

most vigilance that Hibbard did not get out.

The incident that led to the disclosure that the missing prisoner was still inside the walls was the tripping, upon a rope thrown over the wall, of one of the guards, Mr. Wright. The latter gentleman narrowly escaped serious injury by being thrown off the wall. When he discovered the rope he gave the alarm, and assistance was at hand. Soon the warden saw a figure moving in the dark shadow of the walls. He called to the man to stop, and it was soon learned that he was none other than Hibbard, who, had the device not been discovered, would in a few moments have been outside of the enclosure.

The contrivance by means of which Hibbard intended to climb the wall was quite ingenious. A couple of butcher hooks were inserted between two thin boards about ten inches in length and four in width. The boards were nailed together. In order to hold the hooks firmer in place they were tied with cotton rope, which was wound around the edges of the boards. Standing out from the edge of the wood at each side was a wing of strong wire. By means of a hole made in the wood, a long double rope, made of cotton, was attached to it. This double rope was knotted along its entire length, at points about a foot apart. Thus a succession of loops were formed for the hands of the climber. The most cleverly constructed parts of this apparatus were the wire wings, because when the hooks were thrown they were bound to catch, as the protruding wire threw the hook points inward toward the wall, on the outside.

Hibbard refused to state where he had been, or from whom he had obtained the citizen's clothing he had on. He said he had had no food since Thursday noon, and he was informed that it was not probable that his hunger would be appeased till he did tell.

On Sunday afternoon, however, he concluded that he might as well tell, so he said he had obtained the coat from Williamson, though the latter did not know what was to be done, and that the pants were an old pair that were laying around. During Thursday afternoon Hibbard had hidden under the sewer pipe, but when night came he climbed up under the eaves of the building, on the iron railing. He was in that position while the guards were passing to and fro under

him and searching. On one occasion, while they were on the other side, he had to come down from his painful position and rest, and again climbed to his perch.

During the two nights and days following he was secreted under the hospital, a wooden building which had not been looked under. He had made a rope of pieces from which the prisoners were making bridles, etc.

Sunday Marshal Dyer talked with Hibbard with a view to having him behave in future, to avoid punishing him. The Marshal said that if he would promise not to repeat the offense he would not be punished. To this Hibbard replied that he did not want to make such a promise, as he proposed to get out at the first opportunity. His attention was called to the danger of the attempt, but he said he was fully aware of the fact that he might be shot, yet he had no other thought than to gain his liberty, no matter what the risk might be. He will therefore be subjected to a close watch from this time on.

HINTS ON HEALTH.

It cannot be too generally known that we practically breathe through the skin—in other words, that the skin has a function something like that of the lungs. It cannot, of course, be active unless kept clean. But in other ways than by neglect of cleanliness can its usefulness be impaired. Tight clothing cripples it and keeps the poisons which should be thrown out at the surface locked up in the system, and also shuts out pure air which should reach the skin. In purchasing underclothing, therefore, it should be so large that, even after frequent washing and shrinking, it will be loose and permit a volume of air between it and the body. It naturally follows that the outer garments should also be comparatively large, and at least enough so as to permit every movement to be made with as much ease when they are on as when they are off.

There is a habit which all, without exception, should practice, and yet it is safe to say that not one man in ten of our people do follow it. Reference is made to the removal of the undervest on retiring, and the substitution of one kept for night wear alone. The underclothing, during the day, becomes filled with emanations from the body, and must be well aired regularly every night, otherwise it becomes to a

considerable extent poisonous, and the noxious matters are again absorbed by the skin. This self poisoning is sure to go on unless the rule given is observed.

Safety from "colds" depends in no slight degree upon how the neck is dressed. Nothing should be worn about it which interferes with its freedom of movement, nor should it be encumbered with handkerchiefs, which so many wear as much for appearance as for comfort. Let each one now choose a certain kind of collar, and wear no other style until spring comes. Even a very slight variation in this important article of dress will favor a sore throat. The habit of wearing the fashionable bandages—silk handkerchiefs—is an exceedingly bad one to get into, and, as a rule, those who have it are frequent sufferers from throat troubles. Practically the collar and necktie will be sufficient protection for the throat. When the cold is intense, turning up the coat collar will be a sufficient additional protection, unless one is riding far in a strong wind.

When leaving the cold air and entering warm rooms, remove the outer wraps at once. Ladies fail to observe this rule oftener than do men. When people have been long enough in warm rooms to become heated, they should not leave them and at once enter their carriage or a street car. Under those conditions they are chilled even by a short ride. Before attempting to ride they should walk a few blocks, until the body is accustomed to the change and circulation is active. During prolonged exposure to cold, as on long drive, hot drinks should not be indulged in, for they render the body yet more sensitive to cold.

A word about foot coverings. Woolen stockings, of course, should be worn by all. Wear now heavy shoes, and delay to put on overshoes as long as possible; when once they are on, keep them in service until next spring. Car drivers, conductors and other men out all day in the cold will be by far more comfortable if they discard leather boots and shoes and wear cloth shoes inside their overshoes. Then their feet will be better ventilated, perspire less, and hence keep much warmer.—*Boston Herald.*

And now, verily, verily, I say unto thee, put your trust in that Spirit which leadeth to do good: yea, to do justly, to walk humbly, to judge righteously, and this is my Spirit.—*Doe. and Cow.*