started forth in the darkness armed

Beautiful Preston Park And Its Environment.

A Country Club Possessing Unusual Advantages.

Those who have never visited Pres- | ed by the summer guest in trying to ton Park but expect to enjoy that privilege in the future have a distinct pleasure in store for them. To the ones who have seen its beauties, always and ever it will smile "fair as the garden of the Lord," and always its name will be the synonym of rest, and peace and delight. For the benefit of the many who have no conception o. the wild and indescribable charms to be found far up among the mountains of our neighbor county. Wayne, this tribute to a rare treasure casket of nature's loveliness is written.

Preston township has made a record for itself in the quiet repressed history of lives led in the simplicity of early traditions and hard conditions that surrounded them. The earliest settler was a Quaker and legends still remain of the antagonism and the triumph through which his faith passed, and which left his name and the memory of his unremitting toil upon the rocky hillsides

James D. Stocker, a prominent rest dent of Jermyn, and one of the foremost representatives of Lackawanna county, may be called the discovered of Preston Park, so far as its present relation to civilization is concerned. Eighteen years ago standing at the door of a little farm house and facing the noble slope above a sparkling lake he said: "What a place for a hunting lodge, or a country club!"

The idea remained in his mind, and years afterward as he guided one friend after another to this spot, unrivalled in its natural features, he imbued with enthusiasm those who, with him, gazed upon the fascinating possi-

PRESTON PARK ASSOCIATION. When the Ontario and Western railroad was laid through this region possibilities became certaintles.

Mr. Stocker went about quietly and bought up the land surrounding the two lakes. Plot after plot was added until a tract of 400 acres was secured. The original plan of the gentlemen interested was to form an extensive deer

park and hunting and fish preserve. This was in 1891. A charter was obtained and the following officers and board of directors were elected for the first year: President, J. G. Stocker, Jermyn; secretary, John W. Aitken, Carbondale; treasurer, A. W. Dickson; board of directors, J. D. Stocker, J. W. Altken, A. W. Dickson, William S. Hutchins, Moosle, C. H. Pond, G. S. Kimball, Carbondale; J. J. Williams. Messrs, Stocker, Aitken and S. P. Hull constituted the house coramittee, with Messrs, Stocker, Matthews and Pond as committee on grounds.

The list of members besides those named were: J. E. Burr, Mrs. Mary Lathrope Crane, E. E. Hendrick, Carbondale; S. W. Cook, Jermyn; Dr. Thomas Canning Church, Valley Falls, N. J. G. A. Clearwater, E. A. Clark, A. W. Dickson, Joseph B. Dickson, New York; Jesse L. Eddy, New York; I. A. Finch, S. P. Hull, J. L. Hull, Franklin Howell, G. W. Jenkins, J. B. Kerr, New York: C. P. Matthews, J. D. Mason, Walter Matthews, W. W. Phillips, J. H. Rittenhouse, Dr. J. L. Rea, A. S. Roe, E. B. Sturges, George Sanderson, J. J. Williams, W. W. Watson, T. F. Welles, A. B. Williams.

became the united object of the stockholders to make the spot a resort where their families and friends could withdraw whenever it so pleased them, and, accordingly plans for a club house were made by Architect Brown, which resulted in the present struc ture built on a majestic eminence ris fug high between two lakes and sloping in beautiful curves in either direction, where the wooded hills beyond undulate to encircle this lovely vale, One of the great advantages of the location is the stretch of forest that can be seen. While there is much open country the presence of the woodland and mountain casting deep shadows into lake and stream renders the vista extraordinarily attractive.

LODGE AT THE PARK.

The Lodge is a large and commodious building, elegant and picturesque in architecture, a combination of rich browns and reds in tone, and surround ed with deep generous porches. The first view of it coming around curve, in driving in from the station is always a surprise to the newcomer. so imposing is its appearance on th lovely hill set against another greater for a background.

From it the views are a never ending source of delight. One lake rippling against the lawn at the right, another at the left glimmering through the trees at the foot of the orchard in front, rising far and stretching afar to the horizon what seems to be the abrupt spur of a mountain in the breaks or which can be caught gleaming lines of distant blue of mountains hundreds of miles

The Lodge occupies the site of an old farm house, the ruined chimney of which forms an interesting and picturesque object close by the northern veranda, where vine wreathed and encircled by sumach, it is surmounted by a granite tablet erected by the present proprietors to the memory of a Preston, the oldest settler and a former owner, together with the appropriate and kindly sentiment "We are Friends," no less a tribute to that early and sturdy believer in the simple Quaker faith than to the pleasantly associated company that gathers beneath this roof in the summer tide.

The Lodge and its furnishings represent about \$16,000 in value. spacious and pleasing in its interior arrangements, and is so constructed that every lower room as well as every chamber looks out upon a fine view. Rattan furniture, rugs, dainty portieres and wide entrances are features in the great hall, parlors, lounging and smoking rooms. There are no rectangular apartments on the lower floor, and all with their odd corners and unexpected windows and doors open upon the great porches as do many of the sleeping rooms.

THE SECOND FLOOR.

That second floor is an institution the like of which was never beheld outside a labyrinth of olden days. The average new visitor, not endowed with the gift of prescience, and not having carefully tabulated the number of his sleeping apartment together with a diagram of the route thereto, is apt to grow considerably embarrassed, not to mention the embarransment he thrusts upon others, by his peregrinations in search of his own room

Mr. Brown, or whoever designed those chambers, certainly had an eye to aconomy of space, if he did neglect the computation of time probably wast-

find where he is at, with relation to his desired destination.

The rooms are grouped about a general centre, which is the spot sur-rounding the head of the stair case, but there your senses desert you. Which way did you turn after the three times in coming up the stairs? There are numberless radiating corri- ways of a Wayne county native, with

many other absurd things, you become familiar with the devious windings of that second floor and are quite prepared to smile at the puzzled antics of newer guests, and to consider the odd corner cooms, the unique, yet pleasant corridors and the general arrangement of the space, as the most thoroughly commendable plan with which you have ever became acquainted.

Preston Park has many advantages. The boating is fine, and the boats of the club, as well as those owned by members, are superior. There is excellent fishing in both lakes, fresh fish for breakfast being a frequent meal when the guests care to rise at

an unchristian hour in order to secure

a catch. Then the Delaware river is

but four miles away, and although the

the wrong direction for a day or two,



dors leading to doors that bear an amazing similarity to the door behind which is your trunk and several things you want immediately. Yes, this must be the way; you remember now; there were two doors side by side, with another around a queer little angle boldly in without the formality of knocking, and as no one dreams of locking a chamber door at Preston Park, you discover, after a searching glance after your familiar luggage, that you have not made the right guess and have evidently interrupted the afternoon nap of an elderly lady, who is regarding your intrusion with a look

of mild disapproval. You apologize and withdraw with precipation and believing that it is the door next which you seek. You enter somewhat more timidly to find no one, but also to not find your own possessions. Then you grow desperate and try door after door in succession. You certainly were located in a room right at this corner. You knock, and apologize at the appearance of guests who evidently belong there. until you grow dizzy and probably end by walking into some apartment where the occupant is engaged in shaving himself, and is so startled at your unannounced entrance that he nearly cuts his throat. Then you flee down stairs, certain that something is wrong with your brain and secure a guide. After you have found yourself wandering in | inent residents of this and other towns | Major Fish, C. D. Simpson, E. P. Kings- | an inquest on the body of a man who | good to remove ink stains from wood.

regard to his promise of providing bait, are past finding out, yet a day's fishing in the Delaware is one of the most approved pleasures of the resort.

This year bath houses have been

erected several inches larger in dimensions than those at the sea shore, and close by. You are certain, and walk as the bathing is excellent much additional enjoyment is afforded the guests. The roads are in good condition for wheeling, and many bicyclists have their wheels. The walks are unrivalled. Nowhere in this climate can be found a greater profusion of ferns with more variety of species to be noted. The dining tables and rooms are decorated constantly, while the waxen beauty of

water lilies are among the adornments

ANNUAL COON HUNT. The park contains much woodland where shooting is good. The annual coon hunt is a feature of each season while the young people would resent being denied the autumnal corn roast There is a tradition about one coon hunt which Mr. E. B. Sturges can probably tell far better than can the writer. It was early in the experience of the association members and they placed strong reliance upon the knowledge of a rural Nimrod some miles away whose two famous coon dogs were trained for coons alone and could not be persuaded to pursue any other animal

The party composed of many prom-

run

its spires

Into one),

grass, Never was!

And embeds

Long ago.

dread of shame

Stock or stone

spreads

and woe,

Up like fires,

Twelve abreast.

O'er the hundred-gated circuit of a wall Bounding all.

Made of marble, men might march on nor

And such plenty and perfection, see, of

Such a carpet as, this summer time, o'er

Every vestige of the city, guessed alone,

Lust of glery pricked their hearts up,

And that glory and that shame alike, the

Now.-the single little turret that remains

While the patching houseleek's head o

Through the chinks-

Sprang sublime;

Viewed the games.

Smiles to leave

In such peace:

Melt away-

caught soul

Marks the basement whence a tower i

and a burning ring, all around, the char-

And I know-while thus the quiet-colored

To their folding, all our many-tinkling

On the plains, By the caper overrooted, by the gourd

Overscored.

blossom winks,

ancient time

iots traced

his dames

fleece

hair

Struck them tame;

Bought and sold.

multitude of men breathed joy

have been discovered creeping stealthwith many torohes, guns and other paraphernalia of the midnight chase. Leading all were the great coon dogs ily up the back stairs, which you had descended by mistake, and have done and their proprietor. They soon struck scent and after wandering weary miles over logs and all impossible obstructions, the dog with the most vociferous accents "treed" the coon in a hole, a somewhat unusual proceeding, although the hunters in general were unaware of this fact. THE WRONG COON.

It was not until one of our best known citizens had endeavored to investigate the refuge of the animal that t was discovered beyond any possible mistake that the dog which "couldn't be made to chase anything but a coon' had made a grievous blunder, and would reasonably have to be buried for a protracted period before he could be permitted to again mingle in respectable society. The same course could have been taken with advantage by the prominent Scrantonian with a curious turn of mind. About then the other dog began to grow very much excited and his owner brightened up as he declared "Josh has a coon; I can tell by his bark." I believe it was Mr. Sturges himself who was in at the death of this "coon," which was evidently a near relative to the other.

The hunters returned to the Lodge and the large party of wives and sisters there awaiting them, with the nice

supper which had been so carefully prepared. A queer expression spread over the faces of the fair ones as the tired men entered. It was a puzzled look at first which soon settled into one of decision when, as one woman, they all held their breath and fled to the upper rooms and left the banquet hall to the lords of the chase.

Another tradition exists which exemplifies the enterprise of a well known resident of Scranton. There was to be a nutting party. The woods abound in noble chestnut trees, and attempts have been made to preserve the spoils. It is reasonably easy to issue an edict against the ravages of small boys it the nuts are located at a distance of forty or fifty miles from Scranton, but squirrels and chipmunks are lamentably indifferent to "trespass" signs, so the chestnut crop was rather light that season. The chestnutting party came off, however, and was a phenomenal success. The ladies found quantities of nuts all nicely scattered from the burrs It was not until some time later that a whisper went the rounds to the effect that Mr. A. W. Dickson had surreptitiously conveyed thither and flung beneath the trees a bushel or two of chestnuts from the home market, so that no disappointment would be experienced as to the results of the nut ting expedition.

The lodge is admirably conducted under the management of Mr. and Mrs. Jansen, who look well to the comfort of the guests. Mr. Johnson, Mr. Hanley's colored caterer, is at the head of dining room affairs, and is an important factor at the lodge, where he has been a great favorite since its exist-ence. With an excellent cook and fine table service the guests find this important part of the day's pleasure one of great satisfaction. A house committee, composed of Messrs. W. D. Kennedy and T. J. Foster, look after the supplies, other than those procured

from the estate. Among the members added since its organization are J. H. Torrey, T. J. Foster, W. D. Kennedy, W. T. Colville, A. P. Troutwine, C. W. Kirkpatrick, C. O. Melion, Carbondale; E. H. Ripple,

bury, T. E. Jones, W. G. Parke, F. E. Platt, S. B. Price W. W. Patterson, L. A. Watres, H. C. Shafer, Mrs. Emma Bone, Mrs. Hanley, J. W. Coolidge, F. B. Foote, Luther Keller, J. A. Lansing, C. R. Lindsay. The officers are: President, C. H. Pond; secretary, J. H. Torrey; treasurer, A. W. Dickson.

About forty guests spent last Sunday at the Lodge. Among them were: Mr. F. E. Platt and family, the Misses Skinner, of Guildford, Conn.; Mrs. Mary L. Crane and family, and Miss Jadwin, of Carbondale; Mr. S. B. Price and family, Mr. J. H. Torrey and family, Miss Makepeace, of Springfield, Mass.; Miss Lizzie Matthews, Mr. and Mrs. W. D. Kennedy and son Harold, Mr. and Mrs. T. J. Foster, Miss Foster, Jerry Foster, H. S. Kirkpatrick, Mr. J. D.

DAY OF REST AND GLADNESS. The Sabbath Day is kept holy at this restful resort. Church deacons and other people do not go up there and catch fish nor go boating on that day. At evening brief religious services are held. Mr. James H. Torrey conducted those of last Sunday. There were a number of musical voices among the guests and many favorite hymns were sung, making a fitting close to a peaceful day.

Stocker, Dr. and Mrs. Roberts.

One of the pleasantest accompaniments to the Lodge this season is the presence of Miss Stella Hathaway, of Carbondale, who attends to the bustness details of the resort. She is a prime favorite with the guests. Applications are sent to her for rooms, or to Messrs. Kennedy, T. J. Foster, of this city, or Dwight Crane, of Carbon-

It is probable that in the near future many improvements will be added to the attractions of the park. these will no doubt be included gold links, a tennis court and a bowling alley. Few places afford more fascinating scope for golf than this magnificent stretch of country and few athletic sports would be as greatly appreclated by the class of visitors frequenting the park.

Excellent rates are now offered by the Ontario and Western railroad. The station is less than two miles from the Lodge, and carriages meet all trains. The ride over from Carbondale is a series of exquisite views, and so high is the altitude and clear is the sky that glimpses of the distant Catskills may be caught, while it seems that every one of the hundred or more lakes lie gleaming in the sunlight,

Those who visit this charming resort and become for the time part of the pleasant family sure to be met there, will always have in memory a recollection of unalloyed delight. Saucy Bess.

FRONTIER JUSTICE. Yexan Judge Whose Influence Is Widespread.

rom Leslie's Weekly. Texas is a big state and has a large population, including many men of great prominence. But there is no man in that whole sovereignty with a more refulgent glory than Judge Roy Bean, of Langtry, who declares that he is the "law west of the Pecos." And he is. West of the Pecos river in an onion has been boiled. Texas there are no limitations to Judge Reon's furisdiction, and he does not it has been hinted, let mere statutes, as in such cases made and provided," influence him to any great extent in his desire to make the punishment fit

had met a violent death by falling from the great railway bridge that spans the Pecos-rivers An examination showed that the man had a revolver and \$40 in cash in his pockets when he was killed. After swearing in a jury and looking over the effects of the dead man, Judge Bean said: "Gen-tlemen of the jury, there ain't no doubt now this man came to his death; that's all plain; but what I would like to know is why in the name of thunder he carried that gun. Now, gentlemen it's agin the law to carry a concealed and loaded gun in the state of Texas, and jist because this gentleman took it into his head to get killed I don't mean to let him offend the peace and dignity of Texas. I fine him forty dollars." This is an example of Judge Bean's efficient administration. Som day his decisions will be published and then we will have for the first time a clear understanding of the law of the frontier.

CLOSE CALCULATION. The Very Small Margin of Profit in

Manufactures. From Scribner's.

In calico printing one-tenth of a cent a yard is a fair profit. In paper manufacture three to five per cent upon the product will yield 10 per cent upon the capital invested. In sugar refining one sixteenth of a cent profit upon a pound is more than satisfactory. In making pianos the average wages of the operatives are high, as compared to cotton and shoes, and the capital involved comparatively small. Wages in the piano factories of New York and Boston average nearly \$20 a week, taking the whole shop, but the profit upon the product in good years runs as high as 15 per cent. In the manufacture of locomotives the average wage is high, no women finding employment, while in the manufacture of small arms it is correspondingly low, women be ing largely employed. Reviewing the whole field, it will be found that the product of factories is constantly growing in value and wages increasing, as compared to the capital involved. Some economists assert that capital's share of the profits is constantly decreasing, while that of labor increases, but this is still a mooted point. The difference between the cost of manufacture and the retail selling price, or the share falling to the middlemen or men, varies according to the class of product, the rule being that in staple goods it is small, with fancy goods and what are known as novelties it is large. Common heavy cotton cloth. costing eight cents to make, sells at retall for about nine cents; fancy callcoes may sell at retail for double what they cost to produce. In sugar, half a cent a pound is the average difference between cost and retail price Shoes costing \$2 to make, sell at retail

WORTH REMEMBERING.

A spoonful of vinegar added to the water in which meat and poultry are boiled makes them more tender, The gilding on tarnished picture frames may be restored by gently washing it with warn water in which The addition of a little powdered

linen extra stiffness, and a little turpentine put into the boiled starch adds luster. For cleaning ivory piano keys or knife

> Flourens in his well-known work on "Human Longevity" cites the case of the Italian centenarian Cornaro, whose recipe for health and long life was extreme moderation in all things; Flourens himself insists that a century is the cormal life, but that 50 years beyond, and even 200 years, are human possibilities under advantageous conditions. Hufeland also believed in 200 years as an extreme limit. Sir James Crichton Browne, M. D., concedes, in a late address, that Flourens was right. Duration of growth gives the length of life. Hufeland held that the human body grows until the age of 25, and that eight times the growth period was the utmost limit of man. But if 20 years be taken as the time of growth,

tury.

man is of the frugivorous or fruit and nut-eating class of animals, like the gorillas and other apes and monkeys. Man has not teeth like the lions and carnivorous beasts, neither has he teeth like the cows and herbivorous ones. Intestines in the man are seven or eight times the length of the body; the lion's are but three times the length of his body. Herbivorous animals, like the cow, have intestines forty-eight times the length of the body.

So, judging man by his teeth, his stomach and his intestines, he is naturally and primitively frugivorous, and was not intended to eat flesh. Fruit is aperient, and apples act on the liver, and are good brain fool also, as they contain much phosphoric acid. As to the effect of certain climates, perhaps too much stress has been laid upon We find that Thomas Parr, who lived in England, died in his one hundred and fifty-third year, and was dissected by the celebrated discoverer of the circulation of the blood, Dr. William Harvey (who expressed no doubt of his age), was never out of his native country. Accounts of men who have lived to extreme age in Ecuador and Mexico indicate possibilities. A climate that allows much outdoor living is the best for health. More depends on food than on any climate. Exercise, fresh air to live in and to sleep in, daily bathing, and freedom from medicine are the important things.

It is patent to all thinking people that ladies require on account of their peculiar organism and functions remedies quite different from the sterner While the FEMICURE LIVER PILLS act directly and pleasantly upon the Liver, Kidneys, Stomach and Bowels, they at the same time won-derfully regulate and strengthen the functions and organs pebulier to sex. They relieve Constipation," Headache, Dizziness, Indigestion, Torpid Liver, Billiousness, Faintness, Irregularities, Backache, Bad Complexion, etc. A pill a dose, 25 cents. Sold by Carl Lorenz, druggist, 418 Lange ave., Scranton,

SONGS OF SUNSET AND TWILIGHT.

Ode to Evening.

If aught of oaten stop, or pastoral song, May hope, chas modest ear chaste Eve, to soothe thy Like thy own solemn springs, Thy springs and dying gales;

nymph reserved-while now the brighthaired sun Sits in you western tent, whose cloudy With brede ethereal wove,

O'erhang his wavy bed. Now air is hush'd save where the weakeyed bat, With short, shrill shrick flits by on leathern wing. Or where the beetle winds

His small but sullen horn. As oft he rises midst the twilight path, Against the pilgrim borne in heedles Now teach me, maid composed,

To breathe some softened strain. Whose numbers, stealing through thy dark'ning vale, May not unseemly with its stillness suit;

Thy genial loved return

for when thy folding star arising shows His paly circlet, at his warning lamp The fragrant Hours, and Elves slept in buds the day

And many a nymph who wreathes her brow with sedge And sheds the freshening dew, and love lier still The pensive Pleasures sweet, Prepare thy shadowy car.

Then let me rove some wild and heathy scene; Or find some ruin midst its dreary dells, Whose walls more awful nod By thy religious gleams.

or if chill blustering winds or driving Prevent my willing feet, be mine the hut That from the mountain sides Views wilds and swelling floods

And hamlets brown, and dim-discovered And hears their simple bell, and marks Thy dewy fingers draw The gradual dusky veil.

While Spring shall pour his showers, as And bathe thy breathing tresses, meek-

Beneath thy lingering light;

And rudely rends thy robes;

While sallow Autumn fills thy lap with leaves. Or Winter, yelling through the troublou Affrights thy shrinking train

So long, regardful of thy quiet rue, Shall Fancy, Friendship, Science, smiling Peace, Thy gentlest influence own,

And love thy favorite name! -William Collins.

Miles and niles. On the solitary pratures where our sheep, Half asleep, Tinkle homeward through the twillight

stray, or stop,
As they crop—
Was the site once of a city great and gay (So they say). ountry's very capital, its prince, Ages since Hold his court in, gathered councils, Weid ing fur

Love Among the Ruins. Where the quiet-colored end of evening

> As the sky, force—
> Gold, of course.
> heart! oh blood that freezes, blood that burns! Eartn's returns Peace or war.

Intersect and give a name to (else they Where the domed and daring palace shot

Sonnet.

the cold. Bare, ruined choirs, where late the

Death's second self, that seals up all in

In me thou see'st the glowing of such fire That on the ashes of his youth doth lie As the death-bed whereon it must expire, Consumed with that which it was nour ished by:-This thou perceiv'st, which makes thy

love more strong To love that well which thous must los ere long. -William Shakespeare.

The holy time is quiet as a nun Breathless with adoration; the broad

The gentleness of heaven is on the sea. Listen! the mighty being is awake, And doth with his eternal motion make A sound like thunder-everlastingly.

And the monarch, and his minions, and me here,

Thy nature is not therefore less de-Thou liest in Abraham's bosom all the year And worship'st at the Temple's inner

And the slopes and rills in undistinguished -William Wordswoth. That a girl with eager eyes and yellow

Walts me there, the turret whence the charioteers When the king looked, where she looks weary head, now, breathless, dumb,

But he looked upon the city, every side, Far and wide, mountain topped with temples Colonnades

All the causeys, bridges, aqueducts-and then, All the men! come, she will speak not, she will stand, Either hand

On my shoulder, give her eyes the first embrace Of my face Ere we rush, ere we extinguish sight and Each on each.

in one year they sent a million fighters South and North, And they built their gods a brazen pillar

Yet reserved a thousand charlots in full

Now,-the country does not even boast a | For whole centuries of folly, noise and | Shut them in, To distinguish slopes of verdure, certain With their triumphs and their glories and Love is best! -Robert Browning.

That time of year thou mayst in me be When yellow leaves, or none, or few do hang Upon those boughs which shake agains

sweet birds sang, In me thou see'st the twilight of such

As after sunset fadeth in the west. Which by and by black night doth take

It is a beauteous evening, calm and free; Is sinking down in its tranquility

Dear child! dear girl! that walkest with If thou appear untouched by solemn

God being with thee when we know it

Sonnet. When I behold you arch magnificent

Spanning the gorgeous West, the au-tumnal bed. Where the great Sun now hides his With here and there a purple isle, that From that huge cloud, their solid conti-

nent, Seem floating in a sea of golden light, A fire is kindled in my musing sprite, And Fancy whispers: Such the glories To this our mortal life; most glowing fair. But built on clouds, and melting while we gazo,

Yet since those shadowy lights sure witness bear Of one not seen, the undying sun and Of good and fair, who wisely them surveys, Will use them well to cheer his heavenward course.

A Summer Twilight. It is a summer twilight, balmy—sweet, A twilight brightened by an infant

Fraught with the fairest light of maddie June.
The lonely garden echoes to my feet.
And hark! O hear I not the gentle dews.
Fretting the silent forest in his sleep?
Or does the stir of housing insects creep

Waned with the fading light and are no | Oh, bear me with thee, lightly borne, And none but reptile pinions beat th

The bat is hunting softly by my door And, noiseless as the snowflake, leaver his lair; O'er the still copses flitting here and Wheeling the self-same circuit o'er and

-Charles Tennyson Turner.

The Evening Cloud. A cloud lay cradled near the setting su A gleam of crimson tinged its braided Long had I watched the glory moving o

O'er the still radiance of the lake below Tranquil its spirit seemed, and floated Even in its very motion there was rest While every breath of eve that chanced to blow Wafted the traveler to the beauteous

west. Emblem, methought, of the departed soul To whose white robe the gleam of bliss is given; Right onward to the golden gates of heaven, Where to the eye of faith it peaceful lies, And tells to man his glorious destines.

-John Wilson. Before Sunset.

In the lower lands of day, On the hither side of night, There are all things soft to sight Lighted shade and shadowy light the wayside and the way Hours the sun has spared to smite, Flowers the rain has left to play. Shall these hours run down and say

No good thing of thee and me? Time that made us and will slay Laughs at love in me and thee, But if here the flowers may see One whole hour of amorous breath, Time shall die, and love shall be Lord as time was over death. -Algernon Charles Swinburne.

A Lament. O World! O Life! O Time! On whose last steps I climb Trembling at that where I had stood b fore,-When will return the glory of your

Out of the day and night A joy has taken flight; Fresh Spring, and Summer, and Winter Move my faint heart with grief,-but with delight No more-oh never more!

prime? No more—oh never more!

From "Ode to Autumn." While barred clouds bloom the soft-dying day, And touch the stubble plains with rosy

Then in a wailful choir the small guats

-Percy Bysshe Shelley.

-John Kents.

among the river-sallows, borne aloft Or sinking as the light wind lives or dies; And full-grown lambs loud bleat from hilly bourn; Hedge crickets sing, and now with treble soft The redbreast whistles from a gardeneroft, And gathering swallows twitter in the

Move Eastward, Happy Earth. Move eastward, happy earth, and leave You orange sunset, waning slow; From fringes of the faded eve. O, happy planet, eastward go: Till over thy dark shoulder glow Thy silver sister-world, and rise To glass herself in dewy eyes That watch me from the gien below,

Dip forward into starry light, And round again to happy night.

-Alfred Tennyson.

The Golden Sunset. The golden sea its mirror spreads Beneath the golden skies, And but a narrow strip between Of land and shadow lies.

The cloud-like rocks, the rock-like clouds Dissolved in glory float, And, midway of the radiant flood, Hangs silently the boat The sea is but another sky. The sky a sea as well, and which is earth, and which is heaven

The eye can scarcely tell. So when for us life's evening hour Soft passing shall descend, May glory born of earth and heaven

The earth and heavens blend, Flooded with peace the spirit float, With silent rapture glow, Fill, where earth ends and heaven begin The soul shall scarcely know. -Samuel Longfellow.

From "Evening on the Broads."

Over two shadowless waters, adrift as pinnace in peril, Hangs as in heavy suspense, charged with irresolute light, Softly the soul of the sunset upholder awhile on the sterile Waves and wastes of the land, half re possessed by the night. Inland glimmer the shallows asleep, and afar in the breathless Twilight; yonder the depths darken afar asleep.

Slowly the semblance of death out of heaven descends on the deathless Waters; hardly the light lives on the face of the deep,-Hardly, but here for awhile. All over the gray soft shallow the colors and clouds of the twi-Hover light, void of a star.

As a bird unfledged is the broad-winged

night, whose winglets are callow Yet, but soon with their plumes will she cover her brood from afar,or the brood of her worlds that cum ber the skies will their blossoms. Thick as the darkness of leaf-shadowed spring is encumbered with flowers,
—Algernon Charles Swinburne,

From "Paracelsus." over the waters in the vaporous west The sun goes down as in a sphere of gold Sehind the arms of the city, which, be-With all that length of domes and mina-

Athwart the splendor, black and crooked Like a Turk verse along a scimitar. -Robert Browning. From "Sordello." That autumn eve was stilled. A last remains of sunset dimly burned O'er the far forests, like a torch flame

turned wind back upon its bearer's hand In one long flare of crimson; as a brand, The woods beneath lay black.

A Dream Within a Dream. I stand amid the roar Of the turf-tormented shore: And I hold within my hand Grains of the golden sand; How few!-yet how they creep Through my fingers to the deep While I weep—while I weep! Oh, God! can I not grasp Them with a tighter grasp? Oh. God! can I not save One from the pitiless wave? Is all that we see, or seem,

But a dream within a dream

RULES TO PROLONG LIFE AND VIGOR Theoretically, Man Ought to Be Able to

Live Forever. IF WASTE AND REPAIR WERE EQUAL

The Problem of Indefinite Longevity Would Be Solved, Except for Accident ; but Even as It Is, It Is Possis ble to Extend the Average Age of

Man Materially.

"If the repair were always identical with the waste, life, would then only be terminated by accident never by This is a fact well known to all who have investigated the sub-ject, though G. H. Lewis, in his "Phys-lology of Common Life," makes the statement quoted. In early years this balance of the human system is admirably preserved. As a man advances in life, however, and gets up to 50 or fo, he begins to get stiff in the joints. and experiences what he calls ing his age." Renovation of various blood, and if this supply is not at all times furnished in sufficient quantity and quality, a gradual deterioration takes place. Heart and arteries become clogged, and the whole delicate machinery suffers from the lack of nourishment. Deposits of phosphate and carbonate of lime accumulate, and the change is really a chemical one, going to the extremitles of the system and fulfilling its work of repair and renovation. Old age, then, is the result of a change in the blood,, which becomes overloaded with earthly salts, leaves its refuse matter in the system, and the valves of the heart become cartilaginous. Becoming thus, the heart is not able to propel the blood to its destination. Arteries also having become ossified, a still further obstruction takes place, and the whole body languishes. Blood is life, If it is kept continually in good order, our years are prolonged. New bodies, as in youth and early manhood, do not accumulate these fibrinous and gelatinous deposits, which, as the years go by, help the gradual process of ossification and cause the decrepitude of age. Now, if some means were discovered by which the blood could be kept in condition like that of youth, it would off these earthly throw which obstruct the action of the heart and arteries. Our food and drink make our blood. It seems, then, that it is to them we should look primarily for the quality of it.

EAT MORE FRUIT

Without eating and drinking there is no life; but we may select certain kinds of foods containing a minimum amount of the elements which cause the ossific blockages in the system. An English physician, Dr. C. F. De Lacy Evans, who made many researches in regard to our food, comes to the conclusion that more fruit should be eaten, especially apples, grapes and ban-anas, they being rich in nutritious eleborax to cold starch tends to give the Being deficient in nitrogen, ments. they are best for elderly people, as they keep the blood in a better condition than flesh. After the age of 60 people the crime. There is an anecdote told handles, use a preparation of two-thirds should eat less beef and mutton, and of him when he sat as coroner and held alcohol, to one-third sweet oil. It is use more apples and nuts of all kinds, the latter being rich in many nutritious elements of meat. Fish and poultry have not the objectionable earth salts of beef. In order to retard physical decay and to keep the blood in a wholesome condition distilled water is recommended. It has solvent qualities which act upon the earth saits in the blood and expel them from the A goblet of this water taken three times a day, with ten or fifteen drops of diluted phosphoric acid in each has a tendency to assist the blood in eliminating - the obstructing salts. A man is as old as his arteries. If they are soft and compressible the deteriorating effects of old age have

not appeared. even five times that will give us a cen-

EXERCISE IS IMPORTANT. According to Flourens and Cuvier,

For Ladies Only.