＊The Limit of Lands．＊
by andrew Lanc．
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## There Are Five types of Mankind，Each Pre－

 disposed to Certain Maladies| In a former article some facts were stated concerning tho different tem－ peraments or types of vital action into which mankind is divided．These are usually reckoned as five，although the classification is now very definitely fixed．Each of these types is distin－ guished by a predisposition to cer－ tain maladies and by a special mode of reaction to the poison of infectious diseases．Those of the lymphatic or phlegmatic temperament are slugglsh and disinclined to exercise，their mus－ cles are soft and flabby and there is a general absence of tone in the sya－ tem．The dieeases from which they suffer are those marked by debility， and they have often to be keyed up <br> with tonics，even when not really in． Those of the nervous type are of small frame，active in mind and body， light eaters and IIght sleepers．Their tendency is to disease of the nervous system．They tire easily after a spurt of work or play，but above all things should resist the temptation to resort to＂pick－me－ups，＂which have a fatally good effect for the time be－ ing．These people need sleep－but must not resort to drugs to get it－ and festrul vacations． <br> The jolly people of the sangulne temperament，with their florid－com plexions，their hearty appetites and good digestions，enfoy IIfe as it comes．The diseases to which they are most llable are gout and prema－ ture hardening of the arterles，with its conseguent heart and kidney trou－ | bles and apoplexy．The regimen best adapted to ward off these maladies is a restricted diet，especially as regards flesh food，avoldance of alcoholic bev－ erages，and the drinking of plenty of pure water to wash away waste ma－ terials． <br> Persons of the bilious tempera－ ment are prone to diseases of the liver，gall－stones，intestinal indiges－ tlon and constipation．They are large consumers of food，but derive little enjoyment from eating．They are often much benefited by a course of dieting and consumption of mineral waters，after the plan developed to a high degree by the German watering place physicians． <br> The strumous type is less distinctly a temperament than an actual ten－ dency to disease．There is little re－ parative power here；wounds heal sluggishly，the glands in different parts of the body often swell and sometimes break down，the appetite is small and digestion poor．Persons of this type do not bear confinement well，and are prone to become con－ sumptive unless they live much in the open air．－Youth＇s Companion． <br> Occasionally the English railway section laborer cooks a rabbit without the aid of a fire．All he does is to fmmerse it in quiciafrine．In about twenty minutes he takes it out，cracks the clay（which has baked hard）and Inside is his meal done to a turn． |
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## Goorg Things Not to 

