

Life and His... an important... not a new... reactive... In most... treated not... mind... about left... disorder... bow-... still... towns... good... an un-... at best—... a... modern... sunny—... and al-... world...

SCHOOL CHILDREN.

One of the Greatest Dangers to Which They Are Exposed.

Construction of the Brain—Changes Going on in It—Its Great Restorer—Amount of Sleep Children Need—Evening Studies—The Malicious Influence Beginning in Our Schools.

(From the Boston Herald.)

Early to bed should be a fixed rule in childhood. The brains of school children of today are exposed to rather too much strain than their parents were then as the same, for as times have changed and life has grown more arduous, heavier burdens have been put upon them, and new influences have developed which tend to enfeeble brain power and obstruct healthy intellectual growth. Considering its many and diverse functions, the brain is wonderfully simple in its construction. It is only a meshwork of tubes and cells, extending everywhere in blood vessels. The cells are in every head of the millions, and every motion, thought and volition means the work and death of hundreds of these cells. Their places are immediately filled through the blood supply, and so great is the amount of work done by this organ it requires one-fifth of all the blood in the body to keep up its vitality. There are, then, always going on in the brain at least two processes—one of decay and one of repair. Now, the latter is not as rapid during waking hours; hence the necessity for sleep, that once in every 24 hours the work of restoration may be effected. We go to bed tired and worn, but, after a night of sound sleep, awake in the morning refreshed and rejuvenated; during the period of rest, new substance has been taken through the blood to the brain to replace that which has decayed; full repairs have been made and the balance restored. Nature has provided that periods of activity and rest shall alternate. Every organ in the body works under this law. Even the heart has its periods of suspension; they are, of course, brief, and yet this organ is actually in repose six hours out of every twenty-four. Its rests are taken after every pulsation; the lungs rest after every breath; the digestive organs do their work and then fold their hands, as it were. And so it is with all the other organs of the body. For the brain there is

NO REST EXCEPT DURING SLEEP.

As one writer has aptly said: "So long as an individual is awake, there is not a single second of his life during which his brain is altogether inactive. Its substance is consumed by every thought, by every action of the will, by every sound that is heard, by every object that is seen, by every substance that is touched, by every odor that is smelled, by every painful or pleasurable sensation; and so each instant of our lives witnesses the decay of some portion of its mass and the formation of new material to take its place." The great restorer of brain power is, therefore, profound sleep, and the school-going child must have plenty of it. His need is, in fact, vastly greater than that felt in adult life, for not only must the vital energy of his brain be each day restored, but all the while it must be growing and developing. In childhood, owing to the almost ceaseless activity, the expenditure of nerve force is very great; there is much more rapid and extensive decay of nerve tissue than in later life, and longer sleep is required for repair; and, beside making up for the wear and tear, there must be an extra amount for the addition of new matter and the building up of the brain. Dearly as children need sleep, and not only will be stunted in intellect, but in physical stature as well—he will be both of feeble mind and puny body. Moreover, it is believed that too little sleep in childhood is one of the causes of its stunted in after years. The regular bedtime of a child first entering school—6 or 7 years of age—should not be later than 7 p.m., for he will actually need from 11 to 12 hours' sleep. Of course, a little latitude in the way of a trifle longer average before days on which school is not in session may be allowed, but in all such instances the child should sleep later the following day. After the seventh year the duration of sleep may be gradually diminished; but even at the age of 19 and 20 between nine and ten hours sleep are actually needed. In a general way it may be said that even after a child is 12 years old, and from that time on until his school life is ended, it ought to be his habitual hour for retiring. One great fault of our educational system is the requirement of study out of school. In order for children to find time for their meals, have sufficient exercise, etc., they must study evenings, and often late into the same. As a consequence they not only run the risk of injuring their eyes, but their

GENERAL HEALTH IS THREATENED.

The average school child of today is nervous and restless, and very generally it is the result of too little sleep. The harder his studies in school the longer the evenings allowed him in which to get his lessons; which is just the reverse of what should be, for the less sleep he gets the duller will be his comprehension, and the slower he will be in learning his tasks. The man of brain work knows well that if kept up of a night two or three hours after his regular bedtime, he is more or less "broken up" for the following day; and yet, as likely as not, he allows his child to pore over his books, night after night, long after he should have been in bed. And when he grows irritable, complains of dyspeptic symptoms, looks pale, is dull and disinclined to play, then his teachers are blamed and accused of putting too heavy burdens upon him; whereas did he go to bed as he ought, and get sufficient sleep, the same studies would be comparatively easy, and the lessons much more quickly learned. The perfectly healthy child needs an abundance of sleep. But the children of to-day are not by any means all healthy. The parents of many of them are of highly nervous temperament, and not a few are victims of nerve weakness. There are also parents who suffer from disease, and others who are constitutionally infirm as the consequence of pernicious habits, such as

smoking to excess, using alcohol, etc. In fact, were the physical constitution of all parents carefully studied, a large proportion of them would be found to have some defect which it is possible for their children to inherit. Let parents see to it that their children have sufficient sleep, and they will have done infinitely much to remove inherited tendencies, not only to nervous diseases, but to all others. Unfortunately, all parents do not know when they have defects which are likely to pass on to their children. It may be accepted that those of the present generation who are absolutely free from are comparatively few. A recent writer has predicted that the day of the

DECADENCE OF OUR RACE

is surely coming. He rightly states that we hide our "defecives, our dements, and our pauper infirm in havens of refuge out of our sight. Had we not these retreats, and all our mentally and physically afflicted were allowed to drift about in the community, as in former times, these ever present evils and evidences of national depreciation would frighten us. We would study more than we do the laws of health, and how best to maintain moral, intellectual and national supremacy. Look at the ever increasing demands for hospitals, asylums for insane and imbeciles, schools for feeble-minded, retreats for nervous complaints, almshouses for human wrecks, prisons for chronic and congenital vagabonds, and then say if a vicious system of sanitation, of customs, of habits, and of education has not something to do with this state of things. This is not the jeredim of the pessimist; rather it is the story of a danger signal to which we would do well to take heed. As has been said, our educational system is often blamed where it could not be held responsible. There is much in it, however, to criticize. Children well advanced in school are generally obliged to devote two hours to study at home, so that they are actually at work—and hard at work—about as many hours each school day as the ordinary adult laborer. Certainly, this is not as it should be, and to burden the young and tender brains of the coming race in this way is simply putting a premium upon degeneration. No child should be allowed to study evenings before he is 15 years old. It is absolutely the duty of every parent to observe this rule, and its violation is a sin. It is the parents, not the teachers, who are responsible for the health of school children, and it is for them to emphatically shut down on the present ruinous system of cramming. They alone can apply the remedy. But all must accept their duty, and do it. As it is now, if a child is not allowed to study evenings he falls behind his class, for the majority of his mates are victims of the fault which his parents protect him from. But in the end he will be the gainer, even if his school course lasts a year or two longer than theirs. He will be like the slowly growing tree, which takes the deeper root and has the toughest fibres, while those who are likely to be a hot-house mushroom growth, which means early decay both to mind and body. Children should pass

THE HOUR BEFORE BEDTIME

very quietly. Books should be laid aside and romping suspended, that the nervous system may be relieved of all excitement. Children may amuse themselves with light reading, music, needlework or something of the sort, but everything approaching excitement or brainwork is forbidden. The youth of to-day is singularly given to books of fiction, rich in soul stirring tales. To read one of these until bedtime means an hour or two of restlessness, and frequent dreams when at last sleep comes on. The nervous system of the dreamer is not at rest, and he is expending nearly as much nerve force as he would were he awake and experiencing the same thoughts and mental excitements. While one is excited from any cause, the circulation in his brain is correspondingly active, and it must quiet down before sleep is possible. So, to insure a child a good night's sleep, let the hour before bedtime be a quiet one, and, above all, let there be no brainwork after school hours.

A word as to the sleeping apartment and the night clothing of children. It ought not to be necessary to emphasize the importance of pure air, but, unfortunately, few parents rightly estimate its need. Without it, it is absolutely impossible for children to be well. Even older children should not be allowed to go to bed in a cold room; it should at least be comfortably warm while they are undressing, but the best should be shut off during the night unless it is intensely cold. Flannel nightgowns should be the rule in winter for children of all ages. The older ones generally sleep in woollen vests and wear over them cotton or linen nightgowns. It would be infinitely better if they remove the vest and sleep in a long, loose flannel nightdress. The bed covering should be sheets and blankets only. The sleeping rooms of children are never too large, and are almost always too small. A 10x12 room, with a ceiling eight feet high, really ought not to be occupied by more than one person, be it child or adult. And with only one occupant, in order to keep the air of a room of that size healthy, it must be all changed four times every hour. As for children and adults sleeping together, it is a bad practice. Without entering into the probable explanation, we will simply say that children, as a rule, suffer more or less under such conditions, and not infrequently they in turn become pale, enfeebled, languid and dull. This is most likely to be the case where the adult bed-fellow is especially strong and robust.

A Base Slander.

"I think," remarked Mrs. Pullman to Mrs. Lakeview, "that the way the papers run Chicago about divorce is simply scandalous. I wouldn't say anything if there were any reasonable ground for it; but there isn't. It's all made out of whole cloth. Why, I don't believe I know twenty divorced people in the entire circle of my acquaintance!"

Discovered the Truth About Him.

Brown—You don't mean to say you've quit trading with Cutaway? Why, I thought you'd swear by Cutaway. Robinson—I've got through with him. I owed him a little bill, and he sent around last week to say that he was in urgent need of funds, and would consider it a great favor if I would help him out. Brown—And you found it inconvenient? Robinson—No; it was quite convenient; but Lord! I thought the man was rich.

NO MORE HOUSEKEEPING.

The Caterer Slowly But Surely Supplanting the Cook.

MEALS BROUGHT AROUND BY WAGGONS.

Flat Life Has Improved the Facilities for Keeping House Economically.

(From the New York World.)

People don't keep house any more—they live in the sleep-up flat or in well-serviced tenements. They may have one or five servants, and have their washing sent out and their meals sent in.

The services of a caterer are called in for breakfast and luncheon, and at night the family dines out. The days of heavy breakfasts are passed. Instead of sizzling steak, fried potatoes and wheat cakes, the intelligent hostess has a dish of hominy, a couple of boiled eggs or a blooded, a roll, a cup of coffee and a saucer of water crosses or stewed fruit for a breakfast. The meal can be procured from the caterer for 30 cents, and at 1 o'clock the caterer's wagon stops at the door with baked potatoes and meat pie, or bouillon and chops, with a salad, a comfort of fruit ambrosial, chocolate and tart. The meal comes in a refrigerator basket, zinc-lined, and contains a spirit lamp not any larger than a claret glass, provided with a rest or crane on which the kettle of bouillon or chocolate is heated.

By prearrangement, joints, roasts and steaks may be had at a neighboring hotel and delivered at any hour desired.

There are perhaps thirty caterers within a mile of Madison Square who make a business of supplying private dining tables. For the regular customer a gas oven is provided and left in the family kitchen. The meal goes to the house in a caterer's basket and is put into the oven. By the time the tables are spread it is as warm and tempting as though it had been prepared in the house. The family has the privilege of selecting from the bill of fare in a general way, but it is the price of the caterer to send those dishes that are least perishable or the savor of which is not impaired by delay in serving. Escallops, fish and croquettes are readily transferred from Union square to Central Park; a fillet can go a mile and be toothsome, and a roast from Harlem to Kew-Forest, but no cook will guarantee to send a steak a block away from the broiler and have it tickle the palate of the guest. Delicate things like omelets are made over a spirit lamp.

At Sherry's, Pinard's, Mailleur's Delmonico's and kindred restaurants hundreds of special dishes, such as puddings, roasts, game, loaf cakes, salads, creams, soups and entrees are sent out to private homes every day in the week. This process relieves the mistress of marketing, saves her house from cooking smells, and insures her table a choice dish. In small families of three and four it is found cheaper to have all the vegetables, soup and meat courses prepared in this way, the dining-room maid getting the salad, bread and butter, fruit and coffee at home.

I was told the other day by a lady who keeps two servants that she has all her dinners sent from a neighboring hotel kitchen, by which process she is able to save one-third of the ordinary expenses account for groceries and butcher's supplies. Enough remains from the meal for the next day's luncheon, and for breakfast the baker leaves fresh rolls at the door every morning and coffee, eggs, chops and ribs are prepared in the kitchen. The rock of economy in this particular house is sugar, to which the inmates have a positive aversion.

While the continued multiplication of the big apartment houses in New York has led to an increase in the number of caterers, it has also improved the facilities for keeping house economically. With the washing sent out, it is not difficult to get one servant to do the washing, sweeping and waiting on the door. At night this maid-of-all-work goes home. She is allowed 20 cents a meal, and either eats with the family or goes out to a restaurant. In this way she is spared the temptation of boarding her relatives and suffering herself. People who live this way do not stint themselves, and, as a rule, enough remains from the caterer's meal for the sustenance of a hot, too hearty housemaid. Something of a banquet is made of the Sunday dinner, to which friends are invited. The supply comes to the door in a heated wagon, lined with tin covers, in which the several trays are carried. Bottles of coffee, soup, sauce and stew stand in hot water; material for the salad, as well as the bread and pastry, are done up in paraffine, and the moulds of jelly, cranberry and cream come in a refrigerator. The attendants are placed on the kitchen floor, sent up to the flat and served as they are opened by the colored waiter, who comes from the catering establishment expressly trained for just this sort of work. The regular family servant waits on table, acting under direction of the skilled negro.

Though it seems to be a cumbersome process, the details have been so improved and the mechanical arrangements so perfected that one can live in Harlem and actually dine on the product of the St. Denis, the Union Square or the Hoffman House kitchen, with entire comfort and satisfaction, and at very reasonable expense.

The kitchen queen is not the jewel she used to be, nor are there so many lords of creation going about marrying cooks as heretofore. In brief, the kitchen problem has been reduced to a science, and a family can live in a suite of four rooms and dine like Lucullus on the expense attending a kitchen under the management of one dishwasher and her assistant.

The total number of letters and telegrams received by William E. Gladstone on his 90th birthday was 3,000.

James G. Blaine has aged very much this winter. His domestic afflictions have crushed his proud heart and done more to furrow his cheeks and whiten his hair than years of political disappointment. The highest political honors no longer possess the attraction that they did when he was surrounded by an unbroken family circle.

The first duty to children is to make them happy.—Charles Buxton.

WEDDING FANCIES.

Bridesmaids' Costumes, Table Decorations and Other Consorts.

Bridesmaids are very important and picturesque features of the modern wedding, and their costumes are not only extremely rich, but in many cases really artistic as well. At an English wedding this winter the bridesmaids wore gowns of white silk draped with white gauze and trimmed with silver galoon, while large Gainsborough hats covered with white ostrich feathers adorned their heads. At a "violet wedding" the bridesmaids were dressed in costumes of purple velvet copied from a popular painting, and a novel feature of this wedding was that many of the guests wore costumes which were in some shade of the same color.

A recent wedding in an eastern city had some very pretty features. The eight bridesmaids were dressed in gowns of yellow satin trimmed with Chantilly lace, and they wore wreaths of daisies and carried bunches of yellow daffodils. At the reception the bride couple stood beneath two floral hearts in white, tied with a true lovers' knot, which were placed against a background of crimson plush. The grouping of the bridal party was very pretty, rich gold backed Japanese screens being used with excellent effect. At this same wedding the bride's gifts to her bridesmaids were pins in the form of two pearl hearts, and the ring hidden in the shape of two moonstones carved in heart shape.

English fashion journals say that ropes of flowers under about their table ornaments, and the fruit is disposed among them. At a recent bridal breakfast, there all the china and flowers were white, oranges preped out of masses of their own flowers and leaves, and the centre-piece was a collection of white Vienna china on bisque organ pipes, around which was twined a vine of roses and buds in their own foliage. The epergne, which has been so long relegated to the china closet, has come back again and leaves and buds and flowers are twined about its tall branches, and it is used as a setting for a mat of foliage. Another new table decoration is a wire framework, made to resemble a flat plate; in this the flowers, with short stems and without foliage are placed, the favorite flowers for such decoration being violets, crocuses, jessamines, daffodils or heurysaces. The foundation of wire is, of course, concealed and at each plate is placed one of these plates, metal and matching in color the china and other decorations.

One of the prettiest of the customs now observed at English weddings is the introduction of tiny puppets to hold the train of the bride. They add greatly to the picturesque effect of the occasion in their pretty costumes. At a recent wedding two little puppets were attired in red velvet, fastened with silver buttons, and slashed with cream silk with broad white silk sashes tied on one side, deep Epanich lace collars, red stockings and tan leather shoes with purple buckles. At another wedding, the puppets were cream serge Fauntleroy suits braided with gold, and white silk collars and sashes. They also wore silver watches and chains, the gift of the bride. On another occasion the puppets were dressed in Charles I. costumes of pale blue satin, with puffed sleeves, cloaks lined with white satin, collars and cuffs of Vandike Irish crochet lace, blue lace caps with white ostrich plumes, and blue satin shoes with buckles.

Arrangement of Furniture.

In arranging your furniture avoid straight lines as much as possible. How much more easy appearing is a chair placed across, instead of into, a corner. It looks as though some one had just relinquished his comfortable recess, and seems to actually offer itself to you in return, says a writer in "The Tatler." Curves, angles and the like are artistic, we are taught; but what a happier task it is to impress upon our next-of-kin "Phyllis" that these apparently careless arrangements are really studied touches, after all. It is really somewhat amusing to note how Phyllis, who will decorate tables and buffets with generally unemployable "cut cases" and have scrub bushes in every two corners of the staircase, will persist in asking about and arranging the "artistically-angled" furniture and ornaments. Not a few housewives have special hobbies; among them the foregoing; another is their tableware and their mantel piece a brace. They value these treasures immeasurably, but crack a piece the slightest, or "nick" the tiniest bit off an edge, and all traces of esteem vanish. "Break my china," said a young housekeeper a few days ago, "but break it into atoms, don't crack it. I can't have it continue to stand about as if reproaching for the lack of care and tenderness."

Thieves in Sleepers.

A little thoughtfulness will prevent losses in a sleeper. The passenger who goes to bed with his watch and purse under his pillow, in the old-fashioned way, could be robbed easily. That is where the thief always looks. He can get the vest or trousers from the pillow without waking the sleeper.

The best plan is to put the money and jewelry in a handkerchief, lift up the mattress on the side near the window under the body, not under the head, and put the bundle there.—St. Louis Globe-Democrat.

Henry George is having a cordial welcome in Anstaria. He has been entertained at a grand banquet at Sidney, and his lectures on the land question have been attended by crowded audiences.

Almost Nine Miles Deep. The greatest known depth of the sea is in the South Atlantic ocean, midway between the island of Tristan d'Acunha and the mouth of the Rio de la Plata. The bottom was there reached at a depth of 40,236 feet, or 8 1/2 miles, exceeding by more than 17,000 feet the height of Mount Everest, the loftiest mountain in the world. In the North Atlantic ocean, south of Newfoundland, soundings have been made to a depth of 4,580 fathoms, or 27,480 feet, while depths equaling 34,000 feet, or 6 1/2 miles, are reported south of the Bermuda islands. The average depth of the Pacific ocean between Japan and California is a little over 2,000 fathoms; between Chili and New Zealand, 1,500 fathoms. The average depth of all the oceans is from 2,000 to 2,500 fathoms.

She Cured Him. "And thus she cured him; and this way Will I take upon me to wash your liver As clean as a sound sheep's heart. That there shall not be one spot on't."

This is done by the use of Dr. Pierce's Golden Medical Discovery, which thoroughly cleanses the system of all impurities of the blood—washes out the liver of all banishes pimples, boils, blotches, scrofula, tuberculosis, and all tendencies to Consumption. Dr. Pierce has prepared this remedy "As you like it," and placed it with all the drug stores, where the daughter of the Duke as well as the clown, or Orlando, may obtain it for their cure. It is warranted to benefit or cure, or money paid for it will be refunded.

True, in One Sense. First Barnstormer—Faith, me friend, I am overjoyed to see you! What look? A regular ovation at your last appearance, I hope. Second Barnstormer (gloomily)—'S death, me boy, I know not what you call an ovation. Yet hold! Mine was such, if you bear in mind that in Latin, ovum meaneth an egg.

What's female beauty, but an air divine, The which which the mind's all-glorious graces shine."

This may be good logic in poetry, but in real life "the mind's all-glorious graces shine" to better advantage when enclosed in a sound physique. Dr. Pierce's Favorite Prescription is a positive cure for the most complicated and obstinate cases of leucorrhoea, excessive flowing, painful menstruation, unnatural suppressions, prostrations, or falling of the womb, weak back, "female weakness," anteverision, retroversion, bearing-down sensations, chronic oestrogen, inflammation and ulceration of the womb, inflammation, pain and tenderness in ovaries, accompanied with "internal heat."

Business is Business. Gotham Girl—The paper says a matrimonial exchange has been started for the benefit of foreign noblemen and American heiresses. Philadelphia Girl (who deals at Wannamakers)—Isn't that splendid? I hope they'll have a bargain counter.

The awe-struck audience gazed On the figure, gaunt and gray; 'Twas the murdered king, or the ghost of him. And Hamlet was the play. His hour was brief, he said. He must go ere light of day. To the place of torment prepared for him, 'Till his sins were purged away. Yes, purged was the word he used, And I thought what a remedy rare Would Dr. Pierce's Favorite Prescription prove. In his case, then and there.

Dr. Pierce's Pleasant Purgative Pellets have no equal as a cathartic in derangements of the liver, stomach and bowels. Small, pleasant in action, and purely vegetable.

Lord Acton is considered the most learned man in England. He is a Roman Catholic, and in addition to his library has a baronetcy. His library contains no less than one hundred thousand volumes, all of which are carefully selected and numbered among them some very rare books.

About 1,500 different kinds of dream boots are in the market, and all of them find buyers.

D. O. N. L. 17, 99.

Stop that CHRONIC COUGH NOW! For if you do not it may become consumptive. For Consumption, Scrofula, General Debility and Wasting Diseases, there is nothing like SCOTT'S EMULSION OF Pure Cod Liver Oil and HYPOPHOSPHITES OF Lime and Soda. It is almost as palatable as milk. For better than other so-called Emulsions. A wonderful flesh producer. SCOTT'S EMULSION is put up in a salmon color wrapper. Be sure and get the genuine. Sold by all Dealers at 50c. and \$1.00. SCOTT & BOWNE, Belleville.

CONSUMPTION SURELY CURED

TO THE EDITOR:—Please inform your readers that I have a positive remedy for the above named disease. By its timely use thousands of hopeless cases have been permanently cured. I shall be glad to send two bottles of my remedy FREE to any of your readers who have consumption if they will send me their Express and Post Office Address. Respectfully, T. A. SLOCUM, M.C., 186 WEST ADELAIDE ST., TORONTO, ONTARIO.

I CURE FITS! THOUSANDS OF BOTTLES GIVEN AWAY YEARLY. When I say CURE do not mean merely to stop them for a time, and then have them return again. I MEAN A RADICAL CURE. I have made the disease of Fits, Epilepsy or Falling Sickness a life-long study. I warrant my remedy to CURE the worst cases. Because others have failed is no reason for not now receiving a cure. Send at once for a treatise and a Free Bottle of my Infallible Remedy. Give Express and Post Office. It costs you nothing for a trial, and it will cure you. Address—T. A. SLOCUM, M.C., Branch Office, 186 WEST ADELAIDE STREET, TORONTO.