

**How to Sleep.**

People woo sleep; they call sleep fickle or inconstant and in various ways abuse it. They make ridiculous proverbs which imply that there is something virtuous in short nights, as if sleep were to be kept at bay. All this is wrong. Sleep is the restoration of life—call it, if you please, the governor of the engine. With the right sleep and enough of it the body comes up to its work every morning new born. In the first half of life it comes up to its work a little better able to do its duty than the morning before. But this is not so if the sleep has not been sound and steady.

Every one will find out how much sleep is good for him. Then he will make it his duty or business to take that amount regularly.

The rules as I have found them are simple. They are well laid down in more than one book. Dr. Hammond's is as good as any.

1. Do not work the brain for six hours before you go to bed. Business men, so-called, are apt to violate this rule. The agents of banks and other great financial trusts think they must give daylight to their employers and then spend their evenings in memoranda and calculations about their own personal affairs. All this is wrong. You may get out of bed as early as you please and work your brain then. But you are safest if after 3 or 4 in the afternoon you give it no hard work at all. Are there not the children to play with and novels to read and Joe Jefferson at the theatre and the sofa to lie upon while Marion and Hugh play a duet on the piano? Do not work this poor old brain, then, which has stood by you so loyally since you got out of bed in the morning.

2. Remember always what the bed is for and why you are in it. You are there to sleep. Not to add up figures in your head. Not to think out a letter to your lawyer. Not to work out the best way of putting your house lots on the market. Simply you are there to sleep.

3. If you have been working the poor old brain too late, or if you have been eating a Welsh rarebit just before you undressed yourself, and if your head burns so that it almost sets the pillow on fire, crawl out of bed and sponge your head with cold water. At the worst soak the feet in as hot water as they will bear. You want to draw away the extra blood from the brain. In all natural sleep there is less blood on the brain than when you are awake. I have at my bedpost a long cord with a child's flat-iron attached to it. When my head is too hot I hold the smooth, cold surface of

**ACTIVE BRAINS**

**Must Have Good Food or Nervous Prostration Surely Follows**

It is a lamentable fact that American brain workers do not, as a rule, know how to feed themselves to rebuild the daily loss occasioned by active mental effort. This fact, coupled with the disastrous effects of the alkaloids contained in tobacco, coffee and whisky, makes a sure pathway towards nervous prostration.

The remedy is simple enough. Employ the services of a food expert, who knows the kind of food required to rebuild the daily losses in the human body. This can be done by making free use of Grape-Nuts, the famous breakfast food, which contains exactly the elemental principles which have an affinity for albumen and go directly to rebuild the gray matter in the brain, solar plexus and nerve centers throughout the body. Follow your selection of food up with a dismissal of coffee, tobacco and whisky for fifteen days and mark the difference in your mental ability, which means everything to the average hustling American, who must have physical and mental strength or he falls out in the race for dollars.

the iron against the forehead to drive the blood away.

4. People tell you to think of sheep jumping over a wall, to reproduce familiar strains of music, to hold the eyes open and fixed on some object opposite in the room. Recall the last ridiculous vision you had before waking. But do not engage while in bed in any such serious matter which will again exhaust and exasperate the brain.—Edward Everett Hale in Philadelphia Press.

**Washington's Wealth.**

In these days when millions are counted as nothing and millionaires are found in almost every city, it seems strange that the property of George Washington, the richest man in the United States at the time of his death, inventoried only \$489,135.22. He owned 41,523 acres of land, lying in Virginia, Kentucky, Maryland, Pennsylvania, Ohio and New York, with city lots in New York, Philadelphia, Washington, Alexandria, Winchester and Berkeley Springs.

Lord Fairfax, who owned 6,000,000 acres of land stretching back into Ohio, Kentucky, Indiana and Tennessee, gave Washington tracts of wild land as compensation for his services as surveyor. Washington inherited even more from his brother, and his wife, she that was Martha Dandridge and afterward the Widow Custis, was a rich woman for her time. The judgment of Washington about town sites, however, was not good. In 1765 he laid out the town of Berkeley Springs, which was christened in honor of the governor of Virginia, and was intended and expected to be a great metropolis. Washington was so confident of its future prominence as a city that he bought a large number of lots in addition to those which he received as compensation for his services, and was greatly disappointed because the town did not develop.

Washington expected and desired the capital of the United States to be located farther west than its present site and although he took no conspicuous part in the contest, which was bitter and prolonged, he nevertheless attempted to manipulate matters so as to accomplish his design. In the advertisements of land which he offered for sale in West Virginia, where he had 25,000 acres, he stated that it "was of great value on account of contiguity to the seat of government, which it is more probable will be fixed at the mouth of the great Kanawha river." These lands were Washington's share of 200,000 acres donated by the state of Virginia to the officers and soldiers who served in the Indian war.

Washington also had 5,000 acres in Green county, Kentucky. He visited that region at an early date, and settled some of his poor relations there.

It is an interesting fact that Washington owned the first natural gas well in this country. On his land near the Kanawha the gas issued from the cracks in the rock at the bottom, and forced its way through the water of what was known as Burning Spring creek. It was a common amusement for Washington and his fellow surveyors to light the gas which came through and would burn on the surface of the water.—W. E. Curtis, in Chicago Times-Herald.

**Polygamy by Law.**

Not many years ago a citizen of New York left his family, went to Pennsylvania, and, by constructive notice to his wife, procured a divorce. He remarried, became the father of children by that marriage, again deserted his family and turned up in California, where he procured a divorce, valid by the law of that state, and took a third wife, by whom he reared a family.

In the course of time he died, owning lands in all three of the states in which he had married.

In California he had a lawful wife

and lawful children. Had he taken them to Pennsylvania, the California wife, by changing the name of the sovereign state in which she dwelt, would have descended from the status of a wife, given her by the highest law of the land, into the position of a woman against whom the finger of scorn could justly be pointed and upon whom the hard hand of the law could be rightfully placed. And the children, while under the humane policy of the law recognized as the offspring of the mother, would have found the bar sinister in their escutcheon and their father's property in Pennsylvania denied to them.

Nor would the Pennsylvania wife and her offspring be in any happier lot if they went to New York. There wife No. 1 was still the valid and only wife of the much-married husband. Her children and hers alone would be in that state legitimate. However pure and innocent either the second or third wife, she would in New York possess and enjoy exactly the same status as belonged to those between whom no sort of marriage had ever occurred, and her children would be classed with the offspring of those who loved not wisely but too well.

For the courts of New York say that the husband's divorce in Pennsylvania is void and that the marriage relation with the first wife continued to exist. The law of Pennsylvania said the same thing about the California divorce, and the Pennsylvania wife continued to be the wife, notwithstanding the second divorce. Of course, neither Pennsylvania nor California recognized the New York marriage as still existing, and California explicitly annulled the Pennsylvania marriage. In the land which the husband owned in New York his first wife took dower. In the land which he owned in Pennsylvania the second wife took dower. The third wife took her widow's rights in the California land.

It is monstrous, but it is true, that if the husband had been careful to keep his first wife out of California and Pennsylvania, his second wife out of New York and California, and his third wife out of New York and Pennsylvania, and any two from being in one state at the same time, he could have continued to sustain marital relations with all three, and in so doing have violated no law.—Congressman R. W. Taylor in Harper's Weekly.

**Great Stock Country.**

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**How Men Die.**

I have found that persons of clean life, of honorable, upright, religious character, not only do not display an indifference to the approach of death as those of grosser life do, but welcome it as a relief from care and toil. There is something about the approach of death that reconciles men to it. The senses are dulled, the perceptive faculties are blunted and the end comes quietly, painlessly, like a gentle sleep. In this condition—I mean on the approach of death—those who retain their faculties to any degree become more or less philosophers. They know that death is inevitable, that it is only a question of hours, and they accept the verdict without any demonstration and in a philosophical way. In all my experience I have never found a case in which a dying man or woman complained against the inevitable, attempted to fight its approach or even feared it. It is only in good health that we fear death. When we become ill, when we have sustained some injury of a very serious nature, the fear of death seems to disappear.—Dr. Andrews of Philadelphia, Who Has Seen 2,000 Deaths.

**Fruits of Imperialism.**

Not long ago I visited the town of Novara in Northern Italy. There, in a wheat-field, the farmers have ploughed up skulls of men till they have piled up a pyramid ten or twelve feet high. Over this pyramid some one has built a canopy to keep off the rain. These were the skulls of young men of Savoy, Sardinia and Austria—men of eighteen to thirty-five years of age, peasants from the farms and workmen from the shops—who met at Novara to kill each other over a matter in which they had very little concern.

Further on Frenchmen, Austrians and Italians fell together at Magenta, the hue of the blood that flowed out under the olive trees. Go over Italy as you will there is scarcely a spot not crimsoned by the blood of France, scarcely a railway station without its pile of French skulls. You can trace them across to Egypt, to the foot of the pyramids. You will find them in Germany—at Jena and Leipsic, at Lutzen and Bautzen and Austerlitz. You will find them in Russia at Moscow, in Belgium at Waterloo. "A boy can stop a bullet as well as a man," said Napoleon, and with the rest are the skulls and bones of boys "ere evening to be trodden like the grass."—President Jordan in the Popular Science Monthly.

**Looting in China.**

The accounts of the looting published in England and America were not accurate, and seemed to be mostly written by persons who had some ulterior motive in showing the soldiers of some one nation or another at their worst. I maintain that, if looting is to be looked upon as a crime, the soldiers of all nations, none excepted, disgraced themselves alike. The Russian, the British, the American, the Japanese, the French, all looted alike. They one and all were looters of the very first water.

Nothing, probably, was more curious, when Peking quieted down, than the sale by auction of the legal loot in the British legation. Regular parties went out with carts and brought in what they could—silks, embroideries, furs, bronzes, jewelry, jade, china vases. These were then sold every afternoon at 5 o'clock on the legation lawn, or in the first hall, and quite a considerable sum of money was realized by the sale of these articles. These auctions were well attended, mostly by British officers and missionaries, and by a few Americans.

A worse thing happened. Out in the court, as one of the Chinese officials who was escorting the visitors stood impassive, with his white tasselled hat, and a long necklace of amber and jade, with pendants, the emblem of his rank, dangling on his chest, a military officer approached him and with a bow removed the valued necklace from the Chinaman's neck, placed it round his own, and with a "Ta-ta" and graceful wave of the hand, walked away with it. A complaint was later made of this to Sir Robert Hart, but, unfortunately, the necklace could never be recovered.—Henry Savage Landor's "China and the Allies."

**Raising "Pears."**

The speech in the house of lords of the Bishop of Hereford on the subject of gambling recalls a story told of Bishop Potter, of New York. The bishop, travelling through Louisiana, addressed inquiries to his fellow-passengers with a view of obtaining information regarding the orchards and fruit interests of the state. "Do you raise pears in Louisiana?" inquired the bishop. "We do," replied the Louisianian, "if we have three or better."—London Financial News.