

REMONSTRANCE.

Wrinkles and wear the nerves to ribbons. I knew of a young woman who would never die in summer time unless a pair of green goggles protected her eyes, a veil her face, a shawl must be taken for fear of sudden cold, and a whole arsenal of protective agencies added into the vehicle of the summer.

THE ART OF KEEPING WELL.

Career Cut Short by Nervous Exhaustion.

THE CHANCES OF LIFE.

Various "Fads" for Preserving Health—The Real Cause of Physical Ills.

N. Y. Evening Post.

Most people know how to keep sick, but few know how to keep well. Health is an art to be learned like any other art—that is, by study, observation, experiment, and the analysis of the reasons which make a given result possible.

REDUCTION MADE.

An 88 reduction was voted for all round. This put beams and channels down to a cent and a half a pound and angles down to 49 cents a pound.

Bird Intelligence.

From the Boston Christian Register. During a high wind one day this summer a young oriole was thrown from its nest to the ground. It was picked up by kind hands and kept in the house till the storm was over, and then placed on the roof of the piazza.

Courtesy in Business.

From the Norfolk (Va.) Landmark. In solemn truth, what this workaday world needs is a return to the courtesy of our ancestors, who always had time to sign themselves with a "Believe me, my dear sir, your humble and obedient servant," and to begin their letters "Esteemed and honored sir."

SUMMER DAYS IN OLD YUMA.

They Are Like One Long Unbroken Dream of Shoel.

Nor Do Summer Visitors Sleep Under Blankets at Night—A Heated Tent in Which the Morning Coolness Was 105 Degrees.

From the Boston Herald. Yuma, Ariz., Aug. 2.—Fancy an everyday temperature varying from 105 to 125 degrees in the shade for four or more months at a stretch. Imagine a village of several hundred adobe, stone and brick, squat one-story houses and store buildings, all with clumsy porches in front, strewn along a dreary, red-brown roasting bank of a drowsy, muddy stream, where rude thoroughfares straggle up and down a naked hill, shimmering under the fiercest, emptiest sky you ever saw.

THE ART OF ENTERTAINING.

A Few Points for the Guidance of Hosts and Guests.

The house itself may be helpful in making visitors feel at home. We should have nothing too fine for comfort, and welcome our friends in rooms made homelike by our daily use. It will be to have easy rules to give one's guests the option of having tea or coffee, rolls and fruit sent to their rooms, or having the family.

THE HOOSIER DIALECT.

Some of the Peculiarities of Language Still Heard in Indiana Rural Communities.

From the Indianapolis News. Particularly marked is the dissimilarity between the folk-speech of the northern part of the State and that of the southern part. The settlers in the north came mainly from New England, Pennsylvania, New York and Northern Ohio, and in consequence there exists in the north the strong Yankee twang.

Lightning Spares Women.

Many More Men Are Struck, Perhaps by Reason of Greater Exposure.

From the Boston Globe. Many persons are timid during thunderstorms, in consequence of a peculiarly nervous organization. Such persons may be assured that the risk of being killed by lightning is extremely slight, when compared with the mortality from other causes. In general it may be stated that such an event occurs only one three-hundredth as often as a death from typhoid fever, and only one two-thousandth as often as a death from consumption.

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Children Cry for CASORAL

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