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; or is it true that digestion and assimilation are more pertect if performed during working 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 asimals 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 feed at night after their labor for the day is finished, and in all the brute world, so far as we are able to observe, their natural habit of digestion induces rest and sleep.

But says my lady friead of a dyspeptic diathesis, "they are but brutes." Admit. ted, 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 gorges himself and lies down to sleep when he has slain 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 lite are very the taste than those fed at random, and apt to take a nap after dinner. Your own better to rest after a full dinner, and your one can test this quite easily, if he so lawyer who labors with mind and brain to wishes, by feeding on slop food, or food of defend your cause will eat but lightly at an unclean kind, such as swill and decaythe dinner recess and make it up when the | ing cabbage. The flesh of such fowls will trial is over or adjourned for the day. quickly taint, and eggs will taste unsavory, Man retires at night with his stomach at least to any one with an ordinary palate. mind relieved from the ares and labors of matter. No flesh is fit for the table which muscle are at rest, his lungs are inflated pure air. If any person of ordinary disstomach, for the involuntary muscles of it joicing, he would be quite easily satisfied rather than of the stomach." are at work, his sleep is tranquil, and if that although to look at, the stall-fed anihe has dreams they are of a pleasant na- mal, which always lacks pure air, is the ture, for nature has had her own way and fattest, yet its flesh does not agree with the 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 and put on ominous black and red paint, thus 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, Siit-lip Bcb and Sam Squire. and a general derangement of the system. They had been down to the Omaha reser- Oil meal seems to have a similar effect upon vation on a visit, and while there had both the system to turnips or other roots. It fallen in love with an Indian squaw named produces a general relaxation of the bowels Sal Molly, the beautiful daughter of Billy and counteracts the effect of dry, fibrous 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 pooses, 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 popies, and the question then naturally came up as to which one it should be. The case was referred to Sal berself, 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 only two wives, whereas Bob was the possessor of four helpmeets. 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 spot in the Lime creek hills, and then 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 to and whacked and banged away at each other, but without much effect, till finally with exhaustion both dismounted and sat down on the grass and ality. One who feeds fifty cows told us glared at each other in silence. And now lately that he fed four pounds of middlings the spirit of peace, compromise, and con- per day through the season, finding that he ciliation stole over them, and Bob proposed the sponge and let his rival have the girl this extra food in wintering. He has fol- to prefer short horns." without further troutle. Sam joyfully lowed this system for ten years. He called agreed to this, and then washing off their our attention to a neighbor of his keeping paint and dirt, they and their two friends neturned 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, Good feeding produced \$45 per cow; poor, conciliated by his five ponies, his revolver, and his two knives, will rejoice in happi- of liberality in feeding. This illustration ness second only to that of the bride and can be found in almost any dairy town.

AGRICULTURAL.

'Mary's uncle Charles came to see her, and gave her a bright gold dollar. Then Ma-Por 'TOES .- In order to have the best success in growing potatoes, and to secure ry said, "Now I will buy some candy, and a healthy, vigorous growth and crop free some chewing gnm, and a pickled lime; from rot, says Thorburn, it is necessary to and give Sarah Jones two cents, and the plant as early as the ground can be got poor woman with the little baby three ready. Select a rich soil and plant in rows cents.' But A. M. Sleek, that good man, three feet apart and the sets one foot in the heard her, and he groaned and said: "Marows. To kill the young weeds, run a ry, remember the Pottawottamies!" So light steel tooth harrow over the field she gave her dollar to the good Mr. Sleek lengthwise of the rows; this will allow the for the Pottawottamies; and when he took crop to get the start of the weeds, besides | it he was kind enough to say that he wishbreaking up all lumps and levelling the ed the Pottawottamies might get it. And ground ready for the cultivator. If wood Mary was made a life member of Mr. ashes and plaster can be procured sow a sleek's society. Was that not better than good dressing over the field after the pota- a pickleit lime?" toes are up. If a very early crop is de-SCENE-Augusta's boudoir. Lucy holds sired it will be necessary to sprout the an open letter in her hand and says:potatoes before planting. Cut the pota-"Well, you see, dear, I only met him at toes into pieces of any size desirable Mount Desert this summer, and we did and place in a warm, light room from flirt desperately; but it's too absurd, his four to six weeks before required for plantwriting to me now and proposing, now ing in the open ground. During this isn't it?" Augusta-"Awfully bold, I time shoots will start out strong and vigorous, so that as soon as planted

Shall you accept him?" Lucy-"Well, I they will send out roots and grow much don't know what to do. He don't deserve more rapidly than those treated in the ordiit, but, then, he's awfully handsome, and, nary way. Another method is to place the besides, I really think I would be a good sets in a hotbed two weeks before they are wife. I can make splendid corn bread." wanted, aud then lift carefully and set out on fresh horse dung, so that the heat will [Cincinnati Irish Citizen.] cause them to start at once. If the Colo-

Mr. Thomas Lewis, 62 Butler street inrado potato beetle makes its appearance the forms us that for seven years he was afflicvines must be dusted with Paris green ted with that dreadful malady, Sciatica, and mixed with about eighty parts of plaster, being induced to try St. Jacobs Oil, found or, what is better, mix the Paris green in almost immediate relief therefrom, and is water, two tablespoonfuls to a pail, and now perfectly cured. apply with a small brush or broom. Take

FROM "Mary, the Little Missionary."

care to stir the mixture often or else the "BRETHREN," said the Leadville clergy. Paris green will settle at the bottom. Two man as he breathlessly entered the pulpit or three applications during the season will twenty minutes late, "I know I'm behind usually suffice to clear off all the beetles. ame. But here is my excuse. I had a flush royal and Deacon York had four will send it by return mail. EFFECT OF FOCD ON HOGS .- It does not require much, if any, extra underqueens, and though he bet low I knew he standing on the part of any one, to really would put his entire pile in, and I couldn't bear to break up such a good thing by callsee how the flesh of a fowl fed on wholeing him. So I stayed and scooped his pile. some food and water should be better to Can you pardon me for the delay?" And upon all manner of unwholsome food, the congregation should "Aye," and gave physician, if he is orthodox, tells you it is This applies equally to the eggs also. Any three cheers for the preacher, and then the services were begun.

VERY strange indeed: "I suppose there never was a woman who had such trouble with her stomach as 1 have," remarked Mrs. Dosewell. I've taken more than moderately filled, his appetite satisfied, his Fresh air has also much to do with this fifty kinds of bitters the last year, besides pills and other medicines that I could not the day; he fails to sleep, his brain and is not allowed an unlimited quantity of begin to remember the names of. And if you'll believe it, my stomach is in a worse less frequently, his diaphragm more slug cernment would consider the actual con-state than when I began. "I can readily, gish, his pulse beats slower, for his spare dution of highly stall-fed snimals of believe it, madam," replied Fogg politely, blood has gone to the assistance of his Christmas and other similar times of re- "but I think your trouble is of the head

> [Kansas City Times.] Mr. William Hadeler at the Marathon Hotel, Wausau, after extreme sufferings

stomach as does that of a healthy, ordinarily fed animal. Some may say that the with rheumatism, without any benefit from extra fat does this. I say not, for I have physicians or various preparations, was quite often kept account, and though I did cured by St. Jacob's Oil. - Wis. Exchange. not touch a morsel of fat, was troubled

afterward with a disorded stomach, which ALL things comparative: "I maintain," never happened when I partook heartily of saidMr. Quilhopper, excitedly, "that no man has been in such a horrible predicament that he could not be in a worse one." THE health of cows may be promoted by 'That's all nonsense," answered the blonde studying the effect of different foods. A young man; "a relative of mine was once fruitful cause of disease in cattle is the on the sea in an open boat for ten days steady feeding of dry, woody, fibrous food. with nothing to eat; on the eleventh This produces impaction of the manifolds day he was so hungry that he had to eat his own shoes. What could be worse than that?" "Well," sald Mr. Q., slowly, "he

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50 ets. a Package. Vegetine.

For Lidney Complaint and Nervous Debility.

ISLESBORO Me., Dec. 29, 1577. MR. STEVENS-DEAR SIR: 1 had had a Gough massing the structure of the structure o think; but then, it's just like a man. I know the everything it is recommended to be Shell you accept him?" Lucy-"Well I

Vegetine.

and Bureau.

DR. W. ROSS Writes:

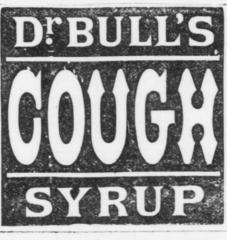
Scrofula, Liver Complaint, Dyspepsia, Rhenmatism, Weakness,

H. R. STRVENS Roston. I have been prac-Ising medicine for 25 years, and as a remedy or scrofula, Liver Complaint, Dyspepsia, Rheumatism, weakness and all disers of the blood, a have never found its equal. I have sold Veg-ctine for seven years, and have never had one bottle returned. I would heart ly recommend it to those in need of a clood purlaer. DR. W. ROSS. Druggist, Sept. 15, 1873. Wilton, Iowa.

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MRS. LYDIA E. PINKHAM, OF LYNN, MASS.

A New Electric Lamp. -- La lampe so-"WHAT is the moon good for?" asked leil, as it is termed, is a new French elec- the teacher, "what are its principal uses?" tric lamp of considerable promise and some And the smart boy looked up from the foot novelty. The light is formed by boring of the class and said: "To rest the gas two converging holes into a small block or companies."

brick of marble, and inserting into these "So she refused you, did she?' asked two carbon rods. The rods are separated Pingry; "why didn't you press her, my at their points by a partition of the marble, boy?" and they nearly penetrate through the "she wouldn't let me get near enough for block. Their upper ends are connected that." to the dynamo-electric machine, and the

Rheumatic Diseases.

and costive bowels; the skin, bowels and

kidneys failing in their proper work, an

Liquid and Dry form -Inter-Ocean.

These ailments follow from torpid liver

current in traversing the wall of marble SKILL IN THE WORKSHOP .- To do good between their points makes it white hot. work the mechanic must have good health. The carbons are slowly consumed, the gas If long hours of confinement in close rooms escaping by the bare holes, which are will have enfeebled his hand or dimmed his der than the rods, and they are fed to the sight, let him at once, and before some arc by their own gravity. The light is organic trouble appears, take plenty of emitted by the bottm of the brick, which Hop Bitters. His system will be rejuvebecomes calcined, and is of a mellow lus- nated, his nerves strengthened, his sight tre like the sunshine. The cost is said to become clear, and the whole constitution be be only a sou per hour, the carbons consu- built up to a higher working condition.

ming at the rate of a centimetre in that A LADY watching by the window for her time. Already the new lamp has been husband, late at night, sees a masculine introduced into several places in Paris, inshape approaching through the darkness. cluding the Mayor's residence, and it will form a feature of the forthcoming exhibi-"Is it you?" she says. "No, madame tion. It is the invention of MM. Clerac it is not L."

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

A FAIRY AFLOAT.

"Press ber!" exclaimed Brown;

acrid poison is formed in the blood, which The following description of the fairy is the occasion of these acute diseases. ressel represented on this page is from the Cincinnati *Commercial*: The hull is of the finest selected white oak, braced, bolted Kidney. Wort produces healthy action of all secretive organs, and throws off the rheumatic poison. Equally efficient in and riveted in the most skillful and work manlike manner, and is 64 feet in length 14 feet breadth of beam, 21 teet depth of Many, if not most, people have supporhold, and draws twenty inches of water. ed. cr, rather, believed that the method of She carries a tubular boil er, and two beautiteaching deaf-mutes to speak had been ful little engines, made expressly for her quite a modern invention; but every one is by the Ohio Machine Co., Middleport, O. not of that opinion. A congress on the The dining-room is situated between the

opened at Bordeaux, and during the sittings M. Claveau published a series of articles in nished in the Queen Anne style, and the which he endeavored to prove that the art silver, china and table linen are of the finest of teaching the dumb to speak is as old as character. The pilot-house, cabin, main the latter part of the Nunth century; that it salon and Captain's office are on the saloon was invented and practiced by St. John, of deck and are luxurious in their furnishing Beverley, Archbishop of York, England, and that it was explained in the writings of No Vici

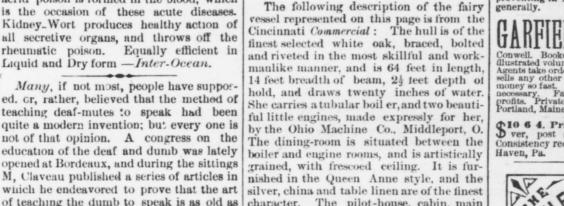
THAT slight Tickling in the Throat and disposition to slight Cough may be the precursor of years of suffering unless you take Dr. Buil's Cough Syrup which never disappoints. Price 25 cents.

the Venerable Bede.

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 there having increasee 275 per cent., and Spain makee a poor appearance, the percentage being only thu- boat belongs to and was built under the ty-six per cent.

The various specimens of celluloid that were lately examined by M. F. Boakman ern rivers, and is run by a picked crew of did not contain true gun-cotton, but the officers and men in their employ. The pyroxyline of collodion, perfectly soluble st object of this little steamer is to carry common temperatures in a mixture of etl - neither freight nor passengers. She was er and alcohol. C. lluk id, he holds, is built for the firm above named, to be used not a true, definite chemical combination. exclusively by them for distributing their

Solid men admire the beautiful, and thousands upon thousands of bottles of Carboline, the deodorized petroleum hair





and decorations. frescoed and gilded in Easthake style, and the flooring is covered with Turkish carpet The furniture, in raw silk and walnut, or 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. The directions of Messrs A. Vogeler & Co. Baltimore, Md., for their own exclusive use upon the Ohio, Mississippi and other West-

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stomach Bitters, which invigorates and stimula stomach Bitters, which invigorates and stimulates without exciting the urinary organs. In conjung-tion with its influence upon them, it corrects acidity, improves appetite, and is in every way conducive to health and nerve repose. Another marked quality is its control over fever and ague, and its power of preventing it. For sale by all Druggists and Dealers generally

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PUMP

Niagara.

groom.

A scheme to turn Niagara still further into commercial profit is being realized. The canal was originally constructed in the food is lost; and second, the animal bouches from the river above the falls, ting the most out of its feed-its stomach and empties into the reservoir below them, being about three-quarters of a limits of assimilation is the point to have feet in depth; but a new company have being equal, is sure to give the best returns ma, don't you know that in our set nobody land enough secured to enlarge it to one hundred feet wide. The new company bought the old undertaking at a mere aged. The food should be of small bulk, song. They have nearly completed a moist and very nutritious; oats steeped in wheel pit not far from the lower ex- boiling water until cold, or if corn is given

might have had to eat some one else's! The blonde young man wilted. food. In many dairy districts flaxseed is PRACTICAL arithmetic: "You can't add purchased at a moderate price, say from different things together," said an Austin \$1.13 to \$1.50 per bushel, and it will pay school teacher. "If you add a sheep and the gairymen or feeder of cattle or horses, a cow together it does not make two sheep to buy a few bushels of flaxseed and grind or two cows." A little boy, the son of an it, with his other grain. One bushel of Austin avenue milk man, held up his hand flaxseed mixed with twenty bushels of corn and said: "That may do with sheep and and oats, and all ground fine together, will cows, but if you add a quart of milk and a by reason of its oil, render it slightly laxquart of water it makes two quarts of milk. ative and assist materially in giving a I've seen it tried." proper action to the digestive organs. This will answer instead of oil meal. It will "On, Charlie," exclaimed the elderly show its effect by giving a soft, mellow Miss Prim, "I've learned lots of things skin and a glossy coat. By studying the this summer-been studying botany and effects of foods the feeder may prevent geology and-" Charlie-"What, more most of those diseases that render the sernew wrinkles, Miss Prim?" Charlie meant vices of the farrier necessary. Food is all no harm, but Miss Pria was heard to rethe medicine that is needed.

ordinary fine beef, both fat and lean.

mark, as she gazed into her mirror that WINTERING PIGS .-- We have found that evening: "The idea! More new wrinkles, t costs as much or more to winter a young indeed! The saucebox!" pig as it does an old hog, and have aban-MANLY babies: "I think, husband," said doned the practice of wintering anything New Haven lady yesterday morning but breeders. A breeding sow may be 'that it is about time Charles had a allowed to have a litter of pigs in the little more restraint put upon him. I am spring which can be sold, and the old one afraid he smokes." "Dare say. Let's see will get in fine condition, almost, if not he is seven next February. Well, I will quite fit for butchering, on clover, cornsee to him. He certainly ought not to statks and roots. And we count the insmoke before he is eight." come derived from pigs as an extra gain. There is always a demand in the spring for A POPULAR name: The name of Maria young pigs at from \$2 to \$4 each for fats so popular in Ottumwa that when a cat tening and a higher price for breeding climbs a back fence in a well populated stock, which makes the profits on a breedneighborhood and plaintively vocalizes ing sow equal to that of a cow with a great "Maria!" twenty windows are hastily deal less cost of keeping. By a little

thrown up and twenty female heads are painstaking and effort a farmer can make thrust out, wildly answering: "Is that you market for his pork at a price more remu-Charley?" nerative than what is usually paid for it in the carcass. Town people will buy and SILVER CREEK, N. Y., Feb. 6, 1880. eat more pork if they know that it has GENTS-I have been very low, and have been grown and fattened on wholesome ried everything, to no advantage. I heard your Hop Bitters recommended by so many, I concluded to give them a trial. MILK COMES FROM FOOD .- We know many dairymen who give their cows a I did, and now am around, and constantly small grain ration all the season, and keep. improving, and am nearly as strong as ever. ing a strict account of the yield of milk, W. H. WELLER.

show that they make money by this liber-Miss Argent (anxious to discover the opinion of the new curate on her favorite costume): "I hope you don't disapprove of was fully paid in the extra milk; and the jerseys, Mr. Bullock?" The Rev. Mr. if Sam would give him five ponies, a re cow was in so much better condition in the Builock (on his hobby): "Weil, no, not volver, and two knives he would throw up fall that it saved him the whole cost of exactly, although my experience leads me LITTLE dunce (looking up suddenly

about the same number of cows, who folfrom her history book): "Oh, mammy lowed what he called the economical plan darling, I do wish I had lived under James --let his cows pick for themselves--both II. Mamma: "Why?" Little dunce: taking their milk to, the same factory. "Because I see here that education was very much neglected in his reign!"

> An extreme agony is for a young lady to add to her toilet a large sunflower to her belt. The occult signification of this is: 'I always turn toward the son-of some rich man." Isn't there a touch of the in-

> "YES, sir," he said to the grocer, "that butter was short in weight, and so bad, that I had to throw it away." And the thrown away, why the man should com-

"I'm afraid you'll be late at the party," ever goes to a party till everybody gets

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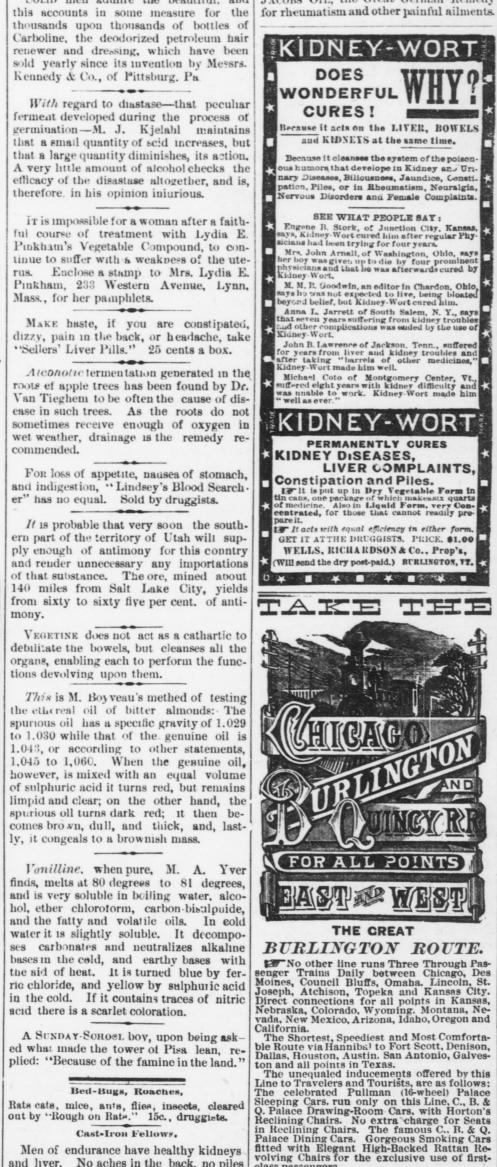
It will dissolve and expel tumors from the uterus In an early stage of development. The tendency to oun-cerous humors there is checked very speedily by its use. It removes faintness, flatulency, destroys all craving for stimulants, and relieves weakness of the stomach. 14 cures Bloating, Headaches, Nervous Prostration, General Debility, Sleeplessness, Depression and Indi-

gestion. That feeling of bearing down, causing pain, weight and backache, is always permanently cured by its use It will at all times and under all circumstances act in aarmony with the laws that govern the female system, For the sure of Kidney Complaints of either sex this Compound is unsurpassed.

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class he belongs. 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, more or less disarranged. Just inside the

there?'

"You won't suit me at all," as the man

said to the tailor who refused him credit.

At last there is an effort made to lay

Let every dairyman ask himself to which

ECONOMY IN FEEDING .- All food beyond tense about this?

for food consumed.

food.

\$27, a difference of sixty per cent. In favor 1850, at a cost of \$250,000. It de- is not kept in the best condition for get- grocer couldn't see, if the butter had to be is overloaded and its digestive apparatus plain of short weight.

mile in length. Its dimensions are in view in feeding; in this way the animal said an old lady to her stylish granddaughabout thirty-five feet in width by ten will have a good appetite, and, other things ter, who replied, "Oh, you dear grand-

WHEN a horse suffers from the heaves the feeding should be very carefully man-