

FAVORABLE TO HEALTH.

Athletic Sports Indulged In to a Reasonable Extent.

Many of the athletic sports, if pursued for sport or as a recreation, are valuable remedial helps and aid toward physical improvement, says the North American Review. Unfortunately, the spirit of emulation in athletics, which in some communities has grown into intense rivalry, is likely to lead to excesses in training and practice for contests, which unless checked and brought down to a rational basis may do more harm than good. Many young men seem to think that because the practice of athletics is favorable to health the more they can get of this practice the better. This is an erroneous impression, as it is as possible to overwork in athletics as it is in business and a great many young people do themselves injury by their excessive interest in the practice of competitive exercise.

This line of physical activity, as in any other, there is a limit to human capability and it is possible to develop the muscular and nervous systems to the detriment of the heart and lungs or of the digestive system. But the conditions under which athletics are usually practiced are so favorable to the maintenance of health and vigor that few persons who were sound at the time of commencing their athletic efforts have injured themselves by the practice of these vigorous exercises. It is true that a certain number of young men who were distinguished for their supremacy in certain athletic events have died young. But the number of young men who are now practicing athletic exercises in this country and appearing in public contests is very large, as many as 800 or 700 entries being recorded in some of the great city meetings.

ESSAY OF AN INDIAN BOY.

Original Ideas Advanced by an Intelligent Savage of Tender Years.

There is nothing more original than the early composition of an Indian boy. The following example is still preserved as an instance in which his savage author epitomized in unconscious parable and with excellent humor the relations of the red man and his white brother, says the New York Mail and Express. It is entitled: "Story of Good Bird and Bad Cat." The essay follows:

"One day, bright day, a little bird happy and stood on a log and sang all day long. That bird doesn't know anything about cat. She thinks nobody is near to her. But behind the near old oily cat is watching. She wants to eat for supper, and she thinks about stealing all the time. The old cat came very slowly, and by and by she go after the little bird, but she does not see him and sang loud again. She sang loud like this: 'I am always try to do what is right; when ever die I go to Heaven.' That bird said these all words, and I shall not forget the little bird what it said, and these all words it said and after two or three minutes go died; the cat jumped and catch and kill, eat all up except little things from bird, wings legs or skin, and that bird is glad because she is very good bird. The little bird has last time sang and very happy was the little bird after that. I think the old cat have good dinner and happy just the same as the bird was at first time."

CHAIN OF HUMAN BONES.

Made in Libby Prison by a Member of a New York Regiment.

Cyrus O. Thornton, a farmer living a few miles out of Bolivia, Mass., has an odd watch chain. It is made of human bones. The chain consists of eight links, each a trifle more than an inch long, connected with plated rings. The chain is about ten inches long and has been highly polished by years of wear and glistens like ivory, says the Fall River News.

Thornton secured the chain at Petersburg, Va., in 1864. He was a member of company E, Fiftieth New York engineers. A member of the Twenty-first New York Infantry made two chains while confined in Libby prison, and on his release met Thornton and sold him one chain for \$50 in greenbacks. Thornton has forgotten the maker's name. The bones were taken from amputated arms and legs, and it required 18 months' time to carve out the chain. For many years after he came home from the war Thornton wore the chain every day, but for several years he has worn it only on Memorial day and at grand army reunions. Some of his neighbors laughed at the idea of the bones being taken from human bodies, and he sent the chain to a surgeon, who examined it and pronounced it to be of human bones.

No Lavatory for Leedy.

It is a stately house story at Topeka that Gov. Leedy, who, when he came into office last January, declared that he would not use the porcelain bathtub which he inherited from his republican predecessor, now refuses to use the porcelain lavatory. It is equipped with a supply appliance, which the governor has not been able to "get the hang of," and one day when he was unable to shut off the water overflowed and deluged the floor. Gov. Leedy's private secretary rescued his chief, and as the latter emerged from the bathroom drying his hands and face, he decided that a requisition be made for a tin wash bowl. "I am used to a tin bowl," he said. "It will not run over and drown me every time I want to wash my face." The bowl was bought, and to-day it adorns a soap box in the bathroom.

Dictionary Index.

A man from Canada called at a drug and book store in Richford, Vt., the other day and inquired if the dealer had any indexes for Webster's unabridged dictionary. His wife, he said, gave him one for a Christmas present, but it was torn and now hunting up words, and he thought if he could get an index it would help him.

VALUE OF ASCETISM.

The World's Greatest Men Said to Have Been Ascetics.

When Charles XII. fled into Turkey the Turkish soldiers very soon learned to regard him as a holy man. It was all very well to say he was an infidel, but a king who was impervious to love, who drank no wine, who cared nothing for the pleasures of the table, who thought little of money, who lay harder and fared worse than the common soldier, and who was diligent in his religious observances, was, come what might, a man to be honored and worshiped. Hence, when it came to fighting, the fierce Janissaries would not touch a hair of Charles' head, and would rather lose their own lives than harm him.

And undoubtedly the Turkish soldiers in a sense judged well. Charles' asceticism no doubt gave him a power over, and an insight into, men not given to those whose natures were always in the trough of bodily pleasure. He would not have been the magnetic creature he was, the possessor of the true demonic power, unless he had so entirely subdued the longings of the flesh. The victory over the senses which he won early in life gave him access to that hill where the air is always clear and unclouded, and whence, raised above the throng, one may perceive the scope and order of the conflict of life. We doubt, indeed, whether many really great men—we do not mean to include the second-rate men who have yet by accident done great things—in the world of statesmen and rulers could be named who have been without a certain touch of asceticism, or at any rate without a comprehension of the ascetic standpoint. Napoleon is perhaps the greatest exception, for Alexander, though he sometimes drank, seemed to his countrymen an ascetic.

But that is not the ground on which mankind pays deference to asceticism is clear enough. The ascetic is prima facie a man who has won a victory over power which ordinary people feel to be so strong and so difficult to subdue. Most men, when they think of the matter at all, realize that in the body and its desires they have a most formidable enemy entrenched, if not within, at any rate at the very gates of, the soul. They see by countless examples around them that if the foe is not kept under and is allowed to get full control he will ruin and destroy what Bunyan called "the town of Man's soul." Most men no doubt arrive at a more or less reasonable understanding with the powers of the flesh and conclude a treaty with them which they trust and believe will be loyally observed on both sides. The stronger natures may like to see the powers of the flesh at large, but yet under strict control, and may have no yearnings for a private dungeon, it is not always so with the weaker.—London Spectator.

IN A WATER-PIPE.

An Italian Workman Walked Three Miles to Freedom.

One of the Italian workmen employed in the line of big pipes for the metropolitan water supply in Somerville was shut into the main when worked stopped the other evening, and it was three long hours before he worked his way to freedom again. When he found that the light was cut off from the end of the main in Walnut street, he knew that he was a prisoner. He tried to attract attention by shouting, but the workmen were gone, including the night watchman, who had started down towards the other end of the trench, and Lazaroni could not make anyone hear him. He knew that the only other opening was at the foot of Magazine street, three miles away, so he soon turned about and started for that end. The main is four feet in diameter, and Lazaroni is a foot and two inches taller than that; so he found the stooping position which he was compelled to assume very tiring, and had to stop frequently to sit down and rest. More than that, the unbroken darkness hindered him, and he had to grope his way slowly, in order to get around the turns without harm. At length, after being three hours in the main, he emerged from the opening at the river, faint from his exertion, hungry and temporarily blind from his long experience in the dark.—Boston Transcript.

An Up-to-Date Young Man.

Tom—What did she say when you tried to kiss her?

Ned—She said: "Stop, sir!" as forcibly as she knew how.

Tom—And did you stop?

Ned—Yes. I stopped for an hour and kept doing the same thing.—Somerville Journal.

—Was church well attended this morning?—Yes, I counted 67 different makes of wheels.—Life.

Weights of Men and Women.

The average weight of 60,000 Boston men was 142 pounds; women, 135 pounds. At Cincinnati the average of the same number of men was 144 pounds; women, 131.

THE KAISER AND MR. FRITH.

Small Prince's First Attempt at Painting Was Disastrous.

Although Prof. Knackfuss is usually credited with assisting the Kaiser in the production of his surprising pictures, the German monarch owes his earliest introduction to the mysteries of art to an English painter, says the London Chronicle. The first time the kaiser handled a brush was at Windsor, when Mr. Frith was painting the picture of the prince of Wales' marriage for the queen. All the royal personages gave sittings to the artist, and the kaiser, then a little four-year-old prince, spent several mornings in the room where the picture was being painted. To keep the child quiet Mr. Frith gave him some paints and brushes and allowed him to dabble on one of the unfinished corners of the canvas.

As a natural result of this very injudicious proceeding the prince's face was in a very few minutes covered with streaks of green, blue and vermilion. The sight of his smeared face terrified his governess, who begged the artist to remove the colors; and Mr. Frith, armed with rags and turpentine, had nearly completed his task when the pungent spirit found its way into a scratch upon the child's cheek. The future kaiser screamed with pain, assailed the eminent painter with his fists and hid himself under a large table, where he yelled until he was tired. Mr. Frith declares in his "Reminiscences" that the little prince showed a most unforgiving spirit and revenged himself afterward by sitting so badly that the painter failed altogether to produce a satisfactory like-

ness.

SURE OF A FINE FUNERAL.

Men of Lubec, Me., Provide for Mortuary Emergencies.

The town of Lubec, Me., is one of the go-ahead villages of the Pine Tree state, and the one thing wanting to enable it to keep up with the procession is a hearse. The citizens investigated the condition of surrounding towns, and learned that every one of them had a hearse, and they considered it a burning and municipal shame that Lubec should be so far behind the times. Therefore, it was resolved to have one, although according to the rates of longevity in Lubec, it was not considered likely there would be much use for it, says the Lewiston Journal.

A mass meeting of the citizens was called to discuss the grave subject. The enthusiasm was unbounded, and it was at once decided to purchase the vehicle by voluntary subscriptions, making a sort of joint stock concern or hearse corporation. Each subscriber chipped in one dollar, but the wary and thrifty Lubecker insisted upon a proviso whereby he is enabled to get a show for his white ally. It was unanimously agreed that if any stockholder had use for the hearse within a certain number of years from the date of his subscription, he, the said subscriber, should be entitled to a rebate of the sum paid in.

Now the Lubecker awaits the approach of the grim destroyer without emotion. In the event of his death, he is assured of a first-class funeral with plumes and all the outward trappings of woe, and he gets his money back besides.

FINAL "A" BAD FOR SHIPS.

Some Recent Wrecks Were Guilty of That Lack of Foresight.

Insurance underwriters look askance at vessels which have a final "a" in their names. The first letter of the alphabet is considered a hoodoo when it ends the name of a deep sea ship. Many of the most serious wrecks of the last year have been of vessels carrying the hoodoo letter.

One day lately, says the San Francisco Examiner, the telegraph announced that the British ship Andross, from that port for Liverpool with one of the most valuable cargoes that was ever carried out of that harbor, was lost within a few leagues of her destination. The next day word was received that the Orealla, bound from Victoria for Liverpool, had been swept by heavy seas and badly damaged. Her mate and one sailor were drowned. The wires told on the same day of the total loss of the British ship Villania and the drowning of her master near Fremantle, and a few days later the papers gave the news of the loss of the steamer Wallapa and of the beaching of the Dora in Alaska waters.

During the last two or three years the most serious wrecks on the coast were of vessels whose names ended with the hoodoo letter. The wreck of the Colima was the most horrifying of all. Then came the loss of the steamer Columbia, and a few weeks later the passenger steamer Umatilla ran ashore and narrowly escaped destruction.

Tobacco and Rice in Maryland.

According to the Baltimore News the farmers of Maryland are becoming interested in the movement for a general cultivation of tobacco and for the introduction of the raising of rice. In earlier days tobacco was grown throughout the state, but for the last half century it has been confined to the counties of southern Maryland. Rice has never been grown in the state, but the recent success with this crop in lower New Jersey has led many to think that it can be profitably taken up in Delaware and Maryland. The yield of rice is from 35 to 60 bushels an acre, and the net profit is said to be from \$35 to \$45 an acre.

AVIS IMPORTANT.

Messieurs les Amis et les amis prévus que les nominations aux élections de l'an à venir à partir du 1er juillet 1897.

Dr. Fourqurean—Médecin de l'Ast. Consultations de 7 à 8 à l'asse.

Dr. Lourau—Médecin du 1er District.

Consultations de 17 à 18 heures, 29 Canal.

Consultations de 11 heures à 1 heure, 29 Canal et Rempart.

Drs. S. P. Mioton, Médecin du 2me district résidence, 2013 Ursulines; consultations de 3 à 4 heures, 29 Canal.

Dr. T. Gouaux, Médecin du 3me district; consultations, cols Champs-Elysées et Rempart de 11 heures à midi.

Dr. Dr. Renshaw, Médecin du quartier des Arts et environs, col des rues Marceau et Lévis.

Entrepreneur des pompes funèbres—P. L. Landry, 118 Rue Notre-Dame.

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Gardien de l'hôpital—F. Dastre.

Par ordre du conseil: Le Secrétaire, A. LE FRANÇAIS.

27 juil—27 juil 30.

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