

THINGS THAT TASTE GOOD.

The Tongue Is Nearly Always the Best Guide to Food Needed by the Body.

The function of the taste doubtless sustains a much more important relation to the digestion than has been generally accorded to it, says Dr. Kellogg.

Food which nauseates does not stimulate the secretion of the fluid necessary to digest it either in the mouth or the stomach.

When one has eaten a sufficient amount of simple, wholesome food, the sense of taste informs him of the fact by declining to receive more.

A careful study of this suggestion will also show that the sense of taste, if allowed to act in a normal way, will select those substances of which the body is in great need.

For the evening meal the cloth is laid on the table, and a sufficiency of bowls are set on plates.

For the father and visitor there is a small piece of boiled mutton. If the hungry traveler consumes his small ration of meat before his host has finished his portion the Boer will courteously offer what meat he has not eaten.

Then, after he has kissed each of the family, the guest is shown to his room. Nowadays many farmhouses boast bedrooms, with huge, high wooden beds.

Queen Margherita of Italy is an enterprising mountaineer. There are times when her majesty, dressed in a tweed suit, with gaiters and a small cap, will leave her hotel at three o'clock in the morning and not return until nine in the evening.

A small boy's idea of an idiot is another boy who wants to play school on Saturday.—Chicago Daily News.

BOER FARM HOSPITALITY.

What a Traveler Sees and Receives When He Stops Among the Boers.

The average Dutch farm is a long, low roofed cabin stuck in the middle of the veldt.

A howling chorus from the gaunt Kaffir dogs greets the visitor or benighted traveler.

The family troop out to see the traveler. There is the stalwart, weather-beaten, rough father, his ponderous, corpulent wife, and his dozen or so children.

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Everybody sleeps in his or her thin clothes, removing only the vest-sleeve. No Boer ever undresses.—London Mail.

OLDEST RACE ON EARTH.

The Pygmies of the African Forests Date Back Many Centuries Before Christ.

What a sight! Could anything be more like fairyland! There stood half a dozen little denizens of the dense primeval forest, sturdy and strong, and yet standing under four feet in height.

For an hour the men lay still and heard the storm of howlers rumbling over them. Then, about two o'clock, a second shock came and the storm was renewed in fury.

A curious coincidence is noted in the fact that nearly all the great mining discoveries of recent times have been made in years ending with the magic figure nine.

The opal mines in New Mexico and the United States have been about exhausted, no gems of much value being extracted from them.

Skates made of gold are popular in St. Petersburg. One lady has had the blades of her skates enriched with diamonds.

RAINSTORM OF BOWLERS.

Miraculous Escape of Two Californian Miners During an Earthquake.

Two men of San Bernardino lately passed through a rain of bowlders that were turned loose upon them from a mountain top by an earthquake shock.

Quite recently the country of San Bernardino was shaken up by quite a severe tremor. There was a shock one afternoon and another the following morning (Sunday) at 8:45 o'clock.

The men had just finished taking a mid-afternoon repast at the mouth of their mine when the first rumble began to shake things.

The men fell upon their stomachs and lay as close to the earth as they could flatten themselves.

Finally, fearing to trust any longer to blind luck, they raised their heads ever so little and looked for a place more sheltered to crawl into.

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Provisionally this is what happened. The bowlders began to fall less numerous and grew smaller in size.

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FOREIGN GOSSIP.

Pacing horses are not looked upon with favor in continental Europe.

Tangier is a city without vehicles. Donkeys are used for transportation.

Needlework schools in Vienna excel in variety of work and number of fancy stitches.

Wild boars still abound in some parts of Morocco, one hunting party having lately killed over 100 in one week.

Tea-drinking and "five-o'clock tea" are becoming more and more popular in Berlin.

A whale, said to be 66 feet long and 40 feet in girth, has been found dead in the Thames at Woolwich.

In 1890 there were only four insurance companies in Japan, with a capital of 1,600,000 yen.

The climate of Egypt is magnificent, and there are few winter resorts that are preferable, meteorologically speaking.

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TO OVERCOME FEAR.

How a Daring Strepse (Climber) Schooled Himself for His Dangerous Calling.

P. F. O'Neil, of Charlestown, W. Va., has been climbing steeples and chimneys and other high places for more than 25 years.

The most natural question to ask O'Neil was about fear; did he ever feel fear in high places?

"I divide the nerve force of a man into two parts—the impelling force and the restraining force—the same impelling force that causes a body of recruits at first to run under fire.

"The only way to get over the natural fear is by some restraining force from either within or without.

"Fear can be overcome like any natural passion. I remember that when I began to climb I felt sensations of numbness in the back of my head.

FEARS OF WOMEN. Why They Are Afraid of Mice and Always Look Under the Bed in a Mystery.

The cause that implants the spirit of fear in the bosom of the gentle sex is a subject that may well puzzle the most devout student of human nature.

One woman, who all her life has carefully searched beneath the bed before retiring, at one time found herself in possession of a foisting industry.

A favorite illusion is that of having one's legs seized, either from behind in going upstairs, or on getting into bed.

Many women search diligently in closets, bureau drawers and all sorts of impossible places before resigning themselves to sleep.

"Sir," said the highwayman, after he had gone through his victim's pockets and found only 11 cents.

"It is an imposition upon the public, sir, for you to go about looking so prosperous, and only 11 cents in your pocket."

He—They say his wife drove him to drink. She—Yes—and he lowered the record.—Chicago Evening News.

SERVE IN LEGISLATURE.

Two Women Who Are Prominent in Politics and Affairs of State.

There are no limits to the possibilities of the western women of America. Mrs. Mary A. Wright, Mrs. Clara L. Campbell and Hattie Y. Noble were elected members of the Idaho house of representatives in 1895.

Mrs. Wright, the representative from Kootenai county, the extreme northern part of the state, has long been recognized as one of Idaho's most successful educators.

Mrs. Wright is an active worker in primaries, county and state conventions and has served in some of the most important committees in these conventions.

"I only wish the eastern states could see us enjoy our freedom. We are just as feminine as though we had never exercised the franchise and our husbands, fathers and brothers are just as fond of us as they ever were."

Mrs. Clara L. Campbell represented Ada county in the Idaho legislature last winter. She was born and educated in Connecticut.

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ENGLISH MARRIAGE LAW. How the Prohibition of Marriage with a Deceased Wife's Sister Came About.

This prohibition, which has caused so much discussion in England, grew out of the ancient trial law.

When ecclesiastical law became supreme a misreading of some Scripture text was used to put the sister of a man's wife among the prohibited degrees of relationship.

While the marriage laws of 1541 have been altered and amended and rewritten until now they no more resemble the laws of that time than a modern locomotive resembles a chariot of Alexander.

The prohibition is not known to-day in any other country. It does not apply in Scotland or Ireland—only in England.

It is avoided by any persons wishing to marry going to Scotland or Ireland or France or the United States.

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