



Home Health Club
In a former lecture I treated the physiological effect of cold applications with special reference to the results on the nervous system.

CLUB NOTES
I have received a great many letters during 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.

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.

NOT THE ONLY COUNTRY.

The United States Is Beginning to Realize That There Are Others.
Up to a few years ago, we, the people of the United States, thought we had the greatest country on earth.

BIG CROP ACREAGE.

OVER MILLION OF WHEAT IN NORTHWEST TERRITORIES.
Cultivation of Other Grains Increases in Even Greater Proportion.

PLAN TO EXCHANGE BABIES.

Clearing-House in Europe by Which Different Nationalities Are to Be Traded.
One of the curious things across in Europe is the scheme of a Frenchman named Michel Breal.

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.

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.

FRUITFULNESS OF FADS.

Outdoor Sports and Pastimes That Benefit Both the Mind and Body.
To the eyes of one reader the ancient sport of golf is "nothing but a quackery and a waste of time."

THE KAISER OFF DUTY.

Emperor William Enjoys Poking About the Machinery of His Yacht.
Everybody's Magazine says perhaps an insight into Emperor William's character can be better gained during his long cruise to Norway than at any other time.

PIKE'S PEAK RECORD.

The record for climbing Pike's peak was made recently by H. H. Robinson of Colorado Springs, Col. The mountain is 14,117 feet above sea level.

PROPER QUALIFICATION.

"He has undertaken to edit a society paper, I hear."
"Yes, and he should make a success of it."
"Why, he can't write at all."
"No, but you know how snobbish he is." Philadelphia Press.

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