

FOOD AND THE SEXES.

The Male Human Needs to Eat More Than the Female.

According to a writer in the *Lancet*, the male human needs more food than the female not only on account of his larger stature, but also because he is the more katabolic of the two. The man tends to expend energy, and the woman to store it up in the form of fat; he burns the faster. This sexual difference shows itself in the very blood. The man has a larger percentage of chromocytes than the woman, showing that he needs a proportionately larger quantity of oxygen in order to maintain his more active combustion, a fact which one may associate with his comparative freedom from chlorosis. Moreover, weight for weight, his pulmonary capacity is greater than that of the woman, whose smaller respiratory need is further shown by the facility with which she can without discomfort diminish her breathing power by means of the corset.

"The great contrast between the metabolic activity of the two sexes," continues the writer, "was forcibly brought home to me by a military display given by a troop of dusky amazons, with whom were also a few male warriors. The women, in spite of their daily exertions, were all rounded and plump, some very much so, no single muscle showing through the skin, and it was noticed that their movements, though full of grace, lacked energy and 'go.' The men, on the other hand, were spare, their muscles standing out plainly under the shiny skin, and their, in further contrast with the women, displayed a truly amazing agility, bounding about and whirling round in a most astounding fashion. The women, in short, were essentially anabolic, and the men were katabolic. I may here draw attention to the fact that men are apt to be larger meat eaters than women, just as they are, possibly in consequence of this very fact, more prone to drink alcohol and to smoke tobacco."

SLEEPING HEROES.

Mighty Men of the Past That Are Expected to Return.

Is there any race that has not its sleeping hero? A correspondent recently pointed out that the time for the fulfillment of the prophecy that the tenth of Krishna will restore to India her independence is near at hand, and every nation has some such savior to whom the people look. West country rustics still believe that Arthur did not die, but sleeps in Avon, and that in the hour of Britain's need he will awake, deliver the land and restore the golden age. In Germany it is a popular belief that Charles V. will some day wake from his enchanted sleep to reign over Germany, Spain, Portugal, Denmark, Belgium and Holland. Thousands of French peasants hold that Napoleon is only sleeping and that at some future time he will reappear and rule. And Mr. Newbolt has enshrined the Devon legend that Drake is only listening for the drum.

The Irish peasantry steadfastly refuse to believe that Mr. Parnell is really dead. They assert that his death was a ruse, that he was an interested spectator of his own funeral and that when the time comes he will emerge from retirement to give Ireland her independence. Every true Moslem believes that when antichrist appears Mohammed Mahadi will awake and conquer him. A Moorish legend declares that Bobadi el Chico sleeps spellbound near the Alhambra and that one day he will awake to re-establish the Moors as rulers of Granada. The Servians look to King Lazar, slain by the Turks in 1389, as their final hope, and should Switzerland be again threatened by tyrants Swiss folklore declares that the three members of the Tell family who are sleeping at Rütli, near the Vierwald-Staen-See, will rise from their enchanted slumber and maintain the freedom of the land.—London Chronicle.

Hopi Courtship.

When a Hopi maiden decides which of the eligible young men of the tribe she wishes to marry, she goes and sits in his house and grinds corn until he is sufficiently impressed by her industry to marry her.

After the ceremony, which is an elaborate one, the couple go to live in the wife's house. If she tires of her husband, she can obtain a divorce by merely throwing his saddle out of the house. After marriage the house, fields and all their property except the herds belong to the wife.

The Hopis are indulgent parents. The right of the children to do as they please is never questioned.

How a Woman Gets a Seat.

"I will tell you how to work it," said a woman, whose figure showed she would be tired by standing, to a companion in a Broadway car. "When there is no vacant seat, watch for two men who are in conversation and stand right in front of them."

"Each one will want his friend to think he is very polite, so both of them will jump right up and offer their seats. That's the way I do, and it never fails."

An Effective Way.

"They say," said the young dramatist, "that I shall have to cut my play down, but I really don't know where to begin."

"Why not start at both ends," his candid friend asked, "and work toward the middle?"

Opposite Meanings.

"Cleave" is the best instance of an English word with two opposite meanings. "Nervous," "let" and "propugn" are other instances.



And many other aches to which women are peculiarly subject are generally the result of a diseased condition of the womanly organism. When this diseased condition is cured, sideache, back-ache, headache, etc., are cured also.

Doctor Pierce's Favorite Prescription establishes regularity, dries the drains which weaken women, heals inflammation and ulceration and cures female weakness. When these diseases are cured the aches they cause are also cured.

"I will drop you a few lines to-day to let you know that I am feeling well now," writes Miss Annie Stephens, of Belleville, Wood Co., West Va. "I feel like a new woman. I took several bottles of 'Favorite Prescription' and of the 'Golden Medical Discovery.' I have no headache now, no backache, and no pain in my side any more. No bearing-down pain any more. I think that there is no medicine like Dr. Pierce's medicine. I thank you very much for what you have done for me—your medicine has done me much good."

The People's Common Sense Medical Adviser, a book containing 1000 pages, is given away. Send 31 one-cent stamps for expense of customs and mailing only, for the book in paper covers, or 50 stamps for the volume bound in cloth. Address Dr. R. V. Pierce, Buffalo, N. Y.

In the Same Situation. A funny story is told about a physician at Monroe City. A resident of the town set out shade trees for the doctor. A short time later the physician was called to attend the mother-in-law of the man who had set out the trees. The old lady died, and the physician presented his bill. After paying it, the citizen thought of the trees and made out and presented a bill for them. "But the trees died," protested the doctor. "So did my mother-in-law," retorted the other man. The doctor paid the bill.

Settling the "Tip" Question. The awkward question of the tip was solved by a big New Englander from the state of Maine who was dining in a London restaurant the other evening. Having paid his bill, he was informed by the waiter that what he had paid did "not include the waiter."

"Want," said the stranger, "I ate no waiter, did I?"

And as he looked quite ready to do so on any further provocation the subject was dropped.

The Dog That Sings and His Master. "Billingsley has taught his dog to sing."

"Does he sing well?"

"He sings as well as Billingsley could teach him."

"I never heard Billingsley. Is he a good singer?"

"Well, the dog has been shot at seven times."

Analysis. She—After all, what is the difference between illusion and delusion?

He—Illusion is the lovely fancies we have about ourselves, and delusion is the foolish fancies other people have about themselves.—Life.

Uncertain Footing. The fellow who stands on his dignity may discover that dignity is just as slippery as a banana skin.

In Turkey red hair is counted a great beauty, and the women dye their hair that tint.



Be a friend to Yourself!

Take proper care of yourself. Look after that most important possession—your health. A little neglect or carelessness and you open the door to serious illness.

Abbey's Effervescent Salt

taken regularly will keep you in good health. It clears the head, gently regulates the bowels and strengthens the digestion. It drives away constipation. Do not take substitutes. Insist on "Abbey's."

Sold by all druggists.

AUTHORS' BLUNDERS.

Some Mistakes in Which the Moon, Sun and Wind Figure.

The moon proves a terrible pitfall to most writers. Wilkie Collins once performed the marvelous feat of making it rise in the west. Rider Haggard, in "King Solomon's Mines," relies for the effective rendering of one of his most thrilling scenes upon an eclipse of the new moon.

Coleridge placed a star between the horns of the crescent moon, forgetting that to be visible in such a position the star would have to be between the earth and the moon or, say, 230,000 miles away only.

Next to the moon perhaps the sun is responsible for more glaring errors than any single concrete cause. At the beginning of a certain famous novel, the title of which a few years back was in everybody's mouth, an invalid character's room was said to have been lighted by one window looking directly toward the east. Yet at the end of the book, when the invalid dies, the author, wishing to make him depart this life in a flood of glory, suffuses this eastern windowed room with "the red glare of the setting sun."

Kingsley, too, made one of his heroes row out into the eastern ocean after the setting sun. But even this glaring absurdity has been capped. In a novel published by a well known firm there occurs the following passage, the scene being laid on board a big sailing ship: "How's the wind?" asked the skipper. "East-northeast," replied the mate, glancing at the masthead pennant, which was streaming blithely in the direction indicated. "So that in the world, according to novelists, we should not only find the sun setting in the east, but pennants would 'stream' against the direction of the prevailing wind."

A TOPSY TURVY ROOM.

A Frenchman Who Plays Practical Jokes on His Guests.

A "topsy turvy room," writes a correspondent, not illusory, but actually so built, existed near Paris some years ago and may still exist. One who saw it thus describes it and the use to which it was put: "I was the guest of the owner of the house," he says, "from Saturday to Monday. He was a bachelor, very convivial in his tastes, and we were a very jolly party of men. When we woke up, about 2 o'clock on the Sunday morning, one of our number, sound asleep on the couch in the billiard room, was carried out like a log by a couple of servants. My host gave me a solemn wink and told me that if a sudden summons came I was to rush from my bedroom or else I might miss a sight worth seeing. I wanted nothing but sleep and was relieved when the summons came to find that it was broad daylight.

"Yawning, I followed the valet and found myself, with four others, silently peeping through little holes in the wall. The scene was absurd, ridiculous. A faded man slowly waking to full consciousness was lying on a plastered floor, looking up in horror at a carpeted ceiling. Two heavy couches, an easy chair, chairs and tables securely fastened stared down at him from above. The man's eyes at last rested on a flowerpot directly over his head, from which a flaring rose, apparently real, was blooming. He gave a cry and, rolling over, sprang with frenzied hands the stem of the chandelier, which came up through the floor. The host burst into the room, with a loud laugh. 'They all do it,' he cried. 'They fear they will fall up to the ceiling!'"

"Sight" and "Set." Some one who believes in teaching by example has concocted a lesson in the use of two little words which have been a source of mortification and trouble to many well meaning persons.

A man or woman either can set a hen, although they cannot sit her; neither can they set on them by the hour if they would allow it.

A man cannot set on the wash bench, but he could set the basin on it, and neither the basin nor the grammarians would object.

He could sit on the dog's tail if the dog were willing or he might set his foot on it. But if he should set on the aforesaid tail or sit his foot there the grammarians would still as the dog would howl, metaphorically at least.

And yet the man might set the tail aside and then sit down and be assailed neither by the dog nor by the grammarians.

Not Worry, but Slobber. They were discussing suicides and the proneness of different peoples to depart in that way when one of those engaged in the conversation turned to a colored man and asked, "Why is it that so few of your people take their own lives?"

After scratching his head a moment the person addressed responded, "Well, I tell you, boss; when a nigger sits down he don't worry, but goes to sleep."

Envid the Other Boy. Johnny—I wish I was Tommy Jones. Mother—Why? You are stronger than he is, you have a better home, more toys and more pocket money.

Johnny—Yes, I know, but he can wiggle his ears.

Experience the Only Teacher. She—There's really no reason for married folks to quarrel.

He—No, except that they generally need a few quarrels to find that out.

The man who has the most to say about charity beginning at home is generally the one who thinks that reform ought to begin on the other side of the world.



Gentlemen!!!

You will agree with me, I think, At once when I admit That water is a splendid drink— For those who're fond of it; And yet, unless I greatly err, There may be times, old chap, When you and I, would much prefer A "Club" Old Tom night cap.

A Pure and Wholesome Matured Spirit



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Have now moved their tinshop to the rear of their premises on King street, three doors east of the Market, and are prepared to do all kinds of tin, sheet-iron or copper work. Eave troughing or repairing done on the shortest possible notice. Metallic ceiling a specialty.

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For Sale

Choice Clover Seed, Timothy Seed, White and Black Oats, Barley, Corn, Beans, Buckwheat,

For Best Bread

Use Kent Mills Gold Medal Flour.

For Health.

Steven's Breakfast Food. "Sunrise" Cornmeal

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If our new and elegant line of vehicles did not meet with great favor, and especially after learning the remarkably low prices on the magnificent assortment.

Every rig we put out has been thoroughly tested at the factory and carefully selected by us; but our strongest claim for your business is the money-saving feature of buying of us.

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CENTRAL DRUG STORE and

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Use Saugeen first thing

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at night and you will have no

trouble with your stomach, this we

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