

The Watchman and Southerner. RELIGION, MORALS AND PHILOSOPHY. Rev. C. C. BROWN, Editor. NOT FAR. Not far, not far from the kingdom, Yet in the shadow of sin, How many are coming and going, How few are entering in...

Sweet-Minded Women. So great is the influence of a sweet-minded woman on those around her that it is almost boundless. It is to her that friends come in seasons of sickness and sorrow for help and comfort. One soothing touch of her kindly hands works wonders in the feverish child; a few words fall from her lips in the ear of a sorrowing sister do much to raise the load of grief that is bowing its victim down to the dust in anguish...

There seems to be a regular boom in the temperance cause in South Carolina. Rev. H. P. Chreitberg and Mrs. S. F. Chapin may be mentioned for their untiring zeal in this good work, and men and women all over the State are becoming enthusiastic in furthering the principles of total abstinence and prohibition. We see the statement that in one week Mrs. Chapin added nearly twelve hundred names to the membership of the Woman's Christian Temperance Union, besides doing much other good. It is conceded that the credit is due largely to Mrs. C. for the prohibition in Edgefield. It is high time for every lover of his race to awake to the importance of pushing the battle until the victory is achieved. Christian Neighbor.

Overworked Brains. Dr. William A. Hammond, says the News and Courier, has written an article upon 'Brain overwork and some of its consequences,' which is made especially interesting by the stories of patients who have come under his own treatment. The first effect of an excessive use of the brain, Dr. Hammond says, is generally wakefulness. It is easy to understand why this should be the case when we bear in mind how sleep is produced. Exact observations have shown that sleep is caused by the vessels of the brain flowing out of the vessels of the brain into those of other parts of the body. Of course anything that prevents the diminution of the quantity of blood in the brain prevents sleep. Every time an individual thinks, if it be only for the hundredth part of a second, every time his emotions are excited, the vessels of the brain enlarge and the quantity of blood they contain is increased. Normally, as soon as the thought has passed and the emotion has faded away, the vessels contract, and when sleep is coming on they diminish still more in calibre. But if a person thinks too much, and especially if he is anxious about some important matter, there is no opportunity for the vessels to become reduced in size. They must remain full of blood in order that the brain may do the work required. The sleep in this case is kept up too long, and eventually, like all over-distended bodies, they lose their elasticity, and then a return to their normal dimensions is no longer possible.

An Affecting Scene. We clip the following from the Evangelical Messenger. What a terrible revelation of sorrow! And what an eloquent lesson of warning! No man sins unto himself alone. Others are affected by his offenses. This wife and these children are not only widowed and orphaned by the dreadful crime of a husband and father, but through life the disgrace of his bloody deed and hangman's death will stain their otherwise fair names: A heart-breaking scene occurred several weeks ago, showing the bitterness and cruelty of sin and the sufferings of helpless innocence with the guilty. John Thomas, convicted of murder, and sentenced to be hanged in April next, was on his way to Atlanta jail, where he was to be confined until the date of execution. While waiting for the train at the railroad station in Palmetto his wife sat by him, her head upon his breast, sobbing violently. His three little children were gathered at his knees, kissing his hands and begging him not to go. At length one of them noticed the steel manacles on his wrist, took hold of them, and pulled them vigorously, said: "Papa, what have you these on for?" The child kept trying to pull them off, ignorant of the dreadful truth of why they were there. Failing to release him, the child appealed piteously: "Papa, do please take off these ugly things; I don't like to see them on you. Take them off so you can lift me on your lap!" By this time the other children joined in the appeal, and the crowd of persons surrounding could not suppress their tears. At length the murderer was taken from his weeping family, and was soon on his way to await his terrible doom.

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By far the most influential factor in causing wakefulness is, according to Dr. Hammond, emotional excitement, and of all the emotions most powerful in this direction anxiety comes first. There is more or less anxiety attendant upon all business operations, but those who are engaged in stock speculations appear to Dr. Hammond to be most liable to be affected with anxiety. He thinks that not even the certainty of disaster so effectively wears away the brain as the uncertainty which exists with the great mass of transactions relating to stocks. The operator, after having perhaps passed an almost sleepless night, goes 'down town,' in the morning, knowing that he must obtain \$200,000 or \$300,000 of 3 o'clock to keep up his margin or make his balance good at the bank, and not knowing where the money is to come from. Probably he gets it, but the same thing is repeated day after day, till eventually his whole nervous system breaks down. If he does not get it, ruin comes; but like most Americans he knows how to adapt himself to the inevitable, and so after the first pang is over he manages to start again or goes into some entirely different business, and the intercurrent rest which is forced upon him is the best medicine he can take for restoring his exhausted brain.

A certain Western clergyman denounced a saloon keeper whose whiskey was, it was thought, too away a poor man's senses and put him in the way of death on the rail. The liquor seller responded with a vote of thanks for the gratuitous advertising, accompanying his note with a bottle of the stuff that appallingly did the work. Thereupon the minister gave him a little more free advertising. The whiskey was sent to a chemist with the following returns as to analysis: Alcohol.....25 per cent. Faeioli oil (poison).....10 per cent. Parisoiline (deadly poison).....5 per cent. Acetic acid (Vinegar).....10 per cent. Coloring.....5 per cent. Aqua (water).....45 per cent. Such an exhibit is the best sort of a temperance lecture.—The Standard.

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