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A PRAYER CARPET.

I know not when in Daghestan
Its tread, the skillful artisan
Who wove in some mysterious way
This fabric where the colors play
Across the woof in rainbow chains,
[illegible]

Nor do I know what suppliant knee
First pressed these [illegible]
The while the turbaned brow was turned
Toward Mecca, and the [illegible]
Borne by the rapt muezzin's cry,
Soared, [illegible] up the tranquil sky.

But this I know—[illegible]
Its worship [illegible]
For still about it dumbly clings
A subtle sense of holy things,
And woven in the [illegible] there
Are strands of love and shreds of prayer.

With kindling morning rays, the sun
[illegible]
The [illegible] the light, and lo!
[illegible]
A [illegible] fringe a silver [illegible]
A palm tree [illegible] a silhouette.

But when night fills the [illegible] day,
And twilight [illegible]
My fancy shapes a [illegible]
From [illegible] in the Daghestan.
Thus, in the [illegible] I see
The Orient in epitome.

—Clinton Scollard in New Orleans Times-Democrat.

BEST FOOD FOR MEN.

WHAT SOME BRAIN WORKERS EAT IN ORDER TO DO GOOD WORK.

No Hard and Fast Rules Can Be Laid Down for Everybody—Individual Peculiarities Must Determine the Particular Food Needed for Each One.

Whether the old saying that a man's heart is reached through his stomach is or is not a true one, it is a scientific fact that the stomach is a highway to the brain. The exhilarating influence of a good dinner is sometimes shown in brilliant impromptu speeches, without a doubt. The cook is responsible for many of the accidents, the failures and successes of life. Not long ago a well known lawyer in summing up a case acquitted himself so wretchedly that the jury promptly brought in a verdict against his client. The lawyer afterward acknowledged that hot muffins at breakfast were responsible for his having lost the case. They made him irritable and insolent.

Curious to know upon what sort of food men of note do their best work, I recently interviewed some of the lights of the medical profession, law, commerce, theology and society.

Genial Dr. George F. Shrady, President Grant's staunch friend, declares that he must vary his food in order to develop and nourish, separately and collectively, the organs of his body.

"I have an excellent digestion and can take all kinds of food without feeling any discomfort," said he, "but I believe that the brain is most nurtured by sleep and rest. If we gratify our intellectual tastes we are feeding the brain vastly better than by any sort of material food, and consequently obtain better results.

"A friend once had as a patient a young author, who had been recommended to follow a strict diet of pumpkins. On this sort of fare he wrote a novel. Well, the offspring of pumpkins—roasted, boiled and stewed—is still looking for a publisher to launch it on an unsuspecting public!

"No one kind of food exclusively is good for the ordinary man. 'To be healthy, wealthy and wise,' as the old maxim goes, study the likes and dislikes of your stomach and regulate your diet accordingly (as I do) and all will go well."

Judge Roger A. Pryor laughed heartily when told that every briefless lawyer in town was anxious to know whether his spirited speeches might be attributed to squab, lobster or partridge.

"Tell them from me," said Judge Pryor, "that I am extremely fond of birds and dainties generally and that lobster a la Newburg is a toothsome dish I don't despise and that my brain works best when I'm free from indigestion. Tell those young men to follow the old Roman maxim and secure for themselves 'a sound mind in a sound body.'

"Hot breads, salads, ices and sweets form part of my daily menu, and as they give my body strength I am able to do my allotted share of mental labor. The body must first be ministered to by food and exercise, and then the mind will soon be ripe for cultivation. The reason, memory and imagination must each be nourished with the food it requires—logic, law, mathematics, poetry or art. Upon the idiosyncrasies and constitutional peculiarities of each man depend the kind of food he assimilates."

Dr. H. P. Loomis thinks men pay too much attention to the specific uses of certain foods.

"Look at the enormous sale of phosphates and so called brain foods," said he. "There is nothing in them. If instead of wondering whether this, that or the other is good for him a man would simply follow the dictates of his own appetite we would be much better off. Nature places a safeguard upon excess by creating the sensation of satiety.

"When I have eaten some rich food that causes me some annoyance I take a horseback ride or other pleasant exercise and rid myself of the ill feeling, and in the future avoid that Welsh rarebit or venison that caused the trouble. Rest is really the best tonic for the brain. In two words I would give this prescription for happiness—'Avoid worry.'"

A prominent member of Sorosis, a really brainy woman, declares that the amount of food people require or think they require is largely a matter of habit. Said she: "It is possible to train the stomach to do with very little or to make its requirements border on the margin of gluttony. When the hunger is satisfied, brain achievements depend upon heredity and environment, and to them must be attributed all success or failure. The gardener who only cares for the blossom of his plant instead of directing his efforts to the root, will have but sorry fruit as a reward. Let mankind look to their physical perfection, and the mental and moral are sure to follow."

The Rev. Dr. Henry Van Dyke, the author and clergyman, believes the brain to be [illegible] appreciative of all kindness shown to the stomach, and sullen and unmanageable when the latter is oppressed. "At the same time allowance must be made for individual tastes.

"My food," he said, "must be taken at regular intervals and be largely of the farinaceous kind, while fruits, possibly, may be taken when and as you choose. A single sandwich of caviar would incapacitate me for several hours. So, I say, be kind to the machinery of the body. After all, the best diet for the brain is a constant variety in the quality and quantity of our intellectual food."

There seems to be no particular edible which holds a magic power over the realm of thought but by selecting food with a view to digestibility. In individual cases the body is aided in performing its various functions, and the brain, with its other organs, is thus enabled to discharge its duties properly as well.—New York Herald.

Agricultural chemists estimate the nutriment of 100 pounds of cotton seed meal as equal to 259 pounds of corn or to 287 pounds of wheat bran.

Not So Poor After All.

A Washington capitalist who has recently returned from the interior of Florida tells this story of his trip: Having obtained the title to a tract of land by what "Colonel Carter of Cartersville" calls "some very ungentlemanly foreclosure proceedings," he set out to view his possessions. In the midst of a swampy waste he found a very dilapidated cabin. In the doorway hung a worn gray blanket and over the top of this blanket a grizzled "cracker" looked out at his visitor. The tenant surveyed his landlord and the landlord his tenant for a moment, until the latter broke the embarrassing silence. "Stranger," he said, "I ain't so poor as you think I be. I don't own this hereabouts."—Washington Post.

The Little One's Version.

"In my Sunday school class," said a bright young woman, "is the sweetest little cherub you ever saw. She is much younger than the other members, but she insists on remaining in my class. Some days ago I instructed each of the little ones to memorize a verse or sentence from the Bible. Knowing that the infant brain could not retain a long sentence the mother of my youngest pupil gave the child the shortest in the good book—'Jesus wept.' The following Sunday I called upon the class to fulfill my instructions. Finally I came to Margaret. 'What is yours, my dear?' I asked. 'Jesus Kried,' she lisped."—Kansas City Times.

WHERE MAN DARE NOT INTRUDE.

One Part of South American Theaters Reserved Solely for Women.

The great opera house, Teatro Solis, the pride of Montevideo, is an enormous building, with a pillared portico in front and a pair of huge oval wings, the whole covering an entire square. One of the wings serves as a splendid wine and billiard saloon, the other contains the National museum. On the second floor of the main building is a foyer of truly "magnificent distances," furnished with tables and chairs for those who wish to smoke and drink.

The oval shaped auditorium is very handsome, capable of seating 4,000 people, with five tiers of boxes decorated in red, white, green and gold. The fourth circle is the cazuela (gallery), reserved for ladies alone, after the peculiar fashion of all Spanish-American countries, as well as old Spain. Not even an archbishop or a dictator could gain admission to the sacred precincts of the cazuela, and night after night it is filled with the beauties of Montevideo, escorted thither by their husbands, fathers and brothers, who leave them at the door and go away to spend the evening as they like elsewhere or take seats in the gentlemen's gallery above, but being dead sure to return before the close of the performance to see their ladies safely home.

Though men may not enter the charmed circle, no jealous rules can be vigorous enough to control the southern propensity to flirtation, which, like murder, "will out," the more surely because of the mistaken notions of seclusion, handed down from their Moorish ancestors, that environ aristocratic females. It is said that most of the matches of Montevideo are made, not in heaven, as the old saw goes, but in this gallery, though the ladies have no chance to extend their flirtations beyond the point of meeting eyes and telegraphic communications with fans and flowers and handkerchiefs—a language natural to youth the world over, as birds know how to build their nests without instruction.

Though a gentleman dare not speak to the fair enslaver whom he has been staring out of countenance night after night at the opera, he can follow at a respectful distance when the author of her being hurries her home, discover where she resides and thenceforth prance before her windows and become her shadow when she goes to church or promenades in the plaza. The mischievous god "laughs at locksmiths" in Uruguay as elsewhere, and though a lover may not call upon the object of his devotion, they manage it somehow—possibly with the more eagerness and success because no opportunity is afforded for acquaintance before marriage.—Montevideo Cor. Pittsburg Dispatch.

TO TEST A DIAMOND.

Here is an easy means of determining whether a supposed diamond is genuine or not. Pierce a hole in a card with a needle and then look at the hole through the stone. If false you will see two holes, but if you have a real diamond only a single hole will appear.—New York Herald.

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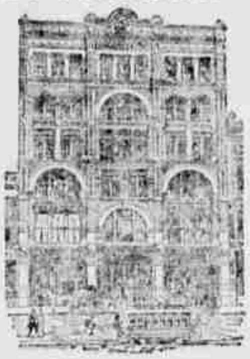

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