PRACTICAL HEALTH HINT.

To Prevent Colds.

Dr. Eugene L. Fisk of the Life Extension institute, in New York city, suggests that one of the best methods for preventing colds is to breathe as much fresh air as possible. A draft, he holds, is not to be feared unless it is strong enough to be chilling. It is as silly to weaken your resistance by coddling as it is to be over-Spartan. The skin can be trained to help resist germ infection, and one of the worst ways to train it is to work and live and sleep in overheated rooms. The same sort of rules apply to clothing. Adapt your clothing to the condition of your health and to the conditions of the weather. One man can wear light underclothing all the year round; for another whose physique is not so hardy or who has chronic heart or kidney trouble such a course is folly. It is as harmful to expose yourself too much as it is to weaken your resistance by building up. Baths? One man can take cold baths and be no worse for them; another of a more delicate constitution will suffer nervous shocks from the same temperatures. Try out your skin and find out its reaction point. Of course you will do well to avoid constipation, overeating and extreme fatigue, for these all aggravate colds and invite them. The man who is subject to colds should be sparing in his use of tobacco and should know that he weakens his resisting powers if he drinks alcohol.

Tennyson's Vanity.

The intricacies of a great man's character are often simplicities to his wife. Once, when the late Alfred Austin had paid a visit to Tennyson, his immediate predecessor, Tennyson walked with him as far as the gate which led to the highway. There, says Alfred Austin in his autobiography, while the elder poet stood leaning on the gate, a party of wide eyed sightseers appeared.

"What a vulgar people the English are!" Tennyson exclaimed. "They come here to watch for me, and when they see me they say quite loudly, 'There's Tennyson!'"

Mr. Austin afterward repeated this to Lady Tennyson, who smiled tenderly, but archly.

"My husband would be much more annoyed if the people didn't come," she said.

Invented the Check System.

John Palmer, who died some years ago in rather straitened circumstances in a little town in Michigan, was the inventor of the check system. Palmer was a fiddler and assumed responsibility for the hats, coats and wraps of those who came to his dancing parties. In keeping things straight he gave numbered checks for the articles committed to his care. Some railroad men who attended one of the dances noticed how perfectly the idea worked, appropriated it and in a short time it was adopted all over the country. As is often the case, the inventor got nothing out of it.—Philadelphia Press.

Making a Hot Compress.

In the American Journal of Nursing Elizabeth Robertson gives the following directions for making a hot compress: Wet the compress with tepid water, then iron it rapidly with a very hot flatiron. This produces sufficient steam to hold more heat and obviate the necessity of wringing out excessively hot cloths.

The Money Power.

Braggs—It is positively absurd to talk about a "money power" in this country. There is no such thing. Waggs—I'd just like to discuss that with you. Have you got a minute to spare? Braggs—Not a minute. I've got a note due at the bank, and they're bothering me to death about it.—Life.

Eighty Per Cent.

"The Browns are celebrating their silver wedding next Saturday."

"Their silver wedding? Why, they've been married only five years!"

"I know, but that's five times as long as anybody expected them to stay married, so they feel that they are entitled to a discount."—New York World.

The Hundred Years' War.

The origin of the Hundred Years' war was the king of England's claim to the crown of France. Philip of France left three sons, all of whom died without issue, and the nearest male heirs were Edward III., who was the nephew of the three sons, and Philip de Valois, who was their cousin. The law in Edward's claim is the Salic law, which passed over women, and Edward owed his blood relationship to his mother. Edward claimed that, though Salic law applied to his mother, being a woman, it could not apply to him, being a man. On this dispute began the war that lasted nearly a century, ending with the many victories of Joan of Arc, which crushed the English authority in France.

Bigger Game.

Booth Tarkington, while in New York recently, was discussing the subject of debt with a playwright friend known for impecuniousness.

"About $1,200 would see me clear of debt," said the playwright. "And I tell you, Tark, if I ever get out of debt once I'll never get $1,200 in the hole again. It will be $12,000 next time. No more piker games for me."—New York Globe.

Stairs Waste Effort.

Elevators and other conveyances utilized ordinarily for handling materials may be used also in conserving the strength and increasing the efficiency of the workpeople. It is nothing less than stupid to make tired employees climb down several flights of stairs at the end of a long day's work when there are elevators available and even more stupid to make these people climb up the stairs in the morning, using unnecessarily a large amount of energy which might otherwise help to tide them over the critical fatigue point during the day. It would be part of wisdom to install elevators merely for use of the workers, even if they were of no use for handling materials. Some of the best recently constructed mills have installed escalators for this purpose.—Engineering Magazine.

A Domestic Interlude.

Marriageable Daughter—I think, father, you do Arthur a great injustice when you say that he is penurious.

Precocious Brother — What's penurious, father?

Father—Why, penurious means close.

Precocious Brother — Then you're right. That young man is awful penurious when he comes to see Sis.—Exchange.

Willing to Bear It.

"Well, dearest, I have just asked your father for your hand."

"What did he say?"

"He asked me if I felt capable of assuming a heavy burden."

"And what did you tell him?"

"I told him I would take care of all he would give us."—Boston Transcript.

Force of Light.

Light has an actual mechanical pressure and can be measured in the laboratory. It has been found that the sun's light in itself presses against the earth with a force something like 70,000 tons. As the surface of a sphere varies as the square of the radius, and as the volume or mass varies as the cube of the radius, and as the mechanical pressure of light on the whole surface varies as that surface, and as the force of gravity varies as the mass, if a sphere is made smaller and smaller it is easily seen that the pressure of light does not decrease so fast as the force of gravity, so bodies beyond a certain minuteness could not reach the sun, but would be repelled by the mechanical force of its light.

Salesmanship.

The mere selling of an article is not always proof of good salesmanship. One observer declares, "If a customer is persuaded into buying something she does not want she will not come back." The best salesmanship is that which looks to the future—in other words, which is based on the sound policy of honesty.—Youth's Companion.

More Advanced.

Helter — Have you a book called "How to Acquire a Good Carriage?" Clerk — No, sir, but here is "Seven Ways to Obtain an Automobile."—Toledo Blade.

An Artist.

Sue—You said you were going to marry an artist, and now you're engaged to a dentist. Flo—Well, isn't he an artist? He draws from real life.

Not a Dancer.

Mistress—Sarah, I don't believe that I have given a dance since you've been in my service, but do you think you could make yourself useful? Sarah—Well, mum, I—you see, I ain't never took dancin' lessons in all my life.—Boston Transcript.

Publicity Work.

Kathryn—Of course this story about Kate is just between us two. Kittye—Sure! And between us two it ought to get a pretty wide circulation.—Puck.

Handicapped.

"Why don't you look around for work?"

"Can't; I've got a stiff neck."—Exchange.

We reduce life to the pettiness of our daily living. We should exalt our living to the grandeur of life.—Phillips Brooks.