

Causes of Dyspepsia.

Unquestionably the most prominent cause of dyspepsia with us—the leading disease of this nation—is our rapid eating, added to our luxurious diet.

The anacanda may swallow, unmastered, a creature of half his size—for this is his nature; the lion may eat his quarry as in the same manner, for meats do not demand the same chemical change as starch, and indeed, all of the carnivora may imitate the Yankee with a degree of safety and propriety, but the herbivora must chew the "meat," and how patiently they do that duty, and for scientific reasons, if we admit that man is omnivorous, we must know that starch enters so much into his diet as to demand thorough mastication; far more than is usual, especially with those who are "tied to the bell-ropes."

It must be plain that whatever failure there may be in the foundation processes must render the labor of all succeeding processes not only more difficult but imperfect, thus over-taxing the digestive organs on the one hand and furnishing poorer blood on the other—of course affording less body-power. And then our little, less than admirable cookery or food-spoiling, in which the most indigestible compounds are produced, fearfully taxing and exhausting the digestive powers, does its part of the work. As a nation we have sadly departed from the simplicity of the fathers, fearfully disregarded the plainest conditions of good digestion. It might also seem that the cook and the undertaker—if not the doctor—have conspired to introduce as many as possible of schemes to destroy health by rendering unwholesome dishes as attractive as possible. The irritants of the castor god the digestive organs to perform an unusual and unnatural amount of labor, leaving them in an excited and debilitated state.

With the use of such complicated dishes—a combination of ingredients, all of which are difficult of digestion and the unnatural irritation would be a matter of surprise if the stomach should not yield and become dyspeptic. And to all this we may add the fact that the animal albumen is generally rendered nearly or quite useless by wrong cooking. This is the most prominent element of the egg, while meats are rich in it—this sustaining about the same relation to animal foods that gluten does to the grains.

Now, it is a chemical fact that this albumen is coagulated and rendered insoluble and unnutritious at a temperature of from 140 to 165 degrees, Fahrenheit, the same being true of the action of alcohol. Now, if the egg is cooked in the usual manner, or till it becomes hard, or if it is washed down with any alcoholic drink, the labor of the stomach is increased in the digesting of an indigestible article, while the body is robbed of the nourishment of a very important constituent of our food. The same principles apply to the cooking of the albumen of meats, though a thorough cooking may seem needful in the destruction of the parasites, now alarmingly prevalent in some meats, especially pork.

And since the saliva is of an alkaline character, it is probable that much harm results from too free a use of acids—so far as this is concerned—by which the saliva is neutralized. In the stomach the acids stimulate, acting also on the liver, but it may be that their use, when taken with starchy foods, is unfavorable—Dr. J. H. Hanford, in Dr. Foote's Health Monthly.

The Sorghum Sugar Makers.

The Commissioner of Agriculture has issued the following circular to manufacturers of sugar and sirup from sorghum:

Each manufacturer is requested to submit an account of his work to this department, covering the following points:

1. An accurate account of the number of acres of sorghum brought to his mill; the number of tons of cane manufactured; the yield of sorghum per acre; the mode of fertilizing; the time of planting; the time required for maturing the plant, and the value of the crop as food for cattle after the juice has been expressed.

2. The amount of sugar manufactured; the amount yielded per ton of cane; the quality of the sugar; the amount of sirup manufactured; the process of manufacturing; the machinery used; the success of the evaporator, the vacuum pan and the centrifugal in the work of manufacturing.

3. The number of hands employed in the mill; the cost of fuel; the cost of machinery; the wages paid for labor; and the price paid for sorghum at the mill if not raised by the manufacturer.

The returns when received will be submitted to a competent committee for examination, and in order to compensate the manufacturers for the work of making these returns I propose to pay for the ten best returns the sum of \$1,200 each—the decision to be made by the aforesaid committee. Each return must be sworn to before a competent officer.

All proposals to be made upon this work for the department must be laid before the Commissioner on or before Aug. 1, 1882.

GEO. B. LOHMEYER, Commissioner of Agriculture.

Heat of the Body.

Our bodies incessantly generate heat, the result of the chemical changes going on at all times within. The amount is immense, keeping the body well warmed, though constantly throwing the heat off into space. Yet, so nice is the adjustment between its production and its waste, that the temperature of the blood seldom varies from about 98 degrees Fah. in summer or in winter, at the equator or at the poles.

If the surrounding medium is such as to take up the heat rapidly, the unconscious appetite craves that for the body, whose chief office it is to supply heat, and at the same time tones up the system to its readier digestion. If the reverse is true, the body pours out upon the entire surface a fluid whose evaporation keeps down the heat, while at the same time the appetite rejects fuel food and craves the non-stimulating, and especially the fruits that then abound; moreover, the thirst demands a larger supply of water for the evaporating surface.

In most fevers this wonderful balance is lost. The result is a dangerous amount of heat, resulting in destructive changes of the tissues.

We add some suggestions:

1. Neither bed-clothes nor body-clothes furnish heat; they simply prevent the heat generated by the body itself from escaping into space. They should be of such a nature—light and porous—as to accomplish this most perfectly.

2. Since white absorbs the heat of the sun and black repels it, the outside clothing should be light-colored in summer.

3. Fuel food—fat, sugar, etc.—should be avoided in summer. A burning furnace without at such times is not so uncomfortable as a burning furnace within.

4. In very hot days we may aid nature by frequently sponging the body. Thousands of infants might be yearly saved in this way.

5. Such sponging in fevers is a necessity.—Youth's Companion.

The Wear on Gold.

The depreciation in value by the wear of circulation of the gold coinage of England is there exciting some discussion, and it has stimulated Mr. John Biddulph Martin, of Lombard street, to make an extensive investigation. He sent for information to every bank, to some fourteen railways, to fifty postoffices, and to a number of large wage-paying firms, and he received 1,092 returns. It was found that gold coins minted anterior to 1840 are now very scarce. The most important fact established was that most of the gold now in circulation is more or less light in weight. Upon the total number of the coins of each year since 1817 in circulation there is a weight deficiency of \$4,220,730 grains. The mean loss of weight per coin through the wear of circulation is 0.4325 grains. Mr. Martin estimates the loss on light gold at £11 12s per 1,000 sovereigns; the postoffice finds it to be actually £12 10s. On light gold sovereigns the loss is much greater, ranging in actual expense from £21 6s to £22 16s on £1,000 worth. Thus the coin of the realm is in a very bad way. Individuals bear the loss and not the nation at large, the only loss of the nation being the £6,000 depreciation sustained by the postoffice. The brunt falls upon the bankers, who do their utmost to avoid paying for the recoinage of sovereigns and half-sovereigns, and are heavily loaded with coin for which they can find little or no use. Their plan has been to send down large amounts of worn coin to provincial centers of business, where they sell it to local bankers against ten or fifteen days' draft on London. The bankers put out the coin among their wage-paying customers. The London banker loses his fortnightly interest on the money rather than incur the loss of sending the coin into the Bank of England to be clipped. Mr. Martin proposes that the state should undertake the task and expense of putting the gold currency upon its proper footing and of keeping it there. The first expense would be £500,000. The average life of a sovereign is 17.9 years, and of a half-sovereign 11.3 years. Mr. Martin suggests that an allowance of one grain on every sovereign of 20 years old and of half a grain on every sovereign of 10 years old, should be made at the expense of the state on the light currency now in existence, leaving the individual to bear the loss on light coins of a later date. He also suggests the use of £1 notes.—New York Times.

The Best Sewing Machine.

There was Hubbard. He drove up to the door, unloaded a sewing machine, and said if we wanted a machine which would do all kinds of work, run easily, hem, tuck, ruffle, gather, and be a thing of joy forever and forty days more, we shouldn't fail to buy the "Lightning Slinger." I bought it, and when after a week, he wanted a certificate, I cheerfully wrote one: "This is to certify that I have had a 'Lightning Slinger' in my house for some time past, and I wouldn't be without it for twice its cost. It hadn't been in my house half a day before my son recovered from the whooping-cough, and my wife found a ten dollar bill on the sidewalk. I think it the best machine ever made—I can't bear to go to bed and leave it."

He said he was ever so many times obliged, and he hadn't got out of sight before, Kilroy drove up with the "Thunder & Blazes" machine. He began to snuff at the other machine; said we'd been terribly humbugged, and that his machine was the only first-class machine in the market.

My wife began to cry, and he soothed her by offering to trade his machine for the other, which he could sell for old iron, and \$30 to boot. We made the trade. He said the "Thunder & Blazes" would make any kind of a stitch, sew any kind of fabric, and outrun anything but a locomotive. He came around the next week with a certificate all written out, and I signed it:

"This is to certify that I have gained ten pounds of flesh per day since purchasing your machine, and that my wife hadn't run it half an hour when her uncle died and left her two hundred thousand dollars. Not one of the children has had a cold since the day the 'Thunder & Blazes' came through the gate. It plays easily, the strings are not liable to snap, the stops are easy to manage; and it is the only machine in the world which can be operated by a red-headed woman with a cork leg. I can stay out until eleven o'clock at night now, and my wife hasn't a word to say. Formerly she used up four rolling-pins, costing two shillings each, per week."

Then McManus came. I told him that I had the best machine in the market, and he asked to look at it. He hadn't fairly got his eyes on the "Thunder & Blazes" before he commenced to laugh.

"Ho-ho-ho!" he shouted, as he dropped on a chair—"it will kill me—did you ever—oh! ho-ho!"

I sternly asked the cause of his hilarity, and he replied that Kilroy had swindled us—taken us in—cheated us stone blind. The "Thunder & Blazes" wasn't worth a dum, he said—was an old machine invented by a blind man and patented by a fool.

My wife began to weep. "Bat," said McManus, "there was his machine, the 'Chained Earthquake.' It was the machine, and all others were base imitations. We might try it, and if we didn't like it he would cut his throat with a brick-saw. We tried it, and when he came with his certificate I signed it:

"This is to certify that your sewing machine has saved me ten per cent. in fuel and twenty per cent. in hay and corn since we purchased it. I licked an alderman, pulled a schoolmaster's nose, and kicked a member of the legislature the second day after we got the machine, and we hadn't owned it a week when I found where I could get trussed for meat and wood, and discovered a flour shed unlocked. It will sew anything, from a leg of mutton to a New Hampshire mountain. There hasn't been a cloudy day since the machine first started, and the moon now rises two hours earlier and lasts all night. No one should be without it."

He took the certificate with a triumphant smile, and— "But I must leave off here. Farnsworth has just called with 'The Five-Jeweled Duplex High Low' machine—the only leading machine in market, and he is telling my wife how we got swindled by McManus.

It was an astute male clerk who interpreted the following direction, "Chorn, Vt." as "Shoreham, Vt.," and sent the letter accordingly to that postoffice.

HINTS TO A YOUNG EDITOR.

There is an astonishing number of people who imagine that the editor is always suffering for something to fill up with. One of these would-be patrons of the press will stroll into a sanctum, with something under his arm about the size and shape of a bottle wrapped up in an old paper, and, with the air of a philanthropist bestowing alms on a mendicant, will draw out: "I thought you needed something to fill up with, so I have just brought you something good to put in your inside." If the editor is a green hand, and has just started in the business, he interprets the remark of the would-be patron to mean that the package under the intruder's arm is something good to eat or drink, and is intended for the inside of the editor. Under this pleasing delusion, the green editor's face lights up with a happy smile, and he reaches out for the nourishment, remarking: "I am very much in need of something to fill up with, and there is plenty of room on my inside for anything good you have got."

The visitor, not catching on, replies: "I am glad to hear you say so. Please print this manuscript sermon of the Rev. John Wesley Baxter, my deceased uncle, who was recently eaten alive by the heathens on one of the South Sea islands. The sermon will fill up four or five columns of the inside of your valuable paper very nicely. You can give me 100 copies, and I'll not make any charge for the sermon. Next week I'll help you fill up with a biographical sketch of myself."

Now is the time for the editor to act. If he hesitates he is lost. If the would-be patron is a small man, perhaps the best policy is to knock him down with his uncle's sermon, and cavort about on his prostrate body, after which anoint the scoundrel by pouring the contents of the ink bottle and the paste pot over his miserable head, and telephone for a policeman to drag him out. That course may not make your paper popular with the intruder, but it will give it a boom with the general public who know him, and save you much annoyance in the future.

If you do not desire to resort to such extreme measures, owing to the size of the would-be contributor, take the manuscript, look over it, count the pages and the number of lines on each page, multiply them together, and then multiply the product by 25 cents a line. After you have done that, add \$10 for loss of time in entertaining the fiend who wants to fill up your inside with manuscript sermons, and tell him you will publish his effort when the cash is forthcoming, and not previously.

The young editor who does not adopt one of these courses is lost. If he tells the would-be patron that he will publish it at some future day, he will do as did the patient boy who was sent to borrow some clabber from a neighbor, and was told the milk had not soured. The boy complacently took a seat and replied: "Then I'll wait until it does."

HINTS TO TEACHERS.

"My school," once said a well-known instructor, "when I began to teach was divided into floors of a large building, each floor containing one department made up of boys who were alike in age and progress.

"After two or three years, I was struck by the fact that all my trouble came from the middle floor. All the unruly boys, the stupid boys, the lazy boys, were in that department. Pupils that in the lower floor or upper floor were clever, obedient and studious, in these apartments were impracticable. My wife laughingly asserted that the floor was bewitched, especially as, no matter what changes took place on that floor in teachers or pupils, the evil influence remained the same.

"I knew there must be a rational cause for it, and I finally found it in the ages of the boys. They were from thirteen to seventeen years old, and physically and mentally were passing through what the Germans would call a *sturm und stress* period. Their minds and dispositions were muddled and heavy like fermenting liquor. I learned to have patience and let time and nature do their gradual, sure work, and presently I had the clear view again."

Nobody can have had much experience with young people and not have discovered the truth of this sagacious teacher's words. Boys and girls who have been obedient, even-tempered and studious, often become at a certain age unaccountably peevish, rebellious and indolent.

They are apt to show an exaggerated

Confirmation of Assessment for Opening and Extending Eighth Street.

OFFICE OF THE BOARD OF PUBLIC WORKS, CITY OF ST. PAUL, MINN., Sept. 3, 1882.

The assessment of benefits, damages, costs and expenses arising from the opening and extension of Eighth (8th) street, from Cedar street to Washabaw street, in the city of St. Paul, Minn., having been completed and entered of record by the Board of Public Works, in and for said City, said Board will meet at their office in said city, at 2 p. m., on the 22d day of September, A. D., 1882, to hear objections (if any) to said assessment, at which time and place, unless sufficient cause is shown to the contrary, said assessment will be confirmed by said Board.

The following is a list of the supposed owners' names, a description of the property, and the amount of benefits and damages assessed against the same, to-wit:

Table with 3 columns: Supposed owner and description, Benefits, Damages, Balance. Includes entries for Peter Pfeifer, W F Davidson, and others.

WRITE PLAINLY.

Edgar A. Poe owed the first recognition of his genius as a writer to the excellence of his penmanship. A prize was offered by a magazine for the best story sent its publishers. Poe sent a story as a competitor for the prize, and such was the attractiveness of the manuscript that the wearied judges read it with pleasure.

Its contents also delighted them, and they, leaving other manuscripts unread, gave to Poe the prize. Of course, the judges were unfair to the competitors whose manuscripts they did not read, but the anecdote suggests what may be the effect of good penmanship in securing the attentive reading of an article.

An English magazine tells of a certain Duke whose illegible handwriting caused him to lose the woman he had selected for his wife. The lady was the daughter of a merchant, and the Duke, in a note to her father, offered her his hand.

Much to his Grace's surprise, the merchant's answer was, "Declined with thanks, on account of a previous engagement."

The man of business had been unable to read the note, but had guessed that it conveyed an offer of the Duke's box at the opera for a certain night.

The Duke married another woman, and the daughter joined herself to a man much lower in rank. In the course of years they met, and then there was an explanation. The anecdote does not tell whether each regretted the illegible note, but the moral is just as plain as if they had.

A good thing has been done by the Texas Legislature, and other States would do well to follow some such example. A bill has been passed taxing all persons selling the *Police Gazette*, *Police News* and similar illustrated journals \$500 per annum in each county where such papers are sold. That is equal to a prohibition, and the suppression of that class of literature is a public blessing.

Ex-Gov. MARCY, of New York, once said a good thing in regard to the possession of riches, which is worth remembering. "To be rich," he remarked, "requires only a satisfactory condition of mind. One may be rich with \$100, while another in the possession of millions may think himself poor, and if necessities of life are enjoyed by each it is evident that the man who is best satisfied with his possessions is the richest."

FRANCE has 45,000,000 hens, with only 5,000,000 women to throw things at them.

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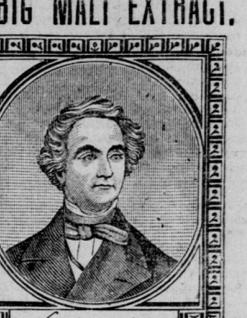
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THE ALBERT LEA ROUTE.



THE ALBERT LEA ROUTE. The only route running solid trains from Minneapolis and St. Paul with Pullman smoking room sleeping cars to Chicago. The only line running solid trains from St. Paul to Council Bluffs with sleeping cars through to St. Joseph and Kansas City.

TRAVELERS' GUIDE.

St. Paul Railway Time Tables.

Chicago, St. Paul, Minneapolis AND OMAHA RAILWAY.

"THE ROYAL ROUTE."

The only route running solid trains from Minneapolis and St. Paul with Pullman smoking room sleeping cars to Chicago. The only line running solid trains from St. Paul to Council Bluffs with sleeping cars through to St. Joseph and Kansas City.

Table with 3 columns: DEPARTING TRAINS, Le. Minneap., Leave St. Paul. Includes entries for Chicago Day Express, Chicago & Milwaukee Ex., etc.

Table with 3 columns: ARRIVING TRAINS, Arrive St. Paul, Arrive Minneapolis. Includes entries for Chicago & Milwaukee Ex., Chicago & St. Louis Ex., etc.

Lake Elmo and Stillwater Trains.

Table with 3 columns: DEPARTING TRAINS, Leave Minneapolis, Leave St. Paul. Includes entries for River Division, St. Louis Express, etc.

Table with 3 columns: ARRIVING TRAINS, Arrive St. Paul, Arrive Minneapolis. Includes entries for River Division, Chicago & Milwaukee Ex., etc.

Toward the Rising Sun!

"Albert Lea Route."

Which is composed of the Minneapolis & St. Louis Railway, Burlington, Cedar Rapids & Northern Railway, and the Chicago, Rock Island & Pacific Railway.

Announces to the people of Minneapolis, St. Paul and the Great Northwest, that it is now running two trains daily to Chicago, connecting with all the trains leading East, Northwest, Southeast and South, affording travelers unsurpassed accommodations, easy connections and quick time to