Club ST MYTH E MEMBERS. N. A.

In a former lecture I treated the physiological effect of cold applications with special reference to the results on the nervous system. The various reactions that were possible to the viscora from applying cold water to the skin are referred to, as well as the effect and reaction upon the circulatory system. The effects that were produced by direct application of cold to the brain were briefly reviewed. I shall now more elaborately go into the details of nervous reflex action.

Because of the close inter-connection of the perves of the skin with the nervecenters and gaaglia controlling respiration and the circulation of the blood. short applications to induce coid to the noch and chest accelerates or increases the pulse action and breathing at first, But these effects are directly changed when the reaction sets in. The immersion of one hand in cold water I have sointed out, results in the cooling and shrinkage of the other hand. When both hands are immersed the peculiar present of the contracting of the blood vensels of the brain and the mucous membranes of the nose are produced. Where there is a singuishness of the mind it may be overcome in many cases by this simple physiological treatment. M cold foot bath will check the flow of blood to the organs of the pelvic region. But of course if the bath is a short one Snevitably reaction sets in, and the reworse is the case. Thus in cases where At is desirable to check the homorrhage the bath should be prolonged

Almost everyone has at some time suffered with bleeding at the nose. This is, of course, usually a very trivial matter, and yet the hemorrhage has in some cases lasted so long and been so profuse that it has become a serious matter. There are a thousand and one devices for checking it, but one of the simplest is to apply cold water to the upper upine, just a little above the shoulder blades. There is on old home remedy which tells you to apply cold metal to the secion, and it has often proved ben-

edical as no doubt many of my readers have discovered. The effect is produced by the nervous action on the blood vessels of the mucous membrane of the more, and can better be produced by the mee of rold water than by the use of metal A very hot foot bath, as not as the person can stand, will produce the same effect. Epistanie is the scientific name for cose bleed, and I should like to hear from my readers regarding the result of the trial of these simple expedients. To get right effect the application of cold moust be continued for some time, as a brief application would bring on a reaction that would probably tend to intresie the bemorthage

The local surface areas that effect the different organs when stimulated by cold are as follows: The back, below the shoulder blades, and the area just over the stomach in front when stimus lated by cold effect the blood vessels and the stomach. The feet and hollow of the "back, effect the kidneys when so stimulated. The howels and the bladder are effected by cold applications to the feet and abdomen, the liver by applications to the right chest especially the lower mart the spleen by applications to the flower left chest, the jungs, by applications to the chest and to a corresponding position on the back, while the brain is effected by these applications on the head bands, feet neck and face. Of course the same rule applies in regard to the reaction on all of these organs. and if the applications are long continued, the effect is depressing while M it is of but short duration, the reaction is stimulated. There are some quite noticable effects on the blood made by charges in temperature. For instance, the number of corpusites is greatly increased with cold applications. This is true of the white corpuscies as well as of the red ones. Some of the other conwater is in many cases fully as efficient but the results are not very definitely known.

As I have pointed out before, by far the preater part of the effects of the use of cold water are due to the reaction. Now if one wishes to cool the body without getting these reactions, tepid or rool water should be used. Where the water is not so cold it gradually withdraws the heat from the body, without the nervous excitement and reflex action.

I have so far written almost entire-By on the effects of cold water. But hot water is in many cases fully as efficient. There is a greater variety of means for applying heat to the surface of the body than is the case with cold, this hefor one to the fact that water vaporizes steam for air the radiation from an incandescent body and water offer the best means for applying heat, but the results are quite different when the different media are used. For instance a fullbath in water with a temperature of 129 degrees is unendurable, although a finit or hand bath at this temperature is not uncomfortable. The temperature may be increased 25 degrees above this if the heat is applied through steam. The ordinary Turkish bath is at the temperature of 100 degrees to 180 degrees and may be increased above this. The abiliiv to with-rand extreme of hear car, be cultivated especially over spinit works on the surface of the body and the hand. aione can be immersed in very much hotter water than can the incire large A temperature of 104 degrees at an ordimany bath is as hot as most people can endure. I will not here dwell upon the effects of dry beat or upon the hear from incandescent bodies as the matter of light in the latter case is very closely associated with bear if you will bear in mind the fact that freckles are produced almost entirely by the ploter rays in ordinary sunlight, you will see what

the use of all alone it is because of these tacks that so many natoriums are using lights in their method of treat-

ment.
In a very general way heat is essential fo all life sepecially to the higher organisms while many seeds and the similar forms of life have been able to withstand very low temperatures. None of the higher forms can survive a tempera-

ture lower than the freezing point of water, namely, 32 degrees, Fahrenhelt. The seeds have been subjected to the comperature of liquid air which is 330 degrees below zero on the Fahrenheit scale, and have not had their vitality destroyed Snakes and frogs may be frozen in the for several hours without being killed, but these conditions do not apply to any of the higher forms. Heat generally increases chemical activity, and of course effects the change in the cells of the human body in a similar manner. That it produces a direct effect on the skin may be observed from the discoloration that follows the long and frequent application of heat poultices to the same areas of the skin. The first direct effect of hot water upon the skin is of course fust the opposite from that of the sold water small vessels are dilated and the skin reddens as a result of the imcreased flow of blood. This is where the water is at a temperature of from 100 to 164 degrees, if the temperature is increased above 110 degrees the first effect to similar to that of very cold water Gnose-flesh is produced the same as it. is with extreme cold, and sometimes there is a slight shivering. In dealing with cold I think I neglected to say that the extremely low temperature produced an effect similar to extreme heat. Liquid air burning or cooking the skin in the same or similar manner that boiling

CLUB NOTES

I have received a great many letters furing the past week, but nearly all of them required a personal answer, or were of such a nature that nothing but a personal answer could be given, several of them had no names signed others no town and state, so of course I cannot answer

L. L. wants some experienced house-keeper to tell her how to get rid of black ants, which infest her kitchen, and as the kitchen is the fountain head of our health and should be absolutely free from all such pests, I am going to let the househeeper answer.

Pr D H Reeder Laporte, Ind —Dear Sir In Home Health club a prescription is given for the morphine habit. I have had asthma for 14 years and had to use morphine. I have got so I cannot do without the morphine when I have not got the asthma. I take from six to seven grains every 24 hours. How is the medicine referred to taken, by injection, or into the stomach?

And what is the saline solution, and how can I get it, and how is: it taken, and how much at a doze?

I am anxious to try the prescription but in case I have to take the morphine for the asthma if the solution will help the bad effect of the morphine on the system I desire to use it.

Will you please give me the address of TRD, I would like to write him Hoping to hear from you soon, I am

The instructions given by F R D are very plain. Sodium chloride is nearly the technical name for common sait, and the saine solution referred to means the sait and water fulstilled aquai. Any druggist can prepare the entire treatment for you at a nominal cost.

For the asthma you should use the Home Health club, method, of home treatment as given in the Cloth-bound back of extures it contains several chapters on the successful home treatment of the disease.

I remained a long letter last week from a young mother who was greatly trouble ! by a child which, although only two years old, insisted upon having his own way at certain times, and would fight for hours on until completely exhausted, and refuse to yield. Such a child at the present day is a special study, and that mother who succeeds in properly training her woung is wise indeed. In these days of nervous strain some children, from the very first, are so highly strong and intensely sensitive that they shrink from a sharp work more than a healthy child would from the sting of a whip. A curt reprimand will bring the tears willing to their eyes and a sob to the throat. It is no good to get angry with such chil-

dren for the weakness.

Children are very like flowers; each one needs individual treatment, and for nervous natures like this, care, kindness and affection will do far more than scolding. By which I do not mean that they should be given way to and spoiled, but that reproof should be administered with discretion, and faults pointed out gravely, and kindly so that the child may realize that you are not angry, but only sorry.

only sorry.
In this special case I advised that the chill he at once undressed and put into a bath, although bathing the entire head in cool water might answer the purpose just us well. A careful study of the foresoing lectures upon the effect of cool water applied locally, will readily explain the reason.

At communications to this department should contain at least four cents in stamps, and should be addressed to Dr. Da. .: H. Reeder, Laporte, Ind.

Tomato Jam.

Take comatoes which are not ripe of the green ones are best), wipe with a cloth and take off the grems; put into a preserving kettle allowing half a pound of white sugar for every pound of fruit, slice one lemon for each two pounds of fruit and add; boil until thoroughly done and the sirup is thick; do not put much water at first as it can easily be added if necessary. This is a most excellent preserve, and takes a little like fight People's Home Journal.

STRANGE FATALITY.

GOVERNS CRIMINALS IN THEIR VIOLATIONS OF LAW.

If Successful in One Kind of "Job" the Malefactor Usually Sticks to That One Line of "Business."

"Criminals seem to be the strongest kind of fatalists." remarked Judge Neff, the other day. Judge Neff is widely known as an authority on criminology, and his long experience as prosecutor, judge and lawyer has given him unusual opportunity of studying scientifically the causes and characteristics of crime, says the Cleveland Plain Dealer

"I have noticed that when a criminal is arrested after finishing one sentence, the second charge is generally the result of a crime almost exactly the same as the one which first got him into trouble. It seems like a strange kind of fatality. I've known instances where one criminal has been arrested and punished five or six times on charges exactly the same.

"What makes them do it? I'm sure I cannot explain it very satisfactorily, but I know it to be the case. It has occurred to me, and possibly this ta the simplest explanation, that the reason for a criminal adhering strictly to one line of work, despite his fundifierent success in it, is the same as the fascination which holds a gambler to a table, although the luck is against him. Each failure, or each loss shows a victim a point that he has hitherto been ignorant of, and it is easy to convince himself that, next time, he will escape that mistake.

"And so it goes. Ever the next time, just one more chance and then another, ever confident that the luck must change and that each turn of the wheel leaves him just that much better equipped and that much more likely to win, finally. Then there is the desperation, the unconscious and gritty determination to make a surcess of the thing.

"A man becomes a criminal in the eyes of the law when he has committed a crime, or, in his parlance when he has done a job. If he is successful, the chances are be will wick to that line of work, for experience has taught him the safety of it. If he fall, and is arrested, convicted and punished, the process of the law simply goes to show him wherein his first job was bungling and poorly carried out. The first feeling of resignation, the follows.

ply goes to show him wherein his first job was bungling and poorly carried out. The first feeling of resignation that follows the bitterness of panishment is when he tells himself that next time he will not repeat the error which led to his detection on the present occasion. No sooner is he out of the penitentiary than he essays again to try his luck, this time carefully avoiding the mistake which first brought him to grief

"It is a well-known fact that no criminal, no matter how expert or how daring, can cover up all his tracks. The very best of them will leave at least one loophule, will commit at least one error which eventually fastens the guilt on him. The poorer criminals leave clews, according to their skill or experience. So our imaginary crook, the second timehe plans a job while he carefully avoids a repetition of his first error. is almost sure to make some other one. And so on each succeeding erime and detection pointing our to him the lines of his weakness so that he is irre-istibly led onward to his de-

NARROW CHESTS ARE BAD.

Weak Constitutions and Lack of Pure
Air and Exercise Conduce to
Consumption.

While tuberculosis is spread through infection, it must be remembered that its predisposing cause is in the body itself. If one could get rid of narrow chests and bring up children in healthy surroundings, we should resist the sources of infection more successfully, whatever they are, says the London Saturday Review. We are all in danger from bacilli but we do not all get consumption, because many of us have constitutions with a sufficient power of resistance. Good houses, good air, good exercise must be brought to the help of weak constitutions, and they are also necessary if we are to have strong constitutions and the weak are to be eliminsted. By so much hygiene as we have already practiced and before any special precautions began to be taken about consumption, the mortality from it has decreased since 1850-4 by 50 per cent 75 is probably decreasing steadily, though it accounts for a tenth of the annual mortality if all the forms of tuberculosis that appear in the registrar general's report are reckoned. Bronchitis and pneumonia are more fatal than phthials. In the army the death rate from tuberculosis has been reduced from 12 to 1.2 per 1,000 per annum since the Cremean war It is a well-known story how a commission reported that consumption was much more prevalent in the line regiments, where each man in barracks had only 350 cubic feet of space, than in the guards, where each man had 500, and how the death rate began to fall when the barracks became fit to live in

Cancer Victims Well-to-Do.

Statistics show that cancer is more common among those who are accustomed to the refinements of life than among the very poor, and to care for such patients the doctors say that good surroundings are a necessity.

Hard Board.
Bill-How is board out in St. Louis

Jill-Well, the one I slept on when I was out there was pretty hard.—Yonkers Statesman.

NOT THE ONLY COUNTRY.

The United States Is Beginning to

Realize That There Are

Others.

Up to a few years ago we, the prople of the Finited States, thought we had the greatest country on earth (which we

and unjustifiable overestimation of ourselves that we did not give proper credit and consideration to other people, says the Kansas City Journal. We looked upon ourselves as great beyond comparison in the exploits of war and the pursuits of peace, and nothing quite so much tickled our vanity and conceit as to sit and listen by the hour to politicians making the eagle acream and extolling our achievements as such as never had been and never could be rivated in the world.

But a very meritorious change has come over us. We have begun to examine and compare ourselves with other people, and we take no offense when we find that what we have done has been equaled and sometimes surpassed by the deeds of quieter and less boastful nations.

Japan has done in 50 years many things which it took us 200 years to do. Russia has constructed railroads through astretchofterritory farmore extensive than the old Great American desert, opened it to settlement, and built big cities in it. But Russia did not claim to be the greatest hation on earth on that account. England is building a railroad through the entire length of Africa and she has developed millions of acres in the wilderness of that continent, but she is not going into spasses of self-praise over the matter.

These instances mentioned are only a few of the mighty things accomplished by nations other than the United States. Current history shows that we have not much more than shared in the general progress of mankind. Our material progress and prosperity have been rivaled in almost every particular elsewhere, while we have contributed only a small portion of the learned and entertaining books which have been written, and of the engines and devices which have been invented for the comfort and necessity of the buriah race during the last 50 years.

WHEN STAMPS WERE NEW.

Postmasters Had Trouble in Getting
People to Stick Them on
the Envelope.

"When postage stamps first came into use," said a veteran postal clerk, "the public didn't know how to handle them." relates the Galveston Tribune "You remember how, when tea and coffes first appeared among us the people fried the tea leaves and the coffee berries and served them with sait and pepper? Well, the people treated their stamps as absurdly in 1854.

"Some folks would put the stamps inside their letters, out of sight. Here is the official notice that we issued to stop that practice:"

The clerk took from the drawer an aged bulletin that said

"The stamps upon all letters and packages must be affixed on the OUTSIDE thereof, and above the address thereon." He put back this bulletin and drew forth another one

"People would pin the stamps on their letters, instead of gumming them." be said, "and when they did gum them they would not do it right. Hence this second bulletin." and he read: "Persons posting letters should af-

fix the requisite number of stamps previous to depositing them in the letter receivers, as when posted in a damp state the stamps are liable to rub off and thereby cause the letters to be treated as unpaid. Do not pin on the stamps "Still," said the clerk, "the piblic didn't understand. Think of it—it didn't understand the simple matter of

we got out a third bulletin."

The third bulletin, in big, impatient letters, said:

sticking a postage stamp on a letter. So

letters, said:

"The simplest and most effectual method of causing stamps to adhere firmly is, first to moisten well the outside of the stamps and afterward the grummed side slightly, taking care not to remove the gum."

The clerk said that a philatelist had offered him \$12 apiece for these three queer bulletins.

Morocco's Sultan. The sultan of Morocco, though only 23 years old, is already quite portly. Notwithstanding the opposition of his subjects, he persists in his quashi-Japanese preference for everything that is foreign and ultramodern. Automobiles, bicycles, photography, take up much of his time. He has formed a band of over 100 musicians and has a plano, which had to be transported from Larrash to Fez on the back of a camel. He even prefers, it is said, the members of his harem imported from Constantinople to the native beauties. His attempts to persuade his wives to wear corsets and Parisian gowns have, however, so far failed.

In No Position to Interfere.

"Your daughter plays a great deal of classical music in a rather original way." remarked the man with gold gia -ex-

Yes," answered Mr Cumrox, regretfully. "She bought the piano and the music out of her own spending money, and I suppose she feels that she has a right to do what she pleases with them."—Washington Star.

Irreconcilable.

Molly-What makes you so haughty
when you meet George? Why don't
you make no with him?

you make up with him?

Polly—Because I should have to demand an explanation, and I can't remember what it is I'm supposed to be offended about.—Detroit Free Press.

BIG CROP ACREAGE.

OVER MILLION OF WHEAT IN NORTHWEST TERRITORIES.

Oultivation of Other Grains Increases
in Even Greater Proportion
—Agriculture in Can-

nda.

The statistics issued by the department of agriculture for the northwest territories show that the area under crop is 1994 is estimated as follows: Wheat, 1,054,212 acres; oats, 654,649 acres; barley, 111,979 acres; flax, 20,938 acres. These estimates are generally found, however, at the end of the season to have been considerably below the truth. As they are, they show that the area under cultivation in the Canadian territories has increased by a haif million acres over the last season, and that it has fully doubled in the last five

That is a fairly satisfactory showing of progress, but it gives no adequate idea, of the extent of the settlement that has been taking place in this country within very recent years. While we have an increase in cultivation of half a million acres, the fact must also be considered that last year not less than 9,000:000 acres were taken up for settlement, says the Sr. Paul Globe.

Enough has been done in all sections to demonstrate the capabilities of the country. Hence the anxiety of those who know to take up additional land before all the homesteads have been preempted or the corporation lands have reached their full value. At every point it will be found that settiers who have been in the country a few years are thus devoting their spare resources to the acquisition of more land rather than in pressing the develnument of what they already hold Even as far back as the census year of 1901 over one-third of the farmers exceeded 26 acres, while many ran into the thousands. Those who have lived in the country long enough display their appreciation in this unmistakable

Again it is interesting to notice that while great areas of breaking are being sown to wheat each year in eastern Assimbola Saskatchewan and north-western it is achieved the continuous and continuous term in the continuous and continuous term in the continuous and continuous term in the continuous terms are continuous terms and continuous terms are continuous terms and continuous terms are continuous terms and continuous terms are continuous terms a

fivation of other group in reases in even greater proportion

The more one studies these figures the more he is impressed with the greatness of these fertile plains and the wide range of their products, as well as the remarkable chinistic conditions. Wheat seeding for instance, was commenced and finished in the Edmonton and Sasketchewan districts 40% or 50% miles north of the frontier almost as early as in the districts adjoining the United States.

The acreage of water and barley has Increased much faster than that of wheat the proportion of the course grains having increased from one to two-thirds coughly speaking of the total area. This is due to the development of mixed farming, which has been remarkable, especially in central Alberta in the country tributary to Calgary. The market for meat and dairy products here has been found so advandageous, owing to the development of the mines in British Columbia and the growth of the towns that the cultivatim of wheat has been disparted on In is about former valuede (affaverage) of 12 and even 27 by beis to the acre -The value of the cate of the department of acr mittee for the Canaan term to new years as it the fact that

partment of act of one for the Canadan for torion to the little fact that their show the one of soft and diversified decelopment of act of the release section of the fit means accounty, with the gate capitly looking on between the older settlements.

THE KAISER OFF DUTY.

Emperor William Enjoys Poking
About the Machinery of
His Yacht.

Everybody's Mazazine says perhaps an insight into Emberor William's character can be better eathed during his long cruise to Norway than at any other time, for it is then that he throws off a the restrains imposed on him by custom and lives as he would really like to live. Even on the Hohenzoilern he is not entirely free from care, as dispatch boats frequently arrive to keep him in touch with the affairs of the government but the fresh air and the freedom from the necessity of dressing formally and meeting uncongenia' persons is a great relief to him. That the emperor is the "heas" of the yacht there is no doubt. It animaes him to go posing about among the machinery, and he even pays frequent visits to the kitchen to watch the cooks and perhaps take a hand himself in the preparation of the food. Those who have but the grivilege of being preserf on such an occasion say it is a great sight to see his major, ascena from the kitchen to the upper feel; with a platof pork and beans and mashed peas, sit down on a little chair with the plate between his knees and proceed to polish off its contents with evident relish and'a tin spoon

Billiards in China.

John Roberts a totel fundon billiard player, having nearly circled the globe, says that in India and China particularly the English game is played in Java he found the American or French, game mostly in vogue. English tables are different from the American and the game different from that played here, being, he says, more scientific than three-ball billiards.

England Wars on Ivy.

War is once more being waged in Engand on ivy and on elder bushes near
cathedrats and other fine buildings. The
tvy is accused of being a "destructive
boa-constrictor weed." while the elder
is condemned because its roots have a
habit of forcing them-elves into maaonry chinks.

PLAN TO EXCHANCE BABIES

Clearing-House in Europe by Which
Different Nationalities Are
to Be Traded.

One of the curious things ran across in Europe is the scheme of a Frenchman named Michael Breal, broached as long and help and reduced by the scheme of the

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it consists of a wholesale exchange, a swapping of children, from one family to another, says a recent report

Here is a Parisian father in modest estate, with a son. This man has an ambition that his shild shall have a thorough knowledge of German The proper thing would be to place the child in some German family for awhite. But the difficulty for the father is to discover justthe right sort of family-one who would' receive the child, one that he could trust with the child, and, above alf, one whohad a child to awap. The Parisian father would be spending no extra money in housing the German child and teaching it French, while his own was easing at a German table. Meanwhile two nations. were understanding each other better. It was a splendid scheme, if only it could e carried out.

What was needed was a baby broker. an it were, an exchange, a clearing house for children, an agency to keep tab of families willing to swap children and to engineer the swap. A man named Toni Mathieu saw the chance, and improved it during the vacation period last year. He had prejudices to overcome. After a deal of letter writing he won the indispensable, not to say inevitable, sanction of college professors, of great authors, prominent lawyers and members of parliament. He even succeeded in placing an order of five children on trial. He devoted a whole year to booming the enterprise. And it was heart-breaking work. He would win the approval of a lot of English or German or Scandinavian familles, only to find in his own land no readiness of trade. And yet, in spite of everything, he has succeeded in a measure. The acheme is working and Mr. Mathreu has decided to found a society and push the idea for all it is worth.

This society is to be known by the solemn title of "International Exchange for Children in the Study of Foreign Languages and Customs." For honorary president tit to have M. D'Estournelles.

De Constant, for acting president, Pierre Baudin, former minister, for vice presidents, MM. Firmery and Edouard Petit, inspector general of public instruction. Mathieu himself will serve as general manager, with the backing of deputies of the chamber if necessary. Jules Siegfried and a lot of others will look after the financing.

An elaborate system of correspondence has been drawn up already. There is a precautionary exchange of photographs first and a severe cross-examination of all concerned. The closing details of the railroad journey, under suitable excortain the case of girls—are easily, looked after by the exchange.

FRUITFULNESS OF FADS.

Outdoor Sports and Pastimes That
Benefit Both the Mind
and Body

To the upo of one confer the ancient sport of golf is "chasing a quinine pill. around a ten arre or . Another is like the small beg who watched a grayhasted must making a had muss of "pur-Link vill in allemen fe bereit jege jen fiften berfu low externed to all the next of a snmmer sun, and then assemblies a blaced and perspiring victim of bad aim and worse incament of torce. Mister doyou ket paid for doing that " Yet golf gives new health and life to many a man at the time of life was a such open-air exercise and such novel contact with mother early mean more than youth an understand, says the Cleveland

So to other eyes angling is inspired Idiocy. Does it not lead sane and abiebodied men to stand for sit for hours: carching nothing, hoping against hope that bites will come from the water instead of from receping and flying things? It seems to many outside the charmed circle of the angle, to wrest geometry a ride silv to do nothing hour after hour, but watch and walt, and agitate a string at the end of a pole. Yet how immeasurable the joy and tonic of fishing to those who love to be lured away into the enchanted wilds where nature hides her secrets of refreshment and inspiration for the sons of men.

It is the same with unnumbered fads. The true test is not from without | Personal experience is what counts. The only reliable evidence is given by the. faddists. They know what fads mean. It is a question of inward light. The outsider has no right to be dogmatic. He simply cannot get the point of view. He. has a blind side turned that was. Her feels the essence of his own fads, but others like unto them might as well be in another planet, for all they know of their meaning Fads are self-justified. They cannot be brought into court and tried like law-breakers. Without the fadm and the faddists the world would lack half the life and zest of the human com-

Pike's Peak Record.

The record for clumbing Pike's peak was made recently by H H Robinson of Courado Springs. Col. The mountain is 14.147 feet above sea level, and the ormer record was made in three hours and five seconds. Mr. Robinson made the extent in two fours and 56 minutes. He works a heavy pair of shows carried and unbroke, and the last radio walked in

Proper Qualification.
"He has undertaken to edit, a society

paper, I hear?"

"Yes, and he should make a success."

of H."

Why, he can't write at all."

"No, but you know bow snoobleh he is 's Philidelphia Press.

L'ABEILLE DE LA NOUVELLE-ORLÉANS