

EVERY MAN FOR HIMSELF.—About twenty-five years ago, when the German Chancellor was only plain Otto von Bismarck, a Pomeranian noble and inspector of dikes, he went one day snipe-shooting on some marshy land, into which his companion, a stout, heavy man, suddenly sank up to his arms-pits. Vainly struggling to extricate himself, the gentleman shouted for help, and seeing Herr Bismarck approaching him very slowly and cautiously, apparently still looking out for the rising of some stray snipe, piteously appealed to him to leave the confounded snipe alone and pull him out of the abominable swamp.

"My dear friend," replied Bismarck, with the utmost calmness, "you will certainly never get out of that hole; nobody can possibly save you. It would, however, pain me very much that you should suffer unnecessarily stinging in this vile swamp. I'll tell you what, my dear fellow, I'll save you the agony of suffocation by putting a charge of shot into your head. Thus will you die at least more swiftly and more respectably."

"Are you mad?" shrieked the other, struggling desperately to free himself. "I don't want to be either drowned or shot; so help me out, in the name of the fiend."

Deliberately leveling his fowling-piece at his friend's head, Herr Bismarck rejoined, in a sorrowful tone, "Keep steady for a moment; it will soon be over. Farewell, dear friend. I will faithfully tell your wife about it."

Stimulated to superhuman effort by the imminent peril menacing him, the unlucky sportsman contrived to wiggle out of the mud on all fours, and when he had recovered his feet, he broke out into a storm of vehement reproach.

Herr Bismarck listened to him with a sardonic smile, merely observing, "Can't you see how right I was, after all? Every man for himself!" while he coolly walked away in search of more game.

COMING OF AGE.—It is common to say that a man "comes of age at ten and twenty." This means that he is old enough to manage his own property, to do business, and to vote. Before he is twenty-one, if he has any property, his father or guardian takes care of it for him; he is not expected to do business on his own account, and if he makes foolish bargains he can say, "I have changed my mind." There are several other ages which are important—indeed, a person may be said to be "coming of age" four different times in his life. From his very birth he is of age to be owner of property, and to be protected from violence and cheating. At seven he becomes of age to be punished for a crime, if it can be shown that he was a bright, intelligent lad, had been taught somewhat, and knew that the thing he did was against the law and would be punished. These things are not taken for granted until he is fourteen. From and after fourteen it is supposed that a youth knows enough to refrain from attacking people, or stealing, setting houses on fire, or things of that kind. At fourteen, also, he is of age to be asked, if his father should die, whom he will choose as guardian, and of age to marry.—This last does not mean that it is right or wise for a young man only fourteen to marry, but that, if he does so, he cannot retract afterward and say he was too young.

At eighteen he is of age to be a soldier; at twenty-one he becomes independent of his father and votes. These things are so much more important than all the others that reaching twenty-one is commonly called "coming of age," as if it were a magic date for everything. At twenty-five he is of age to be a Representative in Congress—that is, the people can elect him if they choose; before that they cannot. At thirty he can be elected Senator, and after forty President. At forty-five he is of age to be excused from going as a soldier.

COOKING AND DIGESTION.

The Journal of Chemistry says that cooking food does not merely improve the food to the taste. It may be looked on as a preliminary digestion which saves man a part of the work performed by the more vigorous digestive power of the lower animals.

Cooking, however, is not the offspring of science, but it has come to us from the accumulated experience of the race. Hence fruits are not generally cooked, for experience has shown them to be equally digestible whether cooked or uncooked; and science now proves that their value depends mainly on their sugar, which is unaltered by cooking.

The only animal food we eat raw is the oyster; and science now tells us that it contains within itself a bag of fluid (diastase) which digests it as soon as the teeth break the bag. It is thus self-digestive. But when boiled it must be digested by our own stomachs, like all animal food.

The popular practice had been to boil eggs, but a notion for a time prevailed that they were much easier of digestion raw. Science now justifies the old-time practice, finding that raw albumen, of which the egg largely consists, is very slowly acted on by the digestive fluids, while it is rapidly and entirely digested when cooked.

We cook meats, and science shows that they are not simply softened and disintegrated thereby, but changed into gelatine, a more digestible substance.

In cooking wheat and other farinaceous foods, the gluten is similarly changed into a substance much more easily digested, while the starch is also thereby freed from the envelope which protects its granules from the action of the digestive fluids.—*Youth's Companion.*

VALUE OF PUNCTUALITY.—One cannot begin too early in life to discipline himself to habits of the most exacting punctuality in keeping every engagement and the performance of every service, be it little or great. Great men in all ages have been noted for punctuality. They believed an act to be well done, must be done promptly. Napoleon used to insist on absolute promptness with his marshals, saying: "You may ask anything of me but time."

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PROFESSIONAL. E. HARRIS CAMALIER. BROOKS B. AXEN. The undersigned, Attorneys-at-Law and Solicitors in Chancery, have, this 1st day of January, 1890, formed a co-partnership in the practice of their profession, under the name and style of Camalier & Abell. They will practice in the county of St. Mary and the adjoining counties. Special attention will be paid to the collection of claims. Office in Court House Address: CAMALIER & ABELL, Leonardtown, St. Mary's county, Md. E. HARRIS CAMALIER, BROOKS B. AXEN. Jan 8, 1890.—11

CRANE & HAMMETT. They will practice in the county of St. Mary and the adjoining counties, and give special attention to the collection of claims. Address, CRANE & HAMMETT, Leonardtown, P. O., St. Mary's county, Md. J. PARRAN CRANE, DANL. C. HAMMETT, Feb. 10, 1891.—11

FARMERS' FRIEND PLOWS AND CASTINGS. Frickburg, Pa., at Lawrence's Big Brown Store and Factory.

D. S. BRISCOE, Attorney and Counsellor-at-Law, 41 St. Paul's St., Baltimore, Md. Jan 16, 1873.—11.

R. C. COMBS, Attorney-at-Law, Leonardtown. Aug. 12, 1890.

GEORGE BLAKISTONE, ATTORNEY-AT-LAW, 45 Lexington St., BALTIMORE, MD. Will continue to practice in the Courts of St. Mary's and adjoining counties. June 6, 1878.

J. R. WALTON, SURGEON DENTIST, LEONARDTOWN, MD. Monday and Tuesday at Home. By Appointment, other days by part of the county Sept. 1, 1891.

JO. F. MORGAN, Attorney-at-Law, and Agent for Connecticut Mutual Life Insurance Company, Mutual Life of New York and Royal Fire Insurance of Liverpool, LEONARDTOWN, MD. April 1, 1880.—11

JAS. H. WILSON, ATTORNEY-AT-LAW, LEONARDTOWN, MD. Feb. 10, 1870.—11.

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A scientist says—your scientist is always saying something—that each adult person carries enough phosphorus in his body to make 40,000 matches. They who know how hard it is to make a match of two people will begin to lose their faith in scientists.

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FOR SHERIFF. Messrs. Editors.—Please announce Mr. JAS. H. ALVET, as a Republican candidate for the next Sheriffship and say that he will receive the cordial support of

THE ST. MARY'S BEACON. Published weekly at LEONARDTOWN, St. Mary's Co., Md.

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