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LEAPING POWERS OF DEER.

Fence Seven Feet High Cleared by a Jump Up a Steep Hill.

I was sitting with the stalker among the rocks on the top of the high ridge which divides the forest of Glen Quich from Cluny. We were quietly eating our lunch when we saw three stags coming toward the march fence a few hundred yards below us. They were not alarmed, but, as the stalker said, "moving to themselves."

The first two, without increasing their pace, jumped clean over the high deer fence. The third struck the top wire and was thrown head over heels backward. He went away a few yards, took a run, cleared it easily and joined his comrades.

Now, a story about Japanese deer. Several of them got out of a deer park on a mountain and into a large wood adjoining. We enticed them with a train of oats into a walled paddock off the deer park, having left a gap in the four inch wire netting of the deer fence at the edge of the wood.

When they were safely in, a man went round and closed the gap, and we opened the large gate into the deer park, thinking we could easily move them in. Not a bit of it. Directly the beaters began they charged them and jumped the wire paling back into the wood again.

This paling is seven feet high and is on very steeply sloping ground. They had to jump up hill, and it seemed to me so utterly incredible that any animal could jump such a height that I went to look at the place, and there sure enough the keeper showed me the hairs of the deer on the top wire where they struck it going over, and the men said they saw one deer tumble down on landing at the other side.

Those who pray most for each other will generally do most for each other.

THE PRINCIPLE OF REST.

A Few Practical Hints That Americans Should Consider.

The principle of rest is the principle of relaxation, a temporary cessation or suspension of energy from any part or from all of the body. Absolute rest implies the complete "letting go" of all tension, mental, nervous and physical. All are involved to some extent in every act of our daily life, nor can they be entirely separated.

Let us see what will happen if we place the body in a reclining position so comfortably arranged that absolute physical repose would seem inevitable. Then let the mind take hold of some problem and concentrate on it until all the mental energy is aroused. This energy is unconsciously communicated to the nervous system, and soon the entire physical self is in a highly tensed condition. Few people realize this until their attention is called to it. They think they must be resting when the body is inactive. It is not necessary that the body be exercising in order to be tense. A set of muscles may be nervously tense and yet be apparently motionless. This difference between a tense muscle and a muscle entirely relaxed or devitalized is what I want you to thoroughly understand, for this tense condition brought on by mental and nervous strain and often held without relaxation for hours produces greater fatigue than many forms of exercise that are more physical in execution.

Remember always that the mind is the great controlling power, and it is only when the mind becomes as nearly as possible a perfect blank that the body can rest satisfactorily. If the body would rest, the mind must rest also. In other words, "think rest;" "let go" of everything mental and relax completely.—Rose Edson-Helme in Pillgrim.

He who devours the substance of the poor will meet in the end with a bone to choke him.—Schoolmaster.

Cholera Infantum.

This has long been regarded as one of the most dangerous and fatal diseases to which infants are subject. It can be cured, however, when properly treated. All that is necessary is to give Chamberlain's Colic, Cholera and Diarrhoea Remedy and castor oil, as directed with each bottle, and a cure is certain. For sale by all druggists.

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