

IMPORTANCE OF HEALTH TO A YOUNG MAN.

When Schopenhauer—whom the irreverent newspaper man would call "the boss pessimist"—condescended to write some essays collectively, entitled *The Wisdom of Life*, he placed vital energy, of food, drink, digestion and rest and sleep—in other words, health—as the first of all qualities to be desired in the effort to attain the greatest amount of pleasure and success.

It is curious to note that this famous authority on the philosophy of disenchantment felt it necessary to apologize for his attempt to instruct poor, miserable mortals how they could be happy, admitting that he had to make a complete surrender of the higher metaphysical and ethical standpoint to which his philosophical theories led, and confessing that he wrote from the point of view of every day life.

He says that we should try, as much as possible, to maintain a high degree of health, avoiding every kind of excess of violent and unpleasant exertion, of mental overstrain, taking daily exercise in the open air, and generally adopting proper hygienic measures.

The conditions of industrial existence are very different to-day from what they were even a quarter of a century ago, and these conditions have an important bearing on the subject under consideration. The competition of business life is now not only keen, but, it is not too much to say, fierce.

For this reason the age demands the best physical and mental qualities from those who render any kind of service. In other words, the worker must always be at his best. In former times, when the number of competent workers was not so large as at present, the discipline was not so strict.

This condition is illustrated for instance, in the case of the dramatic profession. How many times in the "palmy days of the drama" has the manager appeared before the curtain to apologize for the non-appearance of a favorite performer of the evening who has been seized with "a sudden indisposition," caused, as we all knew, by his imprudent social habits. At the present time such an occurrence is scarcely ever noted. The actor, possibly more liable to such temptations than any other class of workers, must be not only clear-headed, but, as the English say, "fit," at the appointed hour, to interpret intelligently the part assigned to him. The public will no longer good-naturedly tolerate lack of prudence and attention to business on the part of the Thespian.

And it is the same in all vocations. Most of the large corporations insist that their employees shall be total abstainers from intoxicating drink, or at all events very temperate, and then always outside the hours of work. A man who has wasted his youth in dissipation, and has thus weakened his physical system, has little or no chance in the industrial race of life at the present time.

Young men, generally speaking, may be divided into three classes. First, there is the collegian, the son of wealthy and indulgent parents, who have always allowed him plenty of spending money. He is usually a

free-hearted, genial, well-meaning, but weak-minded young fellow.

This class of young men get together in clubs and social gatherings of their own, where wine forms an important factor of the entertainment. The habit of convivial drinking is formed, and before he is aware of it, the young student has undermined his constitution by dissipation, which need not necessarily be disgusting in its character in order to be seriously injurious to health.

A second class of young men, residents of large towns or cities, attend the high-school or private academy. Their temptations generally grow out of the excitement of city life, especially the cheap and vulgar entertainments which abound to such a large extent, and which seem to have a peculiar fascination for many young men whose education, one would suppose, would lead them to have better taste.

A third class of young men who are also exposed to these temptations are the youth of cities who belong to the humbler walks of life—who go to school as long as their parents can afford to send them, and then engage in some occupation. These two last named classes of young men are particularly attracted by the excitement and glamour of metropolitan existence, and are easily led to form habits of idleness and dissipation which are sure to undermine the health.

With such young men it is the belief that there can be no sociability without an intoxicant. They may indulge only in the use of mild liquors, which they foolishly consider a safe kind of beverage because they are not so fiery as the alcoholic variety. Nevertheless, the man who drinks continually may be said to crave the intoxicating effect of the potion of which he partakes. If the drink happens to be of the milder sort he is liable to form the habit of taking a considerable quantity in order to produce the desired effect of stimulation. In this way his health is soon undermined, even though he may not indulge to the point of intoxication; his digestion is impaired, his liver gets out of order, or he contracts some serious kidney trouble as a result of his bad habits. His health being undermined, his value commercially speaking is just so much less.

These and other evil habits in young men are nearly always formed through the influence of bad company. Falstaff, who was certainly well acquainted with this sort of life, truthfully said: "Company, villainous company, hath been the spoil of me."

Obviously, then, the young man should maintain his health as a matter of business. Commercial reasons aside from higher motives should be sufficient to induce him to do so. He should avoid the companions who have nothing but their convivial character to recommend them. Although such society may be congenial for a time, it will most certainly result in physical and pecuniary loss to him in the end. A young man cannot be too careful in the choice of his associates. Some will assist in uplifting him on the plane of industrial or social life, while others will be sure to prevent his progress.—Philadelphia "Evening Post."

legally issued and mailed as required by the constitution, and also showed that under the laws of the Association beneficiary assessments must be paid to the financial secretary of the branch, and that he was the only officer authorized to receive said moneys, and that Ryan, assuming that he paid the recording secretary, by this act made such secretary his agent and therefore was not the agent of the Association for that purpose, unless it could be proven that the money had been turned over to the financial secretary. This proof was not made, so Attorney Hynes moved, when the evidence was all in, for direction of a verdict in favor of defendant on the ground that under and by virtue of the constitution and by-laws of the Association, James Ryan at the time of his death was under suspension for non-payment of assessments 15 and 16, and consequently could not participate in the benefit fund; that a subordinate branch is bound to follow and obey the constitution and by-laws of its corporation, and not to bind the corporation

by any act outside of the powers conferred; that no matter what the custom of the branch had been in regard to paying assessments for members or in receiving such assessments through some other officer, as long as such custom was a violation of its constitution and by-laws such custom could not be considered a waiver or estoppel in the absence of proof that defendant had knowledge of such such and practice.

The court, after deliberating for some time, denied the motion for direction of a verdict on the ground that there was a question of fact in the case, and therefore he would let it go to the jury. The respective counsel on both sides, for over an hour and a half, summed up the case and evidence for the jury, and after the charge of the court, the jury retired about noon, Saturday. At 3.30 in the afternoon of the same day, the jury came back into the court and announced that it had found a verdict in favor of the defendant, the Supreme Council, of "no cause of action," with costs in its favor.

PEEPS INTO MILLIONAIRES' MAIL BAGS.

Some weeks ago was printed a list of five hundred names and addresses of unknown millionaires who make their homes in this city. Had these millionaires been consulted about the matter they would have emphatically expressed themselves as being in favor of remaining unknown. However, pleasing publicity may be to some people, rich men, with few exceptions, prefer to remain in the background. Perhaps one of their strongest reasons for keeping out of sight and mind of the general public is to avoid the large number of letters asking all sorts of favors that would be sent to them were their names and the fact that they possessed millions known.

Among the large number of millionaires residing in New York there are a dozen or more whose names are as familiar the world over as the name of the town itself. These men, as a result of their fame and wealth, are subjected to a good many annoyances that the average mortal knows little about. Chief among these is the never ending stream of letters from utter strangers. The personal and business correspondence of any of these millionaires is large enough to keep one man quite busy, and twenty-five to fifty begging letters, and in some cases many more are added, it can be readily seen that millionaires' secretaries are not to be envied.

In order to ascertain to what extent this letter writing habit is carried I called upon several of New York's best known millionaires. When I asked Roswell P. Flower if he ever received begging letters, he threw up his hands despairingly and then pointed to a pile of open mail lying on his desk.

"Do I ever receive begging letters?" he asked. "That pile on my desk came in this morning. I get on an average nearly fifty a day. Whenever there is a boom in stocks and the news of the colossal fortunes we are making down here on Wall street spreads over the country my begging letters almost double in number. I get 'em from all over the world."

"See that picture," said Mr. Flower, pointing to a small dauby oil painting on his desk. "Well, some budding genius over in Germany went to the trouble and expense of sending that over here to me. I sent with it a long letter relating his struggles in trying to master his chosen art. He didn't ask me for cash in so many words, although he intimated a handsome check would be appreciated providing his picture appealed to my higher artistic nature. What he wanted more than anything was my criticism on his effort and encouragement to go on in his chosen career."

Mr. Flower said his secretary opened every begging letter, and the occasional ones here and there that seemed worthy cases were investigated. If a really worthy man is in hard luck Mr. Flower is the last man in the world to turn him down. The shams and those who want to live without work had better save their 2-cent stamps however, as this hard-headed man of finance can see through their games before he reads two lines of their "touching" appeals.

"Here's a good sample of what I get every day," he said, fishing a communication out of the wastebasket. The following is a portion of an eight page appeal:—

"You will pardon a stranger for writing you and hoping to create sufficient interest in my proposition to grant me a favorable reply. I am not a financier, and know absolutely nothing about speculating in stocks. My request is that you take charge of a small amount for me and, with your knowledge and proverbial ability, turn account into gold. Oh, please say yes. It would mean so much to

me. I have had an accumulation of hard luck, and have some unpaid bills standing out in bold relief. Probably you do not know how they can worry one, particularly a woman. I long for a clean page and a rest, with possibly a servant. I have no money, but could no doubt borrow enough to start. Mr. Flower, won't you please help me? You are the leader in Wall Street, the man behind its guns. Will you help a stranger, a sister trying hard to rise in the world? Mr. Flower, will you help me to a change, to a little rest and a little bank account? Your answer will be awaited with the keenest hope."

The majority of the writers are weak, sickly women, with large and growing families, according to their own statements. They do not as a rule ask for any stated sum, but offer some worthless article for sale, trusting in the "kind heart and noble nature" of the person to whom they write to do the same thing. Most of the letters show on the surface the writer is of that large class of humanity possessed of a burning desire to live without work. Before I left Mr. Flower found in his pile of begging letters a lengthy epistle from an old man who desired to open a discussion on the civil service question. Mr. Flower said he would answer that letter, as it struck a responsive chord in his heart. While the majority of writers try to elicit as much pathos and moisture as possible in their appeals, some, unintentionally perhaps, are quite humorous.

Russell Sage has had as exciting an experience with mendicants as one could desire. For this reason he is not as cordial in his treatment of begging letter writers as he might be. Nevertheless, his mail contains each day from ten to twenty requests for various favors. Not long ago a woman from up the State wrote Mr. Sage a glowing letter telling him of an addition of a bouncing boy to an already large family. She said she had long admired his many sterling virtues, and in consequence had decided to name her boy after him. As a result there is a small boy struggling his way to manhood. This fond mother had the foresight to enclose in her letter a list of presents suitable for a small boy. Mr. Sage is non-committal as to whether he relaxed in his fixed rule in the face of this unequalled compliment.

Mr. Sage's fame as a successful and prudent financier reached the ears of a woman in Vienna. She immediately mailed the sum of \$1 to him with instructions to invest it in some good stock, offering him for his trouble one-half of all the increase. Mr. Sage was obliged to decline her munificent offer.

Mr. Andrew Carnegie said: "A millionaire's mailbag is one of the most interesting things one could imagine. I receive a great many begging letters and curious communications, and some of them are very amusing indeed. The subject is a long one, however, and as I am about to sail for Europe I am sorry I cannot discuss it further."

Of the thousands of begging letters sent to millionaires in New York every week there is undoubtedly no one who receives anywhere near the number mailed to Miss Helen Gould. Since the war, when her many acts of charity received such wide publicity, her letters asking favors have increased enormously. Beggars not only flood her mail with appeals, but they call at her home in Fifth Avenue and present letters at the door, all

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ways asking for immediate answers. When I called at her home a shabbily dressed woman was standing at the entrance with a letter for Miss Gould. She was very much disappointed when she learned she could not get an immediate reply.

I was informed that Miss Gould receives sometimes as many as three hundred letters of a begging nature in a single day. Those that seem genuine cases of distress are investigated but many of them turn out to be shams.—New York "Herald."

MURDER IS ON THE INCREASE.

Judge George Hillyer, of Atlanta, addressing the Georgia State Baptist Convention in Savannah, recently, said:—

"In 1894 there were 5,000 homicides in the United States and in 1896, 10,000. In the last year more men were murdered in the United States than were killed in Cuba, or fell at Gettysburg or in the Philippines. People are losing confidence in the law. The ease with which verdicts are set aside in the court rooms and the facility with which notorious criminals escape punishment brought much of this about. The amount of crime is increasing, and it seems that the criminal is the only one that has any rights. People have lost confidence in the effectiveness of the law to punish criminals, hence the increase in lynchings." Judge Hillyer appealed to the Church to aid in correcting this great evil. The convention passed resolutions calling the attention of the Legislature to the matter.

This state of affairs is precisely what we have previously stated. Resolutions to legislatures will do little; the natures of men forming present legislatures cannot be changed. The remedy is in future generations; our country is soon to be in the hands of our children, and will be a grand country or a ruined country according to the training of our youths.—The Humane Alliance.

Do not put off the duty that ought to be done to-day. If your blood is out of order take Hood's Sarsaparilla at once.

WORRY A NATIONAL DISEASE.

(From the Memphis Commercial Appeal.)

The breakdown in American life comes from worry, and worry has almost come to be a national disease. If an American has no money he worries himself into a state of mind, and when he gets any money he worries himself to death for fear he will lose it. He worries at his work because he is afraid he will not accomplish what he is given to do. He worries about his meals; they are not on time, or they may disagree with him, or they may be costing him too much. If he pays for anything in advance he is afraid it will not come up to the specifications, and if he gets it on credit he is afraid that he will not be able to pay for it when the bill comes in.

He is afraid to leave his money in the house lest it be stolen. He is afraid to carry it with him lest somebody should borrow it from him. He is afraid to put it in the bank lest the bank should fail. And so he worries about it. He worries about his business, whether it is going smoothly or not. He worries about his family, about the education of his children, and the progress they are making. He worries about the nation, about Congress, about the two great political parties, about the national conventions, about the gubernatorial

elections, about the tariff and financial questions, about the initiative and referendum, about the abstract right of secession, about the resolutions of '98, about the decadence of politics, about civil reform, about the future of democracy, about sanitation the water, and gas questions, the paving of streets, the street car system, the class of plays at the theatres, the nomination for Mayor and the election of school visitor in the 'Steenth Civil District.

He either sleeps too much or he sleeps too little. He has an idea that life is a conspiracy, and that he must preserve eternal vigilance or the conspirators will get him. He lives so much on his nerves that he gets angry on slight provocation, and thus wastes more tissue.

The true secret of health and life and success is cheerfulness. The man who does his appointed task without being fussy will live a good deal longer. "Don't worry" and "don't be afraid" are two very good rules to observe. The American people must learn these rules by heart and put them into practice if they wish to live long and prosper.

He Published A Newspaper.

A story was recently told how a minister tested the effect of the hard times upon his congregation. At the conclusion of one of his sermons he said: "Let all in the house who pay their debts stand up." Instantly every man woman and child, with one exception, arose to their feet. He seated the crowd and said: "Let every man who is not paying his debts stand up." The exception noted, a care-worn, hungry individual, clothed in his last summer suit, slowly assumed a perpendicular position and leaned upon the back of the seat in front of him. "How is it, my friend," inquired the minister, "that you are the only man in this large congregation who is unable to meet his obligations?" "I publish a newspaper," he meekly replied, "and my brethren here, who have just stood up, are my subscribers, and—" "Let us pray," exclaimed the minister.

A foul breath is one of the greatest afflictions that a man or woman can have. An affliction not only to themselves, but to those with whom they come in contact. A foul breath is a great discourager of affection. It would probably be more so if people only realized just what bad breath means. Bad breath is one of the symptoms of constipation. Some of the other symptoms are sour stomach, loss of appetite, sick and bilious headache, dizziness, heartburn and distress after eating. These things mean indigestion. They lead to dyspepsia and worse things. They all start with constipation, and constipation is inexcusable because it can be cured—cured easily, quickly and permanently, by the use of Dr. Pierce's Pleasant Pellets. They give to nature just the little help that she needs. There is no case of biliousness, constipation, "heartburn," or any of the rest of the night-mare breeding brood, that these little "Pellets" will not cure.

Send 31 cents in one-cent stamps to World's Dispensary Medical Association, Buffalo, N. Y., and receive Dr. Pierce's 1008 page "Common Sense Medical Adviser," profusely illustrated.

Dr. Adams' Toothache Cure is sold by all druggists; 10 cts. a bottle.

PROVINCE OF QUEBEC,
DISTRICT OF MONTREAL,
No. 333.

IN THE SUPERIOR COURT.

Dame Rose Delima, Joly, of the City and District of Montreal, wife of Jean Baptiste Darnau, Jeweller, of the same place, duly authorized by a Judge of the Superior Court, has, this day, taken an action in separation as to bed and board from her husband.

Montreal, 28th April, 1899.

**BEAUDIN, CARDINAL,
LORANGER & ST. GERMAIN,
Attorneys for Plaintiff.**

C. M. B. A. WINS AT LAW.

The "Canadian Freeman" gives a report of a case that is of great interest to the members of the C. M. B. A. in Canada as well as in the United States. We reproduce the report in full for the benefit of all those who are interested in that wide-spread organization, and who may not have had an opportunity of reading it.

The case is that of Michael Ryan vs. the Supreme Council of the C. M. B. A., came to trial before Judge Wright and a jury in the Supreme Court of Syracuse last Friday and Saturday, and resulted in a verdict in favor of the Supreme Council. The plaintiff, Ryan, was represented by Rubins & Tierney, attorneys of Syracuse, and F. A. Lyman, Esq., of Syracuse, and F. A. Lyman, Esq., of the same city, as counsel, while the Supreme Council of the C. M. B. A. was defended by John J. Hynes of Buffalo.

This action attracted more attention than the ordinary lawsuit, for it involved questions concerning custom and practices followed by some branches and officers in receiving beneficiary assessments from members. The action was brought to recover the sum of \$2,000 on account of the death of James Ryan, a former member of the C.M.B.A., Br. 97, at Marcellus, Onondaga County, N. Y., who died Nov. 11, 1896. The defense was

that at the time of his death James Ryan was under suspension, not having paid assessments 15 and 16, levied in October, 1896, which became due on or before the 1st of the month immediately following, to wit Nov. 1st. The plaintiff claimed and so testified himself, on the stand, as did another witness, that the said assessments were paid to the recording secretary of the branch, three weeks prior to the said 1st November, and that it had been the custom for years for members to pay assessments to the recording-secretary, as well as to the financial secretary; that sometimes the branch advanced the assessments due out of its general fund to pay for members, and that, on this occasion, in October, 1896, said Ryan had paid \$5.00 on his account, including the present assessments 15 and 16, and some back assessments that the branch had paid for him. This the recording secretary, when called to the stand denied, and the financial secretary when sworn as a witness produced his records, which showed that the said assessments had not been paid, and that he had not received the money for such assessments from anybody on behalf of Ryan.

The defense also showed by testimony of the Grand Secretary and the two secretaries of the branch that the notices of assessments had been