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PIOCHE, - - - NEVADA.

LAYING AN ATLANTIG CABLE IN 12 DAYS.

On the second of July the Faraday completed the laying of a new Atlantic cable, the actual time occupied in the work of laying the deep sea portion being but twelve days. When the Great Eastern, in 1866, completed the laying of the first successful Atlantic cable, the entire world joined in congratulations. The event was justly looked upon as marking an era in the progress of the world. Since that time, however, the making and laying of ocean cables has become a practical, everyday business, and the new cable was not only laid in the shortest time, but is a much better cable than any of its predecessors, having the largest copper conductor and being the speediest ever laid for its length.

Although the Faraday left Woolwich on June 12, she did not, owing to unfavorable weather, reach the vicinity of the previously laid and buoyed shore end of the cable, off Waterville, Ireland, until the eighteenth, and then, the buoy rope, having been wrenched off by a passing propeller, had to grapple for the cable itself, at a depth of about 250 fathoms. Such work now presents no substantial difficulties. The heavy grapple, attached to 600 fathoms of chain and rope, was three times dragged across the cable's path, when the cable was hooked and hauled up, two miles inside of the end that had been buoyed. The end communicating with the shore was at once tested and spliced to the cable in the tanks, the other piece hauled aboard and the buoys picked up, when, at 10.30 a. m., on the twentieth, the vessel was ready to start on the actual work of laying the deep sea cable. At the rate of about seven knots an hour, the cable passed up round the core in the center of the tank, along the troughs and directing sheaves, under the sheave of the strain-measuring dynamometer, and sank to the ocean's bed. For several hours the depth varied from 250 to 500 fathoms, when a great declivity was reached and 1000 fathoms were indicated, followed by a varying bottom, nearly three miles deep in places. Thence it gradually rose to 1600 fathoms, dropping subsequently to over 3000, as hilltop and valley in the ocean bottom were passed, until the shallow water of the Newfoundland bank was reached, some seventy-five miles from the buoyed end of the previously laid shore end on the American side, 502 miles from Canso, Nova Scotia. During all this time communication was constantly kept up with the Waterville station, the news of President Carnot's assassination being received on the Faraday the evening of its occurrence. When at 1585 knots' distance from the Irish coast, and the soundings indicated a depth of 891 fathoms, the lighter deep sea portion of the cable was spliced to a shallow water tpye, which was continued to the still heavier Canso shore end. Fogs, icebergs and bad weather prevented the finding of the buoy on this shore end, but after a good deal of dragging the cable was hooked and drawn aboard on the thirtieth, just ten days from the actual start on the other side, although the final splice was not completed until the morning of July 2.

The new cable was laid for the Commercial Cable Company, being the third cable of that line. It was manufactured and laid by Messrs. Siemens Brothers & Co., who have very extensive works at Woolwich, England, for the manufacture of electrical appliances. The Faraday was specially constructed by the Siemens Brothers for the work of cable laying, and has three large tanks for the storage of cable, with many ingenious appliances to facilitate the paying out, grappling and hauling up and making all the delicate tests required in all stages of the work. The new cable has a much greater weight of copper conductor or core and of gutta percha insulation than any of the cables previously made. The shore ends and intermediate sections of the new cable comprise about 700 nautical miles and the deep sea portion is nearly 1600 nautical miles in length.

SHIPPING STRAWBERRIES EAST.

A carload of Florin strawberries were shipped recently to the East. Speaking of this shipment, G. H. Appel, agent for the Fruit Transportation Company, said: "This in the beginning of regular and expensive shipments of Florin strawberries to Eastern points, should the market there warrant its continuance. I see no reason why California strawberries should not meet with the same favor that other fruits from here receive. There has been a large increase in the acreage of strawberry culture, and should the eastern demand for the berries prove satisfactory that industry will certainly grow to large proportions. The Florin growers produce berries of excellent quality, and their long experience in the business has taught them how to pack the berries for shipment. I feel quite hopeful of this new branch of the fruit industry, and the result of today's shipment will be looked for with interest."

WILL ONLY PUNISH THEMSELVES.

The countries now engaged in war could not well afford to lose their trade with this country. In 1893 China sold us goods worth $20,036,535, and purchased from us goods worth $3,900,457. Japan's bill against us was $27,454,220, and she bought from us goods to the extent of $3,195,494. The odds against us in this trading are about six to one. Great Britain sells China about $70,000,000 worth of goods annually, and this is one of the substantial reasons for the British eagerness to preserve peace.

The forest land owned by the State is in Germany 23 per cent. of all forests, in Scandinavia 15 to 20, in France 10, in Switzerland 4, and in Italy not 2.

In England householders have to pay a tax on each male servant in their employ.

Eastern jobbers threaten to fight the raisin combine.

Indolence is the mother of ugliness. —Ancn.

A FACTOR IN DIET.

An Exposition of the New Dietetic Faith.

NATURAL FOOD SOCIETY'S AIM.

Food Which Gives the Heathiest Nourishment With the Least Strain to the Digestive System.

There is unquestionably a growing disposition among civilized people to constitute fruit and fruit products a larger factor in diet than heretofore. There is, in fact, an association of frugivors undertaking a propaganda in promotion of an approximately straight fruit diet. How far this extreme tenet will command adherence cannot be foretold, but unquestionably the movement in its behalf is calculated to accomplish good both for those who eat more largely of fruit as the result of its agitation and obviously for those who are in the fruit-producing industry. For both these reasons we are pleased to lay before our readers an exposition of the new dietetic faith as held by Mr. W. S. Manning, an educated Englishman, who is now in California in the interest of this reform. At a meeting of the State Horticultural Society, Mr. Manning read a pointed essay in explanation of his theory and practice, which we present as follows:

Those who produce the food supplies of mankind from the soil cannot afford to neglect to study occasionally the signs of the times as to the trend of the teachings of science, as well as of the popular taste in regard to any impending and possibly radical change in our diet. We are living in transitional times, and in these days when preventive hygiene is in all quarters searching out the sources and origin of man's many physical ills, there will be an increasing tendency to go for that form of food which gives the healthiest nourishment with the least strain to the digestive system, especially if available without sacrifice of the reasonable enjoyment of the pleasures of the table, and the more attractive it is, so much the quicker will the rate of progress be.

Health is recognized to be very largely a question of the conservation of energy, especially in the process of assimilating our food, and, of course, in the avoidance of those other habits that are contrary to natural laws. Disease is looked upon as merely an avoidable penalty for some wrong done to our bodies by transgression of law, and it becomes of infinite importance to learn wherein we are most liable to transgress. The thorough comprehension of law is therefore the supreme human attainment — especially in chemistry, physiology and anatomy—if we wish for accurate knowledge as to our right food.

Science, since the days of Cuvier and Linne, declared unquestionably that man is of the frugivorous order as an animal, and they use neither grain nor meat naturally, that starch foods, like bread, only become blood by being first transformed into glucose (or fruit sugar), such as the fully ripe fruit supplies ready made in the purest form and without strain on the system. It holds that the lower bowel of our intestinal canal is the chief digestive apparatus of starches, and this entails a constant and needless drain and drag on the system; that blood once formed gives the same force as muscular power, whether it be blood derived from meat or fruit or bread, but that with grain or bread we also get an excess of lime and salt that set up often very serious diseased conditions, like rheumatism and premature death.

The milk cure, the grape cure, and the lean meat and hot water diet of Dr. Salisbury, have been each famous and effective in restoring health to tens of thousands—and they all agree in being non-starch systems of diet.

At the San Bernardino Insane Asylum the medical superintendent claims that a diet of milk and prunes is the best for his patients, as it gives the best results. Other noted physicians in that city have confessed to me that a non-starch diet is always their prescription in disease. From Pomona, Riverside, Los Angeles, Santa Barbara and Stockton the same testimony from prominent physicians has been volunteered to me—that they warn their patients uniformly against starch foods.

If it be bad in disease, can starch be good in health? As we allow the straw and the smoke to show us the way of the wind, should not the frail and delicate be the best guides to the healthiest foods for the sound and strong?

The world is governed and guided gradually by facts and science as well as by mere sentiment, but the food reformer has hitherto been guided by sentiment or intuition alone. His intuitions have led him to abandon, as a rule, all fish, flesh and fowl, and he has been satisfied with the arguments, humane and aesthetic, that if we abstain from food that once had life we are on the straight road for our ideal or perfect diet. Food is, however, a severely scientific question and no permanent solution of it will be arrived at without the guidance of the exponents of those natural laws that relate to our physical welfare. If we are living in a progressive world, therefore, in regard to diet, we can only make headway by the guidance of the scientists, and by practical experience, and by carefully watching the experiments of others.

The experiments of natural food friends (some 4000 or 5000 in Europe, and probably fully as many in America) in a dietary that excludes bread and other starch foods, as suggested by Dr. Densmore, all prove that we can much benefit our constitutions and conserve our nerve energy by the mere substitution of fully ripe fruits for cereal and other seed or starch foods, even if we continue that other unnatrual habit of flesh-eating, which is recommended for a time.

Mr. Gladstone, addressing his neighbors and farming friends at his county agricultural meetings, has always urged them to go on planting fruit trees, because the markets will open out to receive all that is supplied. It is only needful to produce the best of each respective sort, and make the markets as nearly as possible tempt the palate equally the year round, with grapes, apples, pears and oranges in the winter, and the consumption of fruit will go on increasing by leaps and bounds for both food and drink, as the schoolmaster of the scientist is more heeded as to the design of nature regarding our physical welfare. If it is once realized that we can conserve our vitality and stamina and insure increasing health and strength by simply attending to the easiest digested diet, and to other laws of hygiene, then all who can command the requisite self-restraint and will-power will not much longer continue on that "go-as-you-please" road as to our regime, which has mainly brought about the present universal reign of doctors, druggists and dentists.

Those travelers who have seen South Sea Islanders, Arabs and colored folks of West Indies, whose ancestors have lived mainly on fruits, testify to their stalwart forms and usually uniform good health.

And what is it, after all, that the Natural Food Society today designs to bring about? Just simply to substitute for those least enjoyable and most insipid of all foods in their natural stage the grain and seeds of others that are the most gratifying and luscious of all to the natural palate. Instead of that class which entail the most toiling and moiling to produce and cultivate and prepare and render palatable, to substitute that which is the least trouble of any to cultivate and needs no preparation whatever. For those that are the hardest to get into blood and are most risky and difficult of all to assimilate, to substitute those that are the easiest of all to absorb—containing all the elements for making up all our frame in right proportions, with abundance of heat and force material in nuts, olives and the sugar of fruits. Yes, we should begin to see now that, while ample exercise, fresh air, strict temperance, backed up by a good constitution, together with absolutely pure food, are needful to attain the soundest health and longest life, there is something else equally indispensable that has not hitherto been insisted upon or realized, except in case of illness, even by the most prudent and cautious physician, and that is that the food must be of the kind specially suited and best adapted to the organism. This both experience and science unite in affirming can be got best from raw, fully ripe fruit and nuts, for, although each may at times be found to disagree with those using cooked foods of meat or meal, when taken upon a stomach freed for a few weeks from the strain and incubus of starchy dishes, they relieve nature so much that she thus cures the most obstinate and chronic stomach troubles. The oil of nuts, when emulsified with saliva, becomes as easily absorbed by the intestinal canal as the sugar or glucose of the fruits, and they both are the most pure and perfect of the carbon or heat and force-giving elements that form four-fifths of a complete nutrition.

Man, like the rabbit or the sheep, need not be at all a drinking animal any more than he requires to be a cooking animal when he has by gradual experience proved that he enjoys better health and strength, as well as a really more constant and unfailing delight in a well-selected fruit diet, with its 80 to 90 per cent. of distilled water, than by any of the concoctions of the cook or confectioner, with the brewer or distiller thrown in. Thus as the palate becomes purified from its craving for condiments, rich and pungent flavorings, moderations and temperance are more easy to those who find that table excesses are the chief bane of their lives; even excess in a fruit diet can be indulged in comparatively without risk. —Pacific Rural Press.

THE AMERICAN GIRL'S WALK.

"Why don't Americans teach their daughters to walk properly?" asked a foreigner as he watched the throng of shopping feminity. As he spoke a charming girl approached. She was beautiful, well dressed and perfectly groomed, and in repose would have been a ravishing spectacle. But she moved with a rapid, ungraceful motion that can only be described as a "hustle." "Now that girl if she had been born abroad," said the critic, "would have been taken in hand when she was ten years old and broke to harness. The haut ecole is what she lacks. She has a certain natural grace, like most American girls, but the finishing touches of poise and carriage that give distinction are wanting." "What do you think of this girl coming toward us?" asked his companion, indicating a girl plainly habited in black. "That just illustrates the difference," said the critical gentleman. "Look at that repose, that quiet dignity and that action. Magnificent!" "Well, I happen to know that girl," said his companion. "She went to school for two years and then her father died and she had to wash dishes in a restaurant to keep the family together. She's a cashier in a drug store at present. Now what becomes of your theory?" But the foreign gentleman was speechless.—Portland Telegram.

NOVEL POSITION OF AN EX-PRESIDENT.

In his capacity as a practicing attorney it became necessary a few days ago for ex-President Harrison to argue a case in the United States Circuit Court before Judge Woods. There was one thing peculiar about the incident except the fact that Judge Woods was appointed to his place on the bench by Lawyer Harrison. Such happenings illustrate the mobility of our free institutions. A man may be President one day and simple citizen the next; but whether he be one thing or the other, his chiefest distinction lies in the popular sovereignty of which he is never divested so long as he shall behave himself.—Philadelphia Record.

A TEMPLE MADE FROM A SINGLE STONE.

Mayalipmam, India, has seven of the most remarkable temples in the world, each of these unique places of worship having been fashioned from solid granite bowlders. Some idea of their size and the task of chiselling out the interior may be gleaned from the fact that the smallest of the seven is 24 feet high, 17 feet long and 12 feet wide. Travelers who have carefully examined them are of the opinion that it took centuries of work to carve these graceful edifiecs from native rock.

A Philadelphia man has taken out a patent for a neat little circular saw. It will be used in boarding-houses for cutting the beefsteak we get nowadays.

FACTS ABOUT BREAD.

Styles change in bread as in everything else, and shapes that were more or less familiar ten years ago are now not made at all. Every baker tries to have something distinctive about his output, and almost every baker thinks his bread is the best. So everybody who buys baker's bread knows there is really a great difference in it in appearance and in taste. The housewife makes wheat bread of one kind of flour; the baker makes it generally of three, two brands of spring wheat flour and one of winter wheat, mixed, with the result of making a finer, whiter, smoother loaf. Bakers do not all agree as to the exact proportions in which these flours should be mixed.

Graham flour is made of the entire grain of the wheat ground up together; gluten flour of that part of the wheat grain which contains the gluten. Rye graham flour is made of the entire grain of the rye; the rye flour used in the ordinary rye bread is usually mixed with wheat flour in proportions varying from a little wheat up to half wheat. Of the bread sold in American bakeries, about 85 per cent. is wheat, the remaining 15 per cent. being divided about equally among graham, rye and gluten. In German bakeries the proportion of rye bread sold is very much greater.

Bakers are all the time getting up new shapes in bread, and there can scarcely be said to be any absolutely standard form, though there are some that are practically so, the oblong, the round, the long round, French stick, Vienna stick and Vienna loaf; there are now about fifteen shapes that are more or less commonly sold. And these breads are made of about as many different kinds of dough; for instance, there is a New England dough, a Vienna dough, and so on, each being composed of a different blend of materials and mixed and handled differently.

Perhaps as nearly standard as any of these shapes is the one known as New England; this is an oblong loaf with square corners. Almost all of these breads are made in different sizes; the New England is made in at least five, which are sold at 5 cents, 8 cents, 10 cents, 25 cents and 30 cents; usually the 30-cent loaf is made to weigh a trifle more than three 10 cent loaves would weigh.

The smallest-sized New England loaf is the one most sold, as is the case with all breads made in sizes, but the 8 cent and 10 cent loaves are in large demand, and there is a steady sale for the loaves at 25 and 30 cents; the larger of the two big loaves is sometimes cut in two and sold in halves. The big loaves are sold to boarding houses and to private families also. Some folks like crust and some like the inside; the big loaves are especially desirable for those who like the inside; they have proportionately to weight less crust than the smaller loaves, and they can be so cut as to be served in almost any form that may be desired, with crust or without.

Breads for hotels and restaurants are generally made in special shapes. They use a shape corresponding to New England, and many restaurants that don't want so much crust take a bread that is made in loaves about eigtheen inches in length, and not very wide, baked not separately, but laid close together so that the loaves have crust on the ends only. Some hotels buy this kind of bread, but hotels generally use more French bread and Vienna sticks. Taking all the people together, old and young, it is probable that about three-quarters like their bread crusty.—New York Sun.

A COLORING MATTER FOR GRAPEVINE LEAVES.

The green portions of plants contain, besides chlorophyl, as a rule, only a yellow coloring matter, called carotin, chrysophil or erythrophyl, which is insoluble in water. Several investigators find, however, that some kind of leaves give aqueous extracts of a more or less impure yellow color, an observation which is explicable from the fact that in most of these instances mature leaves were used. Young leaves yield an almost colorless extract. Yellow autumn leaves, however, contain considerable quantities of soluble coloring matters. Thus the authors found that fallen beech and horse chetsnut leaves give deeply-colored aqueous extracts. They have also succeeded in isolating a yellow coloring matter from vine leaves, the investigation being suggested by the ues of these leaves for dyeing purposes in Persia. Like most vegetable coloring matters, this substance is a glucoside. It can be prepared by the addition of lead acetate to the decoction of the finely-powdered leaves, treatment of the precipitate formed with sulphurcted hydrogen, and subsequent extraction of the dried lead sulphide with boiling alcohol. The residue, obtained by evaporation of the alcohol, is freed from sulphur by means of carbon bisulphide, the glucoside remaining as an indistinctly crystalline brownish yellow substance. By boiling with dilute sulphuric acid it is split up into a sparingly soluble brown body and glucose. This coloring matter may, after washing with water, be purified by adding to its alcohol solution an alcoholic solution of lead acetate and treating the previously washed and dried bluish green precipitate with ether containing hydrochloric acid, by which the impurities are taken up. The remaining coloring matter is then dissolved in alcohol and percipitated from this solution by the addition of water. It forms a reddish brown powder, soluble in alkalies with a brown color. Its aqueous solution produces upon chrome mordanted wool fine brown shades, and dyes wool mordanted with tin a fine yellow. The coloring matter may possibly be of practical value. The vine leaves were also found to contain up to two per cent. of potassium hydrogen tartrate.—E. Schunck, E. Knecht and L. Marchleewski.

"What's the matter that there is no dinner ready?" asked the labor leader. "The cook quit," replied the wife, leaning back in her chair and fanning gently. "Why didn't you get it ready yourself? You know how well enough." "Me? I'm out on a sympathetic strike with the cook."—Indianapolis Journal.

George (seriously)—"Do you think your father would object to my marrying you?" Ada—"I don't know; if he's anything like me he would.—Tit-Bits.

A SPY'S CLOSE CALL.

He Was Rescued From Impending Death by a Clever Newspaper Ruse.

On the battlefield of Antietam Mr. McClure met General William J. Palmer, then a captain, and strongly urged him not to continue his movements as a spy after Lee had crossed into Virginia, but the gallant young soldier gave no promise as to what he would be likely to do, and the very first night after Lee crossed the Potomac he was again in Lee's camp and brought back important information to General McClellan.

Again he returned and entered the Confederate lines, and when he did not report after a week it was assumed that he had been captured and would probably be executed as a spy. He had been captured, was tried and condemned as a spy and sentenced to be executed, but he was saved by a clever newspaper device determined upon after a conference in this city between President J. Edgar Thomson of the Pennsylvania railroad, Colonel Scott and Mr. McClure. Thomson took special interest in Palmer, as he had been his secretary, and was much attached to him.

It was decided that Washington dispatches should be prepared for all of the Philadelphia morning papers announcing the arrival at the capital of Captain William J. Palmer, stating in what particular lines of the enemy he had operated, and adding that he had brought much important information that could not be given to the public at the time. These dispatches appeared next morning in all the Philadelphia papers, prominently displayed, and of course reached the southern lines within 48 hours.

The result was that Captain Palmer's identity was never established in Richmond, and his execution was thus suspended. In a little while, when some prisoners had been exchanged, there was a vacancy made in the list of the exchanged men by death. Palmer's friends had him take the place and name of the dead soldier, and he thus escaped and returned to the service.—Philadelphia Times.

Calling Smith.

Miss Kate Field relates an experience which she had in trying to sleep in a hotel in a Utah mining town where the partitions between the rooms were of boards merely and quite innocent of lath and plaster. The ordinary going and coming of the early part of the night were bad enough, but toward morning, when at last she had fallen asleep, a loud voice shouted from her keyhole:

"Smith! Smith!"

As her name was not Smith, she made no response.

"Smith!" came the shout again. "It's time to skip!"

"My name is not Smith," she then answered.

From across the hall came the call of the day clerk, who occupied the room there:

"No. That ain't Smith. Smith's at the end of the hall."

"Well, this is the end of the hall," came from the neighborhood of the keyhole again. It was the voice of the porter.

"Aren't there two ends to the hall? It's the other end, you blockhead."

"Who wants Smith?" came a sharp voice from the distance. "I'm Smith."

"What's the matter? I'm Smith," came still another voice.

"Well, whichever Smith wants to get up at 4 o'clock, him's the one," growled the porter.

Both these Smiths slammed their doors with a vehement protestation that they didn't want to get up.

"It's Smith in No. 1!" screamed the day clerk.

The right Smith had not been waked at all, so the porter found No. 1 and pounded on the door so hard that everybody in the house who had not already been waked was aroused, and several people rushed out into the hall, thinking there was a fire.

The porter went down complacently to the office on the floor below.

"Well," said he to the night clerk, "I waked him up anyhow."

A Curious Parasite.

It is an old saying that every dog has his day. According to an English authority, that day is neither very long nor specially comfortable in Fiji. It is impossible to keep foreign dogs alive for much more than a couple of years. Those born there may live four years. The cause of this mortality is a species of worm that lives in the blood vessels, arteries and heart. Adult specimens of this parasite sometimes measure as much as five inches, and the blood of some animals is actually swarming with them. Puppies are often troubled with them, although it seems to take about six months to develop them to a troublesome stage. When a dog is attacked, it begins with a sharp barking, which is at once recognized as the beginning of poor Fido's last chapter. Thus far no remedy has been found or even suggested. The same parasite is found in dogs in eastern Asia, and identical symptoms are noted. The animal may live six months to two years after the first indications are observed.—New York Ledger.

His Wish.

A wicked story is told about two partners who respected each other's business ability, but who hated each cordially. To one of them came a fairy saying that he could have any boon he desired, and whatever he had his partner should have in double portion. Naturally his first wish was for a barrel of money. "All right," said the fairy, "but your partner will get two barrels on that wish." "Stop a little," said the first. "Perhaps you'd better not give me a barrel of money. I'd rather you would make me totally blind in one eye."—New Orleans Times-Democrat.

A Watch on the Wall.

For many years a silver watch might be seen fastened to the wall of one of the fronts of the inner quadrangle of Somerset House. Londoners used to point it out as having saved the life of its owner when he fell from a scaffold, and he placed it there as a testimony.—New York Advertiser.

A law enacted in Germany requires that all drugs intended for internal use be put up in round bottles, while those for external use shall be put up in hexagonal bottles.

A woman or a man with a careful expression and a manner of repose always looks years younger than the birth register gives out.

Instances of extreme old age are more common among those who exercise themselves with gardening than in any other employment.

Two Men in a Car.

Two men entered a Sixth avenue train at the Fourteenth street station. One was a man of fifty years or more, stalwart of frame, but with gray hair, and dressed in a manner becoming a man of means. He was a man of means—a man whose name throughout the civilized world is one that carries with it thoughts of millions of dollars. Yet once upon a time, in the days when the gold and the silver mines of America remained to be discovered and developed, that man worked with a pick and shovel as a day laborer. In the discovery and development of those mines he acquired his fortune and his fame.

The man who entered the train with this gold and silver king was a fine appearing young fellow of about twenty-one years—a clerk perhaps. There was a seat for neither of them. One was vacated by its occupant at Eighth street. In a manner that indicated his good breeding, the young man touched the gold and silver king on the arm and pointed out to him the vacant seat in such a way as to indicate that it was his desire that the elder should take it.

His well meant proffer did not meet with the "thank you" that it merited. Instead the gold and silver king first stared in a most insolent and scornful manner at the young man who had dared to attract his attention, and then seeing the vacant seat he jumped for and into it as though his salvation depended on getting it.

"You cannot make a silk purse out of a sow's ear."—New York Times.

Amusement and Recreation.

Amusements of a proper sort are conducive to health. The sports of childhood not only toughen the muscles and invigorate the system, but prevent too much cerebral activity. At the same time they develop agility, alertness, daring, and not a few of the qualities essential to success in life.

It is largely the same with the sports of youth, especially among students and all who are engaged in sedentary pursuits. For some persons all that is feasible is simple diversion—a change in the line of thought, feeling and care, not an enforced change, with "this for my health" behind it, but a natural and pleasant one, which for the time alters the currents of nervous force.

For others something more stirring and stimulating is desirable, but all such should remember that there is a limit beyond which excitement is not a benefit, but a harm.

Excitements may be injurious physically, mentally and morally. There are the morally ruinous excitements of the modern bull fights and of the ancient gladiatorial shows. When women, made for tenderness, sympathy and love, can find their highest enjoyment in such exhibitions, it is plain that the moral nature itself has become thoroughly atrophied.

To young men particularly the excitement of the theater often becomes so controlling that it checks all their better intellectual tendencies, and leads to reckless expenditure, and even to pilfering —Youth's Companion.

The Work of a Chinese Emperor.

Shuntsing, the last emperor of the Mongol race, described as an effeminate prince, with the physiognomy of a monkey, was a man of great mechanical skill, and amused himself with making models of automata and timepieces.

His chief work was a machine contained in a box 7 feet high and 3½ feet wide, with three small temples on top. In the middle temple were fairies holding characters signifying the hours, one of which made her appearance each hour. Time was struck by a couple of gods, and it is said that they kept it very excellently.

In the side temples were representations of the sun and moon respectively, and from these places genii issued, crossing a bridge to the middle temple, and after seemingly ascertaining the time of the day from the fairies returned again to their quarters. It is thought that the motions were affected by strings.—Boston Globe.

Destruction of Ants.

The ant is such an instructive creature, so industrious and so intelligent, that it seems almost an act of cruelty to suggest methods for their wholesale destruction, yet their interference with the cultivator is sometimes so unbearable that a correspondent is compelled to write to inquire how to get rid of them. Undoubtedly the best method, if it is not deemed too cruel, is to cut up meat into very small particles, saturate with deadly poison, and put it in their tracks, entirely secure from the reach of other creatures. There is no way so effective as this.—Meehan's Monthly.

Nantucket Ahead.

Claimants for priority are constantly getting into trouble by making statements founded on insufficient premises. Referring to the mention by a Boston paper that a lady candidate for overseer of the poor at Dedham was the first of her sex to aspire to that office, the Nantucket Inquirer says: "Nantucket elected a lady overseer a year ago—Mrs. Malinda S. Barney—and again in 1894 has reelected the same lady and another—Mrs. Susan P. Jones. So Nantucket is a year ahead and proud of the step she took."

An Enthusiastic Audience.

Bishop Talbot "let himself go" one evening when he was invited to address 300 Baltimore newsboys. He gave the boys a glorious talk, and when he finished there was not a gamin in the hall who would not have fought for him, Marquis of Queensberry rules or otherwise. "You've got to fight against evil, boys," he said, "and don't forget it. We must fight against what is bad, just like Sullivan and—who was the other fellow?" And the way in which the whole 300 yelled "Corbett" was alone worth going a long distance to hear.—New York Tribune.

The Richest Man in the World.

The Chinese banker, Han Quay, is stated to be worth the almost inconceivable sum of £350,000,000. A great number of the largest banks in the Chinese empire are believed to be under his control, and if his stated wealth be a fact (the truth there is no means of testing) he is unquestionably the richest man in the world.—London Tit-Bits.

A Mad Cat.

Little Dot—Oh, mamma, I'm afraid the cat's got hydrophobia.

Mamma—Mercy me! Why?

Little Dot—I threw some water on her, an she gave a awful yowl.—Exchange.

Killed by a Wringing Machine.

Martha Davenport, colored, twenty-three years old, was killed, and Daisy May Brown, also colored, aged eighteen years, was injured, by the bursting of a wringer in the basement of the Empire Laundry company's building. The wringer had been in use about three years, but was overhauled and a new copper "basket" put in about ten days ago. This is said to be the first occasion when any accident has happened to a wringer since the laundry was started, twenty years ago, and there are several wringers in the place which have been in constant use for over ten years.

The construction of a wringer is not intricate, and as no steam can enter it there seems to be considerable mystery as to how it was possible for it to explode. It consists of a jacket made of cast iron, about ½ inch thick, 4 feet high and 20 inches in diameter. The copper basket is about 18 inches in diameter and nearly the same height as the jacket, and so placed as to revolve inside the latter. Small holes in the basket permit the water from the clothes to pass out into the jacket and thence by a spigot to a pipe, through which it flows off. The basket and jacket were burst into a thousand pieces, but the post which was meant to hold them in place was left standing, and although the pieces flew all over the room and into the yard none of the other machinery was struck.

Martha Davenport, the woman who was killed, was about fifteen feet from the machine when it burst.—Baltimore American.

Advantage of Living in a Desert.

A blessed country is the arid region. From nearly every portion of it where the land is irrigated come reports of fine crops of fruit and grain. In a few cases only are there reports of less than an average crop, and these tales are few and far between. In one portion of eastern Washington fears were felt for the wheat crop, but it was soon discovered that although the straw showed the effects of warm, dry weather, the heads were filled with plump berries and the crop was safe.

Cheering reports come from Arizona and New Mexico. The former territory comes to the front in great form as a fruit producer, and promises to rival California hereafter both as the earliest producer and in the quality of its products. Colorado grown berries of all kinds would seem to be without a peer in the world, yet eastern Washington, Idaho and Montana have produced similar fruit gigantic in size and luscious in flavor.—Arid Region.

Sisters Die on the Same Day.

Mrs. Ann Scott Maulsby, of Washington, widow of George Maulsby, medical director United States navy, died at Elberon, N. J., where she had gone for the summer, Saturday. On the same day occurred the death at her home, at Mount Airy, near Philadelphia, of her sister, Mrs. Emma Lovett Breese, widow of Commodore Breese, United States navy. Mrs. Maulsby and Mrs. Breese were the daughters of the late Colonel Lovett, the purchaser of what is new the Kolorama Heights property from the Bowford estate. He lived there with his family before the war and until the time his property was confiscated by the government for hospital purposes. He then removed to Philadelphia, where the family, except Mrs. Maulsby, has since resided.—Washington Post.

Korean Use For Human Hair.

Human hair is in great demand in some of the countries of Europe, and the supply is said to be inadequate. Our consul in Korea points out that there is plenty and to spare in the Hermit Kingdom. "The Koreans," he adds, "have remarkably fine heads of hair, and they put their 'combings' to a use that I have never seen elsewhere. A very large number of the saddlecloths placed under the packs of their ponies are made of hair woven into coarse mats or bags, and the halters and head ropes of their animals are largely composed of the same material. I believe that human hair is largely exported from China to Europe, and Korea could furnish a large and cheap supply did the people know there there was a demand for it." Here's a chance for some pioneer of commerce.—Westminster Gazette.

Women In Public Offices.

In Sweden more women than men are found in the telegraph offices, and single women are admitted to all departments of the postoffice service except that of letter carriers. Women have the same salaries and equal positions in the telegraph and postoffices in Norway and Denmark as men, and in Denmark may become "station masters" on the railway, while they also figure as shorthand writers in the parliament. We find them also in public offices on the most liberal terms that have been made in Finland and Iceland.—Philadelphia Ledger.

Wanted—A Hatholder.

There is great need of a device for holding a woman's hat in place. Just now hats are fastened on with a long pin, which passes through the hat on both sides and through the folds of the hair. Every time the hat is put on it is pierced with two new holes, and the best hat is soon ruined in this way, and three times out of five the scalp is pricked by the needle before it goes through the hair, and after all the trouble the hat is never secure, for every wind blows it up in front.—New York Telegram.

Gray Hair Turning Black.

Just across the Berkeley county line at Cedar Grove, Va., lives Jacob Lanck. He is sixty-five years old, and one year ago he possessed a heavy suit of snow white hair. Since then his hair has by degrees turned to its original color—black—and there is only an occasional spot of white remaining. Mr. Lanck has been in perfect health, and is unable to account for the strange change.—Martinsburg (W. Va.) Letter.

Bound to Get His Money.

A man at Peak's island, Me., dropped a nickel into the slot of a phonograph one day last week, but the machine failed to give out the promised music. Thereupon the man became enraged and smashed the phonograph into bits to recover his money.

The reverend gentlemen who are enjoying their several vacations are much in luck to find "sermons in stones." The rest of us are obliged to lose more or less time when we go pleasuring.

The quality of the Swedish matches in many cases is so bad that the state intends to resume the manufacture, and computes that the profits will produce a revenue of $1,000,000.