the gritty floor, slid on his boots, and went to the door. Outside, the dripping forest of gigantic evergreens pressed against the one-roomed shack; two freshly felled trees supp-rted themselves half up, like a man on his elbow; a faint trail from the door lost itself in the darkness of the undergrowth. Frick picked up the double-bitted axe by the door, and went out for firewood. As he moved in the underbrush he heard a slight sound behind him, and stopped to listen. There was a blaze, a zip, and he fell forward. He felt himself being dragged over uneven ground. He opened his eyes when he heard a snapping an I crackling near him; he was lying on a comfortable beside the stove, which burned freshly. Tom was pulling off his boots, and sobbing and moaning over him, like a man in a nightmare. He got breath to say; "Tom." Frick Dent lay on his bunk and listened to the howling of the wolves in the other to the howling of the wolves in the other to the howling of the wolves in the other and the more oppressive breathing of his partner. He had been awake for hours, and not being a thinking man, he had abectately nothing to do. The fir-tree over the shack dripped slow moisture on the roof, and through the warped glass of the window and the jet of the heavy cotton comfortable lay unyielding the darkness of the undergrowth. Frick picks, the dripping forest of gignatic evergreens pressed against the one-roomed shack; two freshly felled trees supprived the sake it was for the sake the sake of the undergrowth. Frick picks, and went out for firewood. As he moved in the the darkness of the undergrowth. Frick picks and all the jet of the sake of the list of the sake of the undergrowth. Thrick picks are the sake of the undergrowth in the sake of the list of the sake of the undergrowth. Thrick picks are the sake of the list of the sake of the undergrowth. Thrick picks are the sake of the undergrowth in the sake of the undergrowth. Thrick picks are the sake of the undergrowth in the sake of the undergrowth. Thrick picks are the sake of the undergrowth in the sake of the undergrowth. Thrick picks are the sake of the undergrowth in the sake of the undergr

the interests of the empire, a task which precludes any idea of an adventurous foreign policy. In Vienna it is believed that the famine may hurry Russia into a war. This is nonsense. Russia at this moment, possesses neither money, credit nor the necessary self-confidence for war. If foreign countries were responsible for the present famine, then, perhaps, there might be some sonse and reason in going to war, but the one and only origin of the situation is to be found in Russia, and people should therefore, once and for all, cease to stir up national and religious strife. Russia has at present no need for any foreign polyic; she has too much to put in order at home."

In the Same Eox.

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"Because we both know what it is to grow old without making any conquests."

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"In the latter the cliest daughter of the eldest daughter of the storms and the cold wather that are prevailing in western the continuation on the storms and the cold wather that are prevailing in western the sale was not exhance on believe that the cledest daughter of changes generally are due to be married, and it is probable that the marriage would be not such case to stir up national and religious strife. Russia sha has to much to put in order that one of a self-wall be done in extended the three that are prevailing in western than the cold was a disturbly the one and went to the gate to look at the continu

POTENT MOONBEAMS.

DISEASE-RIDDEN SANTOS

Ravages of Yellow Fever and Small-nox in a Brazilian Port.

Eighteen Captains of Merchant Vessels
Among the Victims Within the Last
Two Months—Only One-third of Those
Who Are Stricken Recover—The Rafiway and Wharves (logged, and 200
Vessels Waiting to Unload Their Cargoes,
Reports from Brazil say that yellow fever
and small now are new results.

Reports from Brazil say that yellow fever and small-pox are now raging at Santos with almost unprecedented fury, and the summer season has only just begun. As an indication of the fearful prevalence of the diseases it is said that eighteen Captains of merchant vessels have been stricken down and have died within the past two months. They constitute but a small fraction of the many victims. On some vessels the entire ship's company, officers and men, have been swept away by the combined force of the diseases. Of all the persons attacked it is estimated that only about one-third have left their beds alive.

At the offices of the different companies in this city engaged in the Brazilian trade it was said yesterday that nearly every mail brings the announcement of one or more deaths from the ships in port at Santos. On board the ships which have lately returned from Brazil the situation at Santos was described as pitiable indeed. The Captains of the different vessels all give much the same account. Yellow fever and small-pox, they say, have also broken out at Rio Janeiro, but to nothing like the same extent as at Santos. At Rio Janeiro a European company has recently reconstructed the drainage system is in a more frightful condition t an ever.

To make matters worse at Santos, the means of transportation have become clogged and vessels arriving in the ports are obliged to wait weeks and months for warfage and dock room. The whole harbor is crowded with such vessels, lying idle in the pestilent waters.

Santos is about 120 miles south of Rio Lancing, It lies on the inner side of the

and the street of the control of the

A bazaar in Moscew, presided ever by Grand Duchess Elizabeth, wife of the Gov-ernor of Moscow, realized £10,000 fer the famine fund.

A smokeless fuel called "Massute" is reing used on steam rollers in Venns. The fuel is composed of the liquid residence perceles refinestes.