Shakespeare understood the delep, and has nobly sung its. The worst punishment he deer a criminal was that he should

no more."

e years ago there was a discussion

English papers as to the right
on whilst sleeping. A German docad died at the age of 109, which
age he ascribed to constantly
ng with his head to the north. In
scussion it was stated that any
on of the bed except north to
was to many reade disagreeable. nat from east to west almost in-ole, and that the cause of this was rial magnetism. A writer in The r stated: "I know that my sleep ays more sound and refreshing my head is placed to the north. tho, in order to wake early, will their usual position in the bed, ithout knowing the reason why, I that they could always wake, the sleep being more broken, ity has been attained by this but it must be combined with all living propagates. ful living, proper rest and exercise h mind and body."

THE SECRET OF LONG LIFE. y grand old man has a secret own. Mr. Gladstone's is a daily in all weathers and to his giving to every morsel of food. Oliver Holmes pinned his faith on equaof temperature. Some aged per-give the credit of their long lives stinence from tobacco and alcohol; s to their indulgence therein. Car-and Ferdinand de Lesseps were riders almost to the end of their lives. Most doctors conclude that, we whole, the secret of longevity is ad constitution prudently husbandconstitution prudently husband-ic only general rules that can be own, says The British Medical l, are those set forth by Adam

n my youth I never did apply

efore my age is as a lusty winter, ty, but kindly. DOCTORS' STRANGE STORIES.

story in Pickwick of the boy who e story in Pickwick of the boy who clowed a bead necklace and rattled by even when wrapped in a watch's coat, is fairly equalled by an act of another boy who clowed a halfpenny eighteen months. In spite of diligent search no trace the coin could be found, and the himself gave no indication of havwithdrawm a coin of the realm from ulation. He remained in good health, are told until a few days ago, when had an attack of pneumonia, and dura fit of vomiting the coin reapred: If the boy had not suffered in interval the coin had. It was very,

published some years ago. It dethe popular belief that the act of his always, or even usually, a painone. As a rule the urgent symptoms is as subside and a general transfy pervades the whole system. The common property against the common or inveighs against the common tice of whispering and going on oe indulged in by visitors to a room. As Dickens, with humorous zeration, puts it, this is really "more ulated to disturb the nerves of an lid than the entry of a horse-soldier of the common than the entry of a horse-soldier or the wall called."

memories of sorrow fleet so fast, the woes which were bitter to you and to me I vanish as raindrops do in the sea; all that has hurt us shall be made

the puzzle which hindered be underthe long hard march through the ilderness bare m but a day's journey when once we



hair was restored to its original color and ceased falling out. An occasional application has since kept the hair in good condition."—Mrs. H. F. FENWICK, Digby, N. S. "I have used Ayer's Hair Vigor

for three years, and it has restored hair, which was fast becoming gray, back to its natural color."—H. W. HASELHOFF, Paterson, N. J.

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the betting and the beding and Language states that the betting and the beding an

the badds lengthening. Mr. Grant, or Mr. Duff, the latter being the owner's real name, was monphased. On telegraphing for explanation to his trainer he received a reply stating that the horse had pulled Sg. lame, a fact of which the "bookes," had previously been informed by some tout. Here were have a substitutial proof on their prices are not related to the season of the seaso

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Horsen.

As TO THE WINNERS OF THE ST, LEGER,

The Breeding of Cross - Country

The Breeding of Cross - Coun

Chapman, Dickinson county; Mrs.
Mary Nurgessen, La Cygne, Linn county; and Mrs. John Stack, Rossville, Shawnee county. There are some ladies who manage large cattla ranches. Mrs.
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The color of the sea is usually described as blue, but it is hy no means uniform. In the tropics it is sometimes an indigo blue, at others a deep green.
Franklin taught that the ocean currents were due to the influence of permanent winds, in which opinion he was sustained by Sir John, Herschel.

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