

HE WAS NOT THANKFUL

My neighbor (Cooley) suffered a good deal last winter from rheumatism in his back and his wife was badly frightened about it for fear it should end in consumption. Cooley could not be induced to try any remedy for the trouble, and Mrs. Cooley was nearly worried to death about it. At last she determined to try a plaster. She made a dry mustard plaster and one night while he was asleep she sewed it upon the inside of his undershirt, so that it would just cover the rheumatic place.

Cooley dressed himself in the morning, wholly unsuspecting of the presence of the plaster, and went downstairs. At the breakfast table, while he was talking to his wife, he suddenly stopped, looked cross-eyed, and a spasm of pain passed over his face. Then he took up the thread of the conversation again and went on. He was in the midst of an explanation of the political situation when all at once he ceased again, grew red in the face and exclaimed: "I wonder what in the No. 10 can't be anything wrong."

Mrs. Cooley asked what was the matter, and Cooley said: "O, it's that infernal old rheumatism again, come back awful. But I never felt it exactly the same way before. Kinder stings me."

Mrs. Cooley said she was sorry. Then Mr. Cooley began again, and was just showing her how the ravages of the grasshoppers in the west, and the potato-bug in the east, would affect the election by making the people discontented, and so likely to strike at the party in power, when he suddenly dropped the subject, and jumping up, said:

"Under and lightning! what's that! Ouch! O, Moses! I feel it! I had a shovelful of hot coals inside my undershirt."

"Must be that rheumatism, getting worse," said Mrs. Cooley sympathetically.

"O, gracious, no! It's something worse than rheumatism. Feels like heralding into my skin. Ouch! Ouch! Ouch! It's awful. I can't stand it another minute. I believe it's cholera, or something, and I'm going to die!"

"Do try to be calm, Mr. Cooley." "Calm! How can a man be calm with a volcano boiling over under his shirt. Go, way from here. Get out of the way, quick, while I go for the doctor and a doctor's bill."

"Then he rushed up to the bedroom and ripped off his clothes. His shirt was the color of a boiled lobster, but he couldn't for the life of his life tell what the matter was. Then his wife rushed upon something white on his shirt. He gazed up at the garment and examined it. Ten minutes later he came slowly downstairs with a dry mustard plaster in his hand, white thunder on his brow.

Going up to Mrs. Cooley, he shook the plaster under her nose, and said in a suppressed voice:

"Did you put that thing in my shirt?" "It did it for the best, John," she said. "I thought—"

"Oh, never mind what you thought. You've taken the bark clean out of my bottom, so I'm as raw as a skinned steer, and I'll probably never be well again as long as I live. That lets you out. You play no more tricks like that on me. Now, mind me."

Then he slammed the door and went out. Mrs. Cooley doesn't know to this day exactly what effect the grasshoppers are going to have on the election.—N. W. Weekly.

Sea of Velvet Blue.

The Mediterranean sunset is one of the glories of the world. The sea is a velvet blue. When evening comes the clouds forsake the sky and the sun takes on the color of molten gold, gilding the purple waters and the great glowing disk approaches the level line of the horizon, wide masses of crimson intermarry across the blue heavens, and sea and sky leap together in a vivid embrace of color. The sun vanishes, the sea turns from gold to silver, and the sky grows crystal clear. Then night falls slowly down.

When Anyone is Ill.

Don't forget. If you have an invalid in the house, that before taking any meal up to him, it is always wise to ascertain if he is ready for it. It is disappointing to bring a tempting little meal, all piping hot, and find that the invalid wants his hands washed and his pillows shaken up, and various other little things extended to, and when the meal is finally tasted to have it pronounced "Edo cold." The thing to do is first to see that the patient is all ready, then bring the meal.

His Idea of Bonanza.

A certain man had a disastrous experience in gold mine speculation. One day a number of colleagues were discussing the subject of speculation, when one of them said to this speculator:

"Old chap, as an expert, give us a definition of the term 'bonanza.'"

"A bonanza," replied the experienced man, with emphasis, "is a hole in the ground owned by a champion liar!"

Hong-Kong's Fine Harbor.

The Hong-Kong harbor has a water area of ten miles, and is regarded as one of the finest in the world.

MR. BOSLINGTON'S ADVENTURE

He Offers a Seat to a Lady in an Elevated Car—Unexpected Outcome.

This," said Mr. Boslington, "I confess to rather putting to me, but I am inclined to think that I got left in it."

The elevated car in which I rode home late yesterday afternoon was as usual at that hour crowded, and so as usual I hung on by a strap. But a few stations along the man in front of whom I had been standing got up and went out, leaving a vacant seat, which of course I might have taken, but which I did not take. For a step or two further back in the car there was standing, holding on by a strap, a young woman talking with a young man who was standing near her, holding on by the next strap.

What I did was to indicate to this young woman that there was a seat for her, at which she turned and stepped across the car as I supposed, to occupy the seat that I had thus left for her. But just what she did was this:

Sitting down on one side of the seat she edged along until she was on that side, thus making her next neighbor there a woman moving along a little, and thus providing half the seat vacant, and now she invited the young man with whom she had been talking to sit down beside her which he did, all this leaving me to stand there, completely ignored, in front of the whole of the treatment.

When the abdominal muscle, as involved there must be first in bed with perhaps some anodyne to deaden the pain at first. This of course to be given only under the order of a physician. In milder cases the patient can go about their usual duties if fitted properly with an abdominal belt.

When the muscles at the back of the neck are affected it is a great relief always to use a high-backed chair and when the pain is in the arm a sling should be worn.

When this condition of painful muscle is found in conjunction with a general loss of tone as shown by lack of appetite, pallor and debility, then in addition to local rest to the particular muscle involved a general course of tonic treatment should be instituted. When the trouble was traced directly to the daily occupation of the sufferer a change should be made in the habits for a time when this is possible. Unfortunately, with most persons their daily bread depends upon the use of just this particular muscle, and in these cases there is nothing to do but placate the pain with all the rest that can be given it and help it with mechanical support for a time if this is feasible.

A Diplomat Wasted.

A famous animal painter says that when he was a boy he once witnessed a fight between two dogs one of which belonged to an Irishman who was a retired prizefighter. The Irishman's dog was badly beaten, and the first was a source of deep chagrin to the owner. He was very anxious to get the dog's record, but as only he and the painter had seen the fight, he asked the latter, in a decidedly significant way, which of the dogs won. "Why," was the reply, "your dog won, of course. He was underneath the other dog, but he was chewing the life out of the cur all the time."

"That's right," said the Irishman. "You have saved your life!"

Decline the "Midnight Oil."

People talk about the midnight oil as if it had some virtue attached to it," writes Dr. Hale in Woman's Home Companion. "In truth, four times out of five the midnight oil means overwork, or it means that you have neglected some duty which should have been attended to before the sun went down."

"Hence each night recovers the ground lost in the exertion of the day before, you are committing suicide by inches, and you have no right to commit suicide at all!"

Old People Make Merry.

In recently published reports of the fair which took place at the Home of the Daughters of Jacob, New York, mention was made of the chief officer, a "lad" aged 105 years, and of the "girls" who sold candy and lemonade, although they were only 108 and 107 years old. Some doubt was expressed as to the age of these inmates of the home. Albert Kruger, the superintendent, said that there was no exaggeration.

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A Convenient Disinfectant.

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New York's Costly Fire Department.

There is a difference between the fire departments of London and of New York city. The London department costs ten cents a year for each inhabitant, while the department of New York costs \$1.75 for each New Yorker.

The Search for Wisdom.

In seeking wisdom, thou art wise; in imagining that thou hast found it, thou art a fool.—Cicero.

TREATMENT OF MUSCLE STRAIN

Pains Often Mistaken for Rheumatism, Feet the Cure.

A muscle which has been strained or pulled by overuse of it, or in some such severe way often gives rise to such severe symptoms as to lead to a diagnosis of some other and more serious trouble. This affection is not the same as that called myalgia, which indeed means pain in a muscle, but is usually of rheumatic or neuritic nature. The trouble here meant is something less serious, being nothing more than a strain.

It is easy to see that any muscular pain may be mistaken for rheumatism or some acute inflammation, as it may give rise to precisely the same painful symptoms. For example, when it occurs in some muscle on the right side of the abdomen it has been known to look for a time exactly like the colic of appendicitis, and it has time and again been treated as true rheumatism.

There are several cases in which the facts may be remembered, the questioning it will be found that some muscle is affected, and that this has been subjected to an unusual strain and is in a state of muscular tension in consequence. The pain will be worse at night and better in the morning after the night's rest. Furthermore it will yield entirely to a proper amount of rest. In fact, it is one thing that comprises the whole of the treatment.

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The Astor Calendar.

The Astors of Mexico had a calendar of their own and one copy is preserved in the National Museum of Mexico. Fifty-two years constituted a cycle with the Astors. Each year had 100 days. There were 18 months of 10 days each and five additional days that were considered very unlucky, and were devoted to human sacrifices. The month was divided into four weeks of five days each. The days were such names as "Rain," "Monday" and "Small Bird," and each day of the month had a name. Whole phrases were used for the names of some months.

Much Power from Niagara.

Power generated at Niagara Falls is to be distributed all over Canada. Bids have been asked on 10,000 tons of structural steel for the Canadian government. The steel is to be used for towers which will support the cables used in transporting the current. Already power generated at Niagara is being sent to a distance of more than 12 miles, and it is the intention of the Canadian government to increase this distance, says the Scientific American. Towns in every direction about Niagara will be supplied.

Woman's Suspicious Redness.

Are women beginning to talk less in the hope of thus better pleasing men? If so while commending the motive, we would unhesitatingly question the method. The mere music of their voices as contrasted with the raucous male note exactly counterbalances any possible disparity in the ideas expressed. Upon all grounds we cry out for loosening of the delicate tongues now so strangely and so suspiciously stilled.

Even to China Laid.

The equal-rights wave has reached the shores of China, and it is reported that a number of wives in Canton have left their husbands, saying that they will no longer be subject to them. The wives have had the worst of it, however, as the law gives power to imprison them, and they have had to suffer the consequences of their rash resolves.

Work of Zambesi Missions.

A pamphlet recently issued by Andrew Murray gives a brief survey of missions south of the Zambesi. There are 31 different missionary organizations at work ministering to over 10,000,000 people. The student volunteer movement in South Africa has put 84 young missionaries in the field since 1898.

Thoughtful Bride.

She was quite demure, and he looked all right. They were on their honeymoon, and the train had just emerged from a long tunnel. Sitting up and arranging her front hair, she exclaimed:

"Oh, Fred, tell me! Is my mouth on straight?"

Danger in New York Roads.

There is an average of seven car collisions a day on the steam, subway, elevated and surface railways of New York.

Ethics of Friendship.

In the progress of each man's character, he will have learned the lesson of life who is skillful in the ethics of friendship.—Emerson.

ITALIAN CHEAP LIVING

Railroad Laborers Able to Get Along on Less than \$10 a Month.

That Italian laborers save more money at the same wages than any other European immigrants is a statement made in a report of the department of commerce and labor. The reason is easily found, says the New York Sun.

A great majority of the unskilled laborers in this country are employed in railroad construction and similar work where there are no accommodations for boarding and lodging the men. Boarding camp thus becomes essential to the contracting company.

In the case of men of all nationalities except the Italians a fixed charge is made for the boarding and lodging of each man. The Italians, however, insist on buying and cooking their own food.

Investigation of the records of a contracting company employing many laborers of various nationalities in railroad construction showed that the actual cost to the company of groceries provisions and payment for cooks water fuel light etc. at its boarding camps was 19 cents a meal, or \$3.99 a week for each man. The men were charged \$18 a month for board and lodging.

The Italians at the camps of the same company lived mostly on macaroni sausage cheese sardines and bread being the staples and the others used very sparingly. The average monthly expense of each laborer was as follows: Twenty-five one and one-half pound loaves of bread at 8 cents \$2.10; thirty pounds of macaroni at 7 cents \$2.10; sausage sardines and cheese \$1.80; total 60 cents.

Most of the Italians in addition to that amount spent an average of \$2 a month for beer cheap cigars and tobacco, which with the expense of \$1 a month for shanty rent brought the total cost of living up to about \$10 a month.

A Woman's Heroism.

History has presented few examples of greater heroism than that of Mrs. B. J. Rooks, the telephone operator of Polson, N. M., who when warned by a resident of the hills to see for her life from the food poisoning to engulf the valley, rejected the opportunity to save herself and employed the hour that intervened between the warning received and her own death by drowning in calling up subscribers by telephone and acquainting them of their danger. More than 40 families have already acknowledged their lives saved through the magnificent courage of one frail woman, whose lifesaving bill with the telephone headpiece still adjusted to her ears was found 12 miles down the canyon.

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