

INSOMNIA.

ADVICE TO THE VICTIMS OF A DISTRESSING DISEASE.

An Affliction that is widespread in this country—lawyers, teachers and other professionals and especially men of affairs whose minds are overtaxed with a multitude of harassing, incessant business details. It is caused by an undue distention of the arteries supplying the brain, resulting in an increased pressure on the nerve cells of the gray matter, overtaxing in prolonged wakefulness during the night, at a time when they should be allowed to remain quiescent and recuperate the tissue wasted during the active hours of the day. Shakespeare poetically says, "The sleep knits up the ravell'd sleeve of care." This is also true scientifically and physiologically. It is capable of being expanded into a whole treatise. With the lightninglike glance of genius he saw into the very structure of nerve tissue, the cause of its wear and tear and the remedy.

In Samuel Johnson in his ponderous Dictionary defined a "rest" to be "an intermission of the business of the mind." Each cell in the brain has its character. Magnified several hundred diameters it would resemble the net-work covering a small balloon. In the morning, after a refreshing night's rest, each cell is expanded, alert with life, and has the faint pink glow of health. At evening, after a day's work, each cell contracts, and the gray matter, overtaxed in prolonged wakefulness during the night, at a time when they should be allowed to remain quiescent and recuperate the tissue wasted during the active hours of the day. Shakespeare poetically says, "The sleep knits up the ravell'd sleeve of care." This is also true scientifically and physiologically. It is capable of being expanded into a whole treatise. With the lightninglike glance of genius he saw into the very structure of nerve tissue, the cause of its wear and tear and the remedy.

One has sometimes in the country noticed a lone flash lightning strike trees, and the lightning bolts are kindled by the vibrations of rain and frost and wind. First the small twigs become brittle, break off and fall, then the larger branches and limbs and finally the main trunk. In the same way, the nervous system is reduced to about three large stumps supported by the blasted trunk with the rotten bark clinging to it. As age creeps slowly on the animal body the small ramifications of blood and incorporated into the structure of the nerve cell, at an awakening it is again restored, alert and ready to receive and send out messages and do its proper work. The nerve cells together again the meshes ravell'd out by care. The action of 1,000,000 of these cells packed together in the brain, like Leyden jars in a battery, is analogous to electricity, but not at all identical with it.

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Enchanting Perfumes.

Myrrh, which was fabulously supposed to be the tears of Myrrha, who was turned into a myrror, was a plant of handsome appearance, with spreading, fern-like foliage and large umbels of white flowers. It was found principally in Arabia and Abyssinia. In early times the perfume distilled from it was greatly in requisition for embalming.

A View of the Sultan.

Here is a first view of the sultan as Mrs. Max Muller sees him. She describes it in her "Letters From Constantinople." The green enameled and richly gilded baroque comes in sight, drawn by two glorious black horses covered with golden harness, driven by a man in bright blue and gold livery, and on each side the groom in blue and gold and every man in sight, naval military, civil, master or servant, in the all-perfumed air of the city.

On the Pronunciation of Peppa.

The Hon. Walter Peppa has collected 17 varieties of the spelling of the name, and he lays some stress upon the form Peppa as authority for the pronunciation favored by him. Peppa seems to follow the usual practice, as Weems for Weems, and moreover, it is that adopted by the descendants of the United States sister Peppa, the family of Peppa Cockerell. Peppa is also the traditional pronunciation adopted at Cambridge.

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Facts For Farmers.

From the Philadelphia Record.
Experiments in breeding for sex have been made for over a century, and while many theories have been advanced, none of them have been accepted as strictly practical so far as obtaining the desired results are concerned. With the object of securing a majority of ewe lambs a breeder tried the use of rams from 15 months to 5 years old. The rams not over 2 years old sired more females than males from lambs between the ages of 2 and 5 years, but the dams over 5 years of age produced more males. The ewes from 2 to 3 years old and over, mated with rams over 4 years old, produced more males than females. According to the results of the experiment the use of young rams is favorable to a preponderance of female lambs. As it will soon be time to make the matings of sheep it would perhaps be an advantage to farmers to test for themselves by experimenting with two or three lots of ewes.

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