HE BODY AND ITS HEALTH.

HORMED CHESTS IN YOUNG PEOPLE.

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promed Chests in Young People.
Is claimed that we are degenerating, it along good figures of former days that our good figures of former days that our good figures of former days is what the tailors tell us, having is what the tailors tell us, having its distriction of the continuous set of the clothing of fifty gons between eighteen and twenty-gons in the old measures, that is to say in the continuous transportant of the present day, which shows a disposite of the coat was at a greater distance of the chest. On, either side of gons at present toward a less convex an forthoracic wall and a decrease in the front middle line, and practically in proposition of the breast, a man's perpendicular of the breast, a man's regent has a seam enabling the maker outline the form und to decrease the continuous this; as to be replaced by a removal of a pace in the form of an lipse, because the chest of the young an of the present day is gradually acting the same diam ter above and become

w. The posterior line of the chest, corre The posterior line of the chest, correonding to the back middle line of the
ment, and instead of being straight,
ou the old models, has an anterior courity in its upper half, in order that the
ment should not bag but should fit
be back, which has a tendency to beome round. On the measures of their
ifferent clients we find in eighty per
ent of the cases this mention:—Round
boulders.

These transformations can be resumed
stollows:—The chest is flattened—that

follows:—The chest is flattened—that to say the anterior thoracic wall has

These transformations can be resumed flows:—The chest is flattened—that is to sy the anterior thoracic wall has to sy the straight; finally, the upper diameters of the chest have a gadeny to become equal—in other speridial normal, or practically so, the piper diameter has decreased and the same and the piper diameter has decreased and the same found in eighty cases out of a hundred; the chest had signed figure, is now the exception.

Other remarks can be made in this sonuction, though they cannot be gaphically represented on the model or pattern. Normal shoulders—that is to say, high shoulders, in the technical language of the tailor—are only seen there times in A hundred; the neck raches forward, the chest is flat and the back curved. The appearance of a young man from eighteen to twenty two years of age can be readily observed at any time. The hips are prominent and the regret part of the body short. The semi-ricumference of the chest at the breast and the same measure of the abdomenhave a tendency to become equal, whereas thirty years ago the former was from eight to twelve centimetres greater has the latter.

Are we to think: that a sedentary life, work at desks that are often too low, a want of physical exercise with the arms are the cause of these deformities? The subsor of the contractive was a supplied to the proposed proposed

the delicale, claims that this is so, but think that in order to be so affirmative these deformities would have to be compared with those that have been reported in other countries, and this has not yet been done.

Aport Whinkles.—Wrinkles are the index of nervous condition. Upright inches of nervous condition. Upright inches the eyes, indicate mental moulde, thought, care ortemper, more than physical illness. Fine netted lines about the eyes denote nervous exhaustion and the depression which follows overstimule. Women are likely to get them from living and sleeping in close, hot rooms, the latest scientific writer on the subject says the air in our rooms should be changed three times every hour. The kin owes its beauty to the nerves which rootrol the fine invisible blood vessels of the surface, whose work lends glow and transparency to the face. The nerves in turn owe their sensitiveness to the air, which noxious or pure, is our chief multiment, inhaled by gallous hourly. When the nerves are deadened by close air, the fine muscles lose their tone, the issue of the face shrinks, and these shrinkages become wrinkles. At first they are fugitive; a week's watching may write the face over with cross-hatching of fine lines, and another week of test will restore lost tissue, fat and fluids to fill the spaces and smooth the face again. To avert wrinkles. the nervous and over-taxed must rest, and tat nourishing food. The neuralgie should eat roost fat and make food tempting with condinents, adding to their fare the sound, coarse bread which contains phosphate to feed their starved nerves. should eat roast fat and make food tempting with condiments, adding to their fare the sound, coarse bread which contains phosphate to feed their starved nerves, and ait is the great regulator, of nutritive function. Too often the trouble is not so much what people eat, but what they don't eat, and do not get provided for them at the table. Leanness and wrinkles go together. We seldom see a florid, plethoric woman with them, as the supply of blood keeps the skin in repair. Steaming the face is the fashionable treatment to remove wrinkles.

out and gives just the right amount of massage for the face in the process. The soft oily salves and creams in request are not such good wrinkle creaves as a firm, protective cosmetic which will not such good wrinkle erasures as a firm, protective cosmetic which will not rub off as easily, but allow the moisture of the skin to remain and freshen the tissues. It is easier to disperse wrinkles than to cradicate any other defect of the face. Bleep, much more than people suppose necessary, rather hearty food, and moister air in houses are indispensable to keeping a smooth face, whatever cosmetic is used, and a tollet paste or cream has twice the effect in less time if the hygiene of the complexion be observed. Massage of the face should be by a firm teisurely stroke, effect in less time if the hygiene of the complexion be observed. Massage of the face should be by a firm leisurely stroke, just soft enough not to irritate. The best usage makes the movement in circular sweeps over the wrinkles, not lifting the fingers much till one has finished on that particular line. Massage of the face should be soothing not leaving it flushod and burning. To avoid the wretched network of lines about the eyes and baggy cyclids, observe the preclation never to sleep after a dance or late hours without bathing the face plentifully in very warm water and taking a few teaspoonfuls of something light, half a cup of chocolate, or hot buillion, eau sarce, rice and syrup, or a lemonade, with or withand syrup, or a lemonade, with or without a fresh beaten egg. Three spoonfuls of such refreshments will take off the horrible exhaustion which presents its accounts on waking. A cup of hot water with one drop of oil of cinnamon is a famous restorative, especially in heart weakings of the late hours. be-heir heart weakness after late hours.

A Secretaria de la California de la Cali

THE STOLID CHINESE.

He Can Sleep and Work in One Posi-

A contemporary tells us: 'That electricity has a stimulating action on seeds has long been known. This knowledge Gospodin Spechneff, a Russian agriculturist, has been utilizing by subjecting peas, beans, and rye to an electric current for two minutes, with the result that the plants grown from them are much more vigorous than those from unelectrified seeds. He has also electrified the soil by burying plates of zinc and copper in it to form an 'earth battery,' connected above ground by an iron wire, the electricity circulating from plate to plate through the intervening soil. The crops grown on this stimulated ground were the amazement of the country side—the yield being four times that produced from the land in the immediate vicinity which had not been subjected to this treatment. A carrot weighed 64 pounds, and a radish was 54 inches thick and seventeen inches long. But this, though interesting, is not quite new. Among others Andrew Crosse found the same results many years since, and some forty years ago a scientific Berwickshire farmer experimented with electricity on a large scale, much to the contempt of his illiterate neighbors, who described the new the produce in the same that the sum of the contempt of his illiterate neighbors, who described the new the lectricity on a large scale, much to the contempt of his illiterate neighbors, who described the new the lectricity of the land with t them, as the supply of blood keeps the skin in repair. Steaming the face is the skin in repair. Steaming the same dependent is an idea of American adoption, if our original. French specialists depressed steaming. They say it makes wrinkles worse when the practice is suspended, and assert that it causes falling of exclashes and eyebrows. The intensely that is the same determination of blood to the face, which is far from healthy. The remedy is to use vapor at milder heat, keeping up the process longer at a time. Half an hour over the vapor, however, is more time than most women can spend. The host convenient application is a firm than most women can spend. The host convenient application is a firm thurser. Freenan.

PARTICE.

remains a remainder of the contraction of the contr

A few days ago I met 'with the toughest case in my whole experience, said the agent of a very successful debt-collecting firm. I tackled my man for \$15 he owes to a restaurant.

velvet smoking-cap on the back of own. his head, while he looked lazily at A

"Because I have a more pressing liability." More pressing than a bill of this

wide pressing that a tim of this kind?" said I sarcastically.

"Yes, a good deal," said he. "I'm buying a pair of shoes on the installment plan, and the second shoe is to be delivered to-day if I can make partial payment. The coin is here,"

partial payment. The coin is here," said he tapping his waistcoat pocket.

"All right," I said; "but you'll just give that coin to me on account, or I'll sell you up."

"Sell what up?" he drawled out.

"Why, these pictures," said I, sweeping my arm in a comprehensive way round the studio.

way round the studio.

"These pictures? All right, my boy! Go ahead! If you can sell them I'll be much obliged to you. It's more than I can do."

With that he lighted his pipe and went on painting as tranquil as a summer's day. I admired him, and asked him out to have a drop of some

thing.
"Excuse me," he said standing back and regarding his picture with one eye closed, and not even glancing at me; "I never enter into social re-

lations with my tradespeople."

I was was faint when 1 got to the street.—Yankee Blade.

A New Chemical Element.

New chemical elements are not dis-covered as rapidly as new asteroids or new comets, and when one is found, as has recently occurred, a great dea of interest is aroused in the scientific

The new element was discovered in Egypt in the hed of an ancient river which has been dried up for ages, but which has been dried up for ages, but of whose former existence there are said to be records dating back about 6,000 years. A few little lages, whose water possessos medicinal properties, exists in the old river bed. The new element, which is called masrium, from the Arabic name for Egypt, is a constituent of a kind of fibrous alum. It falls under the class

ngypt, is a constituent of a sand of fibrous alum. It falls under the class of metals, and is said by chemists to possess a strong individuality.

possess a strong individuality.

Moreover, it furnishes an additional proof of the correctness of the prevailing theory of what is called the periodicity of the elements, since its atomic weight seems to place it just in a certain gap in the system whose existence had been noted. This in-deed, is not the first instance in which newly discovered substance

a newly discovered substance has been found to fill a vacant place in the ideal system of the chemical ele-ments. Other gaps yet exist, and chemists are becoming so confident in chemists are becoming so confident in the accuracy of their fundamental theory that they would not be surprised to see every e.e of these gaps filled by the discovery of new elements, the general properties of which they are able to predict.

WE have noticed that good peo-ole usually wait until a guest has reocated all the gossip she knows before admonishing her on the sinfulaess of gossibing.

ANYONE would be justified in recommending Beecham's Pills for all affections of the liver and other vital organs.

The country about Norfolk, Va., is the great peanut producing center of the world.

J. A. Johnson, Medina, N. Y., says: "Hall's Catarrh Cure cured me." Sold by Druggists, 75r.

Churches built in America in 1891 numbered 8,508.

Afr., Jones to Mrs. B. own.

Afr., I - 1 wonder why, when Croup, Whooping Cough and Diphtheria were epidemic, your colidren alone exaped as attack.

Mrs. B. State exaped as attack.

Afr., B. Coupt ture are nord at the appear for first symptom. It is a wonderful preventive. We got our druggist to send for It, It is only 50c. Mrs. Jones to Mrs. B. own

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REMEDYPAIN CURB PROMPTLY AND PERMANENTLY RHEUMATISM. Lumbaro, Hesidache, Toolhache,
NEURALGIA,
Sore Throat, Swellings, Frost-bites,
BCIATICA
Sprains, Bruises, Burns, Scalds. THE CHARLES A. VOGELE

It is said that the dialect of Devonshire is so dear to persons born within sound of it that, whatever their after training, they drop into its familiar phrases when under the pressure of strong excitement. Anecdotes couched in its rough and sometimes uncouth He's an artist.

"I'm sorry," said he leaving off in its rough and sometimes uncouth work on the picture, and pushing his expressions have a charm all their

the bill; "but I cannot pay this for a few months yet."

"Why not?" said I.

A colonel of the North local lazily at the bill; "but I cannot pay this for a few months yet."

"Why not?" said I.

A colonel of the North local lazily at the midst of the men, he shouted, and seeing a hare jump out in the midst of the men, he shouted, and seeing a lazily at the midst of the men, he shouted, and the midst of the midst of the men, he shouted, and the midst of the mids wildly, "There he go'th, a lashing great shaver!" Then, forgetting the great shaver." Then, forgetting the exact point at which he had ceased giving the word of command, he turned about and asked:

"Where wor I, drummer-boy?"

"Present arms, sir," responded the youth, and the inspection went on.
At another time a yeomanry regiment was enacting a sham fight when

a Captain Prettyjohn was ordered to retreat before a charge of the enemy. Retrait' what doth that mane?" inquired the captain. "Retrait inquired the captain. Retrait meanth rinning away, I zim; then it shall never be told up to Dodbrook Market that Cap'n Pridgen and his brave men rinned away.

brave men rinned away."

Accordingly, as the enemy came on, bearing down upon him at a rapid trot, he shouted to his troop:

"Charge, my braye boys, charge! I's baint voxes and they baint hounds! Us'll face 'em like men!"

The collision, as one might guess, was awful; men, horses, and accourtements strewed the ground on every wide and expers! troopers were more

ments strewed the ground on every side, and several troopers were more or less injured.

"Gentlemen," said one worthy nobleman, who loved to use the Dev-onshire dialect, "I wish to propose a toast; and that there is this here, "Fox-hunting!"

The Value of a Frying Pan.

No one, says an Adirondack camper, can fully value a frying pan until one as taken to the woods. Our guide fries bacon, and he does it in the frying pan. He boils potatoes and he loes it in the frying pan. He bakes oread and he does it in the frying pan. He sweeps up the floor and he does it in the frying nan. Noone, says an Adirondack camper, n the frying pan.

If there was some way of wrapping up a baby so that it would look like a game bag or a gun, the women would have no further trouble in getting their husbands to carry babies on the

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