## STORIES OF ADVENTURE

EXPLOITS OF A BRIGADIER GENERAL.

## celf, my name is Brigadier Gerard, and have only to meution it to assure anyone "Oho has heard oi me that -

 Deapienne and Captain Tremeau. For my, $\begin{aligned} & \text { the twwo apon either } \\ & \text { side were wrapped in }\end{aligned}$

You think that beecause I am only a woman ni sorable imposters :"
hite with anger, and at Trem had turned ugging at his moustache
Emperor did uathe 1 , coldily, "when the his miesion, he gave me this amethyst ring a token. I had not thought that three ach corroboration, but 1 can only confute your unwort ${ }^{\text {y }}$,
She held it np in the light of the carriage amp, and the most dreadful expression
grief and of horror contorted her face. ny God, what have I done? What have done $?^{\prime \prime}$
I folt that something terrible had be
tallen. "Quick, madame, quick 1" I oried "Give us the papers !"
"Given them ! To whom?"
"To three office"
" To three officer
"When ?" Within the half-hour
"Where are they "" over to them without hesitation, thinking that they had come from the Emperor."
It was a thunder-clap.. But those
the moments when 1 am at my finest.











 hisen and Sold


 Nomed


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\section*{(To BE oontinved.)

## OLD COUNTRY LETTERS

## OLD COUNTRY LETTERS

There are soine carelesess on pheple living in Isat report of the English Postmaster-Gen cral. 4 No less than 30,691 lettere were
posted last year without any address on them, and 1,742 of them contained remi tanoes, amounting to over $\$ 25,000$ in all.
By way of offeet 32,632 stampe were found By way of offet 32,632 stamp were foun
loose in the post, which may explain why the lottor carrier so often calls at some people's houses for "five cents to pay."
There wasa falling off in thenumber ofletters delivered of over 2 per cent., whioh io largely 26 per oent,--in the use of post carde. halfpenny stiomp on a card and post it, an thio privilege has been extensively used
Over 2,000 million letters and poest card
were delivered in the United Kingdom while only 50 millions were sent out.of th
ountry. Of these
onearly half went the oountry. Of these enearly half went th
Franee,
only ermany and the United state millions were sent to the oolonie
 tae ave before
rolose on the
omall amount

##  crease; but it it io nould altosult in ar a a arge mattor or che difference between five cents and two

 A Canadian hardly thinks more or fivecenta than an Engliishman does of a penny;
it tis the vritiog of the leter and not the
poatage that is the real trouble. The Eng.


 ian soon finds that his affairs here do
mand all his attotion. A f for aro tena-
cious enough of tamily ties to keep a cor respondence going at long interpals, bor-
with the next generation the oonection is
forgotho. It it in the natur of things
that it should be bo, for while modern
 creased the demasds on ones time and at
tention. The post-eard, inereasing in uas
ast the rate of 26 per cent., is driving the
old fashioned epiatle out of the field.
 may pat it in an envelope. To send suoh
short ontes arose tho Atiantio would be be
absuir, and ano most of us send nothing at
all. Only a few stil keep to the delightful
old fashion of maintaining old country
Currespondence.
THE ENGINEER.
Throttie.
The locomotive engineer is a remarkably

precision in his look and motions. He
occasionally turns a calm eye to his gauges
and then yyesumes his quiet watoh ahead.
The threellevers which he has to manipu-







## HEALTH.

## Norvous Chllaron.

An inoroased tendencoy to nervous dibhe prosent age in is oharaoteristic of arious symptoms whioh formerly wor mong confirmed invalide
Some of the symptoms thus observed are ion, neuralgic pains in the head or baok tendency to hysteria, and on the other and, an aby̧ormal oraving for -oxoito Parents of clyldren who suffor in thi
Tay from "nervous" symptoms anould Way from "nervous" symptoms should
look the matter squaroly in the face nd ask th
o blame.
One of the common mistakes of parenta that of allowing their ohildren to shars the pastimes and pleasures of thoir
diere ; pastimes and pleasures whioh in nany cases are of too atimulating a ohar-
coter for a ohild's more suscoptible nervoue rganization. The faot that this nervoue done
at of affection for the children, and from desire for their companionship, does not Again, children are t
Again, children are too frequently grant-
of the thing for whioh they aik or ary,
without regard to the wiodom of their do.
 denying him that

The tendenoy toward making ohildren rominent in the household, while not to be Axchess. even at an arrly ago, thould be
lowed to play and to apend some time in musing himself. When the bed-hour
omes he should be put to bed, and it is best comes he should be put to bed, and it it is best
that this hhould be dono without rocking or
walking. The hours of sleep should be long.
If any unuuual or unnatural habith are
developed by the child, the phypietian should
 see Eome local irritation win be vil.
elief of which will remedy the evil.
hild
The olthes should fit loosely. The hysterioal nature of the ohild is
developed by byowing him offi, or by by
bating his exploits before him. Constant olating his exploits before him. Constant
colding tends tomake him lese tractable.
Outor-door air is a necesity to the ohid' health. Play in the open air supplieg
he physical wanto of anid bottur than
he restraints of carpot and furniture.

## Urie Acta.

Prominent among the many causes ot cid oondition.
Sufferers from
subjeot to biliousuness and sick headaches, equently rolieved by the vomitugg of antities of extremely acid fluid, with gested food.
mominent tural state. The spleen and the kidneys Much of the modus operandi of the
Chemical changes carried on in the human observer in his laboratory. followed by the Which bhearisty physiolog of human syste was oonsidered, comparatively crude, in now recognized as
most oompex and puzzling ; and many of
its mysteries are yet far ftgom having been completely unravelled, active as are the
investigations now being oarried on, and
competent and ardent as are the inveatiga. tors.
Food is the fuel introduced into she
furnace of the human system, while the Let one or more of them organs weriform,
their functions improperly, and unconsum. ed fuel ologs their workings, and produats
improterly fitud for meeting the demands
of the sybtem are formed. This crudely represents the etate of the system in whioh
uric acid is found in the blood, and
excroted by the kidneys in abnormal
 attended with pasage from the kidneys is
agonizing pains, or
severe pains localized elsewhere, are symptoms of the improper performance of
the functions of the organs mentioned.
Such symptoms are not often found among Such symptoms are not often found among
persons actively empiofed in out-of-doorr
work, but rather among the sedentary and Those who suffer in this way should
drink a much greater quantity of water,
 consult a physician, who may
revies their diet and mode of life.

## Deep Breathing

Cultivate the hatit of breathing through
noese and taking deep breaths. If his bit was universal, there is little deubt creased oue-half. An English physician orced retpirations will keep the entire matter now thinly one may be clad. He
was himeelf half frozen to death one night, and began taking deen breath and k keping
the air in his lunge as long has possible. The
reault was that he was thoroughly com.
 Full Blooded.
Fleery-Is it a full-blooded dog?
Downey- It ought to be; I paid as:l-
boded price for it

