Great Loss of Life and Property in Pennsylvania and Ohio.

SCENES OF DEVASTATION.

A Pittsburg despatch of last night says Western Pennsylvania was visited by a severe rain, wind and electric storm this morning. Great damage was done and at least two lives were lost. In this city a number of houses were struck by lightning and several persons stunned, but not seriously injured. The rain feil in torrents for several hours, flooding cellars and causing small streams to overflow. At West Elizabeth two children of George Beattie, a boy and girl aged 7, were drowned on their way to school while crossing a foot log over Lobb's Run. The girl lost her footing and fell in the water, and her twin brother, in trying to rescue her, lost his life also. At Indiana, Pa., lightming struck the flouring mill of Wegley & safety many white believers also. Their Wilson, and it was burned to the ground. faith affected them differently to what it The loss was \$1,500. In Westmoreland did the colored people. They were mainly county great damage is reported. For two foreigners, and their pale faces told how hours the rain fell in torrents, and nearly all the streams overflowed their banks, washing away bridges, fences and everything in their way.

FLOOD DAMAGE.

At Penn Station a number of families were compelled to vacate their houses and seek shelter on high ground. Up the Manor Valley the greatest damage was done, as most of the bridges along the streams were carried away. The manor Valley Railroad at Claridge, its northern terminus, was badly damaged, 300 yards being washed away and traffic entirely suspended. In Greensburg the High School building was struck by lightning and slightly damaged. In sections of the county the roadbeds are nearly washed away, rendering travel dangerous and very difficult. At Tyrone, the Juniata is away over its banks, houses and lots are inundated and people have been compelled to move to higher ground. In Cambria County the rainstorm was particularly severe. The Conemaugh River and Stoney Creek are again high, and the lower portions of Johnstown are under water. Several bridges have been washed away, and operations have been suspended at the mills along these streams.

Ohio's Visitation.

An Akron, O., despatch says: Two clouds came together Tuesday evening about two miles northwest of Sharon, Medina county. Two minutes later they began to revolve in tornado fashion and bear down upon the village. The tornado's progress was marked by roaring and grinding sounds. In ten minutes it had ominous of the approaching upheavel. levelled everything in its track, over six miles of farm land for a width of 30 rods, demolished dozens of buildings, killed one man, fatally injured a man and a woman, have been received from Rev. Edward and seriously injured several others. Mason, a re ident of this city and pastor of Forests in which were trees two feet in the Progressive Brethren Church at Miadiameter were cut down as if they had misburg, confessing he is a forger, and been cornetocks. The first building caught that he is on his way to Wales to reclaim an long loops about the brim, and the Midnight-The rioting continues. The up was the barn of James Hartman. It inheritance, or, failing in that, to kill himwas tern into kindling. Then in turn self. Brown and Frank Lacroix, the barns of St. Louis to preach a funeral sermon, but Richard Brown and C. Crane, located just instead he went to New York, whence north of Sharon. The tornado then mowed he wrote to his wife and others making the down a mile or so of timber land and above statements. He forged notes and One of the prettiest seen this apring was fences and jumped into its work anew at borrowed money from a number of banks. the farm of Christian Wall, east of Centre. The amount is not known, and it is a The large bank barn was torn into little | mystery what was done with the proceeds. pieces, which were strewn along over a Rev. Mr. Mason had a high standing in mile. The large two story house of religious circles, and is an author of some Reasonable Wall was blown off its founda. repute. It is said he was addicted to the tion and tipped over on its side, and a use of opiates. horse barn near by was demolished. The bank barn of Mat. Bromley, just across the road, was then given a whirl.

ORCHARDS SWEPT AWAY.

Mr. Bromley was caught up and deposited several rods away badly crushed under the timbers: He cannot recover. His son landed at the hay mow. The house of Frank Browley, a quarter of a mile further on, was blown several rods from its foundation and taking fire burned with on rate " into some canned corn she was and another behind. all its contents. The family escaped by taking refuge in the cellar. An orchard of only to test its strength. The girl said she fifty apple trees, back of the house, was mowed clean. Just a quarter of a mile southeast of Bromley's house was that of Hugh Franks Here destruction was most complete, not a stick of timber that a man could not easily carry was left. About 150 feet from the house Mr. Franks' dead body was found with the brains cozing from a hole in the head made by a flat iron. An ear was torn and legs and arms were broken. In a clover field, twenty rods from the house, lay Mrs. Franks un onscious, with her collar bone and several ribs broken and serious internal injuries. She cannot live. The family deg lay dead beside ber. There were no children in the house. About \$300 in paper money and silver that was in the house was strewn over the fields for half a sickening spectacle at the close of the

SEEKING SAFETY IN CELLARS. At the end of its six mile sweep through Sharon, the tornado evidently rose high in the air, and, jumping over the southern part of this city, dropped on Springfield township, southeast of Akron. The house of Scott Sweitzer was whirled from its foundation and scattered over a ten-acre field. Sweitzer, who had laughed at his wife's fear for going to the celler with her baby, was pitched down the cellarway headforemost, and the family ensconsed under the debris escaped injury. A pen full of pigs was hurled to their death. Of two carriages in the barn only a few spokes could be found. As Fred. Harwicks was anhitching his horse the ternado came on and he was blown away with the horse and waggon, and received serious injuries. issued that girls must wear only buttone i Daniel Brown owned five acres of timber, on which not a tree was left standing. Geo. Wise's ten-acre forest was also mowed down. The houses of Robert Callahan, John Robertson, Elias Kuntz and Eli Funk come never has any "go" to him. were riddled and barns blown away. The storm trailed along into Stark county, leaving the debris scattered over a stretch of fifteen miles. The loss amounts to tens of thousands.

VIRGINIA FEELS IT.

one was mortally wounded.

THE DOOM-SEALERS

Fleeing From San Francisco and the Wrath to Come.

A San Francisco despatch says: There was a big meeting of negro doom-sealers at the railway station at Oakland yesterday afternoon, and unbelievers in the dire prophecies that have been uttered as to the coming destruction of the town by a tidal wave were warned in doggerel to flee from the wrath to come:

Flee away to de mountain top, 'Cause somethin' hvar am goin' to drep, So flee away, an' don't you stop, ; Hallelujah! Hallelujah! Hallelujan: manerajan:
Dose dat stay behind am los',
Like buds in spring am nip by fros',
And on de flood waves dey'll be toss',
Hallelujah! Hallelujah!

These verses were shouted vociferously by the doom-sealers. They did not seem particularly worried at the impending calamity, but sang and beat time with their gripsacks and umbrellas in true revival style. They left for St. Helena on the 4 40 train. This train carried away to much they were impressed by the awfulness of the things that are to happen on April 14. There were traces of tears on the faces of the women among them.

According to the original prophecy none of these persons should have been left at Oakland. It was foretold that after April 7 no trains could leave, and escape would be impossible. They appeared to consider the holding off of the event as a mark of Divine favor, and were humbly thankful that they were given additional time to escape. Probably 30 people took the train for the Sierras to day, and many others fled to the hills back of Berkelev.

The example set by the more fervent Woodworthites has stirred up a big rush for the mountains. Yesterday and the day before the departures took more the form of an organized exodus than ever before. Those who left earlier quietly went aboard the trains separately, one, or possibly two families to a party. A great many went in this way, and it was yesterday estimated that fully 300 people had left their homes. Not a single person who was prominent at the meetings where the prophecy was first announced was to be found in Oakland today. All have fled to the mountains. A correspondent interviewed several departing cranks and elicited the same answer in every case :

"We are leaving because God has plainly revealed the approaching catastrophe and we dare not neglect His warning.'

The weather to day is unusually warm and this, taken in connection with the lunar rainbow a few nights ago, is regarded as

A Reverend Forger Confesses.

A Dayton, O., despatch says: Letters were taken the house and barn of Urish squandered a small inheritance of hers. He Woerster, the house and barn of Isaac left home April 3rd, saying he was going to

A Girl Poisoner Confesses.

A Chicago despatch says: Emma Stark the servant girl who is under arrest charged with putting poison in the food she cooked for a family named Newlands, which resulted in the death of Mr. and Mrs. Newlands and the dangerous illness of their two children, has made a full confession. She admitted to-day that she put " rough cooking for the Newlands' supper, wishing had been betrayed and wished to put an end to her existence, but had no intention of killing the Newlands. She ate some of the corn herself, but it only made her slightly sick, and supposing its effect would be no more serious on the others she served it for supper.

Brutes in a Purring Match.

A Liverpool cable says: A horrible fight occurred as Wigan, Lancashire, yesprincipals. They were naked, with the exception of short trousers and clogs, but in shreds and the close were then used as weapons. The bodies of the men presented that the strest cars were stopped. fight. They were seamed, searred and gashed in all directions. Haigh was declared the victor. Moran was carried home unconscious.

The Cost of Tying Shoestrings.

One of the managers of a big Eastern knitting mill has made a calculation that the shoestrings of a working girl will come untied on the average three times per dient and that a girl will lose about 50 seconds every time she stoops to retie them. Most of the employees have two feet, so this entails a loss of 300 seconds every day for each girl. There are about 400 girls employed in this factory, and therefore the gentleman finds that 43,000,000 seconds are wasted in the course of a year, which time, at the average rate of wages, is worth \$943 171. Orders have accordingly been shoes or Congress gaiters under penalty of discharge.

-The man who takes things as they

"Oyster culture" by the Marquis of Lorne, with illustrations by Princess Louise, is, perhaps the most noticeable contents of Good Words. The visit described to the oyster nurseries of Arcachon is very interesting, and the information that 200., A Roanoke, Va., despatch says: The 000 people get their living in France in congreatest tornado for many years passed nection with this and similar nurseries. over this city this evening. The cast-house obtaining also fair wages, is a stronge at the Crozier iron furnace was blown recommedation to the Marquis' plea for the down, and three laborers were killed and encouraging of the industry on British lation of a military age can pass the

THE SUMMER GIRL.

Her Fancy Lightly Turns to Roman Millinery.

And if She Be Fashionable, She Decks Herseif With Trinkets and Tinkling Things in Savage Style.

A New York despatch says: The summer girl is going to look like a maid of confinement, but nothing that I have ever ancient Atnens when in a gown of sheer seen approaches in its awe-inspiring attriwhite wool, girdled at the waist and butes this terrible prison. It is a one story clasped on the shoulder, she twists her hair granite building about forty feet square, in a loose, classic knot thrust through with disconnected with all other parts of the an antique gold hairpin and adjusts building, except by the deadly wire that esthetically in place a little toque a la connects it with the dynamo shed. The Greeque made of three fillets of gold rib- granite walls are five feet thick, I am told, bon, jeweled and embroidered, with a puff and they certainly appear to be. There are of white tuile to fill the crown and in from three iron dcors, one within one another, at chased, with wings of gold and gauze, the river. The keeper's seat is within the fluttering down from the bands to her white third door. At the further end of the

the puffy bow of black gauze, which of execution arrives." gives the last chic touch to her walking costume.

The summer girl is going to look like foolish, presty little Dora Copperfield, ready for a walk with "Dody," where she frames her arch dimpled face in one of the simple "village" bonnets of Tuscan

m r girl argues with herself whether she the hotel and tried to set fire to the buildappeals to her fancy with its resettes of and dispersed the mob. Many persons blue and gold velvet ribbon trimming an were wounded. Later a mob of 2,000 per- larity very rapidly in New York is beyond English shape in black straw and its black sone invaded the Carlist Club and set fire wings fronting forward.

will be found soon after Easter. One is a courty and. Another mob tried to burn a ace straw, with a thick ruff of pur. The troops have failed, however, to disrow blue velves ribben is laid in a circle of garrison is under arms.

airity fantastic with each passing hour, ported some have been killed, though They are not closely shirred as in past seasone, but are fairy like gossamer puffe long as possible. which only the weight of the flower wreaths trimming them keeps from sailing away. worn by a demure young woman at the last meeting of the Collegiate Alumnæ. Its frame was loosely weven of thorny rose stems without foilage and tangled with immense pick rese.

for things Roman. Little crownless stripes about the brims, are shown by all

For early spring the most characteristic bonnets are those which are nothing more than wide fillets of coarse straw not joined behind or simply tied across with narrow ribbons. A very pretty one is of dark bine straw edged with black and black velvet, and with a small tlackbird on either side. Gray and white make an equally effective comornation.

Dwelling Together in Unity.

A Chicago despatch of yesterday The conference of the gava : terday. Two noted wrestlers, Moran, of German Evangelical Church dele-Wigan, and Paigh, of Standish, were the lates being held here to-day in the with a row and the police were called out the first round the trousers were torn to Soon after the meeting assembled, the crowd in front of the doors became so dense Deacon Bergman and the Bishop Dabs' faction, who were inside in possession of the church, locked the doors and prevented the entrance of Bishop Esher and his followers. The greatest commotion followed. The to lowers of Bishop Esher flually withdraw, and started up a conference of their oan in a neighboring church.

English Capital for Boston. After a series of rumers, private advice to a British syndicate. The present owners continue to stubbarnly refuse to give particulars, but it is learned that after much discussion the following companies accepted that two-thirds of the scipulated modest. Yours very truly." price be paid in cash and the remaining third in stock of the new consolidated corporation, thus permitting the present owners to retain an interest. The sums decided on are: Rossie Brewery, \$900,000; Stanley, \$300,000; total, \$2,350,000. Possession is to be taken on July 1st.

Yesterday Japan opened her third National Industrial Exposition. That such an exhibition, composed entirely of home products and manufactures, is possible in Japan shows the rapid development of that of Western civilization.

Surgeon-General John B. Hamilton says that not one-third of the American popuexamination of a recruit.

A LIVING TOMB.

Sing Sing Cells for Murderers Conder o Electrical Death.

Lawyer Heinzleman, of New York, recently visited his client, James J. Slocum, who is confined at Sing Sing under sentence of death by electricity, and he thus relates what he saw :

" I visited by client, Slocum, yesterday," sai t Lawyer Heinzieman, " in the execution chamber at Sing Sing. I have had a large professional experience in places of penal a butterfly such as Cupid might have the end of the death chamber, facing the chamber, facing the keeper's seat are four The summer girl will look very demure cells. The walls between the cells are of and coquettish behind her loose flowing granite, and two feet thick. The inmates perhaps it is safe to say that 95 per cent. veil. In the morning you will meet her of the cells are always under the keeper's in a wide flat has of black straw, simple as eye. Owing to the thickness of the walls a school girl's, with a bunch of black tips and of the three doors not a sound of the devote thems ives religiously to the fair at the back, a band of gold tinsel about the crown and a fall of black gauze half a yard living tomb. When a lawyer, or priest, or deep from the outer brim, which com. minister sees one of the condemned men, a pletely envelops in its nun-like but trans- heavy green baize curtain is dropped over parent meshes the whole upper part of her the coors of the other cells, so that their every convenience and reported in regal tigure. You turn for another glimpse of inmates cannot see the face of the visitor the shy, veiled maiden, and in the after- or hear his voice. The same thing is done noch you meet her again. This time she when any one of the condemned men is heart could with. With so large a proporis wearing a flapping hat like a sixteenth taken out of his cell for exercise. The tion of single men in our population one not century courtiers, except that it is made condemned men, therefore, see no other well informed as to the frue state of things of lace straw, with heavy feathers standing face and hear no other voice than that of would naturally expect that a visit to the of lace straw, with heavy feathers standing face and hear no other voice than that of clubs and hotel lobbes acuid reveal an erect on top like fluttering plumes, and their keeper, except, as I have said, when with a full veil of Chantilly lace like the their counsel or spiritual adviser is permitted to see them. It is a terrible ordeal. Empire bag of last season, except that it is mitted to see them. It is a terrible ordeal, loose at the bottom, finished in a pattern of and it seems almost incredible to me that club men, and many live at lotels, but they

RIOTOUS ANTI-CARLISTS.

Military and Mob Contest for Pessession o Madrid.

tied up with ribbon bows.

The high-crowned hat looks back longing ingry from the coer of oblivion. The suming from the coer of oblivion. The suming from the coer of oblivion. The suming from the coer of oblivion and followed the Marquis to his spend money much more tracky on their lings of from the coer of oblivion. The suming from the coer of oblivion and the coef of the hold. shall invite it to re-enter the world. It ing, when a detachment of troops charged to the furniture. When the firemen came There are some extremely pretty novel- the mob tried to obstruct them. The mob Perhaps, numerous, the the chief is the ties in bridesmands' hats, for which a use then smashed and burned a carriage in the wide-brimmed, that hat of gold-colored church, but were prevented by the troops. plish pink ribbon, box pleated about the perce the constantly gathering crowd. The inter brim Black velvet flower petals latter have built two barricades in the show themselves here and there. Another streets. The military authorities have is a Leghorn flat, turned up behind. Nar- taken possession of the city and the whole

garnitures are blue bachelors' buttons. troops have made several charges. Many
The tulle and gauze hats grow more persons have been injured, and it is reorders were given to avoid bloodshed as

BE LOVED TRAVEL,

And Stole Gilt-Edged Securities to Gratify

His Taste. A Worcester, Mass., despatch says: Frederick Kimball, the young and trusted gold-colored gauze, which hung to the waist | teller of the People's Savings Bank, has line in streamers caught together by one fled, after stealing from the vaults gilt. edged securities of the bank amounting to The summer girl seems to have a fancy \$43,000, but on the market worth \$50.000. He comes of a most prominent family in toques, with soft twists of silk in Roman the State, has an interesting family and a spoonful. social position of the best. He has, howthe fashionable milliners. A young girl ever, an insatiate passion for travel, and who saw an Italian opera favorite on her that is his main object in leaving. He has opening night wore as successful a one as not been seen since Friday, but leit a note sugar weighs one pound. has appeared. It looked like a scarf of red showing he had gone to Canada, saying he and gold wound about the head, with a would never return, and advising his wife metanic blue butterfly fastening it in front to go back to her family. She is heartbroken. As he may dispose of his plunder in Canada, the fellowing is the list of the

securities he disappeareed with: Boston & Lowell Railroad, 41's, \$5,000; Boston & Maine Railroad, 7's, \$9.000 Boston, Clinton & Fitchburg, 5's, \$3,000; Eastern Radroad, 6's. \$5 000; Vermont & Massachusetts, 5's. \$4,000; Old Colony, 7's, \$2,000; Maine Central, 7's, \$500; Kansas City & Fort Scott (collateral), \$5,000; Kansas iry consols (collateral), \$10,000; total, \$43,500. All the bonds are readily negotiable.

Se Was Only Out of Work.

Fred. Roberts, 21 years old, was arrested Sates being held here to-day in the in New York city Wednesday with a Speffield avenue church was mangurated placard on his back. Roberts told the justice that he was out of work and had an invalid wife depending upon him. "What am to do, judge? I cannot starve, nor sized teaspoon constitutional a drachen. can I let my wife starve to death," he said. "I will not steal. I have not com- liquid or one pine of finely chopped meat, mitted any offence. I am tired of asking packed solidly, weight one nound, which it for work and being refused it. I thought would be very convenient to remember. this sign would create some excitement and make my poverty known to some who might be disposed to take pity on me." earnest hard worker, willing to do any-

The Bang.

feminine fads as well as the most self-Boylston, \$800,000; Suffolk, \$350,000; and to stay. It is now in the 19th year of its continuous reign. In the face of ridicule and criticism it has held its own since 1871, when, in some inexplicable manner, it made its appearance upon certain fashionable brows. In a short time all classes had adopted the white fringe, as it was then styled by the newspapers. The general adaptability to almost any type of face acpeople and their adaptability to the forms counts for its popularity, and although decried and caricatured, it has never lost its hold.-Evening Telegram.

> The Duke of Bedford has built a private crematorium at Woking.

THE MODERN BACHELOR

Important Factor in City Lite and His Social attributes.

The bachelor has become an important factor in New York life. He is not a new species, as there have always been tugitive specimens of this genus with us. In most cases, however, he has been regarded not exactly as a freak, but as one whose mind had a wrong stant, els be would have left the bleak and sterie a shores of bachelordom and entered into the sunny and rainbowtinted realm of the benedict. This idea still prevails to a large extent in country towns and provincial cities - and not without good cause, for the old-time bachelor was an unsocial, cranky sort of individual at best-a man out of tune with his surroundings, a cynic, a woman hater. But the modern bachelor in New York is all that his predecessor was not-sffable, generous, sunnya man devoted to la ties' society, and always in the foreground of the social world, says a writer in Munsey's Weekly.

It is estimated that there are over 100,-000 bachelors in New York to-day, whose ages vary all the way from 25 to 75, and enter into society in its various sets, and costly bacheler aparaments, fisted up with spieudor, would convince the most sceptical that its surroundings, as lesst, are all that Vandyke points, and lost at the throat in they can retain their reason until the hour are not the men woo set there to talk teil storice, smeking recanwhile till the room becomes bigs with the clouds of the vanishing Havanas. They, as a rule, see chough of their dan sex during the day and at their meals. A Madrid cable of last night says: The arrival of the Carlist leader, Marquis Cerralto, at Valencia to-day was made the straw, with a cainty wreath of resebuds ralbo, at Valencia to-day was made the being capacity is colors because of beneath the brim, and with the chin snugly occasion of an anti-Carlist demonstration. The single blessedness to which they cling. no one to say them asy, as might be the

case with the latter. That bachelor late is increasing in popuquestion. The causes that lead to this are, in good style in the matripelis to day. It may be that they are diceiving themselves, and that, after all, they are not getting the quiet, restful er j yacen out of life that their married ero eres sheere, with all the cares and anxieties which to the bachelor mind are such graveus burdens. Happiness, in its best sense, is not always gained from the atter absence of care, and it is just possible that the bachelor overestimates his good forme in having no one to quicken his interest and sur his anxiety.

The Weight of Groverles.

Ten common mand eggs weigh one pound. One pint of ouffee A sugar weighs 12

Soft Lutter, the e zool an e g, weighs one

One pint of best brown ragar weighs 13 ounces.

One quart of sifted there well heaped, one pound.

Four teaspoor fall are equal to one table-

One pint, heaped, of granulated sugar weighs 14 ounces. One and one-third piets of powdered

Two teacupfuls, Livel, of granulated sugar weigns one pourd. Two tescupfuls of roft batter, well packed

weighs one pound. Two teacupials, well heaped, of coffee A

sugar weigh one young One tables conful, well rounded, of soft

butters, weight on onne.

Two tablespoonfule of powdered sugar or flour weighs one curses. Two and one had teacupials, level, of the

best brown sugar with one pound. Two and three-fourths teacupfuls, level,

of powdered sagar weigh one gound. A tablespoorful, well hered, of granu-

lated, o ffee A or been brown sugar equals one ounce. Teaspoons vary in size, and the new ones

hold about twice as much as an old fashioned apoon of 30 years sgn. A medium-Miss Parlea says the sections pint of

A Proud Esther Gvercome.

On board the City of Paris, which ar-He was discharged. Following is the rived vesterday, was an Englishman who, placard Roberts adorned his back with: "I from the time of leaving Liverpool, was am not Bret Harte, Berry Wall or George busy telling all his acquaintences that he Francis Train, simply a married man, a expected to become a father during his stress railroad employes out of work, who voyage. His wife was at Liverpool If it from London to day confirm the report of has used every means to should be a boy he was to the cablegram the sale of Boston's four largest breweries find employment. I do not wish at Quarantin, New York, saying to a British syndicate. The present to say anything against the circu-"James'; if a girl it would read "Mary." lation of the New York press. I am an Some of the passangers prepared a bogus cablegram, which was handed to the prosthing. Please do not stare at me, as I am pective father as soon as the chip reached Quarantine. He took it proudly, but a little trembling, and read it. Then he fell back on a sota with a cry. His face was The bang, one of the most maligned of ashen pale. Friends ran for a glass of water. The paper fell to the floor. It assertive, may almost be said to have come | read: "James and Mary."-New York Morning Journal.

Scene-Boston Woman's Club. Time-

Mrs. S .- Have another cup of tes, dear? Mrs. H .- Thank you, dear; but I must get home. Mrs. S .- Why should you hurry? Your

husband will not chide you if you are a Mrs. H .- It is not my hneband but my father in law that I har; he is staying

-Emproidery is used for trimming muslin, silk and cashmere dresses.

with us at present.

One of the Greates

SOHOOL

(From the I

on in It-Its Grea of Sleep Children -The Malign 1 Our Schools.

Early to bed sho childhood. In br of to day are expose wear ant tear. I than did their pare same age, for as the life has grown in burdens have been p influences have ner enfecble brain powe intellectual growth. and givers func wonderfully sumpl tion. It is on tubes and o.lle, in blood vesscis in every head o every motion, thou the work and death cells." Their placthrough the bioud the amount of wor requires one-fifth body to keep up a then, always going two processes - one repair. Now, the during waking hou for sleep, that one work of restoration to bed tired and w sound sleep, awa freshed and rejuve of rest, new eur through the blood that which has debeen made and Nature has provid ity and rest suall in the bod, works the heart has its they are, of cour organ is actually i every twenty four after every pulsat every breath ; too work and then fold And so it is with the body. For the NO REST EXC As one writer h

> action of the will, heard, by every of substance that is that is smalled, by able sensation; a: lives witnesses the its mass and t material to take it The great rect therefore, profous going child must need is, in fact, felt in adult lie vital energy of the stored, but all the and developing. I almost ceasele s a of nerve force is ve more rapid and el tissue than in late required for repair for the wear as be an extra dition of new building up of a child sufficien will he be stun: physical stature as feeble mind and p is believed that too is one of the cause years. The regula entering schoolshould not be late actually need from Of course, a little a trifle longer e which school is m allowed, but in all should sleep laid After the seventh sleep may be gra even at the age of and ten hours' stee In a general was a after a child is 12 time on until bis a ought to be his ha One great fault of is the requirement In order for child mrals, have suffimast study evenu the same. As a only run the risk but their

as an individual

single second of hi

brain is altogether

is consumed by

The average so nervous and restle is the result of to: his studies in act ings allowed hi. lessons; which te should be, for the daller will be his slower he will b The man of brain kept up of a nigh his regular bedti " broken up" for yet, as likely as pore over his book

GENERAL HEA

after he should when he grows ir peptic symptoms disinclined to pla blamed and accus burdens upon him bed as he ought, the same studies easy, and the less learned. The perfectly

abundance of slee to-day are not by The parents of me nervous temperan victims of nerve w parents who suffer who are constituti sequence of parn