

TO CURE FROSTBITES.
Great Chilblains and Frozen
Ears and Fingers.

SELECTIONS

WE EAT TOO MUCH.

Read the New Gospel of Health and
Long Life.

Three full meals a day are supposed to be the American's birthright. Anything less is deprivation or destitution. We are confessedly a nation of dyspeptics. Yet we never seem to connect cause and effect.

A new gospel of health is revealed in a recent number of The Westminster Review. The doctrine is embodied in a single sentence:

"Every disease that afflicts mankind is a constitutional possibility developed into disease by more or less habitual eating in excess of the supply of gastric juice."

To avoid disease we must not overtax the digestive powers, and when disease takes hold on man it can only be cured and destroyed by giving complete and absolute rest to that portion of the body which, by overtaxing, irritation and ill usage, has produced the disease.

To keep well we should eat only when hungry and only sufficient to satisfy hunger. To eat without being hungry and to eat beyond the satisfaction of hunger is to invite disease and consequent suffering.

Two meals a day, we are told, are ample for any one. The first should be taken three or four hours after rising; the second three, four or five hours before retiring. The first should be the meal of the day; the second a light repast which can be perfectly digested before retiring. Hunger is not corollary to sleep, but it is merely habit that demands a meal within an hour after leaving the bed.

The new gospel, which is announced as "The True Science of Living," is especially severe on the practice of giving the so called "nourishing" foods to invalids. The sick person, we are informed, cannot digest food. "Undigested food is useless as nourishment. The process of digestion, which is a tax on the vital power of the well, is a terrible strain on the sick."

Health is the result of pure and healthy blood. Good blood is the result of good digestion. Good digestion requires a healthy stomach. An overtaxed and consequently inept stomach is not equal to the duty required of it and consequently becomes the seat of a food decomposition that produces physical discomfort and vitiates the blood.

Overeating is largely a habit, but a well nigh universal one. If we were not accustomed to eat too much, almost from the cradle, appetite would be safe guide. But few appetites are normal because of persistent overindulgence.

We need to remember that every morsel of food that we eat over and above what can be digested and assimilated—especially the latter—is a positive detriment to our physical well-being. We have all seen people who are always complaining about their health, and yet eat enough for a harvest hand. Such people are responsible for their own "poor spells," and have the remedy in their own hands if they choose to exercise it. Hearty meals without exercise are a handicap to health.

The Storage of Eggs.

An interesting experiment in egg storage was recently brought to a successful conclusion in the warehouse of Messrs. Christianson of Bernard street, Leith. In August a batch of 50,000 Scotch, Irish and Danish eggs were sealed up in patent storage apparatus and were examined four months afterward, only a small proportion of the eggs being found unfit for use.

The secret of the method is to keep the eggs cool, to allow free access of air around each egg, to keep them upright in position and to turn them periodically so that the yolk of the egg is constantly imbedded in the albumen. These desiderata are brought about by placing the eggs in frames, which by the action of a lever can be inclined in different directions as needed. In this way 23,000 eggs can be turned over in half a minute without risk of breakage.

Testimonials are at hand from reliable sources showing the eggs so treated will remain perfectly fresh and good for at least five or six months.—Chambers' Journal.

A Manila Roast.

Here is an item from The American Soldier, the first American paper published in Manila: "Tondo, the suburb beyond Binondo, is the dwelling place of the poorer class of natives, in the quarter the erection of houses of brick and bamboo is permitted. The town is perfectly flat, and as there is no system of drainage all the refuse and houses accumulate and pools of water form in the hollows during the wet season. The result is that when the dry season comes the fever makes frequent ravages among the people. The average death rate in Manila is, under ordinary conditions, from 15 to 30 a day, which for a city of this size—nearly 400,000—is very moderate. Under the present conditions of sanitation the wonder is not that people die here, but that they live at all. It seems to prove that the climate is not of itself very unhealthy."

He Got the Picture.

John D. Rockefeller, when a poor lad, had his first picture taken with his class at Oswego academy, Oswego, N. Y., in 1853. It was a daguerreotype, and when Rockefeller became rich he tried to buy it from his former teacher, William Smyth, who refused to sell at any price. Mr. Smyth died a short time ago, and his son has since sent the picture to the millionaire. In the same class were General I. S. Catlin, Bishop George Worthington of Nebraska and Charles R. Colburn, Pennsylvania state superintendent of schools.

THE LAST STAND.

The little creek, rudely dammed for bathing below camp, was gurgling on just the same as ever. The tall pines lent their tops as Aeolian instruments to the warm night wind. The two horses at the long stretch of picket line took rest from the labors of the "day herd," but the knowledge of hovering, ghastly death was in the heart of every trooper.

"Farm camp" and escort—the one made for savages whose last intention it was to farm, the latter entirely inadequate in case of outbreak—and so Troop M of the —th, armed and silent, was awaiting the coming of Geronimo's malcontents, the last chance of retreat gone and the chance of any rider making his way out and to Fort Apache for re-enforcements precluded.

Sanford W. Calhoun, first lieutenant and troop commander—tall, lithe, the handsomest man in his regiment, the leader of ball and of social wherever he might be quartered—had been deeply thinking and had sought relief in low converse with his cosmopolitan first sergeant, a man of infinite possibilities and—a past.

"It's all up with M of the —th this time, Majendie," Calhoun said, and Majendie answered with a short laugh, "Yes."

Calhoun shuddered. The man's blasé recklessness had jarred him before. "And you've nothing to regret, nothing to hold you to the life we shall quit—no fear!"

Majendie laughed again, with a sneer on his cynical face. "No, lieutenant; neither regret nor fear. I've drained life's cup of nectar and also her cup of gall to the dregs. I've had my good time and my bad time, and if the end is here I'm ready."

Calhoun sighed. "I wish I was, sergeant, but I am not. Life's sweet, sergeant. It's never seemed so sweet as now, when it's going. You see, I've only tasted the cup as yet. And it's good, sergeant, very, very good—you understand?"

The sergeant smiled inscrutably. He knew why life held so much for his commander, pictured to himself the girl wife with her firstborn back there at Fort Grant and pitied the brave, selfish man at his side more than her.

"I understand, lieutenant," he said. Then he indicated a young trooper close by—a fair, boyish recruit on his first "field" duty.

"You see young Wilson there, lieutenant?" he went on. "Well, you and I represent three distinct types of manhood. Wilson is one of the most innocent, pure minded, kindly lads I've ever come in contact with—a mother's boy. Will he fight for the life that was never yet his, but hers? According to all that has been written in fiction, yes. He says his prayers regularly, and he reads his Bible, and in his own belief he is ready to stay or go at the Master's will. Lieutenant, that boy will die with horror and fear in his eyes—a coward!"

Calhoun shuddered again, but asked the question, "And I?"

Majendie smiled, looking at the fine, clear cut features of the American aristocrat. "The lieutenant," he said, "will die like the man I know him to be, bravely, but the bitterness of it will seize him and hold him. There will be resentment in his eyes—a grudge against fate."

"And you?"

"And I—hark! By God, sir, they're opening the ball!"

It was dawn. The Apaches had been waiting for it. A bullet clattered Majendie's ear, another spattered dirt in Calhoun's face. The sergeant laughed.

Cynical and sneering, a man whose only popularity lay in his acknowledged smartness, the moment transformed him. One leap landed him at the side of the boy recruit behind a huge pine tree, and then through it all, through the crashing and yelling, the horror and despair of the last fight, as man after man went down, the long legged "citizen of the world" cheered the remnant by word and deed.

He saw the lieutenant leap and fall, saw the boy recruit, with the horror of it in his despair stricken eyes, sink at his feet, and then—

When the squaws of Geronimo's band swooped down on the dead of the martyred M, they came across three men whom they left untouched of mutilating knife—the first, the boy farm instructor, because she who claimed him loved him, the second because, through some strange cause, none desired to touch the young white chief, the third and last because he, game to the end, was in their sight the bravest of the dead. And in the eyes of the first lurked dread, in those of the second bitterness, but in the eyes of the third there dwelt a wondrous—peace.

And, lo, when men came to search the three untouched bodies in after time, over the heart of him in peace they found the stained photographs of his one comrade's mother and of his other comrade's wife!—Gifford Hall in Sketch.

Carving Done by Wheat.

There is a curiously carved frame around a picture recently hung in the office of the Pendleton (Or.) board of fire commissioners by Secretary Weidler. It is made of a board of Oregon fir, but the carving, which in places is nearly through the board, is of such a queer pattern and in such a strange and peculiar style that no one who sees it can imagine how it was done. The nearest guess any one makes is that it is Japanese work. The fact is the board was part of a grain shoot, and the quaint and curious carving as well as the polishing was done by kernels of wheat taken from the top of the shoot. Just why the wheat cut such curious curves and of such irregular widths and depths it is difficult to imagine, as the wood does not appear to be any softer where the ruts are deepest.—San Francisco Examiner.

The antilynching bill by Mr. James (Dem.) was passed by the house. It provides for a reward of \$500 for the detection, arrest and conviction of any person charged with participating in a lynching or a murder where the officials are in the dark concerning the perpetrators of either such crime.

Another antilynching bill was introduced in the senate by Senator Purcell, providing that when a mob attacks a jail to lynch a prisoner the sheriff shall securely lock the prisoner's cell and furnish him with a Winchester rifle, a 44-caliber revolver and 150 rounds of ammunition.

Senator Culbert's bill for the employment of convict labor in the state prison at Michigan City was taken up on second reading by the house, the constitutional rules suspended and the bill passed. It is similar to the Shideler bill. The senate passed under suspension of the rules the following bills: The bill for a general system of township and traveling libraries, and creating the state library commission; appropriating \$1,500 for the temporary care of the criminal insane in the state prison; prohibiting the importation into Indiana of dependent children except by permission of the state board of charities; to prevent the pollution of streams by manufacturing concerns.

Among the bills passed by the house are the following: To prevent the dissemination of the San Jose scale; for the revision of the state laws of Indiana, and creating a board for the purpose; authorizing cities and towns to condemn property for sewerage; authorizing the appointment of a state commissioner of fisheries and game; for the incorporation of life insurance companies on either the stock or mutual plan.

COUNTY GOVERNMENT.

Reform Bill in the Senate Ordered In Engrossed After Amendment.

Indianapolis, Feb. 9.—The bill to reform county government as drafted by the county and township commission came before the senate yesterday and was engrossed after a few minor amendments.

The bill provides for a county council to be elected by the people of the county composed of five reputable citizens who shall assume the legislative and judicial functions of the duties now assumed by the present commissioners, leaving them but one of the entire three which they have hitherto performed, the executive.

No decided opposition to the reform proposed in the bill was shown, and the chances for its passage, with the amendments adopted yesterday, are thought to be excellent.

The bill by Mr. Brown (Dem.), involving the reorganization of the state board of education, came before the house yesterday on a divided committee report from the committee on education. The majority report favored the state colleges, and the substitution of the Goodwine bill for the Brown bill was finally adopted by the house after seven hours of speechmaking on both sides of the debate.

The vote on the two committee reports stood 53 to 39 against the minority report. The majority report was then adopted.

The bill by Mr. Caraway providing for the disfranchisement of any person selling their vote or staying away from the polls for a consideration, failed to pass the house. The bill provided that a person convicted of either of the above named offenses should be disfranchised for from 10 to 20 years.

The bill by Mr. Powers to prohibit appeals from justices' courts in cases involving not more than \$50 failed to pass.

The bill requiring fire escapes in all buildings more than two stories in height was passed in the house.

Within five years the number of foreigners in France has decreased by 71,000. It is now 1,027,000.

The population of Japan has increased at the rate of 27 per cent. in the last twenty-four years.

Rain falls more frequently between 3 o'clock and 8 o'clock in the morning than at any other time during the day.

Coughing

Constant coughing is very annoying, and the continuous hacking and irritation will soon attack and injure the delicate lining of the throat and air passages. Take advice and use Dr. Bull's Cough Syrup in time. This wonderful remedy will cure you.

Dr. Bull's COUGH SYRUP

Cures a Cough or Cold at once.

Doses are small and pleasant to take. Doctors recommend it. Price 25 cts. At all druggists.

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