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IN OCEAN DEPTHS.

IN OCEAN DEPTHS.

Some of the most beautiful sights are found in the sea—the coral reefs and the sunken gardeas, filled with strange marine plants. Some marine animals live only in the purset water, others only in the left the fill.

In all ocean basins, fills and ridges, as well as troughs and deep holes, occur, and the bottom is covered with the skeletons of marine animals, changed by time into silme and stone. Some of the animals of the occur, and the bottom is covered with the skeletons of marine animals, changed by time into silme and stone. Some of the animals of the occurs of the animals and the timestanimal are found in the seas. In places, the sea is 30,000 feet deep. Its average depth is over 12,000-feet. Twice every 24 hours the water rises and of Function the contract for the Blay of Function the contract of the Blay of Function the contract of the Blay of Function the title is a tremendous one.

And the plant life in the ocean is

hat controls the tide is a tremendous on.

And the plant life in the ocean is most as remarkable as they animal fee. Learned men have been studying it for centuries and are only being the control of the life of the life in the sample manner of the life in the case. There are plenty of such books rrittee for the people rather than for clentists.

TRANSFORMATIONS.

s Results When Coffee Drink



small adversed out on why, to unite their complete facts.

Tries, a bull-like voice roarrs oaths.

Tries, a bull-like voice roarrs oaths.

and endwarors to encourage the assailands by the declaration that victory is assert and gear at hand; but the owner is howhere to be seen, since the willy assert thinks too much of his confort to be seen, since the will be conforted by the seen thinks to much of his confort to be seen, since the will be conforted by the seen that the seen to be a few the seen to be a human threshing mandred to the seen to be a human threshing mandred to the seen to be a human threshing mandred to the seen to be a few the seen to be a human threshing mandred to the seen to be a seen to be a seen to be a seen to the seen to be a seen to the seen to be a seen to be a seen to be a seen to be a seen to the seen to be a seen to be

When the ladden have since to their constant of the state of the state

which terrible threats cause the miserable professor to shiver in his thick.

"How shall we set out?" demands Dick...avake to the exigency of the moment.

"In the same way I came in." Bob replies, jrompity.

"How was that the same way I came in." Bob replies, jrompity.

"How was that the same that the same that the same that the bellowing senor from yonder bushes—I can't talk while he keeps up that shouting, san to though his men were still at us, tooth and nail."

As he speaks there is a flash, a report, followed immediately by c. second one.

The bellowing ceases instantly.

"Killed him?" rasy Dick, with a sigh of relief.
"Ne such good luck," returns Bob.

"Killed him?" rays Dick, with a sigh of relief.
"No such good luck," returns fishcarelegsly. "Hark! you hear him making a bee line for the haclenda now.
No mote howing from the Senor Logood will see where I came in."
"The door in the wall I was looking fod."
"I hard only what must have been
your last signal, though wondering
what all the row could be about, and
guessing you had a highed in it. Now
we've left the garden of Morales behind.] What you see here is the La
Vige Ganal."

"There is a boat here—perhaps that will take us part of the way—the ladres at least. Ha! two bosts— we are in luck, it seems."

ing Is Abandonad.

almost as hard for an old cottee og tit the use of octee as it is for gett the use of octee as it is for the the coffee user can quit out. It also up Frank Foot Coffee april to the the coffee user can quit out. It take up Frank Foot Coffee and the offee user can quit out. It have up Frank Foot Coffee and for the coffee user can quit out. It have up Frank Foot Coffee and the coffee user can great the transformation of flavor than it lied and served with recan. It better in point of flavor than it led and served with recan. It better in point of flavor than it led coffee served nowadays, the taste of the connoiseur; the flavor of fine layer. It runsformation takes place in within ten days or two weeks the left of and Pusing.

CHAPTER XVII.

work to no, where me one was easily agard in this pleasant task looks and all times of the year, and particularly during the winter season numbers of Americans to be found. It would be an easy task to make up a fair regiment, fail would enlist the proper of the property of the property of the property of the property fail would be an easy task to make up a fair regiment, fail would enlist be property of the pro When the canal no longer serves with the propose, they leave the canoer tied up where the owners have direct that will bring them to the gradium of the continuation of a foreign band copie of the City of Mexico have apparently not even thought of retrigg. On all sides can be heard voices sing; or the sweet throbbing of mandolins that are touched by the delicate fingers of dark-haired makes in comparing the continuation of the continuation of

Rapid Eating a National Sin

By DR. IRVING A. WATSON.

Of the physical sins committed by the American people, rapid eating is unquestion-ably one that should be recognized as incon-sistent with the best hygienic methods of living Mastication of

mix it with the salivary fluids, is really the first act in the digestive process, and to be well done it must be slowly performed. Nevertheless, in my opinion, the digestive troubles more or less common are

less, in my opinion, the digestive troubles more or less common are not due to an excessive degree to rapid eating, but more to a multi-tude of environments that overtax the nervous system and thus correspondingly impair or derange the digestive functions.

Rapid eating is bad, over-eating is worse, but the strain of our strenuous life, with its apprehensions, worry, care, struggle for existence or for wealth, social requirements, the edicts of fashion, intemperance and a score of other depressing factors, is a far more; prolific cause of indigestion and recommendation of the corroborated by the fact that a great many of our dysepptics are persons who have never been rapid eaters. The unceasing tension, due to our impetuous, rushing; complex evilitation is responsible for the increased death rate from diseases of the nervous system almost enough to counterbalance the decrease in the system almost enough to counterbalance the decrease in the

Jus system almost enough to counterbalance the decrease in the death rate from epidemic and other communicable diseases. Rapid eating may almost be classed as a symptom, rather than the cause, of an abnormally nervous state into which the individual has drifted, through the increased demand madeupon him by the activities of life. The quick-lunch has spruing up everywhere. If rapid eating is conceded to be a national evil, its menace to public healts is, in my opinion, a subordinate one.

hoing A. Watson



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waits is re-established, and instead of a surjet, unhealthy state of the whole digestive apparatus, the patient is restored to his old-time vigor.

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Dr. J. A. McClellan, of Buffalo, N.Y., says: "I have frequently prescribed over Castoria for children and always so tood skuttles. In fact I use

Dr. J. S. Alexander, of Omana, roce, says: a "man-wave manager of the highest praise. I had it in use everywhere."

Dr. J. A. McCellan, of Buffalo, N. T., says: "I have frequently prescribed your Castoria for my own children and stways got good results. In fact I use Castoria for my own children."

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Dr. H. D. Benner, of Philadelphia, Pa., says: "I have used your Castoria as a purpative in the case of children for years path with the simultance of the state of the property of the property of the property of the present of the property of the presence of the property of the presence of the property of the prop

