

things except the laws of health and life. I went to England when 34, and got some... God Almighty. I had taken a little attention was paid to hygiene, and after returning I began to put into practice what I had learned, and ever since that time I have increased in weight and size.

Health in Long Breaths.

"I could only use the means within the reach of a blind man, and one of the principal means of increasing my size and weight... I adopted the means of breathing a larger and larger quantity into my lungs. I have cultivated breathing as the basis of life, so that now I suppose I can inhale and exhale as large a quantity of atmosphere as any living man.

Never Breathe Through the Mouth.

"Close your lips as soon as all is out, and practice doing all your inhalations through your nose, and all your exhalations through your mouth. I would rather drink the water left in a finger bowl at the close of a White House dinner, than take in one drop of water through my mouth. This breathing while in bed in the morning for five or ten minutes. This has been my constant habit for a number of years."

Baldness and the Sun Cure.

"Air is my first prescription," continued Dr. Milburn: "the sun is my next. I often talk about it with my staff in the sun, and it was a practice of mine, long ago, for an hour at a time. It did it stimulated his intellect, and that there was a vital and quickening power in the sun's rays. My friends say that I have since been more abstaining from worry, and keeping his martial apparatus in good order, is bound to outlast him who does not, provided the constitution of the latter be normal."

Justice Bradley.

"I have a muscular exercise, a light dumb bell exercise," Dr. Milburn went on, "and I often talk about it with my staff in the sun, and it was a practice of mine, long ago, for an hour at a time. It did it stimulated his intellect, and that there was a vital and quickening power in the sun's rays."

Grooming My Venerable Head.

"I am glad to be brought constantly in contact with the hair of the young, and other prominent characters of large physique, 30 years or so ago, and they were always bantering me about my small vitality. 'Why don't you languish like the rest of us?' they say. 'Well,' I would reply, 'I laugh enough, but don't know how to grow fat.' Since I have changed my plan of life I have grown a good deal, and I have gained weight."

How about your eating?" I asked.

"Ours," replied Dr. Milburn, "a man must vary his diet according to his habits. If you are a city man, and your routine will certainly give you the itch. The diet should conform to the season. The Duke of Montrose once put up with the following menu:

For the benefit of the presidency, and you know Sunday for an ornamental 12 months of the year. The things were a subject of considerable ridicule, but the people appreciated them, and whenever they used them they said they enjoyed them. It was the Duke of Montrose. When I come to eating I take a cup of hot water and sip it. It should not be drunk. That is the only water I take during the day. I accept a glass of water at the beginning of dinner, a little before I drink it is boiled. Then comes porridge and fruit, the former with milk and sugar. Then comes a small portion of the fish and a little bit of chop or steak, and then I wind up with two boiled eggs.

Not Always a Healthy Man.

"At the close of the war I was a very sick man. For four years I was constantly weak in the sound of the clicking of the telegraph. It was in the Governor's office in Harrisburg, and in the field I carried an operator with me. Day and night my mind and nerves were on a strain, and at the close of the war my nervous system was broken down. I could not sleep, and I was very nervous, and I lost active control of myself. My doctors told me that a change of climate was all that would save me, and I went to New York, and I was well in a few months."

FRANK G. CARPENTER.

In from 12 to 16 hours out of 24. It is a very rare case when the court is in session for 12 hours a day. In my cases before I went to the Capitol, I rise early, take my breakfast and work from 7 until 11. The court meets at 10, and I sit there until noon, upon cases until 4. I then return to my home upon the adjournment of session of court, and take a couple of hours of relaxation until dinner time. Sometimes I take a nap.

MARRIAGE OF THE PRINCESS LOUISE

Princess Louise, daughter of King Edward VII. and Queen Alexandra, was 18 years old when she was married to the Duke of Albany, Prince Louis of Battenberg.

GOSSIP OF THE WEEK

Case of Isaac Smith, of Ohio, Who Was Rescued Eight Times.

DR. FELIX OSWALD ON LONGEVITY.

Portrait of Emma Eames, Who is Settling All London by the Ears.

THE BAPTISM AND THE TEACHING

THE NEGRO MONKEY

THE PRINCESS LOUISE'S MARRIAGE

Another marriage of the spring and winter variety, soon to take place, is that of the reigning Princess, of George Victor, of Waldock-Pyrmont, with Princess Louise, daughter of King Edward VII. and Queen Alexandra.

DUKE LAID DOWN THE CHURCH IN THE SECOND SERMON ON THE MOUNT.

DISCIPLES OF ALL THE NATIONS.

IT WAS NOT TO BE A LEAD CRUSADE, BUT TO EMBRACE THE WORLD.

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A GREAT COMMISSION.

DISCIPLES OF ALL THE NATIONS.

IT WAS NOT TO BE A LEAD CRUSADE, BUT TO EMBRACE THE WORLD.

THE BAPTISM AND THE TEACHING

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TOURING IN TEXAS.

Bill Nye Enjoying Life on a Very Accommodating Railroad.

TALE OF THE GENTLE CHEROKEE.

THE FAT CONTRIBUTOR'S LECTURE IN A JAY TOWN OF PENNSYLVANIA.

REMARKS ON THE LOST STAR STATE

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