

## HORRORS OF NIGHTMARE.

### Curious Attack of an Entire French Regiment.

A French physician has recorded a very extraordinary case in which the nightmare attacked an entire regiment of soldiers. Dr. Laurent, the physician in question, said he was surgeon of the first battalion of the La Tour d'Auvergne Regiment, when it was garrisoned at Palmi, in Calabria. At midnight, in the month of June, the order to march with all possible speed to Tropea, forty miles away, was given. At 7 o'clock on the following evening Tropea was reached, scarcely a single halt having been made by the way.

The men arrived in a pitiful state of exhaustion and fatigue, in consequence mainly of the intense heat, found their rations cooked, their quarters prepared, and, after a hearty meal, retired for the night in an abandoned monastery, a building much too small for their number, sleeping upon heaps of straw, some in one room, some in others. Just before occupying their quarters some quarters some of the soldiers heard that the monastery was haunted by a demon dog, and spread the story from one to another, some uncomfortably, most of them merrily. There seemed little fear of their sleep being disturbed after such a day's work as they had done.

But at midnight the deep silence was suddenly broken by loud, wild cries of terror. The white-faced soldiers rushed tumultuously from their chambers in every direction, and one and all at once told the same tale of superstitious terror. One and all had been visited by the phantom dog! The monastery was abandoned, and the weary soldiers, veterans in war and famous for their bravery, wandered about the town or slept in sheds and out-houses rather than again face the terrors of what was undoubtedly a bad attack of nightmare, consequent upon sleep following an undigested meal taken while in a condition of great fatigue. Some idea of the awful state of terror into which the distorted images of the fancy or memory have thrown people may be gleaned from the fact that medical men have recorded many cases in which they have resulted in death.

An artist of eminence, whose engraved pictures are now to be seen in every print-shop window—one of the writer's best friends—has the nightmare occasionally, but with him it invariably takes one form. He seems to be awakened by a sensation of coldness, such as might be caused by the sudden admission of outdoor air, and at the same time sees a man's hand busy with the window-latching. He slips quietly from his bed, takes up the poker, conceals himself behind the window-curtain, hears the fastening of the window thrust back, and with a sensation of spiteful glee raises his weapon to bring it down with all its force upon the head which he knows will in a minute or two be thrust into his room. The window is softly and slowly raised, and he is in a quiver of eagerness to deal the vengeful blow, a grim smile on his face, a fierce flash in his eye, when lo! the head appears.

But horror of horrors! The artist's upraised arm is still and rigid; he cannot strike the blow. And the face then turned toward him is one of hideous mockery and scorn, with a protruding tongue, the fangs of a wild beast, and the expression of a fiend. And so he remains face to face with his frightful enemy, utterly helpless, and in a state of indescribable torture. The effect of nightmare in this form is, he tells me, an almost maddening one, and he can only account for its frequent repetition as resulting from an unusually powerful impression made upon his memory in conjunction with its curious ally, the imagination, which is, in his case, one of more than usual power.—*London Exchange.*

### A Turkish Newspaper.

Among the various innovations lately introduced into Turkey may be included that of newspapers. The first, if we are not mistaken, appeared in Constantinople in 1841, under the auspices of Mr. Oscanyan, the former Turkish Consul General in New York, and was called *Azturur Bizantian*, or the *Byzantine Advertiser*. The people, unacquainted at that time with the aim and importance of a daily chronicler, were not prepared to appreciate the value of a newspaper, and were slow to patronize the paper. It was obliged to stop. Since then more frequent intercourse with the rest of Europe and political incidents which made the people eager for news gave rise to the publication of other newspapers, whose number is now legion.

There are at present more than twenty different dailies and twenty weeklies appearing in Constantinople in various dialects, each advocating its own particular interest. Among the organs of the different nationalities in Turkey may be mentioned the *Akhbar* (Star), which represents the Persian interest in Turkey. It is printed in Turkish script, though the language is Persian. It commences at the right-hand corner of the sheet with the announcement that "the office of publication of the *Akhbar* is at Valide Khan in the seat of felicity (Constantinople). All communications must be addressed to Mehmed Tahir Effendi, sole editor and proprietor."

In imitation of French journals, the paper commences with an editorial on the affairs of Siam as a leader, followed by telegraphic news, both foreign and domestic, extracts from foreign papers, home news, current events, official promotions, and a few advertisements. These papers are sold at an average of four cents per copy, and an edition of 2,000 is considered a large circulation.

There being a strict surveillance over all publications by the government, the editors are restrained from indulging in liberal thoughts and observations, as well as on what news they publish, so that these prints are, as a matter of course, rapid and devoid of interest, and can not in any sense be called "newspapers."—*New York Graphic.*

## PERSONAL CHARMS.

### How the Delsartian Theory of Development Beautifies Women.

What is the Delsartian method? If ladies can secure cultivation of the voice, so as to read and converse in sweetly modulated yet strong and deep tones, and by the same course of training acquire grace of carriage and the development of chest and lungs that ensure health and add to personal charms, the methods employed are worthy investigation.

So thought our reporter, who called upon Mme. Gray, the noted teacher of Oratory and Physical Culture, at one of our leading hotels.

A- he entered the room a lady tall but well proportioned came with graceful movement toward him. A well-shaped head, crowned with a wealth of iron-gray hair, dark, brilliant eyes, beneath finely arched brows, were noted as she approached. When she spoke it was with a voice sweet and low, yet with a wonderful compass.

"What is the secret of this power of vocal expression you seem to have?"

"Secret? there is no secret," laughed Mme. Gray. "Time was when I had one of the weakest and thinnest of voices. Any one can accomplish what I have done. It is so easy to acquire a full, resonant voice, that will never tire or grow hoarse. All vocal disabilities may be overcome, hesitation, stammering, stuttering, soon disappear under proper training."

"Does this training affect the physical system?"

"Yes, it will develop the bust to almost ideal perfection. Gentlemen will add four or five inches chest measurement in as many months."

"It is desirable from a point of beauty, then?"

"Yes, ladies gain the roundness of waist, taper of arm and hand, and the perfect poise, ease and grace in movement, that add so much to personal charms."

"Health, I should think, would be benefited, also?"

"Indeed it is. Lung and throat troubles decrease, narrow chests and thin arms are developed, and female weakness largely overcome."

"It seems to be a regular panacea?"

"No, I am sorry to say that some organs cannot be made good in this way after they have been injured as mine were by a séjour near a Southern swamp. Before I tried physical culture and Warner's safe cure I was a confirmed invalid. I was consumptive in early life, and it is only a few years since I overcame a serious liver trouble. I owe much to Warner's safe cure, and I do not hesitate to acknowledge it."

"And the consumption tendency?"

"Disappeared after the use of this remedy, and when I learned how to breathe. Not one in twenty breathes in such a way as to fill the air-cells, to expand the strong muscles at the base of the lungs, which should do the labor of expelling air. Hence, if kidney disease prevails, the lungs affected by the kidney poisoned blood soon give way."

"Is not your system the Delsartian theory?"

"Yes, and I greatly rejoiced when this grand teacher gave to the world his ideas. They correspond to those I had long taught, for I am a pioneer in this work, and have devoted life and energy to teaching the world that women may gain vocal accomplishments, health, grace and beauty all at the same time by these methods of cultivation."

"You are yet teaching?"

"Yes, at the School of Oratory and Physical Culture at Syracuse, N. Y., a permanent institution, now in very successful progress."

### Newspapers in the Country.

Geo. P. Rowell & Co., of New York, in the nineteenth annual edition of their standard publication, the "American Newspaper Directory," say:

The new volume contains an exhaustive list of all Class Publications, so admirably arranged that a yone of the three thousand papers represented there can be readily referred to and all important facts concerning it, together with its circulation rating, easily obtained.

The "Newspaper Directory" will be used principally by publishers, advertisers and advertising agents, but the vast fund of information it contains makes it valuable to persons of almost every trade and profession. As a gazetteer alone it is well worth the price charged, \$5, for it fully describes every town in which a newspaper is issued, and few people care to know about any place where one is not.

The number of papers published in the United States, Territories (including Alaska) and Canada is put at 15,420; an increase of 581 in one year.

The growth of newspapers in some of the Western States would be a matter of wonder if it were not that this year is no exception to the rule. In Kansas the increase is 89 and in Nebraska 64, while the Keystone State shows a smaller advance of 35, and the Buckeye State of 30. Pennsylvania exhibits the largest increase in dailies, 17; Kansas in weeklies, 81; and New York in monthlies, 42. Seven States show a decrease, the most prominent instances being New Hampshire and Virginia, six each. The whole volume shows that great care has been taken to sustain its reputation as the most comprehensive work of the kind yet published, and to insure accuracy in every detail. Anything less than a complete compendium of American newspapers and periodicals would surprise those who are familiar with the former efforts of this firm, who are so well known as the oldest, largest, and best known of all the American advertising agencies.

### Influence of the Press.

A well-known Cincinnati lawyer, says the *Enquirer*, was speaking to a friend from New York concerning the great activity in prosecuting criminals in the metropolis now and the great number of convictions secured. He cited the cases of the Italian woman, Mrs. Cignarella, recently sentenced to death for the murder of her husband; the man Reade, now under sentence for killing his wife; Greenwell, the Brooklyn man, convicted on circumstantial evidence of killing Lyman D. Weeks, while burglarizing his house, and the evident intention to make it warm for Jacob Sharp.

"How comes all this? What caused the spasm of reform?"

"The newspapers," said the New York man. "The newspapers do it all in New York now. They accuse men, try them, and convict them. Juries are afraid of them. I think the papers are doing pretty good work, too."

### How to Get Rest.

"I have not been away from my store two successive days in ten years," remarked an Elmira merchant recently. "Don't you ever feel the need of a vacation," asked the friend addressed. "Oh, no!" was the hearty answer; "along in the summer time I stop advertising for a few weeks, and I find more rest and solitude in my store than you could find in the most secluded nook of the White Mountains."

POOTS says he has no use for the bathing beach since he only has to climb a steeple to make his head swim.

THE great past—Re-past.

## At Peace.

A stomach in revolt is an obdurate rebel. Corrected with Hostetter's Stomach Bitters, its dissensions with the food introduced into it in its unwarlike moments of appetite ceases. Then it is at peace. Then dyspepsia abandons its grip. Then such fractious manifestations as heartburn, a sinking sensation in the pit of the abdomen between meals and unnatural fullness afterward, flatulence, acid gurgings, biliousness, etc. cease to afflict martyrdom. After a course of the national tonic and alterative, the liver and bowels, always more or less disordered during a prolonged attack of indigestion, resume their functions and become regular. Thus not only dyspepsia but its concomitants, constipation and biliousness, are conquered by the medicine, which remedies their fruitful cause, weakness of the organs of digestion. The epigastric nerve, cellular tissue, in short, every organ that bears a part in the digestive processes, acquire vigor and regularity from the benign invigorant.

In Buenos Ayres the government printing is done by convicts. Most of the work consists of ministers' reports and official receipts. The manager, not a person in duress vile, it may be well to state, but a practical, native printer, showed several volumes of these reports, and they were really well got up. All the tabular matter, however, was far from meritorious, little or no attention having been given to the mitering of rules, etc.

MERCHANDISING represents the cold logic of facts and figures, as shown in purchases and sales.

BEAUTIFUL woman, from whence came thy bloom, Thy beam'ng eye, thy features fair? What kindly hand on thee was laid— Endowing thee with beauty rare? "Twas mine, ever thus," the dame replied, "Once pale this neck, these features bold; The 'Favorite Prescription' of Dr. Pierce Wrought the wonderful change which you behold."

You can outlive a slander in half the time you can outargue it.—*Law Circular.*

"GOLDEN at morning, silver at noon, and lead at night," is the old saying about eating oranges. But there is something that is rightly named Golden, and can be taken with benefit at any hour of the day. This is Dr. Pierce's Golden Medical Discovery, literally worth its weight in gold to anyone suffering with chronic affections, impurities of the blood, or diseases of the lungs and liver. It is unfailing. By druggists.

We have noticed that the man who has his nose on the grindstone generally gets his wits sharpened.—*Duluth Paragapher.*

### A Family Jewel.

DOCTOR DAVID KENNEDY, the famous surgeon and physician, of Monticent N. Y., has sent us a copy of his new Medical treatise, a work of great intrinsic merit, apart from many elegant life illustrations of rare beauty. We find on examination that it is a work of exceeding merit, one which should be kept and read in every home. In addition to this studied and valuable medical lessons inculcated by the Doctor, there are two articles from the widely-known author, Col. E. Z. C. Judson (Ned Buntline), which add to the interest of the work. The printed price of this book is only 25 cents, but any one enclosing this notice with the name of the paper from whence it is taken, with four 2-cent postage stamps, will receive the book free by mail.

### A Popular Thoroughfare.

The Wisconsin Central Line, although a comparatively new factor in the railroad system of the Northwest, has acquired an enviable popularity. Through careful attention to details, its service is as near perfection as might be looked for. The train attendants seem to regard their trusts as individual property and as a result the public is served par excellence. The road now runs solid through fast trains between Chicago, Milwaukee, St. Paul and Minneapolis with Pullman's best and most dining cars; it also runs through, solid sleepers between Chicago, Ashland, Duluth and the famous mining regions of Northern Wisconsin and Michigan.

### THE SPECIAL OFFER.

OF THE YOUTH'S COMPANION, which we have published, includes the admirable Double Holiday Numbers for Thanksgiving and Christmas, with colored covers and full-page pictures, twenty pages each. These, with the other weekly issues to January 1, 1888, will be sent free to all new subscribers who send \$1.75 for a year's subscription to January 1, 1889. THE COMPANION has been greatly enlarged, is finely illustrated, and no other weekly literary paper gives so much for so low a price.

### Consumption Surely Cured.

To the Editor:—Please inform your readers that I have a positive remedy for the above-named disease. By its timely use thousands of hopeless cases have been permanently cured. I shall be glad to send two bottles of my remedy free to any of your readers who have consumption if they will send me their Express and P. O. address. Respectfully, T. A. SLOCUM, M. C., 131 Pearl St., N. Y.

Lyons' Patent Hell Stiffener is the only invention that will make old boots straight as new.

## Catarrh

May affect any portion of the body where the mucous membrane is found. But catarrh of the head is by far the most common, and, strange to say, the most liable to be neglected. It originates in a cold, or succession of colds, combined with impure blood. The wonderful cures Hood's Sarsaparilla has had in curing catarrh warrants us in urging all who suffer with this disease to try the peculiar medicine. It removes and invigorates the blood, and tones every organ.

"I have been troubled with that annoying disease, nasal catarrh, and have taken all kinds of blood purifiers, but never found relief till I used Hood's Sarsaparilla, which I am confident will do all that is claimed. Hurrah for Hood's Sarsaparilla!" J. L. ROUNT, Marksburg, Ky.

"I have taken Hood's Sarsaparilla for catarrh, and it has done me a great deal of good. I recommend it to all within my reach. Hood's Sarsaparilla has been worth everything to me." LUTHER D. ROBBINS, East Thompson, Ct.

**Hood's Sarsaparilla** Sold by all druggists. \$1; six for \$5. Prepared only by C. I. HOOD & CO., Apothecaries, Lowell, Mass.

### 100 Doses One Dollar

**WORK FOR ALL.** \$30 a week and expenses paid. Valuable outfit and particulars FREE. P. O. VICKERY, Augusta, Me.

**\$5 to \$8 a day.** Samples worth \$1.50, FREE. Lines not under the horse's feet. Write for particulars to Dr. J. C. STEVENSON, 101 Broadway, New York City. Send for particulars.

**PENSIONS.** An increase may be due. Address MILO B. STEVENSON & CO., Metropolitan Bldg., Chicago, Ill. MENTION THIS PAPER WHEN WRITING TO ADVERTISERS.

**OPIMUM.** Morphine Habit Cured in 10 to 20 days. No matter how long the habit. Dr. J. C. STEVENSON, Lebanon, Ohio. By return mail. Full Description Moody's New Tailor System of Dress Cutting. MOODY & CO., Cincinnati, O. MENTION THIS PAPER WHEN WRITING TO ADVERTISERS.

**HOME STUDY.** Bookkeeping, Business Forms, and all the latest and best of the art. Circular free. BRYANT'S BUSINESS COLLEGE, Buffalo, N.Y. MENTION THIS PAPER WHEN WRITING TO ADVERTISERS.

**MUSIC.** ANY PERSON CAN PLAY the PIANO AND ORGAN in 10 to 20 days. No matter how long the habit. Dr. J. C. STEVENSON, Lebanon, Ohio. By return mail. Full Description Moody's New Tailor System of Dress Cutting. MOODY & CO., Cincinnati, O. MENTION THIS PAPER WHEN WRITING TO ADVERTISERS.

## \$500 Reward.

If you suffer from dull, heavy headache, obstruction of the nasal passages, discharges falling from the head into the throat, sometimes profuse, watery, and acrid, at others thick, tenacious, mucous, purulent, bloody, and putrid; if the eyes are weak, watery, and inflamed, and there is ringing in the ears, deafness, hacking or coughing to clear the throat, expectoration of offensive matter, together with scales from ulcers; the voice being changed and having a nasal twang; the breath offensive; smell and taste impaired; experience a sensation of dizziness, with mental depression, a hacking cough, and general debility, then you are suffering from chronic nasal catarrh. Only a few of the above-named symptoms are likely to be present in any one case at one time, or in one stage of the disease. Thousands of cases annually, without manifesting half of the above symptoms, result in consumption and end in the grave. No disease is so common, more deceptive, and dangerous, less understood, or more unsuccessfully treated by physicians. The manufacturers of Dr. Sage's Catarrh Remedy offer, in good faith, \$500 reward for a case of catarrh which they cannot cure. The remedy is sold by druggists at only 50 cents.

THE best belt road is that around a pretty girl's waist.

### How to Gain Flesh and Strength.

Use after each meal Scott's Emulsion with Hypophosphites. It is as palatable as milk, and easily digested. The rapidity with which delicate people improve with its use is wonderful. Use it and try your weight. As a remedy for Consumption, Throat affections, and Bronchitis, it is unequalled. Please read: "I used Scott's Emulsion in a child eight months old with good results. He gained four pounds in a very short time."—J. H. PARR, M. D., Alabama.

MONEY gets tight so often that it will have a bad reputation for sobriety before long.—*Sioux City Journal.*

Use **Brown's Bronchial Troches** for Coughs, Colds, and all other Throat Troubles.—"Pro-nineately the best."—*Rev. Henry Ward Beecher.*

A WORKINGMAN'S wife is a better depositary of his nickels and dimes than is the saloon-keeper.—*Cincinnati Telegram.*

### PENSIONS to Soldiers and Heirs.

OLD is worth \$300 per pound. Pettit's Eye Salve \$1.00. Mention this paper when writing to advertisers.

**\$250 A MONTH.** Agents wanted. 90 best-selling articles in the world. Sample FREE. Address JAY BRONSON, Detroit, Mich. MENTION THIS PAPER WHEN WRITING TO ADVERTISERS.

One Agent (Merchant only) wanted in every town for

**TRANSILVANIA PUNCH 5¢**

### Offer No. 170.

FREE!—TO MERCHANTS ONLY: A three-foot, French glass, oval-front Show Case. Address at once, R. W. TANSILL & Co., 55 State Street, Chicago.

## KIDDER'S

### DIGESTYLIN

### A SURE CURE FOR

### INDIGESTION AND DYSPEPSIA.

Over 5,000 physicians have sent their approval of DIGESTYLIN, saying that it is the best preparation for indigestion that they have ever used.

We have never heard of a case of Dyspepsia where DIGESTYLIN was taken that was not cured.

### FOR CHOLERA INFANTUM.

IT WILL CURE THE MOST AGGRAVATED CASES. IT WILL STOP VOMITING IN PREGNANCY. IT WILL CURE CHOLERA CONJUGATION.

For Summer Complaints and Chronic Diarrhea, which are the direct results of imperfect digestion, DIGESTYLIN will effect an immediate cure.

Take DIGESTYLIN for all pains and disorders of the stomach; they all come from indigestion. Ask your druggist for DIGESTYLIN (price \$1 per large bottle). If he does not have it, send one dollar to us and we will send a bottle to you, express prepaid. Do not hesitate to send your money. Our house is reliable. Established twenty-five years.

WM. F. KIDDER & CO., Manufacturing Chemists, 83 John St., N. Y. MENTION THIS PAPER WHEN WRITING TO ADVERTISERS.

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