

Loss of Appetite

Which is so common in the spring or upon the return of warm weather, is loss of vitality, vigor or tone, and is often a forerunner of prostrating disease.

It is serious and especially so to people that must keep up and doing or get behindhand.

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Bismarck Was Superstitious.
The great Prince Bismarck was not without superstition and this was noticeable on the eve of the new year. From nine o'clock that night until after midnight he would not take water in any circumstances from a glass. It was an ancient tradition in the chancellor's family that anyone who set the legend at defiance would pass through a serious illness.

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The GALAPAGOS ISLANDS



AT THE CROSSROADS OF COMMERCE

IT HAS been admitted by the state department in Washington that negotiations for the acquisition of the Galapagos Islands, off the coast of Ecuador on the west coast of South America, by the United States as a naval base have been under way for some time between the United States and Ecuador. The islands, which are sparsely settled, cannot be bought outright, because of a clause in the constitution of Ecuador which prevents their sale.

It is said in Ecuador that the United States offers to pay \$35,000,000 in rent. That would be \$35,000 a year. From a commercial or an industrial point of view they would be of little value to the United States. Their total area is only about 2,400 square miles. But they would serve, thrust out into the Pacific as they are, as an advance post of the Panama canal. And, which is the main point, they would not be the menace to it they would be under certain circumstances for the next 100 years.

So, the completion of the Panama canal will bring the Galapagos Islands into the limelight of the world stage. In almost a straight line and half way from Southampton to Sidney, their future maritime importance cannot be exaggerated. The islands, about two days' run from Panama, stand in the same relation to the Pacific entrance of the canal that the West Indies does to its Atlantic gateway. It will also be noticed that they are a little more than half way on the trade route from San Francisco to Valparaiso.

It needs no prophet to foresee that the now almost unknown archipelago will soon be a port of call for the steamships of the world and their position be likened in some degree to that of the Hawaiian group in the northern Pacific. The settlement on Chatham Island will be changed from the status of a penal colony to that of a commercial center. The rapidly increasing trade between the west coast of South America and Japan brings these islands in the pathways of the mercantile vessels of the latter country.

This group is remarkable in many ways, and the story of the Isles from the prehistoric period when nature in the throes of some great agony threw them up from the bed of the Pacific, to the time of their discovery and occupation by man, holds much of interest.

Nothing is known definitely of the date when the islands came into being, except that they were of a distinctly later appearance than the mountains of the South American mainland. Some scientists think them the remains of a now-sunken continent. Owing to the isolation of the islands, there is no authentic record of active eruptions, but we know that as far back as 1735 volcanic disturbances were noticed, while in 1814 and 1825 English skippers reported the craters active, and as late as 1907 a new opening appeared on James Island, from which a torrent of lava flowed to the sea.

The archipelago consists of 10 larger islands and about 40 smaller, with a total area variously estimated at from 2,400 to 3,000 square miles. Leaving the question of discovery perhaps forever undetermined, we do know that Thomas de Berlanga, third bishop of Panama, was the first European to sight the Galapagos, on the 10th of March, 1535. This exploring prelate is also credited with being responsible for the introduction of bananas into the western continent.

His discovery of the Galapagos islands was quite accidental and came about during a voyage from Panama to Peru, whither he had been sent to report on the doings of Pizarro, for the worthy bishop enjoyed the confidence of his king. The good bishop was a scientist as well as a churchman, and he determined the exact latitude and longitude of the archipelago; but he gave no name to the group, and after a stay of ten days turned the prow of his ship toward Peru. The archipelago now was well known to the Spanish mariners, and for reasons already suggested were called the Enchanted Isles. During the period of revolution against Spanish authority in South America the islands were much used by the privateers that preyed on Spanish commerce. With the fall of Spanish power the Isles were in a measure forgotten

and these desolate shores were only touched by an occasional whaler or some circumnavigating sailor, the archipelago actually remaining no man's land until February 12, 1832, when the Ecuadorean government formally took possession of the group. It is curious to note that this act of occupation was inspired by a North American, a Louisianian named Villamil, who left his native territory when it came under the jurisdiction of the United States.

As already stated, the indigenous animal life of the archipelago is in its way perhaps the most interesting in the world. When Darwin first visited the islands he determined 26 distinct species of land birds, 25 of which were found nowhere else in the world, and since that time other naturalists, who have studied this feature, claim that there are 58 peculiar species, and possibly more. Darwin puts forward the hypothesis that all of these are descended from a single species, having been modified in form and color during the course of ages.

Of the reptiles, the most interesting are the turtles and lizards. The former, the Galapagos, are found nowhere else, and at one time literally swarmed over the islands. They were huge, measuring sometimes three feet from the breast shell to the dome of the back; slow of movement, making about four miles a day when walking; long, thin necks and curiously small heads and broad flat flappers; their



The Galapagos Turtle.

whole appearance suggesting some dwarfed descendant of the Pleistocene age. Some specimens weighed as much as 600 pounds, but these giants are very rare nowadays. An expedition that sailed from San Francisco with the special object of getting specimens of the Galapagos turtle, after considerable difficulty could only find a few weighing 40 or 50 pounds. Formerly, cruisers or ships that stopped at the island had no difficulty in killing great numbers of these reptiles, but latterly a combination of circumstances are working for their complete extinction.

The turtles yield a peculiar quality of oil that can be used in place of lard. The medium-sized ones contain from five to six gallons of this product, worth about 75 cents, gold, per gallon, and as it is a very simple matter to extract the oil, it is easily seen how the turtle hunters would pursue their calling until they had completely exterminated this remarkable reptile. The dogs that roam the islands have also contributed to the destruction of the turtles.

The Ecuadorean government has several times begun negotiations for the disposition of the islands, and as far back as 1851 the preliminaries of transfer were arranged with the United States, the sum offered being \$2,000,000 for the right of collecting the guano that could be found on the islands. For various reasons the deal fell through, and while since that time tentative negotiations have been commenced by different administrations, no definite agreement has ever been reached.

FEW RULES FOR DIETING

Too Much Trifling With Digestion These Days and Much Harm Results.

Here are a few rules that the girl who is determined to diet does well to observe. There is too much trifling with our digestion these days, and not the least harm is done by the notion of under-eating.

Never diet on the advice of a friend. Her regimen may have done wonders for her and will put you to bed or make you a sorry-looking wreck.

Don't diet to excess at any time. Girls, make sure she knows dietetics. Many physicians, good in other things, have little knowledge of the effect of food upon the system.

If you want to diet from a cause, as from diabetes or kidney trouble, do it religiously; almost better not begin than to do it spasmodically, letting up whenever food tempts you.

If you only diet for the sake of figure or complexion, count the cost before starting. Cutting out the foods of ordinary family meals is hard. Ask yourself, "Which means most to me, the loss of a few pounds or being a nuisance at mealtime?"

Don't keep on dieting if you feel that it disagrees with you. This holds good even when your food list is carefully censured by a physician. The best of them will make mistakes. Find out in time what is wrong.

Don't diet to excess at any time. Women often go to the point of weakening their entire system by judiciously following a doctor's advice.

Common sense and moderation are good things to hold to in the matter of food.

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Panama-Pacific International Exposition. Everybody buys Transfer Envelopes in twelve colors. These beautiful mailers representing Commerce, Manufacturing and Agriculture, size ten inches, largest sellers on Earth, transfers on anything. Agents wanted. Sample by mail free. Don't delay. Address 1915 Exposition Ad Co., 322 Market St., San Francisco.

Taking the Rain Cure.

The complexion cure of the Irish society belle is the rain cure, according to the Pall Mall Gazette. The Irish woman puts on her raincoat, and a small hat, without veil, and saunters out for a brisk walk in the hardest downpour, letting the fresh drops play on her face as they will. When she returns to her home she changes her wet clothes, rubs her face with a soft, warm towel and rests all her facial muscles.

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Love in England.

"In England," says the London Daily Mail, "love dwells and remains in the inmost secret recesses of the soul; it does not circulate about in the air. That is why the air in England is somewhat cold. And that is why closed up hearts there burn so intensely. For the English love is not the delightful occupation of youth, it is the very wrap through which the whole life is woven."

Dr. Pierce's Pleasant Pellets cure constipation. Constipation is the cause of many diseases. Cure the cause and you cure the disease. Easy to take.

Telephones in Church.

Moriah church of Utica has installed a telephone system for the benefit of members of the church who may be afflicted with deafness. Six telephones have been placed in various parts of the auditorium, the transmitter being located on the pulpit directly in front of the speaker.—Telephone Post.

Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during the teething period.

"Atheists" Converted.

A number of Serbian conscripts, on entering Belgrade barracks to serve their time, announced themselves as atheists so as to avoid attendance in church. The commander got them to clean out the yard and stables every Sunday morning while their comrades went to mass. The atheists have now asked to be instructed with a view to conversion to the national creed.

Blood poisoning is a two, caused by slight cuts or wounds. Death may result. Hamlin's Wizard Oil will draw out the poison, heal the wound and prevent serious trouble.

Prisoners Do Valuable Work.

In England, at Dartmoor, the prisoners have been engaged in reclaiming the moorland, working even in winter. Agricultural prisons have been established in England, New South Wales, Prussia, Austria, Hungary, Switzerland, France, Russia and Belgium.

Bad Breath

"For months I had great trouble with my stomach and used all kinds of medicines. My tongue has been actually as green as grass, my breath having a bad odor. Two weeks ago a friend recommended Cascarets and after using them I can willingly and cheerfully say that they have entirely cured me. I therefore let you know that I shall recommend them to any one suffering from such troubles."—Chas. H. Halpern, 114 R. 7th St., New York, N. Y.
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SAVE BEST HENS FOR MATING

Leg Band and Trap Nest Are Almost Indispensable for Success—Care of Flock.

The season is approaching when the poultry keeper will be gin to pick out his best birds for the next season's matings. None but the best should be used in the breeding pens, and if the breeder has hatched eggs from his best hens of last season he is reasonably sure of some good birds. If a breeder is trying for perfection in any form, the leg band and the trap nest are almost indispensable.

The careful breeder can estimate very closely the value of the young stock for future breeders. He knows the good and bad points of each of his birds, and has managed to overcome defects and improve points already good. Every year he is nearer perfection, and every year greater care is taken of the flock, for he has learned the value of cleanliness and proper food. Insects will never sap the life of his flock and kill the vitality of his breeders. Tainted food or water never reaches them, everything is fresh, pure and clean. They have plenty of room in their winter quarters, and he provides exercise by throwing the grain in chaff on the floor. He does this in the evening after they have gone to roost, and they have had their breakfast long before he has had his own morning meal.

After he has learned the right way and got a fairly good start, the work is easy and pleasant, and seems to swing along without any difficulty. As in everything else, it is the beginner who experiences the difficulties, for he has very little knowledge to begin with, and often pays dearly for the knowledge he acquires, but it does not take long to understand the most essential points in poultry keeping. One must keep on learning, however, there should be no standing still; every day something helpful may be learned, and it is well to keep a notebook in which to jot any little item that may prove helpful later on, for it is not well to trust one's memory too much.

Peppin's Eye Salve
Treated Trees.
Two trees to be seen in the main street of Thorshavn, the capital of the Faeroe Islands, have an interesting history. Trees resolutely refuse to grow in these islands, except in some few sheltered spots, and the inhabitants therefore prize them greatly. When the road was made it was decided to leave the trees in the middle of the carriage way rather than be guilty of the crime of felling them.—Wide World Magazine.

Not Half as Hard.
It is not half as hard to do what one wants to do most of all, as it is to do that which some one else wants one to do above all else.

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Half the world is one the wrong scent in the pursuit of happiness. They think it consists in having and getting and in being served by others. It consists in giving and in serving others.—Henry Drummond.

Too Expensive.
"This cigar tastes like it was made of cabbage," growls the customer. "Huh!" replies the clerk. "If you knew the wholesale price of cabbage this year you wouldn't insinuate that it could be put in a five-cent cigar."

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