

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 unwholesome 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-fastening. It 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 sees 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. Ossanyan, the former Turkish Consul General in New York, and was called *Azilar Bazaar*, 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 *Akhtar* (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 *Akhtar* is at Valide Khan in the seat of felicity (Constantinople). All communications must be addressed to Mehmed Tahir Efendi, 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, vapid and devoid of interest, and can not in any way 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 this 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 ensures health and adds 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.

As he entered the room a lady tall but well proportioned came with graceful movement toward him. A well-shaped head, crowned with 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, stammering, 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 sojourn 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 yon 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.

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.

Lyon's 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 neglect. It originated in a cold, or succession of colds combined with impure blood. The wonderful success 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. Rour, 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.

"How comes all this? What caused the spasms 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."

Poors 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 fool introduced into it in unwary moments of appetite ceases. Then it is at peace. Then dyspepsia abandons its grip. Then such frictions manifestations as heat-burn, a sinking sensation in the pit of the abdomen between meals and unnatural fullness afterward, flatulence, acid gulping, biliousness, etc. cease to inflict martyrdom. After a course of the national tonic and alterative, the liver 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 becoming hoarse, watery, and acrid, at others thick, tenacious, mucous, purulent, bloody, and putrid; if the eyes are weak, watery, and inflamed, 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 becoming hoarse, watery, and acrid, at others thick, tenacious, mucous, purulent, bloody, and putrid; if the eyes are weak, watery, and inflamed, 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 becoming hoarse, watery, and acrid, at others thick, tenacious, mucous, purulent, bloody, and putrid; if the eyes are weak, watery, and inflamed, there is ringing in the ears, deafness, hacking or coughing to clear the throat, expectoration of offensive matter, together with scales from ulcers; 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