## GRAND DEMONSTRATION.

The Celebration at St. Faul of the Opening of the Northern Pacific Railroad.

Presence of General Grant, President Arthur, General Sheridan, and a Host of Eminent Guests.

On Saturday and Sunday last, the three sections of President Villard's grand excursion party across the continent, arrived at St. Paul, and were quickly transferred to the mammoth Hotel Lafayette, at Lake Minnetonks, where most of them remained until Monday, the day fixed for the great celebration at St. Paul, which had been preparing for some days.

ST. PAUL IN FULL DRESS. More magnificent decorations never graced a city's thoroughfares. Never, within the same space, has there been more lavish use of colors and flowers in more decoration of streets and buildings. Every one vied with his neighbor in the effort to make known his hearty welcome to the city's guests, and his appreciation of the great event by means of tokens of festivity. The result was that the decorations were too profuse to be specified, and too beautiful for minute description. Indeed, to specify the individua l decorators and their efforts would be to publish the entire city directory, with endless profusion of decorative material sandwiched in. Probably every business man in town is to be created with his mite of display—and some even decorated their dogs, so hot was the lever of generous emu-

lation and rivalry. THE GENERAL EFFECT.

The general appearance of the principal streets was like a pathway within a dense forest of colors. Third street, especially, because of its narrowness and the height of the buildings, decorated to their very top, seemed fairly arched with bunting its entire length; for it was an absolute wall of brilliant lines on either side, and the banners struck across the street seemed to shut out the sky. The wholesale district whether on Third, Sibley, Fourth, Fifth or Waconta presented a marvelous Fifth or Wacouta, presented a marvelous festooned to the very building being draped and festooned to the very limit of its frontage. Jackson, Robert, Cedar, Minnesota, Wabasha, St. Peter and Seventh streets were a maze of flags and appropriate decorations, and every residence neighborhood had its quota of patriotism who decorated right royally. It was a common comment among visitors that "never was city more

To the greatness of the display was addof the greatness of the display was added the factor of great people and great crowds. Gathered in St. Paul were more notables, speaking with a cosmopolitan view, than in any city in the world. To see and do them honor were 100,000 human entities, all enthusiastic, all delighted, and hatter still—all pleased with each other -better still-all pleased with each other better still—all pleased with each other as well as themselves. Even the policemen forget to be dictatorial, and it is credibly stated that a hack driver said "Thank you." Looking up or down Third street from the Pioneer Press building, the scene was striking, beautiful and a memorable one. Above, the oriental arch reared its blaze of bright color and seemed a gateway to greater grandeurs beyond. Down, streamers, banners, mottoes, evergreens, flags, every conceivable article of adornment swayed to and fro in the cool wind, or stood out in picturesque shapes and brightest tints. When from curb to curb the street was packed with moving men and profusely decorated vehicles—the sidewalks had been filed with people from early morning—the whole effect was simply indescribable. What was true of Third street was to the full as much so of Wabasha, Jackson, Seventh, Fourth, Fifth, Sibley, Wacouta and Breadway, in the business portion, and in a smaller way of every street within the a smaller way of every series within the amphitheater of hills. Clear out on St. An-thony hill were waving flags and glittering decorations. In short, St. Paul put on such gala garb as she has never even aspired to before, and will not wear again for years.

Perhaps a better idea of the affair can be obtained by the statement that the processional pagentry reached overr ten miles of

The whole party arrived from Lake Min-netonka at nine in the morning, and the people were notified by the booming of cannon on Capitol square and the blowing of whistles in the harbor that the celebration whisties in the harbor that the celebration proper had begun. President Villard, Mrs. Villard, Gen. Grant and Mayor O'Brien were seated in the first carriage. In the second carriage were Gen, and Mme. you Zylander, Miss Villard and Col. von Zylander. In the third carriage were Hon. William M. Evarts, Hon. H. M. Mayor Honeld and Correit Villard. Teller. Master Harold and Oswald Villard. Hon. L. Sackville West, British minister. Miss West and companion occupied the fourth carriage, and Baron Von Etrendecher, Count Lippe-Winsfield, occupied the fifth carriage. Other guests were distribnute carriage. Other guests were distrib-uted as follows: Count de Bilds, charge d'affaires of Sweden and Norway; August Feigel, German consul general, New York; Ottmar Von Mohl, German consul, Cincinnati, Ohio; German guests in fitteen car-riages; English guests in ten carriage; gov-ergors, United States senators and representatives in seven carriages; officers of the United States army in five carriages government officials from Washington in our carriages: mayors of other cities in two carriages; presidents of board of trade and chamber of commesce in two carriages; directors and officers of the Northern Pacific and other railroad corporations in six carriages; members of the press in ten carriages. The guests were escorted to Rice Park by Gen. Sa born, chief marshal and aides at the head. Following these came a platoou of thirty-two police under sergeants Waish and Morgan. Then came a hundred lads in fantastic uniform, mounted as special aides, followed by the Fort Snelling band of twenty-five pieces; the Ames Zouaves, who were warmly applauded; a battallion of the Twenty-fifth United States (colored) infantry, two hundred strong, commanded by Col. Gaines Lawson, an officer deservedly popular. These troops were generally remarked for their preficiency and soldierly bearing. Battery F, Fourth United States artillery, followed, ninely trong, with four guns, commanded by Maj.
L. G. Smith. Twenty-five Sioux Indians
in war paint, accompanied by squaws carrying papooses, brought up the rear of this
section of the parade, and were received expressions. The Great Union band, playing spiendidly, came gaily down the street; the capitol, after which a short ride around and received the plaudits of the crowd. The capitol, after which a short ride around the plaudits of the crowd. everywhere with warm applause and amused

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Then the First regiment, led by Coi. Bend, marching superbly, and the Emmet Light Artillery. The G. A. R. and other war veterans, fifty strong, brought up the rear of the First division, and received the warmest vaccomition.

recognition.

Passing under the grand triumphal arch, corner Third and Cedar streets, President Villard, surprised and pleased beyond measure at the enthusiasm everywhere manifested, raised his hat in acknowledgment, inch are a shower of roses tossed by a score over Gen. Orant, who smiled his acknow-ledgements, and upon Mrs. Villard, who bowed and smiled and looked the pride she

could not speak.

As the remaining guests passed under the As the remaining guests passed under the arch in turn flowers were rained upon them, and it was noticed that the elder gentlemen were the most gallant in their acknowledgements, raising their hands and west of the triumphai arch two long plat-forms were constructed, and these were crowded with children dressed in white, who, provided with bouquets, awaited the arrival of the grand procession.

The procession moved to Rice Park, near he Metropolitan. Several sections of opera chairs stood in the park for the accomma-dation of Mr. Villard's guests of the city. The seats commanded an unobstructed view of Fifth street. In the front row were Mr. Villard and Gen. Grant, sitting side by side; Gov. Hubbard and the general officers of the national guard; Gen. Terry and staff, and Bishop Ireland; while immediately in the rear Mayor O'Brien and ladies had seats, Ex-Secretary Evarts also had a seat near by; and on all sides, sitting or stand-ing, were the distinguished Americans and foreigners, decked with white satin badges.

and button-hole bouquets.

The committee had provided refreshments, abundant and tempting, for the guests. Beneath a canopy near the band stand and around its parternes of flowers stood a lunch table, laden with good things and g roished with bouquets of bright flowers. To this table all were invited, and after the eye had tired in watching the stream of exhibits that passed around the park-for even the procession became thresome in its endless array of industrial and commercial displays—there was a general movement toward the center of the park. The lunch included cold chicken—sandwiches, fruit of

Mr. Villard was saluted time after time from the ranks of the great procession, and each time raised his hat in response. Even he, well acquainted with St. Paul as he is; could not refrain from expressing amazement and gratification, as he viewed the ment and gratification, as he viewed the display which had been prepared in honor of himself and the Northern Pacsfic. Gen. of himself and the Northern Facsace, of himself and the Northern Facsace, was also pleased. "I have seen many grand processions, civic and military," grand processions, civic and citizen, "but such a display as this of a city's industries I have never seen."

After viewing the procession for several After viewing the procession for several hours, the party left for Minneapolis and Minnetonka. As the party pulled out of the Union depot a large crowd gathered around the first car, which contained Mr. Villard, Gen Grant, William M. Evarts and others. These gentlemen appeared on the platform of the car in response to loud calls and each bowed acknowledgement to enthusiastic cheers. Mr. Villard made a few remarks, saving:

remarks, saying:
"Gertlemen of St. Paul. It is almost unnecessary for me to express to you my appreciation for this kind and magnificent reception. You well know that you have my heartfelt thanks. I only regret that I cannot have all the citizens of St. Paul within reach of my voice, so that they might hear my personal testimony to their hospitality. I will not say good-bye to you now, because I shall never want to say good-bye to St. Faul. I am going away from you for a little while, but I hope soon to be with you again. I trust that in the future I shall not be required to spend so much of my time in New York as I have in the past. The necessity of remaining there to provide for the financial necessities of the road is, I am glad to say, nearly over. It is now time to settle down more in St. Paul—the point from which the road is to be operated—and see that it is managed so as to reflect credit upon the company, as well as bring prosperity to your city and the great country it traverses."

The celebration of the morning, at least as far as the official reception of Mr. Villard was concerned, was repeated in the afternoon, when St. Paul turned out masse to welcome within her connnes. Chester A. Arthur, the president of the United States. For the past two months Mr. Arthur, accompanied by Secretary of War Lincoln, Gen. Phil Sheridan, Gen. Stager of Chicago, Judge Rollins of New York, Col. Gregory, Col. Mike Sheridan, Capt. Clark, Senator Vest, Gov. Crosbie, of masse to welcome within her confines Montana, and Mr. Vest, son of the senator, have been in the wilds of the Northwest. enjoying the rough life of the tourist, and viewing the wonders of the Yellowstone valley, and the Northwestern country gen-

At the depot in St. Paul the state militia. a a battallion of the Twenty-tifth intantry, U. S. A., and the full St. Paul reception committee of the morning were in waiting The militia and regulars were marched into the depot building and brought to front on either side of the main corridor. As the commander in chief of the American ormy entered the depot building the soldiery were brought to a present, and with uncov-ered heads, President Arthur and his guests, Gov. Hubbard and the state officials, and the reception committee, passed the line of soldiery. Outside the depot on Sibley street and in the immediate neighborhood, 20,000 people lined the streets, and when the city's distinguished guests emerged a great shout of welcome went up, and for fully fifteen minu es the deafening clamor was continued, mingled with the

President Arthur, bronzed lise an Indian by the penetrating rays of Montana's August sun, as he stepped on the sidewalk, grace-fully raised his tall but battered white hat in acknowledgment of the enthusiasm which his presence had created. He was easily discerned by the cheering mass of humanity everywhere surrounding him.

The Presideht was escerted to the State
Capital where a lunch had been provided

roar of an artillery salute and the clang of

capital where a inner and been provided in the Senate Chamber. Tere was no speechmaking, the time being solely spent in hand shaking and quenching the thirst of the tired travlers and their equally thirsty hosts.

A cry was made for the secretary of war and the son of the martyred president. the son of the martyred president. Mr. Lincoln was unacquainted with any of those in line, but he said briefly, "I am glad to greet and shake hands with those who are to Portland in seven days. anxious to see the son of Abraham Lin-coln." President Arthur then made his way from the chamber, and as he appeared another shout made the building ring. The

started for Hofel Laffayette, Lake Minnetonka, where they had a grand reception from the Villard party, but were obliged to leave for Chicago before it was talf over. The banquet was probably the most mag-nificent affair ever known in the northwest.

Some six hundred were at the tables, nearly all of those from out of the state being distinguished in various respects. President Arthur sat at Mayor O'Brien's left and President Villard at his right. Gen. Grant at his right. Gen. Grant entered shortly after nine o'clock, and as he passed up the center of the dining-room he was received with the heartiest applause. The mayor of St. Paul proposed the "health of the presi-dent of the United States," and president Arthur highli approached.

Arthur briefly responded.

Mayor O'Brien then made a speech of welcome, responded by Henry Villard, at the conclusion of Mr. Villard's speech President Arthur and suite took their depart-ure for the special train which was to carry them to Chicago. As the President passed out of the banquet hall he was cheered again and again. Other speeches were made by Hon. E. T. Drake; Secretary Teller; Hon. C. Sacksville West, the British Minister; Dr. Hoffman of Germany: Gov. Hubbard; Gen. A. H. Perry; Hon. Alex.

Hubbard; Gen. A. H. Ferry; Hon. Alex.
Ramsey; Mayor Ames of Minneapolis; Hon.
Carl Schurz, etc.

Minneapolis also had a celebration on
Monday, which in most respects was a
counterpart of the demonstrations at St.
Paul. Mr. Villard was present, and also
(for half an hour) President Arthur. The
procession was very long and represented
the various trades of the city.

### Sneak Thief Shot.

Fargo Republican: A stranger arrived at Hillsboro Sunday and registered at the Plummer house as H. S. S. Ellis, Ottumwa, Iows. Early Sunday morning, soon after midnight, he went to the United States hotel and robbed several guests. Leaving there he went to the Kneeland house, where he attempted to gain admittance through a second story window by means of a ladder. In the operation he happened to drop a screen window, which he had taken off, and Mr. Kneeland, awakened by the noise, looked out, and saw the man coming down looked out, and saw the man coming down the ladder trying to make his escape, and called to him to stop or he would shoot. The man did not stop and Mr. Kneeland fired through the window, shooting the burglar through the body as he was jumping from the ladder. The man dragged himself to the Plummer house. When our informant, Mr. Barker, left last night, he lay in a dwing condition. He was about lay in a dying condition. He was about sixty years old, confessed that he was about sixty years old, confessed that he was a burglar by profession, but was respectably connected and it was supposed he came from the state of New York.

#### Dakota Land Frauds.

At Mitchell, Dakota, on the 6th inst., inspector James, of the interior department. caused the arrest of H. C. Greene on a charge of falsely certifying to a timber claim filing and causing it to be entered at the land office three years ago. Westminster, charged with land frauds in connection with A. J. Gibbs, was bound over in \$500.

The hearing in the Rose Clark murder case at Stratford, Ct., is still secret. It is now generally stated that no rape was committed, which strengthens the suspicion toward Norman Ambier, Rose Clark's former husband. Ambler was seen at Bridgeport by several persons. Rose was also seen in compuny with a man on the 2nd inst., after leaving William Lewis' house. Who the man was is not positively known, but it is suspected he was Ambler. Ambler was arrested recently and proved an alibi. He was at his home in New Milford on the 1st and 2nd insts. Decectives say ne was not the man seen with his divorced wife on

John Harrington was killed by lightning in his cabin, in Holmes Gulch, some four miles east of Helena, Mont.

was shot and killed by Constable Johnston a room of which the fire place is formed at the Chicago suburb of Highland park on of Limoges, enamels and onyx, bronze and the 5th inst. The constable fied after the mirror and brass. The ceiling is made of shooting, and an attempt was made by the diamonds of mirror in a field of dead gold. This room is full of beautiful and rare house, claiming that the killing was unprovoked. Johnston put in an appearance re-cently suffering from a knife wound, which ne claimed to have received in attempting to arrest Koller and some aboisterous com-

Toronto, has failed.

Protab Chander Mezzolali of Hindostan, representative of the Christian religion in the east, delivered his first address in this country at the U cord, Mass., the 2d. at the Univarian church in Con-

Twenty towns in the Naugatuck valley, Conn., report frost disastrous to crops, pretending, excellent people than the Vanespecially tobacco and buckwheat. In derbilts. Luxury and money have not corespecially tobacco and buckwheat. In Southbury thirty acres of tobacco were de stroved. Corn, grapes and meions also suf-

Miss Louise H. Van Allen, a daughter of William K. Van Allen, whose old home was at Bergen Heights, N. J., was a victim of the earthquakes at Casamiccioia. Both legs were broken below the knee and one foot nearly cut off. The very weak condi-tion in which she was found prevented amputation, and after nearly ten days of ter-rible suffering, she expired on the 7th ult. Her body is being embalmed, to be sent kome for burial by the side of her mother in the old family burying ground at Bergen.

The general ticket department of the Northern Pacific issued a circular recently, supplementary to one issued July 20, requesting connecting lines to prepare an issue of tickets to points reached by the Northern Pacific, Oregon railway & Navigation company. The circular issued recent-ly announces the completion of the Northern Pacific, and the fact that on Tuesday next solid through trains will run between St. Paul and Portland. The Pacific express will leave St. Paul daily at 8 p. m., and will be composed of baggage, mail and express cars, first and second class coaches, dining cars and Pullman sleepers. The time to be consumed in the trip will be four days. Emigrant passengers will be carried on a through emigrant train, leaving St. Paul at 5:45 p. m., running through

General Ticket Agent Barnes, of the North ern Pacific has received a handsome diamond stud from the members of the West-

### AN AMERICAN HOMA.

Opening of a Mansion that is Firer than any Palace in Europe.

New York Letter.

This magnificent mansion, finer than any palace in Europe, was opened on Tuesday, the 17th of January, for the first time, to the public. The famous Ghiberti doors, copied by Barbedienne, of Paris, swing open to admit one to a vestibule which holds the great malachite vase from San Donata. This vestibule is of the red Numidean marble lighted up with onyx. Other bronze doors open into cloak and dressing-rooms, and suddenly there bursts upon the eye a vast hall, reaching to the sky lights, with galleries running round three stories showing the full height of the house. All the deep red marble with capitals of bronze, sup-port the galleries. The balustrades are of bronze, richly decorated in figures of gold relief. A great wood fire, holding logs four feet long, burns in this baronial apart-ment. Bronze female figures hold up the work about the fire place, which is ornamented with gold wreaths, on a dark ground, like the work at Versailles. Out of this grand central hall opens the

picture gallery of vast proportions and magnificent furnishing. It is forty-eight feet long, thirty-two feet wide and thirty-five feet high. It is not an exaggeration to say that this superb gallery holds five hundred of the best modern pictures. Its finishing is of Domingo mahogany, carved in-to caryatides and pilasters, against black oak. The ceiling is of opalescent and tint-ed glass. A splendid divan of Sentari velvet and gold, made at Sentari (one would think for a sultan), is in the middle of the The vestibule, which offers a separate entrance to the public, (whenever Mr. Vanderbilt chooses to throw open his gallery), is a mass of Venetian mesaic. The dining-room bears out the full character of the magnificent hospitality of the richof the magnineent hospitality of the richest man in the world. It is vast, spacious, high-arched and imposing. The ceiling is a network of silver braids, through which gold grapes hang. The walls are covered with gilt stamped leather. The paintings by Laminias, of hunting the deer, the wild duck, and the boar, ornament the walls. Rich cabinets, full of priceless porcelain and china, silver, glass and gold services, run round the room. Choice wases of run round the room. Choice vases of Sevres, Dresden, majolica and Worcester, bits of reticulated Worcester, make this spacious apartment beautiful. It is tri-umphant. In the best style of Italian renaissance, it affects one like a strain of music. The Japanese room opens out of this and is exquisitely harmonious. There is intellect in every detail, from the lacquered ceiling to the bamboo pattern of the carpet. The Mikado is not so handsome a room. Red lacquer work beams support the ceiling. Ancient velvet carpet, in low tones, parting the Japanese yellows and greens, covers the furniture. Queer Japanese cabmets, of irregular shapes, run round the room, holding vases, monsters, fans and curios. It is the combination of all that Japan has been doing for the ages. Such bronzes! The grand salon is evidently imported fresh from Aladdin's palace, for it is all precious stones. Columns of porphyry, enriched with emeralds, pearls, opals, amethysts, rubies, (in cut crystal) catch and reflect the light. One must read Vathek, and the Arabian Nights, and Southey's poem of Kubla Kahn to realize this room. The wood-work is heavily carved and gilded, the walls covered with pale crimson velvet embroidered with gold, and sequins, and precious stones again, butterflies in bold relief, and drooping garlands of pearl. Here too, onyx, malachite, and lapis lazuli take the place of wood, and the gas-lights of solid silver; the cabinets leave Lucrezia Borgia and Pompadour "out in the cold;" the stained-glass windows are surrounded by rich columns of onyx, and yet in this beautiful oriental room there is not a bit of glare, or of bad taste. It is in perfect taste. Here Mrs. Vanderbilt received with her young bridal pair, Mr. and Mrs. Webb.

This room is the eight wonder of the world. It is more beautiful than any room Martin Koller, thirty-on- years of age, Out of this room of gold and jewels comes Fans, snuff-boxes and miniatures, the collections of princes, and cardinal's coins, jewels, and the most magnificent of etageres, on which stands real gold and silver candelabra. The staircase is a magni-James Heron, the great park man of landings, on which stands statues, bronzes vases and flower pots; the pictures are set into the wall, and shine out everywhere. Mrs. Vanderbilt's apartment possesses a ceiling of famous workmanship, the pictures of the Aurora of the Aurora, from a famous French pencil. The rooms of Mr. Webb are fitted up with the most exquisite luxury and taste. I know no more charitable, unrupted their simplicity. They welcome every one most warmly and really Mr. Van-derbilt has made an artistic gift of his millions in this fine house to the city of immeasurable value. Every young artist and architect, every person of taste, all who enter those bronze doors, will be benefitted by the vision of so much lovelmess and beauty. There is not a suggestion of bad taste or of vulgarity in the house. Life assumes a new value under such circumstances as we recognize the great pleasure of the eye. When all our houses are in good taste we shall become a superior peo-

# Human Obesity.

From the London Times. member and special curiosity of Nathan's Cleveland circus in America, who appears to have been smothered in her bed. Miss Conley, though the most enormous of her sex, weighing as she did 497 pounds, fell far short of that prodigy of human bulk, the famous Daniel Lambert, who died in 1800, during Stamford Fair, at the age of forty. Lambert weighed no less than fifty-two stone eleven pounds, that is 729 pounds or close upon half as much again as the American lady. Daniel Lambert's cof-fin with his body could not be brought down the stairs of the house in which he died, and the wall at the sides of the window had to be broken away to i ovide an exit. He was five feet eleven

feet one inch round the leg. He never drank any beverage but water, and slept less than eight hours per day. The "Claimant" at his stoutest weighed twenty-six stone, or less than half the weight of Daniel Lambert.

#### A Dyspeptic Musing.

Dyspepsia, says the Independent, has

sometimes been claimed as the great Amarican disease. A Scotchman generally has a sniffling or a cold; an Irishman asmotheringabout the heart, and an Englishman, as he increases in red blood is worried about his liver. But your average American is dyspeptic, except that for variety it is now quite com-mon to speak of as a little touch of the malaria. We think that there are some very good reasons why indigestion, in some form or other, is a very common complaint. It has certainly become a characteristic of the nineteenth century, especially in America, to do work in a somewhat hurried way. There is a development of the nervous susceptibility at the expense, of those forces which have to do with digestion and assimilation. Not only does this make greater demands upon alimentation, but in itself interferes directly with the process of digestion. This has been tested by feeding persons when under continued excitement, and by comparison of the activity of diges-tion in two dogs fed precisely the same and killed, the one after three hours violent exercise. Besides however, this general law, the habit of rapidity finds its most active indulgence at the table. We once had occasion to wait in a large eating-house in New York City to watch the process of eating. was marvelous to see how many would finish a meal in ten minutes, including baked apple dumplings as a dessert. Even many of those who staye! longer spent so much time in waiting or talking that the act of eating was itself hurried. Nothing that a man does in life should be more deliberate than that of eating. This wonderful mechanism of supply cannot be too carefully studied; how the glands of the mouth are supplied with juices and lubricants so there may not enter into the stomach any drinks at all or any the stollage and of this at all or any food either so dry or so unmasticated as to be indigestable. If one had no teeth very much would be gained in the eating of soft food by moving it about with the tongue, so as to stir well into those marvelous fluids which the chemistry of nature has provided. Then the touth of all varieties above sing with teeth of all varieties, shape sizes, with anting edges, with grinding surfaces, are unequalled by any mills of human construction. The muscles which operate them are used to crack walnuts by many a child who does not use them very much to masticate food. The origin of a great many cases of dyspepsia is just in fact that the mouth as the mixing and grinding place of food is ignored. A well-chewed slice of fresh cucum-ber is not so indigestable as many may think, but such a slice lodged whole against the mucus membrane of the stomach may stop there a long time and become a source of irritation. If food is well-chewed and thoroughly mixed, the juices and the motions of the stomach seem to take comparatively little heed of its composition. Food thus proposed for a healthy sition. Food thus prepared for a healthy stomach can be of very composite admixture and yet not be indigestible. It is soon so softened and chymified asin little quantities at a time to find its way through the pyloric end of the stomach, ready for the other processes which take place in the upper intestine. When the stomach is irritated, the muscles here often act in a spasmodic manner, and the stirring or peristaltic action is greatly disturbed. The number that have recovered from dyspepsia, where they find out the errors of method they have adopted, is so great as to show that ne part of the human system is more inclined to keep right if it only has a chance. The great trouble is that so often ailments which are a direct result of errors in modes of eating or other cause. Heart palpitation very disturbed dioften occurs from disturbed gestion. So called liver-complaint cenerally a form of mal-assimilation, and it is only by adapting foods to the stomach and upper intestine that, as a rule, we relieve hepatic congestions or derangements. No greater progress has marked medical chemistry and physics than that which concerns the re-lation of foods to alimentation. The physical trainer has so come to understand it and to apply it directly and successfully in all physical contests. There never has been a time in all the ages when it was so possible to get right food, to secure right preparation of it by sooking and mastication, and to get from it physical forces, mental energy and capacity for all progress. There are some Christians who would greatly develop their graces by bringing their religion to bear upon physical duties, and there are multitudes of others who would improve in duty, comfort and capacity by remembering that indigestion is generally not inherited, but is a positive token of personal blunders.

# Congregational Singing.

Much more can be said in favor of earnest, general congregational singing than can be urged in favor of mere choral performances. There is no reason We recorded on Saturday the death that glorious service should not be made of the "fattest woman in the world," a as attractive as possible and that the best musical talent should not be gaged in adding to its attractiveness. Hundreds of familiar tunes are as good as any anthem and as effective as the most carefully prepared gloria. There is something in the singing of the old hymns in Plymouth church when the entire congregation lifts its voice in praise, which moves the heart and impresses the auditor in a manner which can never result from the most artistic performances of a quartet or a soloist. Clergymen and choir masters will do well to see to it that the present tendency to turn the singing in the churches into a mere musical performance, is not allowed to entirely tional singing .- Brooklyn Union.

dilton Holbrook Saniord, the wellinches in height, measured nine feet known turfman, died recentivat New four inches around the body and three yort, B. I.