

**YAWN AND LAUGH OFTEN.**

**Scientists Declare That Both Are Highly Beneficial.**

It is not so very long ago since a foreign scientist discoursed on the benefits of yawning. This act, which is generally regarded as partaking of the nature of a tired condition, or symptom of such a condition, of the respiration and of the need for fresh air, is said to be of great service in clearing the eustachian tubes of the ears. These tubes lead from the back of the mouth to the inner side of the ear drum, and a yawning is looked upon in this light as a hygienic exercise which benefits the structures in question.

Another scientist has no difficulty in showing that when we laugh we increase the play of tension in our lungs. One result of this increased tension is to arrest the blood flow in the lungs and to induce the taking of deep inspirations. These latter are healthful things, for many parts of our lungs are not called into active use in ordinary breathing. The apex, or top of the lung, is notably a part which does not actively participate in the movements of breathing, and as this is the special seat of consumption attack we may reasonably hold that the law of disuse explains the greater liability of this portion of the organ to the onset of disease. The free and active use of a part, strengthening and toning it, as it were, is an essential condition for health; hence laughter, by bringing into play the whole of the lungs, or at least by favoring an increase of lung work, is to be reckoned an admirable exercise.

Besides this physical effect of laughter we have also to take into account its mental side. There is a certain brain stimulus to be noted, a psycho result, in addition to the physical effect, and it is pretty certain the mental phase of a good, hearty laugh is, in its way, as healthful as is its physical aspect. Singing is also praised as an excellent lung exercise, and public speaking is as effective a lung tonic as one may wish for. The only drawback to the work of the speaker is the foul condition of the atmosphere in which he has often to do his work.—Exchange.

**Sheep Raising For Women.**

A woman in Virginia is making money by raising sheep. She is a school-teacher and she has a home, with some acres of land which she had not time to cultivate, but which she wished to turn to account. She spent \$25, paying \$3 a head for ewes, and then turned her flock into her pasture land. Of course they increased, and she raised what she could care for on her land, selling the rest as soon as they were of marketable age. She gave only about one hour a day to them, and paid a boy 50 cents a week to keep the sheep sheds clean and the fodder cut up. She has been in the business about five years. The first year she came out \$40 ahead of her experiment. At the end of the fourth year she had a flock of 60 ewes, all she could keep with her pasturage, and in wool and mutton she found she had a clear yearly income of \$450.

Because the pasture was not large enough, and because she had her school duties and so had no great amount of time to give to the flock, she did not increase it beyond the number given, but she considers that she has a fine income for the time she devotes to the work.

She declares, too, that, in spite of their stupid ways and their predisposition to dirt, her sheep both amused and interested her and were of all ventures she made at swelling her income the most profitable, the least troublesome, and the special sort of live stock most likely to flourish under feminine management.—Boston Herald.

Child widows are the chief pupils in the kindergarten kind of school which has been established at Puna by Pundita Ramabai, the Hindoo woman who, after occupying the chair of Sanskrit in Cheltenham college, England, traveled and lectured in Great Britain and this country, raising the money with which she is carrying on her present work.

The Haverhill (Mass.) Literary union is the name of the federation of Haverhill clubs, and there are now more than 400 members in the union. There are 32 clubs in Haverhill, and the federation is considering the formation of a large department club modeled after the Middlesex club and the Cantabrigia.

A Darmstadt paper appeals to all Hessian women to contribute toward a monument to be erected to the late Grand Duchess of Hesse, the Princess Alice, who was the favorite daughter of the queen of England and a favorite with the English people.

The rainy day skirt is not to be praised without stint. Some of its warmest devotees admit that it leaves the ankles cold.

**Spring Hats.**

So far as can be judged at present, the spring indications are for quiet, rather neutral tints for round hats, toques and bouquets of fancy straw, chip dunstable and milan braids, leaving the milliner plenty of scope to use the brilliant trimmings of shaded flowers, velvets, foliage, nets, feathers, handsome ribbons and dainty laces which are already adorning the windows and shelves of all the large importing houses.

**SPRAINS.**

**Why They Are So Severe and How They Should Be Treated.**

It is commonly said that a sprained joint is worse than a broken bone, and this is often true, for in a severe sprain the injury is really greater than in a simple fracture. The ankle is perhaps the most frequently sprained of all the joints, though the knee, elbow and wrist are also very liable to be injured, in falls especially.

A sprain of a joint varies greatly in severity. It may consist of a simple wrench, without the tearing of any of the ligaments, or it may be a more extensive injury, stopping just short of a dislocation.

In a moderately severe case one or more of the ligaments of the joint will be torn slightly, or possibly completely across. The membrane beneath the ligaments, which retains the lubricating fluid of the joint, will be ruptured, permitting the escape of more or less of this fluid into the parts about, and giving rise sometimes to a considerable swelling. This swelling may be increased also by an effusion of fluid into the joint, especially if inflammation sets in, and finally there is usually a slight or even sometimes a quite pronounced escape of blood into the tissues, and this, gradually working to the surface, appears as a black and blue stain.

In more severe cases the tendons passing over the joint and attaching the muscles which move it to the bones may suffer considerable damage, or one of them may be broken or torn from its attachment, bringing with it a sliver of bone. Where so much harm has been done to all the parts—bones, ligaments, tendons and muscles—it is easy to understand that much pain will result and that the cure will be tedious.

In the treatment of a sprain the first thing to be aimed at is to relieve pain and prevent inflammation, then to favor healing of the torn structures, and after that to restore the use of the limb.

The first of these objects is accomplished by absolute rest of the injured part, the limb being raised, and by lead and opium wash, a spirit lotion, or such other local applications as the physician may prescribe. Swelling is prevented in a measure and pain is sometimes relieved by firm bandaging with a flannel bandage.

When the swelling, heat and pain are gone, the limb should not be used too soon, but should be brought gradually back to health by cold douching, dry rubbing in a direction toward the body and passive motion. It is sometimes necessary in very severe cases to treat the sprain by means of splints, exactly as if it were a fracture or dislocation.—Youth's Companion.

**MUZZLED DUCKS.**

**Not Because They Might Bite, but to Silence Their Quacking.**

A baggage man on the Santa Fe who runs into Kansas City from out in the western part of Kansas has lost lots of sleep. It is doubtful if he can ever catch up with it. He leaves Hutchinson at night and reaches Kansas City in the morning. Nearly every night he brings in his car two or three coops of live domestic ducks. During the night, when he has no baggage to deliver at small stations, it has been his habit and privilege to lie down on an improvised couch and doze. With the advent of the ducks the dozing stopped. The almost constant quacking of the ducks, who could not understand their strange environment, would not permit of sleep.

For many nights as he lay awake he planned relief. He thought of strangling the ducks or chloroforming them. But neither expedient seemed good. One night a bright idea came to him. After he had put it into execution the ducks were silent.

The next night he had two coops of unusually vociferous ducks. As soon as it came time for sleep he wrenched a slat from one of the coops, reached in and pulled out a duck. From his pocket he took a small rubber band, which he slipped over the duck's bill just back of the nostrils. The duck tried to quack, but the rubber band, while it stretched a little, would not permit the duck to open its bill far enough to use its tongue. Only a murmur came from it. One by one the ducks were muzzled, and the baggage man rested comfortably.

The commission men were surprised next morning when they received a lot of ducks with rubber bands around their bills, and when the bands were removed the shouts of protest from the ducks were deafening.—Kansas City Star.

**A Great Play.**

"I can't afford," said the man of moderate means, "to go to many places of amusement, but I am admitted free to the play with the longest run on record, 'The Struggle of Life.'"—New York Sun.

About the year B. C. 220 edible serpents were sold at a penny each in the Egyptian markets. They were shipped to Rome. Italian vipers were cheaper, costing about a half penny each.

In Asia the average number of inhabitants per square mile is 48; in Africa, 16; in America, 8; in Australia, 1.



It is a painful sight to see an otherwise robust man limping along on a crutch or cane, a sufferer from rheumatism. Rheumatism is a disease that will never attack a man who keeps his blood pure and rich. There is just one way to do this. That is, to keep the digestion and assimilation perfect and the liver and bowels active.

All cases of rheumatism are promptly cured by Dr. Pierce's Golden Medical Discovery. It creates a keen, hearty appetite, corrects all disorders of the digestion, and all weakness of the stomach. It makes the assimilation perfect, the liver active, the blood pure and rich with the life-giving elements of the food, the nerves strong and steady, and it drives all impurities and abnormal acids from the blood. It allays inflammation and dispels pain. It is the great blood-maker and flesh-builder. It does not make corpulent people more corpulent. Unlike cod liver oil, it does not build flabby flesh, but tears down the unhealthy, half-dead tissues that constitute corpulency, carries them away and excretes them, replacing them with the firm tissues of health. Thousands have testified to its merits. Sold at all medicine stores.

"I have been afflicted with rheumatism and kidney trouble," writes Mr. C. B. White, of Grove, Geauga Co., Ohio. "I suffered untold pain. I was afraid I would lose my mind. At times was almost entirely helpless. There had not been a night for three years that I could rest in any position. I tried Dr. Pierce's Golden Medical Discovery. I used three bottles of it and am well of both diseases."

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