

ALLAHABAD.

A Pen Picture of "The City of God."

Description of Allahabad and its surroundings—The British Fort—A Tall Native Soldier.

From Benares we direct our wandering steps to the famous Mahomedan city of Allahabad—the City of God... A Pen Picture of "The City of God." Description of Allahabad and its surroundings—The British Fort—A Tall Native Soldier.

and that the same room is the beginning of a subterranean passage to Benares over 100 miles distant, through which in olden times the kings of these two countries assisted each other in times of war. The eyes of the faithful can also see here a third sacred river—but as we are infidels in the Hindu faith our eyes remained closed to the beauties of this strange winding way along a narrow, sloping, serpentine military road, walled on either side by heavy stonework defences, and guarded by a score of frowning black cannons ready to sweep out of existence all unfortunate intruders, we come to the ditch and draw-bridge which is of little practical use now in warfare; this crossed, the gates are reached. A number of red-coats are pacing up and down in front, but a military salute is sufficient in these quiet days, and we pass in, no questions asked.

Health Teachings— It is certainly an encouraging sign of the times to see health publications proper. In the first settling of the country people made their walnut pills, gathered their own roots and herbs and doctored themselves with fairly good results. But as population became denser and the medical practitioner nearer they were led to believe that those mysterious remedies of which they knew nothing were more potent for good than the simple remedies they had than a custom to; and in this connection it may be said that the less they knew about the remedy and the more mystery surrounding it the greater their faith in its healing powers.

bid elements of the system. Toward the end of the year a damp, sultry day—catarrh weather—is sometimes followed by a sudden frost, and at such times I have often found that a six hours' inhalation of pure, cold night air will free the obstructed air passage, so that on the following morning hardly a slight hoarseness of the voice suggests the narrowness of the escape from a two-weeks' respiratory misery. But, aided by exercise, outdoor air of any temperature will accomplish the same effect. In two days a resolute pedestrian can walk away from a summer catarrh of the malignant type that is apt to defy half-opened windows. But the specific of the movement cure is arm exercise, dumb bell swinging, crapple-swing practice, and wood-chopping. On a cold morning (for, after all, there are ten winter catarrhs to one in summer) a woodshed matinee seems to reach the seat of the disease by an air line. As the chest begins to heave under the stimulus of the exercise, perspiration becomes free as it becomes deeper and fuller, expectoration ceases to be painful, and the mucus is a last discharged on mass, as if the system had only waited for that amount of encouragement to rid itself of the incubus. A catarrh can thus be broken up in a single day. For the next half week the diet should be frugal and cooling. Fruit, light bread, and a little cold sweet milk is the best catarrh diet. A fast day, though, is still better. Fasting effects in a safe way what the old-school practitioners tried to accomplish by bleeding; it reduces the semi-febrile condition which accompanies every severe cold. There is no doubt that by exercise alone a catarrh can be gradually "worked off." But indoors it is apt to be steep, up-hill work, while cold air, even before the season of actual frosts, acts upon pulmonary disorders as it does on malarial fevers—it reduces them to a less malignant type. A combination of three specifics—exercise, abstinence, and fresh air—will cure the most obstinate cold.

think that we have any more right to meddle in this matter than my employer has to ask how I spend my salary. I feel some responsibility for the moral wellbeing of everybody under my roof and I try when opportunity offers to impress upon Hetty the necessity of right living and right thinking. We do not make Hetty "one of the family" in the popular sense of that term; but if she wants to come to our sitting room for an hour in the evening when we are alone, she knows that she can do so. And she can have any book or paper in the house if she cares to read them. Mrs. Dane was very ill for a long time since Hetty has lived with us, and if ever there was a faithful servant Hetty was one at that time. Some of our friends shake their heads and declare that they "never, never could give a servant the privileges" we give Hetty. I do not call them "privileges." There are rights that belong to any good, honest girl who is trying to earn her own living in the way she feels that she is best fitted to earn it. I met Hetty down town the other day, and of course I tipped my hat to her. A friend who was with me looked amazed: "Why, isn't that your servant girl?" "Yes, it is," I said. He looked at me for a second and then said: "Well; you're a queer fellow; I think I see myself tipping my hat to our kitchen girl." I can, without any self abasement, tip my hat to any good woman on earth, though she be only a charwoman going from door to door scrubbing steps. I think there will have to be a reform in this treatment of house servants before there is an end to this cry about inefficiency and impertinent help. We began a reform in our own home when Hetty came and the result has been most gratifying to both mistress and maid.

What a poor my nephew, S horse, in front of Upham. "Where do I asked, as setting from the b "Right there ing to the cots and I married cottages side by He opened th we passed up bordered by bri house. Upon t little lady, who "My wife, U I did not won ness of my nepl at the graceful soft brown eyes a cordial, smile I had just r after fourteen ye home in my old the many relativ ed only the sor were left to wetc These young u home, were like and it did not su partners in a flc living side by sic James was the business for the stood that my f stah and Nellie and Susy. There were bu than, so I was no left me to prepar and myself soon ordered table, v her own cooking tive appetite. But as the day I was surprised hours the busy li for sewing, readi pretty garden. I do not think easily all this don ed until James c crossed the garden ed visit to him. Susy, and sorrow anxious face, offer try for her grief i child, our year wi But when I cro the cottage where that there was I grow to accus anxiety. With the sam home, the same Susy's life can on perpetual scrambl housework; and a maturely aged w while Nellie, five fresh, bright and teen. I wondered cre interest. I had gr years of exile, and to Seth and James a house in Upham fall, with a hou them. I loved the ness I would mar had I ever married fined gentle woman their wives. So it grieved m Susy's life seem hard worked and Nellie's was so che hours and pleasant Both Seth and J were kind and b sure; both temp right, honorable was the canker eat I was chatting pouch one evening the firm came u had talked over th the up and down o when James said: "Urr! we were never knew how was spent by one literally but one p started our homes save something for ed a bank account, and we then con reckoning and a fa sis. We have household economi wasteful and extr miserly." As James spok the open window heard the last wor "Come James," "suppose we let U question that has t six years, and the ence of opinion of lives." "Willingly," Jas shall tell your stor "We had our fi in the building of Seth. "Outwardly you alike; but mine co price of this one." "Indeed!" I sai "I went to Bos

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I have always maintained that many indignities were put upon the servant girls of today, and that much of their impertinence and stubbornness arose from the fact, says a writer in Good Housekeeping. Now, our next door neighbor firmly refuses to allow her servant girl to have any company at all. This is outrageous. Hetty has the free and undisturbed use of our dining room, and may have other, respectable company in it any evening she pleases; she may have a beau if she wants to, but she and I must know that he is a respectable man; and he and all her other company must be out of the house at 10 o'clock at night.

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D. E. McC