## HEALTH HINTS.

WHAT TO DO FOR A SICK-HEADACHE .-Don't take a cup of strong tea, a dose of "blue mass," or anti-billous pills; but if you have an attack of genuine sick-headache, the whole head aching as though it would split, the temples

throbbing, the tongue coated, and month tasting bad, no appetite, more or less nauses, and constipated bowels. drink a pint of warm (not hot) water. Keep drinking until free vomiting is induced, thus washing out the stomach and relieving it of its load of decomposing, undigested food. Next take a hot enema, apply hot fo-mentations to the bewels and drink freely of very hot water. A fomeutation about the head or between the shoulders will usually relieve the headache very mach. Eat nothing for twenty four hours, and afterward live upon fruits and grains, avoiding meat, butter, pastry, sugar, sauces and all in-digestible foods.

Foon.-The chief meals of the day should be breakfast and dinner, and they should be served regularly. All food, both flesh and vegetable, should be well cooked, not eaten in a partially raw condition. For heavy work the best drink is a quarter of a pound of oat meal well boiled in two or three quarts of water, with an ounce and a half of sugar added. Beer or alcoholic drinks should be altogether avoided by young persons, and should only be taken in a diluted form, with food, after the day's work is done. Liebig's essence of beef is recommonded as the best stimulant of a ready kind for fatigue; strong ten or coffee corfor fatigue; strong ten or collee cor-ing next to it. As to your g people it is mentioned that factory *sladren* be-tween thirteen and sixton years of age were found to grow four times as fast on milk for breathast and supper, as on tea and coffe. When food is given too bat to chiller it damages their teath hot to chilren, it damages their teeth. For thropposite extreme, old age, the food should be very digestible and small in quantity. Very old people .nould be always spare in their diet.

### In a Maelstrom.

A Scandinavian emigrant gives the following account of a tragedy in the famous Lofoden maelstrom, his rustic patois of the fiords doubtless being "lost in the free translation," of a Toronto reporter : A few years ago, on a delightful July evening, I saw a body of codfish rise by the edge of the whirlpool's outer circles, and immedi-ately after the cod had risen a whale arose among them and sponted. The column of spray blown up like a geyser attracted the attention of a small fishing boat not less than a half a mile distant, and knowing that where the whale blew there was cod, they pulled toward the spot. In the boat was a pretty old man and his son, a lad of about sixteen. They had just come for the first time out to the Lofodens, and now pulled carelessly inside the circle. Their boat began to move slowly around, but they went on fishing unmindful of the motion. But the movement increased, as every minute the circle grew smaller and the swirl moved faster. At length the truth dawned upon the luckless old man and in the meshes. It seemed as if some fiend were dragging them to the vortex. For a time they held their own against the centerward force, but only for a while. The old man's strokes became less steady, so did the lad's. The latter again rallied, and was pulling with the desperation of despair when his oar unshipped and fell over. In a moment it was carried away. Then the two set up a wild, piercing cry, put their hands up, praying to God for mercy-they could not expect deliverance. In a minute or two i, was all The boat was whirled round and over. round, then her stern was seen to rise in the air, then, with all she contained, the disappeared forever. A Remarkable Surgical Operation. The success of a surgical operation performed some time ago by Dr. William S. Forbes, professor of anatomy at the Jefferson Medical college, demonstrates a way in which musicians may overcome the necessity of years of constant practice to destroy the rigidity which naturally exists in the third or ring finger. This normal infirmity has always been the great drawback to students. by Professor Zeckwer, a music teacher. The physician gave the assurance that if a subject were procured he would demonstrate that, with a not very painful sargical operation, the finger could colored man in the employ of Professar Zeckwer, who had some musical ability, consented to subject himself to the surgeon's scalpel. In the case of the third finger, unlike its neighbors, the upper or extensor finger is joined with the tendons of the fingers on each side of it by two smaller or accessory tendons. This acts like a mar-tingale, one holds the fingers down so strain will loosen the pressure. Dr. side of the extensor tendon, and divided the troublesome accessories. The diately after the operation, the young man was able to raise the finger and

# AN OLD MAN'S SILVER.

He Recovers it From the United Sintes Treasury Vaulus-The Picture af His Father-Other Family Relics. "A thing of bea

When General Sherman and his men vere marching through South Carolina. the people in his path, snatching up what valuables they could find in their haste, fled in every direction. Whenever a body of soldiers are raiding a country more or less pillaging and plundering take place, no matter how strict the orders or how well disciplined the troops. In such circumstances s soldier seems to think he has a right to what he can get-and keep. General Sherman's boys proved no exception to this rule. While on the watch one day the attention of an officer was attracted by a group of soldiers disputing. Stopping to listen a moment, he discovered that they were quarreling over the division of a large box of captured property. A glance told him that the contents were valuable and ought at once to be placed in the care of the government. "He's, men, this won't do ! This box mast be sent to Washington at once" Orders were given to that effect and it was other symbol came into fashion. sent to Washington and stored away in the division of captwed and abandoned property in the w. department. It remained there intil 1868, when, with other valuab's, it was placed as a special

deposit in he vaults of the treasury department. Some of the things deposited ther had no mark about them by which they could be identified, while thers were plainly marked. Congress authorized that the former be sold, but those that might by any possibility be claimed by the owners were carefully preserved. It is a long time since that box of household valuables was ruthlessly snatched by rough soldiers from the fleeing South Carolinian, and he is now an old man. He had forgotten all that the box contained, but remembered that his family plate was there, and that "it was all marked, and that it must have been placed in the government's care. If he could only get the necessary authority to have his goods returned to him, he knew he could identify them. After a good deal of hard work and worry on his part, a private bill authorizing the

return of such pieces of silver as could be clearly identified as his proporty should be returned to him, was at last passed by Congress. It was a happy morning for him, only a few days ago, when he made his way to the treasury department armed with the necessary authority, and carrying a large, old-fashioned carpet-bag in which he intended to bring away the long-lost family relics. He was escorted to the vaults by the officers of the department, and the articles placed before him for identification. Yes! there they were, all plainly marked with the family name, large oldfashioned silver goblets, heavy ladles, spoons, forks and various other articles of silver. His eye brightened and his hand trembled as he picked them up and carefully examined them. Turning to those who s:cod near: "Ah ! I tell you, these were bought when money was more plentiful than it is now," he said. One by one he dropped the boy. A faint scream of terror from the lad came over the water; they grasped their oars and pulled with desperation. But they were in the meshes. It seemed as it is the state of the interval of the old bag of goodly pro-portions; but large as it was the sides soon began to bulge. Several hun-dred dollars' worth by weight was clearly identified as his property. But what is this? It bears the same family what is this? It bears the same family tesr Gilberte de Voisins, is said to have mark, but had been entirely forgotten. He touched the spring and opened the case. "Why, that is the por-trait of my father, dressed in the uniform of a major in the British army; how many years since I looked upon his face !" "Stop, old man, that must not go with the rest; it bears your ferred upon the celebrated Marshal name, I know, but Congress authorized the return of articles of silver only." His eyes filled with tears as he reluctantly laid the portrait down. A further search brought to light numerous pieces of family jewelry, some very handsome, and all bearing the same mark, but they had to be laid aside as they did not come within the provisions of the act. The vaults were again locked, and the old carpet-bag closed. "I wouldn't mind the jewelry so much if I could only take away that portrait," were the last words of the old man as he took his departure .- Washington Star.

Origin of Popular Sayings. "To beard the lion in his den."-

"A thing of beauty is a joy forever."

Kents, "Endymion." "Counting chickens ere they're hatched."-Butler, "Hudibras." "Bon."-A pseudonym under which Charles Dickens contributed a serious of "Sketches of Life and Obsracter' to the London Morning Chronicle.

"John Chinaman."-A cant or popu-lar name for the Chinese. The earliest known instance of its use is in "A Letter to the Committee of Management of Drury Lane Theater, London, 1819." "Am I not a man and a brother?"-From a medallion by Wedgwood (1768) representing a negro in chains, with one knee on the ground, and both hands lifted up to heaven. This was adopted as a characteristic segi by the Anti-Slavery society of London.

Blue Stocking.—Applied to a literary lady. The Society de la Calza (stock-ing) was formed at Venice in 1500, the members being distinguished by the color of their stockings, blue. The society lasted till 1590, when some

"Before you can say Jack Robinson."-This current phrase is derived from a humorous song, by Hudson, a tobacconist, in Shoe Jane, London. He was a professional song-writer and vocalist, who used to be engaged to sing at supper-rooms and theatrical houses.

"The guard dies, but never surren-ders."-This phrase, attributed to Cambronne, who was made prisoner at Waterloo, was vehemently denied by him. It was invented by Rougemont, a prolific author of mots, two days after the battle.

" Defend me from my friends."-The French Ana assign to Morechal Villars, taking leave of Louis XIV., this aphor-" Defend me from my friend; I ism: can defend myself from my enemies." But of all plagues, good Heaven, thy wrath can

Save, save, oh save me from the candid friend,

-Canning, The New Morality. "Where the shoe pinches."-Plutarch relates the story of a Roman being di-vorced from his wife, "This person being highly blamed by his friends, who demanded: 'Was she not chaste? Was she not fair? -- holding out his shoe, asked them whether it was not new and well made. 'Yet,' added he, ' none of you can tell where it pinches me.""

" Catching a Tartar."-Signifying the encountering of an opponent of unexpected strength. The story of the origin of the expression is as follows: in a battle an Irishman called out to his officer, "I have caught a Tartar." "Bring him here, then," was the reply. "He won't let me," rejoined Pat. And as the Turk carried off his captor, the saying passed into a proverb.

"A Rowland for an Oliver."-These were two of the most famous in the list of Charlemagne's twelve peers, and their exploits are rendered so ridiculously and equally extravagant by the old romancers that from then arose that saying, amongst our plain and sensible

Indigention's Martyrs.
Haif the diseases of the human fumily spring wented by invigorating and toming that alored and usglected organ with Hostature's Stomach and usglected organ with Hostature's Stomach is the second as a second store in mind that the liver, is the second store in mind that the liver, is and the integration of the integration of the integration of the integration of the integration in the integration of the integration is second as a second store of the integration is as second as a second store of the integration is second as a second store of the integration is second as a second store of the integration is the integration in the birds is the integration is second as a second store of the integration is second as a second store of the integration is second as a second store of the integration is second as a second store of the integration is second as a second store of the integration is second as a second store of the integration is second as a second store of the integration is second as a second store of the integration is second as a second store of the integration is a second store of the integration is second as a second store of the integration is second as a second store of the integration is second as a second store of the integration is second as a second store of the integration is a second store of the second store of the second store of the integration is a second store of the integration is a second store of the second store of th For Kidney Complaint and Nervous Debility.

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50 Cents a Package.

Vegetine

TREASHOWN, Me., Dec. 28, 1877. Mr. STRVESSA-Dear Sir: I had had a Cough for 18 years when I commenced taking the VERETINE, I was very low; my system was debuiltated by disease. I had the Kidney Complaint, and was very nervous-cough bad, humewore. When I had taken one bottle if found it was helping mm; if has belged my cough and it strengthers me. I am pow able to do my work I know it is everything it is recommended to be. Never have found anything it is the VERETING. MRS. A. J. PENDLETON.

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gists and general stores. If you cannot buy it of them, inclose 50c, in postage stamps for one package, or \$1 for two packages, and I will send it by return

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AND READY RECIPES.

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M. TRAN-UGUYENEN-HAUR is a Chineso lawyer now practicing in Paris. He is intelli-gent and speaks French accurately. He wears his quene rolled on the top of his head,

Twenty Years a Sufferer. R. V. Prince, M. D., Buffalo, N. Y.: Dear Sir-Twenty years sgo I was shipwreeked on the Atlantic ocean, and the cold and exposure caused a large abscess to form on each leg. which kept continually discharging. After spending hundreds of dollars, with no benefit, I tried your "Golden Medical Discovery " and now, in less than three months after taking the first bottle, I am thanked to say I am completely cured, and for the first time in ten years can put my left heel to the ground. I am yours, WILLIAM RYDER, 87 Jefferson street, Buffalo, N. Y.

In 1871 the revenue of the Sucz cansl amounted to about \$1 700,000; in 1881 it had grown to more than \$10,000,000.

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THE annual yield of flaxseed in the United States is 2,500,000 bushels, and of the fiber 8,000,000 pounds.

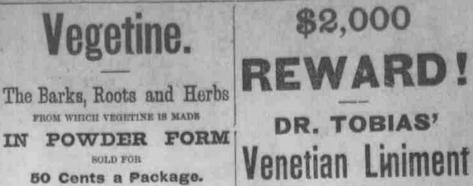
in the urinary organs, and, so far as human toresight can judge, have been permanently cured. John Bairron.

Or the thirty inebriate asylums established in the United States during the past twenty-five years but four have gone out of existence.

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## Its Wonderful Curative Powers are Miraculous.

Taken internally in cases of Dysentery, Diards Seastchness, Obstern, Croup, Cone, Cramps and H Headache. Its scothing and pergraphing quality are immediately fell. It is performed innocant

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No one once trying it will be without it; over 600 hysicians use it. Thousands of certificates have cen received and a few are given below; \$1,000 will a paid if any one is false.

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Consolidated Card company, 123 William street. NEW Yonx, July 23, 1881, Dr. Tobias-For thirty years I have used your Lini-ment in my family for Diarrise, Sore Threat, Ricematism, Mosquito Bites and inward and out-ward pains. It always cured. I never so to Europe without it, and many of my friends there to whom I have given it erdered supplies from you. Last uight, at my place at Long Branch, one of my horses was taken very had with colic. I meet your Horses was taken very had with colic. I meet your Horses was taken very had with colic. I meet your Horses was taken very had with colic. I meet your Horses was well. I truly believe he would have died without it. Your Condition Powders are all you preparations, Yours truly, B. La COILEN.

### SEVERE RHEUMATISM.

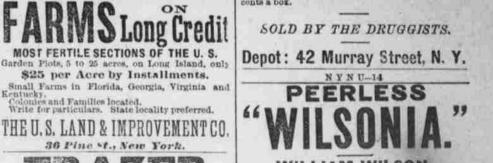
SEVERE RHEUMATISM. State of Now Jersey, Bergen county, township of Hackenszck, sz. Thomas Johnson, of said town-ship, being duly sworn, doth depose and say, that he has been soverely afflicted with ricemanism for above a year, and was so bad that he could scaredly walk, being bent almost double, and was utterly un-able to do any work. Having heard of the wonder-ful curves made by Dr. Tobias Venetian Limment, he was induced to try it, and after using it a short time was table to go to work again, after being unable to do any thing for nearly a year. T.JOHNSON. Sworn to before me, J. H. BEINERNHOFF, Justice of the Peace.

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A GOOD RELIABLE HORSE LINIMENT AND CONDITION POWDERS.

Don't Let Your Horses Die of Colic. Don't Let Your Horses Die of Colic. DR, TOBLAS' VENETIAN HORSE LIMIMENT in pint bottles will surely cure them; no pay is asked if it does not cure did sorres, sprains, cuts and bruises quicker than any other known remedy. Thirty-flwe years it has been warranted and never failed. Over 5,000 certificates have been received commending its wonderful virtues, among which are Colonel D. Mc-DANIEL, who owns some of the fastest running borses; S. L. COHEN, president of the Comenitate Card company: RYERISON & BEOWN, Dis West 202 street; N. H. LEADBETTER, 600 7th avenue, rand Colonel C. H. DETEVAN, 126 West 22d street. The Family Liniment is 20 cents and 50 cents; the The Family Liniment is 25 cents and 50 cents; the Horse, 90 cents in bottles; the Derby Powders 25 cents a box.

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Worth \$25. Cost 25c. By the author of "Plain Houx Tate" and "MEDICAL CORENS SERIE." 128 PAGES of Advice about Daily Rabits, and Recipes for Cure of Common Aliments: a valuable Hook of Reference for every family. Only 25 cta. The Hand-book contains chapters on Hy-glene for all seasons. Common sense of Common IIIs, Hysienic Curative Measures Knacks Worth Knowing, Bints on Bathing, on Nursing the Sick, on Rumergenetes, to-gether with some of the Private Formula of Dr. Foers, and other physicians of high repute and for preparing food for Invalids are AGENTS WANTED. Murray Hill Book Publishing Co. Permanently. WILMINGTON, Del, Ang. 18, 1881. H. H. WANNER & Co.: Surs-I have used our Safe Kidney and Liver Care for difficulty の人口 Murray Hill Book Publishing Co., 129 Fast 25th Street. New York City

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DR. GREEN'S OXYGENATED BITTERS

The following test is given by the "I cannot account for it !" French Academy for distinguishing the defaulting bank cashier. false gems from diamonds. If the point of a needle or small hole in a card, when seen through the stone, appears double, the stone is not a diamond. All colorless gems, with the exception Until somebody has tried this new remedy we of the diamond, cause double refrac-

## A Celestial Prisoner.

Although Mrs. Tsun, the Chinese minister's wife, receives no visitors and never leaves the building occupied by the legation, she is, I hear, very cheer-To obtain a thorough knowledge of the | ful, as she has always been accustomed theory of music, flexibility and ease in to seclusion. Her husband has two the movement of the third finger is nephews here, lads of fourieen and absolutely required. The subject was nineteen years of age, respectively, brought to the attention of Dr. Forbes and they are permitted to see her, as according to the Chinese etiquette a husband's younger brothers and his nephews may see his wife, but no other of his male relatives. These nephews are very inte ligent, be brought under control A young and although they came only in December already speak English well. They attend school here and have made great progress. Mr. Bartlett, the American secretary of the Chinese legation, has a wife and daughter who, because of his connection with the legation, are permitted by the minister to call on his wife, and when they do so converse with her through his nephewa. It is a rigorous custom completely that nothing but constant in China to seclude a lady of rank. Mrs. Angell, the wife of our minister to Forbes, when the subject was brought Ohina, who was recently here with her to him, simply made two small openings husband, mentioned that during her in the back of the left hand on each four years' residence in China she never saw a Chinese lady of rank. The wife of the viceroy, who lives in one of the finger was at once released, and, imme- larger Chinese cities, has been immured in her house for several years because there is no one in the place describe an arc of a circle an inch and where she lives of high enough rank a half greater than he could before. for her to call upon. The only other Since the operation the finger has been | lady in the empire on whom the vicerapidly gaining strength, and now, at roy's wife could call is the empress, exercise, it does yeoman service as who lives at Pekin, where the viceroy's compared with its twin of the other wife does not live - Washington Letter.

"I cannot account for it !" exclaimed

. A doctor at lifehmond says that if people will take a bath in hot whisky and rock salt twice a year they will never catch a Cold, would say :- etick to the old and reliable Dr. Ball's Cough Syrup,

coined the word star in a theatrical sense, for, about to be billed with two to use some term to particularly distin-

ferred upon the celebrated Marshal Ney (1769-1815) by the French troops at Friedland (1807) on account of his fearless bravery. He was in command of the right wing, which bore the brunt of the battle, and stormed the town. Napoleon, as he watched him passing unterrified through a shower of balls, exclaimed: "That man is a lion;" and henceforth the army styled him " Le Brave des Braves."

### Eight Hundred Thousand People.

There are already booked for passage to this country in 1832 nearly a half million people, and it is estimated that 800,000 will emigrate from Europe and Canada to the West and Northwest.

In consequence of this vast throng, the "Al-beri Loa Koute" (Chicago, Rock Island and Pacific Railroad) has been compelled to put upon its line an additional Fast Express Train, composed of most elegant day and night cars, leaving Chicago at 11 A. M., and reaching Minneapolis early the next morning in ample timo to allow those going to Northern Minnesota, Dakota or Manitoba to obtain their breakfast and make the connection for all points North or Northwest.

This train is run especially to connect with the new express trains which the Northern Pa-cific, and St. Paul, Minneapolis and Manitoba railroads (the latter connecting with the Canadian Pacific at St. Vincent) have just put upon their lines.

The regular evening express train from Chi-cago will be run as heretofore, and make connections from Minneapolis for all points in the territory named above.

It is important, and travelers should bear it in mind, that there are no carriage transfers by the "Albert Lea Route," passengers being landed in Union Depots at Minneapolis and St. Paul. Paul.

This is the route to travel over for sure connections, and is the pleasantest and most com-fortable line in the Northwest, The trains of the "Albert Lea Route" leave

Chicago from the depot of the Great Rock Island, the old favorite with travelers destined for Kansas, Colorado, New Mexico, Arizona and the Pacific Coast.

Send your address to E. St. John, General Ticket and Passenger Agent, Chicago, and obtain our new illustrated WINTERN TRAIL.

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P. S.-No risk is incurred, as 30 days' trial is llowed.

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The only hope of bald heads-Carboline, a deodorized extract of performer. Every ob-jecton removed by recent improvement. It is now faultless. This only c're for baldness and the most delicate hair dressing known.

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