

Eating and Sleeping.

Is it really true that sleep is more perfect and refreshing, the body more perfectly invigorated, by sleeping on an empty stomach than on one moderately filled, and the appetite satisfied? It is true that digestion and assimilation are more perfect if performed during waking hours than if performed during sleep; or are these unpleasant feelings during sleep after a full meal simply the effect of breaking over a long fixed habit? Let us reason this matter, for during the whole historic period more or less of popular opinions have in the course of time been proven to be but popular errors. Experiments are recorded of dogs of the same age, size, and breed, fed alike, one put upon the chase at once and the other left to rest. After a stated time the food upon the hunter was found scarcely affected, while in the other it was fully digested. All our domestic animals lie down and rest after their appetites are satisfied. Beasts and birds of prey are almost incapable of action during the digestion of the contents of a gorged stomach. Experienced teamsters learn to give their animals their fullest rest at night after their labor for the day is finished, and we are able to observe, their natural habit of digestion induces rest and sleep.

But says my lady friend of a dyspeptic diathesis, "they are but brutes." Admitted, but they don't have dyspepsia, neither do I admit that we can learn nothing of benefit to ourselves from the natural habits of brutes. But let us refer to the animals of our own species, man, as near as we can find him following his own natural instincts. The Indian hunter forges himself and lies down to sleep when he has eaten his prey. The overland travelers across the plains eat their principal meal when camped for the night. Soldiers on the march do the same. Explorers and surveyors follow suit; and our grandfathers and grandmothers when relieved from the cares and labors of life are very apt to take a nap after dinner. Your own physician, if he is orthodox, tells you it is better to rest after a full dinner, and your lawyer who labors with mind and brain to defend your cause will eat but lightly at the dinner recess and make it up when the trial is over or adjourned for the day. Man retires at night with his stomach moderately filled, his appetite satisfied, his mind relieved from the cares and labors of the day; he falls to sleep, his brain and muscles are at rest, his lungs are inflated frequently, his diaphragm more sluggish, his pulse beats slower, for his spare blood has gone to the assistance of his stomach for the day's work. He is tranquil, and if he has dreams they are of a pleasant nature, for nature has had her own way and the man is all right.

Billy Bumbottle's Daughter.

Not long ago a party of four buck Indians passed through North Nebraska going northwest. A few miles out they stopped and arrayed themselves in war costume. One of the party was a young red-paint, indicating that they were on a mission not wholly peaceful. The secret of the matter was, two of the Indians were going to fight a duel. They were two young Santee Sioux, named, respectively, Suit-rip B-b and Sam Squire. They had been down to the Omaha reservation on a visit, and while there had both fallen in love with an Indian squaw named Sal Molly, the beautiful daughter of Billy Bumbottle, one of the chiefs of the tribe. The two Indian beaux, Bob and Sam, went dead in love with the alluring Sal, and according to Indian custom, each tried to buy her of her affectionate parent. His price was twenty-four ponies, which was not high, considering that she was a stout, strapping squaw, good tempered, and capable of hoeing corn, taking care of pap-poses, and doing the housework. In all of which accomplishments she was well versed, having already had much experience. Consequently both the beaux were willing to pay the twenty-four ponies, and the question then naturally came up as to which one it should be. The case was referred to Sal herself, but she could not fully decide, as she liked them both almost equally well. They were indeed both fine Indians, and in many respects well matched. If there was any advantage at all, it was probably in favor of Sam, who was younger than the other and had already won two wives, whereas Bob was the possessor of four helpmates. But Sal could not decide which she would make happy, and her two swains agreed to settle the matter by fighting. So they started on Sunday, bringing with them two Indian friends to act as umpires and bottle holders, and on Monday passed through town as before related. After donning their war paint, they went up to a secluded place in the Line creek hills, and there laying aside all weapons, excepting two stone-headed war clubs, they mounted their ponies and tackled one another with great fury. After circling and whooping around as a sort of preliminary exercise, the combatants came to close quarters, when Bob delivered a tearful blow with his club at Sam, who slipped to one side and the blow fell on the head of his pony and made him feel very demure for a while. Then Sam got in a blow which lamed his opponent's leg severely. They then fell and whacked and bawled away at each other, but without much effect, till finally with exhaustion both dismounted and sat down on the grass and glared at each other in silence. And new the spirit of peace, compromise, and conciliation stole over them, and Bob proposed if Sam would give him five ponies, a revolver, and two knives he would throw up the sponge and let his rival have the girl without further trouble. Sam joyfully agreed to this, and then washing off their paint and dirt, they and their two friends returned back to the agency, where they probably arrived yesterday. To-day without doubt the triumphant and love favored Sam will be united to his Sal, and Bob, and his two knives, will rejoice in happiness second only to that of the bride and groom.

Niagara.

A scheme to turn Niagara still further into commercial profit is being realized. The canal was originally constructed in 1850, at a cost of \$250,000. It debouches from the river above the falls, and empties into the reservoir below them, being about three-quarters of a mile in length. Its dimensions are about thirty-five feet in width by ten feet in depth; but a new company have land enough secured to enlarge it to one hundred feet wide. The new company bought the old undertaking at a mere song. They have nearly completed a wheel pit not far from the lower extremity of the present reservoir, forty feet long by twenty feet wide, sunk in the solid rock, from which a tunnel, ten feet by six feet, has been bored for discharging the waste into the river.

Economy in Feeding.

All food beyond such amount that is properly digested and assimilated by the animal is a source of loss to the owner, and that in two ways: First, the food is lost; and second, the animal is not kept in the best condition for getting the most out of its feed—its stomach is overloaded and its digestive apparatus more or less disarranged. Just inside the limits of assimilation is the point to have in view in feeding; in this way the animal will have a good appetite, and other things being equal, is sure to give the best returns for food consumed.

When a Horse Suffers from the Heaves.

The feeding should be very carefully managed. The food should be of some bulk, moist and very nutritious; oats steeped in boiling water until cold, or if corn is given it should be ground and steeped in the same manner; carrots, potatoes or wheat bran and a very little hay may be given daily until some relief is apparent, and then five grain doses of arsenic daily for a month or six weeks.

There is no crop raised which yields so large an amount of food and with so little labor as Indian corn.

AGRICULTURAL.

POTATOES.—In order to have the best success in growing potatoes, and to secure a healthy, vigorous growth and crop free from rot, says Thorburn, it is necessary to plant as early as the ground can be got ready. Select a rich soil and plant in rows three feet apart and the sets one foot in the rows. To kill the young weeds, run a light steel tooth harrow over the field lengthwise of the rows, thus will allow the crop to get the start of the weeds, besides breaking up all lumps and leveling the ground ready for the cultivator. If wood ashes and plaster can be procured sow a good dressing over the field after the potatoes are up. If a very early crop is desired it will be necessary to sprout the potatoes before planting. Cut the potatoes into pieces of any size desirable and place in a warm, light room from four to six weeks before sowing for plant in the open ground. During this time shoots will start out strong and vigorous, so that as soon as planted they will send out roots and grow much more rapidly than those treated in the ordinary way. Another method is to place the sets in a hotbed two weeks before they are wanted, and then lift carefully and set out on fresh horse dung, so that the heat will cause them to start at once. If the Colorado potato beetle makes its appearance the crops must be dusted with Paris green mixed with about eighty parts of plaster, or what is better, mix the Paris green in water, two tablespoonfuls to a pail, and apply with a small brush or broom. Take care to stir the mixture often or else the Paris green will settle at the bottom. Two or three applications during the season will usually suffice to clear off all the beetles.

EFFECT OF FOOD ON EGGS.

It does not require much, if any, extra understanding on the part of any one, to really see how the flesh of a fowl fed on wholesome food and water should be better to the taste than those fed at random, and upon all manner of unwholesome food. This applies equally to the eggs also. Any one can test this quite easily, if he so wishes, by feeding on sloop food, or food of an unclean kind, such as swill and decayed cabbage. The flesh of such fowls will quickly take on, and eggs will taste unagreeable, at least to any one with an ordinary palate. Fresh air has also much to do with this matter. No flesh is fit for the table which is not allowed an unlimited quantity of pure air. If any person of ordinary discernment would consider the actual condition of highly staid-fed animals of Christmas and other similar times of rejoicing, he would be quite easily satisfied that although to look at, the staid-fed animal, which always lacks pure air, is the fattest, yet its flesh does not agree with the stomach as does that of a healthy, ordinarily fed animal. Some may say that the extra fat does this. I say not, for I have quite often kept account, and though I did not touch a morsel of fat, was troubled afterward with a disordered stomach, which never happened when I partook heartily of ordinary fine beef, both fat and lean.

THE HEALTH OF COWS MAY BE PROMOTED BY STUDYING THE EFFECT OF DIFFERENT FOODS.

A fruitful cause of disease in cattle is the steady feeding of dry, woody, fibrous food. This produces impaction of the manfolds and a general derangement of the system. Oil meal seems to have a similar effect upon the system to turpentine or other roots. It produces a general relaxation of the bowels and counteracts the effect of dry, fibrous food. In many dairy districts flaxseed is purchased at a moderate price, say from \$1.15 to \$1.50 per bushel, and it will pay the dairyman or feeder of cattle or horses, to buy a few bushels of flaxseed and grind it with his other grain. One bushel of flaxseed mixed with twenty bushels of corn and oats, and all ground fine together, will by reason of its oil, render it slightly laxative and assist materially in giving a proper action to the digestive organs. This will answer instead of oil meal. It will show its effect by giving a soft, mellow skin and a glossy coat. By studying the effects of foods the feeder may prevent most of those diseases that render the services of the farmer necessary. Food is all the medicine that is needed.

WINTERING FIGS.—We have found that it costs as much or more to winter a young pig as it does an old hog, and have abandoned the practice of wintering anything but breeders. A breeding sow may be allowed to have a litter of pigs in the spring which can be sold, and the old one will get in fine condition, almost, if not quite fit for butchering, on clover, corn and a general relaxation of the bowels and counteracts the effect of dry, fibrous food. In many dairy districts flaxseed is purchased at a moderate price, say from \$1.15 to \$1.50 per bushel, and it will pay the dairyman or feeder of cattle or horses, to buy a few bushels of flaxseed and grind it with his other grain. One bushel of flaxseed mixed with twenty bushels of corn and oats, and all ground fine together, will by reason of its oil, render it slightly laxative and assist materially in giving a proper action to the digestive organs. This will answer instead of oil meal. It will show its effect by giving a soft, mellow skin and a glossy coat. By studying the effects of foods the feeder may prevent most of those diseases that render the services of the farmer necessary. Food is all the medicine that is needed.

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Vegetine.

The Barks, Roots and Herbs FROM WHICH VEGETINE IS MADE IN POWDER FORM. SOLD FOR 50 CTS. A PACKAGE. Vegetine. For Kidney Complaint and Nervous Debility.

MR. STEVENS—DEAR SIR: I had had a cough for 18 years when I commenced taking the Vegetine. I was very low, my eyes were dimmed, and I was very nervous—rough had, long nose. When I had taken one bottle, I found it was helping me, it has helped my cough and it strengthens me. I am now able to do my work. Never have found anything like the Vegetine. I know it is everything it is recommended to be. A. B. A. J. PENDLETON.

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A New Electric Lamp.—La lampe soleil, as it is termed, is a new French electric lamp of considerable promise and some novelty. The light is formed by boring two converging holes into a small block of brick or marble, and inserting into these two carbon rods. The rods are separated by their points by a partition of the marble, and they nearly penetrate through the block. Their upper ends are connected to the dynamo-electric machine, and the current in traversing the wall of marble between their points makes it white hot. The carbons are slowly consumed, the gas escaping by the bare holes, which are wider than the rods, and they are fed to the arc by their own gravity. The light is emitted by the bottom of the brick, which becomes calcined, and is of a mellow lustre like the sunshine. The cost is said to be only a sou per hour, the carbons consuming at the rate of a centimetre in that time. Already the new lamp has been introduced into several places in Paris, including the Mayor's residence, and it will form a feature of the forthcoming exhibition. It is the invention of MM. Clerac and Bureau.

Rheumatic Diseases.

These ailments follow from torpid liver and costive bowels; the skin, bowels and kidneys failing in their proper work, an acid poison is formed in the blood, which is the occasion of these acute diseases. Kidney-Wort produces healthy action of all secretory organs, and throws off the rheumatic poison. Equally efficient in Liquid and Dry Form.—Inter-Ocean.

That slight Tickling in the Throat and disposition to slight Cough may be the precursor of years of suffering unless you take Dr. Bull's Cough Syrup which never disappoints. Price 25 cents.

In 1870 the total coal production of the world was 193,970,683 tons; in 1880 it was 294,468,000, an increase of 100,497,317 tons, or fifty two per cent. Taking the growth of the coal industry as a measure of a nation's general industrial progress, Russia makes a very good showing, the percentage of coal output being having increased 275 per cent, and Spain making a poor appearance, the percentage being only thirty-six per cent.

The various specimens of celluloid that were lately examined by M. F. Bookman did not contain true gun-cotton, but the pyroxyline of collodion, perfectly soluble in common turpentine in a mixture of ether and alcohol. C. H. H. I., he holds, is not a true, definite chemical combination.

Sold men admire the beautiful, and this accounts in some measure for the thousands upon thousands of bottles of Carboline, the deodorized petroleum hair restorer and dressing, which have been sold yearly since its invention by Messrs. Kennedy & Co., of Pittsburg, Pa.

With regard to distasteful—that peculiar ferment developed during the process of germination—M. J. Kjelahl maintains that a small quantity of acid increases, but that a large quantity diminishes, its action. A very little amount of alcohol checks the efficacy of the distastefulizer, and is, therefore, in his opinion injurious.

It is impossible for a woman after a faithful course of treatment with Lydia E. Pinkham's Vegetable Compound, to continue to suffer with a weakness of the uterus. Enclose a stamp to Mrs. Lydia E. Pinkham, 233 Western Avenue, Lynn, Mass., for her pamphlet.

MAKE haste, if you are constipated, dizzy, pain in the back, or headache, take "Sellers' Liver Pills." 25 cents a box.

Acute terminal pneumonia generated in the roots of apple trees has been found by Dr. Van Tieghem to be often the cause of disease in such trees. As the roots do not sometimes receive enough of oxygen in wet weather, drainage is the remedy recommended.

For loss of appetite, nausea of stomach, and indigestion, "Lindley's Blood Searcher" has no equal. Sold by druggists.

It is probable that very soon the southern part of the territory of Utah will supply enough of antimony for this country and render unnecessary any importations of that substance. The ore, mined about 140 miles from Salt Lake City, yields from sixty to sixty five per cent. of antimony.

VEGETINE does not act as a cathartic to debilitate the bowels, but cleanses all the organs, enabling each to perform the functions devolving upon them.

This is M. Boyven's method of testing the ethereal oil of bitter almonds: The spurious oil has a specific gravity of 1.029 to 1.030 while that of the genuine oil is 1.043, or according to other statements, 1.045 to 1.060. When the genuine oil, however, is mixed with an equal volume of sulphuric acid it turns red, but remains limpid and clear; on the other hand, the spurious oil turns dark red; it then becomes brown, dull, and thick, and, lastly, it congeals to a brownish mass.

Vanillin, when pure, M. A. Yver finds, melts at 80 degrees to 81 degrees, and is very soluble in boiling water, alcohol, ether, chloroform, carbon bisulphide and the fatty and volatile oils. In cold water it is slightly soluble. It decomposes carbonates and neutralizes alkaline bases in the cold, and earthy bases with the aid of heat. It is turned blue by ferric chloride, and yellow by sulphuric acid in the cold. If it contains traces of nitric acid there is a scarlet coloration.

A SUNDAY SCHOOL boy, upon being asked what made the lower lip so lean, replied: "Because of the famine in the land."

Head-aches, Rheumatisms, Itch, scabs, mites, flies, insects, cleared out by "Hough on Itch." 15c., druggists.

Cast-Iron Followers.

Men of endurance have healthy kidneys and liver. Noaches in the back, no piles or constipation. The cure for these diseases is Kidney-Wort. This great remedy keeps up the tone of the whole body by enabling the liver, bowels and kidneys to perform their functions perfectly. Both the Liquid and Dry are sold by druggists.—Pioneer Press.

MESSRS. MORGAN & HENSLY, Mutual Life Building, Tenn. and Chestnut street, have on hand a superb stock of extra fine quality Diamond jewelry given, and will send free of any address an elegant County Map of United States, in colors, by applying to FRISCOLI & CO., 200 N. 3rd St., Philadelphia, Pa. J. T. POTTER, General Manager, Chicago.

"What is the moon good for?" asked the teacher, "what are its principal uses?" And the smart boy looked up from the foot of the class and said: "To rest the gas companies."

"So she refused you, did she?" asked Pingry; "why didn't you press her, my boy?" "Press her!" exclaimed Brown; "she wouldn't let me get near enough for that."

SKILL IN THE WORKSHOP.—To do good work the mechanic must have good health. If long hours of confinement in close rooms have enfeebled his hand or dimmed his sight, let him at once, and before some organic trouble appears, take plenty of Hop Bitters. His system will be rejuvenated, his nerves strengthened, his sight become clear, and the whole constitution be built up to a higher working condition.

A LADY watching by the window for her husband, late at night, sees a masculine shape approaching through the darkness. "Is it you?" she says. "No, madame, it is not I."

If you wish to know the climate of any high mountain, why go to it and climb it.

A FAIRY AFLOAT.

The following description of the fairy vessel represented on this page is from the Cincinnati Commercial: The hull is of the finest selected white oak, braced, bolted and riveted in the most skillful and workmanlike manner, and is 64 feet in length, 14 feet breadth of beam, 24 feet depth of hold, and draws twenty inches of water. She carries a tubular boiler, and two beautiful little engines, made expressly for her, by the Ohio Machine Co., Middleport, O. The dining-room is situated between the boiler and engine rooms, and is artistically grained, with frescoed ceiling. It is furnished in the Queen Anne style, and the silver, china and table linen are of the finest character. The pilot-house, cabin, main salon and Captain's office are on the sun-deck and are luxurious in their furnishing and decorations. The saloon proper is frescoed and gilded in Eastlake style, and the flooring is covered with Turkish carpet. The mainmast is of iron, in ray willow, and of the Queen Anne pattern. Like that of the dining-hall, and rich curtains of damask complete the impression of a veritable floating palace. The four state-rooms, containing two berths each, are also carpeted with Brussels and handsomely furnished with the latest improvements in furniture. The directions of Messrs. A. Vogeler & Co., Baltimore, Md., for their own exclusive use upon the Ohio, Mississippi and other Western rivers, and is run by a picked crew of officers and men in their employ. The object of this little steamer is to carry passengers and mail passengers. She was built for the firm above named, to be used exclusively by them for distributing their printed matter in the river towns for St. James Oil, the Great German Remedy for rheumatism and other painful ailments.

KIDNEY WORT.

DOES WONDERFUL WHY? CURES!

Because it acts on the LIVER, BOWELS and KIDNEYS at the same time.

Because it cleanses the system of the poisonous humors that develop in Kidney and Urinary Diseases, Biliousness, Jaundice, Constipation, Dropsy, Rheumatism, Nervous Disorders and Female Complaints.

SEE WHAT PEOPLE SAY: Eugene R. Stark, of Junction City, Kansas, says, "Kidney-Wort cured me after regular physicians had been trying for four years." Mrs. John Arnold