things except the laws of health and life.

I went to England when 34, and got some hints from there. In those days very little

attention was paid to hygiene, and after re-

turning I began to put into practice what

I had learned, and ever since that time I

have increased in weight and size. I

increased my chest measure 12 inches, and

Without my ever going into a gymnasium.

Health in Long Breaths.

living man. That is the secret of the devel-

"The first thing you do when you awake in the morning is to be sure you have a cur-

rent of fresh air passing through your room. Remove the heavy bed clothing from your

person, leaving only a sheet over you, lie as nearly fiat as you can, draw up the knees

and relax the muscles of the abdomen

Then with your mouth closed and your chin

raised, in order to relieve all constraint

Never Breath Through the Mouth.

Baldness and the Sun Care.

it, and I am not as barefooted to-day on the

from one to two hours every day in

Grooming My Venerable Carcass.

"How about your eating?" I asked.

Itching Poles in Scotland

reatment, I suppo

case with effort.

Second Sermon on the Mount. DISCIPLES OF ALL THE NATIONS.

It Was Not to Be a Local Crusade, but to Embrace the World.

THE BAPTISM AND THE TEACHING

IWRITTEN FOR THE DISPATOR, 1 Sometime between the resurrection and the ascension into heaven, sometime probably in this very month of May, Christ preached the second sermon on the Mount, Some say that there were 11 people in the congregation, some say that there 500. Anyhow, we may be sure that the number made no difference to Him. That is one of the notable things about Christ, that He never cared about the size of the congregation. Eleven people, or 1,100 people, He made no change in the sermon. Perhaps the most important sermon He ever preached was that in which his pulpit was a moss-grown well-curb and where He had a congregation of one. It matters little how many people

heard the second sermen on the Mount It is worth while, however, to notice this bout the congregation: That although they had heard Christ preach before, and many times, they came to this sermon as they had sever come to any other. You can see a hange in the attitude of the disciples oward the Master. "When they saw Him, hey worshiped Him, but some doubted." Some worshiped and some doubted. Some, sure that it was He, fell down at His feet in adoration. But some looked a second time, and waited until He got nearer, guessing that it was the Lord, but not certain. Here s something to think about.

hold a Figure coming down. And some worshiped, but some doubted.

A Change Not to Be Described But there was a difference now. Christ was changed after His resurrection. The men who were walking out to Emmaus walked all the way with Christ and talked with Him all the way, and did not know Him. The disciples, gathered in the upper room, were scared at His sudden entrance, crying out that it was a ghost. Peter and James and John, who knew Him best, stood at His side upon the shore of the Sea of Galilee and looked into His face and heard His voice, and yet wanted to ask "Who art thou?" and durst not, "knowing that it was the Lord." They were absolutely sure that it was the Lord—and yet, what was it about Him which held them back from the

on the Mount had somehow unspeakably and indescribably changed since He preached the first sermon. The truth is that Christ rose with a spirituni body. And that is something about which, at present, we knew nothing. "There is a natural body and there is spiritual body." The natural body is laid in the grave, and God will give us hody as it bath pleased Him " a sniritual body. That is what we are told ab

By and by, when Christ gives us light, we shall see with our own eyes, and know per-fectly. It does seem plain, however, standing among the congregation before the second Bermon on the Mount begins, that when we say that "on the third day He rose again from the dead," and mean by that that life came back to His crucified body, and the still heart began to beat, and the cold hands began to move, and He rose up as Lezarus did and came out of the grave—if we mean no more than that, we are only at the beginning of the truth.

Nobody had any difficulty about recog-

nizing Lazarus, but there was a difficulty about recognizing Christ. The resurrection of Lazarus was not like our own resurrection at all; but the resurrection of Christ was. He did rise again from the dead in was. He did rise again from the dead in such a body that He could show Himself alive, and convince the hardest-beaded unbeliever that He was risen indeed. And yet, was it the same body? Down He comes along the hillside, as we stand here watching. Is it indeed the same Jesus of Nasareth that we used to know? Yes; it is He -and yet how marvelously changed! And some doubt, and some worship.

A Grand and Noble Commissio So the sermon begins, and the doubts end.

earth. Go ye, therefore, and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Ghost; teaching them to observe all things whatsoever I have commanded you; and lo, I am with you alway, even unto the end of the world." This is the second Sermon on the Mount.

"All authority hath been given unto me in heaven and on earth." That they were to understand at the beginning. The head of the new kingdom of G.d. which was to be begun on earth, was to be Christ Himself.

they were to obey Him; He was to be their guide, their counsellor, their conscience. The Need of the Disciples.

sult in pneumonia may be arrested by taking Chamberlain's Cough Remedy and druggista.

ely colored picture for frame

TOURING IN TEXAS

Bill Nye Enjoying Life on a Very Accommodating Railroad.

TALE OF THE GENTLE CHEROKES.

The Fat Contributor's Lecture in a Jay

Town of Pennsylvania.

WRITTEN FOR THE DISPATCE.

REMARKS ON THE LONE STAR STATE

We are still in Texas and to-day we rode past whole townships of cacti. All kinds of rare vegetables grow in this strange and mighty State. The fuzzy cactus flourishes here especially-flourishes like a profes sional penman. There is nothing small about Texas. A ranch that does not embrace a whole town is hardly worth assessing. A county with a barbed wire fence around it is more like the customary thing. A friend of mine here has the best of a

county. It is fenced in with barbed wire, which the outlaw used to out now and then so that the cattle would get out and wander away into Peru and other neighboring places. He had to keep a force of cowboys to "ride the lines" and examine the fence every day, until it occurred to him that he could make the top wire a telegraph wire, and with an instrument at headquarters he could detect a break and locate it at any time. So now a line repairer and a cheap operator, who has nothing to do but to communicate with himself all day, consti-tute the fence force in place of the old and expensive corps of riders and repairers. A Very Accommodating Railroad.

We rode up from Galveston the other day with Conductor Taylor. He is a hearty man with a genial smile filled with mirth and gilt-edged teeth. He is the kind of conductor who looks out for his passengers' comfort. He telegraphed shead and got a lunch for us, which saved our lives no doubt, for we had to travel all day on the Houston and Shreveport Railroad, which is said to be the

worst in the United States. Yet it is a genial and accommodating road. All the trains are accommodation trains. The one I rode back to recover his hat, and it was not a very good hat either. When the train pauses at a station on the

When the train pauses at a station on the Houston and Shreveport road the little bronze razorback hog comes and eats the axle grease off the cars, and the inebriated Cherokee Indian assists his jag on board the Cherokee Indian assists his jag on board the train and reproaches the white man for robbing him of his lands. We had one as a fellow passenger. He were a pink shirt, with large, wide flounces at the wrists and around his neck. He had been drinking, so I was told by people who knew him, though I thought at first that it was his way. He stoke of the rest with some sorrow and spoke of the past with some sorrow, and as You contemptible covotes! You haven't he held my hand a great big warm tear welled up in his dark eye and feil on my. vest. He said that his folks owned all the South at one time, but the white man came among them, and two or three treaties with 30 days and costs deprived them of their once

again, but the Lord with them, the Lord working with them always. Thus the second Sermon on the Mount ends in benediction. The Lord is on our side. All power is His in heaven and on earth. He will be the guide and helper of His church over all the hard ways, through all the doubtful battles, in the midst of every danger even unto the end of the world. Nobody Has Been Well Treated.

The Cherokee has not been well treated, of course. Neither has the negro, nor any-body else, for that matter. The heathens have been imposed upon, and so has the missionary who went across the sea to knock a little gospel into him. A missionary who graduated with me-at the same fe ary who graduated with me—at the same lemale seminary, in fact—went over to sock a
little Calvinism into the heart of Timbuotoo, but his relatives to-day do not even
know the names of the folks who ate him.
On the other hand, the heathen is said to
murmura good deal about the flavor of
several well meaning pastors who used tobacco to excess, and which impaired their
usefulness from a food standpoint. The use
of tobacco for many years makes the most of tobacco for many years makes the most toothsome people as unparatable as

Mexican.

In the day coach there was a lady with a souff stick in one corner of her mouth, saleep. The "dipper" is quite common saleep. The "dipper" is quite common here among the plain people. If one could have seen this peri slumbering there, with her snuff swab in the corner of her sugging jaw and the corneob stopper of a bluing bottle—which did not contain bluing any more, however—as it peeped from the pocket of her deep and projound mourning dress, he would have said to himself, "How cool and restful must have seemed the grave in and restful must have seemed the grave in which her husband secreted himself!" Anyway that is what I said. Others, of course, might have looked at the matter differently, however. Everything is out of repair on the Shreveport road except the receiver. He is looking first rate. A Boy Spolled His Lecture.

I lectured once in Mississippi. After I had done so, and the roar of applause had died away, a small boy with a pale, Milwaukee brick complexion, broken here and there by large melodious freckles, came forward to the footlights, and in a childish treble inquired, "Is that all, captain?" I said yes, and he went away rather rejuctantly, I thought. That is the reason why I went home feeling rather depressed, for al-though I regarded the lecture as a financial and moral success according to Horace Gree-ley's standard—viz., that more people stayed in than went away during the show—yet land where you can get enough majors for a mess in 20 minutes, I concluded that possibly I had missed it in Mississippi. All railway conductors in the south are captains. Cap-tain Taylor, of the Santa Fe, said that they used to do a very poor business between Gal veston and Houston. Once, he said, h

he used this term in order to make himself clear. Speaking of the show business reminds me of a pleasant afternoon and evening with Mr. Griswold, the old "Fat Contributor," a few days before his sudden death. He was a most centle and genial man to meet, and when I use the overworked word "gen-ial" I do so because it did really fit him. He told me about his experience as a lecturer in a little place, I think, in Pennsylvania How a Western School Was Subdued.

This town had made a laudable reputa-This town and made a laudable reputa-tion for itself 25 or 30 years ago because it could and did break up everything in the line of a show that had come there for years. What a glorious ambition! Just as some of the tough schools of the wooly wilder-ness used to clean out the teachers who tried to educate them. I remember one case to educate them. I remember one case where a consumptive boy teacher was virtually murdered by big boys in such a school. His successor only remained one day, but be conquered the school. He entered at 9 o'clock with a Bible, a value and an armful of beech gada. He can attack of la grippe. For sale by all cannot with prayer. These he read a druggiste,

chapter and opened his vallee. He took out a hammer and a big nail. He grove the large nail into the door frame over the latch. Then he took a big revolver out of his valise, and with that in one hand and a big beech whip in the other he went at that school, and with wonderful generosity and liberality, and a commendable equity, he whipped every boy in that school so that people passing by thought there was a car-pet renovating establishment inside. He did it so well that two of those hove are now said to be in the ministry, and two of them doing time in Congress for a term of years.

Then he took his valise and left the place. He never asked for any salary, but those who saw him last saw him with his little valise in his hand, crying over the grave of his brother, the poor consumptive teacher



Is That All, Captain ! the preceded him, and who gave his life to this tough and heartless school, The Record the Town Had

Well, "the Fat Contributor" was adverevening in the town I speak of, and as he did not know anything about the place or this record, which, I am told, is now forgotten almost, he had no fears about it, and see went there to honestly please and entertain people as well as he could, knowing that if they did not like his methods they had the divine right to remain away.

Well, after the owner of the hall had re-

ceived his fee, and had filed it carefully away in the dried panereas of a "beef critter"-which was the popular purse in that town-he told "Gris" that they had the reputation there of breaking up every show that came, no matter what it was. Not because the show was poor, mind you, but be-cause the town had a reputation to sustain. "Oh, yes," he said, "the last thing was what's called the blind vocalists. Come back here and I'll show you where they had to jump out. Struck down there, about 30 feet, on that lumber pile. I bet you it was rich. One of 'em was deaf, and she lost her bearings and thumped her head agin that blacksmith shop over there. Oh, they lis out like a scared covey of qualls, you bet. One of 'em broke his wrist when he fell, 'eaus he tried to save his old fiddle from getting busted. Said it was all he had to get a living with. You better not fool with these tellers, I tell you. They're mighty spirited boys, these is."

Silenced by a Woman.

Well, Griswold said that he had agreed to lecture there, and he believed that he would try it. He began and showed good nerve. You can imagine, however, the feelings of a man who is trying to wring laughter from an audience who came to mob him, and who had not been above mobbing a helpless little band of blind singers. He got about half way through when the noise was too great for him, and then his wife came forward. Her eyes blazed. The noise ceased for a moment.
"You miserable loafers!" she said.

"Cowards, every one of you! I dare you to make a move toward this stage. Here is a man who has come to please and entertain you, and you who dare not singly touch a he courage to even rob a c

Then the lecture went on. Griswold had to knock down two or three toughs at the door, but he said he did not mind that. People at the door were liable to knock down something anyhow. BILL NYA.

THE NEGRO MONKEY.

A Creature in London That Comes Mone to the Missing Link.

Black and White.]

Our portrait represents the negre menkey (Logothrix Humboldtii) recently purchased by the Zoological Society. His face, which is devoid of hair, his hands and the hair of his head are jet back, so that he has the ap-pearance of a diminutive negro, two feet high, dressed in a suit of grayish fur. This view, of course, disregards the long preheasile tail which he possesses in common with his cousins, the monkeys of the New World



He sits and

In Church. New York Herald.] There's an angel up by the pulpit stair, Of marble white and cold, A saint of goodly deeds so rare

With serious, saintly eyes, That gaze from under her hat's flower wreath,

In most demure surprise.
She looks my way and hor eyes meet mine
With a smile so sweet and faint
That I find in my heart a prayor divine
To this pretty, modern saint.
And I yow old yows in my childhood made,

in from 12 to 16 hours out of 24. It is my habit now when the court is in session a Washington to put in four hours on my cases before I go to the Capitol. I rise early, take my breaktast and work from 7 until 11. The Court meets at 12, and I sit there and nass upon cases until 4. I then return to my house upon the adjournment of session of court, and take a couple of

hours of relaxation until dinner time. Somemy weight from 50 to 60 pounds. You will times I take a nap. be surprised to know that this was done Mathematics as Recre "After dinner I usually spend the even-ing in my library, where I work until I get alcapy. I vary my work with philosophical "I could only use the means within the or mathematical calculations, and some times take a rest by reading a good novel. I am very fond of good fiction, and I have a natural tendency toward mathematics. reach of a blind man, and one of the principal means of increasing my size and weight which I adopted was air, taking a larger and larger quantity into my lungs. I have "I attribute my health and working powers," said the Judge, "to an excellent cultivated breathing as the basis of life, so

that now I suppose I can inhale and exhale onstitution, added to a moderate degree of as large a quantity of atmosphere as any emperance in eating and drinking. father was a farmer, and he married a farmer's daughter. He was 18 years old opment of physique, to take into your lungs the whole amount of air which your lungs when he was married and my mother was 17, and I was the first child and apparently are intended to receive, and that is, in the case of a man of fair chest proportions, 330 onbic inches. The well built men in this country do not take in 200 inches. inherited the vigor of both parents. I was brought up on a farm and spent a part of every year upon one until I was 20. After I went to college I spent my vacations in teaching, and I also did considerable surveying. While I was at college I studied 16 hours a day, and I think that I worked too hard during my early life, and especially during a period of my practice of the law. I was very ambitious to succeed, and when I had important cases I often sat.up until morning studying them.

A Warning Against Overwork.

about your chest, draw in all the air you can without violence, doing it gradually and without painful effort. Hold the air "One might remember well and it was this experience that led me to be moderate. I had a very knotty problem to solve, and I as long as you can and breathe it out through the mouth or nose, in the former worked away far into the night. Toward morning I was shocked to find my mind all at once refuse to act. I could not think at all upon the case and I teared that I had "Close your lips as soon as all is out, and practice doing all your inhalations through paralysis of the brain or at least the first symptoms of it. I took a wet towel and laid your nostrils, never under any circumstances inhaling through the mouth. I would rather drink the water left in a finger bowl it over my head and went to hed and elent about three hours. When I awoke I found my mind all right, but I decided not to risk at the close of a White House dinner, than to take in one spoonful of Washington air such a thing again. I have since been more through my mouth. Do this breathing while in bed in the morning for five or ten temperate in my work, and am regular in my working hours.
"I have never patronized the doctors to

minutes. This has been my constant habit any extent," continued Judge Bradley, "and I have been well the greater part of my life. When I was about 20 years old I was troubled with bilious attacks. These for a number of years.
"You will remember the Bible says: 'God brenthed into man's nostrils the breath of life, and he became a living soul.' Shakecontinued a number of years and then left me. I don't know that I did anything to speare and other famous men speak of the nostrils as the only proper channel to be drive them away, and I have no particular rules of diet. I have smoked during a part used in breathing, and it is an uncontradieted fact that the Indians who never breathed through their mouth were never of my life and I smoke now.

An Intermittent Tobacco Smoker

subject to thousands of our diseases, until coming into contact with modern civiliza-"I find no trouble, however, in stopping, and throughout life I have smoked for two tion he was induced to adopt the white man's silly method, and he at once became sus-ceptible to all of those ills of the Caucasian. or three years at a time and then stopped. Then taking it up again, and again stop-ping. When I break off smoking, however, In the pulpit the very moment I need a supply of fresh air I close the mouth, and I become a teetotaler as to tobacco for the time. I also take a little whisky and water the great range and power of my voice I at-tribute most largely to the development of occasionally and I have never found it to the lungs through my great breathing disagree with me. Good wines in moderation seem to suit some men, but they are too acidiferous for my stomach and I do 'Air is my first prescription," continued drink them. As to what I eat I am not par-Dr. Milburn; "the sun is my next. I often walk about with my hat off in the sun, and it was a practice of Goethe to do ticular, save that I choose such things as agree with me and discard those which do this for an hour at noon. He said it stimu-

"You ask my sovice to young men who luted his intellect, and that there was a vital wish to make the best of their working powers. I can only advise moderation and and quickening power in the sun's rays. Thirty years ago I began to be bald. My temperance. The young man who is moderate in everything, leading a temperate life, father and younger brothers were as baid as the palm of your hand when they were 40, abstaining from worry, and keeping his working apparatus in good order, is bound to but I told them when they informed me that I was getting bald, that I would never outlast him who does not, provided the conbe so. I have resolved to prevent it and I did. I never wear a hat when I can help stitutions of the two are the same. I believe that marriage conduces to length of years. The married man keeps better hours, and his life is a natural one."

How Horatio King Keeps Toung.

top of my head as I was in 1860. I wash my hair whenever I wash my face and Another Washington septuagenarian, al-"I have a muscular exercise, a light dumb bell exercise," Dr. Milburn went on, "and most as old, and fully as active, both physically and mentally as Judge Bradley, is the Hon. Horatio King, who was Postmuster have often used Indian clubs, and in addition General in Buchanan's Cabinet, and who now, a generation later, is as fond of Wash-ington literary and social life as he was then. have some gymnastic movements for the arms, legs, chest, etc. I met him on the street the other day, and As to the massage my first question was as to his habits of ex-

ereise. Suid he:
"I am a great believer in walking, and I I am the most expert nassage operator in think one of the secrets of my good health is country, and am in that I never owned a horse or carriage. I watk until I get tired, and then if I have also the best groomed animal in this respect. Immediately after get-ting out of bed, I take car. As to my other rules of life, I don't bath, and rub down really know that I have any except those of ordinary temperance. I have always been accustomed to plain living. My father was an independent farmer in New England, and I was brought up on a farm. Justice Bradley. vigorously, and I spend England, and I was brought up on which we had plenty of potatoes and meat and good bread, and this was enough for us, and breadlanding our stomachs. We "I used to be brought constantly in contact with Henry Ward Beecher, and other prominent characters of large physique, 30 were not very particular as to what we years or so ago, and they were always banterdrank, and I remember we always laid in a ing me about my small vitality. 'Why

barrel Of Fine Old Medford Rum

don't you laugh and grow fat,' they would say. 'Well,' I would reply, 'I laugh yough, but don't know how to grow fat,' ince I have changed my plan of life I have buried them all."

"I use horsehair mats in rubbing down," at harvest time. Well, I have kept up my love for plain living all my life, and I sup-pose my health has been the better for it. I enjoy life now, and I have always done so. I keep no regular hours, go to dinners so. I keep no regular hours, go to dinners and receptions and enjoy them, and I used to smoke tobacco and was fond of it. I he continued, "and then put on vasoline or oil and rub into all parts of my body. The found, however, that it was not good for

oil taken up by the skin in this way is as good as food, and it keeps the cuticle in exme, and I gave it up."
I asked the noted lawyer, Mr. Latrobe, of cellent condition. This use of oil was com-mon among the Greeks and Romans, and Baltimore, who is nearly if not quite 90 you will find it among many savage years of age, and whose health is apparent ly perfect, his receipt for perpetual youth. Said he: "I attribute my long life to an ex-"Of course," replied Dr. Milburn, "a man must vary his diet according to his habits. If you cat a certain article the cellent constitution, and the only advice I would give to young men would be to avoid the use of tobacco. I have not used it now for 25 years, and I stopped it because I year round it will certainly give you the itch. The diet should conform to the senson. The Duke of Montrose once put up found it was injuring my health. As to my other habits of lite, I have been rather gen-erous to myself than otherwise. I have eaten good dinners and have given dinners. for the benefit of the peasantry, and you know Sandy feeds on oatmeal 12 months of I don't believe generally in the mortifica-tion of the flesh, and I believe in enjoying lie as far as possible as you go along." the year. The things were a subject of considerable ridicule, but the people ap-

Ex-Governor Curtin, of Pennsylvania. Ex-Governor Curtin, of Penusylvania,

preciated them, and whenever they used them they said as they rubbed: 'God bless the Duke of Montrose.' When I come to has been one of the leading public men in the United States for many enting I take a cup of hot water and sip it. It should not be drunk. That is the only M. 1

asour Minister to St. has had a long career as a member of Congress. He is in good condition now, and as his bride a than hinself. be 100. Said he:
"I owe much to a My grandfather died from being thrown from a horse at 106,

strong on onions. I believe it to be the most valuable vegetable that enters the stomach. Governor Curtin. I take boiled milk before going to bed, which is the last thing, and it enables me to and my father lived to be 96. I have had stirring life, have seen some sickness, and am now, at 77, in perfect physical condition. I had three or four attacks of the grap last winter, and have survived them. My rule of life is temperance and regularity. I am stirring life, have seen some sickness, and am now, at 77, in perfect physical condition. I had three or four attacks of the grap last winter, and have survived them. My rule of life is temperance and regularity. I am blessed with a very small appetite, and I don't know what it is to be hungry. I have just eaten my supper. It consisted of some bread and milk, and I rarely eat more than the something new to say in the atrical set. sleep well. My digestion is as perfect as when a boy, and I think that without a this for breakfast. My dinner is light, and I can go all day without eating and not notice it. I have no particular rules of I drink a little good rye whisky every day, and smoke in moderation. I de not exercise a great deal, and have no particular rules of health. I believe that marriage conduces to a long life, because it is in the course of nature.

Not Always a Healthy Man.

"At the close of the war I was a very sick man. For four years I was constantly withgraph. It was so 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 close my hand, I was so nervous, and I lost entire central of myself. My doctors told me that a change of climate was all that would save me, and they-sent me to Cuba. I maproved as soon as I got out of New York, and I was well

FRANK G. CARPENTER.

GOSSIP OF THE WEEK

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

DR. FELIX OSWALD ON LONGEVITY. Portrait of Emma Bames, Who Is Setting

All London by the Ears, MARRIAGE OF THE PRINCESS LOUISE

PWRITTEN FOR THE DISPATOR 1 Governor Campbell, of Ohio, has at last decided to settle the case of Isaac Smith. convicted of the murder of his cousin, Stephen Skidmore, by commuting the prisoner's death sentence to life imprisonment. The case is remarkable from the fact that the prisoner, since

originally convicted in 1889, has been respited eight times, both Governors, Foraker and his successor, having grave

doubts of his guilt. Smith was found guilty on circumstantial evidence, pure and simple, and such evidence as would hardly be satisfactory to any other jury in the world except an American. The prosecution relied almost entirely on the evidence of a man, Fowler, who repeatedly perjured himself in matters of minor importance. As a result many influential persons interested themselves in the prisoner's behalf and feeling swayed repeatedly to and fro, now with Smith, then against him, until the present Governor of the State determined on a life-sentence as the best way out of the difficulty. Smith himself very consistently difficulty. Smith himself very consistently argues that he is either guilty or not, and if there is a reasonable doubt he should be permitted to go free, but this was more than

time, whether guilty or not. The Rule for Longevity.

Dr. Felix L. Oswald gives some recipes for longevity in a recent letter, but very sensibly refuses to indorse any of them. The learned doctor is always interesting, no matter what his subject, because he is so thoroughly conversant with everything worth talking about. In this last case he is every bit as entertaining as usual, but does not cover the ground completely as his wont, not from a lack of knowledge so much as a lack of space. In treating of the subject of longevity it is idle to fix upon any given rule for its attainment. No scientific or other rule ever promulgated has demo strated power to lengthen for a single year a human life. Yesterday we might have met So-and-so on the street and compared his magnificent physique with our puny shell, inwardly envying the fortune Nature had bestowed on the other. To-day we read of his death. The poor, weak, cold-blooded mite of humanity goes shivering past and we mentally fix the date of his funeral, thereafter granting him respites for gen erations perhaps.
"Oh, man, man," raves the prohibitionist.

"drink will destroy you," and yet there is not one among us who cannot point out dozens of persons who have been drunkards all their lives; are still robust and hearty, and likely to bury the majority of those who are busily trying to save them. There is a man who has had consumption for the last 20 years and looks better to-day than he did at the beginning. There's an-other and another and still another, who have had incurable diseases as long as we have known them and they are still living. Baxter, the celebrated non-Conformist, was such a frail delicate man before 20 that he could scarcely move about without assistance. So fragile was he then and until the time of his death that scarcely a day passed but the life-blood oozed from the pores of his fingers' ends through weakness, and yet he lived to be 76 years of age, preached many wonderful sermons, wrote a large volumes, served 18 months' imprison-ment and did a prodigious amount of labor generally. What law or rule held good in that man's case? Was it abstinence? Perhaps. And yet German statisticians have recently demonstrated that heavy drinker live longer than total abstainers, and mild drinkers longer than either. Doctor Oswald may agree with you that a genuine specific for longevity has not been discovered yet.

Importation of Egyptian Cotton. The steamer Fitzroy recently arrived in New York from Alexandria, with a consignment of Egyptian cotton destined for consumption in this country, amounting to 2,150 bales and valued at \$35,000. It seems ather strange that the importation of this material is necessary, when according to the most recent statistics, the production of cotton in the United States exceeds the demand by 5,316,000 bales, or in plain figures the estimated production last year was 7,434,000 bales of 400 pounds each, against a consumption of 2,118,000. Will someone please explain the necessity for importing the foreign articles. Must we admit the Egyptian cotton to be superior to ours, after the time-honored assertion that the American pro-

duction was the finest in the world? A Prolific French Writer,

Most people think that when a person reaches the age of 60 or thereabouts it is high time to prepare for dissolution, but M. Francisque Sarcey, the eminent dramatic critic of a Parisian journal, does not go on this eminent as a War Governor. He served with great distinction as our Minister to St.

Petersburg, and he has had a long career as a member of Congress. He is in good as his bride a lady fully 30 years younger

M. Sarcey is not a handsome man as the reader will agree by reference to the portrait accompanying this article. Both face and form are thick and "podgy," and one looking at him would think him a duil old fellow, but, in truth, his is one of the brightest intellects in all France. For years he has been contributing 14 or more columns weekly he has something new to say in theatrical matters. To-day it is on dramatic novelties; to-morrow new books relating to the stage; the next questions concerning the advance-ment or condition of his favorite profession. Always brilliant, logical and sparkling with ideas are the productions of this dis-tinguished writer, and as he is still active and strong we may reasonably hope for a long continuance of his much-admired work.

A Judge's Peculiar Ruling. The judge of a petty court in England raised a peculiar point in a trial which took place there recently. A committee of miners dismissed a man for drunkouness. The committee happened to be made up entirely of teetotalers, and when the man who had been discharged appealed to the law the judge in question sustained him, and, fur thermore, re:used to accept the testimony of the committee, on the ground that the men composing it were so extreme in their views that their evidence was bound to be influenced. While many persons will object to such a theoretical mapper of conducting a trial, there are others again who will admit that there is considerable good, hard common sense in the judge's view. A GREAT COMMISSION

Another marriage of the spring and winter variety, soon to take place, is that of the reigning Prince. George Victor, of Waldeck-Pyrmont, with Princess Louise Schleswig - Holstein-Sonderburg - Glucksburg. The groom was born Janury 14, 1831, and the bride January 6, 1858, so there is a slight discrepancy in ages. Princess Louis is described as a fair, blue-

The Princess Louise's Marriage.

Caroline Juliane, of eyed, kind-hearted

girl of more than or dinary intelligence. Whether she may or may not consider it a matter for self-congratulation, it is certain matter for self-congratulation, it is certain that she at one time was seriously considered as a mate for the present Emperor of Germany. The arrangement was set aside, however, and Princess Victoria chosen instead. Probably Louise, etc., is better off as it is, even if she does marry a man well up in years as he has at least the manufacture. up in years, as he has at least the reputation of being a good-hearted old fellow, while the Emperor's marital affairs do not appear to be as happy or as well balanced as they could be as happy or as well balanced as they

-Lorraine is; German. There is a lot of talk these days about the hatred of Alsace-Lorraine for everything German and it would appear as if the border countries ceded to Germany after the Franco-Prussian war were solidly French communities carried over bodily into the enemy's country. The sensational writers who are continually issuing reports ought to remember that these principalities, though under French rule since the time of Louis XIV, are not French in any other particular During all the 200 years this splendid country was alienated from the German people the language of the Rhinelanders never ceased to be the language of the people an even all the newspapers have been printed in both languages. An official estimate of the population, made in 1890, also annuls the wild assertions. Of the 1,560,000 persons the Governor was willing to allow and Smith will, therefore, have to serve his comprising the population 1,350,000 are of German origin. Under the circumstances, it is certainly ridiculous to assume that leace-Lorraine is clamoring to return t

French rule. A Great American Singer. If it were true that kittens born in bake-oven should be loaves of bread, then Emma Eames, the Boston singer who has become famous at Lon-

don with the charms of her voice, should be a Chinese girl, for the land of tea, pig tails and objections to Henry W. Blair, is the land of her birth. She is the daughter of an attache of the diplonatic service who was Emma Eames.

stationed there when she was born. Her childhood was spent in Boston. She learned the value of her voice early, and deter nined to fit herself for the operatio stage, going to France for that purpose. Two douned and she was ready for active work. Her first appearance at the Grand Opera House was an instantaneous success. She essayed the role of Juliet in which she made a great hit. Since that time she has appeared in several other operas, in all of which she has shown to advantage, and many critics think her the best singer, without exception, this country has produced.

The Colony on Tristan D'Acunha. The published reports concerning the con dition of the inhabitants of that remot island in the South Atlantic, Tristan old loving familiarity? Evidently some D'Acunha, are rather misleading. It would thing. He who preached the second sermon appear as if the entire colony, which now consists of about 100 souls, was wrecked on series of works which fill completely 25 Green, the present head of it, is the only one who reached the island in such a man-ner, it having been colonized years before. Although Tristan D'Acunha is 1,300 miles from St. Helena, a company of British artillery was placed there in 1816 to watch Na-poleon. When the latter died the force was withdrawn, with the exception of a Corporal named Glass and a few companions who were left in charge of the small fort that had been erected. Finding the soil very fertile and the locality agreeable, the men decided to remain when their terms of enlistment had expired. They were also able to carry on a brisk trade with passing vessels which added considerable to their revenue. In the

meantime their number slowly but steadily increased. The island is about 20 miles in circum ference and is within a score of miles of two others, one of which, Iuaccessible Island, is of special interest from the circumstance that it harbored two Germans named Stoltenhoff, who led quite a Robinson Crusoe exist-

hoff, who led quite a Robinson Grusselence there deginning in 1871. They were finally taken off by the Challenger on Octo-Wilkin. THE ANTI-TIGHTS CHAMPION.

McHale, of Minnesota, Now Finds Life at Almost Intolerable Bore. The most utterly miserable man in the State of Minuesota is McHale, the antitights champion, says Thomas J. Reamy, of St. Paul. He thought, for a time, he was one of the greatest men in the United States. Up to the time the Senate passed his bill he had been left comparatively free from criticism. He was rudely awakened the next morning to find that "the world had turned against him" in one night. Ye gods! how the newspapers did "throw it in" to him! They printed columns of clippings

from the press of the country, and that "busted" McHale. "busted" McHale.

Then came the guying. He would start for a drive, and find that some solicitous friend had encased the legs of the animal in old trousers. Did he go into a restaurant or hotel dining room, some wag would see to it that the bill of fare would read "frog's limbs" instead of frog's legs. He would order apring chicken, and the leg of the fowl would be wrapped in paper. Even the girls would giggle when they met him, and with expressive glances look down at their dress to see it was not disarranged.

their dress to see it was not disarranged. Then the old man's mail began to increas until it seemed that everybody in the United States had determined to take a crack at him. The letters—many of them were abusive—made the old man wild. The writers called him by every name known, and some of them were addressed "Old-Man-Ashamed-of-His-Shape McHale," "Nude-in-Art McHale," etc. These letters crushed the old fellow, and it is probable he will be seen no more in public life.

ORDERS IN A COFFEE HOUSE, The Walter Uses a Language Peculiar to

Baltimore Herald.] Any man who has ever a meal within the portals of a full-fledged coffee house has heard the sportive waiter singing out his abbreviated and nondescript orders, If you should-happen to call for roast beef and a baked potate you will immediately hear: "One slaughter house and a murphy!" If it is a mince pie sprinkled with white sugar you crave, the waiter calls alond: "One dyspepsia in a snowstorm!" Only a few days ago I asked the waiter of

one of these resorts to order me some posched eggs. No sooner were the words out of my mouth than I heard him yell:

"Adam and Eve affect in mid cocan."
But I changed my mind, quickly saying I desired scrambled eggs. He changed his order to "Shinwreck Adam and Eve!"

if we leave our share of the work undon we actually put things back in the plans of God Almighty. God could do it all, and do it this afternoon. He could convert all the nations of the heathen, change all the temples into churches, translate all the Vedas and the Koraus into Bibles, and write Duty Laid Upon the Church in the the Christian creed where every man could read it, plain across the sky. God could end

read it, plain across the say. God could end all wrong, light up all the dark places and plant all the waste places, make all the men genuine Christians, solve all the hard problems which confront us, and bring in the millennium to-day. But no. "Go ye," the word is, the work is ours.

Work of the Missionary Some people say that if God wants 'all the nations' converted, He will convert them without any need of missionaries, Don't you believe it. God does want the heathen converted. He wants them, as it is written in this sermon, to be baptized and to be taught to observe all of Christ's commandments. The Lord Christ set His followers the task of carrying His truth to all the nations. And that task isn't done yet. he nations. And that task isn't done ye He wants His message carried to the culture of Japan to-day just as He wanted it carried to the culture of Bome 2,000 years ago. He wants it to lighten the darkness of wild Africa to-day just as He wanted it to lighten the darkness of wild England in the days of our savage forefathers. There is no change in the eternal principle. There is

should grow among men, not by the aid of civil power, not by the sword, not by force, nor by violence, but by the persuading of the reason and the heart of man. It should

grow by winning "disciples," that is, by attracting men to learn more about it, till they should be desirous of entering into it that

they might be taught the ways of God more

perfectly.

Every man or woman who belonged to

this kingdom should have it for principle

and purpose to persuade somebody else in. Every Christian should "go" and win dis-

ciples. That means something different from sitting down and being content to re-

ceive disciples who might come. Not a word is spoken of the duty of those who are

outside the kingdom to come in. But it is laid upon us who are inside the kingdom to

go out and bring them in. I hope that there were 500 people in that congregation, and not just the 11, as some would have it; because the 11 were ministers, and it

Teaching Comes After Baptism,

baptized and come into the Christian church afterward. They will wait a long time. Christ would not have them wait at

all. First a man must be a disciple. What

is that? Why, simply one who wants to learn. Whoever desires to know the truth

of God and to follow the will of God, how

ever imperfect may be his performance, however great his faults—if he does but desire to learn, he is a disciple. He has taken the first step. Then comes baptism, and then a whole lifetime of Jearning, and prac-

then a whole lifetime or learning, and prac-ticing, and growing in grace and in the knowlege and love of God.

Finally, the Lord promises His help.
"Lo, I am with you always, even unto the end of the world." A great task, but suffi-cient strength. Tribulation, adversity, per-

again, but the Lord with them, the Lord

A CHARMING LITTLE COWGIEL

Picture of the Young Woman Now Attract

ing Attention in Gotham.

A good many pictures have appeared in

print at one time and another of the young

woman who is Private Secretary to Com-

missioner Beattie, and who, indeed, has a

a face that is fine enough to be worthy of very

frequent reproduction. But the picture that

is herewith given has not seen the light in any

of the multiplied sketches of her eareer

GEORGE HODGES.

ger, even unto the end of the world.

New York Recorder.]

"Baptizing" them, that was to make

no countermanding of the "marching order of the church." of the church."

As for the plea that we ought to convert
New York and Pittaburg first before we advance upon Tokio and Timbuctoo, it can be
said, at least, that the congregation who heard the second Sermon on the Mount did not so understand the preacher. They did not wait to convert everybody in Jerusalem and Jericho before they pushed on to An-tioch and Athens. Happily not. Else had the Christian religion been a little, foolish, narrow sect to-day, struggling still for life among the peasants of Syria. A Duty Laid Upon AlL "Baptizing" them and "teaching" them. The kingdom of God is the kingdom of truth, as Christ said. He meant that it

A Month With a Dead Man. They had come along the country read, between the green fields of the Syrian May, a wondering company. Not a space for silence all the way! Marvels, and marvels, and marvels, more than they had tongues for, to talk about! These men had lived such a month as no other men bave lived since Enoch walked with God. They had lived a month with a dead man. And the lead man had touched them with his hands sat down to supper with them, held long and vonderful conversations with them, and had proved to them that he was not a dead man The gates of death had opened, and He had come back to live with them for 40 days.

And as they climbed the hill, the old hill beside the lake where He used to meet them n the days of their ministry together, be-

might be said that it is the duty of the min-isters, indeed, but of nobody else, to go and make disciples. Christ meant that for all the 500, whether they were there or not. He Christ and His disciples had lived very familiarly together. They had a vague and meant that for every Christian, minister or layman, rich or poor, wise or unwise. Go ye and make disciples. That reaches all the way to Pittsburg, into this nineteenth cendim idea sometimes that He was somehow rent from the rest of them. But they had never thought of worshiping Him. As for any doubt of His identity, tury, into this month of May, and touches and difficulty about knowing who He was when they saw Him, there had never been such a thing. They knew Him as we know our friends. They could recognize Him a quarter of a mile away, and never make a them members of the great Christian society.
And "teaching" them; that was to make
them members of the right sort. Notice
that the teaching comes afterward. Some
people think that they must do all things
whatsoever Christ commanded first, and be

own resurrection. There is little use in talking much about the shapes and colors of

Things That Are in the Dark.

A brief sermon, as they who listened have remembered it for us, more like a text than a sermon, in these words: "All authority hath been given unto me in heaven and on

Christ was to be the center of all its theology, the possessor of the authority of beaven. Christ was to be the heart of all its morality, the possessor of the authority of earth. When they thought of God, and wondered what God was like, they were to think of Him and get an answer to all their questions. They knew God because they knew Him. When they thought of duty, and were perplexed amidst temptations, or confused among many authorities in church or state, and questioned what to do,

"Go ye, therefore, and make disciples of all the nations." Does that follow? Christ all the nations." Does that follow? Christ has all power. Does He need this little company of Galilean peasants? He who possesses all authority in heaven and on earth, has He need of Peter, the fisherman, and of Matthew, the tax collector, and o these obscure men and women? I suppose that the Lord knows best how His own work that the Lord knows best how his own work is to be done in the world, and it is the Lord Himself who says "Go ye." The Lord good work in the world actually depended upon that little congregation, and depends to-day—some part of it—upon you and me. We have an idea that He who has all authority in heaven and en earth will therefore look after things Himself, and has

no need of us.

But this is not the lesson of the second Sermon on the Mount. The lesson is that the Lord has need of us, that we are His fellow workers in the mast literal gence and that

Miss Cynthia Westover, for that is the

How to Prevent Pneumonia Any tendency of a cold or the grip to re

A Little Cotogirt

young woman's name, has not always been the idol of the Italian laborers of the the idol of the Italian laborers of the street cleaning department and the Commissioner's right hand in respect to figures. When she was a child she lived pony-back among the Rockies with Prof. Westover, the geologist, who is her father. In those days she spent months without seeing a woman, and ready to scream at such a conjustive tor. curiosity, for as you observe, she had no re-minder in her own person that there was a minder in her own person that there says sex feminine, since she was dressed for convenience, and perhaps also for picturesquevenience, and perhaps also for picturesquevenience, and perhaps as a little cowboy. She played to 15 cents a round trip. I think ness and beauty as a little cowboy. She could swing the lariat when she wore these garments, and charm squirrels. She could do, indeed, most things the Indian children do, which makes it all the stranger that she should be now in such a responsible metropolitan position.

using proper care to avoid exposure. So far as it can be learned, no case of the grip has resulted in pneumonia where this remedy has been used, and more than a thousand bottles have been sold each day for seven months past. For sale by all

This tail is devoid of hair on the under side near the end, the bare part baving the same texture as the palms of the hands, and the tip seeming to curl automatically round any convenient object with which it may come into contact. This particular Logothrix Humboldtii likes to be fondled by his keeper, readily coming out of his eage and as readily returning; behaving generally in very self-contained manner. "talks" in his way in a little whistling voice, slightly showing a row of even white teeth.

That in history they are told. But whenever I look his lips are dumb
And his eyes are turned away.
And I find that my heart and mind are numb,
And I cannot think to pray. A girl sits down in the pew beneath,

As I sit in the pew alone, For I like a saint that is tailer made Better than one of stope. A Specific for the Cough Following Le Grippe.

water I taste during the day except a glass of water at the beginning of dinner. All the water I drink is boiled. Then comes porridge and fruit, the former with milk and eugar. Then some brown bread and butter, a little fish and a little bit of chop or steak, and then I wind up with two boiled eggs.
"I have caten from two to four boiled eggs every day of the year for 30 years, and when I speak in the evening I always eat two boiled eggs be ore so doing. For lunch I eat a few biscuits, a little cheese, berring and shavings of dried beef. For dinner at 6 o'clock a simple soup, one course of meat with one or two vegetables, green things in spring, and above all, onions. I am very

doubt, any man, by adopting the same methods that I did, can achieve the same results. Supreme Justice Bradley on Longevity. Dr. Milburn here attributes his good health and working powers to his habits of

life. Many of our spry-est old men say that habits are little, but the inherited constitution is everything. Take for instance, Justice Joseph P. Bradley, of the United States Supreme Court. States Supreme Court who has, for the last 2 years, been one of th most learned men on the Supreme Bench, and who now does as much work as any man in publie life. He was born in 1813, was 78 years old

last March, and his

than his, and his range of knowledge is as wide as that of any other man on the bench. I met him at Deer Park during the past summer and chatted with him as to his "I have been a worker all my life, and in a few months. during a great part of my sareer I have put]

working hours are from 10 to 12 daily. There is no brighter mind in the country

Henry King