Fundamental Principles of Health

By ALBERT S. GRAY, M. D.

THE COLOR OF FOODS.

The brilliant green chlorophyl of the vegetable kingdom is in some way connected with the golden yellows of the pumpkin and the carrot, the brilliant reds of the cherry and the strawberry, the blush of the peach, the apple and the pear. It has to do with the bronzing of the silken tassel of the corn and the golden hue of the wheat—in short, with the general riot of color running all through the vegetable kingdom and touching berries, fruit, vegetable and cereal, which is a certain indication whereby nature gives notice that the process is completed and the product has reached maturity and is fit and wholesome food for mankind.

Most of us have had experience in our younger days along the lines of "Johnny Jones and his sister Sue and the peach of emerald hue," and know that until certain shades of color have been acquired indulgence in fruit is quite certain to be followed by rebellion and great distress in our internal improvements located round and about our equatorial region, a condition comprehensively covered by the expressive, old time term, bellyache, and for the relief of which there is no better, quicker nor safer remedy than a generous dose of good old fashioned castor oil.

This ripening process is due to the absorption of a definite amount of solar energy and elemental matter which is tied up in vastly complicated molecules, and which, being torn apart under the action of our digestive organs, supplies us with food—the energy and material necessary to both drive and repair our machines. There is a vast fund of information awaiting development concerning the universal formation and distribution of the melanins—the pigments—for the subject of color in the final analysis is but a part of those fundamental physical laws that govern the rise and fall of nations, the origin of wealth and poverty and the general physical welfare of the species. We ignore it at our peril.

We are known throughout the world as an active people; uncomfortable people are always active. Really, it is the neurasthenic that sets the pace—but uncomfortable people are as a rule unhealthy people. A hungry baby is always restless and fretful. Conversely a well nourished baby is well behaved and good natured, and it is the same with youth or adult. In neurasthenia, tuberculosis, probably in insanity, and in the vast increase in the degenerative diseases of liver, heart, kidneys and arteries, we have the results of some form of starvation of some part of our complicated machinery. We lack some element of the universal energy to establish our nutritive balance, and who with a full understanding, so far as science has penetrated, will say it may not be light energy as condensed in these atomic forms conveyed to us in the shape of the color elements in our food matter which we so systematically and persistently eliminate from our diet by the too exclusive choice of starchy food?

Wild creatures are practically exempt from malady and die either from accident or from mature old age. As a result of his superior wisdom we would expect man to be at least as exempt from disease as the wild animals. Instead we have the spectacle of a land filled with hospitals, sanitaria and asylums, all taxed to the limit of capacity by the thousands clamoring for admittance, seeking relief from the results of their own ignorance of life principles.

Probably not until we come to look on the profession of the practise of medicine and the manufacture of food material as closely allied vocations, vocations that are not to be considered as private business, but rather as social obligations, will it be safe for us to depend on "the other fellow" for wholesome food supplies. At the present time our safety lies in consuming unprocessed foods.

Fresh meats, fresh or sun dried fruits and vegetable matter, including most of the so-called waste, the skins and woody fiber, furnish a diet more in keeping with the demands of nature than can possibly be had in the "scientifically prepared, predigested" matter packed under labels guaranteeing "purity and freedom from germs." And $1 spent in a feed store or grocery for whole corn, wheat, oats, barley, etc., in bulk, and ground into meal or flour at home, will give a real food equivalent of at least $3 spent in predigested breakfast foods and will secure vastly more wholesome food at that.

MAN AND HIS FOOD.

The United States department of agriculture recently issued a report showing that climate is the principal factor in determining the varying characteristics of wheat grown in different regions. The bureau of chemistry had previously called attention to the fact that environment had more influence upon the crop than had the composition of the seed. And now these new tests show that in environment climate plays a more important part than soil.

The source of all life—the sun—contains within it practically everything of which this earth is composed, and it is on the products of sunlight, therefore, that we have to depend for the source of all human energy. Conversely, it is logical, then, to look for any absence of human energy or harmony in some lack of this universal driving power.

Passing sunlight through a prism splits it into bands of color which we know as the spectrum. The spectrum is made up of six prominent hues, supplemented by a multitude of subordinate ones, the total number which the eye can recognize as distinct being not less than 1,000, each one of which corresponds to a definite wave length of light and each probably producing some definite physical reactions on similar substances.

At the red end of the spectrum we find the long waves and at the violet end we find the short waves, and we have demonstrated that it is the short rays at the violet end that act on the delicate silver salts, while vegetation responds most to the yellow and red sections. The red end is known as the heat, or thermic, rays, and the violet end as the chemical, or actinic, rays.

The green color of the plant, chlorophyl, bears some direct relation to the plant's ability to absorb the wave length needed to break up the carbonic acid of the air and convert it into sugar, starch and gums. Excluded from light, plants lose their color by reason of the fact that this chlorophyl becomes submerged into the protoplasm from which it came and from which it is again developed by exposure to light and heat. This seems to indicate that vegetation normally growing under sunlight might reasonably be expected to show variations if deprived of any part of the light, and Flammarion and others have demonstrated this to be a fact.

Lettuce grown under similar conditions of soil, position and humidity showed considerable difference in the matter of growth under different colored lights. That grown under red glass developed four times as quickly as that grown under ordinary sunlight, shooting up like bean stalks. Under green glass the result was not so striking, yet the lettuce was taller than that produced in sunlight, while that grown under the blue light was very insignificant. Other plants subjected to this process gave various results. Indian corn under white glass, measured 25 inches, under red glass, 18 inches, under green glass, eight inches and under blue glass, six inches. Beans flourished under white and red glass, but perished under green and blue glass.

All nitrogen compounds are noted for their instability, some exploding on exposure to light or on a very slight shake. Nitrogen is the basis of all modern explosives and the foundation of photography. Nitrogen is the basis of protoplasm; hence, we might expect protoplasm to be seriously disturbed and modified by vibrations which cause it to move at a rate faster than that to which it is adjusted; and this is precisely what happens when single cells are exposed to the action of the short rays, and this is why violet light, radium emanations and the "X" rays are fatal to bacteria. The protoplasm of our nerve cells is so very complex and unstable that it will not function except at the rate of vibration between 98 and 100 degrees Fahrenheit, though a temperature of 105 degrees may require some days to break up the molecule.

Animal life is possible only between the red and violet range of the spectrum because the tissues are developed and "tuned" in this scale and exist because they are links in the universal chain. Just as plants excluded from light lose their color, so man deprived of free access to color in food and surroundings will develop the well known "prison pallor."

There is no room for chance in nature and all that is needed is carefully to unravel the correspondence which must exist between all departments of the universe in order to expose the source of our physical ills and make it very clear that nature's unrestricted growth never results in discord.

Dr. Marden's Uplift Talks

By ORRISON SWETT MARDEN

DESTRUCTIVE SUGGESTION.

SOME time ago the mayor of one of our western cities requested the editors of the daily papers to refrain from publishing the details of suicides, because their publication had caused an alarming epidemic of suicides in that community.

The human mind may be attuned to any key, high or low, base or noble, by the power of suggestion. The suggestion may be in a word spoken by oneself or by another; it may come from a newspaper, a book, a play or a picture; it may emanate from the presence of a friend or of an enemy, from a grand, heroic character, or a mean, cowardly one. From hundreds of sources it may come, from within or without, but from wherever it comes, it leaves its mark on the life for good or ill. Our characters are largely made up from various kinds of suggestion.

Many people scatter suggestions of fear, doubt and failure wherever they go, and these take root in minds that might otherwise be free from them and therefore happy, confident and successful.

Who can picture the havoc which the suspicious suggestion has wrought in innocent lives? Think of the influence of employers holding the thought of suspicion regarding their servants or other employes.

Servants have actually been made dishonest by other persons perpetually holding the suspicion that they were dishonest. This thought suggests dishonesty to the suspected perhaps for the first time, and being constantly held takes root and grows, and bears the fruit of theft.

Is it not cruel to hold a suspicious thought of another until you have positive proof? That other person's mind is sacred; have you any right to invade it with your miserable thoughts and pictures of suspicion? Many a being has been made wretched and miserable for years; has been depressed and borne down by the uncharitable, wicked thoughts of others. There is no doubt that many a man is serving a sentence which ought to be served by those who have influenced him to commit the crime for which he is being punished.

The time will come when we shall have more sympathy for those who go wrong, and even for criminals, because we shall know how powerfully human minds are influenced by the vicious thoughts of others.

We are the creatures of suggestion. We get them from newspapers, books, from everyone with whom we come in contact. The atmosphere is full of them. We are constantly giving them to ourselves.

Many a criminal's acts could be traced to the graphic suggestions of criminal novels, the exciting stories of murder and plunder which he began to read when a child.

It is a dangerous thing to hold in the mind a wrong suggestion, for it tends to become a part of us, and before we realize it we are like our thought.

If young people only realized what a terrible thing it is to get even a suggestion of impurity into the mind they would never read an author whose lines drip with the very gall of death. They would not look at those dangerous books which lead their readers as near the edge of indecency as possible without stepping over. To describe impurity in rosy, glowing, seductive, suggestive language is but the refinement of the house of death.

The suggestion of impurity in trashy literature is responsible for a great deal of dissipation; for blasted hopes and blighted lives. The same is true of suggestiveness in art and the drama.

We have all had the exalted experience, the marvelous tonic, the uplift, that has come from the suggestion in a play or a book depicting a great hero. How heroic and noble and self-sacrificing we feel for a long time, and how resolved we are to become like the hero in the play or the story. This is a good illustration of the power suggestion is constantly playing in our experience all through life.

HABIT—THE SERVANT, THE MASTER.

ON every hand we hear the discussion of eugenics, but early training in habit forming is just as important as to be well born.

"When shall I begin to train my child?" asked a young mother of a prominent physician.

"How old is the child?" inquired the doctor.

"Two years, sir."

"Then you have lost just two years," replied he, gravely.

"You must begin with the grandmother," said Oliver Wendell Holmes, when asked a similar question.

"We sow an act, we reap a habit; we sow a habit, we reap a character."

While correct habits depend largely on self-discipline, and often on self-denial, bad habits, like weeds, spring up, unaided and untrained, to choke the plans of virtue, and, as with Canada thistles, allowed to go to seed in a fair meadow, we may have "one day's seeding, ten years' weeding."

We seldom see much change in people after they get to be twenty-five or thirty years of age, except in going farther in the way they have started; but it is a great comfort to think that, when one is young, it is almost as easy to acquire a good habit as a bad one, and that it is possible to be hardened in goodness as well as in evil.

Take good care of the first twenty years of your life, and you may hope that the last twenty will take good care of you.

How unfortunate that the science of habit-forming is not more generally known by parents and taught in our schools, colleges and universities. It is a science, compared with which other departments of education sink into insignificance.

Man's life work is a masterpiece or a botch, according as each little habit has been perfectly or carelessly formed.

It is said that if you invite one of the devil's children to your home the whole family will follow. So one bad habit seems to have a relationship with all the others. For instance, the one habit of negligence, slovenliness, makes it easier to form others equally bad, until the entire character is honeycombed by the invasion of a family of bad habits.

A man is often shocked when he suddenly discovers that he is considered a liar. He never dreamed of forming such a habit; but the little misrepresentations to gain some temporary end had, before he was aware of it, made a beaten track in the nerve and brain tissue, until lying has become almost a physical necessity. He thinks he can easily overcome this habit, but he will not. He is bound to his habit with cords of steel; and only by painful, watchful and careful repetition of the exact truth, with a special effort of the will power at each act, can he form a counter trunk line in the nerve and brain tissue.

Society is often shocked by the criminal act of a man who has always been considered upright and true. But if they could examine the habit map in his nervous mechanism and brain, they would find the beginnings of a path leading directly to his deed, in the tiny repetitions of what he regarded as trivial acts. All expert and technical education is built upon the theory that these trunk lines of habit become more and more sensitive to their accustomed stimuli, and respond more and more readily.

We are apt to overlook the physical basis of habit. Every repetition of an act makes us more likely to perform that act, and discovers in our wonderful mechanism a tendency to perpetual repetition, whose facility increases in exact proportion to the repetition. Finally the original act becomes voluntary from a natural reaction.

All through our lives the brain is constantly educating different parts of the body to form habits which will work automatically from reflex action, and thus is delegated to the nervous system a large part of life's duties. This is nature's wonderful economy to release the brain from the drudgery of individual acts, and leave it free to command all its forces for higher service.

Men carelessly or playfully get into habits of speech or act which become so natural that they speak or act as they do not intend, to their discomfiture.

Beware of "small sins" and "white lies."

WHY POISON IVY POISONS?

French Scientist Discovers Cause in the Presence of Prussic Acid in the Plant.

Poison ivy has long been a mystery both to scientists and laymen; why and in what manner it causes the peculiar rash and irritating inflammation have puzzled both botanists and physicians. At last the reason has been discovered. Doctor Mirande of Paris read to the Academy of Sciences in that city recently the result of his study of the poisonous weed.

Poison ivy contains prussic acid. This is found principally in the young leaves and buds; in older leaves there is very little of it.

In three and one-half ounces of young leaves there is about a quarter of a grain of the acid.

As with other plants in which prussic acid is found, the poisonous substance does not exist in its perfect form, but develops as soon as the leaves are bruised, a chemical action being set up through the union of an enzyme with a glucosid.

Bernhardt's Long Career.

At the time of the Franco-Prussian war, in 1870, Sarah Bernhardt left the stage and became a hospital nurse, where she did excellent work among the wounded. After this she entered the Comedie Francaise, where, in the character of Dona Sol, in Hernani, she was first pronounced great by Paris. Sarah was the daughter of a French lawyer and a Dutch Jewess and first saw the light of day in 1844.

Turning in His Grave.

There was a clicking noise as the bones of Lindley Murray stirred uneasily in his grave.

"Must my name in future be associated with lawn tennis instead of grammar?" murmured the old chap complainingly.

Realizing that he had just made a racquet he subsided.

Oh, Why Not?

"Madam, the feather in your hat is getting in my eye!" exclaimed a man in a crowd.

The woman turned around, looked him over, and then inquired, "Why don't you wear glasses?"

PLAN TO DIVIDE WORK

HOUSECLEANING NEED NOT BE TIME OF TERROR.

Unnecessary to Scour Entire House at One Time—Arrange a Schedule and Adhere to It With Utmost Strictness.

Friday is too often a day of terror, because Friday's cleaning is made such a difficult matter. To be sure, Friday cleaning is a difficult matter, especially if the whole house must be cleaned on that day. It can be much lessened, however, by going about it systematically.

To begin with, no house should be cleaned from top to toe on any single day of the week. The bedrooms can be cleaned Thursday morning, the bathrooms Saturday and Wednesday, the kitchen Saturday and the living room and dining-rooms on Friday. On Monday the whole house can be put to rights, to make up for the extra use it gets on Sunday. On Tuesday no cleaning, except the daily work with duster and carpet sweeper, need be done.

If Friday is put aside for the cleaning of the living rooms and dining-rooms it is not a bad day at all. Of course, these rooms are the most difficult in the house to clean, and the downstairs halls must be cleaned at the same time, and, of course, when the downstairs halls are cleaned the stairs and the upstairs halls must be included. Still, this is easy work for Friday.

Here is a suggestive schedule for the work of a Friday of this sort:

The rugs should be cleaned first. If there is a vacuum cleaner they should be cleaned in the house and folded and covered with a big cotton duster. If there is no vacuum cleaner, they should be cleaned out of doors, if possible, and left piled up on a safe porch. Then the furniture should be dusted and all the chairs and other easily moved articles should be put into one room. Then the walls and ceilings should be brushed down and all woodwork should be wiped with a cloth wrung out of clear water or else moistened with a little oil.

Then the floors hould be cleaned. The dust should be removed with a soft brush, and then, while the dust is settling, the various small articles that need cleaning in the kitchen may be attended to. Silver desk ornaments and objects from the sideboard should be polished, or nickel ones washed in hot water, and andirons and candlesticks and lamps and mirrors and all other small, movable accessories should be put in order.

Then the floors should be gone over again, either with wax or oil or with a broom in a canton flannel bag, to remove the last traces of dust. The furniture should then be wiped off with a cloth on which there is little oil. The rugs should be laid and the furniture put in position.

When the windows need washing they can either be done while the dust is settling or else after everything else is done.

If the rugs must be cleaned indoors, with a broom, the furniture must first be moved to another room or else carefully covered. One room can be given up to sweeping the rugs to save moving furniture.

German Eggs: a Recipe.

Cut a long French milk roll into slices and put these into a cool oven until crisp and brown; then arrange them in a well-buttered casserole and brush them over with warmed butter, to which has been added a squeeze of lemon juice. Onto each piece of roll break a fresh egg, dust these with salt and pepper, add a few spoonfuls of cream or thin white sauce, and bake until the eggs are set. Serve at once with an accompaniment of baked tomatoes.

Corn Salad.

Cut cold boiled corn from the cob, carefully removing any shreds of silk that have lingered between kernels. Line a salad bowl with small white leaves from the heart of a lettuce head and then heap the corn in the center. Pour the mayonnaise over the whole, being sure to have plenty of it. The toothsomeness of corn as a salad ingredient is just becoming known. It is much better eaten alone with mayonnaise than mixed with other vegetables.

Stiffening Curtains.

When doing up curtains at home, if flour is used instead of starch the iron will not stick so much and the curtains will have more the appearance of new ones. One good tablespoonful of flour for each curtain is sufficient. Mix the flour to a thick paste with cold water, then put in the tub and pour on as much boiling water as required for rinsing the curtains.

Tomato Fig.

Slice seven pounds of tomatoes, sprinkle with half a cup of salt and let stand over night; in the morning drain off the water and cook the tomatoes for an hour and a half with one pint of vinegar, three and one-half pounds of sugar, one teaspoonful each of cloves and cinnamon and one-half teaspoonful of ginger.

Canned Blueberries.

The berries should first be thoroughly picked over and washed, then placed in a kettle with one-half cupful of sugar and one-half cupful of water to each quart of the berries. Cook until each berry is done, then turn into hot jars and seal at once.

Cleaning an Oil Painting.

Peel and grate a raw potato and mix it with enough cold water to make a thin paste. Rub the picture with this, using a small sponge, then sponge with clear cold water and dry with a fine cloth. Only a small portion should be done at a time.

To Clean a Mincing Machine.

The following is an excellent way to clean a mincing machine: It is very difficult to dry the inside; therefore it is best to grind stale pieces of bread through it. This will collect all grease, fat and skin from the small knives. Wipe with a clean cloth.

ILL OMEN of SACRE COEUR

CATHEDRAL of SACRE COEUR, PARIS

WHAT fatality overhangs the hill of Montmartre? might be asked at this time, when events seem likely to interfere with the consecration of the Church of Sacre Coeur. October 17 was the day chosen for this ceremony, and this is thirty-nine years after the beginning of the building. This date is the fete-day of Marie Marguerite, who heard voices commanding her to build a church on the top of Montmartre. Louis XVI formed in prison the pious intention to carry out the behests of the voices, but the scaffold robbed him of the chance. Napoleon had a more secular idea and proposed building there a temple where each successive peace might be proclaimed, but he never ceased warring, says a writer in the Literary Digest.

It was the events of 1870-71 that directed the Catholic mind to the project and caused its consideration by the national assembly.

Under a Paris date the London Times prints the following:

"Pious people at Poitiers wished to invoke the protection of God by erecting a temple to his worship in Paris. Momentarily allowed to lapse, the idea was taken up by Catholics in Paris. The difficulty was to establish communication with the outside world, for the city was invested. Balloons were tried, the pigeon-post, and even the bribery of secret agents; but all failed, and it was not until the Commune had added its horrors to the war that the enterprise took practical shape.

"The war minister wanted the site for a fort; but, better inspired, Mgr. Guibert, the cardinal-archbishop of Paris, cried: 'Your fort will do no good and may be turned against you. Better build my citadel than yours.' Whether or not he was moved by the argument, the minister gave up his project, and, on July 23, 1873, the national assembly authorized the purchase of land for the church and even permitted the cardinal to proceed by expropriation. The large majority which supported the bill shows how feeling in parliament has since changed on questions of church and state.

Byzantine Architecture.

"Two years later the first stone was laid with impressive pomp and in the presence of 12,000 persons gathered from all parts of France. Almost inevitably the plan of the architect, which prescribed a Byzantine church, was severely criticized; but it ultimately triumphed. The public saw the folly of attempting to rival the Gothic glories of the thirteenth century by adding Montmartre to the splendid series of Chartres, of Amiens, of Rouen, and Notre Dame.

"Slowly the domes and campanile and the cluster of side chapels arose on the Mount of Martyrs—near, indeed, to the spot where, according to the legend, St. Denis was decapitated and carried his head under his arm as if it had been a crown. Centuries after temples to Mercury and Mars had disappeared, a deaf and almost blind abbess, with the ladies of her order, was hurried to the guillotine on the tumbrels of the convention. Mount of Martyrs it was also for two generals shot by Communards while M. Clemenceau was mayor of Montmartre. The people had dragged guns, for the second time in the history of Paris, up the steep slopes of the hill—the first was on the morrow of the taking of the Bastile, when the mob feared vengeance from the Royalists and the army at Saint Denis—and the two officers had gone to parley in the name of the government. In their excitement, the Montmartois sh[illegible] emissaries, without the kn[illegible] and in the absence of their ye[illegible] mayor.

"On pillars within the sanctu[illegible] pear the arms of towns of [illegible] which have contributed to the [illegible]ing fund. Each stone may be [illegible] bear the name of some commu[illegible] town or village—or of an ind[illegible] Catholic. Altars to St. Patrick a[illegible] St. John the Baptist mark the [illegible]ings of Ireland and Canada. D[illegible] working men, students, and [illegible] schoolboys have their part [illegible] erection of this striking and [illegible] monument to the Catholic [illegible] France."

Only now after all these ye[illegible] the fair fabric complete enough [illegible] ready for consecration:"

Place of Pilgrimage.

"The great bronze doors ha[illegible]ly been put in; the paving is [illegible] finished, and some of the alt[illegible] speaking the devotion of [illegible] parts of France, are still unb[illegible] its present state the huge whi[illegible]ing, under its imposing dome, ha[illegible] £1,600,000. This is precisely th[illegible] which Napoleon proposed to [illegible] his temple of peace. It has b[illegible] aim of those who have foun[illegible] church to address themselves [illegible] classes of society, and the sa[illegible] prevails today in the great [illegible] services, at which from 1,500 to [illegible] men are present in the nave. [illegible] worshipers are drawn from ev[illegible]tion of the community; acade[illegible] and officers of the army and n[illegible] side by side with artisans, small [illegible]keepers, and the very poo[illegible] Church of the Sacred Heart [illegible] parish attached to it; it is a p[illegible] pilgrimage, and scarcely a day [illegible] without some band of pilgrim[illegible]ing the sides of the mount. [illegible] evening, lights glimmer from th[illegible]mit of the rock upon which is p[illegible] this symbol of 'Gallia poeni[illegible] devota.'"

Corroboration.

"This is the greatest loafing p[illegible] the city," he said, as he drew up [illegible] in the corridor of the municipal [illegible] "Most of this crowd here has no [illegible] business than to come here ev[illegible] and listen to the cases of poor [illegible] who get caught. It's a good ch[illegible] hear private affairs and get a [illegible] occasionally, but if I was in m[illegible] I'd take these idlers in a bunch."

"Now look here," and a stalwa[illegible] officer accosted my friend-of-a-[illegible] "I've warned you before about [illegible]ing around these courtrooms a[illegible] catch you again you'll do a little [illegible] in a cage. Beat it."

"Did he touch you?" the [illegible] asked me. "I'm sick and tired [illegible]ing that guy and a few others [illegible] around here. This is the great[illegible]ing place in the city."—Phil[illegible] Ledger.

Makes Five Jags Limit.

You may get drunk only five [illegible] in New Rochelle. City Judge [illegible] F. Swinburne says that's de[illegible] finally and absolutely the limit [illegible]ing to decrease the number of [illegible]ards in the town and save their [illegible] for their families, the magis[illegible] served notice on saloonkeepers [illegible] under a provision of the [illegible] law they will be punished if th[illegible] intoxicating beverages to any [illegible] has been arraigned five times [illegible] toxication.

The judge will supply a list o[illegible] persons to the saloons and [illegible] intends to act promptly and vi[illegible]ly if the law is violated.—New [illegible] World.

TO COOL OFF HOT HEADS

Grape Leaves Placed in Crown of Hat Will Prevent Sunstroke or Prostration.

During the hot days of summer thousands of men who are compelled to be out in hot sun are in need of something to help keep the head cool. All kinds of ways are being suggested, such as ventilated hats and hats with an inner band to permit the air to circulate between the hat and the head, and the advice of some to wet the head frequently are being tried, but none are giving as much real satisfaction as is desired.

One of the best remedies for heat on a summer day is the placing of grape peaves in the crown of the hat. The leaves will prevent sunstroke or heat prostration, and they make the wearer feel much more comfortable than any of the many different suggestions in headgear or physicians' advice.

Six or eight leaves from the grapevine will last several hours. They are not difficult to obtain, as many grapevines are grown all over most large cities.

In some of the city markets on very hot days grape leaves may be purchased in sufficient quantity to place in the hat, and they find a ready sale. Many persons see them, but do not know their true value in preventing hundreds of cases of heat prostration.

Formidable Competition.

Paris is advertising skin-tight bathing costumes, sleeveless and stockingless with a headgear consisting of a flowered bandana from beneath which a kiss curl is permitted to emerge. And all this just at a time when we have started a new movement to see America first and keep our tourists at home.

The Endless Quest.

"Why don't you go to the seashore and be quiet?"

"You can't be quiet at the seashore. Every time you sit down somebody comes and persuades you to get up and travel because there's a lovely breeze on the other side of the house."

Climate of Uruguay.

Information is sought regarding possibilities for the sale of American flowering plants, shrubs and trees in Uruguay.

The climate of Uruguay is between temperate and subtropical. The mean summer temperature for the last five years has been 73 degrees Fahrenheit and the mean winter temperature has been 50 degrees. The lowest temperature registered in the last ten years was 22 degrees and the highest was 92 degrees, but both of the extremes were for a few hours only. The soil is suitable for almost all subtropical and temperate zone plants and trees. There are no real mountains and very little forest. The palm, the olive and the orange grow in almost the same district with the pine, eucalyptus and oak.

Effect Much the Same.

A bashful youth may feel almost as uncomfortable in the presence of the girl he adores as a small boy feels in his Sunday clothes.

No Man's Land Sold.

No Man's Land, the most isolated inhabited spot on the New England coast, is to be stocked as a fish and game preserve and made the country home of Joshua Crane, former national racquet champion and a prominent polo player, it was announced recently. Mr. Crane is now in London.

He has purchased the little island, which is three miles in circumference, and lies about six miles off the southwestern extremity of Martha's Vineyard. An artificial harbor capable of sheltering a small fleet of yachts is to be constructed.

A movement has been started to have the federal government erect a lighthouse on the island, which has been the scene of many wrecks.—Boston Dispatch to New York Tribune.

Religion in Germany.

So far as the German empire as a whole is concerned, there is no state religion, each state being free to maintain its own establishment. Thus, while the Emperor as King of Prussia, is head of the Prussian Evangelical church, as German Emperor he enjoys no such ecclesiastical headship. [illegible] several states the relations of [illegible] and state differ fundamentally [illegible] ing as these states are Protes[illegible] Catholic. According to the [illegible] census of 1900 there were in G[illegible] 35,231,104 Evangelical Prote[illegible] 20,327,913 Roman Catholics; [illegible] Greek Orthodox; 283,678 Christ[illegible] longing to other confessions; [illegible] 943 Jews; 11,597 members of [illegible] sects; and 5,938 unclassified. [illegible] two-thirds of the population b[illegible] the Evangelical church and [illegible] more than a third to the Roman [illegible]olic church. The adherents of [illegible] testantism are divided by their [illegible] fessions into Reformed and Lu[illegible]

Just Too Lovely.

"I suppose you had a fine time [illegible] New York?"

"Oh, glorious! I was there [illegible] weeks and never ate twice in the [illegible] place."

Hop Production Doubled.

Russia last year doubled its p[illegible] tion of hops over the figures [illegible] previous ye[illegible]