The Tyranny of Detail.

Mrs. Blank, a college graduate, married at 31, after several years of independent and highly successful work as a classical teacher. She has really a broad, scholarly mind, although charmingly easy and unpretending in manners, and is of the type of woman proverbially classed as indifferent housekeepers, if not negligent mothers. But let us see.

It think it will be found that the development of woman is not always one-sided, but that, with a cultivation of the intellectual powers, the moral and affectional nature may be, and usually are, correspondingly enlarged. My friend's love of domesticity and her maternal cravings were strong enough to induce her to renounce a congenial and secure posttion for very moderate prospects of wedded happiness, with a poor and comparatively insignificant man. However, he was the man she loved, and it mattered little to her then what her friends might say! I know that she is willing, even humbly anxious, to subordinate her intellectual pleasures to her home duties, caring above all things to acquit herself wisely and completely of these new obligations.

Another point. It needs a trained mind as well as a womanly spirit, science no less than unselfishness, to create and keep a modern home. Here the mentally disciplined and mature woman is at a distinct advantage. She is able to plan rationally for her household, disregarding, if necessary, surface consideration of custom and fasion. Her theoretical knowledge of hygiene, sanitation and chemistry are put to practical use; the principles of education and psychology, especially of child-study, she finds quite indispensable to her as a mother; and what she does not know she knows how to acquire easily and quickly.

Mrs. Blank, then, who is now two years a matron, is as far superior to the average untrained woman breadth of womanly wisdom and administrative ability as she is in pure mentality. She gives herself absolutely, without reserve to husband and child, and her capacity for lov-ing is something wholly beyond the comprehension of the pretty, kittinish, trivial-minded men conceive to be "so affectionate!" All this I know well; and yet, when I last saw my friend, she was looking thinner and more worried than she ought; and there was an indefinable restlessness in her manner and something of a baffled expression In the honest gray eyes.

'Yes," she said, in response to my close hand-clasp and look of solicitude-"yes, it will do me good to confide in you—its has been growing upon me of late-this horrible feelof self-distrust! I have made housekeeping a study and expected to succeed upon rational prinbut now it seems to me that I have failed and I cannot tell ex-Do tell there anything wrong with this ants whose desires are not gory, but it until all critical capacity is gone, and I can't tell whether it is not all a dreaded discord. Do you think that picture belongs? and isn't the jar on the mantel out of keeping? I go into my friends' homes and they seem so much more harmonious and

restful than my own. "Then there is the perfect order which I find elsewhere as a matter of course-dust is simply disgraceful, isn't it? And yet I can see some at this moment in the carving of the table legs! Below stairs it is even Avorse I have changed servants until I am weary and sick at heart, and am still as far as ever from the ideal sanitary cleanliness of pantry and closet and cellar."

"I rise at six and am almost incessantly busy till nine or ten o'clock in the evening, and followed by the broken rest at night which is inevitable with so young a baby. I am strong and don't mind it; but I do mind feeling that I am a slave to my work, instead of easily mistress of it, which I always used to be. Then, you see, I had only the one thing to do, and had it well in hand; now the multiplicity of quite different things overwhelms me.

"They tell me of women who do all their own work; take entire care of several children, and do their sewing and the children's beside-so it must more convenient silk or satin shopbe that I am a domestic incapable ping bag. A handsome bag is of for I keep a 'girl' and have only one baby to care for. Yet the details of the bath and the necessary changes of clothing, the five regular and separate meals, the daily airing, the supervision of her play and all the other needful attentions occupy me during most of her waking hours! I do make all her clothes, chiefly in the evenings, and they are made after the most approved hygienic patterns; but even husband inquired the other day why I didn't dress her prettily and have her look more like other chil-

"Now she is getting old enough for discipline and—do you think she is so rhyme fame, is not full. These bags of the examination papers belonging to -there are times when everything else tyro in needlework would have litcomes to a standstill until Rathamin the trouble in fashioning one. For wills! Yet a crisis of this sort seems to be no excuse for keeping breakfast waiting a half hour on washing

What would you have said to my poor, harassed friend, who had really which, although pretty, soon from mastered the essentials of domestic or wears thin.—Harper's Bazar. economy, but was humbled by the oppressive tyranny of detail? She had dost her habitual poise and that delightful repose of manner so rare among modern women, and so characteristic of herself. In her ardor for exact system, and a nervous anxiety lest something might be going wrong, she seemed to keep one eye uncon- pared juvenile bills of fare. sciously on the clock, and one ear open to signals of distress from nursery or kitchen.

One or two suggestions occurred to You are doing the important thingsomit some of the details; have the fully, systematically, and with a good vy.

for detail, who bring it smilingly to capable of generalization; see life, not as a whole, but piece by piece, and, few stewed figs. Bread and butter sugrested itself only in a town of while they execute much skillful brush | if wanted. work, they never succeed in making picture."—From the Interior.

Queerly Named.

The quaintness of the Puritan names of piety-not Bible words, but words or phrases of religious import -has long been recognized. In the days of Cromwell, contemporary jokes were rife among the "Malignants," in which such worthy Roundheads as "Fight-the-good-fight-of-faith Jones." "Help-from-on-high Robbins," and "Faint-not Pilsbery," figured prominently, and were treated with scant

respect. The names themselves were not burlesqued. They were so queer it would have been difficult to do so. The longest and strangest of the combinations in use in Old England did not, fortunately, ever become popular in New England. Nevertheess, the American colonies had their share. Our own Dr. Holmes has re-cognized this in his ballad of Puritan times, beginning with the father's invitation to his little son:

"Come hither, "God-be-Glorified, and sit upon my knee.' And it was in a much later period than the colonial, that a worthy person flourished, commonly known as Tribby Clap, but whose whole name was Through-much-tribulation-weenter-into-the - Kingdom-of - Heaven Clap. The brief surname follows its lengthy prefix as surprisingly as a clap of thunder.

But, apart from the rarer and longer combination names, anyone reading much among old-town records, or expert in antiquarian lore, is sure to come across names odd enough to make him pause to wonder whether the ancestors who bestowed them were so singularly sober-minded as to be without the sense of humor, or so excessively humorous as to name their children

Some of the names read remarkably like puns. For instance, one of a group of her ancestresses to whom Mrs. Alice Morse Earle dedicates a recent book on "Colonial Dames and Goodwives" is Mistress "Silence Heard." One wonders whether Good-man and Goodwife Heard noticed the effect of this conjunction when they named their baby, or did they do it

Here are a few other names of the same kind, all duly recorded among the births and deaths, wills and land transfers of a few little New England

on purpose?

"Wait Long," Temperance Waters, "Righteous Hope," "Love "Submit Willing," and "Lovey Sweet," and "Thankful Hart.

"Expect Little" of one village offsets "Hope Mutch" of another. "Lively Smart" should certainly have been a forward child, but he died in infancy. One poor little girl, at least, we may be sure, was named in ignorance by her parents, who were peaceful and respected people, though It is hard to imagine how they could have failed to perceive the bloodthirsty significance of her Christian nam when united with her surname. She was christened "Desire Gore."

Notwithstanding her forbidding appellation, a young man was found bold enough to ask her to change it room? I have studied and analyzed it is quite true that none of them is named for her great-great-grandmo-

Exact. Recipes.

A woman visiting in Ireland was delighted with a certain hot cake served at breakfast. From the native cook of her hostess she duly got the recipe: "You must take more than you'd think of flour, ma'am, just what you'd know of butter, the slightest taste in life of baking powder and the fill of the small jug of milk.' A new arrival as priestess of an uptown kitchen was giving to her mistress the other day her formula for a

certain sort of gingerbread: "And then comes the molasses recited the cook. "Ye want about three gullups of molasses."
"Gullups, Ann?" interrupted h interrupted her wondering listener; "what are they?" sure, don't ye know, mum,' replied Ann. "whin molasses is running out of the jug it comes in gullups like-them's what I mean.'

> -The Shopping Bag.

The leather waist or belt satchel is being entirely superseded by the more capacious and altogether heavy black satin, and is one-half a yard deep by three-eighths of a yard wide. It is lined with changeable red surah silk, and is finished at the bottom by a broad band of black The drawing-strings passementerie. The drawing-strings at the top of the bag are of black gros-grain ribbon. This receptacle is so large that it holds the owner's purse and many small parcels when she goes shopping, or if she means to "take in" a matinee before she returns home the ample reticule holds her opera glasses, extra handkerchief, a pair of light gloves, and are so simply made that the veriest can harmonize our respective severe utility one is made of a single piece of black moire a yard long. doubled so as to form both the outside and the lining of the bag. This lining will be found to have more lasting qualities than the surah soon frays

Nursery Menus.

Housekeeping furnishes a week's menus suited for the average child of

Breakfast-One ripe apple, and quartered. Two or three tablespoonfuls of cooked and well selected me and I offered them in a few words: cream, and salt or sugar, as preoatmeal, with half a cupful of sweet "Don't lose your sense of proportion. ferred, according to the taste and gratifying for its simplicity and com-You are doing the important things - condition of the child, using very prehensi reness: "The three necessary condition of the child, using very be satisfied to leave the unimportant little of either. A glass of warm ones undone. Exact less of yourself; milk. Bread and good butter. Dinner -From 12 to 1 o'clock. Half a cupful courage to dispense with a few of the of beef broth. Bread and butter. superfluous luxuries of home! You must | One lamb chop, lightly broiled, and learn, too, when emergencies arise, as cut in small pieces, or a piece of they frequently will, to neglect cheer- roast beef or mutton, with dish gra-One quickly baked potato, broconscience, everything that does not ken with a fork, eaten with salt. bear directly upon the matter in hand. Two tablespoonfuls of boiled spinach, "Finally, observe more closely those mashed through a puree sieve. A women who have an apparent genius few dates and a ladyfinger for des-Supper-Five to 5:30 o'clock. a perfection which is your despair. I Milk toast; one-half pint of hot milk we usually found that they are in- seasoned with salt, sugar and butter, for three or four pieces of toast. A hous .. " Perhaps the simile would have

Breakfast-Breakfast hominy and bev.eficent provisions of nature that

ped steak, one large spoonful, or one lamb chop, lightly broiled. Boiled to become obsolete, since science shows rice, as much as wanted. Stewed it to be an impossible condition. I am celery, with drawn butter. Gelatine, sure that only in a reposeful New Engflavored with chocolate or vanilla, for dessert. Supper-Saltine crackers, dessert. Supper-Saltine crackers, is sometimes used in carrying things broken in hot milk. Bread and butter. and to hit with"; and as an after-Stewed prunes.

Breakfast—Oatmeal and cream.

Dry toast, with cold, not melted, butter. A little stewed potato. An original like it."

"keep-the-change" prodigality, is added, "There are two arms, and the leg is something like it." Breakfast-Oatmeal and cream. One baked sweet potato. Stewed onions with cream sauce. Plain or apple tapioca pudding. Supper-Sweet buns or plain rolls, broken up in hot milk, with a light sprinkling of salt or sugar, as preferred. A dish of stewed prunes, or a glassful of prune juice."

Evening.

Hon, David Mills.

The sun has set behind the distant The breezes of the day have sunk to From distant glens come murmurs of the rills

The sound of tinkling bells and bleat-The gold and ortmson of the western sky So lately there, are fading fast away, And from the heavens are seen to slowly dia.

And in their place come tints of pearly grey. Their danger is not seen by them,

but felt. And ere the light of day is wholly gone They seek the thicket, where before they've dwelt. In the deep forest, safe from beasts of prey.

That in the darkness of the quiet Hunt for their quarry, but with coming day. In secret places hide from human

The carol of the robin now must cease; He at the close of day his music And as the shades of coming night in-

Quits his high perch and seeks the leafy shade, His clear, sweet notes sung in the fad-

Rejoicing o'er the day's task deftly done. Retires for rest throughout the coming night To sing at dawn another day begun.

solitary swan pursues his flight Into the silver depths of sunless heav'n. Rising still higher to prolong the light, And so obtain another hour of even; His plaintive call from that far height we hear.

Like last words spoken by a faithful friend-Words to the mem'ry that are never And in the heart their music ne'er shall end.

O'er the wide earth there comes To rest all toilers earth herself doth Willard says: "It seems to me her The day is dead—his light and beauty artless letter, in its good English, that many deep wells contain as And all the gorgeous colors in the

From his funereal vestments disappear: The world is hush'd to stillness, and 'tis said, As on each leaf and flow'r there comes for the last two or three weeks about a tear. Night with his pall is here—the day

The dusky shadows settle softly down, And hide from human eyes both field and flood: "The day is dead," say echoes from

the town. From babbling brooks and from the distant wood. beauteous garments that he wore

In his last hour he does again display: And spreads them out before admiring earth And with their fading beauty fades away.

The day is dead, and here and there a star In the derk'ning east beamed out, and then. As night her deep blue banner spread,

from far. The starry host shone on this home of men. The moon, at length, in soft, warm beauty rose. And slowby climb'd the cloudless

vault of heav'n,

And view'd by her own light the world's repose, The night had come; it was no longer ev'n.

From Atlantic Monthly.

It happened once that school-teaching was thrust upon me for a short season; and I find, by looking over some the pupils, that my labors were not quite without results, some of which, if unexpected or unusual, are at the least, suggestive.

For instance, should we understand that soap was formerly used more freely among the Italians than in these days, when we might be led to suppose, because a student of Roman history writes, "Herculaneaum and Pompeii were destroyed by a stream Under this head a writer in Good of lather"? /Amd is there more than meets the eye in this stataement, "When the Greeks and Romans became Christ lans, then they had more 5. I select three of these wisely pre- to quarrel a bout"? Is this further announcement, to be disputed. "Alexandria was one of the chief cities of iniquity" (aritiquity)?

In these, days of hygienic feeding and mucia teaching thereof, the following resume of our requirements is sorts of food are carbonaceous, nitrogenous and mutritious." It is reasuring to be told by the same student that "a tooth is so set in the jaw that they are not apt to come out"; and, according to one's physical condition is the impression produced by reading that "the organs and tissues of the body are continually changing; those which fore present one moment are gone the next"!

To persons who have for gotten the "words; of the book," it may be a little bewild ering to read that "a hair under the microscope looks like the roof of a shir gled roofs. We find a mong other cream. Bread and butter. A sweet "Vie oil glands are of great use to

ing while "wet through" is destined land town could be written, "The arm thought, or with a sort of western

On an American history paper I find that "Molly Pitcher's husband was ange. A glassful of milk, Dinner— On an American history paper I One-half cupful of chicken soup. One broiled lamb chop. Bread and butter. wounded, and she went to get some water in a pitcher, and that you can remember her name." Among the admirable and impressive facts in the life of Benjamin Franklin it is recorded that "when he went to bed at night he used to take a book with him and deprive himself of rest." length, finding himself in America, without a penny, he became a great writer"; whether because or in of the geographical and financial situation is not stated. It is interesting to hear that "when Andrew Jackson found time, he fed the adopted baby. It is to be hoped that in the intervals someone else "found time." It hardly seems consistent with our notion of Washington's dignity that he should "mount a pine log on wheels and parade round with it," nor should we advocate such an excess of politeness as that shown by Mrs. Motte when "she chose to have her house when burned down, since the enemy could not be disobliged" (dislodged). On the

rather exacting when "they ordered the British to lower their collars." It is not clear as to whether it was Belated flocks of birds fly swiftly on; rangement that led one of the patriots a very useful device, and should be "to store the powder in a house with his wife and mother-in-law."

other hand, the Americans were surely

Recent events have justified the laconic answer of "Riots" to the inquiry What is the practical result of strikes?" And perhaps in the last few years the force of the following defini-tion may have been felt: "A draft is an order that you send to a man, instead of money, but it has to pass through several hands before the right

party gets it." The last extract from these papers, containing so many fresh points of view, is one which shows the value to us all of some knowledge of grammar and rhetoric, since "grammatical form may be shown by speaking and spelling correctly," and "apostrophe is that figure of speech in which absent things are addressed as though present, and the ignorant as though intelligent.

Letters from Rebecca Krikorian have been received by Miss Willard from time to time, setting forth the condition of affairs in Aintab, her old Armenian home. "Our Rebecca" is a daughter of one of the pastors in Aintab, and was developed as a temperance worker by the missionaries there. She attended the World's W. C. T. U. in London last June and later. our National in Baltimore. Since then should go to the world's end, and I numerous bacteria as are hope those who read may be moved to many surface waters." send a little if it be only a few pennies, to help the martyr nation in its dying throes." Miss Krikorian writes:

"My heart is sunk in deepest sorrow for the bad news I have been receiving old father (a pastor) and two brothers are imprisoned, my youngest sister, who is a pretty young woman, taken to a Turkish pasha's harem in Oorfa and there forced to accept Islam. My older brothers, who have large families of five, six, and seven children, are shut up in their houses since the first great massacre in Aintab on last November 16 and 17, and can not dare to go out to work for fear of being

shot by the Turks. "What do you think the reason of my dear father's imprisonment was? Because he prayed for light in these dark days, and visited and helped and comforted the helpless survivors and the wounded on their deathbeds with the words of God. And also because he did not sign a paper of the governor of Aintab, in which he wrote that there was no disturbance whatever in the town, and that everything was as quiet and peaceful as could be,

"One of my brothers is sick in prisstill neither of them know why they

after my blood, saying, 'Oh, where is fore a microbe had been imagined. that girl? If we only would find her He found the cellar more than half we would at once cut her into pieces, full of boards and bits of lumber, as she is the one who did so much and therefore worthy to be put to than 50 years before. The owner had

death first of all.' "Over four thousand Christians in that one city, Aintab, have absolutely were found in all stages of dry rot. nothing to eat or to wear and are dying A clearing out followed, and now every day, inch by inch, of hunger and exposure, most of whom are helpless widows and orphans who lost their

bread-winners in the following way: The Turks struck their heads with an axe one way and then struck once crosswise and said, 'Here is your cross, let it save you.' Others struck saying, Where is your Christ? let him come and save you now!' Many were told that if they changed their religion and became Moslem they would be spared, our religion for these miserable heads. Here they are; you may cut them off,'

and so they did. "My brother, Prof. H. Krikorian, of more willing to be wiped out of exchange their religion.

"Although my heart is in boundless passing through, yet I cannot help rejoicing over the most wonderful moral effects of these calamities on them. It is all for Christ's sake and they are for their oppressors, 'Father, forgive them, for they know not what they

"I am sure that your dear heart will be glad to hear that up to this time I have been able to raise nearly four thousand dollars, for which I am so sympathy as a whole nation will not German medical publication gives the go further, woe unto us!

Dearest Miss Willard, the poor and distressed, bewailing and groaning and starving Armenia comes once more to your presence and implores your imnediate help through the feeble efforts of one of her lamenting daughters. "A little more! And there is no Armenia to be helped. (Signed)

"REBECCA KRIKORIAN."

orange. A glass of warm cocoa, half milk. Dinner—One-half cupful keep the water out." So the phrase of mutton broth. Broiled, finely chop"wet to the skin" acquires new mean-

Bad Water From Deep Wells-Food and Indigestion - Sleep for the Young - Dry Rot in Houses-How to Treat Those Injured by Elec-

An Indication of Foul Air. An Indication of Four Air.

"In the Zurich industrial exposition," says Gaea (Leipsic), "an air beg rasped through it and dragged to beg rasped through it and dragged to beg rasped through it and dragged to be taken on air location." tester is exhibited which shows away. 3. When it is not possible to whether and in what degree the air remove the injured person from the in a workshop is contaminated. The apparatus consists of an air tight apparatus consists of an air tight the wire from it, using the covered closed glass vessel filled with red hand. They will break the current, fluid. fluid. Through a glass tube that the top, into the liquid and is bent at the top, to get the body away. 4. If this cannot be done, take a dry cloth and cord that hangs beneath, and that is somewhat stretched by a weight. The fluid from which the drop comes has the property of changing its red color to white by the action of carbonic The more carbonic acid there is in the air the quicker this change in color takes place. If the air is very foul the drop becomes white at the upper end of the cord, while the change of color corresponding to a slight proportion of carbonic acid does not take place till the drop has run farther along the cord. The exact condition of the air can be ascertained by observing a scale that is placed alongside the cord, and that is divided into convenient parts, bearing the designations, 'extremely bad," very found in every factory, every workshop, and every place where persons are crowded together."

Bacteria in Water from Deep Wells.

"It has been a widespread popular opinion,"says The Engineering Magazine, "that the purity of water obtained from deep wells, especially from deep wells of the kind known as driven wells, might be depended upon. meats, or fats, he can give that part Of late, however, there has arisen a of the digestive apparatus concerned doubt of the accuracy of this belief, and scientific investigation has now shown it to be erroneous. Examination of waters from a considerable number of springs and deep wells by the distinguished bacteriologist of the Massachusetts State Board of Health, has now shown that bacteria are present in water taken not only from springs and open wells, but from carefully guarded wells of quite excarefully guarded wells of quite extraordinary depth. The results of the investigations conclusively prove that investigations conclusively prove that Sternberg, Abott, and other high authorities were in error in believing waters from deep sources to be free from bacteria. Frankland, in his celebrated work, 'Micro-organisms in Water,' evidently had doubts, but his investigations led him to believe that such waters, although perhaps, not wholly free from micro-organisms, possessed a 'high degree of bacterial purity.' It is difficult (says the report board) to find deep wells in uninhabited or country districts, and our results are all derived from popuour National in Baltimore. Since then lous areas. It is possible that other she has been gaising money for her results might be obtained from wells poor countrymen and sending it driven in uninhabited regions. It is through the organized channels. Miss plain, however, that water absolutely free from bacteria is not ordinarily obtained from even deep wells, and

Dry Rot in Houses.

At a late meeting of the New York State Medical Association, Dr. William H. Robb, of Montgomery county, my own family members—that my dear read a paper on dry rot in houses, site ends. Place the straight edges as an overlooked cause of sickness. Favorable conditions for the development of this are found in warm. damp cellars that are poorly ventilated and lighted. The conditions favor the growth of many sorts of bacteria. The doctor said:

"Judging from the variety of diseases found in a single house where there is dry rot, we believe that the specific germs of various disease find in this a nidus in which they grow and multiply, from the cellar they migrate to all parts of the house Food, water and air are all affected.' He illustrated his theory by striking examples. There was an instance in a fine country house in a very sawhich sickness was never absent. A an investigation; for a vigorous broken paraffine lamp in her hand. mother was ill with malarious fever, the father had severe dysentery, and a little daughter, who had never before been ill, perished of cholera inon, and though it is two months now, fantum. The town was the seat of a medical college; and the youngest are imprisoned.

"I hear that the Turks are thirsting professor, a very persevering scientist, began to explore. This was besome showing themselves to be the this town in the rescuing work, left overs of the house built more a curious theory, "the board may be wanted," and a stingy spirit. They 80 years the house has been healthy. -The Independent.

Sleep for the Young. "A healthy infant sleeps most of the time during the first few weeks," to call in a doctor, but took no steps. says the New York State Medical Journal, "and in the early years people are disposed to let children sleep as they will. But from 6 or 7 years but they answered, 'We cannot change old, when school begins, this sensible policy comes to an end, and sleep is put off persistently through all the years up to manhood and womanhood. At the age of 10 or 11 the child the Central Turkey College, who writes is allowed to sleep only eight or nine to me these and many other such sad hours, when its parents should insist to me these that our nation is now on its having what it absolutely needs istence as a nation, if need be, and yet to 20 a youth needs nine hours' sleep, to cling to Christ, than to live and and an adult should have eight. Inevils of the day. The want of prope grief for what my precious people are rest and normal conditions of the brain, produces a lamentable condition, deterioration in both body and mind, and exhaustion, excitability, bearing it in His own spirit, praying and intellectual disorders are gradually taking the place of the love of work, general well-being, and the spirit of initiative."

Injuries by Electricity.

The use of electricity has become so general, and accidents are so fre- ing the original in another man's as money is necessary for immediate quent that everybody should be ad- hand. He was a prisoner in jail, and use for my starving and freezing peo- vised how to extend aid to a person ple. But, oh, my dear sister, if your injured by an electrical current. A following suggestions: 1. The current should be shut off at once if the means are at hand and the person upon understands how to do called it. 2. If this cannot be done, be careful not to touch the injured person's body with the hand. If no India rub-ber gloves are at hand, the body should be dragged away from the wires by the coat tails, or the coat Post.

should be taken off and folded (a wires, raise that part of the body that is in contact with the earth or Through a glass tube that dips and it will generally be possible then place it between the body and the ground, and then disentangle the body from the wires. 5. If the body is freed from the wires, remove all the clothing from the neck and treat the injured person as one drowned. Open the mouth and grasp the tongue, which should be covered with a cloth; then pull the tongue forward and gradually allow it to fall back; this movement should be repeated sixteen times a minute, Take care that the root of the tongue is thoroughly moved. 6. The bystanders should not be allowed to give the injured person wine or liquors.

Food and Indigestion.

We have as many kinds of dyspepsia as there are kinds of food to be digested. Thus a person may have starchy or salivary indigestion, proteid or peptic, fatty or intestinal: but rarely, if ever, are all these forms found to begin in the same individual at the same time. A person can usually tell which of the forms he suffers from. Let him eat only one kind of food at a time until he has ascertained which it is that disagrees with him; then by avoiding that food, whether it be starches, in its digestion the needful rest. Under this favorable condition the digestive functions soon resumes its normal activity. Very moderate ex-ercise just after eating is probably not prejudicial to digestion. exercise or fatigue certainly is. In violent exercise the blood is drawn away from the stomach, and as a result too little gastric juice is secreted, the gastric glands secreting reason, active mental effort is not conducive to good digestion. During sleep digestion is not very active. The older physiologies used to tell us to avoid eating anything within at least three hours of bed time. Experience teaches, I think, that a person going to bed with a moderately full stomach will sleep better than if the stomach be empty. If you need the food take it. "Cheerfulness and health react on each other" and "Food well chatted is half digested" are sayings which contain more than a little truth .- Prof. Thomas Grant

How to Use Court Plaster. Did you ever notice the way a physician prepares the court plaster for a. wound? lengthwise directly through the middle. The plaster should be considerably larger than the wound, to keep well over the edges. Then slash the plaster lengthwise nearly to the edge. Straighten the court plaster out flat, and cut the slashed pieces at oppoof the court plaster to the flesh on either side of the wound, bringing the strips across the wound. Moisten them, and, taking a strip from each side, draw them together gently, closing the cut, and stick the plaster in place. Continue with all the strips,

Notes and Incidents.

and the cut will be dressed in a man-

ner to insure a perfect healing, and as well as any doctor could do it.

The Brighton (England) Gazette remarks: "Among the holiday horrors which are, as usual fairly numerous, we record today the dreadful death of a woman in Hope street, Birminglubrious New England town, from ham. Left in a drunken sleep in the kitchen over night, she was found in change of occupants brought about the morning burned to death, with a

At the close of the present season Mrs. Annie Jenness Miller, who has long been a loyal friend of the women of the W. C. T. U., will practi-cally leave public work and the lecture field, and will enter into private life in a lovely home which she is building at Washington. It is some time since Mrs. Miller has had any financial connection with, or jurisdiction over the magazine, owned by a stock company, which bears her name. Her pen will be devoted in future to writing books bearing out the ideas which she has so eloquently and attractively advocated.

Frederick and Emily Hutton, the woman bearing the appearance of being soddened with drink, were charged at the Middlesex sessions with cruelty to their child Lydia, age 9 years. The child died as a result of the neglect. The mother was urged On the day following the death the mother was found drinking in a public house. The judge said he was not sure that he ought not to impose the heaviest possible punishment. Children must be treated properly. He should sentence the woman to twelve months' hard labor. The man was away at work, but must have seen the condition of the child. and ought to have protected it. If he had given the woman a good thrashing it would have been justifiable. As he had failed to protect the child he would be sent to hard labor for six months.—London Star.

Hint for Accommodating Persons

Beware how you let a stranger, or one that you cannot trust, handle your keys. A piece of wax concealed in the palm of the hand will take an impression of the wards, from which a duplicate key may be made. done so quickly that ever It can be in passing from one hand to anothe the impression may be taken. An expert thief has even been known to make a duplicate key by simply se ed by the warden who visited his

REFINED CRUELTY. Employer (kindly)-You are becoming very round-shouldered, Mr.

cell.-Weekly Telegraph.

Bookkeeper (with hopes of a holiday)—Yes, I fear that I am. Employer (solicitously)—Hadn't you better stop riding a bicycle.-Boston