tend to lengthen rather than to limit

themselves automatically is apt to find

man accustomed to the office nap.

AN ARCTIC ROMANCE.

recent Arctic expedition.

A tale of Esquimau love is told by

THE CHOICE: A SHORT STUDY

By John Galsworthy in the London Nation.

ased to stand at the crossing of a great happiness, and ended "Yours truley obedient." On the fifteenth day street leading to the embankment an he was back at his corner, seated on his box in the pouring rain, saying from the cleanliness of boots. In the that he was "a different man, ten years intervals of plying his broom, he could day;" nor could anything persuade him generally be seen seated on an up- from the theory that heaven had made turned wooden box, talking to an Irish a special intervention on his behalf. terrier, who belonged to a house near- But only four days later, the sun being by, and had taken a fancy to him. He for once in the heavens, he was so long was a Cornishman by birth, had been in answering a salutation that we a plumber by trade, and was a cheerful, independent old fellow, with ruddy kind of stroke; his old face had lost cheeks, grey hair and beard, and little, color, it seemed stiff, and his eyes had bright, rather watery, grey eyes. But was a great sufferer from a variety to weather. Of all these matters he gone, and he was afraid that he should would speak to us in a very impersonal and uncomplaining way, diagnosing himself, as it were, for the "always came for a bit of bread or look forward to in the way of a pension, nor, I fancy, very much to look back on, except the death of his near relatives and the decline of the plumbing trade. It had declined him for years: but, even before a long illness ousted him in favor of younger men, he had felt very severely the palpable difference in things. In old days

house (workhouse), and you were he wanted. An awful independent old feller, too, or else she wouldn't hesitable for a business which necessitated constant exposure to all elements but house, where he could holler for her if still almost bright. He fixed them on a with a peculiar stare, as much as to say: "You've taken an advantage of me, finding me here." We could be, and no mistake, not having a soul hardly bear that look, and hurriedly a say of the say of the say of the say. constant exposure to all elements but that of fire, his ailments were proportion that what it would come to, though that he was better then he had been able feature of his perpetual illness was that he was always "better" than that stubborn! he had been. We could not at times help thinking that this continual crescendo of good health should have gradually raised him to a condition of paramount robustness, and it was with a top was, as indeed she had led us to tried to confirm that theory, but the certain disappointment, in the face of suppose, open, and through it the expression of his eyes took away master of Europe, and the woman, appeared in all the "tide of time." his assurances, that we watched him suppose, open, and through it the caste of comfort, and made one who did not believe in masters, either Strong as a lioness in the caste of who did not believe in masters, either getting, on the contrary, slowly stiffer and feebler, and noted the sure increase of the egg-like deposits, which

had evidently pondered long, and with a certain deep philosophy, on this par-

respects himself," he would say. And, since that was his conviction, as respected themselves could not very well beg him to act against it. At the same time, it became increasingly ficult to pass him without wondering how much longer it would be before he finally sought shelter in the element of water which was so apt to pour down on him day by day.

It is uncertain whether he discussed this matter of the river versus the house with the dog, to whom he was always talking, but that there was a certain fellow-feeling between them on the subject of exposure and advancing age is more than probable; for, as he would point out: The poor old feller's teeth were going, and the stiffness across his loins was always worse when it was wet. In fact, he was afraid that the old dog was gettin' old! And the dog would sit patiently for an hour at find out, perhaps, from his friend's longer tolerate himself, not knowing, It is not the hand laborer alone who of course, that kindly humans would finds the midday nap a refreshment. shoulder and the word that the carsee to it that he did not suffer more There are some busy brain workers than a dog could bear. On his tace, however, with its grizzled muzzle and who take a nap some time between 12 of home some orators manage to get it however, with its grizzled muzzle and a solution of nome some orators manage to get it rheumy eyes thus turned up, there was o'clock and 2 as regularly as they take in the vehicle on the way to the dinnever a sign of debate; it was full of luncheon, and there are others who ner. It is the old forty winks that the friend came to in this momentous strictly live up to the injunction, "If grandfathers of the present generation | Proper Food and Cage—Teachquestion between the river and house would be all right, perfectly

friend, in a burst of confidence, dis- Benjamin F. Butler, of Massachusetts, man must have his feet disposed just closed the wish of his heart. It was it is recalled, found great refreshment so. Another half covers his face with and children, and chiefly beloved—one that he might be suffered to go down in sleeping on the short railway jour- the palm of one hand. Still another once more to Fowey, in Cornwall, ney to and from his office. A highly puts his face flat upon the upturned where he had been born, but had not seen for 50 years. By some means or other the money was procured for this enterprise, and he was enabled to set off by excursion train for a fortnight's holiday. He was observed, the day before his start, talking at great length laws of caligraphy, and beginning they do expect that tired men a regatta, of a certain "Joe Petherick."



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varnish stain with the china-like finish.

'China-Lac" gives a china-like finish RRANDRAM - HENDERSON,

Some years ago in Chelsea there ly weather," and other sources of his

almost disappeared Inquiry elicited from him the inforof ailments. He had gout, and some mation that he was better than he had trouble in his side, and feet that were been, but that the dog was dead. They like barometers in their susceptibility had put it away while he had been miss the "faithful old feller."

benefit of his listeners. He was, it biscuit. And he was company to me; seems, alone in the world, not having, of course, in those days, anything to He seemed to think that the day must He seemed to think that the log must have pined during his absence, and that this had accelerated his end by making his owners think he was more decrepit than he really was.

The death of the dog, and the cold,

damp autumn that year, told heavily on the old man; but it was not till mid-November that he was noted one plumbing had been a quiet, steady did not reappear, his lodging was morning absent from his post. As he paired with heavy hearts to the 'house business, in which you were apparently "on your own, and knew where you were;" but latterly "you had just had street, but the house was neat and specific form in sport. As ne which he had so often declared he would never enter. Having ascertained the number of his ward, we were;" but latterly "you had just had clean, and the landlady seemed a good, to do what the builders told you, and, rough woman. She informed us that of course, they weren't going to make our old friend was laid up with "pleurallowances. If you couldn't do the isy and the gouty rheumatics;" that by that his lips, deep sunk between his went, and there you were." This long the infirmary; but she didn't like to frosty moustache and beard, were illness, and the death of his wife com-turn him out, though where she would continually moving. ing close together (and sweeping away the last of his savings), had determined to say nothing of his food, because him, therefore, to buy a broom and she couldn't let him starve while there frets." seek for other occupation. To sweep a crossing was not a profession that he himself would have chosen before all others; still, it was "better than the others; still, it was "better than the house, where he could holler for her if house, (workhouse) and you were he wanted An awful independent old "At the sound of his name he had opened his eyes, which, though paler and smaller and more rheumy, were still almost bright. He fixed them on worked An awful independent old us with a peculiar stare, as much as

we had interrupted by coming in, we went on up the stairs.

to pay no attention, but suddenly said:
"I'm in here; I don't mean to stay.

"O Lord God, that took the dog from oned us closer, He was so entirely fixed and certain and I am not one to go into that place. don't mean to stay. I'm goin' that he was "going in the river" before So God give me a stiff heart, and I home." he went "in the 'house," that one hestatated to suggest that the time was at hand when he should cease to expose himself all day and every day. He Lord and cannot remember doing.

So God give me a stiff heart, and I home."

The nurse told us, however, that this was out of the question; he was still very ill.

I have been a good one in my time. O now, and I have tried to keep upsides had gone home. They had buried him who had remembered him, of the "luv- that morning. The 'house ain't for a man that with it; so, good Lord, remember and

do not forget me, now that I am down, bundles. Some like a book for a pil- bridge in the night, abduct the gir a-lying here all day, and the rent goin' on. For ever and ever, O Lord.

Amen. We allowed a little time to pass be-

He was-it seemed-better than he had been; the doctor's stuff was do-ing him good.

hard sleep that takes a big gap out of the day. Such men need attention, Certain arrangements were made for for they are apt to be nursing some his benefit, and in less than three internal poison that dulls the brain, the

In the spring of the following year we went abroad, and were absent sev- that an early bed hour does not help eral months. He was no longer at his case, and the man who habitually his post when at last we came back, takes a brief nap after luncheon sel-and a policeman informed us that he dom finds that the loss of an hour or sing in New York and other large had not been there for some weeks. We two of sleep the night before lengthens cities is more frequently a profitable made a second pilgrimage to his lodg- his nap beyond its accustomed length. The new landlady was a thin, anxiouslooking young woman, who spoke in a Wherever he is he is apt to show thin, anxious voice. Yes, the old man had been taken very ill—double pneulogic moment approaches and the only monia and heart disease, she thought. thing that can relieve him is exercise

Anyway, she couldn't have the worry or some form of excitement. him taken off. Yes, it had upset him deep, tufted chairs which seem made a bit; he would never have gone if exactly for the purpose. Those chairs he'd had his choice; but, of course, she are a snare to the unwary who on had her living to get. She had his holidays miss their accustomed nap bits of things locked up all right; he and drop in at the club for a bit of owed her a little rent. In her opin- human news. on, he'd never come out again She was very sorry for him, too; he'd given no trouble till he was took ill.

Following up her information, we remounted the beautifully clean stairs. In the fifth of a row of beds our old friend was lying, apparently asleep.

"He's not asleep," said the nurse; he'll lie like that all the time.

she would never be surprised if he got that he was better than he had been up and went out tomorrow, he was We begged him not to exert himself, Leaving her to the avocations which been away, and so forth. He seemed The door of the back room at the I'll be goin' out in a day or two." We Stael

Lord, and cannot remember doing Four days later we went again to

JOHN GALSWORTHY.

A MID-DAY NAP IN BUSINESS while neat, and ideas, and good ideas, boll, who, with reference to the too, were as thick as leaves in the forest, Mme. de Stael easily went to old suitors, remarked to her one day the front and winning her supremacy lafter she had informed him that she

Finding Converts.

Renewed Vigor Given to Brain- is so subject to interruption that they ed by the Traditional Forty usual in New York.

face, what a dog should do when the verts even in the busiest haunts of For such men these precious naps are enemy weighed on him till he could no New Yorkers, says the New York Sun. the you are sleepy, sleep."

The preachers of the new gospel say ing. satisfactory in every way to dogs and that the ability to take a nap at will

to the dog, and feeding it out of a paper bag with carraway-seed biscuits.

A letter was received from him during his absence, observing certain strange ness for luncheon and the siesta, but "Honnured Sir and Lady." It was full gradually learn the value of the brief "Honnured Sir and Lady." It was full standard learn the value of the oriet of the oriet of an almost passionate description of hap in business hours. Men who sit PUFFINESS UNDER EYES long alone in their offices often fight sleep for an hour or more in mid-morn ing or after the noonday luncheon, and coming out victors, stick to their

work. In that hour of struggle with sleep he man is only half himself, and the doctors say that the thing that enables him to recover the full use of his powers and keep on working effectively for the rest of his day is the fact that nature has really had her Plankett, a well-known dairyman reway, that for a few seconds together siding in Britannia. "I had swollen and lettuce. he has partly or wholly lost conscious- feet so badly that at times I could

ly yield so much to sleep, but that the clogged up. Anyway in less than a size are advisable, so that he may change mere act of deliberately prevaring for month the swelling in my feet ceased- his posture at will. a nap drives sleep away. The answer my skin lost its yellowish cast-my

The first experiment may not be successful, but if it is repeated day af- are a wonderful medicine that every ter day the blessing of sleen will man can use to advantage." come. It is quite possible to fix the habit, so that the nap can be taken pill but Dr. Hamilton's. Sold in yel-regularly almost to the minute. and its low boxes at 25 cents per box, all duration can be reduced to equal reg- dealers, or The Catarrhozone Company, ularity. Some men owe their salvation Kingston, Ontario.

The New Gospel of Sleep from the danger of nervous breakdown to the habit of snatching from three to ten minutes sleep a day in the midst of business hours.

There are men whose business day cannot be sure of the nap at the desk. Workers by a Few Minutes' Some such men may be seen sound Sleep in the Busy Part of the asleep on their way nome by suburban trains. Others regularly take a asleep on their way home by subur-Day—Strained Nerves Rest- five or ten minutes nap in their chairs before dressing for the late dinner now five or ten minutes nap in their chairs

Men who have many after dinner speeches to make are often accustomed to prepare themselves for such The new gospel of sleep which some ter they are fully dressed and ready performances by a refreshing nap aftime looking up at him, trying to doctors are preaching has found con- to start for the scene of the dinner. trust themselves to wake in good season; some must have a touch on the riage waits.

used to talk about and strained nerves of today are demand-

Some men carry into their adult One very rainy summer our old is the secret of some men's success. naps the habits of early infancy. This kerchief or a newspaper over his

Some men must roll a pencil or marble between the fingers when courting the five minute nap. Others take curious and apparently uncomfortable positions, as tilted far back in the chair with the head at an angle which seems to threaten suffocation Some twist themselves into tight little

SWELLING FEET

THESE SYMPTOMS ARE AMONG THE SUREST INDICATIONS OF REAL KIDNEY DISEASE

For nearly a year my kidneys failed twice a day, and fruit in moderation and he has partly or wholly lost consciousness and has spread a five or ten
minute nap over an hour or perhaps
an hour and a half.

It would have been money in his
pocket to put his head down on the
I am a working man, loss of time and
pocket to put his head down on the
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I am a working man, loss of time and los desk when sleep first began to creep the prospect of serious illness caused dry gravel must be sprinkled at the botupon him and take a solid nap of the me great anxiety. I read of several necessary length, they declare. Such a cures from Dr. Hamilton's Pills and water be put in the glass. ap, not necessarily more than five or decided to get five boxes. Now I feel | It is important that parrots should have ght minutes, possibly as little as it my duty to testify them the best the opportunity to stand flat-footed. So hree or four, is often followed by an kidney, liver and stomach medicine on if the cage has wires at the bottom it is astonishing refreshment that almost earth. While my kidneys were so well to remove them. Always to have his badly affected after all I think it was claws clasping a round perch is injurious Many men say that they would glad- because the liver and bowels were to any bird, and two perches of different of the doctors is, don't prepare, mere- eyes grew clear and natural, and, considering my age is nearly 60, I am as fit as most men. Dr. Hamilton's Pills Music, which he loves, will cheer him up Don't be misled into using any other

at all times.

Not a few rock themselves to sleep and so prevent pursuit. He carried by slowly oscillating the chair on its the plan into effect. hind legs, or turning it upon its pivot.

fore we went in, unwilling that he It is found by some men that a biscuit vaded the hut of his idol, seized a should think we had overheard that or a glass of milk at mid-morning in-sleeping bag and departed, desiroying One night he crossed the bridge, inprayer. He was lying in a small dingy sures three minutes of refreshment at the bridge after he had crossed. Then bed, with a medicine bottle and glass the desk and a solid two hours' work he opened the sleeping bag and disbeside him on an old tin trunk. There before luncheon. With some men who try the nap the girl, but the old man!-Glasgow cure the tendency is to fall into a Herald.

THE BEGGING BUSINESS.

A society has recently been formed weeks he was back again at his cor- doctors say. The man whose naps in New York known as the National Association for the Prevention of Mendicancy and Charitable Imposture, and it offers some interesting facts as indication that it has work to do. It gives some details showing that begbusiness than the hardship of neces ings. The house had changed hands. You may often spot on holidays the sity. Many of the "blind men" can see after "working hours;" many of the deaf mutes are talkative enough when they gather in their favorite sa loon; even the horrible sores which move the generous citizen to give alms are frequently manufactured, and are and responsibility of him, let alone her rent. She had had the doctor, and had forbidding members to sleep i those gain their activity, and join in the laid away at night; the paralytics recelebration. But these are the coarse workers of beggardom; the really clever ones need no such subterfuge. They are counts, or journalists, mechanics or sailors, or followers of some other honorable calling. They usually need a small loan for a short time, and much of their begging is done by clever letters. Their business is much more profitable than that of Lieut. Shakleton, the leader of the the lame, the halt and the blind professionally, who are content with small donations

A young Esquimau loved an Esquimau lass, but as he had not the neces- If you hate to be humbugged it is sary number of sealskins to provide well to remember these things when the marriage portion required by her approached by strangers asking charfather, he met with no encouragement ity. Remember, there is organized from the stern parent. A yawning charity, which is usually prepared to chasm separated the respective dwellings of the ardent lover and his bestule of the ardent lover are are also a snow bridge. The youth conceived money should buy beer instead a plan. He would cross the snow bread.—Atchison (Kansas) Globe

GREAT WOMEN OF HISTORY

Madame de Stael [By Rev. Thomas B. Gregory.]

In the France of the year 1800 there! It was not with her pen, however,

were two extraordinarily great minds, that Mme. de Stael achieved all of her fame. Great as she was as a writer, to a woman. The man was Napoleon tionalist. Bonaparte, the woman was Mme. de

for herself or for anybody else, there her mind, she was at the same time he would proudly have us remark, about his wrists and fingers.

He was so entirely fixed and certain heart. I am an old man, O Lord God, I'd a gone in the river first. But I the woman won. Napoleon, after one what turn whispered, "they'd never have had me, heart. I am an old man, O Lord God, I'd a gone in the river first. But I tory, went to St. Helena, to die of a powerful as the storm and quick as a local went the lightning was always master of broken heart, and Mme. de Stael went the lightning, was always master of back to Paris, to be crowned the the situation. "greatest woman in literary history." Whether the contest was one of wit Born in Paris, in the year 1766, of or logic, of solid argument or soaring

woman ever encountered of her time, "Corinne" and "De l'Allemagne," the first a "pathfinder" in its bert, who, flanked on either side exists in literature."

It was said of this astonishing wo- of "Corinne." man that "she wrote ideas," while the It is a pity that there could not brilliant Chateaubriands and others have been some way of preserving for contemporary with her "wrote words, all time the personality of this won-colors and images." It was because derful woman. wrote ideas—that is to say. -that her books were put under the

and told him how it was that we had one belonging to a man and the other she was even greater as a conversa-If the accounts-are even half true Necker's daughter must have been one Between the man, who would be of the most amazing talkers that has

was, of course, war to the knife—and as agile as a cheetah, and no matter

illustrious parents, Anne Louise Neck-er early developed the mental bright- word that seemed to have been waitharm to any man for a long while see him. He was no longer there. He ness which characterized her to the ing from the foundation of the world ery last.
In an age of intense mental activity, As a sample of her sarcasm witness when thinking of every sort was at her reply to the great historian, Gib-white heat, and ideas, and good ideas, bon, who, with reference to the fact too, were as thick as leaves in the that he had been one of her mother's the front, and, winning her supremacy, after she had informed him that she held it for twenty years against the liked him," "Why shouldn't you like

most severe competitions that man or me, I came near being your papa. woman ever encountered. | know—and would I have looked like | She wrote two of the greatest books you?" was the withering rejoinder. Then the reply to the great D'Alemline, and the latter the "most remark- Mme, Recamier and Mme, de Stac able account of one country by a na- exclaimed, "How fortunate! I sit be tive and inhabitant of another which tween wit and beauty." "Yes, and with out possessing either," said the author

There is something monstrous in th Mme, de Stael died in Paris, July

thoughts that wake people up and set thought of the annihilation of a Pres them to thinking about their condition ence so bewitchingly interesting. ban by all the despotic authorities of 14, 1817, in her 51st year, and her day-by the Russian Czar and Na- throne that she left behind her has jealously guarded. Some of them can trust themselves to wake in good see them can bishops. There is but one Mme. de Stael.

ing Bird to Talk.

been the pet and plaything of men, women knows not why-of royalty, prima donna and eminent men of science. It is well known that parrots attain a great age, and there is still one living that belonged to George IV., and he is far from being the oldest bird in England! There is vet another illustrious parrot

who has gained considerable fame in the consulting room of a famous London nerve specialist, and call upon the patients to "kiss him quick" and "have done with it," and has even been heard to murmur "fine girl" after the exit of a lady from the room. Whether parrots do or do not know

what they are talking about is a moot question, but the writer of these lines has at least had personal acquaintance with one parrot who had glimmerings of sense. To leave parrots in particular for parrots in general the question arises: What is the best way to treat them?

As to their food, it should be seedscanary, hemp (but not too much), millet, boiled maize, linseed, rape and the like, Bread soaked in hot water is good, given in variety is wholesome, such as grapes, apples and pears, an occasional raisin

tom of the cage every day, and fresh

When a parrot continues to scream he wants water or food, or feels ill and uncomfortable, or maybe is merely dull.

A parrot learns to talk only from one who speaks very slowly and distinctly to him, and preferably when he is about to fall asleep. Last, but not least, a parrot should be carefully covered at night. -London Daily Mail.

OLD STYLE BOOKKEEPING.

Not so many years ago our national system of bookkeeping was almost as clumsy as the primitive method of counting on fingers. This was the exchequer way of keeping accounts by means of notched sticks of elm wood called tallies, a plan that strongly resembled Robinson Crusoe's mode keeping his calendar on the desert island. In the reign of George III., an inquiry was made by some revolutionary spirit as to whether pen, ink and paper could not be substituted, but the whole civil service rose against the innovation. It took many years to get the sticks abolished. And when they were privately and confidentially burned in a stove at the House of Lords in 1834 the panelling of the room caught fire and both houses were reduced - with the tally sticks ashes. Such is the dreadful thing that happens when the upper chamber touches finance!-London Chronicle.

causes life-long misery. Children become strong and lively when given small

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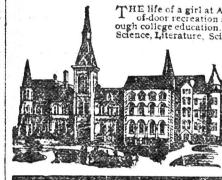
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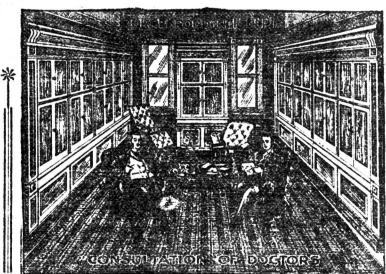
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WOMEN GURED AT HOME

Women's disorders always yield from the very beginning of the treatment to the mild, but effec-

yeld parts. In order to convince all suntring would be the value of this yell send a 35-cent box, enough for ten days' treatment, absolutely FREE heady sending me her address. MRS. FRANCES E. CURRAH, Windsor, Ont. 8 Orange Lily is recommended and sold in London by Anderson & Nelles.