HOW THE NATIVES BURN THE BODY

OF A HIGH PRIEST. It is an Important Religious Cormonial and is Done With Singular Effect-an Experience on Being Tattooed According to the

Fashion of the Country.

reach a small clearing in the forest, where on a slight enine ice, stands a phooighye kyoung, or priests' resi tence, whose driedtheir mututinal devotions. To-day the devotions are longer than usual, for special prayers have to be offered up and special ceremonies gone through prior to setting out to witness the cremation of the body of Moung Shway Loogalay. Little attention is paid to the intrusion of the foreigners, although, on ordinary occasions, the phoonghyes would come out to wish the takens good-morning; but now even the little boy-attendants disregard our presener, and we leave the quiet retreat to

Soon after the sun had gained a certain amount of power, we returne I to the cantonment and dispersed to our various quarters. Outside my Bungalow I found a quaint old Burman squatting, with a bundle under his arm. Accosting the venerable gentleman in my best Burmese, I asked him what he wanted, whereupon he unrolled his bundle and, displaying a huge volume of strange and curious designs, said, 'I make tattoo bohut accha," Now, it had never occurred to me before to be tattooed; but this appeared to be such an excellent opportunity, that I at once engaged the services of the old Burman; and having selected the most hideous and conventional looking beast in the book of patterns, gave the order for the operation to commence forthwith, First I was told to bare my arm and to lie down on the groud; then the operator produced a razor, and carefully shaved the hair off the place where the mythical monster was to be emblazoned. After this, I was left for a short time, while some paint was being prepared, when the design was depicted on my arm with a fine brush, and I was allowed to sit up during the drying of the paint. The and from the innermost recesses brought forth his instruments of tortuse. I began to repent of my folly, and thought that this was hardly the way to enjoy a holiday. My stable-companion, however, who was sitting gloating over my mistortune, pursuaded me that it would be most disgraceful to show the white-feather before a native, so I clenched my fist and settled down to see the matter through to the bitter end. A metal instrument, some two feet in length, with a heavy brass carving of a bird at the end, was first brought out; 1 ato this my torturer carefully fitted a fourpointed pricker too horrible to describe, then, squatting by my side, he seized the part of my torearm nearest to him with his naked feet, and pressing the other part down with his left hand, he adjusted the pricker between his thumb and forefinger. and dropped the weighted instrument into my flesh. It was a curious sensation, this first stab, and for the moment I imagined that my arm had become transfixed to the floor, but, as in most things, ce n'est que le premier pas qui coute-and, after a while, there was a kind of fascination in waiting for the next prick. If any one wishes to know if the operation really hurts, let him get a friend to set four needles in a row into a piece of cork, and then thrust

thrust will, I fancy, satisfy him. The professional tattooer is a rapid worker, and the pricking-machine soon runs over the outline of the figure; but what takes time is the "filling-in," which is done with a somewhat broader style. Every part of the figure must be covered with either black or vermilion, and, as yon see the brass bird swooping down time after time, you begin to reckon how many more strokes remain before your torture will be at an end. At last the Burman gives forth a deep sigh, and, putting his head on one side, regards his handiwork with evident satisfaction. All is over, and you breathe again in the knowledge that the mark of the beast and of the Burman is upon you to the end of all things. This was my first experience of tattooing, and, I regret to say, not my last, for I feel a pray to the wiles of the tattooer whenever he appeared, until I became a walking picture gallery.

them into his arm, every now and then,

when he least expects them. The first

Tattooing in Burma is a national institution, every male being covered with figures from his waist to his knee, so that in the distance he appears to be clothed in beautifully-fitting "tights." The operations comin nce in early boyhood, a few figures being done at a time. Every description of animal, real and imaginary, from an elephant to a mythical form of cat is portrayed, each being set in a framework of Burman writing. To be untattooed is a disgrace to a Burman youth; and following the custom of the British sailor in having himself stamped with the name of his. lady love, it is no uncommon thing to see, on some part of a "young spark's" body, a number of round Burman characters—the equivalent to Polly or Susan. How and when the custom of tattooing originated among the Burmans glittering generalities common to the ocis unknown; but, whatever the origin, casion. It was poetry, taste, pictures, powers. Aortic valve disease is commonly seem dry and flies about when dressed, it twice a week and use the fine comb as A shampeo were is unknown; but, whatever the origin, tattooing is never likely to die out, as a Shakespeare, and the musical classes with Burman girl will have nothing to say to an a vengeance. After a while they got

CREMATION IN BURMAH. Loogalay (embalmed and swathed in cerecloth, covered with gold leat) had lain in the coffin for six months, the final cremation being deferred until sufficient money had been collected for the necessary ceremonies. I may here remark that the art ot embalming is well understood by the Burmans, and honey is much used for the purpose, especially among the phoonghyes, Riding along in single file, we presently who receive a great quantity of it as alms for the poor. The body is filled with honey and kept floating in it, often for weeks at a Before the final cremation takes place, the honey is drawn off and sold to the people, who partake of it freely. up looking inhabitants we find engaged in | Europeans, I need hardly say, are somewhat careful as to whence they obtain their honey.in Burma.

> To return, however, to the ceremony. In the centre of an open space we found the hugh funeral pile erected, in shape like a pagoda, and built, to a height of fifty or sixty teet, out of bamboo matting, beautified with gay-colored paper and tinsel. Round the pyre stood several smaller erections—the offerings of the neighboring villages, and connected with the main structure, so that they would burn with it. Soon after our arrival, the funeral car appeared on the ground, drawn by swarms of the people, every one striving to be to the front in conveying the remains of the great man to the pile. At last the tinsel pagoda is reached, and the coffin hoisted into position on to a central platform, forty feet or more above the ground. Now occurred the most curious part of the spectacle. We imagined that some venerable phoonghye would set fire to the great store of petroleum and shavings beneath the coffin, and so conclude the ceremony; but, to our astonishment, from all sides of the ground there commenced a regular fusillade of rockets, some quite small, and others of hugh dimensions; the object being, as our worthy guide intormed us, to gain merit by setting fire to the pyre. The majority of the rockets missed the mark altogether, and went flying away into space, to the immidanger of the by-standers. some time this species off target-practise continued, untill at last a mighty rocket, fired from a bullock cart, hit the mark, when immediately the whole structure caught fire. A shout of joy escaped the onlookers, and then silence fell on everything, as the crowd stood watching the beautiful pagoda fast crumbling away. The bamboo supports, as their joints became heated, went off like pistol shots, and tongues of fire enveloped the coffin plat-form. The wooden shell which enclosed the sacred remains of the great priest was soon reached, and a thick, black smoke rolled up into the heavens. The Burmans held their breath in awe; the phoonghye able—the world of everlasting forgetfulness. As the planks of the coffin melted away, the whole pagoda fell in with a crash, and in half an hour nothing was lett but a smouldering heap of charcoal. This to the concourse shortly dispersed, all but a small band of devout phoonghyes, who remained grouped round the smoking embers, waiting untill they had cooled sufficiently to search for any particles of the deceased man's bones which might have escaped the flames. These they carefully bore away to their monasteries to bury wi h due reverence. Thus did Moung Shway Loogalay find Nirvana.—Chamber's Journal.

Flowers in the Sick Rooms.

The presence of flowers in a sick room may serve several beneficial purposes, and the flowers should be chosen either with a view to their effect on the nervous system or as disintectants. Growing flowers are undoubtedly the best; and if cut flowers are used, great care should be taken not to keep them till decay sets in, as they communicate, first to the water and then to the air of the room, dangerous impurities. Flowers with delicate fragance are said to act favorably upon the nervous system, and experience shows the brightcolored varieties are greatly appreciated by sick people. Red blossoms are stimulating, and blue flowers are soothing. Strongscented flowers should not be admitted; the powerful scent of the violet, lily of the valley, gillyflower, and clove pinks is sometimes too much for people in health, and doctors assert that they have a positively injurious temporary effect on the mucous membrane of the throat and nose, making them not only unfit for sick rooms, but for singers. A good deal, too, must depend upon individual idiosyncracy and previous association, familiar flowers often giving special delight and benefiting mind and body mutually.

Health And Strength.

There are few indeed who need despair enjoying these blessings. ed and avoided. This is commonplace talk, perhaps, but need to be told commonplace sometimes. The point to be especially emphasized in this paragraph is that that Hawker's nerve and stomach tonic restores lost health and strength. As an aid to digestion, a builder up of wasted tissues and an invigorator of nerve and brain, it has no equal. A course of this great remedy taken according to directions will work wonders on a debilitated system, restoring it to perfect health. Its power has been proved abundantly in thousands of cases. Dyspepsia, nervous prostration, the after effects of la'grippe or other diseases are quickly overcome, It is especially adapted to the troubles peculiar to the female system. Hawker's nerve and stomach tonic is sold by all druggists and dealers at 50 cts. per bottle or six bottles for \$2.50, and is manutactured only by the Hawker Medicine Co, (ltd) St. John, N. B. and New York city.

Paderewski's Admirer

The women rocked away upon the summer-hotel piazza and conversed upon the unadorned man! Two rupees I gave my around to a certain piano virtuoso much beloved of boarding-school girls and by Early in the atternoon we made our whom he is abbreviated as "Paddy." "Oh, way to some fields on the outskirts of the town, where the phoonghye byan was to take place. The space set apart for the take place. The space set apart for the correspondence of the town, where the phoonghye by an improved of boarding school gitts and by an improved of the story of the school gitts and by an improved of the story of the school gitts and by an improved of the story of the school gitts and by an improved of the story of the school gitts and by an improved of the story of the school gitts and by an improved of the story of the school gitts and by an improved of the story of the school gitts and by an improved of the story of the school gitts and by an improved of the school gitts and by an improved of the school gitts and by an improved of the school gitts a ceremony was surrounded by an immense crowd of people, elbowing one another for the best places from which to witness the great sight. The body of Moung Shway great sight. The space set apart for the played ever set apart for the played ever set. Vol. Bartenspring believed that the first pound, taking and the best places from which to make the first pound. Some of the old-fashioned hair-dressings see anything like that hair of his in all your failure of nerve power was the chief cause of baldness." Sunstroke, fright, concusting should be applied to the hair at night, any dression of the brain by a fall, a lightning shock ing should be applied to the hair at night, as it has a better chance of being diffused like this:

HOW TO HAVE NICE HAIR

GOOD ADVICE ON THE ATTENTION THAT IS NEEDED.

Diet and Cealth Have Much to do With the Preservation of the Hair-Advanced Theories on the Subject-Useful Recipes Worth Keeping.

That the quality of hair depends on strength and soundness of nerve, is evident from the facts of medical writers who have made curious studies on the subject, writes Shirley Dare. They affirm, contrary to the general impression, that men have finer hair than women, and children have finer hair than men. Black hair grows thickest, fair hair is finest. If, as we are told, 400 hairs can grow in a square inch of scalp, very few mortals begin to have as much hair as they might, but we are as well off without it. Magnificent heads of hair showing tresses which, let down, reach the knees or the floor, make life a burden for their owners for the labor of combing, cleansing, and keeping in order is tedious in the extreme. Hair long enough to sit upon, thick enough to make an even coronet when wound around the head in a single braid, is as rich a dowry of the sort as any woman cares to possess. As hair grows from seven to ten inches in a year, thick and lustrous to correspond, the pitiful falling away of feminine health is marked in this particular.

Late research brings to view nothing more fresh or more pertinent then the opinion of careful doctors that the loss of modern hair is owing to defective nutrition. An idea more clear and easy of demonstration seldom presents itself. Hair contains 5 per cent of sulpbur and its ash has 20 per cent of silicon, giving it firmness, strength and gloss, besides 10 per cent of manganese, which with sulphur supply its color. Attentive doctors note that the beef tea, milk and gruel which form the diet of fever and influenza patients cannot supply this nutriment to the hair, which atrophies at the root and falling results. They also note that the color and strength of hair in young nursing animals are not attained so long as milk is their sole food, and they also find that roast beef, coarse cereals and was passing into the highest state imagin- brown bread greatly favor the growth and color of hair. Iron has prompt influence and how can iron be given in better shape than in the juices of fresh meats? The outer coating of cereals is essential to the general public was the end; and the vast firmness and gloss of the hair, the ashes of oatmeal and wheat containing some 20 per cent of silicon, and they strongly advocate return to the simple nutrition of beauty.

> The food of the Americans in cities and villages is white flour bread and biscuit, in which the ferment is pushed to the farthest stage not to be uneatable, served in its least tolerable form, freshly baked. The supply of meat is better cooked than it was twenty years ago before Miss Corson began her missionary work of reforming the kitchens and frying pans of the country, but the allowance is less than one fourth of what it should be to maintain a high condition of strength in man and beauty in woman. To these errors of nutrition is added that all cereals and fruits are served in a slop of milk, which is far from meeting the wants of the human being as so much diluted glucose. Few things are more pitable than the sight of the ordinary breakfast, beginning with the oatmeal cooked about one-sixth as long as it ought to be, and no more fit to eat than billsticker's paste, so little palatable that it has to be washed down with blue milk and sugar. Then comes the morsel of meat, perhaps half a dozen mouthfuls of gnarly mutton chop, and a potato, underdone if baked, sodden it boiled, and deceased beside. The "light raised biscuit" are in the state to carry acetic fermentation into the digestive tract, and this alone is enough of cause for the loss of color and falling of hair and of teeth.

There must be more intelligent selections of food, more savory and refined cookery, more generous service, and less loss of them is something to be dread- chopping of jellies, beets and hard-boiled eggs to ornament paltry dishes. Paper frills for the mutton chops are not indispensable, but the chops should be three times larger and four times times better than they are, or the next generation will have no hair to turn gray.

When we get back to the fare of onethird vegetables, fruit, and cereals, and two-thirds fresh meats, which the doctors who know all about it have the temerity to prescribe, we may know what it is to have hair to be proud of and physique to cor-

We have the best authority for presuming that prematurely gray hair need not remain so. Instances increase where the hair which turns gray in paroxymsms of neuralgic attacks or malarial fever regains its natural color with improved health.

"Many of the causes of loss of hair that come before the physicians," says one of the best of the profession, "are found to possess atheromatous changes in the blood counsel their use to supply nutrition for and carries fresh nerve supply to the hair the roots of the hair which is lacking in the glands where it is needed. Women who associated with alopecia (loss of hair), hanging lankly down the back of the neck, and loss of nerve supply is another prolific source of this disease. During the life well into the scalp, the falling of the lold practices with too much contempt, but beloved of boarding-school girls and by late war it was remarked that an injury to hair would be long deferred.

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is more common in men, but partial loss of hair is more frequent among women,

often following the course of a nerve. finement in close rooms, want of pure, fresh air, mental and physical overwork, malaria,

and underfeeding. Dr. Blair Stewart says: "All chronic and acute diseases attended by a certain amount of anaemia, chronic discharges from abscesses, abdominal diseases, and allied troubles always diminish the nutritive power

The vitiated blood acts on the nerve centers, causing dull headaches, more or less tiresome, but making themselves felt day ohe hair. after day, and this condition is always athats or bonnets indoors or in cars day after day for hours ruins the hair, as women find who wear their bonnets in public libraries and offices for hours, most unnecessarily, or attend conventions or protracted meetings six or eight hours a day, seven days

To improve upon this state of things the making materials, plenty of fresh butter, the delicate fat of young meats as one can digest. Adipose supplies the very material the scalp lacks to strengthen the hair. Whatever increases plumpness is very apt rare." to improve the hair. Oils and stimulants Eld to the scalp complete the prescription. The Yankee remedy, "Use brandy externally till the hair starts, and then take it internally to clinch the roots," is to be followed only in part. To cure less of the hair it is desirable to suspend all wine spirits, or beer. Cod liver oil is recommended by most dermatologists rubbed on the scalp at night and taken inwardly before meals. In case where one is improving nutrition with a view of checking the daily loss of hair, a good mayonnaise is the best way of taking on, as a larger quantity can be borne without dislike, and it is assimilated readily.

After all the ridicule cast on the use of ir oils and pomades, doctors steadily

and absorbed in the warmth of the pillow. The pomade should be taken from the bottle with an ivory or bone spatula—a bone The common falling of hair comes of all | mustard spoon serves the purpose-put on the causes which impoverish the blood, con- a bit of flannel and rubbed into various bay rum. A plain but very stimulating partings close to the roots. The scalp is to receive the dressing, not the hair. The skin of the head should be rubbed before hand till it glows lightly, thus quickening it to absorb the oil which is to teed hair bulbs imbedded in the lower layer of the calp. It is well to wear a close cap of ilk flannel for an hour or two, or tie the

had moisture of sleep favor the growth of After all we have read against the use tended with falling of the hair. Wearing of hair-dressings for the last thirty years, it is rather singular to find our opinions reversed by such decisive words as these

il from evaporating too soon. The warmth

from the best sources. "Greese-odious word-protects the hair from dust, from heat, wind and the sudden changes of temperature which inure the hair immediately or after a time. It is a much better preservative and cleansbest specialists counsel diet rich in fat- ing agent for the hair than so ap and water. To prevent dryness of the scalp after washcream and mayonnaise, with as much of ing, it should be oiled with pomades or pure oils. Where the hair has its natural and sufficient moisture and gloss, the use of oils may make it fall, but these cases are

Elderly beauties brought up in the old practice with pomade applied twice a week say that never were heads cleaner, better kept and less troubled with loss of hair or changing color than those dressed with fine oils and use of the fine comb. This little instrument is most unjustly coudemned, which only shows that the same rule cannot apply in all cases. There are thin, irritable scalps and week-rooted hair which cannot endure the comb, while many other heads with rather thick skin find the stimulus given by a thorough combing perfectly delightful. There is not the slightest occasion for using it to make the scalp bleed. but it brings the blood to the surface in a way which very much relieves the brain, add to it, and improve on it as our better light allows. After combing, the hair should always be wiped with a thin flannel, which removes superfluous oil and parti-

Take eight ounces of castor oil, one ounce of spirits of ammonia, shake well until an emulsion is formed, then add one ounce spirits of camphor and six ounces of lotion for making hair grow and keeping it in healthy condition. The odor passes off when applied at night.

Castor oil cut with half as much spirits of rosemary and of bay rum perfumed with rondeletia water has few equals for checking the talling of hair. And these mixtures of oil and spirits, each the best ead up in a silk handkerchief to keep the of their kind, were hardly to be called greasy. The following are hair preparations of the modern taste:

The first is to restore vigor to the hair. apply nightly, well rubbing it into the roots of the hair: Solution of ammonia. one drachm: vinegar of cantharides, four drachms; eau de cologne, one ounce; glycerine of borax, one ounce; distilled

water, to six ounces. Here is a good recipe for a stimulating lotion: Tincture of cantharides, one ounce; glycerine, one and one-half drachms; spirit of rosemary, one and onehalf ounces; rosewater, eight ounces.

For weak hair, rub well into the scalp every day, this preparation: Bay rum, six ounces; glycerine, one ounce; tincture of cantharides, half an ounce; tincture of quillaia, half an ounce : rosewater, half an ounce; orangeflower water, half an ounce.

Lotion to use three times a week: Rimmel's toilet vinegar, six ounces; glycerine, two ounces; carbolic acid, half a drachm. Alternate with this wash: Oil of geranium, five drops; solution of ammonia, one drachm; glycerine of borax, four drachms; tincture of cantharides, four drachms; spirit of rosemary, two drachms; water add to

eight ounces. Here is a recipe for a good emollient wash, which will increase the growth, stimulate the glands. and remedy dandruff : Glycerine, one ounce ; eau de cologne, quarter of a pint; liquid ammonia, one drachm; oil of origanum, halt a drachm; oil of rosemary, half a drachm; tincture of cantharides, one ounce. Briskly agitate half pint, and again mix and stir. A few drops of essence bouquet or other perfume

A shampoo wash is composed as follows: Carbonate of ammonia, one drachun; carbonate of potasium, one drachm; water, four ounces; tincture of cantharides, one drachm; alcohol, four ounces; rum, one and one-half pints. Shake well before using; moisten the scalp until a lather forms, wash in clear water, and rub dry.