

A MOUNTAIN STREAM.

"From the rim it trickles down,
The mountain's granite crown,
Clear and cool;
Keen and eager though it go,
It never ceases to flow,
Yet it knows not to reign
Through the chambers of the brain.

MY FAIR ROAD COMPANION.

At Perote, where we halted for a
refreshment, my fellow
passengers took leave of me, very
seriously assuring me that, if assailed
by the robbers or robbers, it would
be much better for me to take matters
quietly, and suffer myself to be
quitted, than to run the risk of
having my throat cut for resistance, as
I had some of my friends proclaimed it
was my intention of doing. I thanked
them for their advice, and replied that I
did not take the matter into serious
consideration.

numerous," I replied, looking forth
from the window.
"Each stands on the spot where some
one has met a violent death," she re-
joined; "and as we go along I will
call your attention to those which mark the
places where the foreigners met
their dignified end."

"Do you know," said I, "that I am
resolved to emulate their example, let
the consequences be what they may?"
"Your saints defend us!" she ex-
claimed; "you are not in earnest, sen-
or?"

"I am," I replied, "I assure you."
"Then you will bring certain death
upon us both," she said.

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alight and make you some valuable
present. In the language of your country,
all I have is yours."
The leader of the party bowed
politely in return and said, with a grim
smile:

"With this I quietly stepped from the
vehicle, and one quick, searching glance
told me in possession of the whole state
of affairs."

"The diligencia had been stopped in a
wild, gloomy place, and the driver was
sitting carelessly on his box, taking
everything and handing it to the robbers."

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moment, catching sight of Josiah, his
salto, face lighted up, and springing
forward with both hands outstretched,
he exclaimed:

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The finest medical library in the
world is housed in the old theatre on
Tenth street, Washington, D. C., where
Lincoln was murdered. This is not my
bookstore, but it is a most interesting
one, and I shall not attempt to
say how many books there are on the
shelves, how many of them are bound
in sheep, how many in calf and how
many in gilt-edged leather. I shall
merely say that the collection is one of
the most valuable in the country, and
that it is well worth a visit to the
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An eminent medical man says:—I
rarely prescribe a Turkish bath with-
out being met with the objection, "But,
doctor, it is so weakening;" and it is a
most difficult thing to persuade people
that its action is just the reverse. It is
usual, I believe, to argue from one's
experience of a day's sweating in bed,
that the results of the action of the skin
in the hot room of a Turkish bath must
leave us similarly weak and weary; but
if these feelings ensue, the reader must
blame his own indiscretion for them.
Doubtless you would find the bath
deleterious if it ended with the sweat-
ing process, and you might also find
yourself liable to a severe cold on going
into the air, but all this is obviated by
the cold shower which concludes the
bath, and not only are you
strengthened by it, but rendered far
less liable to colds. As a cure for colds
and the tendency to catching cold, the
Turkish bath is unquestionably the best
regularly, it is a valuable means of
keeping the skin in a thoroughly healthy
condition and removing from the blood
many impurities which, in an extrava-
gant and luxurious age, would not
otherwise be efficiently got rid of.
Hence many forms of rheumatism and
gout are relieved by a course of Turkish
baths. As I have already remarked, the
different organs of the body are so
sensibly connected that one cannot
suffer without another being affected in
greater or lesser degree, and the re-
verse of this holds good, since if one
organ is kept healthy, it is only by care-
fully tending the rest of the system,
and through it on the other parts
of the economy. There is no such thing
as isolation in physiology; perfect work
is unattainable, work and influences can-
not, if ever, be confined to one organ
or part of the system. The explanation
how the means adopted to keep the
skin in good condition, briefly dis-
cussed in the three papers preceding the
present one, rebound to the welfare of
the whole body. A cold bath, by cooling
the skin, and braces the nervous,
digestive and other systems; sea-bathing
we have seen, acts in a similar though
more emphatic way. Now we find a
Turkish bath purges the skin, with-
out increasing the heat of the body, and
increases its action largely at first by
sending blood to it in large quantities,
and causing profuse discharge of water
and waste matters through the open
pores, after which closing the pores by
the application of cold, and producing
a tonic, bracing effect, generally.

It is only of late years that the full
importance of removing waste matter
from the body has been recognized; no
more from simple cases of disease exist,
and it merits more attention, because
our mode of life is losing its simplicity.
We eat and drink too much, and our
food is adapted to our tastes rather
than to our needs. There is often a large
quantity of nutriment supplied to the
body that can never be utilized—that
is, not required to sustain the powers
of life; and this is capable of doing
considerable mischief if neglected. No
one can fail to observe how, with an
avoidable compensation, a luxurious life
entails corresponding ill for each of its
pleasures. It is deplorable, but none
the less true, that the further we get
away from simplicity in living, the
further we are removed from a really
healthy condition. Science will help
us to withstand some of the evil con-
sequences of excess, and the Turkish bath
is one way of freeing ourselves from
waste matters, which are not only use-
less, but deleterious.

I have often been impressed with the
remarkable benefit which neuragic pa-
tients have obtained from this bath.
The nervous system is so delicate a part
of the body, which have resisted all other
treatment, have experienced immediate
relief in the bath. And several cases
have been cured by a few repetitions of
the process. In such cases the Turkish bath
will relieve many things, though neu-
ralgia and rheumatism have been most
benefitted in my experience. Lumbago
often gives way to it; while a severe
cold, more particularly if taken at the
beginning of the winter, is cured by
very much improved. Some physicians
speak highly of it in the treatment of
hoarseness also.

Do not remain in the hot room too
long, or wear the hot towel round your
neck; if you do not sweat readily,
the attendant will give you a warm
douche, which should set the skin to
work on your return to the hot room.
A cold water cloth around the head is
very agreeable as it warms the
feet; and drink freely of cold water
while sweating. As you become more
accustomed to these baths you bear
them better; but it is well to regulate
the duration of your stay in the hot
room by your feelings. As a rule, free
perspiration is all you require; and
there is no necessity for it to be very
prolonged unless there are special reas-
ons for it, in which case you may spend
two or three hours as you may need
them. If you feel any faintness before
the time, leave that room at once. I
don't think it is wise to have the atten-
dant fixed by reading or serious thought
while in a Turkish bath. Let some-
thing be at rest, and don't take the
newspaper with you, as some people do.
I find that the bath is not nearly so
successful, and faintness is far more
prone to come on if you read in the
hot room. The hottest room must not
be entered first thing, possibly not the
first bath but never until the body has
become somewhat accustomed to the
temperature of over 130° usually main-
tained in the hot room. After the bath
allow yourself sufficient time to cool
down before entering the air; if you do
not, it is almost impossible to catch cold;
above all things, be thoroughly dry, and
take care this head is dry. If in a hurry
to get away—though it is wise not to
hurry this kind of bath—and you are
unable to devote much time in cooling
down, dress slowly, and from below,
beginning with stockings, etc., this will
keep the body time to get a little cool,
preparatory to leaving the place. After
hard work or heavy exertion, when the
limbs are weary and aching, nothing is
more soothing and refreshing than a
Turkish bath. It removes all the
impurities, and is of wonderful benefit. I
am afraid I cannot say much about its
power to reduce obesity, though it is
worth while to try it if you are fat. I
have seen stout, asthmatical subjects
much helped by it. But do not wait
until you are stout or asthmatical be-
fore you try a Turkish bath. Take one
regularly—say every fortnight or three
weeks. Many take them more fre-
quently with the best results. I now
regard it as a very agreeable duty—
a luxury, and I am satisfied you will
require to try it to think as I do.

Continued civility merits and will
elicit appreciation.

Ignorance of the law excuses no
one.
The law compels no one to do impos-
sible.
It is a fraud to conceal a fraud.
An agreement without a consideration
is void.
Contracts made on Sunday cannot be
enforced.
Principals are responsible for the acts
of their agents.
A receipt for money paid is not legally
conclusive.
Signatures made with a lead pencil are
void.
Partners—Each individual in a part-
nership is responsible for the whole
amount of the debts of the firm.
The acts of one partner binds all the
others.
A minor's note is void.
A note made on Sunday is void.
A note obtained by fraud, or from a
person in a state of intoxication, cannot
be collected.
An endorsement of a note is exempt from
liability if not served with notice of
dishonor within twenty-four hours of its
non-payment. If a note is lost or stolen,
it does not release the maker; he must
pay it.
Note bear interest only when so
stated.
It is not legally necessary to say on a
note, "For value received."
An agreement of the holder of a note
to give the principal debtor time for
payment, without depriving him of the
right to serve, does not discharge the
security.
A day book copied from a "blotter,"
in which original charges have been
made, will not be received in evidence
as a book of original entries.
A stamp impressed upon an instru-
ment, by way of seal, is good as a seal
if it creates a durable impression in the
texture of the paper.
A seller of goods, chattels or other
property, commits no fraud in law when
he neglects to tell the purchaser of any
flaws, defects or unsoundness in the
goods.
A person who has been led to sell
goods by means of false pretenses cannot
recover them from the one who pur-
chased them in good faith.
Money paid for the purpose of settling
or compromising a prosecution for
suspicion cannot be recovered back
by the party paying it.
Administrators are liable to account
for interest on funds in their hands,
although no profit should have been
made upon them, unless the exigency
of the case renders it prudent that
they should hold the funds uninvested.
When a house is rendered untenable
in consequence of improvements
made, the adjoining lot, the owner of
such cannot recover damages, because
he had knowledge of the approaching
danger in time to prevent himself from
it.
Permanent erections and fixtures
made by a mortgagor after the execution
of the mortgage upon lands conveyed
by it, becomes a part of the mortgaged
premises.
The opinion of witnesses as to the
value of a dog that has been killed,
is not admissible in evidence. The
value of the dog is to be decided by the
jury.
How Farmers Help Each Other.

A successful farmer finds it to his
interest that his neighbor should also
be successful. A single instance of
well-cultivated and profitable land does
not make the reputation for an entire
locality for profitable agricultural enter-
prises. It becomes noted for fertility
and acquires comparative importance
as a center of attraction. The number
of good farmers is in the major-
ity; when its yields of grain or hay
or other crops attract general notice;
when buyers learn that such a country
town will supply the largest quantity
and the quality of butter or cheese
or wool, or apples or other specialty;
when those who travel observe the
general excellence of the roads, the
beauty of the shade that overhangs
the rest of the landscape, the lawns
which they are bordered, the orchards
and gardens that adjoin them, the evi-
dent prosperity of the community at
large. To what extent the money
value of one's land who lives in the
community is enhanced thereby—not to
mention the pleasure and profit of as-
sociating with those having similar aims
for improvement and gradually securing
similar means for attaining it—would
be difficult to determine.

Every Man His Own Lawyer.

Abbot of Buckfast.

Abbot of Buckfast.

Abbot of Buckfast.

Abbot of Buckfast.

Abbot of Buckfast.

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