CULTURED MIND AND MUSCLE

The Importance of Combined Mental and Physical Training.

PROFESSOR RICHARDS' PLEA.

Bodily Exercise Essential to the Healthy Action of the Brain and Nerves of Young and Old.

[CONCLUDED FROM LAST SATURDAY.]

Professor Eugene L. Richards, of Yale College, in The Popular Science M onthly for June.

PART II.

While the lungs and heart are doing better work under the stimulus of muscular exercise, the heart pumping the blood more certainly to the farthermost tissue of the body and the lungs more rapidly purifying the blood, other organs are benefited. The diaphragm, that muscle separating the lungs and heart from the stomach and liver, is rising and falling, and, with the increased expansion and contraction of the walls of the thorax, is moving all the contents of the abdomen to activity. The liver, the great gland of the body, has not only more blood sent to it, but is quickened to action. For bilious people there is no medicine like exercise and fresh air. In malarial districts, bilious people are most easily affected by the malarial poison. Though in such districts a great many troubles are conveniently laid at the door of that enemy of health which do not justly belong there, yet of the fact that some are affected by it, and others equally exposed are not affected by it, may not the explanation be, that an active circulation in one person affects the elimination of the poison through the excretory organs so rapidly that it cannot collect in sufficient quantities to cause disturbance of the system? In the case of a person affected by a stupefying poison, the first thing to be done is to keep the individual moving; that is, to keep the circulation going by exercise till the poison can be eliminated. The laboring man who works at a sewer in front of a house seldom feels any ill effects from the overturned soil and poisonous gas, while some dweller in the house, apparently not so much exposed, is stricken with typhoid or malarial fever. Causes of the immunity of the workman may be found in the greater strength and fuller sensibility, and in his open-air life, but may not another reason be seen in the quickened action of his lungs and the profuse perspiration of his skin? As to the effect of want of exercise on the liver, the following passage may be quoted from an authority on the subject. "A want of exercise in the open air leads to derangement of the liver in two ways, viz.: (a) By causing a deficient supply of oxygen to the system, as a result of which the oxidizing processes, which go on in the liver and elsewhere, are imperfectly performed, and there is a tendency to the accumulation in the system of fat and the imperfectly oxidized products of disintegrated albumen. Oxygen is, so to speak, the antidote for the destruction of materies morbi—lithic acid, etc.—produced by imperfectly oxidized albumen. (b) By retarding the circulation of the blood through the liver. Since the time of Haller (1764), physiologists have recognized the influence of the respiratory movements in producing the circulation of blood through the liver; but upward of thirty years ago Mr. Alexander Shaw showed more clearly than ever before that the circulation of blood through the liver was greatly influenced by the alternate expansion and contraction of the thorax during respiration. Mr. Shaw called attention to the fact that the portal vein, without any provision for increasing its power, has to perform the duty usually fulfilled by an artery. He suggested that this weak power, by which the portal vein propelled its blood, was compensated for by a suction force communicated to the current of the blood by the actions of respiration. These reasonings have been confirmed by certain experiments of M. Bernard." "In persons, then, who lead a sedentary life, this auxiliary force for promoting the circulation of blood through the liver is diminished, blood stagnates in the gland, and the functions of the organ are deranged, these results being all the more likely to arise if the liver be at the same time over-stimulated by errors in diet."

Take another organ. The stomach is a muscular organ, being furnished with bands of muscular fiber, which squeeze and press the food, turning it over and over, so that it may be the better permeated by the juices which digest it. It, too, is stimulated by exercise, especially by an exercise like walking or riding, which increases its movement. This motion makes easier work for the organ and increases its activity. It increases its activity also in another way, by demanding more of it. For increased work by any part of the body means increased destruction of tissue. "To repair the waste is the office of the blood, as the distributor of the material to be supplied. The main furnisher of this new material in the right form to do its work is the stomach. For food is both the fuel which keeps our bodily machinery going and the material by which the machinery itself is repaired. The stomach, with the duodenum, is the place where all this material is prepared to do its work in the most economical way. More exercise, then, means more waste, more waste means more repair, and more repair means a greater demand for food and water. The more, then, we waste any part of the body by exercise (within certain limits), if there is due repair, the better off is that part. The strength of the body as a whole, and of each part of the body individually, is thus ever in relation to its newness."

The bowels, too, the great sewers of the bodily system, inclosed in pliable walls needing constant motion and fresh supplies of blood for their healthy exercise, feel the action of the breathing lungs, and are sensible of every turn, twist, rising and falling of the body. Deprive the body of exercise, and you deprive the bowels of blood and proper action, and bring in a long train of evils, a catalogue of which can be read in the advertising columns of almost any daily newspaper.

The kidneys, too, are affected by physical exercise. Doubtless they receive a certain stimulation from the motion communicated to them in exercise, but as they are engaged in the work of eliminating from the system its excess of liquid with certain effete matter in solution, and as the skin is also concerned in a similar work, they are affected by exercise mostly with reference to this joint action. The more active the skin is, the less work the kidneys have to do.

To realize more definitely the work which the skin does, consider the fact that a square inch of skin is calculated to contain twenty-eight thousand pores. These pores, if healthy, are at all times purifying the blood by insensible perspiration, and in times of vigorous exercise make that perspiration very sensible. This sensible perspiration is essential to health, for the pores must occasionally be opened wide and flushed, in order to cleanse them thoroughly. Not only is this action of the skin in exercise increased by the increased flow of blood to the surface, but also by the mere motion of the muscles under the skin. This last effect might be called the direct effect of exercise on the skin. How close this connection is between the skin and muscles may be seen from the fact that "any part of the skin of the hand is in connection with, perhaps, two hundred muscles." This "fact, showing the exceedingly numerous and complicated communications between a given portion of the skin and the moving organs," makes it easy to conceive how the skin is stimulated to action directly by exercise.

Bodily exercise is essential to the healthy action of the brain and nerves. There is no real conflict between brain-work and body-work. Brain presupposes body; cannot exist without it; is developed upon it for support and nourishment. Brain cannot communicate with the external world, nor with other brains, so far as we know, except through the medium of the body. Consider how brain-power is formed and grows in a child. Is not the first exertion of mental power, as well as the first sign of life, connected with motion? Back of the child's outstretched hand there is in the mind a desire for something and a will to obtain it. Each consciously directed muscular motion has two effects, one on the muscle used, another on the directing brain. Can there be any doubt that this mutual action of brain and body contributes to the growth of each? Can there be any farther doubt that the more organs which the brain supervises, and the more muscles which it controls and directs, the more opportunity the brain has for growth? "Brain is evolved from the organization." First, there is "growth, the force for which was supplied from a hundred sources;" and secondly, there is "a power grown. * * * No perfect brain ever crowns an imperfectly developed body." This, then, up to a certain time of life, is nature's method of forming brain-power, viz., by the conscious activity of the bodily powers. The fact that most people are right-sided as well as right-handed is registered in their brains, the left side of the brain, which supervises the right side of the body, being generally the larger.

In this growth of the brain the whole nervous system is involved. The spinal cord (almost a continuation of the brain), and every nerve, which from each organ brings intelligence of want, and every nerve that flashes the order to supply that want, all are brought into action by exercise, and all are nourished by the circulating blood. Think of the immense strain upon the bodily powers to keep the brain and nervous system properly nourished. It is calculated that the brain alone requires one-fifth of the entire supply of blood in the body. The drain upon the bodily vigor of a brain-worker would be greater than this fraction represents if it were not for the law of Treviranus, according to which an organ not only takes from the blood certain materials, but also supplies to it other materials. "Just as, on a larger scale, the carbonic acid exhaled by animals is taken up by vegetables, and a poison thus removed from the atmosphere in which the animal lives, so by one organic element of the body the blood is purified from the waste matter of a higher element, which would be poisonous to it." So that a tired brain and quivering nerves may not be more wearied by physical exercise, but may be refreshed by it. This refreshment may result from two processes: first, by withdrawing the excessive supply of blood from the before active organ; and, secondly, by purifying the blood so that it may be ready to properly nourish the brain. And the muscular system not only acts as a storehouse of vitality for the brain, and a purifier of its supply of blood, but it covers the nervous system, acting as its stay and protection. "To be weak is to be miserable. * * * Susceptibility of nerve and feebleness of muscle generally go together." To correct one deficiency is usually to cure the other weakness.

To the young, physical exercise is essential to growth, both of body and mind. Youth is not only the time to cultivate good habits, but also the time to store up vitality. At that time many abnormal developments can be corrected by appropriate exercises. At that period, too, the healthy balance between brain and body can better be established. To children, exercise is specially needful for healthy nerves, since, as compared with the nervous system of an adult, the nervous system of a child is five times as large, in proportion to the size of the body. In them, therefore, "that parasite of the blood," the brain, demands that a greater amount of time should be given to waste and repair of tissue by means of exercise, and that a greater amount of proper food should furnish the supply of nourishment. Short intervals of study, long intervals of play or light work of body, and that in the open air, if possible, should be the rule for children. As they increase in years more time can be given to conscious cerebration. At some periods of growth, all the way from the age of twelve to eighteen, according to the individual, special watchfulness is required of parents and instructors to see that the functions of growing organs are not interfered with by excessive attention to brain-work. At this critical time no study would be safer than too much study.

After a good muscular system has been developed in childhood and youth, a comparatively small amount of time judiciously devoted to exercise will keep a person in healthy working order till near the age of forty.

The age of forty to fifty is the period of life during which, according to the best authorities, the need of exercise is the greatest. "At no time of life is the necessity of exercise so imperative. * * * At that time the circulation becomes defective, unless continually quickened by exercise;" there is a tendency to passive congestion and functional derangements of various organs, especially the liver. At this time, though needing less food, we are apt to eat more than in the periods of life immediately adjacent. Consequently, the products of disintegrated food and tissue are not eliminated. Accumulating in the blood, they form the materies morbi, the matter on which death feeds.

Tiding over the period of middle life, by using appropriate exercise, and by care to see that all the excretory organs do their proper work at proper times, we ought to find the following years the best years of life, especially for brain-work. If we lived rightly, the words of the poet ought to be true for us all:

"Grow old along with me!
The best is yet to be,
The last of life for which the first was made;
Our times are in his hand
Who saith, 'A whole I planned,'
Youth shows but half; trust God; see all, nor be afraid."

As to kinds of exercise, each person must be thrown on his own judgment with regard to his own case. In McLaren's "Physical Education" and in Blaikie's "How to Get Strong and How to Stay So," most excellent hints will be found for all cases. In beginning a course of systematic exercise, it is wise to err on the side of doing too little rather than too much. Increase the amount of exercise very slowly. No discouragement should be felt if it is hard work at first. It will become easier and easier. It may be a long time before it can be taken joyfully, yet, if any person will persevere, he will be certain to rejoice in the work, and will come to feel that he can not do without it. There is no royal road to health any more than there is to learning. Like all things made precious and to be really enjoyed, health must be earned.

It may be said that, for all persons whose regular occupation is sedentary, exercise in the open air is to be preferred. The oxygen of the air is essential to the life of the blood. It is well also to take exercise as much as possible in company. One person encourages another. A man will often take part in exercise with a companion so as not to disappoint him, even if he would not exercise for his own sake. Hence one valuable feature of games or athletic sports. They must be carried on in company and by system. Another valuable feature of games and sports is that in them the mind is occupied without being taxed. It is diverted from its usual cares. The sports are well called recreative. Both body and mind are recreated by them.

To affect the chest and the underlying organs, such as lungs and heart, the most direct means lie in exercise of the muscles of the arms and shoulders. If a person has weak lungs, one of the first objects at which he should aim should be the strengthening the muscular system covering the chest. If such a person is weak, let him begin exercise very cautiously, and increase very slowly the duration, frequency, and difficulty of his exercises until he is made to breath hard. In taking a full inspiration, not only are the lungs affected, but, strange as it may seem, the brain and spine also. "The fluid surrounding the brain and spinal cord is essential to their safety. The motions dependent on the action of the heart are much weaker on the spinal cord than on the brain, while those connected with breathing are more constant and considerable on the former, from the more powerful distention of the veins of the spinal canal. * * * The fluid surrounding brain and spine regulates their vascular fullness," and "it is manifest that, in order to keep up the proper alternations between the brain and spinal cord, and between the heart and lungs, it is not enough to breathe pure air, but it is also necessary that it should be deeply breathed."

The effect of exercise on the character is felt most of all on the will. This is very natural, for in all muscular exercise a certain amount of resistance has to be overcome and the power which acts through the muscles to overcome this resistance is will power. Development of muscular strength is therefore to a certain extent development of will. It becomes development of the highest kind of will, that of self-mastery—when to take exercise a man resolutely overcomes the distaste for it. This feeling often comes upon us, when we are weary with brain-work and are inclined to rest, and to forego exercise. But let any man resist the temptation and take the exercise, and he will find the brain is rested and refreshed, and the whole body renewed and invigorated.

It is not true that so much given to the body is just so much taken from brain. It has been the aim of the writer to show that all parts of the body, the brain and the nervous system among the rest, contribute to the vigor of the whole, that the muscular system forms about half of the body, and is a very important contributor to the health of all the organs. Body and brain are parts of a harmonious whole. Either neglected makes trouble for the other. Each appropriately exercised means not only health and strength to that one, but vigor to both. This line and cry against exercise and sport, as being detrimental to mental culture, is founded on a mistaken theory that the material and spiritual parts of a man are enemies—so much less material, so much more spiritual. But it ought to be observed that a very high authority says it is the "carnal mind which is enmity against God," and "out of the heart proceed evil thoughts, murders, adulteries." Man is not more of a "brute" for cultivating his body, but a better man if he cultivate body and mind: body, first in the order of development, mind, second in order of time, but the crown and king of the whole.

IMPIETIES.

A Sunday-school boy got up to recite his verse of scripture, but he got a little mixed, and said: "Honesty is like angels' visits, few and mighty scarce."

Gus De Smith—This, Miss Birdie, is the Holy Family after Raphael. Miss Birdie—I see the Holy Family, but where is Raphael's ass—I expect he got away; they were after him though.

A Danville, Ill., man began studying the Bible six weeks ago, and became so fascinated with its contents that he neglected his occupation and lost his mental balance. This week a court sent him to an insane asylum.

"I hope, Johnny," said the Sunday school teacher to her new scholar, "that your parents are good Christians." "Well, ma is," replied Johnny, "an' pa used to be, but I guess he is a little out of practice now."

"You are going to erect a monument to your father's memory, I suppose?" "O, no. Monuments crumble and decay and are forgotten. We are going to do something that will keep his memory alive much longer." "What's that?" "We are going to fight in the courts for his property."

During the services at a prayer meeting in an Indiana hamlet lightning struck and burned the barn of a farmer in attendance. He felt sore over the fact, and asked the minister how it was that he should be punished for serving God. "Brother Jones," was the reply, "I can't exactly make it out myself. You were there, and I saw you, and the Lord saw you, and it must be that thunderbolt went wrong by some mistake. Your barn and that of old Si Jones look so much alike that the Lord got mixed and let flicker at the wrong institution."

Correspondence Philadelphia Record: Bishop Tuttle, whom I remember as a bright-eyed boy, was once journeying on horseback over over a cordurroy road, when he met a settler whose heavily-loaded team was shipwrecked in the mud. In a minute he was off his horse, and put his stout shoulder to the half-buried wheel, and sent the horses on their way rejoicing. The grateful owner of the establishment looked at his black-coated rescuer curiously and said: "Who be you anyhows?" "I'm a bishop of the church," said "Dan," the prelate, once more his dignified self. "Wa-al," replied the native, "I don't know what a bishop be, but I know you're a d—d good fellow. Let's have somethin' out of the bottle."

SINGULARITIES.

A big turtle was caught near Lincoln, Parish, La., and its head was cut off. Three days later a chicken bound the head and was picking at it when the jaws snapped, caught the chicken and killed it outright.

A man in Campbell county, Ga., had thirty-six boys old enough to fight in the last war, and twenty-three of them were killed. He has been married nine times. Other interesting facts are gradually coming in.

A citizen of Douglasville, Ga., went home after dark and after he had shunned the gate heard a curious flopping sound. He investigated and discovered that he had shut the gate on the head of a big snake, which was making strenuous efforts to escape.

Dr. Walters, of Albion, Ill., removed a needle from the back of a child of William Bunting. The child was nearly a year old, and the needle had been imbedded in its flesh for about ten months. The parents missed the needle soon after it disappeared.

A large house cat belonging to J. F. Williams, of Streator, according to a Delaware newspaper, was attacked by two sparrows. The birds plunged their bills into the animal's thick fur many times, drawing blood freely. The cat squalled and tumbled over on its back, trying to beat off the sparrows with its paws. The little enemies, however, easily eluded its blows and continued to stab it with their bills. At last the cat ran off and hid under a fence. The sparrows then flew away.

The Georgia snake-liar is out with another. He now alleges that Bob Rowan, of Rockland county, felt something bit his hand as he was feeling in a hollow log for a rabbit. He jerked out his hand in a hurry and with it came a highland moccasin snake, whose fangs were imbedded in his hand. Before he killed the snake he was bitten on the other hand. He drank a gallon of whisky, suffered terribly, was just at the point of death, but is now recovering.

Mrs. Thomas Harrison, who lives near Whitesville, in Harris county, Georgia, eleven months ago gave birth to triplets, two boys and one girl, whom she named Cleveland, Hendricks and Victoria, with regard to sex. These little ones were healthy and vigorous and grew rapidly. A few days ago all were attacked with cholera infantum and on last Thursday night Hendricks died. Friday morning Cleveland, and early Friday night Victoria, only thirty-five hours elapsing between the death of the first and the last. They were buried at Whitesville in one grave.

Warning.

How many people ruin their stomachs by swallowing cold drinks on a hot summer day, when they could avoid all danger by adding 10 drops of **Angostura Bitters**, besides imparting a delicious flavor to their summer beverages.

The Old-Fashioned Girl.

Philadelphia News.

I know time's hand is round the past
And boyhood's dreams are fair,
Through retrospective vision cast
Dissolves them into air—
Yet a memory comes to me betimes—
Red lips and teeth like pearl—
The ripping laugh like silver chimes
Of the good old-fashioned girl.

Time has its transmutations,
Throwing off old ways for new,
And the law of compensations
Makes us not to make ado—
But there's one thing I miss sadly,
"Mid life's bustle and its whirl,
And I'd give a few years gladly
To see a good old-fashioned girl.

Without airs or affectation,
A modest voice and low,
Not scorning recreation,
Cheeks all with health aglow—
Such were our girls in other days,
Don't take my for a churl,
Don't chide me that I like the ways
Of the good old-fashioned girl.

There was true love in the olden time,
Not love of vain display,
And poverty was not the crime
It seems to be today—
And a loving girl was well content—
Nor strove for Knight or Earl—
But wedded at her lover's sweet behest,
Did the good old-fashioned girl.

The Girls Protest.

D. M. Smith, in Norristown Herald.

We're getting very tired of the silly things men say
About the "good old-fashioned girl," and her superior way.
The highest point of nonsense they have fairly overtopped,
And we—"the girls"—decide that it is really time they stopped!

Our dear old grandmas—bless them!—never mean to lead astray
Young Ned or Tom, when, with a loving smile at us, they say,
"Ah, here, the girls are different from what they used to be!"
But we think they've forgotten all the fun they had, you see!

They remember all the spinning, but the dancing they forget;
They can troubled the loading—not the way they used to first
When they had to stay at home, sometimes, to dust the parlor chairs,
When lots of other girls and boys were ——"dancing on the green!"

Way should a girl sit down and spin from morning until night,
With so much for machinery—do you think it would be right?
And modern girls can make good pies, and fancy dishes, too,
And just as well, we'll wager, as the old ones used to do.

But for an instant we'll assume the girls were better then,
Were more sedate, industrious—but how about the men?
We think our grandma just too nice when sometimes he will say,
"Oh, girls, the boys are bad, so fine as in my old-time day."

But, seriously, we should think that older folks would know
That times are very different from fifty years ago;
"The girls" must follow with the world, which surely has advanced—
* * * * * * *
One day grandma forgot and we were perfectly entranced
When she said, that she was noted once for a minuet she danced!

HONEY FOR THE LADIES.

Straw embroidery is one of the novelties for dress trimming.

Watered silk and watered ribbon will remain in favor.

Tulle veils merely cover the eyes and keep the front hair in order.

Velvet jackets, sleeveless of course, are worn with lace dresses.

Ribbon holds its place as the favorite adornment for summer toilets.

Tints of violet and peach are favorite colors for this summer dresses.

Pongee silks have twilled and frise stripes for harmonizing or contrasting color.

Mrs. W. K. Vanderbilt wore her $700,000 diamond necklace at her last court reception.

Sheer mull chemisettes with nautical folds or tucks, are worn with summer silk dresses.

Vests of white corduroy, buttoned with pearl buttons, are worn with indigo blue costumes.

White silk vests, braided with gold of a pale tint, are worn with blue tailor-made dresses.

Canvas materials embroidered with colored worsted and applique are fashionable for summer wear.

Low shoes are of patent leather, and kid or of tan-colored kid faced with patent leather.

The Pierrot is the name of the new large collars seen on Paris made costumes of cream-white serge.

The hair may be worn according to fancy, high or low, and with light fluffy waves over the forehead.

Faille chiné is resembles foulard silk. It is, however, of rich quality and ribbed, and is remarkably soft.

The most fashionable hosiery has tiny embroidered designs or checks in the same or contrasting colors.

Mrs. Gladstone darns all the premier's socks and his daughter attends to the Grand Old Man's neckties.

Although it has been predicted that hats and bonnets will be lessening they still retain great attitude.

Promenade costumes are severely plain, the tailor-made gown being the sine qua non of the fashionable women.

High collars and shoulder straps, extending from the collar to the top of the sleeve, are seen on some dresses.

Velvet remains in vogue as an accessory for all sorts of fabrics. Even the thinnest gauze has a suspicion of this material.

Linen plush is a new material and will be used for dressing gowns and trimmings. It resembles its woollen prototype.

Mrs. Mary Colby, of Vienna, Me., although seventy-eight years of age, has just personally worked out her road tax of $4.

Women are employed as guards at the crossing of Prussian state railroads. They are paid twelve to fifteen cents per day.

"Sea gull" and "robin red-breast" plastrons correspond in tint to the birds for whom they are named. They are made of silk and satin.

Lawn tennis costumes are made of striped and plain lawn tennis flannel, which has been brought to a high degree of perfection.

Amber foulard toilets are imported trimmed with panels, waistcoats and wide revers of rich dark blue velvet embroidered with amber beads.

Dresses of wash material are made with four gradiented bounces reaching to the waist, pointed drapery and bodices with broad plaits.

Sailor and four-in-hand scarfs for tailor-made dresses are of pique, white silk and of India silk with white ground and tiny colored figures.

Irish batiste in soft shades of dove gray, creme, apricots, turquoise blue, cameo and sea green, are among the list of popular cotton fabrics for midsummer wear.

English driving capes are of canvas, lined with silk or plain thin water proof cloth. They are made with three capes, the lowest one having sling sleeves lined with contrasting silk.

It is said that a woman paid full table board for her pug dog at a leading Cincinnati hotel rather than that it should associate with other dogs and eat the table leavings.

Among effective summer dresses are those of regular old-fashioned Dolly-Varden patterned organdie lawn, with delicate grounds of pink, buff, or pale blue, strewn with roses and other gay blooms.

Unlike other articles of feminine attire, ladies' riding habits have undergone but little alteration either in style or color for many seasons. The most fashionable habits are of either very dark green, black or golden-brown cloth. They are still made indecorously short, and thus prove far less graceful than the sweeping folds of the short skirts formerly worn.

"What a frivolous girl Miss De Peyster, of Concord, is!" exclaimed a New Yorker.

"Have you found her so?"

"I should say I have. She can't talk baseball a bit. She's all the time wanting to waste her time discussing the Whistlers of the 18."

The ten-year-old heroine who saved her four brothers from being burnt to death in their wretched home in Cambridge, Mass., last week, Nellie Barry, did not, it seems, fall into appreciative hands, as was at first stated. She and her brothers were sent to the almshouse on Monday.

"Yes," said the lady lecturer, "women have been wronged for ages; they have suffered in thousands of ways."

"There's one way they never suffer in," said a languishing man rising.

"What is that?" demanded the lecturer.

"They have never suffered in silence."

"Then you are going to the seaside soon, Clarie, dear," said her morning caller.

"Oh, bless you, no! We are going to the mountains this year. The seaside is too damp. It ruins all she's done summer dresses."

"Yes, that's so. Especially if you try to make them do rag sausages, you know."

No need of a fan to cause that interview. It was cool enough without.

The Western Water-Meter.

San Francisco Wasp.

I'm a wicked water meter, a Pharisaic water meter, with a face of white enamel, hard and austere, adorned with brass;
But I wear the self expression of a painted Simon Peter, looking out into the future like a goldfish through a glass—
Click!

As a patent fact disturber and a shameless story teller, I can beat a circus poster or a stable auctioneer;
For I grind such tough narrations in my corner of the cellar, you may scrape a Bemis novel from the members of my gear—
Click!

Oh, the miasmatic matter and the poison which I scatter, with the simple name of water, unadulterated, pure!
While my friend the undertaker, waxes portly, sleeker, fatter, and the druggist's wife and daughter take a European tour—
Click!

Oh, I often pause and wonder, as I ponder over my blunder, pause and wonder why the blunder bonied people let me lie;
Why they do not rise in anger, tear me limb from limb asunder, and adopt a water meter more ingenuous than I—
Click!

MUSICAL AND DRAMATIC.

Christine Nilsson is forty-four years of age.

Frederick Warde is still on the road in Canada.

Joseph Haworth will not star as tragedian next season.

Helen Dauvray is expected to return from England early in August.

Maria Prescott will star next season in Shaks pearean and modern plays.

The recent revival in Paris of "La Traviata" has been a remarkable success.

Clara Morris will dedicate the new opera house in Atlanta, N. J., in September.

Lloyd's new play for Wallack's next season is called "The Dominie and His Daughter."

Louise Balfe will not star the coming season. She is spending the summer in Cleveland.

Cyril Searle, who has been seriously ill in New York city, is slowly recovering his health.

Mrs. Langtry is becoming fat, despite hours of furious practice daily with foils and Indian clubs.

Miss Schiefl lately scored a great hit as the page in "The Huguenots" at Covent Garden, London.

Sarah Bernhardt curtailed her late prosperous engagement at Rio Janeiro, to escape the ravages of yellow fever.

Buffalo Bill's "Wild West" will astonish the Staten Islanders during the remainder of the current seven days in the week.

Clara Morris' manager will book her for next season only where a certainty may be obtained. No chances will be taken anywhere.

Minnie Hauk has left her home in Switzerland for Bayreuth in order to witness for the fourth time the performances of the Wagner "Cycles."

Adelaide will accident the Abbey concert part fall with Patti, Albani, Gerster and Nevada as principals. The labor has not yet been engaged.

Mlle Rhanlan will indulge in a spectacular "Macbeth" next season with the famous Kelly incidental music and an orchestra of forty performances to a thousand.

Miss Emma Sheridan, who is playing in "Prince Karl" at Boston, marries Theodore Moderjeska at the Madison square theatre, New York, in place of General Sheridan.

Colonel McCaull has cabled to Manager William H. Mayne that he had secured the exclusive right to produce Gilbert and Sullivan's new opera in Philadelphia and in the west.

James O'Neill will open his season in "Monte Cristo," as well as the regular season of the New Haven opera house, simultaneously on September 6 following that engagement with a week in Boston.

Lately at a party given by the London Rothschilds, Patti was paid $1,500 for singing three songs and the half of a duet, while Sarasate, the Spanish violinist, refused $500 to accompany her. He wanted twice that sum.

Nat Goodwin, who is still in London, has purchased from its authors a comedy burlesque or extravaganza entitled "Jack Sheppard." It is the work of Messrs. Yardley and Stephens. Mr. Goodwin will open his New York season with this production.

Colonel Mapleson is to shortly have a benefit in London, and Patti will sing Rosina on that occasion, only without change. It is likely that Mapleson will have Covent Garden for the next five years and that his first Italian opera next September will include Patti in the cast after which she will sail for America.

Modjeska, who said she was going to take a long rest on her California farm, is playing at the Baldwin, San Francisco. Maurice H. Barrymore, who arrived from England two weeks ago, resumed his old place at Modjeska's leading actor, and will remain it during her fall and winter tour.

The members of Judic's company are growling in Paris about their American tour. According to a French journalist, one of them said: "New York is well enough—you are comfortable there, but nowhere else. * * * And even there the cost of comfort is terrible. Our hotel bill alone came to 60 or 80 francs a day. The simplest dinner at Delmonico's runs to 30 francs a head. You pay 5 francs for a bottle of claret which is quite drinkable—so that though you had 20,000 francs a month they go no further than 5,000 would in Paris.

RELIGIOUS.

In an English church in London the communion service is celebrated once a month in Hebrew for the benefit of some converted Jews.

In Ireland there were in 1880 an equal number of Methodists and Roman Catholics, but three times as many Mormons and four times as many Unitarians.

Prescott Evarts, a son of the senator, has been ordained a priest of the Protestant Episcopal church, not of the Roman Catholic, as some papers have said.

There are between 18,000 and 20,000 Chinese in the Sandwich Islands, 600 of whom are females. Though missionary work has been carried on among these people for over sixteen years, only about 500 are christians.

There is now circulating in China a Chinese version of "Pilgrim Progress," illustrated by Chinese artists, presenting all the characters in the book in Chinese costumes, and making the House Beautiful a Chinese pagoda.

The board of managers of the missionary work of the Episcopal church propose to arrange for the delivery of a missionary sermon in each church in Chicago on the first Sunday morning during the general convention, October 10th.

In April and May the missionaries of the American Sunday school union in the northwestern district, under the direction of T. G. Ensign, established 152 new Sunday schools, in destitute districts, and gathered into them 807 teachers and 4,806 scholars, beside adding 142 old schools which have a membership of 807 teachers and 4,738 scholars. They also held 468 religious meetings; seventy-four churches grew out of their schools last year, and 1,386 conversions were reported.

Kirk's German Pile Ointment.

Sure cure for bound, bleeding, and itching Piles. One box has cured the worst cases of ten years standing. No one need suffer ten minutes after using this wonderful Kirk's German Pile Ointment. It absorbs tumors, allays the itching at once, acts as a poultice, gives instant relief. Kirk's German Pile Ointment is prepared only for Piles and itching of the private parts, and nothing else. Every box is warranted by our agents. Sold by druggists; sent by mail on receipt of price, 50c per box.

DR. C. O. BENTON, Prop., Cleveland, O.

Sold by C. F. Goodman and Kuhn & Co., 16th and Douglas, 16th and Cuming

The Farmer's Wife.

Good Housekeeping.

From out the rosy land of dreams
She comes at early morning;
The dew upon the meadow gleams,
Fair as a bride's adorning.

Around from the waving grass,
And beds of blooming clover;
The noisy brook that sings and shines,
With willows bending over.

The eastern sky glows all aflame,
As though in one bewilder,
The gold and sapphire clouds that came
Were heaven's gates unfolding.

But all this glory stands apart,
Not sharing her with its beauty,
For cows she hears in her heart,
Where calls the line of duty.

The cows await the milking time
With soft and patient lowing;
The sturdy farmer, in his prime,
Must hasten to his mowing.

His wife must speed the morn's repast,
And work with nimble fingers,
For farmers all, from east to west,
Make hay while sunshine lingers.

And when the meal is over, the pails
Of foaming milk are waiting,
With fragrance caught from sunny vales
To future joys relating.

The cream lies thick, like cloth of gold,
Where sunbeams pass are brimming,
Their richer gathered fold on fold,
All ready for the skimming.

Then, later, as in olden days,
With hands of strength to further,
By weary hands the churn plays,
And while the golden butter.

And so the day goes on and on,
No time for rest or pleasure;
"A woman's work is never done,"
Is true to fullest measure.

And as the sun sinks in the west,
And day grows into even,
Weary and worn she goes to rest,
And almost longs for heaven.

CONNUBIALITIES.

George W. Kline and Minnie Belmont, of Forepaugh's circus, were lately married in Boston.

Montana bachelors have a propensity for naming towns in honor of young ladies, and then wait for the girls to come. It is a chivalrous but pathetic way.

Two ladies, who have taught in a certain room in the Bloomfield, Ind., school, have both married within two years past, and the Journal narrates the fact that there is "somewhat of a strife" to get in the way of a third stroke of the hymeneal lightning.

It is said that the Duchess de Morny's sister, Miss Mercedes Seaman Bianco, who is also very handsome and well endowed with the riches of this world, is engaged to the Viscount Joachim Murat. He is the great-grandson of the King of Naples' brother.

One of Connecticut's old blue laws: "No man shall court a maiden in person or by letter without first obtaining the consent of her parents. Five pounds a penalty for the first offense, ten pounds for the second, and for the third imprisonment during pleasure."

A Philadelphia newspaper tells of a bride who, arriving at the church in the rain, had her white slippers covered by a pair of arctic overshoes, which she forgot to remove. Their appearance as they peeped in and out under her white skirts, as she walked to and from the alter, wasn't at all like little mice.

Prince Frederick Augustus of Saxony, whose engagement to the youngest daughter of the Austrian emperor was reported some time ago, was married recently in the castle of Ansemitzer Peschin to the Archduchess Maria Dorothea, eldest daughter of the Archduke Joseph, commander in chief of the Hungarian Honved army. The bride is nineteen and the bridegroom twenty-one.

Two weeks ago Henry Zoeller, of Cleveland, postponed the marriage with Miss Bertie Weiss. The wedding was to take place on Sunday, and the rabbi and the guests were present, but the bridegroom again hesitated and tore up the marriage contract and license. There was much excitement, and the police were called in, but after six hours Zoeller, looking very glum, joined hands with Miss Weiss, and they were made man and wife.

Most people have heard a good deal about marriage missions in France, but not many foreigners are probably aware that a French officer is not allowed to marry unless the lady of his choice possesses sufficient capital to guarantee an annual income of 1,200 francs ($240 a year. This is the minimum value that the ministers of war sets upon an officer in the matrimonial market. Another condition is that the lady shall be of unblemished character. There is a proposition to raise this minimum to increase the income on which an officer is allowed to marry.

As a matter of good taste, the publishing of a long list of wedding presents is questionable, but the list recently published in a country paper is, in one sense, interesting, including as it did: "From father and mother of the bride, one dersey calf; from bride to groom, half wreath made from hair of her entire family, and also six fine shirts; from brother Elias, one book of poems, one Dream Book, one Poet's Letter Writer, and a dog; from Aunt Harriet, six hens and a rooster, also one jar tomato catsup; from Cousin Sarah, one poem made up by herself on bride and groom, fifteen verses in all."

Porzoni.

No name is better and more pleasantly and widely known than that of Mr. J. A. Porzoni. For Years he has made himself famous by the elegant perfumes and complexion powder that bears his name, the latter having found its way to the belles of Paris, Germany and London. Everybody admires beauty in ladies. Nothing will do more to produce or enhance it than a use of Mr. Porzoni's preparations.

All Whirling Through Space.

Philadelphia Ledger: A careful comparison of the positions of the stars from one time to another shows in many cases a real motion in space. Really accurate ascertainment of position began in the time of Bradley, who lived about the middle of the last century, so that we have only the records of a little over 100 years on which to base our knowledge of stellar "proper motion." European astronomers gave us in the last century several catalogues of stars which are reliable, and the work of comparison with the present places has been undertaken for a number of faint stars, the bright ones having already been considered by an English gentleman, J. L. E. Dryer, who has just published the results. By such efforts as his, continued over centuries of time, it will be possible finally to deal intelligently with the great problem of the motion of the universe as a whole. To appreciate the feebleness of any efforts confined to a single century, it must be remembered that the stars are so immensely remote that but very few of them show any perceptible shifting of place as a result of the motion of the earth in its orbit. Hence any motion, rapid though it might be, is scarcely perceptible here. A change of a second of arc a year, which might be a perfectly amazing velocity, would require 1,800 years to carry the star over a space in the sky equal to that which the full moon covers. A second a year is a large proper motion. There is one star which moves seven seconds a year, a very exceptional case, but the most of these motions are so slight as only to be brought out by the most careful measurement. Hence any general results deduced from these facts are premature. It is evident, however, that there is a tendency among certain clusters to move in unison. One of the striking cases is that of five of the stars of the Great Dipper, which move in parallel lines and with equal velocities, while the brightest of the "pointers" seem to belong to a different system. The Pleiades are also moving together. An effect of this "star-drift" is to show the motion of our sun. No results as to velocity are at all reliable, but there are almost certain indications of the present direction of his motion, carrying with it, as it does, the earth and the whole solar system.

Ex-Mayor Latrobe of Baltimore, says the best cough medicine is Red Star Cough Cure.

PERRY DAVIS'

PAIN-KILLER

IS RECOMMENDED BY

Physicians, Ministers, Missionaries, Managers of Factories, Work-shops, Plantations, Nurses in Hospitals—in short, everybody everywhere who has ever given it a trial.

TAKEN INTERNALLY IT WILL RELIEVE AND QUICKLY CURE YOU.

SUDDEN COLDS, CHILLS, PAINS IN THE STOMACH, CRAMPS, SUMMER AND BOWEL COMPLAINTS, SORE THROAT, &c.

APPLIED EXTERNALLY,

IT IS THE MOST EFFECTIVE AND BEST LINIMENT ON EARTH FOR CURING

SPRAINS, BRUISES, RHEMATISM, NEURALGIA, TOOTH-ACHE, BURNS, FROST-BITES, &c.

Prices, 25c., 50c. and $1.00 per Bottle.

FOR SALE BY ALL MEDICINE DEALERS

Beware of Imitations.

Nebraska National Bank

OMAHA, NEBRASKA.

Paid up Capital $250,000
Surplus 80,000

H. W. Yates, President.
A. E. Touzalin, Vice President.
W. H. S. Hughes, Cashier.

DIRECTORS:

W. V. Morse, John S. Collins,
H. W. Yates, Lewis S. Reed,
A. E. Touzalin.

BANKING OFFICE:

THE IRON BANK,

Cor 12th and Farnam Sts

A General Banking Business Transacted.

WEAK MEN!

Genuine VITALITY is failing. Fresh BRAINS and EXHAUSTED or PAIN-RACKED WEAKLY MEN may find a perfect and reliable cure in the

FRENCH HOSPITAL REMED