WHY HEARTS BREAK.

A Physician's Matter-ot-Fact Solution of the Vexing Problem.

"A healthy man or woman does not die of a broken heart," a well-known physician said. "A healthy heart is only big muscle, and nobody can have grief enough to break it. When, therefore, a blooming young widow shows apparently inconceivable grief at the death of her husband, and in a short time recovers her equanimity, she dught not to be accused of hypocrisy. Neither may it be concluded that another woman who soon pines and dies has had more affection for her husband than the first. The first widow may have even more affection than the other, but have been sustained by physical health.

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"It is erroneous to suppose that death by heart disease is always sudden. It is very commonly protracted for years, and exists undetected by most skillful phyiscians only to be developed by some sudden occurrence. There was an eminent physician of Brooklyn, in active practice, who died within an hour of the time when he was about to lecture. He was so well, that after examination by skillful physicians of a first-class insurance company, he was declared perfectly sound, and a policy for \$10,000 insurance on his life reached his home before his body was cold-The cause of death was a mystery grown in perfect darkness, as there until the post-mortem examination, by Dr. John G. Johnson, of Brooklyn, showed that a little piece of chalky deposit in the heart had become loosened had simply taken some specimens out have been cited as that from broken it the oolachan. heart.

"So-called deaths from broken hearts may be frequently traced in this way. One exertion as well as another may furnish the requisite culmination. Medical books are filled with instances of death by heart disease during the performance of pleasurable functions. When a man is nearly dead it is easy to put on him the finishing stroke, but it is inaccurate to give the finishing touch all the blame of his death-When a woman loses her husband, or a girl loses her lover, and by nervous exhaustion, loss of sleep, lack of nourishment, and grief, weakens the action of her heart, she is said to die of a broken heart, but she has, in fact died of a very ordinary disease.

"The case of Bill Poole, living for ten days with a ball in his heart, is often spoken of as remarkable, but Dr. Flint records a case where a man had a ball in his heart twenty years, and finally died of pneumonia. Both these men had healthy hearts, and could 'not have had them broken by grief. Yet, in fact, more women than men die of heart disease. Out of sixty-one observed cases, thirty-seven were male . Another record showed that in sixtytwo cases of rupture of the heart, there was fatty degeneration existing. In other words, where fat is substituted for muscle, the organ is easily broken. If any of these people had been subjected to sudden grief, they might have furnished illustrations of heart-breaking. One medical observer records one hundred cases of rupture of the heart where there was no grief to account for it. In fact, grief is a very rare cause of heart-breaking.

Disease is the real cause of heart-

CLIPPINGS FOR THE CURIOUS.

Twice as many men as women die of pneumonia.

There are 90,000 ministers in our country and 540,000 bartenders.

A canvass of the American trades shows that American apprentices only predominate in machine shops and printing offices.

Three factories in the United States consume nearly two million eggs a year in making a peculiar kind of paper used by photographers.

Tomatoes, not many generations ago, were known as love apples and considered poisonous. Last fall there were 52,322,052 cans of tomatoes put up by the canning establishments of the United States.

Alligators, writes Dr. Henshall to the Forest and Stream, may be partially tamed. When he talks to them they rise to their feet and keep up a constant hissing and whishing of tails, as if they liked to be talked to. Dr. Romanes mentions a similar fact in regard to them.

Samuel Howard, of Mount Sterling, Ky., recently chopped down a big black locust tree, in the hollow of which grew another tree of a different kind which was ten inches in diameter and twenty feet in hight. It had was no opening in the locust.

In the Northern Pacific swims a fish which explorers of the northwest coast call the ortolan of the sea. It and formed an embolism. The man is the fattest of all fish, and if a dried specimen is taken, all that has to be of his desk, and he died in his chair done is to light the head of the fish; without any excitement or undue holding it upright, and it blazes away effort. Any little excitement might like a sperm candle, giving light withhave done it, and then his death would out smoke or smell. The Indians call

> On some statues of the fifteenth century buttons appear enriched with pearls and precious stones, which corroborates several entries in inventories of regal expenses about that date-as. for example, one in the royal accounts drawn up in 1349 of King Edward III: "For a gold case of twenty-five buttons, each button consisting of four pearls, with a diamond in the center, bought from Symon de Dampmart."

Hospitality in Central Asia

Imagine, gentle reader, an isolated tent in some dreary portion of the desert, at whose door I arrive after a tiresome march of several hours in deep sand and under a scorching sun, without a drop of refreshing water, and without an animating breeze. My salutation, "Es-salem Aleikum"-i. e., "Peace be over thee"-resounds far in the distance, and makes the grazing cattle raise their heads, as if bewildered at the unaccustomed voice. At once a young or an elderly woman appears at the entrance of the ragged and storm-worn tent, the felt pieces of which have been bleached by rain and snow, while belts, ropes, and pegs are sadly out of repair. It is a poor tent. The male inhabitant is out on some predatory or hunting expedition, while his wife has to tend the flock in close proximity to the dwelling, or is engaged in spinning or rolling a new piece of felt to be laid under the new member of the family whose arrival is expected soon. On perceiving the pious stranger from a distant land she utters a few words of joyous surpriseand soon comes forward with a wooden dish of sour milk, with a piece of cheese, or with a bundle of sun-dried fish. The visitor partakes of the offering with a loud "Bismillah," i. e., "In the name of God," while his hostess sits opposite shedding tears because God has given her the opportunity of feeding a guest. As soon as he has satisfied his hunger she brings before him the plain-colored camel-hair, the the material for the new carpet, in order to have bestowed upon it his blessing, as a sure sign of happiness to her coming child. For a while, the Turcoman woman will remain quite motionless, her eyes fixed upon the movements of your lips, every sound of which is most anxiously caught, and it is only after having finished the recital of the Koran, of which she does not understand a single word, that she gives vent to her blissful satisfaction, by uttering a sigh from the depth of

THE DRY TORTUGAS.

Interesting Facts About a Noted Mill. tary Prison.

W. R. Prentice, an old New York soldier, recalls the following interesting reminiscences of the old military prison, in a letter to the San Francisco Bulletin: It happened to be my fortune also to be sent to the Dry Tortugas soon after Dr. Mudd, though I had the good fortune to be relieved from duty somewhat sooner. The place is a queer one, and has seldom been described. The Dry Tortugas (the word, I believe means turtles) embrace a group of several small coral islands, or keys, lying in the gulf of Mexico, 120 miles west from the southern point of Florida. The largest embraces only a few acres; they are destitute of fresh water, and barren, with the exception of a few small mangrove and cedar trees. They were a part of the Florida purchase. and a fort was commenced on Garden Key, one of the larger, by the Spaniards. It is now a first-class brick fort, with two tiers of casements, and mounts more than three hundred guns. During the war it was used as a military prison, and many a poor fellow, after a court-martial, heard the words: "Sentenced to the Dry Tortugas for life." These had accumulated till, in the autumn of 1865, more than 600 men of all nationalities and all colors, were gathered there, and for all crimes, from some hasty word, most likely true, said to a subalteran officer, up to robbery

and attempted murder. Our guard consisted of only about two hundred men, and there was plenty of work for us to do. The records had been but imperfectly kept, and the term of sentence of some prisoners had long before expired. These were hunted to him. out and sent home first. Then 100 or more of the better men were recommended for pardon, which was freely granted by President Johnson, for he was in a pardoning mood at that time-But the main interest centered around the four conspirators, Mudd, Arnold, Spangler and O'Loughlin. They were supposed to be terrible fellows, ready to cut all our throats any time on a moment's notice. Dr. Mudd was the central figure. He was a fair-haired man of good size and rather prepossessing appearance. His one all-absorbing thought was that he was the victim of great injustice, and whenever he could gain a listening ear, into it he always poured his griefs. He was de tailed as general nurse in the hospital and did good service there, till in an evil day he attempted to escape by secreting himself on board a steamer. Of course he was found, sent back in disgrace, and afterward kept in solitary confinement. Arnold was a voung man, not more than twenty-four or twenty-five, handsome, highly educated, refined and retiring in his manners He said little, never complained, but felt his disgrace most keenly. He was kept as a clerk in the provost marshal's office, and many a descriptive or muster-roll in his beautiful handwriting went to Washington. He had the ability, and ought to-day to be taking good care of himself somewhere. Spangler, the stage carpenter at Ford's theater, was a jolly German, and, to all appearances, as happy there as mortal man ever is. How well I remember his portly form, bustling about at his work, the happiest looking man in the fort Lastly was poor O'Loughlin, an Irish. man, I think a shoemaker by trade. He had left a family in Washington, and

The brave man carves out his own fortune.

PEARLS OF THOUGHT.

A life spent worthily should be measured by a nobler line-by deeds, not years. He is most to blame who breaks the law-no matter under what provocation he act.

Nothing can constitute good breeding that has not good nature for its foundation.

Men are sometimes accused of pride merely because their accusers would be proud themselves if they were in their places.

By rousing himself, by earnestness by restraint and control, the wise man may make for himself an island which no flood can overwhelm. Some people are nothing but money

pride and pleasure. These three things engross their thoughts, and take up their whole soul.

Perseverance can sometimes equal genius in its results. There are only two creatures," says the eastern prov erb, "which can surmount the pyramids---the eagle and the snail."

The beginning of hardship is like the first taste of bitter food-it seems for a moment unbearable; yet, if there is nothing else to satisfy our hunger we take another bite and find it possi ble to go on.

One ought to love society if he wishes to enjoy solitude. It is a social na ture that solitude works upon with the most various power. If one is misanthropic, and betakes himself to loneli ness that he may get away from hateful things, solitude is silent emptiness

Peace is better than joy. Joy is an uneasy guest, and is always on tip-toe to depart. It tries and wears us out and yet keeps us ever fearing that the next moment it will be gone. Peace is not so. It comes more quietly, i stays more contentedly, and it neve exhausts our strength, nor gives us one anxious, forecasting thought.

GEMS FOR THE MONTHS.

Talismanic Precious Stones - Supersti tious Reverence for Jewels

In more modern times each month has had a gem consecrated to it, and the wearing of a particular preciou stone, as a talisman, by a lady born in a given month is supposed to be more than usually fortunate. The system of divining applies only to women and theoretically is infallible. She who is born in January should wear only garnets, which would insure her the riendship and fidelity of her associate and will also render her true to them Those born in February must wear the amethyst, which will make them sinwhich we began was negative-a sort cere with others, and will insure them against poisons and passions and cares. Those whose birthday falls in March will be wise, brave and firm by nature, and will be assisted in these qualitie by wearing a blood-stone. The diamond is sacred to April, and will keep her who is born in that month inno cent till death, while the lady born in May should wear an emerald, which will be certain to make her a loved and happy wife. Those born in June should wear an agate to bring them health, wealth, peace of mind and long life, while the ruby clears away the doubts, anxieties and pangs of love for those born in July. The sardonyx is for those born in August: with it as a finger ring, they are absolutely certain to gain husbands and happiness; with out it they are bound to live alone, and zither, played, however, not with the to die unwept, unhonored and unsungthumb, but a mallet or rather a min-The sapphire is good to prevent of ute halberd. My young Chinaman cure insanity, and is especially beneficial apologized for what he called our nato those born in September, while the tional caterwauling; but, though the topaz an emblem of friendship and notes were thin and shrill, yet instrulove, is dear to those who first saw the ment and voice went so well together, light in November, and the turquoise and the air was so natively plaintive. the emblem of success, must be worn that I listened with pleasure. There by those whose birthday comes in was an opium pipe in the divan, and plenty." December. The superstitious reverence our host, though not a smoker himself, with which jewels are often regarded also appears in the habit almost uni The servant brought a small pellet of versal in the East of naming the more opium, which he held over a flame till valuable stones. The Kohinoor and t boiled up to a big bubble. It was the Kohitoor are examples too wellthen put all hot into the bowl, and I known to need more than mention, but gave as instructed a succession of short, there are scores of others. The treasquick pulls. In a minute it was out, uries of the East from the earliest time leaving a sweet, sickly taste in my have abounded with diamonds, variousmouth, but producing no effect, pleas, ly known according to their beauty. ant or otherwise, on my nerves. Reg-There were the Sea of Fire, the River ular smokers swallow the smoke, and of Light and the Son of God, the Eye no doubt that makes a difference. of God and the Star of Gabriel, the Ocean of Love and the Mountain of Beauty, the Delights of Women, the Pleasure of the King, the Delight of the Eyes and the Pride of the Treasury, stones were often the Gift of Allah, the Angel of the Mountain, the Boast of the River, the Soul of the Queen and the Star of the Ocean. Nor were diamonds alone in being named, since other equally favored in this way, and the superstitious reverence felt for them is quite clearly manifest .--- Globe-

A CHINESE DINNER.

The Picturesque Banquet in a Manda-rin's Household. Our party of five English guests, met in G.'s office, and proceeded in In-

dian file, each in his sedan chair

threading our way through narrow

streets dimly lit with Chinese lan-

terns, says a writer in the Pall Mall

Gazette descibing a Chinese dinner. We stopped in a narrow lane on the outskirts of the town, entered a shabby-looking doorway and mounted a ladder-like staircase. This led into a suite of rooms, where I found myself wishing for Argus' eyes to take in the hundred new aspects. They were not large or gorgeous, like Sidonia's apartments in Holywell street, but quaint and curiously furnished. A long table of black lacquer, and square-cut chairs with marble blocks down either side, at the end a smoking divan with embroidered silk hangings. This was the ante-room. Two doorways led from it into the dining room, and in the space between them was a sort of kaleidoscope pattern of a colored glass, below which were rich hangings, with grotesque dragons in gold thread sprawling over a crimson silk ground. Over the doorway was open arabesque work of ebony, and beyond the dining-room was a veranda with orange trees and creepers. While we were being introduced, tea was served in Chinese fashion-an inverted saucer is dropped into the cup to keep down the tea leaves (teapots are unknown in China,) and you sip, or, if you are a novice like myself, you spill, the fluid that finds its way between the two. Then we went to dinner, a party of twelve. On my right was an old merchant, sagacious and humorous, to udge by his looks and what I could make out of his broken English. On my left was a young half-caste, edu. cated in the government school hereluent, sallow and conceited, Chairs, knives and forks had been provided for the English guests, but we soon discarded the chairs for the comfortable lounges on which our hosts were seated, and also took to chopsticks, with the occasional assistance of a spoon. Those chopsticks were a perfect godsend, and I never should have urvived without their help. But I must explain. The dinner which consisted of some thirty courses, was all served in teacups. Cup followed cup, each filled with some kind of mince, ome in broth and some dry, but all satisfying as raspberry vinegar. Now the chopsticks allowed us to taste each one in succession, and though we were not skilled enough to consume all we might have liked of the few good, we could toy with the many nasty ones and leave them without giving offense. The bird's nest soup with

of stringy arrowroot; but the shark's fin and fishes maw stewed with ham were as rank as conger eel. Quail, partridge and lobster are good all the world over, and the bamboo shoots and wood fungus with which they were served were no bad substitute for asparagus and mushrooms. But the deer ? Had it not been for the excellent Sun. dry champagne, I must have succumb ed. The last course was exquisite, and brought back memories of the "Arabian Nights"-honey cakes, earth nuts and stewed lotus seeds in syrup. Dinner over, we lit cigars, and strains of music were heard from the next

The Bad Boy Quits Work.

"Why are you not working at the livery stable?" the grocery man asked the bad boy. "You haven't been discharged have you?" And the grocery man laid a little lump of concentrated lye that looked like maple sugar, on a cake of sugar that had been broken. knowing the boy would nibble it.

"No. sir : I was not discharged, but when a livery man lends me a kicking horse to take my girl out riding, that settles it. I asked the boss if I couldn't have a quiet horse that would drive hisself if I wound the lines around the whip, and he let me have one he said would go all day without driving. You know how it is, when a fellow takes a girl out riding he don't want his mind occupied holding lines. Well, I got my girl in, and we went out on the Whitefish Bay road, and it was just before dark, and we rode along under the trees, and I wound the lines around the whip, and put one arm around my girl, and patted her under the chin with my other hand, and her mouth looked so good. blue eyes looked up at me and twinkled as much as to dare me to kiss her, and I was all of a tremble, and then my hand wandered around by her ear and I drew her head up to me and gave her a smack. Say, that was no kind of a horse to give to a young fellow to take a girl out riding. Just as I smacked her I felt as though the buggy had been struck with a pile driver, and when I looked at the horse he was running away and kicking the buggy. and the lines were dragging on the ground. I was scared, I tell you. I wanted to jump out, but my girl threw her arms around my neck and screamed and said we would die together, and just as we were going to die, the buggy struck a fence and the horse broke loose and went off, leaving us in the buggy, tumbled down by the dash board, but we were not hurt. The old horse stopped and went to chewing grass, and he looked up at me as though he wanted to say 'philopene. I tried to catch him, but he wouldn't catch, and then we waited till dark and walked home, and I told the livery man what I thought of such treat ment, and he said if I had attended to my driving and not kissed the girl I would have been all right. He said I ought to have told him I wanted a horse that would not shy at kissing, but how did I know I was going to get ap courage to kiss her? A livery man ought to take it for granted that when a young fellow goes out with a girl he is going to kiss her, and give him a horse according. But I quit him at once. I won't work for a man that hasn't got sense. Gosh! What kind of maple sugar is that? Jerusalem ! Whew, give me some water. Oh, my, it is taking the skin off my mouth."

The grocery man got him some wa ter and seemed sorry that the boy had taken the lump of concentrated lye by mistake, and when the boy went out the grocery man pounded his hands on his knees and laughed, and presently he went out in front of the store and found a sign, "Fresh letis, been picked stewed seaweed and sinews of the more'n month, tuffer'n tripe."-Peck's

What to Say.

Say "I would rather walk," and not "I had rather walk." Say "I doubt not that I shall," and

not "but I shall." Say "for you and me," and not "for

breaking, and the various kinds of disease which leads to it are so many that volumes would be necessary to describe them. The cause of these diseases are manifold, and are very much under the control of the individual. There are, of course, hereditary tendencies to heart disease: but aside from traumatic causes, these tendencies may exist for vears without fatal result.

"It is a curious fact that the least dangerous heart disease often creates the most apprehensions. Frequently patients who have only a functional or curable disorder will not be persuaded that calamity does not impend, although there may be no real danger. On the other hand, organic diseases may exist unsuspected. There are sympathetic relations between the mind and the heart, and disorders of the heart are frequently traceable to mental excitement, either pleasurable or painful. Quick beating of the heart poet justly says: is no certain symptom of danger. It has been demonstrated that the pulse may safely range from 100 to 140 per minute for many years.-Alta Califor nia.

Fruit may be ripened by the electrid light, but it is said that it is unpalatable. Strawberries grown in this way last year under the direction of Professor Siemens were worthless. Some melons ripened were of such poor quality that to render them eatably they would need to be strongly flavored with condiments.

"The lips may beguile With a dimple or smile, But the test of affection's a tear."

her heart, or by a tear, of which the

I have often witnessed scenes of this nature that were indescribably touching, and it may be easily understood how this comes back to my memory. whenever I have to picture the lights and shadows of life among the primitive inhabitants of the desert. No wonder, too, that during my abode among the Turcomans on the Gurgan feelings of admiration were mingled with the deep aversion and horror that agitated my heart .- Good Words.

could not bear up under his punishment. He drooped from the day he reached the place, and died soon after I left. I have to-day a letter from Mudd and one from Arnold, written after I had left the service, asking my aid in procuring some mitigation of their punishment. While I did not pity them as I did the more than 150 soldiers sent there for the most trifling breaches of military law, I can still see how they were all, perhaps, more unfortunate than criminal.

The Most Wonderfal Thing. A correspondent asked a Zuni chief who came East last fall:

"What of all you saw in your journev impressed you most with the superiority of the white men over the Indians?"

The father of the Zunis turned his eyes toward me, and answered slowly:

"The ease with which they can get water. The white man takes the river into the walls of his house. By turning a little iron stick he can get that which we pray for all our lives!"

This was to the mind of the Zuni, the inhabitant of the barren, rainless land, the triumph of civilization. I asked him if he wanted to go back to the States, and he said: "Yes, I grow strong with anxiety that I may go again."-Chicago Inter-Ocean.

The length of the submarine cables in the whole world is estimated at 64,000 miles, and their value to be Democrat. \$202,000,000.

room. Two young girls, one of them you and I.' Say "whether I be present or not," dressed as a boy, sang alternately, accompanying themselves on a sort of and not "present or no

Say "not that I know," and not "that I know of."

Say "return to me," and not "return it back to me."

Say "I seldom see him" and not "seldom or ever see him."

Say "fewer friends," and not "less friends."

Say "game is plentiful," and not "is

Say "I am weak in comparison with offered to have a pipe prepared for me. you," and not "to you."

Say "it rains very fast," and not "very hard."

Say "in its primitive sense," and not "primary sense."

Say "he was noted for his violence." and not "he was a man notorious for violence."

"Say I lifted it," and not "I lifted it up."

And last, but not least, say "I take my paper, and pay for it in advance."

The American Trotter.

In "Science," W. H. Pickering carrying out a suggestion made by Prof. Brewer, of Yale, constructs the curve of the progress of the trotting horse in America, and finds that it will cross the mile-in-two-minutes line about the year 1901. He also deduces, from statistics prepared by the same authority, the conclusion that at the date mentioned there will be not far from 10,000 horses in this country which can trot a mile in 2:30 or better,

Taking His Father's Advice.

An Arkansaw boy, writing from college in reply to his father's letter, said: "So you think that I am wasting my time in writing little stories for the local papers, and cite Johnson's saying that the man who writes except for money is a fool. I shall act upon Dr. Johnson's suggestion and write for money. Send me fifty dollars."- Arkansaw Traveller.