

### VALUE OF FRUITS

Of the Greatest Worth in Many Forms of Disease. Fruits are of great value in many forms of disease, says Modern Medicine, because of the acids which they contain. These acids, when taken into the blood, break up some of the compounds of waste substances which have been formed, and thus give rise to an increased excretion of these substances through the kidneys. In this way fruits are a great advantage in the treatment of rheumatism, gout, gravel and all the different morbid conditions which accompany the so-called uric acid diathesis. The observations of Haig respecting the relation of uric acid to neurasthenia give to fruit a great dietic value in this disease. He has shown that neurasthenia is almost always the result of the accumulation within the system of tissue wastes largely in the form of uric acid. The free use of fruits aids in the elimination of these poisons, not only by breaking up the compounds which they form within the body, but by stimulating the kidneys to increased normal activity. Remembering the interesting fact pointed out by Bouchard, that rheumatism is really a toxemia, resulting from the decomposition of food stuffs in a dilated or protracted stomach, we may also attribute the beneficial effects of a fruit diet in rheumatism and allied conditions to its value in suppressing the formation of poisonous substances in the alimentary canal in the manner already pointed out.

Obesity, which is, like rheumatism, a diathesis, may be successfully treated by a fruit diet. This is due not only to the fact that fruit is a natural food, and thus aids the system to establish normal tissue metamorphosis and a normal balance between the processes of assimilation and dissimilation, but also because it affords a very comfortable means of reducing the amount of nutrient material received to a minimum quantity.

Fruit is chiefly water, the amount of nutrient material it contains varying from five to eight or ten per cent. In most fruits, rising to a higher figure only in dried fruits, such as dried grapes, prunes, dates, etc. The writer has succeeded in reducing excessive weight in the most satisfactory manner, by prescribing a diet consisting almost exclusively of grapes or apples, allowing only a small bit of thoroughly dried bread or zwieback in connection with the fruit. In some cases the fruit may be allowed as often as three or four times a day, if necessary to relieve an uncomfortable sensation of emptiness.

In fevers, fruit, especially in the form of fruit juices, are a most convenient and certainly the most appropriate of all foods. It is now almost universally recognized that beef tea and meat preparations of all sorts should be wholly prescribed in cases of fever, as the patient is already suffering from the accumulation of waste matter to such a degree that the addition of even the small amount contained in beef tea or a small piece of meat may be sufficient to give rise to an exacerbation of the disease and lessen the patient's chances for recovery.

### END OF EXPLORATION

By 1950 the World Will Hold No Geographical Mystery. The world has been searched and mapped and charted till it is seen to be but a little place hardly enough for its people, yet which will never grow any bigger. Capt. Cook found the last unexplored continent, and now it is scarcely possible that there exists even an island of which the experts at the admiralty or Loyds could not give us some account. We have not reached the north pole, and there is a wilderness of land to be discovered somewhere in the far south, if the Antarctic fog would only lift, but neither can there be any new human beings. There is no great route untraversed, there is no kingdom unvisited, there is no city—unless there be one, as the Indians murmur, at the back of Peru—which Europeans have not visited. There are minute discoveries still to be made in Africa and Australia, and even Asia—for we know little of Tibet and the wild hills, rich probably in gold, in which the Burmahpooter takes its source—but year by year the mist is receding, till shortly all will be visible even to vulgar eyes.

By 1950 the world will hold no geographical mystery, and the true explorer, who has affected the imaginations of men like the conqueror or the great king, will not only be a non-existent, but an impossible, being. The world within the present writer's lifetime has shrunk to a third of its size, and it will then, if there is general peace, be a very little place, easily traversed at about 30 miles an hour, and for the most part open to the sarcasm of the American who described to us the Isle of Wight as a pretty place, very pretty, but "cultivated with a pair of scissors and a freinetto comb." We do not know whether the oxygen in the world, as Lord Kelvin seems to suppose, will ever be consumed; but we do know that for the restless brood of explorers who have done so much to utilize its resources it will become a shockingly dull place. They will not reach another planet, till they ever so patiently, and we see little hope for them unless they can take to studying butterflies' wings, snails' teeth, or the discovery of some elixir, perhaps liquefied oxygen, which shall prevent pain and arrest the spread of every epidemic disease.—London Spectator.

### THE CANNY SCOT

A Few Good Stories Told of Him and His Ways. No one is much better able to tell a story than John Johnston, says the Milwaukee Evening Wisconsin. His tales are almost never twice told. One funny thing about them is that most of them have to do with situations in and about the Scotch kirks, or with good kirk pillars as their main characters. Here are three or four which people most like to repeat as being distinctively John Johnston stories, and which have been told by him like this: "There was an old minister of one of the good flocks in Scotland who was much impressed by his own cleverness. One Sunday morning he had made a powerful effort, and after the sermon, when he had dismissed the congregation and came down to the vestry, he said to the beadle: "Now, it is singular, most singular, that I have preached two hours and I am not in the least tired—not in the least. It is wonderful." "Ah, said the beadle. "Yes; ye're na' tired. But you ought to see the congregation." Another happened at one of the "catchcheems" which are held periodically in Scotland for all the members of the kirk of a certain district. "The lesson was in Ecclesiastes," says Mr. Johnston, "and one day they were discussing the verse in which Solomon says: 'Among a thousand men I have found one, but among a thousand women have I found not one,' meaning one just and good and upright. And an old Scotch woman, when she had listened in silence and heard the rest accept it as present and Gospel truth, got her dander up and rose to her feet.

### Bulletin Financier.

Lundi, 5 septembre 1898.

COMPTOIR D'ESCOMPTE (CLEARING HOUSE) DE LA NOUVELLE ORLEANS.

Taux d'intérêt	\$1,309,248 00	\$176,683 00
Même temps de même durée	1,702,558 00	351,428 00

MONNAIES MONDIALES.

Angleterre	100 = 163 1/2
France	100 = 163 1/2
Allemagne	100 = 124 1/2
Autriche	100 = 100 1/2
Russie	100 = 4 1/2
Canada	100 = 80 1/2

CHANGES.

Paris	100 = 163 1/2
London	100 = 163 1/2
Bombay	100 = 11 1/2
Calcutta	100 = 11 1/2
Canton	100 = 11 1/2

SAUAGES ET MONS.

Amalgam	100 = 45 1/2
Argent	100 = 163 1/2
Or	100 = 163 1/2
Diamant	100 = 163 1/2

MOUVEMENT DU COTON.

Importation	100 = 163 1/2
Exportation	100 = 163 1/2
Stock	100 = 163 1/2

SAUAGES DU COTON.

Grain	100 = 163 1/2
Seeds	100 = 163 1/2
Wool	100 = 163 1/2

SAUAGES DU SAUAGE.

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APPECTIONS DIESTONAC, SANG FAIBLE ANEMIE, MANQUE DE FORCES FIEVRES ET SCITES DE FIEVRES  
**QUINAZAROCHE**  
PARIS SIX MEDAILLES D'OR RECOMPENSE DE 16.600 NEW-YORK  
Fouquet & Co.

### Bulletin Commercial

Lundi, 5 septembre 1898.

MARCHÉ DE LA NITE-ORLEANS.

Grain	100 = 163 1/2
Seeds	100 = 163 1/2
Wool	100 = 163 1/2

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### THE YELLOWSTONE CANYON.

Description of This Wonderful Piece of Nature's Work. The canyon is so tremendously wild and impressive that even the great falls cannot hold your attention, says John Muir in Atlantic. It is about 20 miles long and 1,000 feet deep—a weird, unearthly-looking gorge of jagged, fantastic architecture, and most brilliantly colored. It is not the depth or shape of the canyon, nor the waterfalls, nor the green and gray river chanting its brave song as it goes foaming on its way that most impresses the observer, but the colors of the decomposed volcanic rocks. With few exceptions, the traveler in strange lands finds that however much the scenery and vegetation in different countries may change, Mother Earth is ever familiar and the same. But here the very ground is changed, as if belonging to some other world. The walls of the canyon from top to bottom burn in a perfect glory of color, confounding and dazzling when the sun is shining—white, yellow, green, blue, vermilion and various other shades of red indefinitely blending. All the earth hereabouts seems to be paint. Millions of tons of it lie in sight, exposed to wind and weather as if of no account, yet marvellously fresh and bright, fast colors not to be washed out or bleached out by either sunshine or storms.

### Mining and RANCHING SLANG

Queer Jargon of the Mountains and Plains of Montana. Montana is Monte Carlo moralized, says Rev. R. L. Hartt, in Atlantic. Your mine may pay "from the grass roots," you may, on the other hand, put a superb fortune, if you can borrow it back east, into a mere "hole in the ground"; the richest vein may "peter" to-morrow, and when your mine begins to "play out" and "the grade runs low," you are afraid to sell out lest the purchaser, running the tunnel a few yards further into the mountain, locate immense ore bodies that would have made you a multimillionaire.

Hence Sapphirans think in terms of quartz and placer. A boarding house table is a school of mines. Mining terms are absorbed into the vocabulary of common talk. Things "pan out," people "get right down to hard pan," to beat an opponent of cards is to "clean him up," and to secure funds is to "raise the riffles." The Montanians "pack" everything—they pack water, they pack umbrellas, they pack the baby; for the word "pack" means to carry. In the old days, mining outfits were carried on pack horses. One even finds the grotesque names of mining claims set down in solemn gravity upon the map. The town of Okta was originally the decomposed volcanic rocks.

### ALUMINUM SHOES FOR HORSES.

Russia has tried experiments with aluminum for cavalry horses. A few horses in the Finland Dragons were shod with one aluminum shoe and three iron shoes each, the former being on the fore foot in some cases, and on the hind foot in others. The experiment lasted six weeks, and showed that the aluminum shoes lasted longer and preserved the foot better than the iron ones.

### THE NONCHALANT CANTON MERCHANT.

Frequently on entering a Canton shop you will find its owner with a book in one hand and pipe or fan in the other, and wholly absorbed in his studies. You will be doomed to disappointment if you expect the smoker to start up at once, all smiles and blandness, rubbing his hands together as he makes a shrewd guess as to what he is likely to take out of you, and receiving you with obsequiousness or with rudeness accordingly. Quite the reverse. Your presence is apparently unnoticed, unless you happen to lift anything; then you hear that the fan has been arrested, and feel that a keen eye is bent on your movements all the while. But it is not until you inquire for some article that the gentleman, now certain that you mean to trade, will rise without bustle from his seat, show you his goods, or state the price he means to sell at—with a polite yet careless air, which plainly says: "If it suits you, we make an exchange."—St. Louis Republic.

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L'ABELLE DE LA NELLE-ORLEANS  
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