h. But some people seem to think that the best way to get the hest remults out of the digestive apparatus is to constantly distrust it, plty it. They swallew a mouthful of fear and dyspepsis with every mouthful of food, and then wonder why the stomach three not take care of it.

Before the child can even speak whamly it is taught to talk about its poor little tummic," and this nonsense is kept ap through life.

We often hear men talking about taking the best care of their health when they are really doing the worst thing possible for it. They are the worst possible enemies of their stomsuch when they are always talking mbout their digestion and expressing & Sonr that they cannot eat this and they cannot eat that, when they are thinking all the time about how many bites they must take of every mouthful of Rood and how long they must masti-

mate it before they swallow it. What do you mean by taking good care of your body? Just to bathe it, and to weigh and measure your food with the same precision that a druggist would dangerous drugs, concentrating your mind upon what you eat and thinking about what will hurt you -rhat is not taking good care of your

Do you wonder that your stomach aches, that it is inflamed, when you tere all the time thinking about it, wortrying about it, and expecting that everything you eat is going to hurt you!-Success Magazine.

STOPPED TO FINISH CIGAR.

Then President McKinley Kept Mayor of Boston Walting.

City Messenger Leary tells a story of his official experience with Presisent McKinley and his famous footlong black cigars at the time when the president was in Boston.

"I went into his room," said Mr. Leary. to find out when he would be -ready to meet Mayor Quincy. He was pulling at one of those big cigars that he had made specially. 'Sit down and have a smoke,' said he. 'I came to find cost how soon you would be ready to present the mayor, I said. In about five minutes, he replied. 'Perhaps,' I suggusted. you would like to finish your smoke.' 'I should, very much,' was the

TEP 7 "And so I sent up word that the president would be ready in threequarters of an hour, and we sat and had a long smoke on those big black

Leo Stevens' Daring. Capt. Homer W. Hedge, whose speciality is founding automobile and acronaut clubs, and who has made many balloon ascensions, was asked if he felt nervous when thousands of feet in the air.

"I make just one answer to that question-which is often asked me," replied the captain. "It is, 'You forget that I am an advertising man."

"But for daring and nerve," he continued. "I know of no one who equals Leo Stevens. Once when we were up together, about 3,000 feet, something went wrong with the balloon. Before I had fairly seen that there was anything amiss, Stevens had jumped on the wide of the basket, hauled himself up by the ropes, clambered on to the outmide of the balloon and was clinging there like a fly, repairing the damage with one hand."

What They May Have Said. There was no official stenographer present when King Edward met Emperor Wilhelm at Wilhelmshohe the wither day, and consequently this is

what they might have said: "Hullo, Uncle Ed." "Hullo, Willie. How are the kids?" "Fine. How's Aunt Aleck?"

hiely! "Not lately. Guess she's all right, abough. I met Nick the other day."

"Pretty well. Seen your mother

"How did he seem?" "Looked a little thin. Said he was feeling all right. Nick worries too wuch over his business."

"That's foolish. What's the use of worrying? Look at me." "You're as fine as a fiddle. Let's

go in and have something."

Fire Fighters for Panama.

A letter has been received from the moverary of the Panama camil commassion by Chief Engineer James R. Hackins of the Somerville (Mass) fire department, the oldest fire chief in the country, requesting that he recommend men for firemen at Panama. The men wanted most be between the ages of 21 and 35, and they are to receive \$100 a month, with free transportation from New York to New Orleans and six weeks' vacation each gear. Since the fact became known that the veteran chief was appointed a eccut for the Panama fire department he has been besteged with requests from young men, all ambitious to go to the isthmus.

"It must be fun." suggested the triend, "to dally daily with these shafts of wit"

"Not when you're hitched between em," responded the press humorist with a sickly smile.-Louisville Couner Journal.

BEANS AS HUMAN FOOD.

Have Great Value-Will Figure More as Meat Figures Less.

This country has raised 5,064,844 bushels of beans in 1900 and devoted 463,867 acres to their cultivation, says the Rochester Democrat and Chronicle. That is at the rate of a little over 11 bushels to the acre, or a little less than the average yield for wheat the country over. New York state raises more beans than any state except Michigan, and California is third in the list. Roughly speaking. New York's bean belt is the western half of that state.

Here, as in Michigan, beans have partly taken the place of wheat as a staple crop. They have proved more remunerative and they have had the additional recommendation of improving the fertility of the soil through their ability to gather nitrogen from the air. As a paper prepared by L. C. Corbett for the department of agriculture remarks, it is the bean's peculiar distinction to provide food for bothman and beast, and at the same time to improve the soil. That makes it invaluable in a scheme of crop rota-

tion. To the average American, beans mean string or snap beans, plucked when green from the small gardens or canned in their green state. Thus produced they yield largely, as much as 200 bushels to the acre, the price ranging from \$1 to \$5 a bushel, according to the season and nearness to a market. Yet the bean means something more. Certain varieties, like the cowpea, are valuable for grain, for hay, as good as alfalfa, and for green manuring unsurpassed. The kidney, the marrow bean and the pea are prime foods in their dry state.

Like other of the ancient crops of mankind, the bean requires more hand labor than the more recent food staples. In the advance of farm science, however, satisfactory harvesters and thrashers have been devised. As an item of diet in this country beans will figure more as meat figures less, and the annual production is sure to be much enlarged. MARCH 1. 1. 1. 1.

FIELD FOR ELECTRIC FURNACE.

Can Be Used to Advantage Where Water Power Is Cheap.

While the electric furnace cannot compete with other processes in the general production of iron and steel, Dr. R. S. Hutton, the British metallurgist, finds that it may be used to advantage where water power is cheap. and that it has a fairly clear field in the manufacture of iron alloys not easily made in the blast furnace. Many electrical plants have been established in Savoy and Isere, in the south of France, the furnaces ranging from 200 to 2,000 horse-power. At Grenoble five furnaces of 1,200-horse-power and four of 2,000-horse-power are used to produce ferrosilicon, ferrochromium, silisocplegels of varying composition and manganese-silicon, and the output is between 7,000 and 8,000 tons a year. The Giraud works, soon to be enlarged, now have an output of about \$1,700,000 per year from furnaces of 18,000-horse-power. The product is 6,000 tons of ferrositicon of 50 per cent. and 1,000 tons of 30 per cent. 2.000 tons of ferrochromium, 900 tons of ferrotungsten, 50 tons of ferromolybdenum and ten tons of ferrovana-

A Model Ex-Husband.

"I don't know where there is a greater example of generosity than right here," said he as they sat together at the Italian cafe. WYou see the young couple running the place the proprietor and his wife. That small boy sitting with the oldish fellow over there at the corner tabledon't look right now. Of course, I knew you would, but that man was the husband of the young pretty woman That is their child, the boy sitting with him. The wife fell in love with the young man, the oldish man let her get a divorce, gave them his blessing set them up in this business and now comes nearly every evening to see how they are getting along and to take dinner there at that table with his little son. Yes. Every evening he pays for his son's dinner along with his own."

Imported from Paris.

The woman was calling on her friend, who lives in East Thirty-fourth street, says the New York Press. It was a ground floor flat. Every little while she would raise her right hand and cross herself. It was on Sunday afternoon.

"What in the world are you doing that for?" asked her friend after she had done it about seven times.

"Funeral processions," explained her friend, "going down the street." "Are you Catholic?" asker her friend

"I never knew that." "No," explained the woman further, "I learned in Paris to cross myself when a funeral procession passed Everybody does it there. I don't know why, unless it is because they haven't

Weilington's Dispatch Table. Mrs. Maxwell thetter known as Miss Braddon) has many treasures at Lich field house, her charming home at Richmond-on-Thames. One of these is the remarkable dispatch table which the duke of Wellington carried with him throughout the Peninsular war So ingeniously constructed is this piece of furniture that it can be made to serve the various purposes of a writing table, dispatch box, chess table card table and dining table.

BIRDS SEEK THE WARMTH.

Trait of English Sparrows Recently Brought to Light.

Bird Lore gives an interesting account of a new way the English sparrows have found of keeping warm on cold nights. Many of the houses in a country community have been provided with lanterns in porticos and entrances fitted with incandescent light bulbs. These lanterns are so constructed that it is quite easy for a bird to enter and find a perch.

As soon as lights appear, and even before, the birds take their places, one in each lantern. If the thermometer outside is down to 27 it may be 44 inside the lantern several hours

after lighting. "While it gives pleasure on a widtry night to think that the birds are enjoying the warmth of the electric lights, it is questionable whether the toasting at night followed by exposure to storm and wind by day be beneficial. And if this suddenly acquired habit of the English sparrow is injurious it is at variance with the commonly received idea that animal instincts are a safe guide.

"If the greater warmth is so agreeable to these birds why do they not go in winter to a warmer latitude? Are they unaware of the migration of other species, or are they physically unable to accomplish it? Or is it something so long absent from their hereditary make-up as to be non-existent to them?"

HAS LIFE OF LITTLE CARE.

Mexican Laborer an Inveterate Enemy of Hard Work.

There is no more independent person in the world than the Mexican laborer, says an American who has capital invested in that country. Especially is this true of the peon of the tropics. It would seem that he works for Americans who have big plantations to develop more as a matter of accommodation than from necessity. He demands a snug sum in advance, too, on which to have a good time at the "flestas" before he setties down to several months of drudgery. No native indian has to work for white men in the tropics to gain a livelihood. His wants are few, his ambitions are limited to a desire for enough to eat, a thatched hut and a little cotton cloth. The hut he can make for himself. There are fish in the river and game in the forest. There is plenty of unoccupied land upon which he can raise a few cereals to trade for the things he cannot produce himself. There is no winter to provide against, and though the rainy days come often in summer, they only mean more rest.

Peer Who Starts Women's Fashions. - Entomologist, sportsman, agriculturist and politician. Lord Walsingham. who recently celebrated his sixtyfourth birthday, is "several single gentlemen rolled into one," and has a variety of interests denied to the average man. His collection of moths and butterfiles is the largest and most important in the world, and, by his generosity, is the property of the nation. to whom it was conveyed by deed of gift in 1901. A large part of it is in the Natural History museum at South Kensington, and it is a curious and little known fact that women's fashions are directly indebted to Lord Walsingham and his collection. Dressmakers and designers of butterflies go to the drawers and cases of butterflies and moths to study new combinations and contrasts of color, subtle shades of nature and harmonies of tone. which are to be beheld and studied there, and there alone.

A Clever Rebuke. A young man dwelling on the borderland of aristocracy, where, as George Eliot says, annexation becomes a burning question, was entertaining a group on a hotel piazza. With great freedom he swung into conversation by familiar abbreviations, the names that decorate the society columns. At length a woman, gazing pensively out at sea from the depths of a shaker rocker, turned toward the young man and, bending over the arm, said:

"My dear sir, you have buried a man who was alive on Friday. Such haste is not seemly. You have divorced a woman now happily wedded. This is premature. But when you marry my husband to another woman I must reproach you. My dear sir, you should respect the law if not the gospel."

Needless to add he was severely squelched.

Worshipers in Old St. Mark's. "That old St. Mark's over there is an endowed church," he explained as they passed it. "It is self-supporting. Some Sunday come down here and see the people. It is the strangest mixture of people in New York. Of course, there are many who go to it here on the East Side, it being situated here. but you'd be amazed to see the wealthy old people who come down from Riverside Drive and West End to attend that church because their fathers and grandfathers did. It is wonderful, really."-New York Times.

Sold. "Well," said the proprietor, "I see you have at last sold that ugly hat we

expected to have on our hands." "Yes," replied the saleslady, "I got a middle aged woman to try it on yeaterday and then told her that it would not, of course; do for her because it was intended for a very young womTHE CHILD LABOR QUESTION. Some Comments by a Writer Who

Knows the Subject. Making children self-supporting at ten is the horrible suggestion of a Chicago pedagogue, comments a writer

in American Medicine. A farmer will not let a horse be self-supporting until it is near the adult period. We have called attention to the fact that children have always helped to support themselves, and that the work, until the deadly modern factory arose, was invariably wholesome, more or less outdoor exercise, in a rural en-

vironment. Work of itself is normal, and ;believed to be needed for development. If we do not impose it, children invent it for themselves. We have also mentioned the fact that the modern poor man still needs the child's assistance if the family is large. If the law demands schooling, as it undoubtedly should—to some extent at least-then the instruction should be of a character to enable the child to help its parents as soon as possible. There is a growing impression that we must modify our schools to this end, by introducing the training features formerly part of the home life, but now impossible in crowded indus-

BUILDING FOR THE FUTURE.

trial communities.

Newspaper Man Was Casting an Anchor to Windward.

Although Joseph Pulitzer still keeps in active charge of his great newspaper the New York World, his son, Raiph Puiltzer, has taken over some of the burdens of editorial and business direction.

There is a baby in the Ralph Pulitser family, a small son, who is the pride of his grandfather as well as of his father. A short time ago there was an editorial conference at the house of Raiph Pulitzer, and John Slaght, one of the star reporters on the World, was called to attend. While waiting to go before the councll Slaght sat in the hall of the house. efore an open fireplace. The nur came in with Pulitzer Third.

"Nurse," said Slaght, "do you want to do something for an ambitious. hardworking and honest young man?"

"Sure," the nurse replied. "Well," instructed Slaght, "when that baby begins to talk, you teach him to say, first thing: 'Slaght; grand man; great reporter.'"

A Successful Prophet. Across the water are the handsome residences upon the "Neck," the settlement of which marks one more enoch in the history of the town. Marblehead Neck is a small strip of land containing some 300 acres, and a half a century ago it was used for pasturing of cattle, being fit for little else. The land was barren and rocky, and it is small wonder the good folk of Marblehead laughed when its owner stoutly declared that it would one day be covered with gold dollars, and at the less preposterous statement of one of the smaller owners who declared that when his cfaim was worth \$10,000 he would sell it. It seemed preposterous enough in those days, but the Neck today is worth a fabulous price, and the summer residences which cover it represent small fortunes in themselves.-Travel Magazine.

The Private's Complaint. The late Gen. Shafter used to enjoy telling how, during the civil war, several wounded officers and a few privates were going up the valley of Virginia, when a rain came on, forcing all hands to take refuge all night in a schoolhouse.

It chanced that during the night a skunk had found its way under the floor, and by and by had announced its presence after its well-known effective manner.

The officers all waked up, but, being gentlemen and each supposing that the others were still asleep, they kept silent. At last one of the privates, a German, could restrain himself no longer.

"Mein Gott!" he exclaimed. "Dis is awful! Dey shleeps und I vakes, und I haf got to schmell it all!"

Greatest Linguist. Father Erasmus Hering, the world's greatest linguist, died at Landeshut monastery recently at the age of 70. He had been a mond in the monastery for more than 50 years, and he had absolute command of 33 ancient and modern languages, an unprece-

dented intellectual achievement. The celebrated Giuseppe Mezzofanti, who died in 1849, was reputed to be able to speak 52 languages, while Mr. Jeremiah Curtin, who died last year at Milwaukee, Wis., is said to have

known 70 tongues. A good many of these languages, however, were merely dialects or modifications of other root languages.

Not Elegant But Strong. "Tell me," said the new reporter, "do you say 'the smart set is,' or 'the smart set are?"

"I never bother to be grammatical," replied the sporting editor, "when I have anything to say about the smart

Restrictions. The alien was in jail for baving shot a fellow countryman. "And this," he said, bitterly, "is

what you call the land of liberty." Irascibly biting a piece out of a bar of his cell he contemplated his wrongs.

WIT OF WILLIAM M. EVARTS.

Few Men More Ready Than Was tild Great New York Lawyer.

William Evarts graced the headship of the bar before lawyering was so much of a trade as it is, and when lawyers had time for accomplishments. says Harper's Weekly. He was a scholar, but no more of a Grecian than he should have been. Yale men used to think that Theodora Woolsey know more Greek than anybody else, and Mr. Evarts himself was so well persuaded of this that he once said at a dinner that was given to Woolsey. that he and Woolsey knew "more Greek than any other two men in the country."

"I saw a fine photograph of you, Mr. Evarts, on my way down town this morning. You've a beautiful head, Mr. kvarta."

"I'm glad you think so well of it," said Evarts, "you know I stand on my

head. Here is one for the Liberal Arts club. One day a man came out of the "Players," next door to the Tilden house, now occupied by the Art club. and met Mr. Evarts. There was probably never a house constructed that was, and is, so mortally ugly as that which Samuel J. Tilden built in Gramercy park. In order that ingoers might escape quickly from the sight of the front of it there were two front doorways. "Of what school of archi-

arts?" said the "Player." "Tudor," said Mr. Evarts. "Fiat justitia, ruat, prandium," he once prescribed as a floral motto for a dinner of the Bar association.

tecture is the Tilden house, Mr. Ev-

There have been other lawyers, oth er secretaries of state and other punsters, but as he himself might say, "non licet omnibus adire Corinthum.

WHY HE WAS TIRED.

Return from the Annual Nonsense Known as "Vacation."

A man alighted from a train, and after walking laboriously up the short flight of stairs which led to the walting room, stopping a few times on the way to rest, he looked round for a place to sit down. His wan, thin face, heavy eyes, and general appearance of

costed the stranger and asked if he could be of any assistance. "No-o, thanks," the young man drawled out; "I'll get along if I take

weakness and dejection attracted at-

tention, and a kind old gentleman ac-

"Are you III?" "No-o, I'm not ill. But I feel as if I were completely done up."

my time about it."

"Been in an accident?" "No-o. I'm just tired; that's an Thanks: you may call a hansom for me, if you will. Don't believe I could ever walk out to the transway don't mind if you carry my bag. I'm so tired."

"What's the matter with you?" "Oh, nothing much; I'm just returning from my holidays. I'll be all right in a week or two."-Tit-Bits.

A Brave Pony.

One small pony named Nell routed four young highwaymen in the Bronx. "Mandy" Begg, 15 years old, is the son of Ernest Begg, proprietor of the Begg from works. The other night "Mandy" saddled Nell and rode down the boulevard.

At One Hundred and Fortieth street four young men jumped from a lot. Two seized Nell's bridle, young Begg says, and the others struck him, knocking him from the pony. Then one incautiously got too close to Nell's hind legs and she "hoisted him," as young Begg said exultingly afterward. Another got in the saddle, and Nell, a modest colt, promptly stood on her forelegs, unseated her new rider and backed, kicking in every quarter of the atmosphere. The two footpads who remained on their feet ran. Young Begg jumped astride the yony, and away they went. He had a bruise on: his forehead and a bruise on his arm. Nell was all right, but rather restive -N Y World.

Work of a Pipe Line Walker. Jack Hovey has walked over the Tidewater pipe line from Rixford, Mc-Kean county, to Williamsport continwously during the last 26 years.

He makes from 8 to 21 miles a day. carrying a kit of tools weighing about 60 pounds, among which is a telegraph instrument, which, in case of breaks or other accidents, he attaches to the company wire which follows the line, and informs headquarters at Williamsport. The distance is 145 miles as the line runs, up and down hill, across vaileys and through woodlands and forests, 40 miles of it being through the dense Pottery county woods, with scarcely a habitation along the route.-Philadelphia Record.

Agitator Punished. Two years' imprisonment was the punishment meted out the other day in the Punjab to a Hindoo who had gone about telling the people that there would be no plague at all did not the English poison wells in order to reduce the population. He had an accomplice who helped to make his story plausible by putting balls of flour and other substances into tanks and fountains.

Overheard in the Country. Wilfred-Mamma, we were up in Farmer Crosby's vard, watching the eggs in his incubator. His Mother-Did anything come

out? Wilfred-Yep; Farmer Crosby-and he chareduis.—The Circle.

IDENTIFYING "U. S." ANIMALS.

System of Branding Authorized by the Army Regulations.

Whenever you see the letters "U. S." branded on the left fore shoulder of an animal make up your mind at once that that beast is or was at one time the property of our rich old Uncle Sam, says the Washington

Post. Then, again, if you know the key to the system of branding utilized by the quartermaster's department, U. S. A., you would in a moment be able to tell the organization of the army to which that animal was assigned immediately after purchase by

the government. Last October, when the army of Cuban pacification was being embarked from Newport News, Va., many of the army horses and mules awaiting shipment became mixed with those of other organizations, but it only needed the knowledge of Sergt. Casey to decipher the hoof brands and dispatch the animals to their proper organizations. In other words, these

brands serve as "identification tags."

Branding public animals is not a matter of choice, but is provided for by the army regulations, which directs that 'public animals shall, upon the day received, be branded with the letters 'U. S.' on the left fore shoulder. Horses assigned to organisations will also be branded on the boof of one forefoot, one and one-half inches below the cronet, with the designation of the company Branding irons of uniform size and design will be supplied by the quartermaster's department. Letters 'U. S.' to be two inches in height. Letters and numbers of hoof brands on the same line to be three-fourths of an inch high, the letter to precede the number, and blocked so as to penetrate the hoof one-sixteenth of an inch. For example, the boof brands on horses assigned to band. Ninth cavalry, would be CB9; to troop A. Fifth cavalry, would be A5: to Company A, battallon of emgineers, would be BEA."

Jewel for Child Meroine.

Ethel Johnson, a child heroine of the Columbia disaster, has received a magnificent butterfly of gold and diamonds from an unknown admirer, accord to a Portland correspondent of the Scattle Times.

It was taken to the home of R R. Dingle, where the little girl is stopping, on Saturday by a jewelry store employe. There was no note of explanation," no signature, telling who was the sender of so magnificent a gift, merely the words, "From a Port-

land admirer." Idttle Ethel Johnson saved two lives in the Columbia disaster. She rescued her child companion. Effic Gordon, and held her above water until taken aboard a life boat

While struggling with her compar ion a man who could scarcely, swim was also saved by her. He seized hold upon her and was also held above the water by her childish efforts. Perhaps this man sent the present

John Knex, Prophet.

John Knox, the reformer, would grayseem to have possessed in no ordinary degree the spirit of prediction and to have, foretold with accuracy not only certain remarkable events of public importance, but also the ultimate fate of certain individuals. Thus when condemined to the galleys at Mochelle be took his sentence with the greatest composure, merely remarking that in spite of it he would "within two or three years, preach the Gospel in St. Glies', Edinburgh." This prediction, most improbable of accomplishment at the time it was uttered, was afterwards literally fulfilled. Knox predicted with accuracy the deaths of Thomas Maitland and Kirkcaldy of Grange, and solemnly warned the regent, Murray, not to go on to Lin!ithgow, as if he did so he would there meet his death. The regent disregardel the warning and did meet with the hate of which Knox had forewarmed him.—Exchange.

Hydraulic Lifeboats. Several of these craft are now in service in the United States. The propelling agents are jets of water driven out by a powerful steam pump

through nozzles under water. The nozzles can be made to drive the boat forward or backward, or turn it, the boat, of course, being driven by the reaction in the direction opposite to that of the escaping water. A speed of 100 miles an hour was re-

cently maintained in New York harbor in a trial trip. Hydraulic lifeboats are not econom-

ical; their strong point is the absence of any external paddle wheels or propellers, which are so liable to become fouled by wreckage. The boat has projecting guards, which protect the nozzles from striking against slips or docks.

A Delicate Distinction. Manager—I thought you wrote me you had a full house at Bad Dog in

Business Manager—So we did Manager-Why, our star tells me there were only about 25 people in the place and every man Jack was drunk. Business Maneger (gently)-Well? I den't say we had the house full; I .

The Author's New Home. "Like your new house?" "There are six houses in the row,

said we had a full bisuse.

I believe?" "Yes, mine is the last one." "Good cellar?"

"One of the x best are."