Concluded from first page.

'Papa!' cried a fresh young voice, and the petrified Mr. Hammond found himself suddenly in the arms of a slight graceful girl whose loving glance was strangely familiar in a face of unfamiliar beauty.

'Joan!' cried every voice at once.

'Yes, Joan,' said Ned, 'wilful Joan, who would go for at least one month into the profession.'

'Public applause is our hall-mark. It stamps us for something of worth.' I did not dare ask your permission for fear you would not give it. But now that Fraulein Kletterman exists no longer, you will forgive her—won't you?' asked Jane with a smile that was irresistible.

The sound of a door violently slammed awoke everybody to the knowledge of Miss Priscilla's abrupt departure.

When the Hammonds reached home that night their cousin was in bed, and by the time they rose next morning she was on her way to London.

Her behaviour caused much surprise, of course, and she was pursued with conciliatory letters. But no answer to these arrived, nor did the Hammonds ever again see the sight of Miss Priscilla's handwriting. But her solicitor wrote for her, and his letter was to this effect:

'His client, Miss Priscilla Upton, after consultation with him, had arrived at the reluctant (she begged him to say 'reluctant') conclusion that according to the terms of her old promise, Miss Joan Hammond was entitled to the sum of $10,000. For Miss Upton had destined this gift from the first to that Hammond who, before the age of thirty, should achieve distinction in one or other branch of art. Miss Upton from observation and experience, had never expected so glaring a deviation from the traditions and habits of the family; but having been mistaken, she felt it her mournful duty to warn the remaining Hammonds that at her death the whole of her property would go to the Society for the Preservation of the Objibbeway Indians. Miss Upton's sympathies were entirely with the savages, and not at all with any one result of a cultured and effete civilization.'

'Four thousand must go to you, papa,' said Joan, 'and the rest can be divided between Gertrude and Edith—unless Ned objects.'

But Ned did not object, being as Mr. Hammond remarked, the only member of the family, except himself, who had always properly appreciated Joan.

Miscellaneous.

An Interview With a Doctor.

The other day, in one of the trips which Jennie and I occasionally manage to take, we fell in with Dr.——. I will not give his name. He is a physician of national, I may even say of international reputation; but as my object in this letter is to report the conversation which I had with him, and as my experience is that men who endeavor to quote me generally get my opinions somewhat awry, I will give no name and so do no personal injustice. We had been talking on various topics medical and hygienic before the conversation reached its personal tone.

Laicus.—Doctor, are there any plain, simple general rules of health which a busy man like myself can easily comprehend and apply, and which would make him a more efficient worker? I am not asking for medical advice for an invalid, but for health rules to add to the vigor of a fair healthy man.

Doctor.—Yes; in the first place, do no work before breakfast.

Jennie.—Good.

Laicus.—I have been accustomed to do some of my best work before breakfast—that is, before the family breakfast—rising at five o'clock and working two or three hours on a cup of coffee and a cracker or a roll.

Doctor.—The French work in that way somewhat, but all such work is a spurt and costs an immense amount of vitality. The result of antebreakfast work is two-fold: first, the body is in no good condition for good the rest of the day, and the draughts on the future life are large and the wearing out of vitality excessive. Rise betimes. For most men a rapid sponge bath every morning is a good thing of course. Dress leisurely, either throwing the window open and breathing the outer air, or after completing the toilet taking five minutes walk on the piazza or the sidewalk outside, and then sit down to breakfast, which will naturally be a relatively light meal.

Jennie.—Should the bath be with cold water?

Doctor.—That depends: the water should be comfortable, not so cold as to give a chill for the purpose of getting up a reaction. Each individual must determine the question of temperature for himself.

Laicus.—And you do not recommend physical exercise before breakfast?

Doctor.—No, not for most men. Some are so circumstanced that they must do household or out-door work before the first meal, and the body accustoms itself to the necessity, but the other is the better way. Between breakfast and dinner are the best working hours of the twenty-four.

Laicus.—What shall the dinner hour be, noon or early evening.

Doctor.—It makes no difference. In the country the natural dinner hour is one or two o'clock. The worker should rest a little before dinner and for an hour at least after dinner. He may take a nap in the afternoon if he is so inclined, and then from four or five till tea-time may do light work. His tea will be a light meal, and he should give the evening to recreation and rest. If he lives in the city, five or six o'clock will be the more natural hour for dinner. There are no better preserved workers in the world than the Englishmen. They rise late, breakfast at nine o'clock or later, lunch at one or two, take a cup of tea at four, and then their day's work is over. Following tea comes a ride or walk or some other form of out-door exercise; dinner, a leisurely, sociable and enjoyable meal, is taken at six. The evening is given up to having a good time. They go to bed at eleven or twelve. I speak now of the workers. The nearer you get to the Queen, and the more fashionable the society, the later is the dinner hour, and the later in consequence the next morning's breakfast. Then every year, for from four to six weeks, the workers of London leave the city for their vacation in the country, especially in Scotland or Ireland.

Laicus.—What do they do there?

Doctor.—I asked one of them once, and he replied, 'We are grouseing.' They do nothing but get in good condition for the next season's work. We work too continuously in America and with too little breaks in our working hours.

Laicus.—What of night work?

Doctor.—I have done some night work of course. It is sometimes a necessity; but no man who wants to keep himself in best working condition should work before breakfast [whereat Lacius shook his head and Jenny said 'Good' in a whisper] or after tea [whereat Jennie shook her head and Laicus said 'Good' in a whisper].—*Laicus, in Christian Union.*

Washington Letter.

(From our Regular Correspondent)

WASHINGTON, D. C., Feby. 8th, 1882.

POLITICS OUT OF CONGRESS. A FOREIGN POLICY. POLITICAL ISSUE.

The proceedings in Congress, for the last week, have been of a more than usually tedious and uninteresting character. The refunding bill has occupied the attention of the Senate. In the House, business is much impeded by the great number of private bills that have been introduced.

Mr. Blaine is no longer in the Cabinet or in Congress, but he is still to make himself heard and understood, and is actually, at this moment, receiving a larger share of public attention than both the legislative and executive branches of the Government. Whether or not the peace congress of the American republics, proposed by him, could have had any practical results, must, of course, remain an open question until, perhaps, Mr. Blaine is in a position to give it to proof. It is well known that trade winds are not guided by sentiment, and that the courses of commerce are little affected by resolutions passed in peace conventions. But there is that in the idea of a peace convention which appeals powerfully to a moral sentiment in the United States, and it will have advocates by every fireside and every pulpit in the world. It is true that our traditions are opposed to diplomatic intermeddling with the affairs of foreign powers. But this country, no more than its candidates, is devoid of the missionary spirit which has sent its propagandists to every heathen shore. If the spirit of propagandism has not yet found active natural expression, it is because we have until recently found within our own broad limit, space for our almost unmeasurable power. But the day is not distant when we will need more space for the wonderful progress developed in the last fifty years. We cannot harbor the thought of bloody conquest. We will not use our giant strength like a giant, but the peaceful suzerainty of the United States, in this hemisphere, is a duty and a destiny that we cannot escape. There are very few healthy Americans who will not interfere between the fighting children in the interests of peace, and it cannot be that the blessedness of the peacemaker, which the Bible has said is of the kingdom of Heaven, need be less inherited by a nature than by individuals.

It has been a long time since this country has had a political issue beyond our own borders, but time and tide seem to be ripening such an issue. American enterprise pushing railways into Mexico. The Isthmian canal will bring us nearer to Chili than we are now at Rio Janario. It would seem to be a very short-sighted policy, that should fail to bind these undeveloped republics to ourselves by the benign influences which we are so well qualified by our proximity, our civilization, and our strength to exercise. The question of profitable commercial relations is an ulterior matter, dependent on time and fixed laws. Men of forecast cannot be different to the necessity of opening new markets for our produce, and new fields for our manufactures. South America was once a remote continent, but, considering the improved means of commerce and communication, we are much nearer to South America than we were to England thirty years ago, and we are now nearer by from fifteen to twenty-five days, than any other first class power

Warm and Cold Baths.

The physiological effects of warm and cold baths are thus noted by a writer in an English medical journal: Warm baths produce an effect upon the skin directly contrary to that which is brought about by cold water. The cutaneous vessels dilate immediately under the influence of the heat, and, although he dilation is followed by a contraction, this contraction is seldom excessive, and the ultimate result of a warm bath is to increase the cutaneous circulation. The pulse and respiration are both quickened in the cold bath. The warm bath increases the temperature of the body, and, by lessening the necessity for the internal production of heat, it decreases the call which is made upon certain of the vital processes, and enables life to be sustained with a less expenditure of force. While a cold bath causes a certain stiffness of the muscles if continued too long, a warm bath relieves stiffness and fatigue. The final effect of both hot and cold baths, if their temperature be moderate, is the same, the difference being, to use the words of Braun, that 'cold refreshes by stimulating the functions, heat by physically facilitating them, and in this lies the important differences between the cold water system and the thermal mode of treatment.'

—There are some points in the Comstock mines where the workmen encounter a temperature of 115 and 120 degrees, and their thirst becomes excessive. No ice water is too cold to be swallowed with a relish. Indeed it often does not satisfy, and the miners chew and swallow lumps of ice. Yet it does not hurt them. They often swallow such quantities of ice water that their stomachs will not retain it. The temperature of the station where they go to cool off is about 100 degrees. This temperature—which would almost roast a surface man—appears cool to a man who has come from a place where the thermometer marks 110 to 115 degrees. Where the temperature is 90 the man will feel so cold as to shiver. Often at the cooling-off station the perspiration will cease, and the man will begin to feel very uncomfortable. On leaving and going back to where the temperature is from 115 to 120, as the perspiration begins to start, there is for a minute or two an intolerable itching over the whole body. As each closed pore reopens, it produces a tingling sensation. However, as soon as there is a free flow of perspiration all this trouble ceases, and the man feels quite comfortable and so remains until his whole body—blood, flesh and bones—again reaches a temperature of from 110 to 120, when he becomes wild for ice water and ice.

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Still further Reduction,

as he hopes his Sales will increase under the New Tariff. He has his FACTORY fitted up with the MOST IMPROVED MACHINERY, and is running full time. He also intends adding to his now large STOCK, and can offer better inducements to Customers.

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BEDROOM SUITS, in Pine, from $25.00 to $40.00. A good suit for $28.00
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CENTRE TABLES, in Marble Tops $14.00 to $16.00.
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	cts.	cts.	cts.	cts.	cts.	cts.
Annapolis	32	26	22	16	22	26
Roundhill	36	30	24	18	24	29
Bridgetown	37	30	25	18	25	31
Paradise	39	32	26	19	26	22
Lawrencetown	41	34	27	20	27	34
Middleton	42	34	27	20	27	34
Wilmot	42	34	27	20	27	34
Kingston	44	36	29	22	29	37
Aylesford	45	37	31	22	30	38
Berwick	45	37	31	22	30	38
Waterville	45	37	31	22	30	38
Cambridge	45	37	31	22	30	38
Coldbrook	46	37	31	22	30	38
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Winter Arrangement.

Time Table,

COMMENCING

MONDAY, 21st Day NOV. 1881.

Miles.	GOING WEST.	Express, Mon. Wed. and Sat.	Passengers and Freight Tues. Thurs. and Fri.	Passengers and Freight daily.
		A.M.	A.M.	P.M.
0	Halifax—leave	7 45	7 45	3 00
14	Windsor Junc—leave	8 24	8 37	3 50
46	Windsor	9 40	10 55	6 15
53	Hantsport	10 00	11 19	6 37
61	Grand Pre	10 22	11 46	7 05
			P. M.	
64	Wolfville	10 30	12 02	7 17
66	Port Williams	10 35	12 12	7 25
71	Kentville—arrive	10 50	12 30	7 40
	Do—leave	11 05	12 55	
83	Berwick	11 36	1 43	
88	Aylesford	11 50	2 04	
		P. M.	2 29	
95	Kingsten	12 04	2 42	
98	Wilmot	12 12	2 58	
102	Middleton	12 23	3 20	
108	Lawrencetown	12 40	3 26	
111	Paradise	12 48	3 39	
116	Bridgetown	1 01	4 04	
124	Roundhill	1 20	4 32	
130	Annapolis—arrive	1 40	5 00	
	St. John by Steamer	7 30		

Miles.	GOING EAST.	Passengers and Freight daily.	Passengers and Freight Tues. Thurs. and Sat.	Express, Mon. Wed. and Fri. only.
		A.M.	A.M.	A.M.
	St. John—leave	.....	.....	8.00
				P.M.
0	Annapolis—leave	.....	7 15	2 20
6	Round Hill	.....	7 42	2 42
14	Bridgetown	.....	8 08	3 02
19	Paradise	.....	8 32	3 16
22	Lawrencetown	.....	8 48	3 25
28	Middleton	.....	9 21	3 42
32	Wilmot	.....	9 30	3 53
35	Kingston	.....	9 55	4 02
42	Aylesford	.....	10 31	4 16
47	Berwick	.....	10 57	4 30
59	Kentville—arrive	.....	11 52	5 02
			P. M.	
64	Do—leave	6 30	12 30	5 12
66	Port Williams	6 50	12 48	5 27
69	Wolfville	6 57	12 58	5 33
77	Grand Pre	7 10	1 14	5 41
	Hantsport	7 36	1 41	6 05
84	Windsor	8 15	2 30	6 27
116	Windsor Junct	10 15	4 35	7 47
130	Halifax—arrive	11 00	5 22	8 25

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Lawrencetown, July 15th, 1880

FOR SALE.

PAINTS, OILS, TURPENTINE, BRANDRAM'S WHITE LEAD, PUTTY,

Mineral Roofing,

Silicate paints' Oakum, Pitch, Tar,

Cut Nails & Spikes, Asstd. Sizes,

Wrought Nails & Spikes,

IRON and STEEL, assorted Sizes, HOOP IRON and RIVETS,

TIRE STEEL

CARRIAGE BOLTS, PLAINED C. BOARDS, SAWN SHINGLES, CEDAR POSTS.

H. Fraser.

ENTERPRISE.

STEAM TUG

Eva Johnson.

HAVING purchased the above TUG BOAT, I intend putting her on the Annapolis River about the 25th of the present month, for the purpose of

Towing Ships, Rafts, Scows, &c.

Apply to

Geo. E. CORBITT

Annapolis, or to

Capt. James A. Hughes, Agent, Digby.
G. F. Miller, Agent, Bear River.
Samuel Potter, Agent, Clementsport.
R. FitzRandolph, Agent, Bridgetown.

Annapolis, July 11th. 1881.

Canadian & American

DRY GOODS,

FOR FALL TRADE.

32 Packages Shirts and Drawers, 15 Pkgs. Cotton Flannels, 13 pks. Grey Flannels, 13 pks. Canadian Tweeds, 77 pkgs. Batting and Wadding, 6 pks. Lined Gloves, 25 pkgs. Ticks, Shirtings, Cotton Plush, Jeans, Wigan, Ducks, Windsor Hollands; 23 bales Grey Cottons; 660 pieces Bleached Cottons; 24 Packages Buttons, Sewing Silk, Hosiery, Twine, Corsets, Knitted Wool Goods, Linen Collars, Paper Collars, Gossamer Waterproofs, Etc.

A complete assortment in all departments, both wholesale and retail.

New goods opening daily.

Manchester, Robertson & Allison.

St. John, N. B.

CELLULOID

TRUSS.

I HAVE been appointed agent at Annapolis and adjoining Counties for the sale of this celebrated Truss manufactured by PENFIELD & Co., of Philadelphia, and have now on hand a complete assortment of the same.

I sell at manufacturers' retail prices They are warranted

NOT TO RUST, NOT TO BREAK, NOT TO WEAR OUT.

ALSO—Abdominal Supporters, Elastic Bandages, Elastic Stockings, etc.

G. T. BINGAY, M. D.,

Aug. 17.—6m Medical Hall, Annapolis.

Watches, Stem Winders $3.50, White Metal Hunting Cases 1.50, Imitation gold $6, Solid gold $12. Cheapest and best for one or opposite purposes. Valuable Catalogue free. Thompson & Co. 153 Nassau, N.Y.

Agricultural.

Notes on Horses.

Worms.—These offensive parasites not infrequently affect the horse. They are the bane of yearling life. The create constitutional disturbances in a marked degree. Horses afflicted by them have harsh, staring coats, especially an abnormal growth of hair in the region of their flanks, accompanied by a light pinky or cream colored powder on the anus; a harsh dry cough, constipation of the bowls, alternating with moderate purging. Such horses are ravenous in their appetites; some become pot-bellied and their muscles flabby; they fall away or train back; they sweat profusely on the least effort and are incapable in advanced stages of a moderate day's work. My working horses are watered fifteen minutes before being fed. I find this plan attended with many advantages.

The Horse's Foot.—One of the medium size is the size to wear. Large feet, weak crusts. Besides, the liability to brush is greater where abnormal growth is observed. Horses with very large feet have faulty, heavy, unpleasant action, and soon tire. Small feet are invariably brittle; especially have I remarked this in red roans. The horse is uncertain and blunders in grounding his foot. Difference of size is often an indication that disease, either recent or chronic has been or is present. Flat flatter feet are subject to corns. The true angle for the foot is about 45° with the ground. Hind feet differ in shape from fore, and are more upright. If hollow on tapping, seedy toe has resulted, if wavy or ringy, one's suspicions are aroused as to the presence of laminitis. If the foot is small both in the fore and hind feet, it is natural to his breed. Seasonal effects may arise to produce suspicious appearances in the foot, retarding or accelerating growth unduly, the result of excessive drought or rainfall. See to the correct growth of the foot from the first. When a horse turns his foot out he is in at his elbows, or his cannons are twisted outwards; turning them in, he is out at his elbows, or his cannons are twisted inwards. With horses turning their toes out the bone is straight and weak on the inner quarter, but with those that turn them in, the outer quarter is straighter, with greater circularity on the inner quarter. Oblique pasterns and open round feet would appear to be natural accompaniments. Again, short pasterns, strong, upright heels, narrow feet (pony feet) in big bodied horses should be avoided. Higher bred horses incline to small feet, undersbred horses to large, ungainly feet. In the riding classes good feet are imperative. Although horses in harness may wear a long time with malformed feet, yet no horse can command a satisfactory return to the breeder, insure a high price or afford credit to a salesman, unless he is well bred and sound at the ground.—JAMES PHILIPPO, *Commission Stables, London. E. E.—From the Agricultural Gazette.*

—The importations of thoroughbred stock into Canada for 1880 amounted to 144 head of cattle, 464 sheep, and 6 swine. The year 1881 shows an enormous increase on these figures, the importations of cattle amounting to 650 head, increase 506; sheep 966, 505; swine 48, 42. New Brunswick is down for the largest number of swine, 28 more than half the total, and ranks third in importation of sheep, the figures being: Quebec 122, Ontario 744, New Brunswick 75. The number of thoroughbred cattle imported into New Brunswick was 37 head. These large importations must work a wonderful improvement in the live stock of the country. It may be interesting to farmers to note that Herefords stand at the head of cattle imported with Aberdeens and Shorthorns second and third. Among the sheep, the Shropshires were the favorites, being down for nearly half the total, with Cotswolds second, Oxfords third, then Leicesters and South Downs.

—The English financial year ends April 1. Mr. Gladstone estimated that the increase of revenue for the present year would amount to £1,000,000, but the improved prosperity of the country will carry the amount up to more than three times that sum. The returns for the first three quarters of the year showed an increase of £2,992,000, and, although the closing quarter is not expired to make so good an exhibit, owing to a reduction of the income tax, the general business of the country is flourishing that the revenues from other sources may counterbalance the loss on this item, and the year's returns show very handsome surplus for the Government.

—A Brooklyn man has patented a storm rudder which is meant to enable seamen to readily control their vessel should the rudder be made useless by storm. The invention consists in placing rudders on the sides of the vessels and in arranging suitable mechanism for operating them, so that the vessel could be controlled should the ordinary rudder be disabled. Any one who has ever felt the utter helplessness which comes on a ship's company when the sea snaps off the rudder will readily understand how heartily welcome a successful invention of this sort would be.

—St. Peter's Church at Rome, will hold 54,000 persons; the cathedral at Milan 37,000; St. Paul's at Rome, 32,000; St. Paul's at London, 25,000; the cathedral at Florence, 24,300; at Antwerp, 24,000; at Bologna, 24,000; St. Sophia's at Constantinople, 23,000; and the Notre Dame at Paris, 20,000.

—The estimated cost of the new London Law Courts is $900,000, exclusive of special fittings. This will bear a favorable comparison with the expenditure upon the Palais de Justice at Brussels, the erection of which cost £1,666,666. It is rumored that the Judges are by no means in ecstacies with them. The courts they say, are small and stuffy, and the rooms are large and draughty.

Joker's Corner.

A Potent Specific.

'And you say that you are a doctor?' said the Justice, regarding a squatty-looking colored man who had been arrainged before the Court.

'Yes, sah, I'se a physician, an' my name is Dr. Bliss.

'Why do you call yourself Bliss?—because—'

'I knows what yer's gwine to say, but yer needn't say it. Yer's gwine ter say I calls myself Bliss 'case a man named Bliss doctored President Garfield. Dat is a mistake, Jedge; my name was Bliss fore President Garfield was born. I'se a ole-timer.'

'You are charged, Dr. Bliss, with poisoning Thos. Hendricks a highly respectable colored man of your neighborhood. What have you to say in your own defence?'

'Nothin', sah, case de case needs no defense. I'se a regular physician, and course I doant hab ter splain myself.'

'We'll show you about that, Dr. Bliss. Now sir, this witness states that you made your living by skinning rabbits, scaling fish for a steamboat until you heard that Dr