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OUR BOYS AND GIRLS. Boys' Manners,

Most boys nowadays learn very early to lift their hats when passing a church, or when they meet a grown-up person whom they know. Oace in a while, however, you come across a boy who fails in this little expression of courtesy fails in this little expression of courtesy when he meets his mother or father or sister. He says, "Oh, it's only my folks; they don't mind." And it makes you feel very bad, especially if you like the boy. You know that he's a kind of sham. His nice manners are just a veneer. He doesn't do kindly, agreeable things because he has a gentle heart, but because he expects to get some favor out of it. You feel almost sure he will let an old person stand in the street-car while he hangs on to his seat. You wouldn't be surprised if he snatched things out of his prised if he snatched things out of his sisters' hands, and you know he never thinks of saying "thank you" to his mother until she reminds him. The boy or girl who wants to have a pleas ant manner must begin to practice politeness at home. The boy or girl who is polite with his own family is sure to do the truly polite thing every where else. His manners will be good enough for the best society in the world, and he will never forget them.

They're the kind worth working for. How to Remove a Tight Ring

Most girls who have had baby rings have had trouble in re-moving them from their fingers. "There is really no necessity for all this ado about removing a tight ring, says a jeweler. "In that, as in every thing else, the secret lies in knowing how to do it. Thread a needle flat in the eye, using thread that is strong, the eye, using thread that is strong, but not too coarse. Then pass the head of the needle under the ring. It would be best to soap the needle before beginning. The needle having been passed through, pull the thread through a few inches toward the hand. Wrap the long end of the thread tightly and regularly around the finger toward the nail. Then take hold of the short end and unwind it. The thread thus pressing against the ring, will gradually remove it, however tight or swollen the finger.'

The Cardinal and the Cake.

The attachment of master and servant sometimes deserves to be called one of the tender relationships of life. A little story told of Cardinal Fleury well illustrates this. He possessed a valet so faithful and attached, that to him were accorded many unusual privi-leges, which enabled him to make the Cardinal's life more pleasant and

One day the master, now grown very old, addressed Barjac, the servant, in a

somewhat disconsolate way.

"I am ninety," he said. "I think
Death has forgotten me. My usefulness is over, and it cannot be but a
short time before I am imbecile and

helpless."
"Why, my dear master," replied
Barjac, "you are not old! A little
sociability will do you good. May I
have the pleasure of arranging a quiet
dinner for you and your friends on the approaching festival?"

'Arrange whatever you like," said the Cardinal. 'And the list-"

"Invite whom you choose. Only don't bother me about it. At my age even the exertion of selecting a dozen friends to sit at my table would be too

"As you please, your Eminence, said Barjac, a plan instantly forming itself in his wise head.

The festival came round, and the guests gathered. They were fourteen in number. No one had sent a refusal. Toward the end of the dinner a large cake was brought in. It was then the custom for the youngest person present to divide that toothsome delicacy, and so the host said :

Whoever has the fewest years must cut the cake. Barjac will hand a

"He need not hand it to me," announced the guest on his right hand; for I was ninety-two years old last

"And I," said his left hand neighbor, "must plead guilty to ninety-

four years." Then each one told his age; and, to the Cardinal's extreme astonishment he found that he, who thought Death had forgotten him, was the youngest

person present! "Then must I cut the cake?" he asked. "Why, certainly, your Eminence!

answered all present, delighted beyond measure at their host's surprise.

"Ah, I can't understand this!" he said, plunging the knife into the triumph of the cook's art. Then, catching sight of his valet's smiling face he say through his strategy. face, he saw through his stratagem, and cried: "Ah, Barjac, you dear old rascal! I am not so old that you can not make me happy!"

And Barjac was happy, too. - Fran-

cesca, in Ave Maria.

Methods of Famous Authors.

One is naturally curious to know how the authors of famous books managed their work, and it is interesting to find that scarcely two have had the same system. It is sald that Dumas constantly kept a large tankard of hot coffee on his desk and swallowed innumerable cupfuls during the progress of his romances. Another great French writer could not work if he

ability to dash off a spirited poem in a given number of minutes.
Scott is said to have written Waver-

ly in less than six weeks. He wrote ly in less than six weeks. He wrote very rapidly, seldom revised, and as a consequence his novels are full of blunders, inaccuracies and anachron-

Burns committed his poems to mem-

over two years in reading and prepar-ing material for "Lallah Rookh," and two years more in writing that inimit-

able poem.

Congreve would prepare a drama for the stage in a week or ten days, though four or five times this period was given to the work of revision and reconstruction after the play had been

Irving wrote the first one hundred and twenty pages of "Bracebridge Hall" in ten days; the "Alhambra" was mostly written during the three menths he spent in that palace; his "Life of George Washington" required

nearly five years.

Emerson is reported often to have spent from six months to a year in the composition of one or two short essays. His object was the condensation of the greatest possible thought into the fewest number of words.

Johnson commonly required three or four months for the composition of a drama. He generally revised it after the rehearsals had begun, adding here

and taking away there, as his judg-ment and fancy dictated.

Froude passed seven years in col-lecting materials and in writing his "History of England." He was very careful in the selection of data, and spent whole days in the effort to verify one single fact or citation. One of Milton's biographers says

that nearly twenty years elapsed be-tween the sketching out the plan of "Paradise Lost" and the completion of that work. The actual labor of com-position was condensed into two or three years. Dickens says in the introduction to "David Copperfield" that he spent two years in the composition of that

novel. He did not usually require so so long a time, many of his novels being finished in less than a year, and most of his shorter stories in a few days. George Eliot is said to have written "Middlemarch" in four months. Some doubt is thrown upon this statement by the fact that she commonly worked slowly, writing with great care and deliberation, making few erasures after her work was done.

Bancroft devoted nearly thirty years to his "History of the United States," which is not a history of the United States at all, since it ends where the history of the country properly begins. Had the work been continued on the same scale down to the present, seventy-five or eighty volumes would have been required.

IMITATION OF CHRIST.

Having An Humble Sentiment of One's

All men naturally desire to know : but what doth knowledge avail without the fear of God?

onsiders the course of the heavens. He, who knows himself well is mea in his own eyes, and is not delighted

with being praised by men.

If I should know all things that are in the world and should not be in charty, what help would it be to me in the sight of God, who will judge me by my

Leave off an excessive desire of knowing; because there is found there in much distraction and deceit. They, who are learned, are desirous

of appearing so, and of being called There are many things, the knowledge of which is of little or no profit to

the soul. And he is very unwise who attendeth to other things than those which may

serve to his salvation. Many works do not satisfy the soul but a good life gives ease to the mind and a pure conscience affords great

confidence in God. The more and better thou knowest,

the more heavy will be thy judgment unless thy life be also more holy. Be not, therefore, puffed up with any art or science; but rather fear on account of the knowledge which is given

If it seems to thee that thou knowest many things and understandeth them well enough, know that at the same time there are many more things of which thou art ignorant.

Be not high-minded, but rather acknowledge thine ignorance. Why wouldst thou prefer thyself to

any one, since there are many more learned and skilful in the law than thyself?

If thou wouldst know and learn any

thing to the purpose, love to be un-known and to be esteemed as nothing. This is the highest and most profitable lesson, truly to know and to des-

sin or commit some heinous crime, yet thou oughtest not to esteem thyself bet-ter; because thou knowest not how long thou mayest be able to remain in

we are all frail; but do not think any one more frail than thyself.

CHATS WITH YOUNG MEN.

Don't trust to luck, but trust to yourself and keep everlasingly plugging at it, and sooner or later things will begin to come your way.

Not Too Busy to Get Sick.

"I was too busy to take exercise, so I thought," remarked the head of a large publishing house, "but I found time to spend five months in a sick room. I find an hour a day for the gymnasium page and I prepage to do so no matter."

| Cannot afford to do this unless you have some capital behind you; that is, if you are honest and do not wish to contract debts that you cannot pay.—
| B. Ball. now, and I propose to do so no matter what the pressure in the office." of time to spend an hour a day in exercise.

Health Hints.

Drink three quarts of cold water daily between meals, none during Walk from one to five miles daily ac-

Walk from the to cording to etrength.

Use care in selecting the diet, as good health depends upon the condition of the digestive organs, which can be also be a second in a healthy state

only be preserved in a healthy state through intelligent care. Avoid tea and coffee drinking as well as stronger stimulants which affect the nerves.

Abstain from dissipation or excess of any kind. Retire early, rise early and bathe frequently.

Avoid worriment. Trust in prayer. Be good natured and loving.
Cultivate the sweetness of the soul.
Reflect the beauty of thought on the countenance.

" Little Things."

M. Say, the French political economiet, has related the following illustratration of the neglect of little things: Once, at a farm in the country, there was a gate inclosing the cattle and poultry, which was constantly swinging open for want of a proper latch. The expenditure of a penny or two, and a few minute's time, would have made all right. It was on the swing every time a person went out, and not being in a state to shut readily, many of the poultry were from time to time

One day a fine young porker made his escape, and the whole family, with the gardener, cook, and milkmaid, turned out in quest of the fugitive. turned out in quest of the fugitive.

The gardener was the first to discover the pig, and, in leaping a ditch to cut off his escape, got a sprain that kept him to his bed for a fortnight. The cook, on her return to the farm house, found the linen burned that she had hang a hefersthe first oday, and the hung up before the fire to dry; and the hung up before the fire to dry; and the milk-maid having forgotten, in her haste, to tie up the cattle in the cow-house, one of the loose cows had broken the leg of a colt that happened to be kept in the same shed. The linen kept in the same shed. The linen burned and the gardener's work lost were worth full £5, and the colt worth nearly double that money: so that there was a loss in a few minutes of a large sum, purely for want of a little latch which might have been supplied

for a few half pence.

Life is full of illustrations of a similar kind. When small things are habitually neglected, ruin is not far off. It is the hand of the diligent that maketh rich; and the diligent man or woman is attentive to small things as Indeed an humble husbandman, that well as great. The things may appear Indeed an humble husbandman, that serveth God, is better than a proud philosopher, who neglecting himself considers the course of the heavens.

Keep At It.

It is an old proverb that "the grass is green in the mountains." It means that things seen at a distance are more attractive than when inspected at close range. Afar off their defects pass unnoticed. The closer they are viewed the plainer do they appearthe enchantment lent by distance vanishes and their true character becomes manifest.

So, in regard to vocations, all persons who see clearly the drawbacks to their own employments are apt to imagine that the work of others is pleasanter. To them "the grass is green in the mountains." They don't e the thinness of the soil, the fewness of the spears, nor the jagged points of the rocks. They become discontended with their own calling and wish to change it for some other pursuit, not considering that if there were in all he world any occupation without annovances, every body would long ago

have flocked to it. Many young men follow the example of the impecunious Wilkins Micawber who was always waiting for something to turn up, instead of earnestly exert ing themselves to turn up something worth while in the way of business They are, too, like the effusive individual of Dickens' "David Copperfield, in continually changing their occupations. They are everything by turns and nothing long. Now, there is no surer way to poverty and failure than an unstable disposition. Make up your minds what you want to be and stick to your first choice, if possible. Do not be easily led away by the prospect of making greater profits in some calling other than the one in which you are engaged. Frequently, a promise of this kind is delusive, and the young man learns, too late, that if he had been content Dr. Johnson drank twenty cups of tea daily, and Moore found his least harmful inspiration in apples, while Byron imbibed quantities of soda water. This high strung bard boasted of his

this state of mind. Nearly every young man is apt to imagine that his neighbors are enjoying better opportunities than he possesses. In this he is, generally speaking, mistaken; for their is no compation without its area. there is no occupation without its cares and responsibilities, and no worthy achievement is accomplished without hard work. The "soft snaps" that we hear so much about often occasion mental worriment that is far more wearing on the brain and nerves than prolonged labor with the hands. So do not desert a fairly gainful occupation to try one where the returns are only

prospective and not certain. You cannot afford to do this unless you

Insomnia and an Intemperate | Life Sleepless nights are sure to bring on unhappy days. Breathing impure air, overworking the mind and body during the late evening, eating heavily before going to bed, and worrying, all help to bring on insomnia, and if these sins against the body are continued for any great length of time harmful results are certain to follow. The following of a few simple rules will help you if you are suffering from this dread trouble :

Be sure that your sleeping room is

well ventilated. Have the windows open more or less at the top and bot tom as the weather is warm or cold, but have them open every night of the year. We breathe from fourteen to eighteen times each minute, and use up the freshness of about one hogshead of air each hour. If you keep your doors and windows closed, unless you sleep in a very large room, you will be breathing during the latter part of the night, over and over again, the poisonous waste air which your own lungs have discarded. You would not think of washing your face and hands in the same water half a dozen times, and still you wash your lungs over and over again with air laden with poison. No wonder that you can't sleep, that you turn and twist all through the hours of the night, that you get up in the morning feeling more tired than when you went to bed. If you sleep in a heated room turn the heat off before going to bed. Wear your night robe loose at the neck, and never wear during the night any of the under garments that you have worn during the

You say you cannot sleep on the nights that you attend the gymnasium. thing. Exercise is a stimulant or a sedative. Too much of it during the evening over-excites and tires the evening over-excites and tires the muscular and nervous system; and, consequently, you can't sleep soundly, or perhaps not at all. Avoid heavy work during the evening and try light, varied exercise. Light, slow, varied exercises of the body, a light lunch, and the reading of a few quieting, uplifting thoughts, followed by a five-minute warm bath, taken every other night, will help you wonderfully Acquire the habit of putting out of your mind at night anything that has troubled you during the day. Make it a habit to think to think of something besides your cares for at least an hour before going to bed. You can't nour before going to bed. You can't go to sleep with your mind in a hubbub. The sleep of the ploughboy is sweet, because he works in the open air, eats plain food, and thinks little. We do not care to be as dull as the ploughboy, but we would do well to fol-low him as regards the pure air and the plain food, and then confine our thinking to the hours of the early and

middle part of the day. "Don't worry! It is worry that Gravel says:—kills, not work." If you work you will "My general not have time to worry. But don't several years, my appetite was poor overwork the body or mind, or both, and I was easily tired, but it was the as many physical directors are tempted to do in order to keep up with the visionary demands of some overzealous enthusiast, or it will be worry and work which kills you in double quick time. Work enough to drive away the worry, and you will sleep well.

As the different parts of the body are ased the supply of blood increases in The brain has been act these parts. The brain has been active all day long, and probably all the evening, too, and consequently, when bed time comes, the brain is over-supplied with blood, and you are unable to sleep. The legs have something like one hundred and eight muscles, large and small. Now if, by some means, you can slowly draw the blood from the brain into the muscles of the legs, it will assist you greatly in going to sleep. Try this exercise just before going to bed, and be sure to do it very slowly. Stand against the wall, with the back of the head, the shoulders, and the heels touching the wall, or stand in an erect position, with the fingers resting upon the edge of the bed or on the bureau, as a means of keeping the balance. Now squat quarter-way down to the floor and come up again. Do this movement from thirty to forty times. Then equat all of the way down from thirty to forty times. Then do the combination tion, quarter way and all the way down from thirty to forty times. Now sit back in a chair, and with the eyes closed rest for a minute or so. Then repeat the exercise. Repeat several times, resting after each time. This exercise, by drawing the blood down from the brain into the muscles of the legs, is a very good sleep producer. Robert J. Roberts, Boston.

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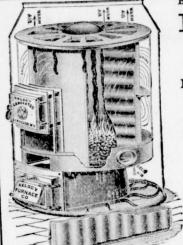
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BLAND AND HIS CATHOLIC

In his eulogy of the late Congress-man Richard P. Bland, of Missouri, Senator Vest said in the United States

Senate, April 10, in reference to a well known incident in the silver champion's life:
"How true and loyal he was to wife and children was shown in an incident of the preliminary canyass for the nomination in Chicago in 1896, when the bigots and fanatics and slimy dem-agogues assailed him because his wife was a Roman Catholic, and was educating her children in that communion. His answer touched the heart of man-

hood throughout the world.
"'Yes,' he said, 'my wife is a Roman Catholic and I am a Protestant and shall live and die one; but my great regret is that I am not half such

HEART PALPITATION.

in the emjoyment of good health. Mrs.

"My general health was bad for frequent sharp pains and violent pal-pitation of my heart which caused me the greatest alarm. Itried many medicines, and was treated by several doctors, but in vain. Finally I became so poorly that I was not able to do any bousehold work, and was frequently confined to my bed. At the suggestion of one of my friends I decided to try Dr. Williams' Pink Pills. After taking a few boxes I began to gain The pains new strength and vigor. in my heart were less frequent and less severe, and in every way my health severe, and in every way my health was improving. I continued using the pills until I had taken eight boxes, when I had completely recovered my health. I have gained in flesh; my appetite is good, and I am able to do all my household work without feeling all m all my household work without feeling the awful fatigue I was before subject to. I am very thankful to Dr. Williams' Pink Pills, for they have truly released me from much suffering, and

I hope that others may be induced to try this wonderful medicine."

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