London Pictures

Interesting Resume of the Important Events of the Week.

THEY WANT PAY FOR MEMBERS

Trades Unions Desire to Have Represen tatives in Parliament Receive Salaries Sufficient for Campaign Expenses. Threatened Bagpipe Epidemic.

London, Nov. 24 .- On Tuesday evening last the parliamentary committee of the Trades Union congress waited upon the prime minister to urge the government to make provision for the payment of members and also for the expenses of the returning officers. They pointed out that the United States and the colonies all paid their representatives and thereby returned men who were in a position to understand questions pertaining to labor matters, whereas in England when a poor or a working man was returned he was obliged to depend upon precarious subscriptions, which moneys are collected from the laboring classes. The annual sum recommended, £300, would enable suitable men to return to parliament and to attend to their duties in an efficient manner. Lord Rosebery in reply promised to do all he could in the matter, but appealed for reasonable time and went through a formidable list of bills already pledged next session. Scotland, Wales and very much Ireland for first consideration, and what is a poor Liberal government to do? The deputation then said that Mr. Lord Rosebery was a very nice man and gracefully withdrew. If the subject comes up next session it will undoubtedly attract a great amount of attention, as the arguments embraced by the trades committee are just and fraught with great common sense.

Is life worth living? is a question not to be lightly asked in the presence of bagpipes. On occasions the Scots guards terrify the babies in the London parks and the Highland sports held annually are one big screech combined with a wail, but one composes oneself and bears up, so to speak-on land. But now the martial music is going abroad. "Why," says Lord Rosebery, "should not sallor boys have their bagpipes as well as Tommy Atkins'?" and seeing no reason, he promptly presented the captain of the training ship Caledonia, now on the Firth, with a check of £50 in order to provide the ship with a bagpipe band! There is more in this than meets the eye, for given an ironclad and a healthy troupe of bagpipists where is the enemy that could stand the strain? No, bagpipes and Briton will still rule

Mr. Asquith, the able young home secretary, has been addressing a few earnest words to the Liberals of Birmingham urging them to unite for the good of their party. At one time Birmingham was a veritable hotbed of Radicallsm, but at the time that the home rule question came up and Mr. Chamberlain announced himself an Unionist, a tremendous split took place and "Brummagem" has veered round to Conservatism. The personality of Joey had a great deal to do with this, as there He is, by the way, still making scathing and vigorous speeches in different parts of the country and is especially hot on the home rule question. Joey likes breadth and quantity and that is why he makes such a butt of portly Sir Willlam Harcourt, who has returned to town very much improved in health.

Every high bridge is responsible for a certain number of deaths and the new tower bridge will be no exception to the rule. As a rule the drowned are suicides, and occasionally a man kills himself attempting a foolish dive. A famous diver in the person of Ben manner. He has made one or two attempts already, but has been stopped by the police, but on Sunday he eluded vate trap door, used by the workmen to get at the roof. He then quietly divested himself of his clothes and dived -or, rather, jumped feet first into the water, a distance of 250 feet. The poor fellow fell with a fearful splash, was seen to rise to the surface and put his hands to his face and then disappear. The body has not been found. For years past the man has been going through dangerous performances, starting with the Monte Cristo sack feat in which Fuller was tied in a sack and dropped from a height into the water, once from London bridge, and he had just concluded an engagement and completely. She then bravely enat the Aquarium, where he dropped tered upon a second artistic career as the roof. His last foolbardy attempt was purely for advertisement.

The floods all over England are subsiding. The greatest distress prevails, Queen Elizabeth, Lady Macbeth, Antiand large sums of money are being sent to various parts where the poor people have mostly suffered. At Windsor the Medea, Sappho, etc. queen has kept the kitchen staff busy making soup, and a regiment of soldiers have been carrying round provisions at Eton college, which is on the opposite side of the river. All the boys have been sent home and it will be some time before the venerable college will be habitable again. At Bath the authorities are at their wits' end to cope with the distress, and the damage done is enormous. At Dachet the people are still confined to the upper rooms and the village narrowly escaped that demolition owing to the bursting of old Windsor lock and the consequent liberation of vast volumes of water, which rushed through the streets, carrying trees, palings, masses of shrubbery and dead carcasses of cattle along in the torrent. Navigation was impossible and the unfortunate inhabitants were nearly starved when relieved.

A dastardly attempt has been made to wreck the Bournemouth express. Three men placed a large sleeper on the line, but fortunately the engine pushed the sleeper before it and finally got it jammed between the wheels and beyond a rough shaking the passengers suffered no further hurt. A man now in custody was found loafing about the spot and was put in a cell with a sapper of the Royal engineers, who told the magistrate an extraordinary story the following morning. It appeared that this fellow prisoner had unburdened his mind to the young sapper. He said that he and two friends intending to do some mischief had put a log on the line, the train came along and carried the sleeper away. They were not at all satisfied with the experiment and put another obstruction on the line in the hopes that a train coming the opposite way would fall into the water. but the poor fellows were disgusted to find that the engine merely splintered the wood, so they ran home to supper.

"But," said the astonished soldier, "don't you know that's murder?" "Oh yes," answered the amiable felby Richard Willis low, "It wouldn't have mattered much if a few had been killed?"

> don occasionally, and high life furnishes not a few of them. In the West End of London daily can be seen a piano-organ with a well dressed man and woman with a thick veil on. The man is Viscount Hinton, who married the "wrong woman" and was cut off without the proverbial shilling. In revenge he turns the handle and grinds out ta-ra-ra and other classical selections to annoy West Enders, Mrs. Viscount looks after the financial part of the show and a large placard announces the sad story of a disinherited viscount who has no work to do-o-o and no income. We are used to them now and business is not so good, but now the "blind son of a baronet who, through no fault of his own," has lost £2,000 a year, has taken to the business, but with a difference for the b.s. of a B has a four-wheel van and a geegee and he plays a cottage plano. He is accompanied by a companion with up-turned collar and goggles who speaks well and collects the coppers. He says the blind man's name is 'Musgrave," that he is a lay vicar in Kent and "esquire" of Shillingdon, Bedonshire. Truly the aristocracy are playing it (the plano) very low down!

The proprietor of the Field and Queen newspapers, Mr. Harding-and a few other names-Cox, who is also an owner of race horses, has obtained a divorce from his wife, Mrs. Hebe Cox. Hebe has been having a high old time with a land agent, and according to the evidence, had been repeatedly forgiven and taken to Harding's arms once more. and even England! were all pressing Mrs. Cox broughtcountercharges which were promptly dismissed.

The turf has lost one of its chief supporters by the death of the Duchess of Montrose. She was married thrice, first to the Duke of Montrose, who died in 1874; secondly to Mr. Crawford, who died in '83, and third to Marcus Henry Milner, who survives her. She was an marriage, whereas Milner is quite a young man. She ran horses for many years under the name of Mr. Manton and was a wonderful judge of horseflesh. Last year she won over £4,000 by victories alone, and the Duchess was Among other races her colors have secured the Goodwood Stewards cup, the 1,000 guineas, the Oaks and the Livershrewd in equine matters, and her opinion was often sought by some of the most exalted personages in the state in given the subject's eyes now close and regard to the purchase of thorough- he will sleep more or less profoundly

The Stanley cycle show has started its annual exhibition at the Crystal Palace. The only novelty in the show is the new bamboo cycle, for which the makers claim that one weighing twenty pounds is equal in strength to an ordinary wheel of thirty-five pounds; they certainly are very attractive to look at.

The school board elections have this year caused more than ordinary excitement owing to religious controversy are rigid, either in the whole or in part creeping in. As is always the case in of his body. such instances the feeling has been but as a matter of fact it has been a to by the hypnotizer. jealous fight, and a disgraceful one, between high and low churchmen. Richard Willis.

JOHANNA WAGNER Death of the Famous Prima Donna and

Tragic Actress. Foreign papers bring word of the reent death in Germany of Johanna Wagner, niece of Richard Wagner, She was born at Hanover, Oct. 13, 1828, and was the daughter of Albert Wagner, a Fuller has just met his death in this dramatic tenor. He married Elise Goll-

man, whose voice, of the abnormal compass of three octaves and two notes, was one of the wonders of her time. them and ascended by means of a pri- In her very short career she is said to have sung the parts of Tancredi and of the Queen of Night with equal fullness of tone. The daughter of Elsie Gollman Wagner even surpassed her mother in reputation. Richard Wagner and his brother, Al-

bert, lived together in Wurzburg during the year 1833. Johanna, then only years old, sang everything she heard; and her uncle, in after years, would often quote her childish version of the words of operas. In 1859 she married Herr Landrath

Jachmann, and two years later had the misfortune to lose her voice suddenly feet first into a tank six foot deep from an actress, her exceptional gifts enabling her to do so with brilliant success. This lasted for eleven years at the same theater at Berlin. Her new repertoire included Marie Stuart, gone, Phaedra, Isabella ("Bride of Messina"), Maid of Orleans, Hermione,

AT PROVINCETOWN.

"My husband? Aye, my husband, man A year ago this day He sailed; and him and me just wed." Yet she was old and gray.

The youngest master of the fleet; But ask about the town If better skipper sails the sea Than Captain Ephraim Brown.

We was but boy and girl When he first bore me in his skiff Through wind and wave and swirl,

And then he went before the mast And then became a mate, And then-why, I'd growed up with him-Here I would watch and wait.

'Across the bar off Highland Light The wind might whistle hoars Twas by my figure on this hill He'd always lay his course.

Then, when he called a ship his own, —She's named for me—he said: 'Why, Jennie, ain't it now most time That you an' me was wed?'

"And we was wed in the old church Just yonder, up along. (I seems to hear the parson's voice, The organ and the song).

'One week-and he put out to sen, A year ago this day; The youngest master of the fleet!" Yet she was old and gray.

'My husband? Ave, my husband, man! Just past a year we're wed. Ask any one you mind." I asked The first I met. He said:

'Why, that's the crazy Widow Brown, She's always watchin', though Her husband's ship was lost at sea Some thirty years ago.' -Gustav Kobbe.

Buy the Weber

and get the best. At Guernsey Bros

Hypnotism and How to Practice It

We get some comical sights in Lon-The Operator Requires No Occult Power or Special Qualities.

POST-HYPNOTIC SUGGESTIONS

Claims of the German and French Schools on the Subject of the Operator's Will-Some Very Interesting Recent Studies.

Despite a very prevalent belief to the contrary, there is nothing of the occult in hypnotism. The operator requires no special power or qualities. A schoolboy, had he patience, could produce the same phenomena as the most learned scientist. To hypnotize a person it is only necessary to give him something bright to look at, with the suggestion that after awhile the eyes will grow very tired, will close and he will go quietly to sleep. This is the method used by Bernheim, the head of the German School of Hypnotists. He says "the will of the operator has nothing to do with making a subject sleep." On the school, claims that the influence of the mind is largely responsible for the subject's sleep, and that only nervous or hysterical persons may be hypnotized. As Bernhelm has succeeded in hypnotizing every one on whom he has had an opportunity to experiment, his

theory is the one generally accepted. Simply looking at something bright is not all that is necessary to make a person sleep, says a writer in the St. Louis Star-Sayings. No one can be hypnotized against his will. This subject must, therefore, consent to be experimented upon, and should feel perfect confidence in the person conducting the trial

To obtain the best results, place the subject in an easy chair with instructions to assume the most comfortable elderly woman at the time of the third | bright-almost anything will do; a cork wrapped in tinfoil answering very nicely gaze should not be removed under any pretext whatever. In the course of a few minutes his eyes will grow very heavy, will close slowly, and a perceptinot above doing a little speculation. ble fluttering of the underlid will be noticeable. When this stage is reached the operator should give the suggestion to at Dowlais on Aug. 15, by deliberately sleep. For this the voice flust be low, shooting her, has been sentenced to twenty pool cup. Her Grace was extremely but perfectly distinct and firm so as to command obedience.

If the suggestion has been properly Suggest then that he sleep soundly until told to awake.

The Five States.

He is now in the first stage of the hypnotic trance. Bernholm divides this trance into five states, so closely allied that it is almost impossible to distinguish between them. Three stages are all that the ordinary investigator need notice. First, lethargy; second, catalepsy; third.somnambulism. The cataleptic state is often entirely absent, unless the patient is told that his muscles

After sleeping from two to twenty very bitter and a lot of unpleasant minutes the subject enters the third things have been written and spoken. stage, that of somnambulism. He will The old party have retained their places, but have but a very small majority. The question turns on whether cautioned that, though he does so, he the Church of England faith shall be will be still asleep), will walk about and taught in our school or whether readings even carry on an animated conversafrom the Bible only shall be permitted; tion. He will do whatever he is told

Care must be taken, however, in making suggestions to a person hypnotized for the first time. The patient is in a state of unusual mental susceptibility. He hears and sees, without realizing, everything that goes on about him. He knows that he is the centre of attraction, and a feeling of shyness comes over him. He even resists in a measure this peculiar sensitiveness of an inexperienced subject that a request of any unexpected character will startle himfrequently to such an extent as to cause him to awake.

Only trained subjects obey unhesitatingly every command. By a trained subject is meant one who by frequent hypnotism has become accustomed to the hypnotic state, and submits entirely to the operator's control, his own will having apparently no power whatever another before, has been allowed to be-of opposition.

The Trained Subject. The more frequent a person is hyp-

notized the more easily he complies with the demands made upon him, until, in the course of time, varying in length according to the person's susceptibility to outside influences, he becomes what is known in technical language as a "good subject." The most important thing for a person

experimenting in hypnotism to learn is the art of awaking a sleeping subject. Here come in the unexplained phenomena of post-hypnotic suggestion, or the carrying out after awaking of a sugges- parliament at the beginning of the year. tion made while asleep.

To awaken a subject by simply bidding him to do so is to take chances. Owing to the unusual condition in which the hypnotized person has been, it is not improbable that he would awaken with a start, possibly having a severe headache and feeling so drowsy that he would insist upon again going to sleep.

To avoid this the operator should use And peacock feathers he gravely wore, some such formula as "I-am now about to awake you. You will have no head ache or pain of any kind. You will feel comfortable and happy. You will be rested and refreshed from your sleep, rested and refreshed from your sleep. This omelet robe to wear.
and will remember nothing that hapBut Li-Hung-Chang, of whom I sing, pened while you slept. When I count three, your eyes will open and you will

If the experimenting is done in the evening it is well to add the caution that the patient will sleep well that night. These suggestions given, proceed to count three slowly and distinctly. At the last word the subject's eyes will open, and in the course of a minute or two he will have shaken off the feeling Deep he smokes till the air grows dim, eyes first enclosed.

Post-Hypnotism.

The field of post-hypnotic suggestion seems unlimited. A good subject, en rapport with the hypnotizer, will carry out after awaking almost any suggestion which has been made.

To a subject recently hypnotized by the writer the suggestion was given that he knew nothing of the vowels E and I. After awaking he was requested to write the word "weight." Without hesitation he wrote "wght." Told that his spelling was wrong, he insisted that it was not, but that the spelling was a new one, which had been recently adopted. The word eight he refused to write, saying that he had forgotten how. Asked to repeat the alphabet, he ran through it very rapidly, omitting the letters specified. He did this much more rapidly than any one else in the company, who, in a normal state, attempted the same feat. In the course of a few minutes the letter "I" came back to his memory, and later still the letter "E."

While they were lost to him he explained their disappearance by saying Health Hints and that they had formerly existed, but a man had thrown them away. The subject was a young boy, and there is no

doubt whatever of his honesty. An equally curious experiment fre quently tried is to tell a subject that Suggestions That May Save You Many upon awaking a certain object will be invisible. If the object chosen is a per son it is well to suggest that they will be neither seen, heard nor felt. If this were not done the voice or touch of the invisible person might give the subject a severe fright, or even drive him into hysteria.

Nervousness and Hysteria. These abnormal conditions of the mind soon fade, and disappear of their own accord, as a rule. It is always safest, however, to rehypnotize the subject and restore him to a natural condition by suggestion.

The mention of hysteria brings up a point which is well for the novice to remember. Nervous persons often become hysterical when in the hypnotic This is caused generally by dreams, pleasant or otherwise; by the sound of laughter, or loud talking. To avoid this give the suggestion to sleep soundly, but not to dream. Also to sleep quietly. At the first sign of approaching hysteria suggestion will often serve to quiet the subject. If, however, he refuses to be quieted, and becomes realother hand, Charcot, of the French ly hysterical, the only course left is to awaken him as quickly as possible.

The hypnotist must at all times remember that he can do anything at all with a good subject, if the proper suggestions are given. He should watch the subject closely while hypnotized. and at the least sign of pain or discomfort correct it without delay. The subfect will believe implicitly anything he says, and he should always insist upon every suggestion made being carried out to the letter.

This is too broad a subject to attempt laying down all the rules which could be catalogued. Experience and observation will readily teach the best method of handling any particular subject.

It is well to keep in mind the good which may be done through past hypnotic suggestion. Headache, or, in fact, position possible. Give him something almost any mild pain or discomfort will readily yield to its influence. By repeated suggestion, day after day, habits -and let him look fixedly at this. His may be formed or broken. There is almost no limit to its application.

WELSH NEWS NOTES.

Samuel Blissett, who murdered his wife

years' penni servitude Hwfa Mon, who has been elected archdruid in place of the late Chwydfardd, visited the states a few years ago, and among other places preached at Scranton. This is how one of the bards has sung to the historic meeting of the Gorsedd com-

Yn y Mwythig cawn lawn lys-i arwain Derwydd i'r Brenhinliys; A Hwfa Mon o'r Fam Ynys

A'i bump bardd dan ei bump bys. A lady who knew Switzerland and other parts of the continent alighted some time ago at Conwil station, near Carmarthen, and was so charmed with the scenery that she exclaimed that there was no place like Wales, and especially Conwil. Eifronydd, the recorder of the Gorsedd,

whose agitation at the meeting of the Gorsedd committee on Friday was no evident, has described himself as the "gwr nervous o Gaernarfon." He is one of the readlest rhymsters in Wales, and can roll out englynion as easy as breathing.

avoided. Seren Cymru, the Baptist organ, ublishes 'a long review of Profes Hugh Williams' pamphlet on Baptism. It a piece of plaster; whatever be its size contends that Professor Williams has given away the paedo-Baptist case, and that his pamphlet practically concedes all that the Baptists have always contended The Herald has an article on foreign politics and the Chinese war; and the writer of the "Political Notes" in the Tyst praises Mr. Lloyd George, and says that he has improved immensely as a public speaker during the last three years, The Genedl brings to mind the fact that the National Council which met at Llandoing what he is told. It is because of drindod, at the end of August last, de termined to convene a representative gathering of Welsh Liberals from all parts. A small sub-committee was appointed to make all the necessary ar rangements for holding the meeting at Aberystwyth, about the end of the year, months have passed by," says the l, "since it was determined to call together a meeting to discuss the dises-tablishment measure, and to decide what course should be adopted by the Welsh

members in parliament next session. But up to this time that resolution, like many appointed to make all the necessary ar rangements, but the sub-committee has not been called together. Among the members themselves there is a dif-ference of opinion as to the details of the measure. The chasm yawns wider week by week, and nothing is being done. stated that the National Liberal Federal tion of England is about to pay a visit to Wales and the prime minister will of ne-

cessity deal with the great question of Wales, and yet Wales herself is not moving in the matter to express, or even to form, a deliberate and united opinion on some elemental principles of the great measure which will claim the attention of the federation, the prime minister and

LI-HUNG CHANG.

Oh, Li-Hung-Chang was a wonderful

And he lived in the land of tea; You have seen him pictured on many Such a wonderful man was he.

And letters of state he wrote; He was up in martial knowledge and lore And they gave him a yellow coat,

An honor great in the land of Ching, He really did not care.

Off he went on a royal spree. And whooped things up sky-high; He suiled about on the blue Yalee And drank of the Chinese rye

And they gathered his peacock feathers in And they took his coat away; They disregarded his loud "chin-chin," Because he had got too gay.

But he feels not a single pang; Little, indeed, it matters to him. For still he is Li-Hung-Chang. -Kate Masterson.

PLUNG!

Plung! plung! plung! Sat a musician young With guitar softly strung; Plung! plung! plung! 'Sweet Marie," "I Love Thee," And other songs he sung Intil a brick was flung At this musician young Who did the guitar strung, Plung! plung! plung!

Pling! pling! pling! No more he cares to sing Or touch the magic string, Pling! pling! pling! 'Sweet Marle," "I Love Thee," And other songs now bring Peculiar thought of "zing!" To him who once did sing And touch the magic string Pling! pling! pling! -Creight Lloyd.

Rules of Hygiene

a Doctor's Bill.

WISDOM FOR THE HOUSEHOLD

These Hints Don't Cost Much, Are Not Copyrighted, and if They Don't Do You Any Good, They'll Not Do You Any Harm.

"If you fear a sleepless night," says

prominent hygienist, "undress in the dark. Light stimulates and arouses the activities. Darkness is supposed to produce drowsiness. Put some chopped ce in a rubber bag and place it at the lower extremity of the spine. This is particularly quieting to the nerves. Do not use anything except a rubber bag, or you will merely have a damp cloth and rheumatism by morning. Do not use a pillow. Relax every muscles so far as it is possible. Sprawl over the bed, with arms and legs stretched out. Take a sponge bath with tepid water just before going to bed. Lie on your face instead of on your back. That is the way babies sleep, and their methods are scarcely to be improved upor in this particular. All pressure is removed from the spine by this means, and a delicious feeling of restfulness engues. Make up your mind that you want to keep awake long enough to hear some one come in or to outline the next day's work. You will drop asleep immediately.

It has taken the medical world great many years to discover, says writer in the Medical Brief, that loss of hearing is almost invariably caused by some disease of the throat or nos or both. But very recent researches in these fields have demonstrated this fact beyond question, and it is now admitted by the more advanced medical men that, aside from rupture of the ear drum, there is scarcely a symptom of defective hearing which is not traceable directly to the condition of the nose and throat. In view of the new discoveries, ear specialists are finding their occupation gone, save as they make their particular branch an assistant in further investigation. It is said, as we have already pointed out, that the use of smelling salts is one of the most prolific causes of deafness, operating by weakening the olfactory nerves, and through them the auditory system. All strong or pungent odors should be avoided as far as possible especially those which act upon the secretory processes, and, as the popular expression goes, "makes the nos

A contemporary prints the following don'ts" for bables and mothers of babies: "Don't put a wee, helples baby to bed between two giants, for it the poor little thing is not crushed to death the monsters will absorb its vitality and leave it pale and lifeless Don't let the baby sleep with its mouth open; place it on its side; smooth out its ear and the creases in the pillow-case, and sleep will be longer and sweeter Snoring is a bad habit, for which mothers are entirely to blame. People who snore slept on their backs with their mouth open when they were babies. Such babies invariably suffer from cold and throat troubles."

use narrow strips. Warm the plaster up by holding the back of it against a can of boiling water for a few sec onds, then apply it across the wound leaving a small space between each strip to give exit to the lymph. Remember that sticking plaster has no healing action in tself; the benefits derived from its use are of a purely mechanical nature. Clean cuts are better bound up with the blood, simply with a linen rag, for sticking plaster is of no use until the bleeding has ceased

HEALTH FOR THE MILLION: Wrap a piece of ice the size of an apple in a towel and hold to an aching head, re moving and replacing at intervals of a minute or two. This will relieve the pain. For catarrh of the stomach, take a halfteaspoonful of the phosphate of sodium in half teacupful of boiling water half an hour before breakfast every day for weeks.

One of the commonest causes (and one that is constantly overlooked) of neural-gia, is decay or disease of the teeth or gums. Catarrhal or other affections c the nose, ear or throat may cause it. Exposure to wet and cold frequently

ause neuralgia. Powdered pumice, lemon juice or vine gar and a matchstick or toothpick will b needful to elean black teeth. Dip the toothpick into the lemon juice, then into the pumice, and gently and lightly rub on the black spots. Use carefully lest the enamel be worn through.

To avoid bad colds it is only necessear to avoid closing the pores of the skin either rapidly, by checking perspiration or slowly, by remaining still until the body is thoroughly chilled—that is, until the pores are nearly or entirely closed by inaction in a cold atmosphere or room.

To stimulate the intestines, which have much to do with the blemishes of the skin, some natural aperients, like min eral water, grapes, grape fruit, apples etc., should be taken, to the exclusion of more nourishing foods. Besides head exercise, a little alum, alcohol or bezoin used in the water will tend to tighten the skin, and sea salt or Epsom salt will neu

tralize some of the oll below it. To remove dandruff, says the Philadel-phia Record, brush the hair thoroughly twice daily, and wash the scalp with tine ture of green soap (a teaspoonful to a pin of warm water) once every week. Take arsenic red suphuret, 1-100 of a grain tablet, after each meal for three weeks to improve the complexion. Make a paste of sweet oil and red pepper and spread on the finger nails—no child will wish to nibble his nails if they be well peppered.

A daily sponge bath of cold or tepid water, followed by brisk rubbing with a rough towel (preferably a crash towel), will do wonders for the skin. In addition will do wonders for the skin. In addition to bathing one must have active out-of-door exercise. One should walk three miles every day. The diet must be the best to promote health. Foods that are easily digested best serve this purpose. Do not drink tea or coffee; eat no pastry; do not eat between meals. If sweets are eaten they must be taken with the meals. Detak milk, drink water—two quarts every Drink milk; drink water-two quarts ev-ery day. Sleep ten hours out of the wenty-four.

If your breath has a bad odor, have all lecayed and unclean teeth treated by a dentist-then after this has been done keep them clean. Brush them three times a day with a tooth powder composed of precipitated chalk one ounce, orris one-half an ounce. After each brushing rinse the mouth and teeth with a solution of phenol sodique, one tablespoonful to eight ounces of cold water. In addition to the care of the teeth one should avoid enting foods that affect the breath-such as fish, onions, cabbage and radishes. Be sure that the bowels are freely moved every

Information Wanted. From the Pittsburg Chronicle-Telegraph. "Papa," said Johnny Snaggs to his male parent, "animals don't cry do they?" "No, Johnny."
"Then what are these muleteers I read

VISITORS' EARS AFFECTED.

An Amusing Experience of Many People That Visit the Eiffel Tower. From the Pittsburg Dispatch.

The lifts, or elevators, by means of which visitors reach the lofty third platform of the Eiffel tower at Paris, rise and fall at the rate of about 300 feet a minute, so that a person, descending, is let down a distance of more than 900 feet in about three minutes. Nine hundred feet represents a considerable difference in the density of the atmosphere, and the physical results of the sudden transition are manifest to many persons. To the writer, this difference was perceptible rather on the side of rarity in ascending. A certain degree of difficulty in filling the lungs was experienced as the third platform was reached. A gentleman occupying a seat in the left of me, however, was somewhat painfully affected by the descent. As we neared the earth he suddenly clapped his hand to his ear and gave utterance to a sharp exclamation of

"My ear!" he cried out. "I have a most exerutiating pain in my right

ear! For some moments he leaned against a girder, and seemed to experience relief only by pressing his palms closely against his cheek. The pain subsided immediately, however. Out of every hundred persons one or more is pretty sure to have a difficulty in the ear of this sort; and so commonly is the discomfort in this organ observed by those in charge of the holsting aparatus, that when a tourist is seen nursing his ear. with a look of distress on his countenance, he is at once set down as afflicted with an "Eiffel ear."

WHAT YOU NOTICE

at first, perhaps, in taking the Carlsbad Sprudel Salt regularly, is a decrease in weight. It is getting rid of all the unhealty, unnatural flesh and tissue---if you have any. That is what makes it so valuable in cases of obesity. But after that, or, if you are thin

already, the firm, sound, healthy flesh that you need comes in a thoroughly natural way. Your digestive organs are put into perfect condition; your appetite is sharpened; there's no waste; the food that you eat nourishes you.

No matter whether you're too stout or too thin ... the Carlsbad Sprudel Salt brings you to the proper, healthy standard, either way.

Take no imitations sold as "improved" or "artificial" Carlsbad Salt, which are only mixtures of ordinary Glauber Salt and Scidlitz Powder, sold by unscrupulous dealers in order to make larges profits. The only gen-Never cover a wound wholly up with | ine imported article has the signature of "Eisner & Mendelson Co., Sole of "Eisner & Mendelson Co., Sole Agents, 'New York," and the seal of the city of Carlbad on every bottle.

Atlantic Refining Co

Manufacturers and Dealers in

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