

GO EASY ON HEALTH FADS

Trouble Is That They Cannot Be Made to Suit the Physical Make-Up of All People.

Cleveland is the home of the newest fad. The Ohio city has a "Keep Well" club composed of persons who believe in restricting indulgence in food. They fast now and then from a week to a month. One apostle of the cult declares he has found abundant health in a diet of eight quarts of milk daily for eight months.

WHEN MISS ANTHONY FAILED

Howed in Defeat Before Her Woman's Nature, Though Probably She Never Knew It.

In an article on "A Woman and Her Raiment" in the American Magazine, Ida M. Tarbell has the following to say about bloomers:

First Picture Postal Cards in 1870.

In Nuremberg they have been making arrangements to celebrate the thirtieth anniversary of the picture postal card with a congress and exposition this year.

Obedience to Moral Law.

"Obedience to moral law will not bring prosperity, necessarily, but it will enable a man to do without it; it will ennoble poverty. Goodness is its own paymaster. There is no need to make goodness attractive by artificial rewards; no need to make vice forbidding by arbitrary punishments. The fearful punishment of lying is to be a liar; the fearful punishment of vice is to be a vicious man; the horrible punishment of beatliness is to be a beast. The splendid reward of being good is to be a good man. You love your husband and wife and children and friends. Do you ask for more than the joy and privilege of loving?"—Modern Preacher.

Friend of the People.

Mr. Pompus (to butler).—I'm expecting a deputation at 12 o'clock to ask me to stand for the borough.

Thoughtless Query.

"Have you ever been married before?" asked the licensee clerk.

NEED OF THE DAILY APPLE

That or Some Other Form of Fruit Provides Just the Elements the Body Requires.

Doctors agree that the ancient adage that "an apple a day keeps the doctor away" is not without some foundation in fact. Fruit acids provide the blood with needed elements and these are especially needed in warm weather when the stomach loathes all manner of baked meats.

Men have a craving for alcohol that is so nearly universal that some people consider it the human body's natural craving for a germicide. The alcohol in fruits is the valuable germicide that nature intended man to have.

Eaters of fruit obtain the germicidal alcohol beneficially because naturally, whereas drinkers of ardent spirits procure their alcohol in unnatural large quantities, and therefore in a highly hurtful shape.

BODY AS A COMPASS NEEDLE

Ants Have an Unfailing Method of Finding Their Way Back to Their Nests.

Not only naturalists, but every one who has watched ants has wondered how they find their way to and from their nests. A French naturalist, M. Cornetz, has been observing ants in Algeria and in a recent issue of La Nature he tells the results of his observations.

The ant, he says, in its outward journey, proceeds throughout in the direction initially chosen; on its return the insect places its body at the same angle and walks in the opposite direction. The body of the ant would therefore act as a kind of compass needle.

If an ant is caught at the nest and transported to a point some yards distant, the insect is quite incapable of finding its way back. It runs around on the ground until it accidentally comes across the entrance to the burrow. The case is quite different if an ant is allowed to find its way to a distance unmolested. On leaving the nest it places itself in a certain direction, and holds the same, no matter what obstacles it may meet with en route, and no matter what side tracks it may occasionally strike in order to seize some article of food or of structural value for its nest.

The return is effected directly, rapidly and without hesitation, even if the ground covered has been swept in order to change its relief. The return is obviously determined completely by the outward trip, and an ant which has left its nest on a voyage of exploration finds its way back just because it has made the outward journey.

Money Well Spent.

During the last year 164 brides received the \$50 due them by the will of Oliver Smith, the fairy godfather of the Berkshires. Oliver Smith was the uncle of Sophia Smith, founder of Smith college, and on his death in 1845 left his property, amounting to \$370,000, to be used for various charities, one of which was the giving of \$50 to every bride who was a resident of Northampton, Amherst, Hadley, Hadfield, Deerfield or Whately. Since 1845 \$282,000 has been distributed to brides. In many instances the bridegroom received \$500 because of a provision in Mr. Smith's will giving that amount to a young man when he completes learning a trade. Another provision of the will helps poor widows, provided they are residents of the towns named. Already upward of \$2,000,000 has been paid to widows and young men who have learned a trade.

To Reclaim 1,000,000 Acres.

The Egyptian government has begun one of the most costly and comprehensive drainage projects for the reclamation of lands ever attempted by any government in the world. Its object is to make cultivable 1,000,000 acres of fertile land in the delta of lower Egypt. It is estimated that the work will require four years and \$15,000,000 will be required for drainage, and a like amount for irrigation. Ninety per cent of the land redeveloped will be owned by the government. The principal object of the project is to redevelop a fertile but now worthless region of the delta under cotton cultivation.

Taxation.

"In what respect do you complain of being overtaxed?" asked the persuasive campaigner.

WILLINGLY RISKED HIS LIFE

English Hospital Surgeon, Knowing Danger, Put His Patient's Interests Before All.

An act of unselfish devotion by Mr. E. T. Mullaly, house surgeon of Guy's hospital, London, England, was disclosed at the Shore-ditch county court during the hearing of a case recently, which was adjourned some time ago owing to his inability to attend. It was explained that for a month he was hovering between life and death. The details of his fight for the life of a child were furnished by a doctor at Guy's hospital, "There are times," he said, "when life or even seconds, a matter of minutes or even seconds, a child was brought into the hospital suffering from diphtheria in its worst stages. Mr. Mullaly, who was the senior surgeon present, saw the child, and understood at once that an immediate operation was imperative, and that even a few minutes' delay might be fatal. Diphtheria in this stage is terribly catching, and in the case of an operation such as Mr. Mullaly was to perform, the chances were a hundred to one on his catching the disease unless he took the usual precautions. It was, however, a matter of minutes. Possibly there would have been time for him to fetch his mask, which covers the whole face, and is a sure protection against infection, and to take the other general precautions in such cases. He knew that by doing so—by waiting a few minutes—he was risking the chances of the operation proving successful, and so he decided to operate at once, well realizing that he was almost bound to suffer. He saved the child's life, but he caught the disease, and it was touch-and-go with him during a whole month."

CURED THE CHINESE EMPEROR

Jesuits in Celestial Empire First Gave Quinine to Most Distinguished Patient.

The one great specific for malaria is acknowledged to be quinine, or the extract of Peruvian bark, but it is more than two hundred years since this medicine was introduced into China by the Christian missionaries. The ruling emperor in 1693 was Kanghi, and he suffered from a fever that none of the native physicians could cure. He remembered that the Jesuit missionaries, Fathers Gerbillon and Bourret, had extolled a remedy they had brought from Europe which they called chin-ye (divine remedy), and he decided to try it. The Chinese physicians opposed it, but the emperor took it secretly and was relieved. Having another attack later he proclaimed that every one with a remedy for the fever should come to the palace, as well as those who were suffering. The Jesuits came among the others, bringing the quinine with them. It was tried on several of the patients and they felt improved at once. The grandees of the court were surprised and the emperor decided to try it himself. He found that it affected a permanent cure, and in gratitude the emperor presented a house to the Jesuits and sent his acknowledgment to the king of France for the valuable service rendered by his subjects.

Nawab Sultan Jahan Begam.

Ho, ye women suffragists! Did you ever hear of Bhopal, Bhopal in the land of the Hindus?

Bhopal is a native princely family. It is one of the most flourishing and most enlightened of all the native states. Time was when its inhabitants, who were warlike, had little time for anything but fighting the Marathas and other fierce tribes by whom they were surrounded.

Then came old Nawab Elkander Begam—a woman ruler—and everything was changed. The arts of war made way for the arts of peace. She was succeeded on the throne by a daughter and she in turn by the woman whose eponymous name heads this editorial.

Children's Food.

The children, especially boys, are a hearty race of people on picnic days in most cases, and they want a lot of food of the more substantial nature, such as fried chicken, corned beef, fish or clam chowder, and other foods in which they can have a liberal hand as to providing, as well as the eating. Johnnie wants to catch the fish, and if properly flattered, will find great delight in digging the clams, or at least picking them up as father digs them from the beach. The girls will enjoy picking berries, if there are any to pick, and then in helping to cook the food in the camping erudity which helps to make a true picnic of the best possible kind.

Some Good in It.

"I don't bear Blodgett's stutter any more."

DOCTOR COULDN'T TAKE HINT

Patient Wanted Advice That Suggested Her, and Would Go Where She Could Get It.

"Doctor," she plaintively said, "I want you to tell me just what is the matter with me."

LANDLORD ENJOYS THE JOKE

Friend of Tenants in French Capital Finds Himself in Something of a Dilemma.

For once that French public benefactor known as Cochou, who champions poor families who cannot find lodgings, has reckoned without his host. Whenever a tenant has trouble with his landlord and desires to put him to inconvenience he sends for Cochou. The latter is always ready to get even with landlords, and eagerly responds to in the invitations he receives.

A student at the Ecole des Arts and Manufactures was at loggerheads with his landlord and obtained the breaking of his lease for a flat in the Boulevard de Strasbourg. Before clearing out he thought he would like a little fun at the landlord's expense.

A message was sent to the indispensable Cochou, the erstwhile secretary of the Tenants' league and the founder of a similar institution. Cochou sent the student three families, each consisting of four children. The families did not enjoy their new quarters long, for the landlord obtained an order for their immediate expulsion. The evicted families now look to Cochou to find new quarters for them. Cochou does not know where he can find them. His responsibility is a heavy one. For once the table have been turned upon him.

Not Guilty as Charged.

According to Joe O'Neil, Tin Fang, who operates a thriving fan-tan game down on Mott street, New York, found it necessary to repress a kicker the other day. It happens that Mr. Fang also has a professional connection with a restaurant, and that day had taken a butcher's cleaver from the kitchen to his gambling room, that he might sharpen it in his moments of leisure. It was this wide-bladed ax that he seized when he undertook to abate the human nuisance.

Pinched Mary Garden for Less.

In an article on baseball "fans" in the August American Magazine Hugh S. Fullerton tells the following story: "One of the quickest things I ever heard was a remark from a Washington fan which upset Frank Isbell, the veteran, completely. Isbell's head is as bald as a concrete pavement and usually he kept his cap plastered tightly on his head to shield himself from the gibes of crowds. This time he tried to steal second, and made a desperate, diving slide around and under the baseman, only to be called out. He was so enraged that he ran at the umpire, grabbed his arm, argued and raved and finally in sheer anger jerked off his cap, hurled it onto the ground and jumped upon it. His bald head glistened in the sunlight and the crowd roared. Then above the roar came a voice:

Height Too Much for Birds.

John Muir says that among the larger birds of the Yosemite valley are geese and eagles, and the former are often deceived in the height of the valley walls, rising to considerable height, only to find that the task is beyond them and then descending with loud screams. They are strong of wing and limb, but starting from the bottom they cannot reach the top.

PLAN SIBERIAN SEA ROUTES

Russian Authorities Seek to Establish Communication From Its Pacific Ports.

Contrary to previous reports, it now appears that the plans of the English captain, Webster, to establish regular steamship communication between European ports and northwestern Siberia, by way of the Arctic ocean and Kara sea have been disapproved by the Russian government, obviously for the reason that this bold undertaking, which appeared to be entirely feasible, would have diverted considerable traffic from the Trans-Siberian railway. On the other hand, the Russian authorities are furthering in every way the establishment of communication by sea between Pacific ports and northwestern Siberia via Bering strait, says a writer in the Scientific American. A surveying party, under Captain Grunfield, has proceeded from Yakutsk to Nishni Kolymak, at the mouth of the Korma river, to make a thorough investigation of that port and the geologist, J. P. Tolmashov, will study the conditions of navigation between the mouths of the Kolyma and the Lena, including an examination of the Lena delta, with a view to establishing a sea route to the latter region. The icebreakers Taimyr and Walgatsch were to leave Vladivostok in May for a surveying expedition along the coast of Kamtschatka, after which they will proceed via Bering strait to the arctic coast of Siberia for a cruise at least as far west as the Lena. If ice conditions prove favorable, these vessels will attempt to pass Cape Chelyuskin and accomplish the northeast passage to the European port of Archangel.

SCENE IN THE NEAR FUTURE

When Man Shall Have Completed, as He Boasts He Will, His Mastery of the Air.

The old village postmaster limped out of his office and elbowed his way through the crowd of gaping rustics, squinted at the heavens through a three-foot telescope.

"Anything in sight, Uncle John?" inquired the village interrogation mark. The postmaster did not reply. He caught sight of a moving speck low down in the sky. The speck arose, it gained in bulk, it came nearer. The postmaster closed his \$4 telescope.

"Here she is, boys!" shouted the village cut-up. The aeroplane hovered down. The letters, "U. S. M.," were plainly visible.

"Look out below there!" called a faint voice, and down came a leather mail bag. It struck the village smartly squarely on the head and knocked him into the horse trough.

And Meat So Dear.

At 1 o'clock he stood in front of a bulletin board and read the fragmentary news from the convention. Under his arm he carried a bundle. "It's liver for dinner tonight," he explained. "I ought to be getting home with it before it spoils in this heat." His car came along just then, but a new bulletin went up, so he stayed.

At 4 o'clock he was seen watching for his car with one eye, and reading a new bulletin with the other. The bundle under his arm looked moist and worn. "I really must take the next car," he declared. "The folks in Kearny expected me home at noon. I'll just wait till I get the result of this ballot and then I'll break away."

Beware the Death Flower.

Scientists setting out to solve the mystery of the mammoth statues of Easter Island have been cautioned—more or less humorously—to steer clear of El Banoer, another island of the Pacific. One of the early English explorers, Hugh Arkwright, who sailed the Pacific in 1581, warns travelers against visiting El Banoer—the home of the death flower. This flower, he says, is so large that a man can stand upright inside one of its blossoms. But if he does so he will surely fall asleep, lulled by the strange fragrance it distills. Then the flower folds its petals and suffocates him. "And so he passes into death through splendid dreams and gives his body to the death flower for food."

King George and the Collier.

While the king was looking at a seventeen-year-old pit pony which had been brought up for his inspection, the pony proved somewhat restless. "I expect the daylight worries him," said the king. "No, sir," replied the miner. "It is the headstall he doesn't like. He can't see your majesty plain enough."—London Spectator.

Remarkable.

Wills—He is a remarkable man and the best hod-carrier in the world. Gills—No great glory in that. Wills—Ah, but he has never written a magazine article on hod-carrying, nor delivered a Chautauque lecture on hod-carrying, nor even done a hod-carrying act in vaudeville.—Puck.

NEED OF CARPETS FOR ROADS

English Expert Recommends Use of an "Elastic Skin" on the Highways.

A lecture was recently delivered by a member of the board before the Royal Institute of London on "The Road—Past, Present and Future," according to Consular and Trade Reports. The lecturer said the problem was to find the best mode by which a road should be constructed so that its surface would not be broken by traffic, so that the transit might be easier for both passengers and goods, a road which would form neither puddle holes nor exude mud from vehicles and create no dust when the weather was dry.

One thing was universally recognized, that the road of the future should be a truly bound road in which, whatever kind of stone was used, the stone should be held together so that it would form a crust. The lecturer suggested that what he called a carpet or an elastic skin should be adopted as the covering.

The carpet, he thought, should be made of bituminous material mixed with sand and placed on the roads in various thicknesses, according to the nature of the traffic. It should go on in liquid form, solidifying quickly, but always remaining resilient and compressible, and so integrating with the crust of the surface below.

The advantage of such a carpet, it was said, would be to permanently protect the crust, and, just as a carpet on the floor softens the step, so would this carpet for the roads silence the noise and reduce the shock of rolling vehicles. It was admitted that the original cost of a road so laid would be more than that of a mud bound road, but spreading the cost over a series of years it would probably not be so great, since the crust of the road itself would not have to be renewed.

HIS HOME ON FLOATING FARM

Institution Common on the Rivers of China Has Been Copied by an American.

Jens Soeb'y's "floating farm" is one of the famous sights on the Columbia river, writes a contributor to the Wide World Magazine. All the buildings are supported by three rafts made of huge pine logs. Soeb'y, a veteran of the Spanish-American war, got the idea of a floating houseboat when traveling in China and Japan, and when he returned home after the war he built three rafts on the Cumberland river, and on these he erected a house and a warehouse to keep nests and boats, chicken pens, and so on; he also made a garden in which he raised enough vegetables for the use of his family. Soeb'y's farm and inn, floating serenely on the waters, soon became a favorite headquarters for fishing parties. Here they were housed and fed, and at night Soeb'y would play his old violin for their entertainment. He also gave music lessons. The "farm" was moored in front of the property of C. E. de Long, who charged Soeb'y 50 cents a month rental. When Soeb'y did not pay his rent for two years De Long secured a judgment and a writ of ejectment from the judge of the superior court, but when the sheriff attempted to enforce the order the water was too low to move the rafts. Recently, after a freshet, the water rose, and George Johnson, deputy sheriff, was sent to remove Soeb'y's property. He hired a river steamer and crew of half a dozen men, pulled up the anchors of the rafts, and towed this unique floating habitation half a mile down the stream, where it was anchored, and where Jens and his wife still live.

Sadly Disillusioned.

A certain young man of tender heart has lost his faith in mankind. Some years ago he did a favor for a friend, who, to show his appreciation, presented him with a pipe of meerschaum persuasion, wonderfully and marvelously wrought and bearing date of a hundred years before. The young man treasured this pipe, which was to him a masterpiece, and whenever the blue smoke curled upward from its bowl his heart swelled with the thought of the generosity and goodness of the human race, for he had been told when the pipe was handed to him that a pawnbroker would advance three dollars on it, thus proving it to be worth at least a ten-spot. Doing favors, he thought, surely furnished recompense. And then one day he broke the stem. He took it to a tobacconist with whom he was well acquainted and asked he have it mended. "It's such a treasure," he explained. "Notice the work on it and the date." The tobacconist smiled. "My boy," he remarked, "they turn these out by the barrel and sell them for ten cents."

Killing Cut Worms.

You can easily get rid of cut worms around sweet peas by pouring strong soap suds about the roots and picking up the worms which will come scrambling out of the earth at once. Drop the worms in the suds and it will kill them. Do this half a dozen mornings in succession; and you will be rid of them.