BY PLEASANT RIDERHOOD. My son, Lord Byron James Fitzjame Orlando Homer Frill, To poetry has lately turned, While I the land must till

Attuned to nature's harmony, Inspired by autumn's breeze. His tender verse my poet weaves, Nor hoe nor spade he sees.

Of country life, sweet rural scenes, And happiness galore, He's ground off "pomes" enough to reach From here to Baltimore.

He sings of "brown and rustling leaves In dark and shadowy wood"-Now, I'll admit in 'tater hills Brown leaves are mighty good.

In frenzy fine he rolls his eyes, While I roll up my sleeves; He sings of autumn's autumness While I rake up the leaves.

Of "wildwood nuts now falling fast, With soft, seductive sound"-He'd better help me goobers dig; They're wasting in the ground.

Of "lowing kine" he sweetly raves-But ne'er milks he the cow; The "glery of a farmer's life"-But ne'er drives he the plow. He sings of "birdlets by the brook"

And "flowrets in the fen"-"Twould better pay, I think, to feed The piglets in the pen. I tell you, folks, I'm gettin' riled,

'N'if Lord and-so-forth Frill Don't hamp himself and get to work, I'll cut him in my will!

-[Detroit Free Press.

THE IMPERIAL DRAGON

The combination of circumstances that served to bring Miss Damon to Lmoneyless but determined was known to nobody. All that anyone knew of her was imparted by a brief statement made by the editor of the Dispatch to the effect that on a certain blustering afternoon in January she had walked into the office and asked for employment. He had declined her services with thanks, but she came again and again, until one ally they would return and beguile the day she found a vacant desk, sat down at intervals, waltzing when the music perit, and had been there ever since.

She wrote two or three caustic articles. struck at one or two local atrocities, and in a little while made an enviable reputation for bitterness and cynicism. Her must leave at 8." name got out and after that everything malicious and pungent that appeared in asked Lawrence. the paper was unhesitatingly set down to

She was not known outside of the office, but the impressions that prevailed fifty miles distant from the town where concerning her were not flattering. It he lived. was generally agreed that she knew too "I'll see you in the morning," he said. much to be young, was too cynical to be "I believe we leave this place on the agreeable, and there was a theory current same train, so I won't say good-by. And among the paper's readers that she had now, just one more dance—the last." n love and disappointed in

she did not "run with the gang." hands of Miss Damon. She prefaced a corner of the stairway. her criticism with the remark that the verses were not uniformly bad, but fast next morning it was nearly 9 o'clock. ranged from bad to very bad, and then The early train had gone. So had Miss mercilessly impaled the author to the Vincent. extent of three-quarters of a column.

Lawrence had never forgiven her. He referred to her ever afterward as "The Dragon" and the "Imperial Dragon." The name seemed appropriate and it was The criticised generally adopted. having thus baptized ner with indignation, prose. The result was a novel-the story but he by no means considered himself avenged, and at the mere mention of her name his muscles grew rigid and every artery throbbed with a wild desire for vengeance. Being clever with a pencil, he made a sketch of her which embodied the popular impression that she was a to find himself gently and affably treated shrewish person of uncertain age, and it by the Dispatch. The writer was not was a source of endless amusement to surprised to find so indifferent a poet himself and friends. It must be confessed that Miss Damon's was not the and graceful, so full of felicitous deonly adverse criticism, and Lawrence was a good deal depressed, but not wholly subdued. He did not intend to be snuffed out in this summary fashion, however, and though for a long time he attempted nothing in a literary way, he was casting about for a fresh motive, resolved at no distant date to make another effort. "The Dragon" had recommended prose: he would try prose.

. In the meantime summer had come and Lawrence was to spend several months with some friends in California. When he returned he would go to work in carnest.

It was a glorious day, bright and cool, though it was the middle of July; the sun was just rising over the eastern rim of the cup-shaped valley; a luminous mist shading from pink to purple was rolling away from Pike's Peak, and the bits of sky showing between the serrated ridges opposite were deeply blue.

Lawrence, on his way to California, had stopped to spend a day at Manitou. He had reached the springs the evening before, and was finishing his breakfast this bright morning in the great Sahara of a dining-room when the waiter came in to announce the carriage he had ordered for the day. For the last half hour the gallery in front of the hotel had been thronged with tourists ready to begin the day's sightseeing, and the double line of vehicles drawn up outside were being loaded with all possible dispatch. As Lawrence emerged from the dining-room the last wagon drove up to the door, and a lady was on the point of getting in when the driver said:

"Beg your pardon, ma'am, but this carriage is for the gentleman." "But I ordered a carriage for this morn-

Your order was too late. They were "Your order was too late. They were all engaged. This was the last one in the stables. I can give you one to-mor-

"I shall not be here to-morrow."

stay over a day or two and would just as arose he encountered a slender figure in soon drive to-morrow," suggested the a toilet of black lace.

By this time Lawrence had come up. it will answer my purpose just as well,"

"I haven't got a horse." "As I leave to-morrow on the early train," said Lawrence, "I can not conare probably going in the same direction, and I should be delighted to A l accommodate you with a seat in the vehicle.'

There was nothing else to be done. She accepted with thanks. Lawrence handed her into the carriage, and thought, as their eyes met, that she was not an unpromising companion. He was a gregarious animal. He hated being alone, especially in a crowd, and chance acquaintance was not to be despised. He handed her his card. She looked at the name, raised her brows slightly, dropped the card into her handbag, and then, looking squarely at him,

"My name is Vincent." He called her Miss Vincent at a venture. She did not correct him, and they fell to discussing the points of interest

on the way. It was a delightful drive, and neither regretted the circumstance that brought them together. They dined at the same table, finished up the sights in the afternoon, and, getting in rather late, took supper tete-a-tete in a corner of the deserted dining-room. That evening the rooms were cleared for a ball. He met her at the door as she was about to enter

the ball-room. She wore a dress of black lace with a sleeveless corsage that displayed a pair of her." superb arms and a smooth, white neck. The sharp contrast of her hair and dress with the singularly fair complexion made her look tike a black and white cameo and he thought as he stood there looking past him into the ball-room that no carving | call 7 could be more classic than her profile.

"Shall we go in there?" sheasked. "It seems dreadfully warm and crowded." "Then suppose we stay here."

"I believe it is much pleasanter here," she answered. The ball-room was full of promenaders. They pressed out on the veranda and heroine of my story."-[Waverly Magasat talking in the moonlight. Occasion- zine.

mitted, until the crowd of dancers began to thin and the parlor clock struck 1. "I really must go now," said Miss Vin-"There is 1 o'clock and I cent, rising.

"Which way do you go to-morrow?"

"East. I must be home by the 20th." She gave the name of a village about

Down the long gallery they floated her literary aspirations She did her into the shadow and out into the light, work in the daytime and was little more his grasp gradually tightening as they than a myth to the men who spent their went, her face against his shoulder, and nights in journalistic harness. They his head bent forward until his cheek were frequently questioned about her, touched her hair. The music ceased and they generally answered all queries suddenly, but the arm about her waist by the broad but meaning statement that did not relax. She gave a furtive uphe did not "run with the gang." ward glance, then dropped her eyes. Soon after she began her mark in her With a swift movement of his left hand new sphere a book of verses appeared, he drew her arm up until it encircled his written by a gentleman of L, George neck, leaned forward and kissed her. Lawrence. Copies were sent to all the She darted away like a swallow, and he papers, and one of these fell into the caught a last glimpse of her as she turned

When Lawrence came down to break-

It was summer again. The work Lawrence contemplated a year ago was finished. He had acted on the suggestion of his critic; he had turned Pegasus versifier experienced some satisfaction at out to graze and given his attention to of a day-called "En Route," which he assured his friends was suggested by an incident of his western trip. The book had been published, and the reviewers, to use his own phrase, had "let him down easy," and he was much surprised capable of producing a tale so pleasing scription, so fresh and unhackneved. It was understood that the young man was under a solemn promise never again to attempt verse, and, in consideration of the United States Consular Agent at this assurance and the promise of suc- Casablanca, Morocco, asking if it would cess held out by the latter work, it was be feasible to introduce their product but just that the public should extin- into that country. They received the folguish its resentment and take the author to a forgiving and indulgent bosom.

> There followed a criticism in which the claims of the book were seriously treated, and by the time Lawrence had finished the perusal he was thinking that, after all, he might have been a little too ever hard upon him at first, was clearly with it at the distance you are writing. without malice in the matter, and had no doubt in each instance expressed an honin person. He had a few copies that had been handsomely bound, intended as say of butter: No stink, no good! souvenirs for his friends. He would be his appreciation.

The reply to his friendly overture was written upon a card across the upper leftand corner of which was the day of the week in gilt lettering; on the opposite corner was a pen-and-ink sketch of St. George in the act of vanquishing the dragon. Below was written:

"Miss Damon will be at home to Mr. Lawrence this evening at 8 o'clock, 705 West Broadway.'

This sketch, despite the limited space t occupied, was spirited, and indicated a knowledge of her unflattering sobriquet. As he looked up at his own sketch upon the wall he was conscious of a strong im-

pulse to destroy it. At 8 o'clock that evening Lawrence,

Damon's bell. He was ushered into the parlor, and in a few moments heard a "Maybe the gentleman's going to rustling of drapery behind him. As he

"Mis Vincent," he said exulting, "I have been looking for you everywhere. 'If you can give me a horse and saddle I have written you innumerable letters and I have been four times to that horrid hole of a town where you said you lived. Why did you deceive me so cruelly?"

"Why did I deceive you? Well, ? did not think it would add anything to veniently postpone my drive. But we your pleasure just then to know the

A horrible presentment seized him. "Then-then-your name-is not Vincent?"

"Yes; Alice Vincent-Damon." "You know me, of course?" he fal-

"Don't you think you have taken rather a mean advantage of me?" "No; I think the truth would have

spoiled a very pleasant day." In the conversation that followed the purpose of the visit was well nigh forgotten, and the souvenir played a very inconspicuous part in the diversion of the evening.

A week or two later, as Lawrence was sitting in his room, his friend Harrison came in, took a seat on the opposite side of the table, and, after gazing at his host for some time with a most lugubrious expression, said:

"Old man, is this all true that I hear about you?"

"What do you hear?"

"That you have actually caught the dragon? Lawrence laughed.

"What does it mean?" persisted Harrison.

"It means that at last I am about t take my revenge. I intend to marry

Lawrence made this announcement with dramatic intensity, and Harrison, who had arisen, dropped limply into a chair. After a pause he pointed to the sketch on the wall and asked patheti-"I say, Lawrence, does she look like

that?" Lawrence reversed a photograph that was standing on the mantelpiece with its face to the wall, and, holding it before Harrison, said: "She looks like that, and she is the

OLLA PODRIDA.

Mt. Ararat, the resting place of the scriptural ark, is, in reality, two mountains separated by a valley. The higher peak is 17,210 feet, and the lesser 13,000

It is estimated that twenty-two acres of land are necessary to sustain one man on flesh meat. The saue space of land, if devoted to wheat culture, would feed forty-two people; if to oats, eighty-eight; potatoes, Indian corn, and rice, 176; and if to the plantain or bread tree, over 6,-

COMMON NOUNS FROM NAMES OF SCI-ENTISTS. - Appended is a list of technical terms, common nouns, derived from the names of scientific men. I shall be glad to have omissions pointed out.

Ampere, coulomb, daguerreotype, davy, farad, galvanism, hessian, jacobian, joule, kyanism, lieberkuhn, moncrieffian, nonius, oersted, ohm, orrery, pfaffian, talbotype, vernier, volt, watt, weber, wronskian .- [Notes and Queries,

Some Curious Comparisons.—It may interest the readers of THE TABLET to be informed that Greece is about the size of the State of Vermont: that Palestine is about one-fourth the size of the State of New York, and that the Caspian Sea would reach from Philadelphia to Pitts-

Hindoostan is about 25 times as large the State of New York, and the Sahara Desert has almost exactly the number of square miles as the whole of the United States. The Mediterranean Sca would cut the United States in two across its greatest breadth, making an open sea from New York to VanCouver. Great Britain and Ireland have about the same number of square miles as Arizona-not so "great" after all! Madagascar is about as large as New Hampshire, Massachusetts, Vermont, Connecticut, New York, Pennsylvania, New Jersey, Virginia, and North Carolina combined. The area of England proper and that of the State of Iowa are almost identical.

How Moors Eat BUTTER .- A Western butterine company recently wrote to lowing very curious and interesting letter in reply:

U. S. CONSULAR AGENT, CASABLANCA, Morocco, July 19, 1892.

Messrs,: Your favor of June 22 to hand and contents noted; and in reply I fierce in his resentment upon a previous am sorry to say that nothing can be done occasion. There arose within him a de- in this locality with the class of goods sire to make amends in some way for his you speak of. Native butter is too plenty own derision of this person, who, how- and too cheap to undertake to compete

And, again, you give your goods a very bad recommendation to sell to the naest conviction. He wrote a note in tives. You say it won't turn rancid; by which he acknowledged the courtesy and that the Moors would imagine they could asked leave to call and thank the writer get no stink out of it, in which case it would be quite tasteless to them. They

The Moors never put salt in butter, most happy to present one as a token of and to prepare it for use they press it into stone jars, containing from ten to forty pounds, the aperture just large enough to pass their fist through; when full, or nearly so, they plaster the top over with soft cow dung, then bury it in the ground, and when it has been there from three to five years it is taken out all ready for use. It then contains all the colors of the rainbow, and as many different tastes and scents. Butter is of no use to the Moor until it is toned up to that pitch, and unless you can conjure up an article that will outstink the Moorish butter when prepared for use, don't write me any more on that subject. Ever at your command, J. Cons.

BOAT DWELLERS.

HONG KONG'S IMMENSE LIVER POPULATION.

Municipal Regulations Strictly Enforced on the Waters-How These

Dwellers Thrive. One of the most interesting sights around Hong Kong is the river population and its city of boats. This floating city is estimated to number some 300,000 people who recognize no other home than these boats, and whose lives are spent from birth upon the river; in fact, they ame not permitted to know any other habitation. These boat homes are of different sizes and various shapes, the larger number being sampans or slipper boats about twenty feet long, with movable telescopic roofs of bamboo covering them for about one-half of their length. As small as these boats are they not only accommodate one family, but frequently, according to the Philadelphia Ledger, that of one of the sons, space being economized in the most ingenious manner, and in decided contrast to dwellings on shore, they are kept scrupulously

A great majority of the men go on shore during the day for employment, leaving their wives and children to work the oars and ply the trade of boatmen, and it must be said they do it with great satisfaction to those who have the need of water carriage. The mother of the family is found frequently rowing with one baby strapped to her back, while alongside of her is the next in age, learning to row and preparing to add to the resources of the family. The children of the family, many of whom are babies, play around the boats as carelessly as though they were in a nursery on shore, and to prevent accident from drowning among the very young boys they have a float attached to their waists, in the shape of a small piece of bamboo, so that if they fall over and drop into the river they may be easily fished out again. Since girl babies are not considered of very much importance in China, it is rather a matter of indifference as to whether they drown or not.

The boats composing this floating city are all moored closely together, each with its appointed anchorage, forming long water lanes of streets, through which the traffic of the community takes place. They have their municipal regulations, police, as must necessarily be the case condition of life on shore has a similar condition on the water. To supply the necessities of life they have floating stores and a arket boats for the sale of meat. fish and vegétables, and almost everything that a household requires is brought from boat to boat in these water streets by peddlers and tradesmen. Then there are floating kitchens connected with other boats known as flower boats, which are not floating conservatories, as their name might imply, but restaurants or dining ornaments of many kinds, handsome wood carvings, embroidered silk hang ings, and brilliant illuminations. These are for the purpose of giving dinner parties and are used by the wealthier Chinamen to entertain their friends. During the interval between the courses the guests are regaled with the performances of a number of handsomely attired "sing-song" girls the professional lyric artists of China, who delight the ears of the Chinese guests, but to a European the sounds given out by these sirens are torturing in the extreme.

Shooting in among these river lanes is the river doctor, in his small boat, and calling attention to his whereabouts by ringing a bell, so that those requiring his services can readily find him, and in like manner travels the barber, who has a busy vocation, his services being in continual demand. The priests are not even left out in this community, for, although there is little space usually allotted in each boat for a shrine, there is quite an amount of public whorship necessitating the service of a priest, such as marriage ceremonies, burials, etc., consequently they have church boats fitted up with all the paraphernalia of their faith.

But of all the odd boats in this motley as several hundred in one boat. The feed along the marshes and mud fields feeding instantly ceases, and they return is not greater than from one to seven to their respective beats with a promptness that is simply astonishing. The latest arrival is always taken up and is steeped for several days in water prior the next recall that duck is invariably the come off more readily. first to come on board, thus showing the wonderful efficiency of the bamboo in feet of ground, especially if his land lies inculcating punctuality. inculcating punctuality.

In the midst of this gay life may be seen the funeral boat passing silently by, the table-land of the interior to the seccrowded with mourners; in the center ond plateau, usually has his hut and the coffin, covered with a heavy pall and trimmed with green branches. is one occasion when a member of this colony takes to the land. During life rapidly and soon unfolds its broad leafthey may have no home on shore, but they cannot be refused a grave on earth. little coffee shrub to protect it from the

In almost every way the land and river population are utterly distinct, the former looks down upon the latter as an alien caste, and marriage between the two classes is unknown. Nevertheless, in spite of their peculiar surroundings, these to sun and frosts. At five years of age many thousands live and thrive comfort- the p'ant, if not cut back, will stand

Nor the least interesting to women of all the World's Fair wonders will be the Amazon warriors of the King of Dahomey, who will form a part of the population in the Dahomey village to be exhibited on the grounds. Sixty or seventy of the fearless women soldiers will be quartered there.

Skirts with a puff at the hem, with fall of lace which almost conceals it, are among the current styles. Dresses of thick silk have three narrow ruffles of velvet at the hem of the skirt, and leg-o'mutton sleeves and vest front also of

Three hundred and sixty different

· A PYTHON'S FULLY.

Awful Experience of a Zoological Garden Superintendent.

Superintendent Stephens, of the Cin innati Zoe, daily takes his life in his hands while attending to his duties. He has been the victim of several mishaps, but his latest adventure came near being his last. Nothing but pure luck saved him from a horrible death. A consignment of venomous snakes had been received from Texas, and for lack of other quarters it became necessary to place them in the cage in which are kept the bons and pythons. Stephens procured a box in which to place the creatures until he could prepare a cage for them. He then entered the cage, the box being left at the opened door of the cage. seized the snakes, and had succeeded in getting all in the box but the python. Before removing the python, Stephens

stopped a moment to watch the snakes in the box, but was startled by a fierce hissing behind him. Glancing around, he saw the python coming toward him, its eyes flashing and its tongue darting. Stephens saw his danger instantly. Swifter than the serpent's motion, Stephens grasped the monster just back of the neck with his right hand, the left clutching the reptile about two feet further back, where the bulk of the python's nuscular power is located.

He started to throw the writhing mass into the box. At the same instant the python threw the twelve loose feet of its ody about the superintendent's leg and began to squeeze him with all its might, gradually, but steadily moving the ever ightening coils higher and higher. There were a number of spectators in the building, and all were too greatly overcome by fear to render aid. By this time the hyena, tigers and leopards were in a state of frenzy. They bounded up and down in their cages with fleadish

The uproar brought the attendants of the garden to the scene. They were horror-stricken at the sight. By this time the python had worked its folds up to Mr. Stephen's groin. The constriction was terrible. Circulation had been stopped in the lower limbs, and they were numb and trembling. The perspiration ran downwards from the struggling man's face. His hands were so moist that the scaly thing twisted in them as easily as if loose. Suddenly, the serpent seemed to feel its victory near. It twisted its horrid head and thrust its fiery tongue into Mr. Stephens' face. At that same moment one of Mr. Stephens' which are strictly enfor ed by river hands became loosened and the snake, with the speed of lightning, seized it with such a large population, and every and began swallowing it. The victim was so nearly overcome that for a moment he stood tottering and the hand had been swallowed without an effort to

remove it. The entire hand up to the wrist had disappeared when Stephens sought to withdraw it. The reptile's mouth closed with a snap, sinking a fang into the bone at the base of the thumb and snapping the fang off. The pain roused Mr. Stephens, and, with an almost superhalls, gorgeously fitted up with gilded throat with his free hand and began to squeeze with the energy of despair. Soon the python gasped for breath, and as it opened its mouth he jerked his hand out. By this time the attendants had secured the snakes in the box and entered the cage, where they beat the python until it relaxed its coils and Mr. Stephens was taken out and cared for.

In speaking about the matter Mr. Stephens, who will be out in a day or

"If I had not held on to its heaviest muscle, I have no doubt he might have strangled me. As long as I kept my grip there I felt confident. The fangs inclined backward, and it was impossible to free my hand without breaking them, though I did not know I had done so till the next day when I found the fang in the wound.'

Mexican Coffee.

Coffee seems to grow in all latitudes of Mexico. The virgin soil of the cleared forest is planted with trees, but in old lands, soil composed of two-thirds red clay and one-third of deposit are most desirable. The taste and aroma of the coffee grown on the bottoms is less agreeable than of that produced on the upgroup, perhaps the most singular are land. The trees are propagated almost those in which they rear ducks and exclusively from the seed, and after a geese, many of them containing as many year in the nursery are set out in the orchards at the rate of 200 trees per acre. ducks are sent out usually twice a day to which at maturity will yield about 1,200 pounds per acre. Each coffee tree vields by the shore, and they are recalled by a about 20 pounds of berries, but when signal from a whistle. At this sound the | hulled and ready for market, the amount pounds. The washed or pulpless coffee which is preferred in England and Italy given a beating with the bamboo, and on to drying in order that the hulls may

In Mexico every Indian who owns a few which extend for a great distance, from vegetable patch surrounded by a high This hedge of banana and coffee shrubs or trees planted alternately. The banana grows age over the slow growing and beautiful glare of the sun by day, and the light frosts of the upper and middle plateaus by night. When two or three years have passed, the delicate shrub has become a large bush and is no longer so sensitive twelve or fifteen feet from the ground and will then begin to give back to the owner an ample payment for its cost. As early as April the coffee twigs will begin to break out into small white blooms, as waxy and exquisite as trailing arbutus, as sweet and white as orange blossoms, and as finely contrasted with its waxy shining green leaves as are those univer-sal bridal blooms. By the middle of May the coffee tree will be in the green berry, but will still be yielding its fra-grant white blooms, for, as if in love with its own dainty beauty, it ir seldom wholly out of flower. In November it will stand slightly flecked with white blossoms and some green berries, but glistening with the added beauty of clusters that are ripe and red. From this nountain peaks within the limits of the tree, so lightly cared for, the owner will United States each exceed 10,000 feet in gather yearly, a pound or more of excellent coffee. —[American Agriculturist.

THE BODY AND ITS HEALTH.

THE SCIENCE OF VENTILATION .- The healthy atmosphere in a room is one in which the air is changed to the extent of 3,000 cubic feet per hour per adult inmate. The air admitted need not be cold; warmed air, so long as it is fresh, is, of course, preferable to cold in winter, but in some way the air must be brought in if we are to continue in health. There are various ways of doing this. One is by admitting cold air so that it is directed upwards toward the ceiling, where the air of a room is at the highest temperature; the cold stream is then heated in its passage as it falls to the lower level, for breathing. But in large rooms to utilize at its best this current there should be in the skirting outlets communicating with a heated upcast flue, which will draw away the heavy air near the floor. In cases where there is heating by hot water coils the cold air may be brought in at or near the floor level and passed through the hot water coils-the outlet for vitiated air being in or near the ceiling-to a heated upset flue.

The great desideratum in the admission of fresh air is to cut it up into very fine streams, something in the way water is cut up in passing through the fine holes of a watering can. It has been found that air admitted through a tube or orifice of equal sectional area throughout enters as a cold draft, but if the inlet be through a series of small truncated cones, the smaller section outward, the larger inward, with wire gauze on the inside, the current is so cut up and diffused that the draft is not felt. By analogy a mass of water entering through a narrow channel drives all before it and cuts a channel for itself (but the same quantity passing over a large surface of ground gently irrigates it. Another important point is not to let the passage of the air be at too great a velocity. The gentler the flow the better .- [Contemporary Review.

FIVE M NUTES' EXERCISE. -There are a good many men who know they need some physicial exercise daily, but who put off beginning it, from year to year, on account of the time they think it would take away from their business hours. Few men seem to be aware that five minutes spent daily or even three times a week in exercises properly selected for bringing out all the principal muscles of the body are sufficient to set the blood coursing freely to the extremities, to stimulate the heart, to massage the bowels, to stir up the liver to strengthen the limbs, to straighten the shoulders and increase the capacity of the lungs. This is a good deal to claim for five minutes' exercise and seems to suggest the use of elaborate gymnastic apparatus. It is not too much. as has been proved, and all the apparatus required is an ordinary walking stick. Elaborate systems of exercise look more promising of results at the first glance, but as they consume time busy men generally drop them after a few trials.

Mr. C. P. Lenhart, physical instructor human strength, he caught the snake's of the Manhattan Athletic Club, N. Y., is a graduate of a medical college, but abandoned his practice of curing diseases and devoted his energies for the last ten years to the prevention of them by means of physical culture and the proper observance of hygienic rules, recommends the following exercises to busy men on rising in the morning or just before going to bed at night, in order that all the organs of the body may perform their natural functions:

"For the upper part of the arms: Grasp the cane firmly at both ends with the hands and hold it across the chest, letting the middle of the cane rest upon the breast, just under the chin. Drop the hands forward and down to the full length of the arms rapidly and return to position on the chest, accenting the upward movements. Continue this for thirty seconds. Holding the cane as before, push the arms straight above the head, full length, taking long full breaths. Continue this for thirty seconds more.

"If the arms are poorly developed this may be repeated after the other exercises are completed. When the arm is doubled up so that the fist is near the shoulder, the biceps ought to measure about two inches more in circumference than the forearm.

"For the muscles of the sides: With the arms at full length above the head and the hands grasping the cane as in the end of the last exercise, swing from side to side as far as possible; time, thirty seconds.

"Here pause and take two long deep breaths of five seconds each. "To strengthen the muscles of the back and rid the abdominal muscles of fat: Holding the cane as in the last position at arm's length above the head, bend forward and bring the cane as near the floor as possible without bending the knees or clows; then swing as far backwards as possible without losing your balance. Do this briskly for thirty sec-

"This will make a large waist smaller, if persisted in. It is good for lumbago also, and will help those who bend over

a desk all day. "To strengthen the forearm: Grasp the cane in the middle with one hand and extend it at arm's length, on a level with the shoulder. Then twist the cane back and forth, like the spokes of a wheel, for twenty secon ls.

Intelligent Indians.

The Pimas are diligent farmers and most of them wood workers. This year they raised 7,000,000 pounds of wheat, and that is about the general average of their crop. Of this amount they sell 4,000,000 pounds and hold the remaining 3,000,000 for seed and for their own bread. The Government has erected for them a small mill on the reservation and they grind their own grain. The Pimas are also extensive stock-growers and raise a great many cattle and horses. The Government gives them the enormous price of nine cents a pound for beef cattle on foot, and from these purchases supply some of the mintary posts with beef. They are more than ordinarily intelligent Indians, and many of them speak English fluently. On the reservation are four stores conducted by white men, but most of the clerks are young Indian men and they make excellenderks.-[Nogales (Cal.) Herald.