TOXINS, PHYSICAL AND NOTAL
Much in evidence just now is a
particular poison which was not vide
by known by name until of late, and
lever in great demand by popule
whose hearts were set on making a
modele and sanastones as the collect of the control of it with result that he cited on lor
premeditated use called public attenprovement of this one, naturally in
one in this part of the desadvaluage
who have been a wage of the control of the thin in the public attenity shaping our lives, either for iscod
full; and how a thought which find is shaping our lives, either for iscod
full; and how a the mild may be a perpoint in the mild may be a perpoint in the mild may be a perpoint in a marbid mood in which it
can obsess the thinker and hurry him
into an abnormal act. Some try title
and showling ispace which and stands
everybody, themselves librated in the control of the stands and shocking ispace which and stands
everybody, themselves librated in the public schools. Lectures
enough containing to result; to
the case, facinated minds offychildre and the control of the case, the control of the case of suggestion had first
found a crevice in a mind store
enough and the control of the case, the control o TOXINS, PHYSICAL AND MOBAL Much in evidence just now

## NERVOUSNESS' MANY CAUSES

ALMOST CAPE THE OF THE

there are not to be a bit out of order the company of the company

And one of the peculiarities of this ts that many people will not notice that they have eye strain because the ner' us disorders that result will be so much worse than the sause. Eye strain is much less common in the

Eye strain is much less common in the country.

Working in a stooped position, curring, the spine, brings pressure on the tiny blood vessels, and 'this in turn acts on the nerves.

"I set so nervous sitting still," one will say. As a matter of fact, the continual pressure on the spine reagles on the nerves. As sedentary occupations are more common in the cities, there is more nervousness from this cause in cities.

Liver troubles bring on quickinervous disorders; city noises in title affect the ears and the nerves are figain in for a siege of trouble. Not even at night or during sleep is there complete quiet in the city. Womm become irritable because of expessive blood pressure, and again it if their nerves that auffer—also even! one also about them is apt to suffe. when the daily bread.

(5)—Rubber.

(6)—Rubber.

(6)—Rubber.

(7)—Rubber.

(7)—Rubber.

(8)—Rubber.

(8)—Rubber.

(9)—Rubber.

(9)—Rubber.

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(9)—Rubber.

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(9)—Rubber.

(1) Me earth were to revolve seventien times faster than it does, bodies are wants piled on her head.

(8)—Rubber.

(9)—Rubber.

(1) Rubber of the daily bread.

(6)—Rubber.

(6)—Rubber.

(6)—Rubber.

(6)—Rubber.

(6)—Rubber.

(7)—Rubber.

(8)—Rubber.

(8)

## -----

came to the conclusion that liberty as a comic-song singer was worth all the amount in the world. There might be harmony at his meetings and in his songs, but not much at home. Soon after this incident, his wife went away on a visit to friends, and while there, her rebellious spouse-once again appeared before the footlights, in accordance with the following avertimement:

while there, her rebellious spouse once again appeared before the foot-lights, in accordance with the following avertisement:

Our esteemed townsman, Charles Walnut, will take the principal part in an entirely new farce, etc.

His part in the play was to sit at the matchead of a stage-ship, and begin to the death of Nison, then towns the end of the last verse turn a somerability and the same and the same

TRANSPLANTING MADE EASIER.

Machine Which Reduces Digging Up of Trees to Simple Process.

of Trees to Simple Process.

The transplanting of trees that have acquired any sort of growth is a tedious operation when they have to be dug up, not to speak of the labor of transporting them. A Colorado man has invented a machine for this purpose which reduces the whole operation to the mere turning of a crank. A vehicle has two bars rising from the result of the result of the result of the results of the A vehicle has two bars rising from lis rear axie and converging at the top, where they meet a single bar from the front axie. A chain is suspended from near their point of intersection and is adapted to be fastened around the base of the tree, just above the ground. The turning of a crank operate a multiple gearing, which drags on the chain and literally pulls the tree outs the root fit it is not too the tree out by the root if it is not too old and too large to be removed in this way. The tree is then held suspended while the vehicle is moved



Pulls Tree Out of the Ground. to the place where it is to be replanted, the whole operation taking a very short time compared to the old method.

The Trees of Alaska

The Trees of Alaska.

Alaska's gold is not likely to last of the control of Southern and Southeastern Alaska are nearly all included in the national offersts of Tongass and Chugach, which comprise about 96,760,000 acres, a large proportion of which is covered with trees. Of these Sitka spruce, and western hemicok about 75 per cent, and a control of the lack of preparation of measurable alarge proportion of which is covered with trees. Of these Sitka spruce, and by the substitution of measurable in the control of the lack of preparation of municipation of the lack of preparation of the lack of preparation of municipation of the lack of preparation of the lack of preparation of municipation of the lack of preparation of the lack of preparation of municipation of the lack of preparation of the lack of preparation of the lack of preparation of the

Skeletons of Mammals Dug Up.
That Northern New York in prehistoric ages was the bome of the
largest mammals has been proven
by the unearthing of the skeleton of
a mastedon between Luzerene and
Corinth in Warren County while workmen were blasting for a retaining wall
for a State road. The big tusks were
found, and with the exception of the
two large bones of the fore legs, the
skeleton was in a good state of preservation. Some of the smaller bones
are-broken, but it is believed they can
be replaced so that the skeleton can
be set up.—Uutca Observer.

Krupps' Aerial Torpedo.

Krupps' Aerial Torpedo. The aerial torpedo, which has been recently made by the Krupps, may be discharged from an aeroplane without disturbing the stability of the latter. It carries aix pounds of explosives, which has been found to have a covering capacity of 5,000 yards. The torpedo is self-propelling and is driven by the gases expelled by a slow-burning powder discharged through tubes in the rear of the machine. These tubes being set at an angle, impart a rotary motion to the torpedo, which

rotary motion to the torpedo, which makes its work of destruction greater. Snow Shovel Easily Made.

Use an ordinary pine board 20 by 20 and one-balf inch thick, if it can be procured. On one edge fasten securely a strip of tin as indicated in the ac-



A Home-Made Snow Shovel.

A Home-Made Show Shovel.

ompanying lilustration and and a board on the opposite end with a hole bored near the top to admit the handle which should be siented at the end and nalled to the bottom board, says the Prairie Farmer. Any old bandle which is long and light enough can be utilized.

Cure for Nervoueness.

Acting and recitins are prescribed to nervous patients in Germany as means of curing their actions to see the see that the servent in the servent who are body is decidedly odd. Her aliments are gradually forgotten.

SCHOOLS FOR CITY SERVANTS

It is no reflection on individual of fice-holders or officials-elect, but rath

er an indictment of the slip

BY Is he reflection on individual of fice-holders or officials-elect, but rather an indictment of the slighthod public view with reference to the subject to say that in no private enterprise involving relatively as great an amount of capital and outsly is there the same lack of preparation for executive responsibility as in jetly officials and responsible heads of immelicipal syrandians and interest of the subject of the s

stringon were access and the chaples of tame, set there by the hand of love.

"Supper's ready," called a practical voice from the tiny inner hitchen, and the dreamer awake to the realities of things.

The tenement parlor was ablase with light, and laughter mingled with music as the gay party of students made life miserable for those on the floor beneath.

"It's just no use, Luoy," said Bertha to one of the sucesta as the evening water of the property of the

procests and she was forced to the plano.

The first notes of Masagani's thread-here and strangely touching intermerso stilled every other echo, for the singer's heart beat ever close to her throat.

Then Bertha crept as close as possible to the window that opened on the air-shaft.

Yes, there he sat—her musician—across the court, the dim light from his own window silvouetting him into an' ethereal something that appealed to the girl because of its very vaugueness. is to make the cities themselves that school. HOW AN AGE OF SCIENCE TREATS
SOME OF 1TS HEROES.
In what we proudly call an "Age of Science," the world still treats scien-

ness.
"Ob, he hears her! He's listening!"
She scarcely breathed as she clasped her hands about her own throat. "My musician!" she whispered. "My mu-Science," the world still treats scien-utes like dogs. An appaling army of re-cent news notes is at hand to furnish the counts of this indictment.

"Poor I have lived, poor I die!" were the last words of Charles Tellier, who, half starved and in agony, died the other day in a shabby room in Paris. His experiment of balf a lifetime made refrizeration systems nossible. One of

sician!"
The following night Bertha sat at

His experiment of half a lifetime made refrigeration systems possible. One of the many corporations that he had helped to enrich offered him in his last hours a gift of \$20,000. Teller scornfully rejected it. He accepted a ribbon from the Legion of Honor but spurned alms.

J. H. Fabre, the French poetentionologist, called "The Innect's Homer," at last has attained deserved honors—but he had to live until ninety to get them.

"A little longer," be quaintly observers, "and the violins would have come too late." Na little longer," be quainly observes, "and the violins would have come too late." an more ungrateful the come too late. The Wright broth the come too late. The Wright broth ries found quicker recognition there than in America.

That Germany may live in a glass abouse, too, might be guessed from reading the story of Dr. Dresel. His work may prove epoch making, but he died a bankrupt and possibly a suicide.

England rewards Marconi, the scientist life-saver whose invention has rescued bundreds at sea, by connecting his name with a financial scandal; and France has given equally shabby treatment to Madame Curle—Colliers.

hear the sentence.
"Sailed for Europe this morning."

"Salled for Europe this morning."

He is truly a brave physician who takes his own medicine.

The Mericans have a turn for the picturesque which displays itself in the street names of their chyftsl. There is Love of God street. The Hely Obout street, Sad Indian street. Street of the Wood Owis. Lost Child street, and a cautionary Pass if You Can street. Shep names, too, in Mexico are out of the common. A drug store calls itself Gate of Heaven, and a drinking saloon describes itself trankly as The Bait of the Devil.

THE IMPORTANCE OF THE DRUMMER.

DRUMMER.

Cheap wits and closet theorists have made him the but of gibes and sneers, but the ubiquitous "drummer" has rery often been of more importance to a firm than the sleeping "partner" or "credit man" who questions his Judgment and will take none of his advice. The genius of salesmanship in this line of business ranks with the learned professions in ethical standards, and frequently builds up a valuable clientage when the supposed prestige of a long-established house and ample credits have utterly failed to secure business in new territory. Far ahead of the railroad and telegraph, among "bad injuns" and worse white men, erposed to the greatest extremes of temperature, and all the fatigues of frontier travel and transportation, the traveling man has been in the very vanguard, or Jadvancing civilization. Marked phanges have come in the traveling man's life in later years and now there is seldom any necessity for "treating the crowd" or "making a night of it" with some jolly but hard-drinking customer, who himself has perhaps settled down into the quiet of a mellow and prosperous old age.

The personality of the American Chesp wits and closet theorists have

himself has perhaps settled down into the quiet of a mellow and prosperous old age.

The personality of the American traveling man is many-aided. Always: ready to take the initiative, he must still reply on the conventional solicitation of the continuous continuous and the continuous continuous and the continuous an

expense accounts, and letters of advice and possibly special reports, and planning his itinerary for the next few days, lonesomeness comes when Sunday arrives, and he must bridge the chasm of time between Saturday night and Monday morning.

There is no vocation that more completely tests the real strength of manhood, physical, mental and moral, than that of the traveling man. "Doing their devoir like true knights of old, they have carried on the crussde of the "Gideon Band," which places' Bibles in the hotels all over the country. Through the efforts of the traveling the efforts of the travelry. Bibles in the hotels all over the coun-try. Through the efforts of the travel-ing man, many thriving businesses have blossomed out where one bloomed before, and the competitive spirit is keener than ever.

TRUE RECREATION

TRUE RECREATION
We bear much of the need of relaxation for the "ifred business man" and
the "jaded society woman." Theirneeds are supposed to be met, in the
first place, by amusement devised for
inert and vacant minds, observes The
Journal of the Medical Association,
and in the last resort by the "restcure." On the other hand an octagenarian, whose name is so frequently
associated with this method of treatment demonstrated in his own person
the fact that one may fill well-ordered
days with steady accomplishment and
find recreation, not in passivity, but
in a complete change of mental occupation. Thirty years ago Dr. S. Wier
Mitchell undertook to write a novel as
a vacation pastime after his winter
practice. The result was "in War
Time," which had a large and immediates success. The effect on Dr. Mitchell
himself, oven before the success of
his novel came to corroborate it, was
a thorough recreation, a veritable refreshment of faculities that sent him stituti."

The following night Bertha sat at her window too unbappy to study, to raid, or even to practice at the scales which were her hadders to the covered heights of fame.

The noises below were dying down: the called the fame.

The noises below were dying down: the call of the Italian fruit vendors, the quarreling of the swarming children, the shrill exchange of gossip from window to window—all were gradually hushed.

She saw her musician dome to his well past four-score years of lighted window. Under his arm he at carried his violin, and smilled at her of lighted window. Under his arm he at carried his violin, and smilled at her of the literarce.

She saw her musician dome to his when well past four-score years of his practice begun in middle life. With rare understood, and anyuths, more proposed by the whole word behind her, she an awered:

"Sing it again, please."

In an instant Bertha understood, and with angulsh in her heart and a tat at grange feeling that she was pitting the whole world behind her, she an awered:

"I cannot. She whom you heard heart he sentence."

WALUE OF THRIFT

A "Thrift Day" in the public schools the whole world behind ther, she an awered:

"A "Line with a was pitting, and the whole world behind her, she an awered:

"I cannot. She whom you heard heart he sentence."

WALUE OF THRIFT

A "Thrift Day" in the public schools of the United States is proposed by the American Society for Thrift, and when well past the proving mental occupation that will be the public schools of the United States is proposed by the American Society for Thrift, and we was pathed to the continued to take up of the practice begun in middle life.

A "Thrift Day" in the public schools of the United States is proposed by the American Society for Thrift, and was a thorough the world with ment here the world with ment here and the whole world with ment here and the whole world with ment

VALUE OF THRIFT

A "Thrit Day" in the public schools of the United States is proposed by the American Society for Thrift, and has been received with much interest. Thrift means more than the mere saving of money—it means increasing the justification of one's possessions, and sacieting the young fold of the land to learn the full value of thrift is a worthy aim. False ideas of weight have ruised many mean and women. Let all our boys and girls start out with right ideas.

Brooklyn's Largast Sixteen-Year-Old is Daad.
Brooklyn, N. Y.—Arthur Masur, 16-years-old, said to be the tallest boy for his age in Brooklyn, is dead. He measured 5 feet, 2 inches in his stocking feet. His rapid growth weakened him so that he could not resist the in-

TALL BOY GROWS TOO FAST

he wants piece on me need.

There was once a married man rouse of a tubercular condition that set whose wife's folks didn't try to work in some time ago.

Do your share toward preventing their works.

Many a man's popularity is based entirely upon a willingness to lend money.

A Russian is not of age until he is 26 years old. Until that time at least four-fifths of his earnings must go to bis parents.