

An Englishman, with a passion for gunning and tramping over wild country, put in an appearance one night and accepted Mr. Lamb's hospitable invitation to spend the night.

It happened that the visitor was a great lover of Scotch whisky, always keeping a large supply in his luggage. He had been indulging pretty heavily in his favorite tipples previous to reaching Lamb's ranch, and during the evening brought out his big flask, and many a hot toddy Lamb and he consumed ere retiring for the night.

The dawn of another summer day was breaking when the Englishman proposed to the ranchman to go and take a look at the big serpent, which, from his host's description, he felt convinced belonged to the boa constrictor species of tropical America. He consented to show his visitor the snake; so, carrying under his arm his faithful accordion, he set out for the snake's den. The serpent was sunning himself in the inclosure when the two arrived.

#### A PERILOUS SITUATION.

The Englishman, despite Mr. Lamb's warning, climbed upon the stone wall and began recklessly whistling "God Save the Queen." In vain Mr. Lamb entreated him to cease, explaining that the unfamiliar air would only anger the snake. Once or twice the snake hissed ominously, but otherwise paid no attention to his visitors.

Nothing daunted by the chilliness of his reception the Englishman, without a moment's warning, jumped from the wall directly into the enclosure, announcing his intention of subduing the reptile with the power of the human eye. Horrified at this temerity, Mr. Lamb hurried to the edge of the cliff and gazed down upon the reckless Britisher, who was serenely inspecting the big snake through his single eye glass.

Unconsciously Mr. Lamb's fingers clutched his musical instrument, and the soft notes of "Rock-a-by, Baby," floated out into the still air. It was none too soon. The now thoroughly aroused monster, his head erect and drawn back, was about to spring upon his apparently doomed victim.

The music acted like a charm, and the poised snake remained motionless. Mr. Lamb did not dare to call out, fearing that the least discord would break the spell. Slowly the sobered and now horrified Englishman drew back, while with the perspiration pouring from his forehead at the awful scene, Mr. Lamb played on.

"Drill, you Tarriers, Drill!" followed "Rock-a-By." Again the air changed, and the passing breeze caught the plaintive harmonies of "Razze Dazze."

The serpent slowly swayed to and fro, never for a moment taking his eyes off the retreating Englishman.

Human nerve could stand it no longer, and fascinated by the dull glittering eye of the snake, the horror-stricken man paused just within reach of those awful coils, unable to move a step further.

Mr. Lamb groaned to himself. His repertory of music was becoming exhausted. He saw the revolver at the Englishman's side, but he dared not speak to him to use it.

Already he was playing "The Lost Chord," his last tune. Suddenly, like a flash, a thought came to him. Without stirring a muscle he began softly to play "Johnny, Get Your Gun." A look of hope and understanding lightened the Englishman's face and slowly he drew his weapon and carefully cocked it.

A sharp report, a puff of smoke, and the huge reptile lay squirming in the convulsions of death.

The pair then examined the serpent, and the Englishman, who was somewhat of a naturalist, pronounced the serpent a half grown boa constrictor, which may have been brought up from Central America on a fruit vessel or have escaped from a traveling circus.—*San Francisco Examiner.*

#### Sleep Lengthens Life.

To get absolute rest for mind and body at night is the necessary thing for the preservation of health. The bright eye and clear skin that characterize youth can only be retained in that way, remarked a physician.

It is a fact, he continued, that few people know what it is to rest well. Many believe that they do rest well, and frequently I hear people remark that nothing in the world disturbs them after they have gotten into their beds.

Yet these same people get up drowsy in the morning. Many of them are noticeably languid all the time. Some of them are irritable and nervous, and all of them now and then complain of being so "lazy" or tired that they are incapable of displaying any energy whatever. Now the direct cause of these things is a want of rest, and of this they are robbed by a host of readily cured ailments and petty disturbances.

#### ENEMIES OF REST.

No one can get refreshing sleep in a room that is not properly ventilated. The window should in the summer time be lowered from the top and raised from the bottom. In the winter, if not altogether too cold for comfort, the same practice should be observed, and in any event the room should be properly aired before retiring, and some means of ventilation after that adopted.

No one can sleep as well next to a boiler room as he could in a place where no jar or noise exists. Every variation or violent sound is a clash with the nerves of the sleeper and a destroyer of his needed rest, whether he be conscious of it or not. The bustle and roar of every great city is more or less a tax on the life of each of its inhabitants.

Another great enemy of rest is mental labor, when it is called into use before retiring. Any one that concentrates his thoughts in any way likely to cause worry or anxiety before going to bed will pay the penalty by a sacrifice of his rest, and by carrying hollow eyes and unstrung nerves all the next day.

This is very easily explained. The use of the brain functions causes an abnormal amount of blood to flow and settle there for the time being. Only by diversion of the mind in a recreative way and an ordinary amount of physical exercise can the brain be relieved of its load. Sleep will not do it, and when sleep does come on a person in this condition, after a good deal of tossing about, the brain will continue to act and the nerves to contract perhaps continuously throughout the night.

Then the poor victim will arise in the morning wondering why he does not feel refreshed. The fact is that, with the exception of his eyes, which have been rested by being shielded from the light, he is not much better off than he would be had he not gone to bed at all.

Indigestion and constipation bear about an equal share in the theft of sleep. Of the latter not much can be said with delicacy. It is a common complaint that gives rise to more serious ailments than any other single disorder. It is so easily avoided by regularity of habit or some simple remedy that there is no excuse for allowing such an affliction to become chronic.

About indigestion, it is something we must all submit to occasionally, for our regard for our palate readily overcomes our discretion and puts temperance in the shade. The effect of indigestion on the human system is worse when the body is meant to be in a state of repose. There is no way then of throwing it off, and it must be allowed to do its worst in debilitating the one attacked.

When there is a tendency to indigestion, or also a torpid liver, a simple temporary relief may be afforded by taking a little bicarbonate of soda. This has the effect of quieting the stomach by creating carbonic acid gas, which is readily thrown off. This is the ingredient the stomach lacks when in a state of indigestion.

Now, regarding the question of eating before retiring at night, I should say it is equally as bad to eat indigestible food or a large quantity of any sort of viands as it is to go to bed hungry. An empty stomach will cause a rush of blood to the head, and one that is heavily laden is likely to be filled with obnoxious gases, in which the element of carbonic acid is not so prevalent as to prevent some consequences that lead to broken rest.

If one is troubled with insomnia, a bandage soaked in cold water and laid across the eyes and temples will afford almost immediate relief and guarantee rest to the weary person if he suffers with no other ailment. This same appliance also proves very beneficial in directing an excessive flow of blood from the brains into its proper channel.

These simple rules, if observed, will allow every one to get that rest which prolongs life and preserves youth and beauty.—*New York News.*

#### The Lemon.

New York Weekly: Lemonade made from the juice of the lemon is