ENTITLED TO A SOUND MIND IN A SOUND DODY.

Our Overworked and Underfed Boys and Habits-Disastrous Results of Ignorance. Real Education.

Children have not only a right to the wisest education, but they have a right to be such by birth and heredity that they can be educated to some purpose. It is astounding, as one waiks through a low neighborhood, to see what a vast number of heads of a truly inferior sort are be make sure that what he buys is fresh, gotten. Or if you will ride with me up a and that he isn't cheated. back country road you shall find an im mense preponderance of badly shaped faces and peaked or pinched brain caps. There are neighborhoods where this is not so. Large heads, well shapen, and handsome features are the rule. What makes the difference? Biology will tell you that the thoughts of parents and their emotions-in other words, their child. Not only do sudden frights go to mark the unborn, but the every day thoughts and ways of hving do the same. Responsibility runs far back, and some day the matter will get a full and popular discussion Physicians of intelligence understand it. Every one should be made to understand it. Every child has a moral right to enter life under at least favorable circumstances.

OVERWORKED AND UNDERFED. Overworked and underfed children are far more common than is supposed. And this occurs in families above the average in this country-more often than in those under the average. I do not believe onehalf the damage is now being done by overworking bodies that is done by overworking brains. The factory for children under 12 is not so dangerous as the school house. I am now speaking of the school house for young children with good brains and fine nerves that are capable of very large attainments. No child should ever be compelled to undertake book learning before it is 6 or 7 years of age, and until 12 one hour at a time is all it should be allowed to study Set your boy down to an interesting book, a story, or whatever he enjoys. Let him read it for three hours, and then call him off. You may now diagnose him.

He is dazed as he walks. He is very likely irritable with other children. his head; it is not His eyes are full, and touched with inflammation. Sitting for If this is a habit, or if he is accustomed to five hours in school, with possibly study and reading out of school, he is will become diseased; he is diseased. In-steal of being built up to his best estate hard, being built up to his best estate this is trace of the majority of our scholarly boys and girls. Almost at the beginning of life they are started on inva-

TRREGULAR HABITS OF EATING. But I said they are underfed. So they them. are, the children of our best families; they are overstuffed and underfed. They be that the Spaniard is a man who is ever and whatever they choose, and are thereby well in every day life. underfed even when gorged. It is well known that only that food which is assimilated and used by the blood becomes may have far too little of this when constantly eating This is peculiarly true if has none too much blood to do the building work, but this is taken away to the brain to do a vast deal too much thinking and imagining That is what I mean by underfeeding and overworking I sincerely believe that at present we are more in need of laws forbidding the overbrain tasking of children than of laws forbidding their employment under 12 in factories and for undue hours. We shall shortly come to see that our educating process needs safeguards for the children instructed to it.

It will be well when we come to Herbert Spencer's idea that real education shows "in what way to treat the body; in what way to treat the mind; in what way to manage our affairs; in what way to utilize all the sources of happiness which nature supplies; how to use all our faculties to the greatest advantage to ourselves and to others; how to live completely." In all these respects the rights of children extend, and if the state is right in interfering at all to secure common education it is obligated to interfere to the extent that will secure for the child all that a true education involves. Does our present system cover the case, or even pretend or purpose to cover it? Take, for instance, the one item, "How to treat the bedy." Is it not a fact that 99 out of 100 children are left to find out Is it not a fact that whatever they do find out about the body and how to use it by stumbling upon facts through bitter experience of disease and And when, after a wretched and miserable career, they die, what is done to make another generation wiser than the last?-M. Maurice, M. D., in Globe-

### His First Night Out.

Bride (of a month)-My husband seems to be out very late to night. Maid-Yes'm; it's after 11 o'clock. "Mercy on me! Do you suppose he

could have met some former sweetheart, "No, indeed, mum; the butler tells me your husband is at the club, having a ood time with his bachelor friends, and I think, ma'am, you ought to do some-

Why, of course. How thoughtless I Get me that box of phosphorus from the cabinet.

thing about it.

"Dearie me! You ain't going to commit suicide?" "Suicide! You must be crazy. I'm going down to the front door to rub phos-

Turkeys in Winter.

# phorus on the keyhole."-Philadelphia

Turkeys do not require as warm quarters in winter as do other fowls. ever cold the weather, they should be allowed to run out of doors every day, except, perhaps, in very stormy weather. If confined in warm quarters and not allowed to run out of doors, they usually show signs of indisposition, lose their ap petite, become dumpish and inactive and not unfrequently die. They are very bardy birds and easily wintered. About all they require is a place to roost at night where they will be out of the wind, plenty to cat and drink and their liberty during the day .- Poultry Yard.

A Persian Baznar,

In the bazear, Teheran, there are the silversmiths fusing the metal into ingots and bars, hammering at the plates, designing, engraving, chasing and soldering; the work is seen in progress from the very beginning, and woe be to the unfortunate wretch who shall be detected in using alloy or an unnecessary Girls-Hours of Study-Irregular Eating quantity of solder. The workers in leather, in copper, in iron, the manufacturers of textile fabrics, all give a continuous industrial exhibition of their own, which is open to all the world, "free gratis, for nothing." The confectioner produces his sweet stock in trade under the eye of the purchaser. Persian likes to have everything made specially, and sits by to see it done, to

It is not to be wondered at that the bazaars are the favorite lounge of the middle and lower classes. All day long the great arches of the bazaar are thronged by a noisy, pushing crowd, hurrying and gesticulating, but all in opal high good humor. Here come the mountebank, the buffoons, the proprietors of dancing bears and monkeys, the street habits and habitual feelings-shape the conjurors, and the man with the tame lion; the itinerant venders of flowers, lettuce, pipes and hot ten; the sellers of eggs and poultry; the dealers in weapons and second hand clothing, and innu-

merable hawkers. It is not to be wondered at that the European traveler finds it very difficult indeed to tear himself away from the innumerable attractions of the Persian bazaar. The bric-a-brae hunter may come upon a priceless piece of faience, which he may possibly secure for a few pence. Here one may occasionally pick up a num. satie treasure, which the owner is glad to part with for a little more than the price of the metal; but here the stranger must beware, for skillful forgeries of old coin are not unknown, even in Persia. But there is one honest custom invariable in the Persian bazaar: if a purchaser is dissatisfied with his barhim his money if he brings back what he has bought within twenty-four hours. This is a custom never departed from.-

#### Mexican and Spaniard.

The average Mexican, like the average American, is free with his money-neg-lectful to those little economies which Europeans understand so well, and therefore, when a rich Mexican land owner is in need of a manager for an esamine his tongue, and you will find his tate he looks about for a frugal, thrifty digestion is impaired. Put your hand on Spaniard, who, if he does make money for himself, does not neglect his employer's interest. It is a common error a long time, he has grown weak in his among Americans to fancy the Spaniard back, and is leaning in his shoulders as a bousting, proud fellow, averse to The boy every day is tired and unstrung toil and preferring gentility in a faded velvet coat to bard work and comfort. already an invalid—he is on the road to a otes or Sancho Pancas, and there is some breakdown. Mark you, I do not say he measure of truth in this saying. The physical he is being pulled down. And farmer, and not a little of the dry humor sands of sharp and racy proverbs available for every day use, and the hard working Spaniard makes free use of

them at all, and serve only to destroy the of rounnticism in the Spaniard, and any digestive organs. They eat at all times amount of good qualities that wear good humored, and will share his meal with an unfortunate countryman. There is much sturdy fiber left in the Spanish nutrient or nourishing matter. The child nation, which, we must not forget, disputed the control of this hemisphere with ourselves for centuries, and left allowed to overtax the brain. The child never to be erased marks of Spanish domination. The Spaniard resembles ing prostrate if he dismounts a few min-the Angle-Saxon in his propensities for utes to take a walk on a slope and stretch colonization, his willingness to emigrate. his capacity for hard work and a certain arrogance the Anglo-Saxon or Spaniard never loses.—Cor. Eoston Herald.

### Odd Devices for Photographs.

There are various ways for providing surprising results in photography, things that in one age would have been called magic, but in ours recognized as scientific tricks. The ghost picture, for instance, in which a shadowy ghost- trail, and so universal is this trait of through which material objects are visiblo-is seen between natural attitudes and occupations. This is produced by an almost instantaneous exposure of the figure that is to do duty as the ghost, followed by a full expesure of the figures and properties that are to appear nat-Another novel trick was shown recently in a photograph reproduced by a prominent trade journal, which presented the photographer, seated at a table, playing chess with himself sitting on the opposite side of the table, while he himself stood up in the background looking at his two selves playing.

The figures were all on the negative, which was produced by three successive exposures of the plate, parts thereof being masked each time by a black velvet shutter. Still another trick is that by which a person who likes that sort of thing may appear to be photographed riding upon a flying goose, or a fish, or any other desired style of ridiculous locomotion. This is done by the subject holding upon his lap a huge piece of white or sky timed card with the fanciful figure drawn upon it. His face appears above the upper edge of the card and seems, in the picture, joined to the funny little body mounted on the goose or fish. The statue picture is made by about the same device.—Photographic Review.

## Big Money Made by Tugs.

"What is the most money ever made by a tug in one trip?" was asked of an old tug man in South street.

"The very largest money ever obtained was when two tugs picked up a derelict off Sandy Hook. She was in good condition, but had been abandoned by her crew, who were panic stricken. She was drifting ashere, and the courts allowed a salvage of \$28,000 for the two-or \$14,000 for a day's work each. But that wasn't a towing job. The biggest price ever paid by a ship for towing at this port, so far as I know, was when a ship captain had beat his way up to the lightship after a long winter voyage from Manila. Reaching this point, with harbor before him, the northwest wind became a gale he could not face, and he saw the shores of Staten Island fade, and began to think he had Ber-muda hard aboard. He couldn't stand that prospect, and was compelled to pay \$1,500 by a heartless tug captain of about my size and disposition. That is a sober fact. You will hear tug men tell stories of larger sums, but then those men were intended by nature for fisher-men."—New York Sun.

### THE MEXICAN MULE.

A DISSERTATION INSPIRED BY M. SCHWATTA'S EXPERIENCE.

Some Peculiarities Which Make the Anlmal the Most Interesting Specimen of His Race-He May Be Indolent, but He Industriously Pays Old Scores.

The Mexican mule is a sort of cross between a mountain goat and a flying squirrel, with the distinct difference that its surplus electricity flows off from the negative pole instead of the positive, as with the goat. It is in its meanderings on the mountain trails that it shines resplendent, but with a luster wholly its own, that can no more be compared with any other than can the flash of the diamond be compared with the fire of the

On the mountain trail this distinct species of mule was never known to fall. although he has an exasperating and blood curdling way of stumbling along over it that would raise the hair on end of a bald headed man. Many a time I have watched the nule I was compelled to ride with a view of discovering his methods of trying to scare me to death. as payment for past injuries. Oftentimes the trail would lead past dizzy heights or cliffs, where one could look sheer down far enough to be dead before he reached the bottom should be fall, and every few feet along the trail, of a foot to a foot and a half in width, it would have tumbled in a foot or so and again taken up the original inclination of the mountain, or about that of the leaning tower of Pisa. Here the mule would always be sure to stick one foot gain the seller is always ready to return and stumble a little bit, but always regain its equilibrium at the next step, having clearly done it intentionally, and for no other purpose than pure cussedness. One carrimagine the cool Alpine zephyr that is wafted up the dorsal vertebrae with sufficient force to blow

the hair straight up on end. If you have touched the beast during the last three or four days with the whip or dug into its sides with the sours when it was absorbed in melancholy reflections, it will be sure to remember it when you are climbing over the comb of a cliff of loud, shrill voices. At a restau- Viceregal Life in India. 3,000 feet high, and at the least move- rant where I frequently dine comes ment of your feet or twitching of your very often a pretty young woman with fingers it will throw its head high in the her mother, and when I see her coming air like a bound on the scent and go I want to go She has a high pitched, stumbling over every pebble and blade of cracked, old woman's voice, that takes A witty Spaniard has said somewhere grass on the dangerous way, evidently away my appetite and sets my nerves on that all Spaniards are either Don Quix- trying to make you regret that you had edge. At a recent afternoon reception tried to punish so delicate a creature. At a handsome lady entered and began to is supposed to keep his money in didn't any other time you can turn double talk. As soon as sne began every one fail. Good News. somersaults on its back, or act like a rav- else stopped and listened, for her voice ing maniae, and it will not increase its was so loud and harsh that it drowned which the Yankee possesses as by birth- funereal march a foot a day as a result every other. She was clever, and what right. The Spanish language has thou- of your actions. Whenever a trail leads she said was worth listening to, but it exceptionally near a cliff, before it turns was torture to the sensitive ear. The on the reverse grade down or up hill, the spell of a beautiful face is often broken Mexican mule never fails to go within an by a harsh, uncultivated voice, while be th' roight way. New York Weekly. inch of the crest and let a hind leg over a sweet voice almost makes a plain face with a slight quiver as it turns around pretty I would turn round in a crowd gir life almost at once on cookies and seeking a quarrel and whose temper is meat and other foods that do not nourish fiery and preceptain. There are streaks round, hard stones about the size of mark voice, but I would not turn round in the bles and larger, hidden underneath a car- street to catch a second glimpse of a peting of pine needles. These are liable; pretty face. Pretty faces are common to make a mule stumble if two feet are enough, one sees them everywhere, but on stones at once; but this is very rare, a thoroughly refined, cultivated and although they always go sliding over them on the steeper trails.

It is wonderful how these rotund rocks, hidden under the pine needles on the trail or off of it, will throw a human behis stiffened limbs. Of course the mule, under headway, walks over them before it can stop. Hobnails in shoes, nor anything of man's make, help to avoid

A PLEASANT PASTIME. There is another pastime in which the Mexican mule delights, and in which you won't. It likes to deviate enough to go under every low branched tree on the character that the trail seems to lead from one low tree or vine to another, just as the mules seem a mind to make

it. The dodging of limbs and branches among the pines, cypresses and oaks in the highlands was not so bad, but down in the tierras calientes, or hot lands, where brambly mosquito and thorny vines were tearing crescents out of your clothes until you looked like a group of Turkish ensigns, it was much more monotonous.

The heast I was compelled to ride had one ear cut off near the head and looked topheavy in the extreme. As a mule's ears make up a goodly portion of it, as seen in elevation from the saddle on its back, I was always frightened when he approached a cliff on the unabridged side and instinctively leaned in to counterpoise the heavy weight that I thought might drag us over the precipice. He was familiarly known by the party as "Old Steamboat," "Old Lumber Yard," and other names indicating his characteristics, but he was large and so was I. and he feli to my lot. When I first saw his abbreviated suricular appendage, as a member of the society for the prevention of crueity to mules, I felt incensed when I heard that it had been lost by the cut of a whip in the hands of a previous driver; but before we had been acquainted a week I had transferred all my sympathy from the mule to the man, whoever he may have been. On the level ground he was slower than the cook, who took fifteen minutes to wash a spoon, but on a perilous path of a half a foot in width on a dizzy precipice the way he could box the compass with the lone ear, so as to catch some faint sound at which he could get frightened at this inopportune time, made me wish I could cut off the other ear at the third cervical vertebres .-Frederick Schwatka's Mexican Letter.

# His Only Hope.

Henry (married six months)-I fear my wife's love is growing cold. She used to come to the office two or three times a day, but she never comes now. What shall I do?

Frank-Have you a typewriter? "No, but I can get one cheap. "Do so. Then get a pretty girl to oper-ate it and your office will be full of your wife."-New York Bun.

Old Egyptian Encanstic Process. In the older Egyptian minimies the face of the outer casing is usually modeled in relief, in a purely conventional way, but in this latest form of burial under the Roman empire a portrait of the deceased was painted on a very thin piece of wood and then fix dover the dead face. It is very remarkable to find such fine coloring and skillful drawing in work of this late date, which must have been turned out of an ordinary undertaker's workshop. The portraits, both male and female, are most vivid and lifelike; the ladies are mostly dressed in a purple garment, and the men in white, with a red orphrey. The modeling of the flesh is very skillful. and in some cases the coloring reminds one of the Venetian school from its rich depth of tone.

A special point of interest about these paintings is their technical execution in the hot wax, or encaustic process, as it was called. The pigments were mixed with melted wax, and then fixed in their place by holding a charcoal brazier near the surface of the painting, as is described by Vitruvius. The somewhat lumpy impasto of the surface is due to the hardening of the melted wax when the brush touched the cold surface of the panel. and, owing to the non-absorbent nature of the wood, the subsequent application of heat was not able to drive the wax below the surface, as was the case with encaustic painting upon streco. One of these portraits is noticeable from its ornamental framing with a flowing pattern, formed by pressing wooden stamps upon soft stucco, which was afterward gilt, a process exactly like that which was so often used to decorate mediæval pictures on panel, especially retables, or ancone, as the Venetians called them .-Saturday Review.

#### The Charm of a Sweet Voice.

I met the other day one of the most fashionable women in the city, and the thing about her that charmed me most sweetly modulated voice is indeed rare. -New York Star.

### To Make Wood Fireproof.

which would be more largely conducive to the welfare of mankind. The following paragraph, therefore, which has been lately in circulation, may be fairly pronounced "important if true, and in teresting at any rate." It is stated that a New Englander has recently discovered a cheap method of dissolving zinc by combining it with hydrogen and producing a solution called zinc water. This liquid, if applied to certain woods, notably white wood, makes it absolutely fireproof, and at a low cost. Mr. Edward Atkinson, the Boston economist. in speaking of it at Cornell university. says he regards this discovery as one of the most important of the age, and one that will surely revolutionize fire insurance, as well as immensely decrease the losses by fire. The invention is kept secret for the present. Only one foreigner, Sir Lyon Playfair, the English scien- fails to do good. tist, knows of it. He corroborates all that is claimed for the invention, and says that the inventor is a bungling on that principle. (We beg chemist, but that he has a faculty of blundering into the choicest secrets of nature's laboratory. As soon as patents are perfected and capital interested, zinc water will become an article of commerce.-Safety Valve.

A Telegraph Man Outwitted. A few days ago several men from the. electric light station dug a hole for an electric light pole opposite one of the finest residences in Maiden, Mass. The owner of the residence in the meantime secured a man and told him to go up into the woods and dig the first tree be could find, and hurry back and place it where the hole for the electric light pole was. Before the men commenced to raise the electric light pole the owner of the residence invited them to come into his cellar and take a drink, which they all did. There the owner detained them long enough to allow the man sent for the tree to come back and plant it. The others did not dare to remove tree, so they put the pole into their wagon and drove off.-Scientific American.

Embraced and Then Stabbed Her. I have sat by the hour in El Pravo, the fashionable thoroughfare of Madrid. Spain, and watched the dark eyed beauties of that celebrated city in all their loveliness, but they were always associated in my mind with treachery and deceit. While thus sitting one beautiful evening, the thorougfare thronged with its usual gayety, I saw two splendidly dressed ladies meet and embrace with great enthusiasm, when, with a chill of horror, I saw one of them stealthily draw a stiletto and plunge it deep into the back of the other. A shriek, a fall, a sudden rustling of dresses as the murderese quickly mingled with the crowd, and all was over. — Forest and Stream.

Digging Boles and Living High.

There's a man at the Auditorium vansary on Michigan avenue. He is tall and spare, wears his hair and beard long, and his bine jeans tucked inside of his coarse rawhide boots. He is nothing if not independent, and waiks around the rotunda as if he owned the block. He walked into the dining room on the first floor, and sat dining room on the first floor, and sat down for his breakfast, but a waiter was instructed to ask him to step into the cafe. With smiling face he comdigging post holes was good policy he

"Well, I have lived here before, and why ears't I do so now?"

His story is somewhat disconnected, and he gives evidence of being mildly insane. He claims that his name is Will Graham, and that he owns a house and lot on the north side worth \$2,000, and that he has just come from Colorado, where he has been for some time. Yesterday morning, after drinking his coffee, he took a five cent piece that he had been holding in his mouth and left it on the table. As he went out of the door he turned and said to the bartenders, waiters and cashiers: "Say, you fellers, there's a tip you can wrangle for among you. Good day.' -Chicago Herald.

#### Raboo English.

One man during an examination was was her perfectly trained voice. It was told to write an essay upon the horse, low and metodious, never raised above a which he did in the following brief terms: certain pitch, but her enunciation was "The horse is a very noble animal, but perfectly clear. A sweet, low voice is when irritated he ceases to do so." Auone of the most seductive charms in a other had to write upon the difference woman, and yet how seldom one is between riches and poverty, and he ended found. The majority of women do not by saying: "In short, the rich man welseem to realize this, and one's ears are ters in crimson velvet, while the poor constantly being tortured by the sound man snorts on fint."-Lady Dufferin's

#### After the Panie.

Miss Neverpay-Why does paw look so gium, maw? Did the bank he keeps his money in fail?

Mrs. Neverpay-Worse. The bank he

### A Safe Rule.

New Cook-Do ye put pertaties on to boil in cold water er hot? Old Cook (trained by her mistress)-Phwich iver way is th' most throuble do

It's sometimes said patent medicines are for the ignorant. The doctors foster this

"The people," we're told, " are mostly ignorant when it comes to medical science.'

If this could be cheaply and effectually done there are few improvements a sick man needs is not knowledge, but a cure, and the medicine that cures is the medicine for the sick.

> Dr. Pierce's Golden Medical Discovery cures the "do believes" and the "don't believes." There's no hesitance ORECON BLOOD PURIFIER about it, no "if" nor "possi-

It says-"I can cure you, only do as I direct."

Perhaps it fails occasionally. The makers hear of it when it does, because they never keep the money when the medicine

Suppose the doctors went doctors' pardon. wouldn't do!)

Choking, sneezing and every other form of catarrh in the head, is radically cured by Dr. Sage's Catarrh Remedy. Fifty cents. By druggists.

#### CHANGES OF CLIMATE

A broken constanting to like a broken one. It may be mended, but always shows whose the broke was.

plied, and ordered a pot of coffee, have a fee ing of charcoal, or nubbins which was served only after he had of corn on the ear may be burned and At least once a week the hens should deposited twenty-five cents with the fed, At this season, after a long winter's eashier. In reply to the question if he confinement in small pens and before an thought dining at the Auditorium and abundance of green food can be obtained, the charcoal will be found a good alter native, and an improved condition will follow its use,

### Throwing a Switch

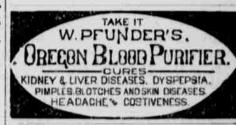


is tough work in stormy weather, and the switch-man cannot be too well protected if he wishes to preserve his health. Every railroad man's life is full of hardship and exposure. The only garment that will fully protect the man whose business calls him out in stormy weather is the "Fish Brand Sicker." They are light, but strong as iron, hand-made throughout, and good for years of service. They are worth ten times their cost, and will save you many a sickness. No other article of clothing will stand the wear and tear. Rubber is fruit, will rip, tear, and let in the wet. Therefore get the will stand the year and tear. Kubber is Irial, wills rip, tear, and let in the yet. Therefore get the right sort of coat. The "Fish Brand Slicker" is the only one for your purpose. Beware of worth-less imitations, every garment stanged with the "Fish Brand" Trade Mark. Don't accept any inferior coat when you can have the "Fish Brand Slicker" delivered without extra cost. Particulars and illustrated catalogue free.

A. J. TOWER, - Boston, Mass.

# DON'T.

Don't cheat yourself out of a good smoke by taking a poor imitation for the genuine Seal of North Carolina Plug Cut Tobacco.



Season Opens for Trout April 1st.

TACKLE T. HUDSON.

ARMS, REVOLVERS & SPORTSMEN'S GOODS N. P. N. U. No. 395-8, F. N. U. No. 472

grow fair in the light of their works, especially if they use SAPOLIO: Iris a solid cake of scouring soap used for all cleaning-purposes. All grocers keepil.

LOVE'S LABOR'S LOST by many a woman who strives works herself to death in the effort. If the house does not look as bright as a pin, she gets the blame\_if things are upturned while house-cleaning goes on\_why blame her again. One remedy is within her reach. II she uses SAPOLIO everything will look



clean, and the reign of house-cleaning disorder will be quickly over.