THE FAMILY FORUM

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The International Sunshine Society.

"Scatter Sunshine All Along the Way."

Address letters in regard to the organization of Sunshine branches to Mrs. Cynthia Westover Alden, the president general of the International Sunshine society, 96 Fifth avenue. New York. Miss Lillian M. Ellis, 1615 St. Anthony avenue, St. Paul, is Minnesota state organizer. Send her any news about Northwestern branch work. The Globe is the Minnesota state organ.

A little girl was begging her father to take her to visit her grandether to take her to visit her grandether.

O somewhere do something for "Sun-

For the years travel swift in their flight; Whatsoever thing your hand findeth Delay not to do with your might. "True courtesy is heart love revealed in words and deeds."

What an astonishingly delightful world this would be if ill-natured stories were so frowned upon by hearers that the tellers thereof would find their occupation gone and abandon their ungracious practices. How much unhappiness in the home, how much friction in the business world, how much cleaner the columns of the newspaner, how much more useful the pulpit if what in reality is gossip, although it is often sought to be designated by a worthier title, was made taboo,

Revenge is of death and deadly. For-giveness has taken its place, and forgive-ness is the giving and so the receiving of life.

God sent his singers upon earth With songs of sadness and of mirth, That they might touch the hearts of me And bring them back to heaven again.

—Longfellow.

It is his loves and his hopes, not his visions and intentions, by which a man is to be judged.

e me faith, just for each common day, in vague things beyond my ken and Lett me believe that down life's darkest The grime and dust hold something sweet and fair.

Let me find something in each sordid Of hidden good that is, or might have

To get the very best out of life as one must live it; to make the most of what one has while continually striving for something higher and better; to be always contented, but never satisfied; to acquire that culture of spirit which teaches how to enjoy to the full the blessings that come, but also gives one the strength to renounce without bitterness when the great ordeals of life take from the store; to always yearn for the most, the very best and highest of which one is capable, but at the same time to neglect no opportunity for improving present surroundings, and moulding, according to one's ideals, the life of the striving days—surely this is a conception of life's possibilities and opportunities which yields to none in nobility, in dignity and in fruitfulness.—Louis E. Van Norman.

What do we live for, if not to make life less difficult for others?

Will Send the Bill to You.

"Ez fer war, I call it murder,
There you have it, plain and flat;
I don't want to go no furder
Than my Testyment fer that.
God has said so, plump and fairly—
It's ez long es it is broad—
An' you've got to git up airly
Ef you want to take in God.

"'Taint your eppylets an' feathers
Make the thing a bit more right;
'Taint a-follerin' your bell-wethers
Will excuse ye in His sight.
Ef you take a sword an' draw it,
An' go stick a feller thru,
Gov'mint ain't to answer fur it—
God'll send the bill to you."
—James Russell Lowell.

"God gives His days for us to use For some good purpose. If we cl "God gives His days for the choose For some good purpose. If we choose To squander them, how great our sin I shudder when I think He keeps A record of them all, and weeps To see the misspent ones therein."

—Eben E. Rexford.

We are in danger of looking too far or opportunities of oing good and com-nunicating them. In reac...ng for rhodo-endrons we trample down the daisies.— darion Harland.

For Fathers—If your boys feel that you want them, and gather them in warm-heartedly to such comfort as there is, in a helpful mutual partnership in this as in the rest of life, they can enjoy themselves. It was not a well-to-do little boy who replied to some question: "Why,

The performance of small duties, yes even of the smallest, will do more to give temporary repose, will act more as a halthful anodyne, than the greatest joys that can come to us from any other quarters. ter.

A little girl was begging her father to take her to visit her grandmother, who lived some distance away. He said: "It costs \$10 every time, Florence; \$10 don't grow on every bush." "Neither do grandmas grow on every bush." answered the little girl, promptly. They went.

DON'T LET THE SONG GO OUT OF

YOUR LIFE. Don't let the song go out of your life;
Though it chance sometimes to flow
In a minor strain, it will blend again
With the major tone, you know.
What though shadows rise to obscure
life's skies,
And hide for time the sun;
They sooner will lift, and reveal the rift,
If you let the melody run.

Don't let the song go out of your life; Though your voice may have lost its trill. Though the tremulous note should die in

your throat
Let it sing in your spirit still.
There is never a pain that hides not som

And never a cup of rue.

So bitter to sup, but that in the cup
Lurks a measure of sweetness, too. Don't let the song go out of your life; Ah! it never would need to go. If, with thought more true and a broader

with thought more true and a broader view,
We looked at this life below.
Oh! Why should we moan that life's springtime has flown,
Or sign for the fair summer time?
The autumn has days filled with paeans

of praise, And the winter hath bells that chime. Don't let the song go out of your life;
Let it ring in the soul while here.
And when you go hence it will follow
you thence,
And sing on in another sphere.
Then do not despond and say that the

Sweet songs of your life have flown, For if ever you knew a song that was true
It's music is still your own.

-Kate R. Dills.

Look not mournfully into the past, it comes not back again. Wisely improve the present, it is thine. Go forth to meet the shadowy future without fear and with a manly heart.—Longfellow.

WISE WORDS. That friendship is mine that requires not the skill of retention.

That love is mine which needs not be roclaimed. Each receives but that which he sends orth. Each hears but that which reverberates in his own breast.

Each feels but that which has eaten into his own heart.

-Muriel Strode. THE ONE WHO HAS A SONG. THE ONE WHO HAS A SONG.

The cloudm ker says it is going to storm,
And we're sure to have awful weather—
Just terribly wet, or cold, or warm,
Or, maybe, all three together;
But, while his spirit is overcast
With the gloom of his dull repining,
The one with a song comes amiling past,
And lo! the sun is shining.
The cloudmaker tells us the world is
wrong.

wrong, And is bound in an evil fetter, But the blue-sky man comes bringing

Song
Of hope that shall make it better;
And the toilers, hearing his voice, behold
The sign & a glad tomorrow,
Whose hands are heaped with purest

Of which each heart may borrow.

—Nixon Waterman.

Work for success, remembering always that what counts must be won honestly. There are grades of men. The No. Is have unblemished character, sound hearts, the color of truth is in their countenances. Mere money does not signify in measuring character—it is impress, accomplishment. No one thinks of the great men of history as rich men, and few of them were rich. Do something; help the world along by doing the best possible work that is in you.

Wee rise by the things that are under feet, By what we have mastered of rood and

gain,
By the pride deposed and passion slain
And the vanquished ills that we hourly -Josiah Gilbert Holland.

Babies

If there is a baby at your house, don't in the name of humanity neglect to give it a drink of water at intervals during the day—and night, if the heat is intense. The ignorance and lack of thought on the part of mothers and nurses in this matter alone, physicians say, is the cause not only of a fretful and cross baby many times, but is responsible for more

WATER.

Give Them Water in Warm Weather

THEY SUFFER FOR WANT OF | mer, put fresh water to the mouths of mer, put fresh water to the mouths of dumb, helpless creatures, and help to alleviate a lot of suffering thereby. It may be a baby, it may be the family dog or chickens, horses or cows, but see that it is done. I was highly amused one evening at the theater at a little domestic farce given between acts, where the husband and father was left the care of a very young looking infant. It cried furiously, and he ran and got a bottle of milk that looked to hold a gallon, fastened on the nursing apparatus, and in about only of a fretful and cross baby many times, but is responsible for many a sick spell. So remember this, and tell your friend who has a child not big enough to make its wants known, to give the little fellow a drink. I beseech it of you, reader, as often as it lies in your power during this sum-

Chunder Storms

Danger from Lightning

SOME INTERESTING DATA. According to our best authorities the average number of thunderstorm days in the middle West annually is thirty. This doesn't seem to be a great number, nor is it, compared with

warmer climates. The average number is forty-five in our Southeastern states, fifteen more than with us, you see A thunderstorm is generally a source of apprehension in the minds of many. I know one man who would see the state of who would crawl under the bed during the thunder. He was not cowardly in front of a man, for I saw him tried. front of a man, for I saw him tried.

We knew a family that at night, when thunder roared and lightning flashed, always got up and lighted the lamp. They forgot that mere noise isn't dangerous. The flash, if seen, never hurts; it is past.

Besides, it isn't tall objects which are always struck. A writer says: "I was once sitting on a porch in front of a two-story house when a bolt struck a small pear tree not twenty

feet from my chair. It jolted the folks on the porch, but that was all." The rural population suffer less than any other class. In 1890, my last figany other class. In 1850, my last fig-ures, Iowa lost ten people by lightning in a million, Illinois six, Missouri seven, Arkansas seven, Minnesota nine, Wis-consin seven and Michigan eight.

This is certainly not a very large percentage for the farm. It is the same, or practically so, in similar latitudes elsewhere in the world. It is hardly worth while to crawl under the bed in a thunderstorm. The data, however, are interesting.

Freak Bid

TO PAY TAXES

A NEW YORK INCIDENT.

At a recent state tax sale at Albany, N. Y., the controller received a bid that breaks all records for freak bids ever received by this official. A minute subdivision of a plot of ground in Richmond county was bid in to pay a tax of \$60.

that breaks all records for freak bids ever received by this official. A minute subdivision of a plot of ground in Richmond county was bid in to pay a tax of \$60.

M. L. Keyes, of Oneonta, was the owner of the property, and he wanted to bid it in to clear the title. He kept on bidding down until he got to his limit on decimals, and then when his opponent went him one better, his son, D. F. Keyes, jumped into the breach and bid one decillionth of a square inch. His bid means that for one de-

| cillionth of a square inch of this prop

erty he will pay the taxes, amounting to \$60. This bid defeated the other side.

Sunday Study

Sabbath Lessons. Notable Days.

ship in the sanctuaries of God, but such almsgiving has not always been wisely directed. The effect on the one receiving has not always been good. Not always has the giver stopped to inquire or care what the effect was, but often the act of bestowing has been taken to be all meritorious reardless of results. Now, a better and more intelligent yiew is coming to be held. We are to give, but give in such a way as to benefit the receiver. God is honored only as we help our fellows. Good intention must be followed by good deed.

now forgotten or viewed with indiffer-

ence.

But new emphasis is being placed on the relief of the distressed, the diseased and the unfortunate. How to cure sickness and relieve pain is coming to be studied as a Christly work. Christian physicians, trained nurses, sisters of charity, deaconesses, are coming to hold a place of much importance in the work of saving a sick and sin-cursed world. Hospitals are rising side by side with schools and churches. The reform of the victous and criminal is engaging attention increasingly, and men are finding that

creasingly, and men are finding that punishment of crime is not the true end of justice or the function of gov-

ernment. To reform the evil is the true object of all correction. We are to save the sinful and cure the suf-

to save the sinful and cure the suf-fering. The blessedness of strength is best realized in helping the helpless

NOTABLE DAYS OF THE WEEK.

than 240 churches were dedicated to her. She was the daughter of a pagan priest, but became a Christian. She

refused to marry or receive attentions

July 21 is the anniversary of the birth, in 1782, of Charles Tristan Mon-tholon, French general, who shared Napoleon's exile, and was his execu-

distinguished American actress.

July 24 is pioneer day, a legal holi-

day in Utah. Also the festival of St.

Declan, at Ardmore, Ireland. The saint visited the island before St. Patrick. The annual celebration attracts many

visitors. This day is also the anniversary of the birth, in 1798, of John

A. Dix, American general and states-

French novelist; of J. G. Holland, in 1819, American author.

America;" of George H. Pendleton, in 1825, American politician.

July 26 is dedicated in the Catholic calendar to St. Anne, mother of the virgin. She is the patroness of Canada, and her shrine at the church in Beaupre, near Quebec, is the Lourdes of the New World, attracting pilgrims from all parts of America. The only relic is that of a fragment of a finger bone of St. Anne, taken there in 1688. It was long the custom of ships to stop in front of the little town and fire a broadside in honor of Canada's patroness. In the old French days the whole shore was lined with Indian wigwams, and the more devout of the converts would crawt on their knees

July 26 is dedicated in the Catholic

July 25 is dedicated in the church

man; of Alexander Dumas.

ed by good deed.

THE COMMANDMENTS.

The international Sunday school les-on for July 20 is found in Exodus xx., 12-17. The golden text is Matthew xix., 19. The Ten Commandments, or ten words, as they are sometimes called, are summed up by our Lord in Mark vii., 29-31, in these words: "Hear, O Israel; the Lord our God is one Lord, and thou shalt love the Lord thy God with all thy heart, and with all they soul, and with all thy mind, and with soul, and with all thy mind, and with all thy strength. This is the first commandment, and the second is like—namely, this, Thou shalt love thy neighbor as thyself. There is none other commandment greater than these." The first verse of the lesson is an important one: "Honor thy father and thy mother that thy days may be long upon the land which the Lord thy God giveth thee."

ed by good deed.

A broad and comprehensive view of the history of the church shows a gradual progression and widening of the scope of Christian activities. Men no longer place chief emphasis on what is held as opinion on matters of doctrine. The form of service is not considered all important, so that all must conform to one ritual and ceremonial of worship. Many things once held as of vital importance are now forgotten or viewed with indiffer-God giveth thee."

The second verse of the lesson is "Thou shalt not kill." It is not all in in the killing of the body, for it is written in John iii., 15, that "Whosoever hateth his brother is a murderer."

Not duly are we formidden to hete are. Not duly are we forbidden to hate any one, but we are forbidden to speak evil of any one. We are forbidden even to

imagine evil in our hearts against a brother or a neighbor. "Thou shalt not commit adultery" is the command in the third verse of the lesson. This sin can be committed in a look as well as by the act. God counted Israel guilty of this sin when they worship idols, the works of men's hands, and by the spirit through James He tells us that if we are in idolatrous friendship with the world we are in His sight guilty of this sin.

The next verse says "Thou shalt

The next verse says, "Thou shalt not steal." Many who would scorn to take what does not belong to them, to take what does not belong to them, as between man and man, might have to plead guilty when searched by the question, "Will a man rob God?" Yet God had to say to Israel, "Ye have robbed Me in tithes and offerings." "Thou shalt not bear false witness against thy neighbor." There are tongues that devise mischiefs, that seem to love evil more than good and lying rather than rightequapers but seem to love evil more than good and lying rather than righteousness, but such do not belong in the holy city. "He that worketh deceit shall not dwell within My house; he that telleth lies shall not tarry in My sight." False witnesses were among the grievous things which our Lord suffered for any sakes even as it is written. fered for our sakes, even as it is writ-ten, "False witnesses are risen up against Me and such as breaths out cruelty," and again, "False witnesses did rise up; they laid to My charge things that I knew not."

"Thou shalt not covet." One cannot keep the other commandment and yet desire what belongs to another. One offense is sufficient to blot the whole.

MEANS OF GROWTH.

The Christian Endeavor topic for July 20 is found in Phil. iii., 12-16; Col. i., 10-14. To grow in Christian grace, love and charity is a necessity. It is necessary because we can never in this life come to a state of moral and spiritual perfection. and spiritual perfection. At least this was Paul's opinion. After nearly thirty years of most devout and zealthirty years of most devout and zealous service and consecration he declared that he still pressed forward,
"not as though I had already attained, either were already perfect; but
I follow after, if that I may apprehend
that for which I am apprehended of
Christ Jesus. Brethren, I count not
myself to have apprehended." Language could not be plainer. Paul at
least knew nothing of perfection here,
and hence he must needs always and hence he must needs always press on toward the goal. The same necessity for the same reason rests

upon all Christians. Paul was actuated in his desire for Christian growth and progress by a profound reason. Christ had apprehended or laid hold of him for salvation, and, if he failed in apprehending that for which he was apprehended in Christ, then Christ's work for him would be made vain and ineffective. Therefore he was zealously anxious to follow out and to lay hold on the eternal life which Christ had apprehended for him by His death. This profound motive should influence us all in desir-ing to persevere unto salvation. Christ died that we might be saved, and lest His death be in vain we should ac-cept Him as our Savior and persevere in Christian faith and life until the

Paul's method of progress or growth is also set forth in the topical reference. It consisted of singleness of aim. "This one thing I do. * * * I press toward the mark of the prize of the high calling of God in Jesus Christ." Christianity must have the supreme place in our lives if we are supreme place in our lives if we are to grow as we should. Christian progress can only be made by putting Christ first and making all things revolve about Him as the planets revolve about the sun. And that we may press forward with singleness of aim, Paul suggests that we must forget the things that are behind. Paul's past would have interfered with pressure to the progression of the progre past would have interfered with present progress. But God had blotted out the past, and why should he dwell upon it to the detriment of his advancement in Christian faith and else that interferes with out constant growth must be forgotten or brushed aside. One thing, singleness of aim, is our only sure method of success. Shall we falter or refuse to press on to a victory? The contestant in the Grecian games thought it an honor to win an immortal crown. How much win an immortal crown. How much greater is the winning of the peace and glory of the better life beyond.

PROGRAMME OF CHRISTIANITY. The Epworth league topic for July 20 is found in Matthew iv., 23; Mat-20 is found in Matthew iv., 23; Matthew x., 7-8. The programme of Christianity is to preach, teach, heal. A pure soul in a sound body is the need of every one. Jesus had much to do with healing when He was on earth and had entered upon His three years of ministry. We have no account of any cures performed by Him previous to His baptism. After that event His whole course seems a continuous sewhole course seems a continuous se

whole course seems a continuous series of healing the sick.

When He sends His disciples out to prepare the way for Him in the towns and villages He tells them to proclaim the nearness of the kingdom of heaven and, in token of it, to heal the sick.

The work of the Christian church is not done when men have been brought to repent and forsake their sins and to serve God. The work has, in fact, just begun. Now there must be training in all manner of work of mercy and beneficence. How to live rightly must be discovered and practiced and taught. Social conditions must be understood their willtions must be understood, their evils recognized, remedies found and ap-

whole shore was lined with Indian wigwams, and the more devout of the converts would crawf on their knees from the river bank to the altar. Every year there has been a steady increase in the number of visitors.

The Redemptorist fathers are in charge of the church, and sermons are preached in many different languages, as occasion requires. The present church is a most handsome structure, costing nearly a quarter of a million dollars. It is surrounded by a number of beautiful lateral chapels, and along the road are small chapels, and along the road are small chapels. In front of the church is a splendid statue of the saint. The church contains many pictures of ships, representing marvelous deliverances from storm, through the aid of St. Anne, and another feature is the large collection of crutches, canes, spectacles, etc., left by those who suddenly found they no longer required them. The wrist bone of St. Anne was sent to New York in 1892, and is shown occasionally in the church of St. Jean Baptiste, to the sick, and wonderful cures are reported. The famous relic is watched with zealous care, in view of numerous attempts to steal it.

July 26 is the birthday, in 1730, of George Clinton, American patriot and statesman; of Robert Fulton, in 1765, American engineer and inventor; of Orange Judd, in 1822, American agricultural editor. In all ages the duty of giving alms has been recognized as binding upon Christians as truly as the duty to wor-

THE HEART OF THE DOG.

attitude of the dog toward man, the finer becomes the character which you discern. But the dog has a great advantage in his favor; he has the attribute of fidelity developed to a high degree, and resentment has been left out of his characteristics. He is the embodiment of

The more you attempt to analyze the

The Dog

ing upon you an increase of the affection which you have spurned.

In matters of the heart the dog knows no such word as defeat. When once he has placed his fealty there it stays to the end, through disaster and misfortune. Nothing but death can end his fidelity. And in all this there is a little lesson for those who are large enough to learn it. This is the commerical age, and we all demand that everything shall pay. But

This is the commerical age, and we all demand that everything shall pay. But the dog only knows one recompense for his affection, and that mes to him only in its exercise.

The love that gives without asking, that gives in the very irresistibility of love itself, and gets the joy of its living from the ecstacy of its loving, is the love imperishable. This sometimes comes to human hearts and it would always come if it were not that the higher intelligence makes room for the selfishness which asks that more shall be received than shall be given. But it is something like this that makes the dog the faithful lover that he is through good and evil days, and it is somewhat in this spirit that he licks the hand that smites him. The love of a dog is not a joke; it is one of the tender touches of nature, and it raises to a place of dignity one of the creatures from whom words have been withheld, that we might learn how much cay be spoken with the eyes. There is a beauty in the heart-life of the dog which you and I cannot afford to lose.

THE REWARD OF PATIENCE. Old Bill Jones He used to kick

An' never worked A single lick.

An' Hiram Smith
Worked night an' day
An' never had
A word to say.

When workin', Bill Seemed at a loss, An' so they had To make him boss.

An' Hiram he
Works with a will
A-tryin hard
To please ole Bill.
—Washington Star. HALF OF IT.

One half of the battle of human s for something to eat. Makes a Difference. The man who thinks he knows
Disturbs not your repose
Unless he thinks his duty 'tis
To tell you all he knows.

WHY GIRLS CAN'T THROW. A girl can never learn to throw like a boy on account of the conformation of her shoulder. The collar-bone in wom-en is larger and sets lower than a man's.

THE LONGEST VERSE. The fourth verse of the twentieth chapter of Revelation contains more words than any other verse in the New Testament—sixty-eight. July 20 is the eighth Sunday after Trinity. It is honored in the Catholic church for St. Margaret, patroness of women in childbirth, once a very pop-ular saint in England, where no fewer

THE OLD OAK TREE.
Said the old Oak Tree to the Noisy Dog.
"Be still; it will do you good."
And the Noisy Dog replied, "If I had
A bark like yours, I would." TAKEN BY STORM. from the Roman governor, and in con-sequence was subjected to torture and then death.

He stole a kiss! So quick was done
She did not know what he was at.
He never stole another one;
She gave them to him after that.
—Philadelphia Press AN OBSERVER OF THE SKY.

Prof. Lewis Swift, who has just passed his eighty-second year, has discovered fifteen comets and 1,342 new nebulae, a re-cord which is only surpassed by that of Sir William Herschel. tor. This day is also the aniversary of the battle of Bull Run, in 1861, which encouraged the Confederates as it discouraged and dismayed the Union REMEMBER GIRLS.

Tis wrong for any maid to be
Abroad at night alone;
A chaperon she needs till she
Can call some chap her own.
—Philadelphia Press. July 22 is dedicated in the Catholic calendar to St. Mary Magdalene, believed to have been the sinner of whom much had been forgiven, and the saint who loved much. She was the most constant of all the followers of Christ: ALL FOR HER SAKE. Not she with traitorous kiss her Master stung.

Not she denied Him with unfaithful tongue;

She, when apostles fled, could danger brave.

Last at His cross, and earliest at His grave. He carried lunch to sylvan scenes;
Hee made the old swing go;
He hacked his knife to open sardines,
Because he loved her so.
—Washington Star.

GETTING UP IN THE WORLD. "What," exclaimed the orator—"what two things are helping mankind to get up in the world?" "The alarm clock and the stepladder," answered a dense per-son on the back seat. Painters have represented her as a lovely woman in a great number of re-pentant attitudes,

July 23 is nonored in the Catholic calendar for St. Bridget of Sweden. She was a scholar, writer and founder of the Order of Bridgetines, peculiar of its kind, as it included both nuns and monks under the same roof. The regular establishment of Bridgetines numbered 60 nuns 13 monks 4 deceans and A BRIGHT REFLECTION "A simple look is all I craye,"
The poet wrote, and a bright lass
Replied, "Sir, if that's the case,
Why don't you get a looking glass?
—Chicago Daily News.

INSIGHT. The mind reader has no remarkable brain; He is not gifted with wisdom galore. He merely believes things will happen again, Because they have happened before.

—Chicago Record.

bered 60 nuns, 13 monks, 4 deacons and 8 lay brothers. The extremely religious life to which they subjected themselves was supposed to render mixed inmates of these convents superior to temptation. All the convents now are of one sex. Also the anniversary of the birth in 1816 of Charlotte Cushman, a distinguished American actress. TEDDY IS COMING. The president is to swing around a circle this summer and fall, and is dated to strike the state fair at St. Paul. Roosevelt is not the orator that Mr. Bryan is, but his earnestness is impressive, and those who have not seen him will all want to be here.

> A DELICATE MACHINE. A thought weighing machine has been invented by Prof. Mosso, an Italian physiologist, the rush of blood to the head turning the scale. The machine is so delicate that it can measure the difference in the exertion needed to read Greek from that required for Latin.

roll to St. James, surnamed the great, NO, LITTLE GIRL. apostle and martyr. He was a brother of St. John, originally a fisherman, and after the death of his master is said There are no "harmless" solutions for bleaching the hair "8 or 9 shades lighter, than it now is." Don't try it; it is dangerous. Be satisfied and glad if yau have a good head of hair of any color. "Artificial blondes" soon regret they tried to improve upon nature. to have visited and preached in Spain, of which country he is the patron. On his return to Jerusalem he was beheaded in A. D. 44. He was the first headed in A. D. 44. He was the first of the apostles to be martyred, and is regarded as the patron of pilgrims. Also the anniversary of the birth, in 1750, of Henry Knox, American general and statesman; of Samuel Bolivar, in 1783, the "Washington of South America." of George H. Pendleton in

NO ESCAPE FROM NATURE. Thee impartiality of the rule that comes from the unseen is suggested when the king moving in the coronation splendor of dazzling royalty to the loftiest throne on earth is as helpless as a beggar before the onset of relentless disease. The skill of learned medical men does not greatly impair the equality.

THE DOUBTERS. There was a sign upon the fence,
"Twas "Paint."

And every sinner that passed by
And saint,
Touched a finger to it and—
"Gee-Whiz!"
They say, and wipes it off,
"Why, so it is."

THE SOFT HAT. The soft hat was introduced to America about 1850 by Louis Kossuth. It became the fashionable head-covering, and has remained so ever since in the Southern and Western states. The army campaign hat and the rough rider hat had their origin in a Tyrolean hat that was brought here by some American traveler.

HIS NAME. Inquiry is made as to what would King Edward's name be if he had the honor of being a citizen of the United States. His mother's name was Guelph and she married a man whose family name was Wettin. Therefore should his most gracious majesty desire to become a citizen of this country his papers would be made out to Albert E. Wettin.

COMING ACROSS THE SEA. Should the tide of immigration continue to flow to the United States for the remainder of the year as it has begun, all former records will be broken. The arrivals at Ellis island are now beyond all precedent, and the absorbing capabilities of the country are being trid to the utmost. It is possible that before the end of the year is reached the population of the United States will have been increased by about 1,000,000 through the accessions from European and other Eastern countries.

CARNEGIE'S REMARKABLE TALK. T. P. O'Connor publishes a remarkable conversation which he had with Andrew Carnegie at Skibo, says a London cable to conversation which he had with Andrew Carnegie at Skibo, says a London cable to the St. Louis Post-Dispatch. He says: "As we drove down to the station I was saying how I envied him his wealth. He said: 'I am really not to be envied. How can my wealth help me? I am sixty years old and cannot digest my food. I would give you all my millions if you could give you all my millions if you could give me youth and health.' Then I shall never forget his next remark. We had driven some yards in silencee, when Mr. Carnegie suddenly turned and in hushed voice and with bitterness and depth of feeling quite indescribable, said: 'If I could make Faust's bargain, I would. I would gladly sell anything to have half my life over again.' And I saw his clenched hands as he spoke," Diet

GOOD AUTHORITY. Sir Henry Thompson, one of Sir Henry Thompson, one of the greatest living authorities on foods and feelings, states in a recent publication that "what is called indigestion does not depend upon any fault of the digestive apparatus, but solely upon its being called upon to accomplish work which is beyond its powers; so that the remedy is not to be found in the gastric juices of the pig, or in the ingestion of the various chemically prepared messes advertised as being digestible."

messes advertised as being digestible."

He (Sir Henry) would leave the pepsin and the messes to be applied, if at all, by skilled physicians in cases of illness which may possibly require them, and lays down, as of practically universal application, the principle He (Sir Henry) would leave the pepsin and the messes to be applied, if at all, by skilled physicians in cases of illness which may possibly require them, and lays down, as of practically universal application, the principle that the elderly person neither requires nor can algest as much food as the young person, and that this principle should govern the arrangements of life. The total amount of food should be

What Old People . . Should Eat

steadily diminished as : re advances and this total amount should be divided among a larger number of meals than were sufficient for his wants in former days. In other words, not only should the entire demand upon the di-gestion be diminished, but the demand made at one time should be diminished

It is commonly asserted and is by many believed that the average dura-tion of human life has been increased by dentistry, but Sir Henry inclines

Summer Rest

Minnesota Resorts

PLENTY OF THEM.

The weather thus far this season has not been of a kind to suggest summer resort reflections, but there will

rest. The rivers of the state and our great lakes are dotted with them, and there are inland resorts on small lakes and streams that have rare attracmer resort reflections, but there will be a warm coming with the change of the moon, or thereabouts, and then there will be a rush for the places where the cool breezes blow. But why should anybody wait for torrid weather to escape from the dull routine of everyday life? Heat is not the only evil in this world. Dust, noise, and ruts into which most of us are apt to fall are equally demoralizing to health and nerve, and the quiet retreat by the lake shore or the woods is the place for needed rest, repose and recuperation, with enough social enjoyment to break the monotony. And Minnesota is happy in having many places for the weary to go and find

Unrest

We Cannot Rest and Grow.

Master mechanics of the world, the

GROWTH COMES WITH UNREST. If we wish to grow, to expand individually, as a people, as a nation, we must pay for it the price of comfort, says Rev. Minot J. Savage. We cannot rest and grow. Growth comes with unrest; it is a product of unrest; it is impossible without unrest. It is only by unrest by activation by

it is impossible without unrest. It is only by unrest, by agitation, by turmoil that conditions are improved.

Discontent makes for the bettering of humanity. The discontent that is a spur to ambition enlarges man's possibilities. Discontent prings with it unrest. The one follows the other, and to the two may be credited much of the improvement in world conditions. It is the unrest born of discontent that brings about our labor troubles; that produces strikes which we are prone to class as disastrous, and are prone to class as disastrous, and

managers of the world, the managers of the great industries, the factories, the railways, the coal miners, the steel trust men, the men engaged in the great work of the world—it would be greatly for their comfort if their relatives. fort if their workmen would always be patient, always be contented with their wages, never desire any larger their wages, never desire any larger or higher life than they have yet attained; if they would be willing to stay quiescent where they are and let the masters enjoy the comfort of the luxurious positions which might as well be theirs.

But, if the world is to grow, if the lower levels are to be lifted, there must be paid the price of this temporary disturbance, upheaval, discomfort. And the men who are perfectly comfortable and do not want anything more are the ones of whom there is no hope. there is no hone.

The Boy

Great Possibilities in Him

WHAT PHILISTINE HUBBARD THINKS. I have a profound respect for boys. Grimy, ragged, tousled boys in the street often attract me strangely. A boy is a man in the cocoon—you do not knew what it is going to become—his life is big with possibilities. He may make or unmake kings, change boundary lines tetween states, write books that will mold character, or invent machines that will tween states, write books that will mold character, or invent machines that will revolutionize the commerce of the world. Every man was a boy. It seems strange, but it is really so. Wouldn't you like to turn time backward and see Abraham Lincoln at 12, when he had never worn a pair of boots, the lank, lean, yellow, hungry boy, hungry for love, hungry fer learning, tramping off through the woods for twenty miles to borrow a book, and spelling it out crouching before the glare of the burning logs?

Then there was that Corsican boy, one of a goodly brood, who weighed only fifty pounds when ten years old, who was thin and pale and perverse and had tantrums and had to be sent supperfess to bed or locked in a dark closet because he wouldn't "mind!" Who would have thought that he would have mastered every phase of warfare at twenty-six thought that he would have mastered every phase of warfare at twenty-six, and when in dire confusion would say, "The finances? I will arrange them."
Distinctly and vividly I remember a squat, freckled boy who was born in the "Patch" and used to pick up coal along the railroad tracks in Buffalo. A few months ago I had a motion to make before the court of appeals at Rochester. That boy wrote the opinion granting my petition.

Be patient with the boys. You are dealing with soul-stuff. Destiny waits just around the corner.

Be patient with the boys!

Puzzle-Corner.

Intellectual Amusement and Exercise for Young PRIZES—A copy of a short story book will be sent to the first persons to send in answers to all the puzzles. The person who sends in the best original puzzle this

Be patient with the boys!

who sends in the best original puzzle this week will receive a copy of a choice story. The puzzle printed first in this department will be considered the best, concerning which opinions may differ. All puzzles should be written on one side of paper. Write name distinctly.

ANSWERS to puzzles two weeks ago:
323.—Authors: 1, Harte; 2, Hawthorne; 3, Field; 4, Caine; 5, Howells; 6, Black; 7, Hardy; 8, Hope; 9, Twain; 10, Nye; 11, Fenn; 12, Haggard; 13, Barr; 14, Ward; 15, Trollope; 16, Riley.
324.—In a Garden: 1, corn; 2, peas; 3, pears; 4, peach; 5, sage; 6, currants; 7, cherry.

PUZZLES to be answered August 3: 327.—Geographical Anograms:
1. Lone tram—A city in Canada.
2. My seer—A river in the north of England. 3. Red fox—A city in England.
4. Me ro—A city in Italy.
5. In er—A river in Germany. 328 .-- A Riddle-

Tm round, I'm square, I'm short, I'm tall. I'm light or heavy, large or small. I'm found on ships, I'm foun ashore, In every house and every store. Sailor and workman and soldier in camp Own me, as also does a tramp. I'm used for food, though not good to eat; From me the cook brings many a treat.

Question Box.

Curious Things in Life and Literature.

ANSWERS to questions two weeks ago:

417.—The oldest existing statue is one of wood, admirably modeled, colored and with eyes of crystal. It is of a man named Ra-em-ke, an Egyptian, and dating from about B. C. 4000. Dr. Wright, of St. Paul, in his work on Egypt, shows a picture of this statue.

418.—Dissolving views are pictures painted on glass, and made to appear of great size and with great distinctness upon a wall by means of a magic lantern with strong lenses and an intense oxyhydrogen light, and then—by removal of the glass from the focus, the gradual increase of its distance—apparently dissolved into a haze, through which a second picture is made to appear by means of

PRIZES—A prize of a short story book will be sent to the first person to send in correct answers to questions annexed. Address replies to Puzzle Editor, care The Globe, St. Paul, Minn.

ANSWERS to questions two weeks ago:

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442.—What is the Salvation Army?

443.—What is understood by the word corso?

Corso?
444.—Who were the Druids?

Famous Quotations.

Who Wrote Them?

PRIZES—The first person to send in the names of the authors of the annexed questions will be given a copy of an illustrated book. Address Puzzle Editor, care The Globe, St. Paul, Minn.

AUTHORS of questions two weeks ago:

ago:
407.—James Russell Lowell.
408.—John G. Whittier.
409.—Ralph Waldo Emerson.
410.—Henry W. Longfellow.
411.—Alfred Tennyson.

QUOTATIONS-Authors to be given QUOTATIONS—Authors to be given August 3:
416.—"The almighty dollar, that great object of universal devotion throughout the land."
417.—"We have met the enemy and they are ours."
418.—"He was a man who stole the livery of the court of heaven to serve the devil in."
419.—"The graves were God's first temples."

Problems .

To Test Minds So Inclined.

PRIZES—The first person to send in correct answers to all problems will receive a prize of a short story. We will be glad to receive peculiar original problems from our readers.

ANSWERS to problems given two weeks ago:

224.—A rabbit is ninety leaps before a hound, and takes four leaps to the hound's three; and three of the hound's leaps are equal to six of the rabbit's.
How many leaps must the hound take
to catch the rabbit?
225.—What is a franc and what is its weeks ago:
220.—1,000.
221.—At 38 and 2-11th minutes after

DEFECTIVE PAGE

Full of Genuine

Fidelity

hope and he accepts disappointment as

his natural lot.

his natural lot.

He loves you with a singleness of heart which few humans possess and when you neglect him and beat him and abuse him he is sure it is only because he has not made his affection for you plain to your understanding. So he redoubles his efforts to win your approbation by lavish-