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SHAVING PARLOR! HIGH STREET, EBENSBURG, PA. The the first in during a find us at our place | the rank of the market in the rank of the control of the rank of the control of the rank of the control of CUBA.

Cuba is one of the most interesting countries of the world; its history has furnished many writers with a thrilling subject, yet very little is known, by the ordinary reader, of the island, beyondthe bare facts that it is the largest in the West Indian group, that its size is about the same as our own country, and its staple products are sugar, coffee, and tobacco. Its presperity depends entirely upon the last named andustry, for the depreciation of sugar threatens to make its export by no means profitable.

Travellers speak in glowing terms of the beauty of the country, but the finest view is gained from the sea. The northern shere of Caba is lined with hills, whose lower slopes are dotted with white houses, which extend, without any intervening beach or sand, to the water's edge The Morro Castle, at the entrance of Havana Harbor, appears like a mass of dun-colored rock, tower and battlement so mingled that the eye can scarcely distinggish which is castle and which is crag. From its summit fleats the Spanish flag, blood red and gold. In front, standing in the sea like a sentinel on guard, is the Morro lighthouse.

Havana is the principal town of Cuba. and possesses a fine barbor, which is always crowded with vessels of all constries, from the British ironclad to the small native skiffs with their lateen sails on which is often seen a full-length representation of San Cristobal, the patron saint of Havana.

The view of the town from the harbor s most picturesque—the quay swarning with sunburnt natives in nightcaps of ecarlet, yellow, and striped, from under which their dark eyes gleam; goundy sashes tied round their loins, bare-legged and bare-armed, with shirts thrown open at the necks, all talking, gesticulating and amicable; in the background the gray, crumbling bastions forming a strong contrast to the houses, which are painted in Cuban fashion, all the colors of the rainbow.

Havana is a splendid and wealthy city, but by no means a model one. Its streets are dirty, tortnous, and narrow, though the narrowness is, in some ways, an advantage, as it tends to make the streets more shady. The accommodation of the town is poor. Augustus Sala declares that it is worse off for botels than any other city in the civilized world. It has been said that in no other city is livng so costly, and the tradesmen certainly arge most exorbitant prices. They have vidently borrowed their business habits rom Oriental lands, for however small be purchase, they expect to be beaters lown, always anticipating a tussel over be price. It is very unusual in Coba te at the name of the proprietor of a shoover the entrance; a sign being used ot pictorial, as in England and America, at an inscription implying some ethica! gridad," "La Probidod," "La Conscienia;" a favorite sign was affixed to a shop for selling lucifer matches - "La Explo-

Fruit is very plentiful, and of fine quality, in Cuba. Oranges are as abundant s acoms in a British forest. That they have some monetary value we may know from the fact that at nearly every street orner may be found an orange-vendor, but ites infinitesimal, and in exchange for the smallest coin of the country hands, pockets, and hat too, will be filled with the golden fruit.

They are never charged for in the hotel bill, and a dozen will be brought to the traveller if he but complain of thirst. A Orban going to a bull-fight, generally takes a store in a handkerchief, from which he may refresh himself and have a steck of missiles ready to throw at a sowardly bull or an unfortunate toreadore. n the Spanish dictionary there is posirively a verb, "to pelt with oranges. One of the peculiarities of Cuba is the olamte, an equipage only to be found in

this island, and possessing the easiest and nest delightfully exhibarating motion, It is a kind of high gig with a very small body, hung on immease springs, surmounted by a large flood. Stretched from the hood to the apron is an awning of some dark material to protect the eyes f the occupant from the glaring sun. The wheels are immense, and the shafts so exceedingly long that there is a great listance between the vehicle and the sorse. To keep a volante is a sign of repectability, and the luxury which, next o a eigar and a bull-fight, is dearest to the

The consumption of tobacco in Cuba is most incredible. Every man, woman, nd child is addicted to smoking, and gars play quite an important part in Cuben hospitality. Mr. Ballon says: "At the tables d'hote of an hotel it is not nusual to see a Cuban take a few whitis f a cigarette between the several courses, and lights are burning close at hand to nable him to do so. If a party of gentlenen are invited to dine together, the host o orders it that a packet of the finest igarettes is frequently passed to his ests, with a lighted taper, in the course the meal, and at its close some favorite rand of the more substantial cigar is ornished to all. Tobacco is consumed on every occasion, in the council-chamber, be court, at funerals, in the domestic circles, at feasts, and on the out-door lrives. The slave and his master, the

said anti her mistress, boy and man-all, The greatest eigar factory of Cuba is hat known as the Cabana, but it is very difficult to get a genuine "Cabana" cigar in Cuba, for they are so largely exported England takes a larger percentage than any other country. California comes next. The cigarettes of La Honnadez are famous, ind certainly the proprietors seem conous of their merits, for an the little bromodithographed wrapper which surounds each bundle of cigarettes you may read the motto: "Mis hechus me justifi

gran"—"My works shall justify me, Upon the sugar and tobacco plantations and in the cigar factories many Chinese are employed. There are over two hundred thousand of these evolies in Cuba, who take the place of the slaves nd like many other substitutes, are more difficult to manage and more trouble-some than the original article. The coolies in Cuba do not maintein their national peculiarities in so marked a degree as they do in California and in the United States; they frequently let their hair grow, adopt the West Indian habiliments, allow themselves to be haptized, and as-

Slavery is almost abolished in the island. By a recent edict, which each year frees one slave out of every four, the year 1888 will see the last of slavery in Cuba. There are new 300,000 free negroes in the island, and on the 27th of July, 1886, the Spanish Parliament authorized the Generament to free as soon as possible 26,000 Cuban slaves who still remained under the protection of their masters. The President of the Chamber of Deputies, in congratulating Parliament, declared amidst loud applause, that this resolution was the crowning of the glorious work of the

abolition of slavery. Mr. Ballou, in his recently published history of Cuba-"Due South," states his conviction that "the hope of Cuba is in its union with the United States;" and Mr. Sala has long ago uttered the same idea. The Spaniards have done little for

brutal games, bull-fighting and cock fighting, are the chief features of their domination. We may still truthfully apply to the class of Spaniards settled in Cubathe opinion expressed by Cervantes: "The island is the refuge of the profligates of Spain, a sanctuary of bomicides, the skulking-place for gambles and sharpers -a mlace of delusion to many, of amelioration to few." Castelar has called Cuba "the Campo Santo of the Spanish army, for it is reckoned that eighty per cent. of all the soldiers sent there have perished on the island.

Ningara's Tremendons Depth. William Hosea Ballan says in the No

York Times: "The mysterious and awful

depth of Nisgara's canon is a fruitful sub-

ject of comment. Some portions of it are reasonably supposed to be bottomless. When the milway-bridge was constructed here, some ambitious persons attempted to sound the canon directly beneath it. They filled a large tin pail with stones and lowered it with a rope. The current merely played with it. Then they took a strong oord, attached a bar of railway iron to it, which actually floated, owing to the tierce counter currents. A few years age the United States Lakes' Survey came here, and as recorder of the survey, I know of the remarkable data obtained We saw at once that the currents would buoy up a large sinker, and proposed to test the smallest possible weight. We took a lead weight in the form of a plumbob, weighing thirteen pounds, and at-tached it to assmall but strong cord. Then we seemed the services of one of the ferry bostmen and started out into the stream. The boatman was ordered to row as nearly under the falls as possible and the result will never be forgotten by a member of the party in that skiff. As we approached, the roar became more and more terrible, until we were not only unable to hear, but the lips positively refused to oper and utter a sound. For several days afterward some of the party were so deafas to be unable to distinguish one word from another. The lead was cast first near the American falls, where bottom was found at 83 feet. Near the main falls were found 100 feet of water. Here the careman's strength failed, and the little craft began to dart down stream, At every cast of the lead-the water grew deeper, until in front of the inclined railway the old guide and most of the party kecame terror-stricken, and refused to ge further down stream. Here the lead told eff 192 feet. We were there able to seempute the depths lower downly simply ascertaining the width of the stream. Directly under the lower bridge the water marrows considerably, and deepens to 210 rapids, the gorge becomes very marrow, and the currents terribly flerce. Here the computed depth was 350 feet. One place in the gorge is still narrower, and

the canon range from 350 to 700 feet. Extreme Etiquette.

would exceed a depth of 400 feet. When

the depth of water is taken into considera-

tion, the height of the canon walls above

the surface must not be torgetten. These

walls range from 200 to 300 feet in height.

often perpendicular, so that the depths of

In Sweden, if you address the poorest person in the etreet, you must lift your A gentleman passing a lady on the stairs of a hotel must do the same. To enter a store or bank with one's hat on is a terrible breach of good manners. When a train leaves a platform, or a steamboat er a pier, all the lookers on lift their hats to the departing passengers and bow to them, a compliment returned by the travellers. In aristocratic circles in Persig, a visitor sends notice an hour or two before calling. If the visit is one of importance, notice is sent the previous day. As the visitor approaches the house the servants, on foot or mounted, come forth te meet him, and one returns with speed te announce his coming. According to his relative rank, the host meets him at the foot of the staircase, at the door or at the upper part of the room.

The question of seats is also one requiring the utmost circumspection in observing the various shades of rank. If the visitor's rank is superior to that of the hest, the former is invited to occupy a sofa alone, at the upper corner, while the host sits on a chair or on the door at the right. The left is more honorable than the right in Persia.

For a lady to lay her hand upon a lady friend's arm, is considered a very great objectionable familiarity by an Italian. "Never touch the person, it is sacred," is an Italian proverb.

They have some very foolish customs in Holland, such as that, for instance, which compels a lady, whether alone or accompanied by other ladies, to avoid passing a club-house or other places of rendezvous for gentlemen. If a lady must needs enter a confectionary store, library, or other place where men naturally go, and finds a gentleman or two there, she feels compelled to retire as precipitately as if she had seen a case of smallpox. The men know this, but unless they have unished their business they will not retire. The lady retreats in the most undignified manner, and the human bear finishes his book or his chocolate, even though the lady is at the door waiting for him to leave.

The Harmonists. Sixteen miles below Pittsburg, Penn.

in the broad and fertile valley of the Ohio, stands the village of Economy. is a strange-looking place, with its wide, straight streets, its queerly built houses, its beautiful gardens and quaint public buildings. The houses are all built after one pattern, of either brick or wood, and have no entrances on the sides fronting the streets. Each house has but one outside door, and that spens on ar enclosed yard. Nearly all the houses are covered with grape vines, trellised on the sides from the ground to the eaves. The streets and houses are lighted now with natural gas, and the village at night presents a very weird appearance, with floming torches lining the avenues and throwing a brilliant glare on the sky. The site of the village is one of the most beautiful in the valley of the Ohis. Thousands and thousands of acres of rick meadow land stretch away or every side from the village and vineyards and orchards of apples and peaches press close to the town. The rillage and all the land for miles around it is owned and controlled by the Harmonists, a religious society founded by George Rapp, a German enthusiast, in the early part of the century. The liarmonists are celibates and all their property is held in osnamon. They originally numbered about a away to a feeble remnant, only about thirty members now being left. They have always borne the name of an honest, industrious and virtuous people and in the practice of strict economy and rigid self-denial have accumulated vast wealth.

MUNUCCO'S MONSTROSITIES.

Queer Scenes About the Gates of a City - In Northern Africa. Approaching the city of Moroccoone is

at once struck with the prolific, abandoned and vagrant character of nature and the total absence of what some people rave over as "Meorish art." Groups of handdog, thievish-looking Arabs, true types of eastern cracksmen, and cut-purses of the desert of Sahara abound. These are the gaily attired tramps of the Orient. Nomadic and quarrefsome, blear-eyed and doated, treacherous and licentious, are these much over-rated "children of the A dowar or tent of these maranders is seen in a hundred different places outside the walls of the fortified city of Morocco. These tents are often parti-colored in stripes, and amidst the darksend ugly dwarf thour bushes that struggle and twist about the land like monster anacondas the offect at first is striking. The immense uniries of elittering white sand in the distance, the colored and often jet black tents, the groups of fifteen or twenty blacker animated gipsy beings, anything but human, that occupy each tent, the tethered spayined horses of meager blood, the long and inlaid muskets. the extra ornamented daggers and ponderous pistols, the excessively decorated saddles and bridles, the varied mats, guat-skins, the glaringly colored chests. the dogs, donkeys, topper cauldron and other implements, all more or less stolen, or, as they term at looted, make up a picture that might enarm a Gerome or rival an Oriental ragifair.

We occasionally kalted at several of those tents, and found the women simply demoniacal in expression and general appearance. Each group, of say twenty persons in each tent, is related by blood ies, and it is a wise mother, to say nething of the father, that knows her own child. From the cradle to the grave, here and hereafter, they are all horse thieses and liars. While we were in one tent, or, rather, outside of it, for the stenck within was simply terrible, a young black ruscal of an Arab boy deftly picket mer pocket of a box of wax matches, which he more deftly swallowed when detected,

----T. A Mountain of Alum.

Mr. G. M. Shaw has returned from a month's trip to the Gila River country in the southwestern portion of Socorre County, where the went with Mussrs. Brown, and Bergen to survey and report on the recent alum discoveries, there, which have been located by a company of Socorro citizene.

Mr. Shaw reports almost a solid mountain of alum over a mile square, some o 700 feet above the river bed. Most of the alum is in an impure state and tasting very strongly of sulphuric acid, but of which there reems to be an inexhaustible quantity. Some of the Cliffs, however, show immense quantities of almost pare marketable alum. This alum find, Mr. Shaw tells us, is on the Gila River about two miles below the fork of the Little Gila and four miles below the Gila hot

Mr. Shaw reports numerous for springs in that section, most of them gushing out of the rocks that form the river banks, some of them hot enough to cook in, and most of them too hot to held the hand in. The main hot springs referred to above are reported to have effected wonderful rheumatic and other cores. The country is abundantly watered and wooded, and is covered with the finest of grass. The Gila is full of trout and other fish. «Game, while still moderately plentiful, has been mostly scared away from the region of the hot spring by professional and other hunters, as well as ranchmen, who are beginning to locate in this difficult to-get-at section of the Gila, At present the only way to get into this section is with packed animals over aprecipitous trail of several miles, wagone having to be abandoned in the Gorge of the Dittle Gila on the North Star Read about two miles from the hot springs and about seven miles from the alum find going from Socorro or from the Black range. By the way of Silver City and Georgetown wagons are abandoned on "Sapio" Creek, with about eighteen miles packed animal trail, to the hot

springs. Mr. Shaw being an amateur photographer, also, invariably carries that "outfit" along on his surveying trips, combining pleasure with business, and bringing back with him photographs of all objects and scenes of interest that he meets with on the way. He brings back from this trip over sixty photographs of the Gila county, among which are a number of exterior and photographs interior of some interesting cliff dwellers' ruins he encountered in a cave about four miles west from the hot springs.

Mixed Relationship.

Readers who have been baffled at times when attempting to settle some puzzling degree of relationship, will perhaps appreciate the following mixed family affair. A lather, son, and grandson married three sisters. That looks simple enough, doesn't it? Well, let us see: al. Amos, the father, married Abigail. 2. Benjamin, con of Amos, married

3. Charles, sen of Bestjamin, married Caroline. What then? Aunes is brother to his son. Amus is brother to his grandson. Amos is grandfather to his daughter. Amos is grandfather to his sister. 5 mos is father to his wife. Amos is father to his grandson.

Benjamin is brother to his father. Remamie is brother to his son. Benjamin is brother to his mother Benjamin is brother to his daughter. Benjamin is the son of his sister. Benjamin is the husband of his sister. Charles is brother to his father. Charles is brother to his grandiather Charles is brother to his mother. Charles is brother to his grandusther Charles is grandnephew to his mether, Charles is grandnephest to his wife. Charles is the grandchild of his aunt, Charles is married to another aunt. Charles is the sen of his aunt.

Charles is the husband of his sister. Starying the Teeth. Teeth are just as easily starved as the stomach, said a lecturer the other night. The fact is that you and your fathers have from generation to generation been indestriously starying your teeth. war it is a blessing to have been born of poor parents. What food the poor give their children is of a variety that goes to thousand souls but they have dwindled | make strong bones and teeth. It is the outside of the grains of all cereal food that contains the carbonate and phosphate of lime, and traces of other earthly salts, which nourish the bony rissues and build the frame up. If we do not furnish to the teeth of the young that pubu-Besides their property at Economy they / lum they require, they cannot possibly own coal mines, iron foundries and glass | be built up. It is the outside of corn, factories in other places and have large outs, wheat, barley and the like or the sums invested in railroads and other | bran, so called, that we sift away and enterprises. As they are adding no new members and all the surviving Har-require for their proper nourishment. monists are aged men and women, the | The wisdom of man has proven, his folly, end of all must come soon. And then, shown in every succeeding generation of the question is, who will inherit all these | teeth, which become more and more the country; slavery, corruption, with I lands and treasures of stocks and bonds I fragile and weak.

TATIOUING IN JAPAN.

The skill of the Japanese in tattooing is remarkable, and Dr. Baelz, a physician in the employ of the Japanese Government, has communicated a large number of curious and hitherto unknown facts regarding the strange custom of tattooing as practised in Japan. As to its origin there nothing very definite has been ascertained. It certainly in Japan has no religious meaning or ceremonial attending it. Unlike some other peoples the Japanese usually tattoo those portions of the body which are covered by clothing, and yet it seems that the only purpose the marks serve is that of personal adornment. Among certain tribes of other countries the chiefs and persons of dis-

tinction are elaborately tattooed; in Japan only the lower orders of society and very rarely women undergs the process. A Japanese when he desires to be tattooed goes to an artist with the design he wishes to have indelibly imitated on his body. The artist sketches the design more or less in full detail, as the circumstances of the case may require, or the skin of his patron. Then, taking a weoden tool in which fine sewing needles are firmly fixed, the artist applies Indian ink or a red-color made from cinnabar to the points of the needles, holds the tool in the right hand, which rests on the thumb of the left hand, and proceeds to puncture the skin with marvellens rapidity, pausing at intervals to take on the needles a fresh supply of color. No blood is drawn except sometimes when a deep shade is requisite, or when going over the elbows and knees. In a day a skilful operator can complete a picture requiring a few hundred thousand practures, in a manner surprising for its accuracy, and varied and delicate degree of shading. When the work is finished the skin is

bathed with warm water, which gives a slight pain to the patient, but brings out the color with great distinctness. The only inconvenience experienced is a slight feverish feeling, which soon passes away. The tattooed parts are never irritable or ensitive, and there need be no cessation from usual work. At the end of three days the skin scales off like bran from the punctured surface, leaving the portions blue that had been treated with the Indian ink, and those red which had been touched with the cinnabar,

Perils of Society Girls, "

"What are society's perils for young women?" I just asked a "society girl," and she said: "In Washington, lack of women ?" For girls this is true. There are plenty of men in Washington, Perhaps in no city in the United States is society worth so much while as in Washington, because so many distinguished men gather there. In no party do you fail to groups, any one member of which would be considered worth making a feast for in other cities. But the distinguished men of Washington scarcely come to an earlier period than their early middle life. They are in Washington because they have already won more or less eminence. They are past the uncertainty, the hesitancy, the unreality of ife, and are bent on definite pursuits. The young men, the natural p the girls, are in other cities and districts, practicing law, learning to edit newspapers, cantering over cattle ranches, preaching sermons to young women and probably making a poor fist of it, exploring mines, earning money, winning fame By and by they will come to Waskington but in that day our girls will not be girls any more. A very few of these young men are in Washington, but very few, hardly enough to go around. Consequently a girl who goes into society encounters the peril of not finding many stimulating minds among her younger

comrades. And there are perils of five o'clock teas ruinous to digestion and always the peril of confounding the cakes and candies of life with its roast beef. "Society" is so fascinating that girls are in danger of forgetting that it is refreshment and rest, not steady work.

Tragedy In a Lunatic Asylum. "We had in a little old man, whose nut had been cracked by the law," said the keeper in the Pennsylvania Asvlum.

"I don't know who he took me for, but he got the notion that I had some papers which I was holdin' over him, and which would spoil his case. And every day he'd come to me and make an offer for the papers. I would pretend I had 'em, but always wanted more'n he'd offer.

"One morning he came into my room as usual, an' said: 'Come, now, say four hundred? " Judge, says I (we called him Judge), 'you know my price-five hundred or not a cent; there I am, take

me or leave me, " ' Four hundred and fifty,' says he. "Five hundred from me firm as a prock.

" 'Now, look here my friend,' says 'he, 'I give you warning that this is your last chance. To-morrow those papers won't be worth that to me." And he snaps his fingers, and off he goes in a horrible rage. " Next morning he was found hanging

by the neck in his room. He had killed himself to spite me."

laws, the operation of which will be watched with the keenest interest all

Novelties in Legislation. Switzerland has recently enacted two

over the world. One is graduated taxation. This applies to incomes. laborers, and those who make a bare living, are not taxed at all; but the larger the income, the heavier the tax. Thus, a man in receipt of \$10,000 per annum pays relatively more than one whose yearly earnings are \$5,000 or less. The object of the law is to discourage large accumulations of property. Indeed, it is a punish ment to a man for being ricker than his fellows. An our country, the rich who do not own real estate are practically exempt from all taxation. Personal property escapes all exactions. The average working man, through the operations of the tariff, pays almost as much to the government as does Jay Gould or any of the Vanderbilts. This same Mr. Gould is supposed to the worth \$150,000,000, of which, perhaps, \$500,000 is in real estate. But the latter is taxed far more keavily than all the rest of his vast personal property, which is in bonds and stocks. In Switzerland, Jay Gould would be forced to pay an enormous sum annually, because of this yast mass of personal property, which is entirely untaxed in the United States. But it is yet doubtfal if the graduated income tax will work well in Switzerland. Every rich, enterprising man, and large employers of labor pronounce it unjust. They say they cannot, or will not, conduct large enterprises, if they are to be punished for their public spirit of business ambition. This graduated tax is a very favorite one with the so-called labor reformers, and it has been indorsed by very high authorities. Joseph Chamberlain, the Radical member of the English Parliament, who, his friends claim, may yet be Prime Minister, favors a graduated income tax in Great Britain. Prince Bismarck has given a qualified assent to the theory that the rich should give relatively more than the poor to the support of the

RECTIFICATION OF TIME. As the recent change in time has

wakened some inquiry on this subject, the following facts may be of interest Julius Casar rectified the calendar 46 B. C., and, by means of the calculations his astronomer, made the year of present length. This however, is said to be really eleven minutes too much and by the time Pope Gregory XIII. came into power the surplus had reached eleven days. The Pope had sufficient influence to set aside Cassar's method, and the new calendar was accepted at once in Italy, Spain and Portugal. It gradually came ento favor in France and German and both Denmark and Sweden adopted it in \$700. In England popular prejudice ppesed the Gregorian method until, it 751, an Act of Parliament legalized the change, and this gave use to the terms "old style" and "new style." Ridiculous as it may seem, whenever riots occurred at that time, for whatever cause, this change was made a basis of complaint by those who did not understand a word upon the subject. Hogarth, in his pic-Dire of the election riot, represents a man drunk in the gutter, while near by lies his banner, inscribed: "Give us back our eleven days." This shows how readily politicians, even then, turned everything to an account. The recent change is only a more perfect attainment of a uniform

TO ASCERTAIN THE LENGTH OF THE DAY AND NIGHT, At any time of the year add 12 hours o the time of the sun's setting, and from the sum substract the time of rising for the length of the day. Substract the time of setting from twelve hours, and to the remainder add the time of rising next morning for the length of the night. These rules are equally true for apparent

TO GET CORRECT TIME.

When the shadow east by the sun reaches the noon-mark, set the clock at the time given in calendar pages of the Almanac in the column of "Sun at Noonmark," and it will be exactly right. If a meridian line is used instead of a noonmark, the passing the lines by the Sun's centre is the moment for setting the clock. Any skillful surveyor can make a noon mark or meridian lines of small brass or copper wires. In doing so, he must allow for the variation of the magnetic needle from a true or astronomical north and south line.

TRUE TIME. Two kinds of time are used in almanacs clock or mean-time is always right, while sun-time varies every day. People generally suppose that it is twelve o'clock e sun is due sou erly made noon-mark. But this mistake. The sun is seldom on the meridian at twelve o'clock. In the Almanac, or in most all good almanacs, the time used is clock-time. The time when the Sun is on the meridian or at the noonmark is also given to the nearest second for every day in the year in the fourth column of each calendar page. This affords a ready means of obtaining correct

noon-mark, adding or substracting as the Sun is slow or fast.

time, and for setting a clock by using a

A Solar Day is measured by the rotation of the earth upon its axis, and is of different lengths, owing to the ellipticity of the earth's orbit and other causes; but a mean solar day, recorded by the timepiece, is twenty-four hours long. An Astronomical Day commences at

noon, and is counted from the first to the twenty-fourth hour. A Civil Day commences at midnight, and is counted from the first to the twelfth hour, when it is counted again from the first to the twelfth hour. A Nautical Day is counted as a Civil Day, but commences, like an Astronomi-

cal Day, from noon. A Calendar Month varies from 28 to 31

A Mean Lunar Month is 29 days, 13 hours, 44 minutes, 2 seconds, and 5.24 thirds. A year is divided into 365 days,

A Solar Year, which is the time occupied by the Sun in passing from one Vernal Equinox to another, consists of 355. 24244 solar days, or 365 days, 5 hours, 48 minutes, and 49,536 seconds, A Julian Year is 365 days.

A Gregorian Year if 365,2425 days; every fourth year is Bissextile, or Leap-Year, and is 366 days. The error of the Gregorian computation amounts only to one day in 3571,4286 years.

Guarding Bank Note Plates.

These plates are surrounded with im penetrable safegards. The large room, nearly the full length of the building, is occupied by only the engravers at the windows, Mr. O'Neil, the chief engraver, and the custodian. On one side of the soom is a railing and wire screen, such as are seen in banks, behind which are the dosks of Mr. O'Neil and his bookkeeper. On the other side of the room, at the door of the vault, is a similar enclosure, where sits the custodian of the plates, dies, roll, and other property. When the chief engraver comes in the morning he makes a requisition upon the custodian for such of these precious bits of steel as he wants. Each piece has its name or designation. whether it is a bit of lathe work, a vignette, or an entire plate, and when they are surrendered to the chief engraver upon requisition an entry is made upon the books of the custodian. The bookkeeper or custodian for Mr. O'Neil makes an entry on his books also, to show what he has received. Then, as the engravers want the different pieces of work, a similar account is kept with them, and no man can leave the room until the books show that every piece of engraving that he had in his possession has been returned, and he has a note from the chief engraver to show that such is the case The watchmen would not let them out of the building without this. When a bell sounds at noon the engravers go to lunch, but not outside the building

When the work is over for the day the accounts between the chief engraver and his subordinates are balanced, to show that each has returned all the work placed in his custody. The rolls and dies and plates are returned by the chief engraver to the custodian from whom he got them, and if no piece is missing his requisition is returned to him, and the property locked in the vault for the night. Should it ever happen that anything was missing, even if it were but the smallest fragment of engraving, no one would be permitted to leave until it was found. A complete record is thus kept of every piece, so that you can tell just where it was at any time, how long it was in any

one's custody, and what he had it for. "We know," said Mr. O'Neil to a Starreporter to whom Chief Graves had extended the freedom of the building, "we know that whatever may be said about counterfeits being printed from Govern-ment plates, that there never was one so printed. There never was a plate stolen. There is no plate that has ever been made that is not in the vault there, and every one can be accounted for for every minute. of time. You cannot name a little out-ofway national bank but that we have the plate for its notes in that vault, and can ell you all about it, from the names of the men who worked on it to everybody who has ever touched it at any time."

WHY CAN'T I SLEEP !

A FAMILY INCTOR.

The individual who goes to bed at night, and instead of soon falling into sound sleep, lies and tosses about and thinks, hearing the clock strike every hour, probably till three or four in the morning, is very far indeed from being in a satisfactory condition of health. He is nervously ill, he is out of sorts both mentally and bodily, and the sooner he takes dicious steps to obtain relief, the better; because the less chance there will be of his state becoming chronic.

But he must find out the causes of his trouble, and endeavor to remove these; for in cases of insminia, as it is called by the profession, or, in plainer language, sleeplessness, the treating of symptoms alone is a dangerous practice, and wholly useless. Very often the first deviation from healthful sleep is wantonly, though unwittingly, caused by the individual himself. After lying down, he gives himself up to fits of thinking. These may, or may not, be pleasant enough at first, but the end if the custom be not cut short in time, never fails to become disastrons. I may admit that the temptation to think in bed is often difficult to resist, especially by brain workers; but these persons ought to bear in mind that, by giving way to it, they are positively weakening their brain and nerve power, and rendering themselves less capable of taking a solid stand in the every-day battle of life, The night is meant by nature for re-

pose and sleep, and we cannot thwart nature or break her rules with any degree of impunity. Sleeplessness, probably, in nine cases out of ten, is caused by continual mental strain or worry, The capillaries of the brain become stretched, and lose their resitiency; they are unable, therefore, tompty themselves of blood when the hour of rest comes round, and so wakefulness continues far into the night, until the body is fairly worn out, and sinks into the lethargy of exhaustion. It will be well for people who suffer thus to take

a holiday at once. Above all other remedies for sleeplessness, I place change of air and change of scene, in conjunction with plain, nutritions diet and a more natural way of

Why can I not sleep? It may be that you really have—unknown to you—some functional derangement of the liver, the stomach, or the heart. If this be removed, sleep will return to your pillow, and with it, health, Think and consider whether of late you

have given way to any table indiscretion that may have affected the liver, and rendered it either sluggish or too active. have become poisoned and contaminated with bile, the mind becomes dull and probably gloomy all day, and over-active

lowards nightfall. Do you smoke? If so, a return to health is not to be expected until the habit is overcome.

Exercise in alsomdance taken during the day in the open air is, in hundreds of cases, a cure for sleeplessness; but this exercise should not be of a too fatiguing kind; it should be spread over a great many hours; it should be pleasant, calming exercise, and not continued up to a late hour. Over-fatigue must be carefully avoided. The practice of taking stimulants to any extent is very apt to produce sleeplessness, by keepng up an unnatural excitement of the

What I wish particularly to impress upon my readers, is the fact that the causes of sleeplessness must be sought out and removed, before there be the slightest chance or hope of anything like a perma-

Then hygiene steps in-for regulation of diet, and of entire and complete method. of living.

Rise betimes, and have that bracing, cold bath, with a few handfuls of sea-salt in it : cat some fruit before breakinst, notably prunes, oranges, grapes, or stewed apples. Avoid tea and coffee and eigar trement. Take no kind of stimulant, Avoid fret and care and over-excitement during the day. Determine, if you can, that nothing shall annoy or irritate

Beware of taking cold; always change a damp under-garment before sitting down to dinner, and, previous to re-dress ing, it will be found most-refreshing to rub the body with a cold, wet sponge, then to dry with a rough towel. Never eat when fatigued. Dine early, live plainly, taking nothing that is in the least likely to disagree with you.

Take a good walk about an hour before retiring for the night. Look upon narcotics, in any shape, as And now a word or two about the bedroom itself. The room should be large,

most cleanly, and free from dust, with a proper system of ventilation. The temperature should be as equable all through the night and though the year as possible, from 50° to 60° according to age; the old and very young require more warmth than the young and middle-

As to beds, I think the best sleep is obtained on a wire mattress, over which is placed a bed of horse-hair several inches in thickness. On the top of this, may be spread two or three blankets then the sheet. It will thus be even and smooth.

There is no doubt that many people will find it far better for their permanent health to sleep altogether in wool, especially those who are of a rheumatic or gouty diathesis, or subject to colds and

In these cases, the night-shirt should be woolen; light woolen bed-socks should be worn, and the sheets should also be of wool. Not so the pillows, however, be-cause the head should be kept roof daring sleep, and I would not counsel the wearing even of night-caps, far less the drinking of them.

No more bed-clothes should be warn than are needed to keep up the temperature of comfort. The pillows should be large and springy, and not too yielding. They ought to be covered with the softest and finest of linen.

Curtains around the bed are objectionable, for the air one breathes at night cannot be too pure. The bed should be raised about two feet from the floor. We must not forget that the carbonic acid which we expire, if not carried away by a judicious system of ventilation, lies low, being heavier than air.

In conclusion, let me warn all brainworkers who are troubled with wakefulness to see to their condition without delay. To remain in health is a duty one owes not only to himself but to his friends and relations; and want of sufficient sleep is more productive of bodi trouble than insufficient food, or meals taken at irregular hous.

Cassell's Family Magazine. ---

A MANAGER who long had the charge of the horses of a street railroad, found the best ration to consist of equal quantities of bran and comment, together with equal weights of bay and straw cut and thoroughly moist med. This may be well to remember and act upon by all farmers and others who have plenty of straw, which is worth a great deal more if kept bright and dry under shelter, than if half rotten and weather besten out doors, ... THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NAM