St. Tammany Farmer.

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THE CIVILIZED WOMAN.

Extract from a Lecture by J. H. Kellogg, M. D., Battle Creek Sanitarium.

Among savages the woman is just as healthy as the man. Considered as an animal from a physiological standpoint, a woman is capable of more hard work, of enduring more hardship, deprivation and disease than a man. A woman will endure where a man will succumb, and break down entirely. She is not naturally the weaker vessel, and certainly in some respects a woman is constitutionally the superior. Out of an equal number of male and female infants there will be found at the end of the first year of life a considerable larger number of girls alive than boys, according to statistics. This discrepancy continues up to the age of fifteen or sixteen, when the mortality becomes greatest among the girls. At the age of forty or fifty the death rate is about equal in both sexes, and finally the oldest inhabitant is always a woman, thus showing that her constitutional fund of vitality is naturally greatest.

It is sometimes argued that a woman is naturally weaker and inferior because the average weight of brain is from four to six ounces less than that of the average man, that thus her intellectual quality is less as well as her physical. But when the size of a woman's brain is considered in comparison with the weight of her body, it is evident that a woman has more brain per pound than a man, and if that be a proper standard of comparison, then woman is the superior. There is no physical reason why a woman should be more feeble or diseased than a man. Yet the women are the supports of the doctors. If all the women in the country would get well, ninety-nine physicians out of every hundred would have to seek some other employment. "Woman, the chief support of the doctors," is a toast very frequently given at the close of the medical convention.

Stanley was furnished with two hundred negro women to carry his stuff into the interior of Africa, and he found them the best porters he had employed, although he felt very doubtful about accepting their services when first proposed. The Mexican Indian woman is able to carry her household goods on her back and two or three babes on top of her burden when a change of location is desirable. Meanwhile her husband trudges bravely along carrying his gun. On the continent of Europe most of the heavy work is done by women. At one point I saw a three-woman team with a man for a driver. In Vienna, women and dogs are frequently hitched together, and sometimes a woman is yoked with a cow to draw a load of produce to the city. Once in Italy I saw such a team hitched to a plow. Many of these peasant women will carry upon their heads a load of vegetables that few American men could lift. These women have the muscles of the waist and trunk thoroughly developed. Despite their hardships, they do not suffer from the backache or displacements or other ailments which the women who dress fashionably are constantly afflicted with.

The civilized woman with muscles so flabby that they afford no support to the internal viscera, traces the starting point of her ill health to some trifling cause, like a jump from a carriage. Or perhaps her back gave way when she lifted a pail of water or her baby. Or perhaps stair climbing brought about the direful calamity. I am not saying that these may not be actual exciting causes of serious derangements when there is no muscular development, but what I wish to emphasize is that women are to blame for not cultivating their muscles, and more to blame for deforming themselves so as to render the large muscles of the body so nearly useless. The ordinary woman has bones of steel and whalebone to brace her up, but instead of affording any real support, they destroy the natural curve of the back, rob the figure of much of its beauty and also rob its natural tense supports of their integrity. Shall these things be counted as less than criminal and dare one say that the punishment which outraged nature metes out is too heavy? When the civilized woman cultivates her muscles systematically she will cease to be an invalid, and not till then.—Reported by Helen L. Manning.

Astronomical Photography.

Prof. Holden gives an interesting account of photographic apparatus and the work done in astronomical photography at the Lick Observatory. He states that the negatives taken there bear easily an enlargement of 570 diameters, and even double that amount. From an examination of the best pictures yet taken at the observatory Prof. Holden finds that parallel walls on the moon's surface whose tops are no more than 200 yards or so in width, and which are not more than 1,000 or 1,200 yards apart, are plainly visible. There is no doubt that enlarged photographs are capable of affording more information regarding the moon's surface than can be gained by years of diligent observation, and when the larger lenses now found necessary are brought into use marvelous strides in this direction may be looked for.—Chicago News.

—A Bad Ending.—Cleverton—"Miss Summit spoke about your neck-ties yesterday—said they were just perfect." Dashaway—"You don't say!" Cleverton—"Yes, and she said she never saw you betray the slightest sign of disorder in your dress." Dashaway—"Oh!" Cleverton—"She declared she never saw such hats, such gloves, such shoes, such clothes—that you were perfect down to the smallest detail." Dashaway—"Well! well! And then?" Cleverton—"She wound up by saying that she didn't see how a man of your intellect managed to dress so well."—Clothier and Furnisher.

—At an orchard sale in Baltimore a few days ago a Vanda Amesiana, which had been in cultivation but one year and is named for Governor Ames of Massachussetts, was sold for $6. In London, it is said, this flower brought 54 guineas. Another scarce one, "Which at a London sale brought 84 guineas," went for $8.

—Some amazingly big pumpkins have been raised in Maine this fall, and the contest for the honors is now on. Guy Mullen, of Newport, is pretty well to the front in this, having raised seven on one vine whose combined weight was 102 pounds.

DOINGS AT A DISTANCE.

In England about eighty-seven peers are directors of public companies.

There is one society of boys and girls in England to protect animals which has over eighty thousand members.

Pearl fishing is still carried on in the river Tay, in England, and some valuable jewels have lately been found.

It is the purpose of a company of capitalists to run a steamer on the Sea of Galilee, for which they have obtained a concession.

Jacob's well and the plot of ground surrounding it have been sold by the Turkish Government to the Greek church for four thousand pounds.

A small estate in Lincolnshire which sold for thirty-one thousand dollars in 1870 and has since had two thousand dollars put into additional buildings, brought ten thousand five hundred dollars last week.

A German Lieutenant-Colonel has been deprived of his commission because in a recently published work he advises the public not to go to church, which he says is an antiquated institution not in accordance with modern science.

The rate of wages paid to firemen on ships sailing from London is £3 15s per month on voyages up the Mediterranean to Australia and New York. To the Cape of Good Hope, Natal, China and India it stands at from £3 15s to £4 per month.

Not long ago South Africa had to import all the coal she used, but now she mines all the coal she wishes for her own use and exports the surplus. The reason is that the coal fields of Natal have increased their output to a remarkable degree.

Clocks are out of favor in fashionable Parisian drawing-rooms; they suggest the hour of departure to visitors too openly. Still, as it is inconvenient not to know the time, fashion sanctions an old watch hanging on the wall, framed in an artistic drapery of antique brocade. The watch ought to be a family heirloom, the more old-fashioned the better.

Three young soldiers near Warsaw returned from a debauch with blood on their clothes and the statement that they had beaten some one they did not know. At the same time a sergeant in their regiment was found murdered, and the three soldiers were tried, convicted and shot within twenty-four hours. The next day another soldier surrendered as the murderer.

Bismarck's autobiography will appear early next year, and it will be printed in Paris to avoid any restrictions by the German Government.

"So the old gentleman kicked you down the stoop when you called to see his daughter. Did he break any thing?" "Yes, he broke our engagement" — Philadelphia Times.

Java must be a moral place to live in; we never see it advertised except as "pure Java."—Puck.

The Christmas Wide Awake.

A high order of stories, poems, articles and pictures fill the Christmas Wide Awake from cover to cover, while brilliant new type and the discardment of columns give the pages a very fresh and attractive look, and we learn that the magazine is permanently enlarged to one hundred pages. Leading attractions include a new Peppers serial by Margaret Sidney, the promised railroad serial, "Cab and Caboose," by Kirk Munroe, "Drawing the Child-Figure," the first of twelve pictorial drawing-lesson papers (with monthly prizes) by Miss Caroline Rimmer, daughter of Dr. Rimmer, the art-anatomist and sculptor, and "Marietta's Good Times," an Italian serial by a well-known Italian woman in Boston. The short stories, papers and poems (and there is a full treasury of them, making a Christmas stocking book in fact) are by Sallie Pratt McLean Greene, Emma Sherwood Chester, Graham R. Tomson, Ethelwyn Wetherald, Charlotte M. Vail, Elizabeth Robins Pennell, Rev. George Whyte, Miss Hawley, John C. Carpenter, Margaret Eytinge, Miss Poulsson, Mrs. Claflin and Prof. Otis T. Mason. A special feature is the fac-simile reproduction of Mrs. Hemans's original manuscript of "The Landing of the Pilgrim Fathers," which was brought to America by James T. Fields.

The price of Wide Awake will remain at $2.40 a year, only 20 cents a number. D. Lothrop Company, Publishers, Boston.

"Does alcohol affect the blood?" asked the professor of the medical student. "I should think," replied the young man, "that it might have some tendency to get into the jug-ular vein."—Washington Post.

The Battle of Life.

The true hero will endeavor to make the most of life, and to this end the first consideration is a robust constitution. Like a good general on the battle plain, who, when expecting an attack from the enemy, will entrench himself in fortifications, so he, when disease is in the atmosphere or hovering in ambush amid climatic changes, will fortify his system against every encroachment the grim monster may seek to make. Many a grand life has ended for want of timely precaution in the hour of need. When fever and influenza are abroad, when the damp chilly days touch the marrow bones, when effluvia and malaria walk hand in hand, then it is that the system should be fortified by a use of that superb strengthening tonic alterative of Dr. John Bull's Sarsaparilla, which keeps the blood pure and the functions regulated, so that disease can not enter the citadel of life.

"I would give any thing if I but had a musical ear." "Why don't you take quinine?" "Quinine?" "Certainly; that will make your ears sing."—Indianapolis Journal.

SHE WASN'T AFRAID.

A Farmer's Wife Who Was Proof on the Habits of Angels.

One summer evening an old farmer sat on his door step smoking a pipe before going to bed, says the Mifflinburg Times. Presently a tramp approached and said:

"Good evening, sir."

"Good evening," answered the farmer.

"I have been walking a long distance," said the tramp, "and if you'll permit me I'll sit a few minutes on your door step."

"All right," was the answer.

The two men fell into conversation, and as the farmer discovered his guest to be an intelligent man, their talk was continued until a late hour.

"Would you mind giving me a mug of cider?" asked the tramp, at length.

"Not at all," said the farmer. "I will do it with pleasure!"

The cider was procured and disposed of in a summary fashion, and then came the next request:

"I've traveled a good distance to-day, and I should like very much to lodge with you, if you have no objection."

"All right," answered the farmer, "I can accommodate you."

Meanwhile the wife, who had long before retired and was listening to the conversation from her bed-room, called out:

"No, you won't. I won't have him here. Come, husband, it's time for you to come in and lock up."

"Madam," said the tramp, seriously, turning in the direction of the voice "you should not speak so abruptly to a stranger. You might be entertaining an angel unawares."

"I ain't a mite afraid," returned the old lady, calmly, "angels don't come around begging cider after dark."

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If turkeys know as much as the much-despised geese they would fly very far South in the fall.—Pittsburgh Press.

Jimes, North Carolina, July 30th, 1888.
Messrs. A. T. Shallenberger & Co.
Rochester, Pa. I enclose two dollars for two bottles of your Malaria Antidote. The bottle you sent me a year ago I gave to a nephew of mine who had chills for more than three months, and taking medicine from the doctor all the time without improvement. Before he had taken half the bottle of the Antidote he was entirely cured.
Yours truly, H. H. Conrad.

Household recipe—To preserve eggs always pack them in layers.—Binghamton Republican.

False Witnesses.

There are knaves now and then met with who represent certain local bitters and poisonous stimuli as identical with or possessing properties akin to those of Hostetter's Stomach Bitters. These scamps only succeed in foisting their trashy compounds upon people unacquainted with the genuine article, which is as much their opposite as day is to night. Ask and take no substitute for the grand remedy for malaria, dyspepsia, constipation, rheumatism and kidney trouble.

A man no sooner gets old enough to know how to talk well than he also learns the value of not talking at all.—Atchison Globe.

The climate here did not agree with me and I was sick with malaria most all the time. The least exposure gave me a severe cold and my health was miserable. I grew weaker until I began a use of Dr. Bull's Sarsaparilla, when I gained health and strength. I recommend it as the very best strengthening medicine.—*Sarah Walton, Wabash, Ind.*

It is fortunate that we are not all rich. Some of us would not know how to act if we were.—Boston Traveller.

Will be found an excellent remedy for sick headache. Carter's Little Liver Pills. Thousands of letters from people who have used them prove this fact. Try them.

It is probably called Indian summer because we have to wear blankets at night.—Pittsburgh Dispatch.

Coughs and Colds. Those who are suffering from Coughs, Colds, Sore Throat, etc., should try Brown's Bronchial Troches. *Sold only in boxes.*

"Did you ever go through one of those labyrinths?" "No, but I once tried to find my wife's pocket."—St. Joseph News.

Are unlike all other pills. No purging or pain. Act specially on the liver and bile. Carter's Little Liver Pills. One pill a dose.

"Been to Brooklyn, eh?" "Yep." "Come across any thing remarkable?" "Yep." "What?" "The bridge."—Life.

Mamma, your little girl grows more pale and thin each day. It needs Dr. Bull's Worm Destroyer. Get her some before it is too late.

Song of the man who never should have got married: "I would that my love would silent be."—Boston Herald.

A Dose in Time Saves Nine of Hale's Honey of Horehound and Tar for Coughs. Pike's Toothache Drops cure in one minute.

Of course there are exceptions to the rule "the good die young," but there aren't many of us.—Elmira Gazette.

No Opium in Piso's Cure for Consumption Cures where other remedies fail. 25c.

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—the old-fashioned pill. Too reckless in its way of doing business, too. It cleans you out, but it uses you up, and your outraged system rises up against it. Dr. Pierce's Pleasant Pellets have a better way. They do just what is needed—no more. Nothing can be more thorough—nothing is as mild and gentle. They're the smallest, cheapest, the easiest to take. One tiny, sugar-coated granule's a gentle laxative—three to four are cathartic. Sick Headache, Constipation, Indigestion, Bilious Attacks, and all derangements of the Liver, Stomach and Bowels are promptly relieved and permanently cured.

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