THE JOURNAL

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THE JOURNAL is published every evening, except Sunday, at 47-49 Fourth Street South, Journal Building, Minneapolis, Minn.

C. J. Billson, Manager Foreign Advertising Department.

NEW YORK OFFICE—86, 87, 88 Tribune building.

CHICAGO OFFICE—307, 308 Stock Exchange building.

SUBSCRIPTION TERMS

Payable to The Journal Printing Co.

Delivered by Mail.

One copy, one month	$0.35
One copy, three months	1.00
One copy, six months	2.00
One copy, one year	4.00
Saturday Eve. edition, 20 to 26 pages	1.50

Delivered by Carrier.

One copy, one week	8 cents
One copy, one month	35 cents
Single copy	2 cents

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Subscribers ordering addresses of their papers changed must always give their former as well as present address.

CONTINUED

All papers are continued until an explicit order is received for discontinuance, and until all arrearages are paid.

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Subscribers will please notify the office in every case that their paper is not delivered promptly or the collections not properly made.

The Journal is on sale at the newsstands of the following hotels:

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THE AGITATION HABIT

The Boston Anti-Imperialist League announced, yesterday, that they do not care so much what their friends the insurgent Filipinos conclude to do as for what the United States may do. That is to say, if the Filipinos, yet afield against the United States, decide to surrender and come under the beneficent rule of the United States, go to work and contribute to the introduction of peace and prosperity and the higher civilization and admit that they have been following very bad American and Tagal advice, it won't make a particle of difference to the league, which is determined apparently to prevent if possible the pacification of the archipelago and keep as many guerrillas in the field as possible, and keep the people from having the settlement they desire with the United States. In other words the league is determined to keep up the agitation just for the love of it. They would hate to see the islands pacified and prosperous. Some of the members, like Atkinson and Hon. Robert M. Morse, would no doubt come perilously near committing suicide if the capture of Aguinaldo should hasten the submission of the remaining dwindling band of insurgents.

At a furious indignation meeting of The Anti-Imperialist League in Faneuil Hall, Boston, the other night, Morse and others denounced the president as a "despot" who had decreed the everlasting slavery of the "poor, suffering" Filipinos, and declared that, even if the "despot" exiled or imprisoned or "even dared to execute Aguinaldo," the Filipinos would never be brought to submission; no never! Aguinaldo, they said, would surely lay down his life "as bravely as any martyr or patriot of old." These leaguers, however, have never been able to cite a single engagement in which Aguinaldo exposed his person to bullets.

But these alleged champions of freedom say they don't care so much what the Filipinos do as for what the United States is going to do. The United States is going to carry out the program of beneficence already initiated by the administration and extended as fast as the insurgent friends of the Boston Anti-Imperialist League lay down the arms of rebellion and the incendiary torch and dagger of the assassin and give place to civil and religious liberty and security for life and property. This program is a bitter grievance to the anti-imperialist league, which has openly upheld the dictatorship of Aguinaldo and encouraged him to shoot down our soldiers and obstruct pacification. So they propose to keep up the agitation against American sovereignty, no matter if every mother's son of a Filipino accepts that sovereignty and takes advantage of its benefits.

This is a very irrational position for intellectual Bostonians to take, is it not? The gentlemen who profess to guard the "cradle of liberty" doing their level best to keep the "poor Filipino" long under the heels of Spain, from getting their liberty and prosperity at the hands of the United states! Grotesque inconsistency, isn't it? But then

"When the ass insists on braying, the ass is free to bray."

And there was an awful lot of braying in Faneuil hall the other night in good old Boston town. The amusing thing about this business is that the Boston Anti-Imperialist League is actually exploiting its lurid rhetoric as a league against liberty and civilization. This is the way it looks to the matter of fact, practical American citizen who values his own liberty and wants as many people as possible to have that liberty, too, under the starry banner.

The question of the policy of paying a sugar beet bounty is not involved in the bill defeated in the house yesterday, to pay the beet raisers the bounty already earned. The legislature agreed to pay it and the beet raisers and beet sugar company went ahead under that understanding and pledge expressed in law and fulfilled their part of the contract. The state is morally bound to live up to its agreement and people who believe in keeping their promises will not approve of the action of the legislature in trying to repudiate that claim. The governor has a chance to save the state from the discredit which the defeat of the bill inflicts on it by authorizing the introduction of another bill and urging its passage. The matter of a bounty in the future is one question and one not under consideration; the moral obligation to pay the bounty earned in compliance with the state's promise expressed in law, is quite another question, which can only be settled satisfactorily when it is settled right, and this without regard to whether the law containing the promise to pay was valid or not. To escape the payment on that ground is to do something the members would not do in their own private affairs. If they did their reputations for square dealing would certainly be in need of repairs.

CHINA'S DESPAIRING KICK

The public knows by experience that cables from China are not absolutely trustworthy and that the truth leaks out only by small degrees, but it is probable that the statement from Peking that the Chinese court, way off in Singan-fu, has formally declined to sign the Manchurian agreement presented by Russia, is true. The imperial government would have to say "No!" anyway, to this cheeky proposition of old Adam Zad, to meet Chinese views on the subject generally, but Russia will pay no attention to the refusal and will simply keep what she has and go ahead with the Russification of Manchuria.

Any student of Russia's methods may recall the fine hand she played through Count Ignatieff in 1860, when she tricked China out of a vast territory fronting some 600 miles on the Gulf of Tartary and including the lower Amur valley, and has held it firmly since. The appropriation of Manchuria follows logically the diversion of the Siberian railway through that region to Newchwang and Port Arthur, and it is not Russia's habit to give up territory once occupied. This acquisition embraces an area as large as the north and south Atlantic states from Maine to Georgia, and, when a Russian journal like the Novoe Vremya is permitted by the press censor to say this: "Our land frontier with China and our special relations in regard to Manchuria render it in the highest degree important to Russia to watch over the peace and tranquillity of northern and northeastern China and such peace and tranquillity can only prevail as long as we alone have to do with China there without the co-operation of any foreign Kulturarger; consequently we cannot admit any other influence but our own north of the Peiho,"—when such a declaration is permitted, it is evident that Russia's designs on north China have not yet been fully actualized. And which power will undertake to prevent Adam Zad from carrying out his program? There is not a power in Europe ready and desirous to accept the challenge of Russia. Japan is boiling over with indignation, but Japan will be invited to take Korea by Russia, who has no particular use for that peninsula now.

As for China, it looks very much like ultimate partition. If all the terms of the protocol are carried out, the independence of China will be gone, and, if a joint administration by the powers is undertaken, it will soon be rent by dissensions. The eighth and ninth articles of the protocol practically prevent China from defending her own territory, and it is likely that the Chinese commissioners will decline to sign such provisions. The indemnity question, too, is yet to be settled, and an easy composition cannot be looked for. The late investigation of Chinese resources showed that the imperial revenue, all told, does not exceed $65,000,000, that being the sum the predatory provincial officials allow to get into the imperial treasury, they pocketing much more than that. If the Chinese people have any idea of maintaining the independence and integrity of their empire, they will have to rise pretty soon as that predicted "Yellow Terror," and assert themselves. It seems hardly possible that they would sink from the level of an independent nation without a fierce struggle.

If they are not more unfortunate during the next week than now seems probable, this legislature will have succeeded by the day set for adjournment in making a very good record so far as results accomplished go.

THE GROSS EARNINGS BILL

The passage of the gross earnings bill by a vote of 53 to 8 in the senate to-day shows that when the people want anything at the hands of their representatives, and want it badly, they can get it. Public sentiment has compelled the senate to reverse itself and pass at this session the bill which was defeated in that body two years ago. There is no material difference between the proposition before the legislature at this time and then. But in the meantime public sentiment in favor of it has strengthened and the representatives of the people in the upper house have learned that they can no longer defy public opinion.

This result, however, has not been accomplished without a hard fight. Whether the investigating committee succeeds in getting hold of the evidence to prove it, there is reason to believe that corrupt means were resorted to to defeat the bill. Skillful use was made, too, of the action of the legislature in creating a tax commission, and an exceedingly plausible argument was employed to secure the defeat of the measure by proposing reference to the tax commission. The fallacy of that argument was thoroughly exposed in the house under the leadership of Mr. Jacobson, Mr. Peterson and Mr. Anderson. It was the stubborn tenacity of Jacobson, the strong presentation of facts before the house by Mr. Peterson, and the timely interference with a point of order by Mr. Anderson, together with the loyal support of over fifty members of the house, whose names appear in support of the minority report on the first vote, that saved this bill from defeat in that body and will ultimately secure for the state a half million dollars in taxes from the railroad companies.

That the gross earnings bill will receive the approval of the voters goes without saying, and that it will prove to be good law we are thoroughly persuaded. One of the best indications of this is the attitude of attorneys of the railroad companies toward the bill during its course through the legislature. They have resisted the passage of this law to the very last and have opposed it with a degree of determination and persistency which argues great respect in their minds for the constitutionality of the law and the ability of the state to collect this increased tax in the manner proposed. For this excellent result the people of the state should give praise where it properly belongs and accord due credit to those to whose vigorous efforts and correct voting they are entitled for the public benefits to be conferred.

Some Palpable Hits

The Indianapolis papers bring to hand amusing details of Mrs. Nation's visit there and her frankness in treating some of the besetting Hoosier vices. Even the external appearances of these errors were vigorously handled by the lady, as will be seen in her visit to the registry department of the postoffice, where Frank Richman presides at the window. The Press tells the tale as follows:

She then went into the registry department and announced to Frank Richman: "I'm Carrie Nation of Kansas and I want to register a letter." A moment later P. A. Havelick came up to the window and Mr. Richman introduced him to Mrs. Nation.

"It's only an April fool joke," said Mr. Havelick.

"Not a bit of it," exclaimed the smasher. "I'm the only Carrie Nation. Now, I want to know why your face is so red."

Mr. Havelick's face got redder still, but he said quietly: "Madam, I don't drink a drop."

"Then you smoke too much," persisted the smasher.

Mr. Havelick got away.

This frank treatment of other men's vices Mrs. Nation is determined not to leave to their wives.

Doubtless these peccadilloes are mentioned at home, but the emphasis that Mrs. Nation puts on them, and the publicity she gives them, have the merit of suddenness and novelty that drives the lessons home.

While in a drug store she approached a young man that was smoking a cigar and said, "You are not a gentleman."

"I always try to be," he replied.

"Well, you are not. No man can be a gentleman that smokes. You are more like a pig."

Just why Mrs. Nation chose the simple-minded pig, who certainly does not use the weed, unless it be pigweed, is difficult to say. Possibly she had reference to the pig's lack of personal cleanliness, the use of the filthy weed putting the user in the same class.

Arguments like these are difficult to answer except by flight and if the man in fault happens to be a cripple, where does he stand? Destitute of excuse and powerless in logic, he is revealed in all his native nothingness, while the eye of the lady looks into his very soul. It is an awful position in which to be placed to have a little Kansas Judgment Day suddenly turned loose on his secret sins.

My brethren, our particular Mrs. Nation may run us u a tree, so to speak, at any moment. Let us re-examine our foundations.

The mosquito this summer will carry an added burden of obloquy. Several "scientific gents," to quote Bret Harte, have accused him of toting malarial and other germs. The simple house fly is also a bad sinner in this way because he walks amid germs and forgets to wipe his feet before he steps on the food.

Dr. Gatling, the gun man, has invented an automobile plow which turns over the top of a field as easily as his gun bowls over a crowd of men. Some of us will be able to remember the time when they used to plow with mules and horses.

The English regulars also agree feelingly that General Funston's exploit was "that of a scout." It is much more regular to wear gold lace, be hit by a spent ball and draw a pension, but it does not split the wood.

There are a lot of wheat, oats and corn bears out after young Mr. Phillips, whose aunt made some money in corn this winter. The Adamzads can use this money in their business.

General Weaver was elected mayor of an Iowa town. Weaver is one of the many gentlemen who is not worried by the fact that his theories have all gone bump.

Mr. Bryan's Commoner and J. Sterling Morton's Conservative have the effect on each other of cow itch. What chumps they are to exchange.

A morning paper says the alleys are filled with "foul filth." Clean filth is bad enough, but foul filth ought to be looked after.

Mr. Bixby says there are 3,000 heiresses in Indian Territory, some of them beautiful. We trust Mr. Bixby has a chaperone along.

That old musical organization "the European concert," has not played for some time.

Kansas is getting snow, while Minnesota farmers are plowing around among violets.

The lawn mower is beginning to stir uneasily under the cellar stairs.

AMUSEMENTS

Foyer Chat.

That charming rural play, "The Dairy Farm," from the pen of Eleanor Merron, is enjoying a prosperous run at the Metropolitan. It is drawn on lines similar to those of the "Old Homestead."

One of the events of the season will be the production of "A Midsummer Night's Dream" at the Metropolitan the first half of next week, with Louis James and Kathryn Kidder at the head of a cast of fifty people. The musical numbers from Mendelsohn will be interpreted by a chorus of trained voices and especially equipped orchestra and a large ballet. The stage settings are said to be the richest and most striking ever seen.

Mrs. Leslie Carter as Zaza in David Belasco's masterly version, the drama which achieved such a sensational success at the Garrick theater, New York, all last season, is billed for the Metropolitan the latter part of next week. The most eminent critics have not hesitated to speak of her wonderful emotional force in "Zaza" as a most remarkable demonstration of dramatic ability. Mrs. Carter is now to be considered as one of the greatest of living actresses.

The story of Nell Gwynne and the many episodes of her interesting life, especially that part of her career when her name was coupled with that of King Charles II., furnishes the basis for a most entertaining and enjoyable comedy. "Nell Gwynne," as presented at the Bijou this week by Miss Gallatin and her excellent supporting company, is a delightful comedy treat.

"Because She Loved Him So," which is the attraction at the Bijou next week, comes from a remarkably successful run at the Madison Square theater, New York, where it was presented over 150 times. The piece is a farce adapted by William Gillett from the French of Bisson and Leclerq. The farce deals with the tribulations of Oliver and Gertrude West, who are newly married, devoted to one another and wealthy—a combination which would seem to insure happiness. It doesn't, because of the jealousy of the wife. With the idea of showing the young people the silliness of their quarrels, Gertrude's father and mother decide to have a make-believe falling out, which adds to the complications, resulting in an amusing sequence of incidents.

A Side Hit at W. J. B.

Washington Post.

The Nashville American says the late Benjamin Harrison never indulged in "cheap flights of sloppy eloquence which some people call oratory." If the American is not careful, it will be read out of its party on the charge of disloyalty to the chosen leaders.

Spoiled Children.

Ladies' Home Journal.

Spoiled children are not the children of self-sacrifice, but of selfishness and cowardice; the selfishness which seeks the easiest way; the cowardice which shrinks from facing dangers thereby engendered.

Must Not Think of Reward.

Huxley.

One cannot eat one's cake and have it, too. Those who elect to be free in thought and deed must not hanker after the rewards, if they are to be so called, which the world offers to those who put up with its fetters.

Reformatory Power of Cleanliness.

New York Evening Sun.

A Massachusetts city, since putting in public bathhouses has been able to cut down its police force 42 per cent. Cleanliness, if not next to godliness, is here shown to be at least near to public safety.

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THE ART OF LIVING A HUNDRED YEARS.

VII.—REST—HOW TO GET IT

By Dr. Charles K. Mills of Philadelphia.

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At least seven to nine hours of sleep should be had between sundown and 8 a. m. by those who expect to do good work. In addition, much in the way of improving health, fitting for hard work and prolonging life could be accomplished by the busy man by breaking the day with a short rest. This would best be taken between the hours of 12 and 2:30. Half an hour would do; an hour is oftener better. Even fifteen minutes taken regularly will do something for the toiler. If possible, the rest should be taken in a quiet corner or partially darkened room, and should be in a reclining or recumbent position. Even if one does not sleep at this time, one will find much benefit simply by the perfect relaxation which can be obtained in this way.

Business and professional men who are hard worked through most of the year should have at least two periods of vacation and rest. One of these should be at the time chosen by the majority of persons—namely, in the summer months, and probably best from the middle of June until the middle of September. If three months cannot be had at this season, two months should be taken, preferably July and August; if only one month can be had, August is to be preferred to July, and in many cases it would be better to take from the middle of August to the middle of September rather than earlier, in order that the worker may not come back to his work in the city with the hot weather still persiting, as it not infrequently does in some parts of our country until the middle of September. It is not necessary to go at length into a discussion of the necessity of a summer holiday. It is only a question whether or not the time can be taken. The same, however, is not true of the other period of rest, which is of the highest importance to those who would do the best wark. Every observant physician, and not a few laymen, are aware that a tendency to the occurrence or recurrence of serious nervous disorders is present in the late winter or early spring months, and this is especially true if the winters have been long or severe.

Diseases of the Spring.

Chorea (St. Vitus dance) is a disease of the spring; at least many statistical studies show that the majority of cases occur in the spring months. Cases of hysteria, neurasthenia, melancholia and combinations of these disorders confront the neurologist in large numbers as the winter declines or spring comes on. It is also well known that many infections and toxic diseases abound or are more virulent at the same season. Wearied with his work, his vitality more or less sapped by cold and exposure, his spirits dulled and his system generally enervated by the poorer hygiene of the indoor season, the individual shows signs of exhaustion or breakdown, or develops some definite disease. If he would so arrange his affairs as to allow for a holiday of from one to three weeks or more late in February or early in March, and whenever possible, would take this in the most congenial climate accessible, he would find that this rest would do almost as much to maintain his health and increase his stores of energy as the longer rest of the summer vacation. Unfortunately, it is just the season that work increases. The student groans under his augmenting load and waits with worry for examination, while the professor approaches the same period with almost equal anxiety. Both are unduly worked when they are least able, because of season and increasing strain, to endure their tasks. The attorney and business man are in the full flow of their busiest time. Clergymen, judges, physicians—men and women of diverse vocations and avocations—at this time are usually working at high tension. A week or two of rest might save them, and in many cases such rest could be obtained if provision were made beforehand.

How to spend the long and the short holiday are often questions of vital moment. Frequently the rest and change do not result in good because the manner of spending the vacation is not well considered. A man thoroughly tired out in mind and body should not at once plunge into vigorous exercise. He should not begin by climbing mountains and fording streams, by indulging in long hours of bathing and swimming, or by playing tennis and golf or other games to excess in glare or heat. All these may be done in good time, but he should allow himself a period of transition in which to bask in the sunlight, and to breathe pure air while resting and relaxing his mental and physical machinery; later he may increase his physical output. Every real dissipation should be avoided.

Much might be said here about camp cure—about the rest and recuperation which result from life in the woods and mountains, by lake, stream, bay or sea. To many such life brings health and restores energy which cannot be obtained in any other way, and yet this mode of life does not answer for all of those who are advised or who are impelled to take it. In some cases it is necessary that one should be more or less trained to it; for others it seems to be the natural method of renewing strength and health; while for still others more social and less primitive methods, such as abound in healthful resorts, are to be preferred. For almost all, however, the scent of the woods or of the sea will do something to strengthen or restore, if only the method of securing the blessing is well considered. One of the drawbacks is that which has already been indicated when speaking of other methods of recreation in connection with the long vacation. Too deep a plunge is taken at the start. If one untried in the ruder and yet healthful forms of outdoor life will but take them up by easy stages one may soon be able to get those benefits which come more readily to another better fitted by nature and training.

Value of a Change of Climate.

The short holiday of late winter or early spring is usually best spent by going to some quiet but healthful resort in a climate less taxing than that in which the overweary man habitually dwells. The springs of Virginia or North Carolina, the southern seaside resorts, the Bermudas, Nassau, Cuba or Jamaica—one or another of these places offers to most that which is required. If a few weeks can be obtained a delightful rest may be secured by a trip to the Mediterranean resorts, although but few days of the time are spent on land. No effort should be made to see sights, or to seek after those objects which so often hurry and weary him who is supposed to be seeking rest. Every one must learn for himself what is best to do through a study of his own necessities, aided perhaps by the advice and experience of others who have found relief in rest and change.

Climate plays an important part even in the matter of short holidays. Those living in our middle, New England, western and northwestern states who go to the south or to the southern Atlantic coast, or to the West India islands, find that they must perforce rest because of the changed conditions. The higher temperature, the balmy, non-stimulating air, the quite, peaceful life which prevails at the places most to be preferred, put the sojourner into a frame of mind and body in which nothing but rest is possible. He has been told that he must not do anything that will cause him wear or worry, and under the gentle and subduing influences of the new climate and new environment he finds that he could not do anything that would wear or worry him if he should try. I have been told by more than one that even the mere contemplation of the lazy and satisfied natives of such localities has brought a sense of rest and peace to troubled soul and body.

Books That Afford Rest at Home.

Often the problem is how best to rest at home in the evening or in the intervals of business. One not trained to habits of reading, so much a slave to work and care as never to have taken time for diversion or amusement, is often in this respect handicapped seriously, and, it may be, fatally. If he has been a reader, let him turn again to reading for relief; let him cultivate a taste for good literature. A good book contains a wealth of comfort. Books afford a method of brain rest and recreation of which too little use is made. The idea seems to be prevalent that when the mind is weary and the body weak recreation is best attained by absolute physical and mental fallowness, including the avoidance of all study, and even reading. This is true to only a limited degree; now and then we meet with one who should indeed lift neither hand nor foot, should neither speak nor think, or at least should come as near to this negative state as possible; but even in such a case, absolute physical and mental inertia should not be much prolonged.

As regards reading, I have found most rest for myself and for those committed to my care not in the rapidly thrown-off productions of the modern writer, but in the classical stories of all times. Seneca on Tranquillity is as good a mental dose for a tired multi-millionaire of to-day as it was for Serenus in the days of Nero. Defoe and Sterne, Goldsmith and Coleridge, Isaak Walton and Lamb, White or Selborne and Thoreau will serve a better purpose for the nervous invalid than much of the output of the modern press. The doctor need not always fear that he will be insulting the intelligence of even his wealthy and educated patients by suggesting classical writers; strange to say, they are sometimes more familiar with the modern romancer of uncertain merit; or if perchance the classics are old-time friends they will be returned to with renewed pleasure under the stimulus of another's guidance. Not that all recent literature should be disregarded, but a word against the neglect of the classic and normal in literature may well be said.

Games and Social Entertainments.

The extent to which one should resort to games and social and other entertainments can be determined only by each one studying his own conditions and limitations. Some men and women obtain great relief and recreation from cards or chess, or games like numero, halma and the like. It needs only to be said that such games should not be made a business, but a pleasure. It is the change and the social intercourse which do the most good. The tendency of some to resort to diversions that call into play the same faculties required at their daily work should be avoided. A man who is compelled during the day to concentrate his attention closely upon problems of finance, of law or of medicine would better resort to euchre or other easily played games of cards than to whist or to chess. Long sticking at the card table should be avoided, or the attempt at diversion may be worse than business itself. Concert and theater going, public readings and lectures, and even the tea, the reception and the ball may play a useful part in resting from business; but, unhappily, too often such diversions take from sleep and rest. The claims made upon young men in business and in professions by such diversions sometimes add to their already heavy loads rather than to clear their heads and lighten their hands and feet for the work of the next day.

Danger of the Scientific Worker.

A word might be said here of the special dangers which wait upon the scientific worker. He, like the business man in some respects, although unlike him in others, is in great danger from too intense and prolonged work in a single direction. If he is not careful he will make his life a terrible monotone. With his eyes fixed upon a single, and, it may be, an important and noble object, he turns neither to the right nor to the left, but strives without resting day or night to reach this goal. He is often the object of admiration, and sometimes of envy; he accomplishes much, but sooner of later he pays the penalty of his misdirected zeal. Often a man of general capacity and varied resources, spurred by his desire to achieve the high place in his chosen vocation, gives up one after another every means of amusement and diversion until he finds that the summit of success which he has reached is barren for him of everything that will give him personal comfort and pleasure. He has done the great work for others, but in doing it he finds himself, when most in need of relief, isolated and often unhappy, plagued by the demon of unrest.

About the Rest Cure.

It may be well to close this article with a few words about the so-called rest treatment or rest cure. Many mistaken notions are afloat regarding this subject, although the factors which make up this treatment have become well known to some members of the profession, and to not a few in the community at large. The mistakes generally have reference to the manner in which the treatment is carried out and to the range of its applicability. Some seem to think that all that it is necessary to do is to put a patient in bed in charge of a well-paid nurse and to give a few directions as to feeding and the use of medicines. But, as long ago emphasized by Dr. Weir Mitchell, to whom we are indebted for the organization of this therapeutic method, its successful use requires unusual skill, a special and thorough knowledge of the scientific principles on which it is founded. Rest, physical and mental, is the keynote of the treatment; but in order that this may be obtained with benefit, other elements must enter. The patient is not only put to bed, but he or she must be excluded from family, friends and business associates in order to secure the most perfect mental repose; must be given massage, Swedish movements and electrical treatment, both for the sake of the passive exercise and for their especial influence on digestion, circulation and the nervous system; and must be fed by a carefully regulated and increasing method, in order to improve impaired nutrition and supply the energy which has been lost through overwork or disease. Properly used, it may be a means of physical salvation; but, on the other hand, it may not only fail of success, but, worse than this, it may do harm. As summarized by the writer in another place, "this treatment is most valuable in neurasthenia and hysteria, but it may be used with advantage in other affections, as chorea, exophthalmic goiter, neuritis and myelitis, in some case of melancholia and mania, and even in locomotor ataxia for the relief of pain and to improve the general nutrition. The opium, chloral, alcohol or other drug habit can also sometimes be advantageously treated by this method."

Periods of Absolute Rest.

In a few cases patients should be kept absolutely at rest for one, two or three months; in other cases a treatment by partial rest in bed is more applicable. Sometimes the period of absolute rest should be shortened and should be applied only for a week or two at the beginning of the treatment. At times it is best used simply for the purpose of preparing for methods of systematized exercise, or for treatment by travel, camp cure or change of climate. This is especially true in some of the forms of real or threatened mental disorder, and particularly those in which the patient has been rapidly worn out through mental distress or excitement. The patient, in a word, needs to be relieved for a time from sources of mental irritation, and his physical energies in part restored before efforts are undertaken to bring about a more complete cure by change of place and surroundings and by introduction to new features of interest into his life. It is a not infrequent custom, for instance, of physicians who make use of this method of treatment to first resort to a full or partial rest treatment in town; then to move the patient to the seashore, the country or the mountains, and later to advise a longer period of travel, with a carefully chosen companion or attendant.

Now and then the physician finds it almost as difficult to stop or change his program of rest indoors as it is to begin or carry on the treatment. Reading, conversation and well-selected diversions have their part in the stage of indoor treatment, and the moral influence continuously exerted by the physician is one of the most important agents in bringing success.

Chas. K. Mills

Exit Number 1,214. *By Elias Lisle.*

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My acquaintance with No. 1214 began in Phil Casey's court. Handball is the most democratic sport in the world. One day No. 1214 and I found ourselves pitted as partners against a judge of the supreme court and a lightweight prize fighter, and although his honor played a pretty rough game, we beat them by a close score. So close was it, in fact, that a spirit of rivalry was engendered which established our competition as a regular Saturday afternoon event thereafter. Later I met 1214 on his beat on the Big Bridge, and when I was kept late in my office that spring I would walk across for the sake of the talk with my big police friend. A master of hand, eye and temper I already knew him to be; now I came to know him as a poet in the rough, beset with longings and emotions which he did not himself understand. The sight of the full-rigged ships, in-bound with all sails set, or out-bound for the great unknown world, stirred the very soul of him.

"Will ye look at her, now; walkin' like a great lady, an' with the shape of one," he would cry, with a kindling eye to the curve of the full-bosomed sails. "And it's well I'd like to go with her."

"And leave you place on the force?" I asked.

"And I'll be doin' it one of these days. Why not? I have no wife nor fam'ly an' a tidy sum in the bank."

"And where will you go then?"

"Ah, where? That's a thing no man knows; meself least of all."

One Friday evening, as I was walking across with the big policeman, the talk shifted suddenly from the morrow's game.

"Sure, I think the judge plays a little over hard for his point," No. 1214 had been saying. "That back-hander he took me over the jaw, now, an' me just reachin' for the ball. A referee wud ha' called a hinder on him. Accidental? Sure, don't I know that his honor is too much av a gentleman—whisht! What's that now?" he interrupted himself as a dark shadow shot in front of us.

"A nighthawk out collecting insects," said I.

"Is it, now? I think witches was invinted whin the first Irishman clapped eye to one of thim birds. De ye think, sir—" he spoke diffidently, and after a pause—"that there is anything in this belafe that we was once some kind of animal or crature?"

"It is a very old belief, John," said I.

"Thin, if there's a breath of truth in it I think I was some chature that flew before I was born this time to be a polaceman. There's times, sir, when I'll be beyant by the rail there an' I'll be lookin' an' longin' an' longin' an' lookin' till I could leap out to take my chances with the sea-birds there."

With such vehemence did he speak that I was disturbed. "Why, John," said I, "you'd do well to ask for a transfer. Gazing down a hundred odd feet till you want to leap isn't a safe diversion."

"An' you needn't to be worryin' about that, sir, thank ye." said he, quietly. "I'll not take the jump; not before the birds tache me to fly."

"We'll need to be in our best trim for them to-morrow afternoon," said I, as he turned back to his beat. "So keep your head steady, John."

When I reached the court on the following afternoon I found the lightweight, who rejoiced in the cognomen of Bunt Hahmo, serving long ones into the left-hand rear corner, which was the supreme court's weakest point. No. 1214 did not appear, and I had to pick up a recruit, whereby the bench and the ring won a hollow victory. On the following morning the newspapers printed paragraphs to' the effect that Patrolman John Hannerty was missing, and the evening papers exploited it into a mystery. It seems that the officer had disappeared from his beat on the bridge. That he did not leave at either end seems certain, for he would have had to pass several brother officers. At 11:55 he had been seen near the railing; at three minutes after midnight he had gone, leaving neither trace nor clue. There seemed to be but one inference, and five evening papers printed pictures of the alleged suicide, which were chiefly remarkable, from the fact that no two of them were in the faintest degree alike. What little element of mystery there was left was considered to be destroyed by the washing ashore of a policeman's coat and trousers the following morning. That evening the mystery had a sudden revival, the police badge number 1214 reached the Bridge police station by mail. Detective work, amateur and professional, got no further than the fact that the badge had been mailed in a plain white envelop, in a mail box near the water front. Theories were advanced, refuted, defended and replaced by new theories, until some newer matter came to occupy the public's avid mind.

At the handball court No. 1214 was not forgotten, and in many a hard fought contest with his honor and Bunt I missed his quick eye and indestructible hands, for he had few equals at the sport. One day, nearly six months after his disappearance, when the judge and I were arguing a point single handed, while awaiting Bunt and a fourth man, there burst in abruptly a sailorman in bad repair. So close behind him as to suggest a violent, propulsive force came the prizefighter.

"He didn't come when I foist ast him," panted Bunt, "so I had to jolt up his manners," indicating a cut lip and a badly banged eye, which the visitor was ruefully rubbing "I caught him down here on the river front. He was tellin' about Johnny Hannerty. Speak up, ye dago Swede, or I'll hand yer another."

"I donno about no Johnny Hannerty," said the sailor, doggedly, but with an eye to Bunt's twitching left. "I was tellin' some mates about a crazy man what flew aboard the Giovanna."—

"Wait a moment," interrupted the judge. "Let us get this straight. What did you say he did?"

"He said he flew aboard," said the sailor. "I dunno if he spoke true. I never seen him fly, but I donnon no other way he could have got aboard."

"Tell the rest of it; tell the rest of it, or I'll tear yer ear off," vociferated the ferocious Bunt.

"Hahno," said his honor, quietly, "order a drink for our seafaring friend, please, and let him spin his yarn uninterruptedly."

Being refreshed, the sailor proceeded with a better grace. "We'd passed under the bridge about midnight, on our way out, last April early. 'Twas a high tide, for we just scraped under with our maintop gallant mast down. It was my watch on deck. We was just gettin' into the bay when I seen a man comin' down the mainmast ratlines. He wasn't no man we'd shipped, an' he didn't have no clothes, only shirt an' drawers an' shoes. I was mighty surprised, an' so was the mate. He up to hit the man, but the other feller let him have it, an' the mate didn't wake up for near an hour. He hit a queer blow; kinder like this," and the sailor gave a very fair imitation of the driving blow peculiar to handball players, and a thing to keep out of the way of. "Then he done a queer thing. Our tug was just putting back. He walked to the rail an' threw over a little white package to the tug. 'Mail that where it belongs, will ye?' he calls, an' I goes down after the crew."

"That was the badge!" I exclaimed.

"But there is very slim proof that this was No. 1214," objected his honor.

"Tell him about the scrap; tell it just like you told it before," cried Bunt. "Wait till you hear that, judge."

"Oh, the fight," said the sailor. "He done his best. It took near the hull crew to get him in irons. I got a cracked rib from it," and he rubbed his side.

"A short left jolt, wasn't it?" cried Bunt.

"I guess it was. Anyhow, it was when I was up close an' it finished me. He hit awful quick an' awful hard an' every time he landed he hissed between his teeth like a snake."

"John Hannerty, by heavens!" chorused the three of us (except that Bunt put it a little stronger), for there was no mistaking that hissing expulsion of the breath which followed every one of No. 1214's most effective drives.

"But how on earth could he have got aboard when he was on the bridge five minutes before midnight?" demanded the judge.

"Said he flew aboard like a bird," reasserted the sailor positively. "Never seen him fly, but he must ha' got there somehow."

"May it please the court," I said, "I can clear this mystery. Here was the 'Giovanni' going out into the world, and there, on the bridge, was No. 1214, with a soul full of yearning. It was only a step from the bridge roadway to the ship's maintop masthead. The soul full of yearning gets the best of 1214 and he makes the step, casts away his uniform and becomes a mysterious disappearance."

"But what has become of him?" asked the judge.

"Quit us at Bonos Airs," said the sailor. "Found a lot of dagoes there battin' a little baseball 'round a room with their hands. Went in an' played one of 'em, then two of 'em, then three of 'em, an' got all their money. When we sailed he was fixin' up a place of his own an' said he'd be an alderman in six months if they had 'em there."

"That is No. 1214 beyond reasonable doubt," said the judge. "Shall we report the matter?"

"Nit," said Bunt. "He might want to git back his job on the police some day."

So we held our peace, and on the police records No. 1214 is still down as missing.

Daily New York Letter.

BUREAU OF THE JOURNAL,
No. 21 Park Row.

Racetrack and Poolroom.

April 4.—Race track men do not look with any favor upon the latest phase of the fight that has long been waged between the tracks and the poolrooms. While powerful interests are prepared to stand in defense of the sport on the running track, as it is to-day conducted, there are nevertheless some misgivings over the way the fight has developed in the legislature. The running tracks about New York city have for several years been unhampered by objectionable legislation. Since the passage of the law creating a state racing commission, which put running races under the control of such men as August Belmont, William C. Whitney, James R. Keene and John Sanford, the sport has been clean and has met with unqualified public approval. The poolrooms have always been in difficulties with the legislature, which has repeatedly passed laws seeking to prevent their existence. The race tracks have always been at war with the poolrooms, seeing further prosperity for the tracks should the poolrooms be driven out of business. The poolrooms have opposed the racetracks about New York on the ground that if betting is permitted in the ring it should be permitted in the poolroom as well. The rooms could run on information from western and southern tracks. As soon as counsel for recently arrested poolroomkeepers raised the point that the sections of the penal code which permit bookmaking at the track, also covers the case of poolroomkeepers, and lawyers were inclined to look upon the point as being well taken, a bill was introduced in the legislature to wipe out the entire section of the code. While this would have the effect of wiping out the clause under which the poolrooms seek protection, it would, at the same time, throw racetrack bookmaking into the felony class. That would necessarily wipe out bookmaking at the track, and without bookmaking it is an easy matter to figure out where the sport on the Metropolitan circuit would find the end of its existence. The Jockey club backers are prepared to fight the new bill to the utmost, while the poolroom people are equally determined that if their great legal discovery is rendered useless they will have the crumb of comfort of carrying the racetrack down to hard pan with them.

The "Arrest" Nuisance.

An interesting case has just been decided by the court of appeals, which should have the effect of showing our police officials there is a limit to their privileges in making arrests. Even the autocratic power of a detective sergeant may be overstepped, for the court has declared a man may not be arrested simply as a "suspicious person." The decision was rendered in the case of Henry V. Snead, who has had the matter in litigation for nearly eight years. During that time he has had to contend against the combined forces of the corporation counsel's office and the police department. Snead, who is a member of a prominent southern family, found himself in financial straits in 1893, and, packing a valise with some of his family silverware, started for a pawnshop. There he did not receive a satisfactory offer, and while returning home he was arrested by two detective sergeants. Thinking they were thieves, he resisted them, but was overcome. He charged the officers with beating him shamefully, and also with taking from his pocket a letter from his fiancee, a young southern woman, who is now his wife. This letter, he said, was read aloud at police headquarters before several men, and he was not permitted to communicate with any of his personal friends, not even with Judge Pryor, who knew him well. After being locked up four days Mr. Snead was exonerated and then brought charges against the detectives before the police board. The board decided the officers had acted within their authority in arresting him as a suspicious person. Snead sued the detectives for damages, and got a verdict, after which the city authorities took up the matter, contending the verdict aimed a vital blow to the municipal police powers. Now the court of appeals has upheld the verdict secured by Snead.

Mr. Carnegie's Gift.

Our city officials are by no means disposed to lose any time in legally accepting the offer of Andrew Carnegie to furnish $5,200,000 for the building of sixty-five branch libraries in various parts of the metropolis. Corporation Counsel John Whalen has drawn a bill which has been introduced in the legislature to make possible the acceptance of this gift by the city according to the conditions imposed by Mr. Carnegie. By the scheme outlined in this measure the city will be authorized to make a contract with Mr. Carnegie or any person designated by him, or with any corporation approved by him, and which has power to construct and maintain free libraries to errect and equip the buildings and manage them. The only corporation that meets with all these requirements is the New York Library association, which has control of the building now being constructed at Fifth avenue and Forty-second street, on the site of the Bryant Park reservoir. All power over appropriations for carrying out Mr. Carnegie's plan is to be given to the boad of estimate and apportionment, instead of the municipal assembly. Mr. Whalen has had some experience with the municipal assembly.

Work of the Illustrators.

Illustrators are a class of men who receive unusually good pay for their work. The space rate allowed by the principal magazines are most liberal, from $100 to $300 being paid for a full page, and from $50 to $100 for a half-page drawing. As there is practically the same amount of work in making the one as the other, this at first sight appears to be hardly fair to the artist. A compromise is usually effected, however, by taking for the half-page reproduction a much more simple subject, one requiring less labor. Space rates are arbitrarily fixed by the periodicals. Some of the best illustrators are known to receive as high as $300 for a drawing, and in many cases this pays for the right of reproduction only, the original drawing itself, worth $100 or more, being returned to the artist. The sum of $1,000 paid some years ago by one of the leading monthly magazines to Edwin A. Abbey for the right of reproducing a drawing was probably the record price.

N. N. A.

A large area of sulphur deposit has been recently discovered in the trans-Caspian territory of Siberia.