

RESTING THE BRAIN.

A Physician Writes on Exercise for Men Who Work With Their Heads.

THE THEORY OF CHANGE.

One Set of Nerve Centers May Be Asleep While Others Are Busy.

HIGH LIVING AND DESK LIFE.

The Dumbbells Ten Minutes and Walk Five Miles Every Day

PRESCRIBED FOR THE AVERAGE MAN

(WRITTEN FOR THE DISPATCH.)

The brain-workers I am thinking of in writing this article are not school children or college students, but men and women. Physical training is probably of even greater importance in childhood than it is in adult life, because upon the amount and kind of it received in the early years depends largely the kind of body which the man and woman must receive, use, and take care of.

When walking becomes automatic. In some kinds of co-ordination, as in walking, the action of the nervous system soon becomes automatic, and is performed without conscious effort. It must be exerted in order to produce the movement desired, the work of the nervous system is greater, and fatigue and exhaustion are more likely to result.

Brainwork When Muscles Are Fatigued. Walking is a type of exercise of endurance practice. Light dumbbells are a good exercise of speed. That form of exercise whose object is to develop strength, such as lifting weights, etc., is not a desirable form of exercise for brain-workers.

The Science of Change of Work. If the cells of the nervous centers whose special functions are perception, ideation and emotion are inactive, the body is in a state of rest. The nerve centers or sub-brains which are used for those purposes in speaking on the Stock Exchange, are no doubt somewhat different from those which are active in working out a mathematical problem.

High Living and Good Exercise. Then they go to the physician, who will probably advise them, among other things, to take exercise. But I am not writing for men who are under the charge of a physician, nor even for those who are beginning to fear that they may soon require medical attention.

LABOR IN ALASKA'S WILDS. A Part of the Union Where Workingmen Have No Cause to Complain. Harper's Week. The three dollars a day, with board and lodging provided by his employers, and miners' wages. Indian workmen in the mines receive \$2 a day and "find" themselves. The cost of provisions adds a dollar a day for each while employe to the expenses of the mining company, and with these items in the operating expenses, any profit that the mine produces is sufficient to pay the wages of the miners.

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How Brain Depends Upon Body. How brain works, without special instruction or worry, has little or no influence in producing diseases or discomfort if the organism be normal and healthy to commence with. But the brain has a tendency to become over-fatigued, and the result is a condition known as neuritis or neurasthenia.

MILK OF THE WORLD.

Statistics Show Londoners Use a Quarter Pint Each Per Day.

THE DURABILITY OF ALUMINUM.

An Attachment by Which a Bicycle Can Give His Lady a Ride.

ODDS AND ENDS OF SCIENTIFIC LORE

A problem which is of the deepest interest to statisticians, agriculturists and social economists is the production and utilization of milk and milk products in this country. Steps are being taken to secure reliable statistics on this subject in a number of ways. In the meantime some statistics which have just been collected in England are of great value. Within the last 20 years the number of cows in Great Britain has decreased in proportion to population. In 1860-70 there were 82 cows per 1,000 of the population, while in 1888-90 there were only 77.3. The absolute number of cows had increased, but not sufficiently to keep pace with the growth of population.

New Method of Preserving Logs. A new method of impregnating logs with zinc chloride in order to preserve them is in use in Austria. The process is very rapid, and has the additional advantage of being applicable to the timber as soon as it is cut. The zinc chloride solution, which has a specific gravity of 1.01, is forced into the thick end of the log by a force pump. To this end an iron disc of suitable diameter and furnished with a cutting rim is forced into the end of the log and secured by a strap. The pressure of the water pre-impregnating each log takes from three to four minutes. When a pressure of two or three atmospheres has been maintained at the thick end of the log for a few minutes, the sap begins to exude at the opposite end, and when this is followed by a weak solution of zinc chloride the operation has been completed. About 100 gallons of the solution are required per cubic foot of timber treated. One disadvantage of the process which has not yet been overcome is that the logs must be cut to a uniform size as in some other methods.

Yet Another Insulator. Another claimant for that bonanza of electrical field, the durable and effective insulator, hails from Germany. He mixes three parts of steatite with two of powdered asbestos, and produces a material which thoroughly incorporates the ingredients until the material has a uniform, "soapy" touch. The mixture can then be compressed into dense masses, and is ready to be worked up into any convenient form. To increase the insulating properties of the chalk it is kneaded with three parts of resin or shellac dissolved in alcohol until a sort of dough is obtained. This is then dried, powdered, and reworked into a material which is as hard as enameled glass and finally compressed into hot molds.

Durability of Pure Aluminum. In view of the conflicting statements that have been made with regard to the various qualities of aluminum, some statistically received from Germany are of interest. The results of the loss in weight in three spoons of different compositions, after continuous use, are given: A silver spoon lost 4.03 per cent per year; an aluminum spoon lost 0.01 per cent per year. It thus seems evident that as regards durability there is not much to choose between silver and aluminum, while the alloy wears away more easily than either.

New Method of Mine Ventilation. A novel device has been used to produce an air current in a shaft in Pennsylvania. A small steam pipe enters the top of a wooden airway for a depth of nine feet, and the steam escaping from this pipe causes a draft of air which is used to ventilate the mine. So considerable is the effect of this steam jet that 8,000 feet of cubic air is carried out at the outlet of the shaft every minute. This system has been found to be more practical than the air fans now in common use.

WELLINGTON'S FAMOUS DANCE. Belles and Beauz Who Heavily Danced the Dance of Death. The Duke and Duchess of Richmond were living in a fine hotel on the Rue de la Blanchisserie which stood on its own grounds and had a fruit and flower garden extending to the city ramparts. Their guests were of all nationalities, and the Duke and Duchess had a reputation for being the most hospitable of hosts. The Duke of Wellington, who had issued 220 invitations for her ball, proposed to recall them when she heard that Napoleon's army was advancing. But the Duke of Wellington, to prevent alarm, requested that the ball might take place. Nevertheless, many English families were frightened away from Brussels, and post horses were kept harnessed in the Duke of Richmond's stable, in case bad news from the scene of the conflict should make it advisable for his children to be sent to Antwerp. The majority of the people of Brussels were violent Bonapartists and were prepared to entertain Napoleon in great style should he force the British army to retreat and enter their city in triumph. So it was that the Duke of Wellington and many of his officers went to the ball after the business of the day had been attended to. While the merry couples were dancing, the Duke of Wellington, who was seated at the head of the table, was suddenly seized from behind by a man who had been waiting for the opportunity to strike. The Duke of Wellington, who was seated at the head of the table, was suddenly seized from behind by a man who had been waiting for the opportunity to strike.

A Railway Accident. A singular suit has been brought in a Vienna court. A firm of electrical engineers constructed a miniature electric railway for the defendant, who intended it as a Christmas present for his children. As the defendant pleaded, when the suit for payment was brought into court, that the electric railway was a failure—the electro motor being incapable of starting in motion—the court demanded an "expert opinion" on the capacity of the apparatus. A day was appointed for the trial, which took place in the afternoon. The judge, in the presence of the Judge, a reporter, two experts in electric installations and the representatives of the contending parties. A large board, upon which the rails were laid, was placed in the court, and the train was set in motion. At first it moved quite smoothly along the line, but suddenly the carriages underwent a mighty jolt, the entire train being thrown into a violent motion. "Derailment" in miniature was exhibited before the commission. The experts declared that the faulty construction of the rails was the cause of the accident. The adjustment of the rails was ordered and another day was fixed for a further trial before the Court. The moral of which is that it is impossible nowadays to keep electricity out of anything, even a suit for children's toys.

Tandem Bicycle Attachment. The popularity of the bicycle has greatly increased since the discovery of the fact that it is just as well adapted to feminine requirements in the matter of exercise and enjoyment as it is that of the sterner sex. To some devoted couples a new arrangement will appear very forcibly. This is a tandem attachment to a safety bicycle for use by a lady. The price of the attachment is comparatively small, and the cyclist by having it and attaching it to his own machine finds himself in the enviable position of being able to take any lady friend for a run when occasion requires.

A Useful Plaster. A material combining the best qualities of the ordinary plaster and those of fireproof cement is being used in London. One of the advantages claimed by the manufacturers of the plaster is that the plaster can commence a work in the morning and completely finish before the day is out without special preparation of the surface. The next day there is a hard surface, which is well suited to be trenched and the result is a wall or ceiling which will withstand damage from any sort of rough treatment. It is also claimed that walls, ceilings and battens or strapped walls, which are treated with this material will never crack. Used pure this plaster lies on the ceiling like gaudy putty.

BILL NYE IN A ZOO.

He Interviews Mr. O'Hoolihan on Leading Questions of the Day.

A NEW DISTRIBUTION OF BRAINS.

How a Good Man Fought Valiantly to Save a Tough Speak-Easy.

INFORMATION AS TO ENGLISH HUMOR

(WRITTEN FOR THE DISPATCH.) Cincinnati is one of the most attractive local gardens in the United States, the fairs displayed there being of an unusually robust and attractive quality. Fondness for a close study of animal life has ever been a characteristic of mine, and on arrival in any city of considerable size I register, send up my luggage and inquire at once for the zoological garden. Soon afterward you may see me engaged in studying the resting shoulders of the giraffe or the low, retreating forehead of the crocodile.

The Elephant's Overall. The Cincinnati zoological works possesses the tallest and handsomest giraffe giraffes that there is in America, so I am told. It can easily cut out of a third story window, and belongs to the Hook and Ladder Company No. 3, of Cincinnati.

At the Zoo in Cincinnati. Prof. Louis Agassiz, with whom I have lectured a number of times to standing room only, divides the earth into three faunas: the Arctic, the Temperate, and the Tropical. The Arctic fauna was homogeneous, and embraced the northern extremities of the several boreal continents down to the isothermal zero. Possibly I do not make myself quite plain, but a little thought will make this perfectly clear.

The Arctic fauna embraced those animals which, like the polar bear, prefer a strictly arctic diet during the winter, exhibiting a strong repugnance to oatmeal, and adhering to their heavy jagers the year round. The Arctic fauna also embraces the walrus, the penguin and the pemican. The salt horse and Cincinnati quail are also found as far north as the utmost limit of exploration and habitation, notably the pemican, the Rodentia and pachyderms do not do well in the Arctic fauna. The season is too short. I would never take my pachyderms too far north. Incidentally, the walrus, which is a gallinaceous bird, and carries its feet in the tobyogan, but pachyderms and articulates are very seldom found here.

Living on Polar Axle Grease. This animal is also enabled to go for days without food. Last winter, for instance, it is said to have been a very severe one on arctic regions, and the polar bear, which is a carnivorous animal of the polar regions are now often seen to pause and look at each other as who should take the lead. What a wise arrangement of nature this is which enables the polar bear, when heated and perspiring after a long, hard chase after an explorer, to eat the fat of the seal, which is impregnated with his oil.

A Pastor Breaking the Sabbath. Fire, however, had broken out in the hotel near by, it seemed, and so in the midst of his sermon he was obliged to stop against these vines he broke off suddenly to save his property. He formed a bucket brigade, and aided the four other pastors, who had also happened to be present, in the good man fought the flames without ever pausing for breath. The hook and ladder company did the swearing while he carried water. They pulled down ivy vines, ate hotel pie, filled the air with imprecations and ever and anon rolled up their sleeves to see if their muscles had grown any since they had last examined them.

A Scene for a Rembrandt. One of the most touching pictures I have ever seen, I think, and one which is worthy of the brush of a Rembrandt or a McDougal, is that of Mrs. O'Hoolihan on a Sabbath morning fishing around Mr. O'Hoolihan's John C. Calhoun whiskers with a fine needle. The Duke of Wellington, who had issued 220 invitations for her ball, proposed to recall them when she heard that Napoleon's army was advancing. But the Duke of Wellington, to prevent alarm, requested that the ball might take place. Nevertheless, many English families were frightened away from Brussels, and post horses were kept harnessed in the Duke of Richmond's stable, in case bad news from the scene of the conflict should make it advisable for his children to be sent to Antwerp.

MONKS POSSESS THE SECRET. They Manufacture Benedictine Liqueur and Thus Increase Their Income. The liquor "Benedictine" is distilled within a monastery in France by monks (who alone possess the receipt), much on the same principle as that of the Great Chartreuse, to which the Benedictine has a great resemblance both as to color (the yellow Chartreuse, not the green) and taste. Its greatest property, and perhaps the secret of its unique flavor, lies in the fact that it is brewed with the very old brandy used in its distillation.

How the Bazzer It Worked. Do you know how a bazzer works? The principle is a very ingenious one. Some ladies borrow money from their husbands, buy material and make up fancy articles, which they send to the bazzer. Then they change places, borrow more money, and buy the articles back again. In this way the smart Aleck who knows

THE BIG SHOW BILLS.

Nearly a Million Feet of Space Covered With Gorgeous Paper

IN THE TWO CITIES EVERY WEEK.

Rivalry of Theaters for the Windows and Files in the Streets.

PASSES FOR HANGING LITHOGRAPHS

(WRITTEN FOR THE DISPATCH.) One of the most remarkable facts of civilized life is the number of important business and social events which the public have the most absurd ideas. Bill posting is a conspicuous instance of this. We see great posters pasted on boards around vacant lots or old buildings, and as we glance at the announcements or pictures there displayed we regard the whole affair as a very unimportant element in city life. We know that men go around with piles of bills, booklets of paste and brushes, and that with a few dexterous movements, they convert a space full of tattered paper, or an expanse of old boards, into a brilliant display of dramatic scenes in many colors.

Bliss That Make the Boys Stare. Besides this there are 3,000 "three-sheet" boards. A "three-sheet" bill is about 3 1/2 feet wide by 7 1/2 feet in height. Spaces on which can be pasted up 20,000 "one-sheets," each 3 1/2 by 2 1/2 makes up the total space of free real-estate advertising in the city. The total space of the bill posters is about 1,200,000 square feet that is covered with bills of various kinds at the year around.

The Elephant Was Not Feeling Well. The elephant was feeling very poorly when I saw him. His skin looked dry and feverish. When he walked his overall rattled together like tin clothes fastened together with wire. The mandrill is a strange looking beast with a brief but spirited tail. It has a blue nose, but flushes easily if taken by surprise. It is said to be without violation in its hands in an embarrassed way, erroneously thinking that it is secure from view.

It Takes Skill When it's Windy. It takes long training to make a bill poster. When a poster is put up, it has a miserable knack of sticking together in folds and tearing at awkward moments unless it is handled with professional skill. It is only by allowing so much for this, and holding the paper in a certain position that it can be safely affixed to the board. The old hand knows all about this, and he will put up a 20-foot bill in a gale of wind without a mistake, while pedestrians can hardly keep their feet, and are obliged to hold on their hats with both hands.

IF THE EARTH WOULD STOP. The Conversion of Motion Into Heat Would Burn Up Everything. The globe revolves with a surface speed which varies from a little over 1,000 miles an hour at the Equator to all at the Poles. It is now an accepted axiom of physics that heat will be produced in proportion to that all motion suddenly arrested is instantly redeveloped as heat.

WOOD'S PENETRATING PLASTER. FAR IN ADVANCE OF ORDINARY POROUS AND OTHER PLASTERS. Sold by Druggists Everywhere. New York Depot: 60 William Street.

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