

The Value of Laughter.

The immediate physical results of indulgence in laughter are numerous. In the first place, the act of laughing involves the exercise of a large number of muscles, including many of those of the face, neck, chest and abdomen, which, if they are exercised sufficiently, often become correspondingly well developed, as do also all other tissues in intimate connection with them. The facial muscles, for example, of the man who laughs often and easily are generally developed to a degree which gives him the facial rotundity of a contented child. But laughter accomplishes much more than this mere outward appearance of well being. It has a highly beneficial influence on these two vital organs, the heart and the lungs.

During what is called a fit of laughter the lungs may be almost completely emptied of their contained air. Fresh air is then drawn in to the fullest extent of their capacity, inflating, perhaps, those little used air cells which contained previously only stagnant air and bacilli—for in the shallow breathing we ordinarily practice comparatively large tracts of air cells are not used. During this process the general circulation is accelerated, impure air is hurried out of the system and fresh air hurried in. With the forcible ascent and descent of the diaphragm during inspiration and expiration the liver and other abdominal organs undergo a kind of kneading not unlike that undergone during massage, and which is of great benefit in rousing them from that torpor to which they are liable.

The heart is also stimulated to more vigorous contraction during the active cachinatory process. Persons who, so to speak, let themselves go, and laugh with a will, sometimes bring almost all the principal muscles of their body into play, twisting, turning and bending themselves almost double in sheer muscular exhilaration. It is a matter of everyday experience that one feels the better for a good laugh, an explosion of laughter being, in truth, a nerve storm, comparable in its effect to a thunder-storm in nature (on a very small scale), doing good by dissipating those oppressive clouds of care which sometimes darken the mental horizon.—London Chronicle.

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Diamond Dyes make all rejoice;
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Fashions in Paris.

"The tendencies of the next season's fashions are toward soft materials, with wide, supple and rather elaborate models, although simple outlines are preserved," writes Edouard La Fontaine, of Paris, in the October Delineator. "In woollens, a soft intermingling of colors rather than striking contrasts is noticeable. Some woollens, however, exhibit rather pronounced effects. Stripe effects are also successful, and there is an endless variety of new materials in plain and mixed colors, which owe their merit to the weave, as natts woven patterns, herring-bones, chevrons, etc. English woollens are finer, more delicately finished than last season. Beautiful mixtures of gray and brown are dominant.

"Cloth will certainly have an increased success, and the most unexpected shades have been produced. 'Some of the new colors are 'salad green,' 'blood orange,' 'antique blue,' 'cucumber green,' 'marigold yellow,' 'cantaloup pink,' 'flax blue' and 'periwinkle blue.' " 'Soft, supple fashions' is only a vague indication of the way in which the leading styles will be interpreted. Specifically, Louis XVI. and Circotore models are to be most prominent, but the skirts will be made of soft materials in larger quantities. The coats with stiffened basques, with or without girde or sash effects, revers and jabots of lace, short sleeves, puffed at the top, finished by a strap on the elbow or by an embroidered cuff, and allowing the use of

a flounce of lace and long gloves, are still in great demand and will not soon die out. In short the styles and materials of the coming season show a normal and graceful evolution of those of last year, and will produce a large number of beautiful models."

Life Impossible Without Sleep
The Vitality Consumed During Waking Hours Must be Restored by Sleep—Otherwise Collapse.

Men have lived for weeks without food, whereas a few days without sleep and man becomes a raving maniac—a mental and physical wreck.

Nights of sleeplessness tell of a feeble and depleted nervous system, of approaching nervous prostration or paralysis.

The use of opiates merely gives temporary relief, and actually hastens the collapse of the nervous system.

The regular and persistent use of Dr. Chase's Nerve Food will form new, rich blood, create new nerve force and thoroughly cure sleeplessness and nervous exhaustion.

By keeping a record of your increase in weight while using this great food cure you can be certain that new, firm flesh and tissue is being added to the body. You will feel the benefit in every organ.

Dr. Chase's Nerve Food, 50 cents a box, six boxes for \$2.50, at all dealers, or Edman, San, Bates & Co., Toronto.

STREET BARRICADES.

History Has Many Times Been Made Behind Them.

(Chicago News.)

The men and women who erected the barricades around which so much blood flowed during the recent riots in Lodz, Russia, were following time-tried precedents, for the street barricade is the first thing which an otherwise defenseless population puts up when it means to fight authority. History has been made at the barricades. Nearly 600 years ago Paris, the home apparently of this sort of fighting, barricaded its streets against the future Charles V. and two and a quarter centuries later resorted to similar defence, when 4,000 mercenaries were marched in by Henry III. to overawe the "council of sixteen." The barricades were terribly successful then, for the soldiery would have been annihilated had not the court consented to negotiate in time to save the remnants of the 4,000.

During the three days' revolution in Paris seventy-five years ago the populace showed that it had not forgotten. Men, women and children worked to build ramparts in the streets, tearing up the roads and pulling down buildings and trees for their materials. Louis Philippe fell when the first barricade of the revolutionaries was run up. There was a terrible fight to follow, in comparison with which that at Lodz was insignificant. Sixteen thousand people were killed and wounded and half as many taken prisoners. The damage done amounted to \$6,000,000.

When Louis Napoleon seated himself he remembered barricades and their power and determined that he would have none of them. He made wide boulevards, which cannon could sweep with grapeshot, macadamized the roads and did all that he could think of to make the barricading of the streets impossible. But the days of the commune showed that the old art was by no means gone nor the possibilities exhausted.

London also has had its barricades. On the occasion of the funeral of Queen Caroline, in 1821, the crowd barricaded the route by which the body was to have been smuggled out of the capital.

The Much Grass.

C. D. Gibson sat on the wind-swept piazza of a cottage at Dark Harbor. The cottage topped a hill, and their was a superb view downward over rolling grasslands and gray rocks, and thence out across the broad and silvery bay. "Whenever I have a spacious view like this, I think," said Mr. Gibson, "of a little slum urchin whom I accompanied on his first visit to the country. It was years ago. A newspaper was sending the children of the poor to the country for a week. I went with one of the bands in order to make some sketches. Well, when the train drew up I helped out a little urchin of about six years. I lifted him into the waiting farm wagon and we jogged off through beautiful rolling pasture—miles on miles of green velvet. The little fellow was very much excited with the scene.

"Gee," he said, "they must need a lot of cops here."

"Why so," said I.

"There's so much grass to keep off of," said the child."—New York Tribune.

45 YEARS OF COURTSHIP.

Marriage Consummated Recently After Groom Had Accumulated \$100,000.

(Boston Transcript.)

Nearly every person knows by now, either from experience or from hearsay, that a long courtship is the greatest of all hardships. The sympathy of the world will therefore go out to Mile. Steindelt, a Swiss person. She is sixty-five years old next month, and Geo. Washington will not stir in his grave when her age is set down at really that figure. For forty-five years she had been courted by a Swiss gentleman by the name of Herzfeld. But the other day her long season of waiting ended in the happy climax of matrimony. Appropriately enough the ceremony was solemnized at a town called Constance.

It seems that the couple became engaged at the early age of 18 or so. Soon afterwards the wise young Herzfeld saw the drift of this modern age. He perceived that the girl of to-day very properly shrinks from marrying a man whose possessions will not immediately better her estate. And so he hid him away to America with the noble determination to return when he had amassed \$100,000, but no sooner. His fiancée agreed to wait, and Penelope was never more faithful to her word.

Forty-five years was Herzfeld occupied in collecting \$100,000. This alone shows us the simplicity of his nature and justifies Mile. Steindelt in her love and long wait. During this time the lovers exchanged some 30,000 letters and 250 photographs. They cried over each incoming gray hair. And the other day, when at last M. Herzfeld's resolve was fulfilled and he durst set forth for his Alpine land and the hand of Amanda Steindelt, he and she, so painstaking had they kept tab, each on each, recognizing one another on the spot. The wedding was arranged at once. The long wait was over.

And yet and yet, how impossible in this world that any human device, no matter how cleverly conceived, can come into being without a flaw! Hardly has Mme. Herzfeld's happiness begun, when her husband announces that they are going to live in Chicago.

Lazy Man Avoids Holland.

The man who is too lazy to work keeps out of Holland if he is wise, or makes his escape as soon as he discovers that there, at least, a means has been found to make him work. When a prisoner or pauper refuses to work he is lowered into a cistern, which is provided with a pump at the bottom. A stream of water is turned on, and the idler is left to his own devices. The capacity of the pump is but slightly in excess of the stream flowing into the tank, and to keep his head above water he must keep pumping.

As a rule, he spends some little time before he finds that the water is slowly creeping upon him. He is not urged to go to work, but presently he takes his place at the handle and begins his task. By working quickly he is able to clear out the water after a short time, but he has to keep at work if he wishes to keep dry feet. There have been occasions when a stubborn offender has refused to pump and has quietly floated upon the water until fished out by the keeper, but this simply doubles his task, and he is not taken from the water until he is able to keep afloat no longer.

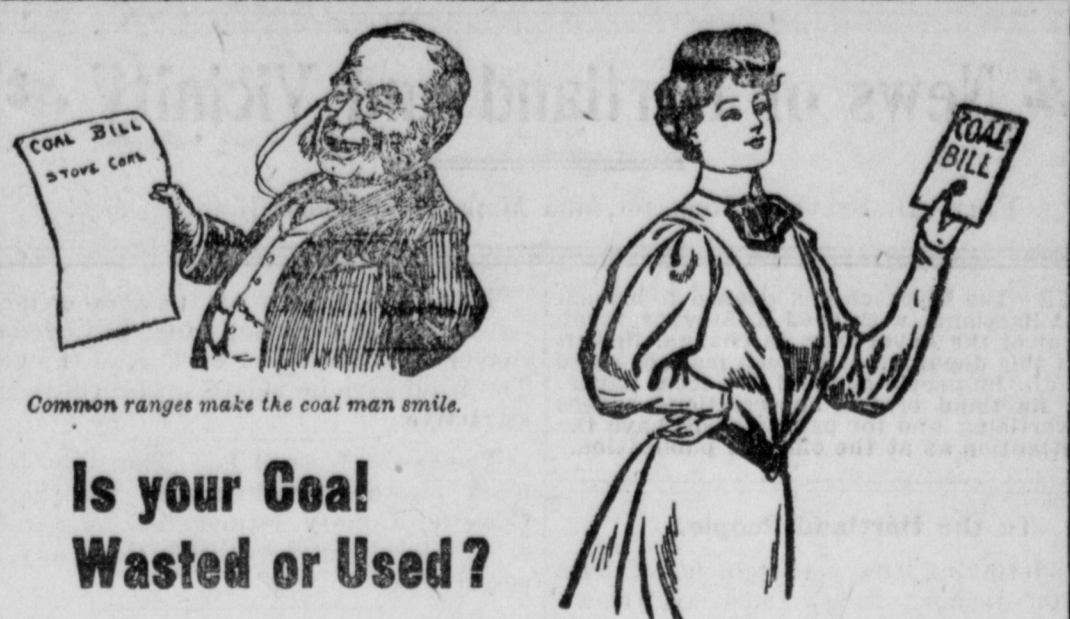
ARE YOUR KIDNEYS SICK?

Let your morning urine stand for 24 hours in a glass or vessel, and then if it is milky or cloudy, or contains a reddish brick-dust sediment, or if particles or germs float about in it, your kidneys are diseased. If the kidneys are well they filter just so much blood, but if they are sick or weak from any cause, they leave the poison in the blood, and this poison affects the entire system.

It is natural to pass urine three times a day, but many who regard themselves as healthy are obliged to pass water six to ten times daily and are obliged to get up frequently during the night. They have sick kidneys and bladder and don't know it. Smith's Buchu Lithia Pills cure Rheumatism and all Kidney and Bladder diseases, and make new, rich blood.

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Common ranges make the coal man smile.
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Call Cure is the quickest and safest remedy for sore shoulders, collar galls, Cures while working.

Balsam Fine Healing Oil for bruises, burns, cuts, scalds is a marvellous remedy. It soothes and cleanses.

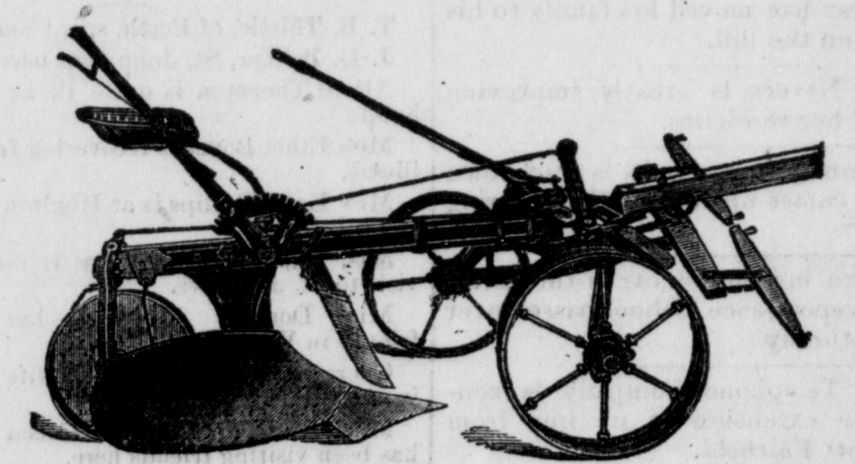
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