

Baking Powder

ABSOLUTELY PURE

MARBLING BOOKS.

The New Old Process by Which the Fancy Edges Are Made.

Almost ever since the first books were made the fashion of marbling the edges of many of them has been in vogue. It used to be, however, that only the most expensive volumes—those bound in full calf and elaborately lettered—had their edges thus garnished, but now such finishing is left, for the most part, for ledgers, daybooks and other blank books intended for business use.

Though long before all edges were thought of the ornamenting of the plain white edges of books to imitate marble was popular, there has been little or no change in the process since its first introduction.

It is generally supposed that all such details have come under the stamp of the bookmaker's art until there is nothing left in them but the original and the original method, but not with marbling. As time has gone on the popularity of this method of embellishing paper has grown less. Consequently there has been no need to devise means by which it could be more speedily done.

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Instead of books whizzing through machinery one after another and taking on their marbled edges in some mysterious manner, as might be supposed, each book is taken up and elaborately treated by hand, and the marbled edges are dipped, slightly held together, into the liquid that marks their edges with the many colored little veins, before the covers are put on.

A trough about two inches deep is filled with gum water, on the surface of which various colored pigments have been thrown and mixed in various forms with a comb and coarse wire teeth. The cans of liquid paint are ranged along the sides of the trough, and from them the paint is taken by dipping into them long, soft hairbrushes that are held over the water and allowed to drip. One color is put on light over the other, and the wide, coarse comb dragged through them. The books are extremely dextrously dipped into the water, and the colors adhering to their edges are set by dashing cold water over them. But one of the three edges at a time can be marbled and the book sent to dry before the book can be handled again for another dipping. Thus the variegated edges of books and marbled papers for the sides and covers of them are produced.

The process may seem a little slow, but it answers all the needs that the bookmaker finds for it.—St. Louis Republic.

SPEED OF WILD DUCKS AND GEESE.

The Ducks Make Over Sixty-six Miles an Hour and Outfly the Geese.

Of all the migratory birds the American wild pigeon and black duck are well up toward the front as regards long and rapid flight. The speed of the pigeons can be estimated with fair accuracy by the ducks can be established by observation. Some years ago the writer and a scientific friend measured off on the shore of a large western river a line exactly three miles long, and each took a station at opposite ends of the line. The object was to note, by means of a chronograph, the time a flock of wild ducks took in passing up or down the river, during three hours on the morning of a bright October day, observations were noted of the times of passing the stations of nine different flocks. Upon comparing watches it was found that the average time was 3 minutes and 42 seconds, thus showing the speed per hour to be 66 2/3 miles, or one mile in 54 seconds. As showing how uniform was their flight, a difference was found of only five seconds between the greatest and the least intervals of time.

As numerous flocks of wild geese were daily flying in the same northern-hood observations were also taken to test their hourly speed. Two points twenty-nine and one-third miles apart were selected, both of which were connected by telegraph. By means of this connecting line four or seven flocks which passed over both places during the four days we were on the watch. The mean hourly speed was found to be a fraction over 64 miles. The wild geese has been long supposed to be the swiftest of all water fowl, but this experiment shows that it is far behind the wild duck.—New York World.

What a Blossing in Education!
These are some answers to examination questions given in an eighth grade school not a thousand miles from Chicago:
"Liberty was established in 1823 as a colony for aspirated negroes."
"Nine-tenths of all the plants not found in any other part of the world are found in Australia."
"Selenite was invented as a soldier or a sailor, but he discovered some cities."
Great Divide.

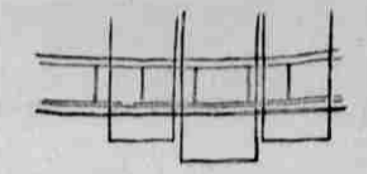
You can carry the little vial of Doctor Pierce's Pleasant Pellets in your pocket or your dress suit, and it will not make even a little lump. The "Pellets" are so small that 42 to 48 of them go in a vial scarcely more than an inch long, and as big round as a lead pencil. They cure constipation.
"One 'Pellet' is a laxative, two a mild cathartic. One taken after dinner will stimulate digestive action and palliate the effects of over-eating. They act with gentle efficiency on stomach, liver and bowels. They don't do the work themselves. They simply stimulate the natural action of the organs themselves."
A Crime.
"Is it true that Maud Makeface was arrested for intimidating voters?"
"Yes. She threatened to every man who would vote for Johnson."

TRAINING THE BODY.

YALE UNIVERSITY PARTICULARLY EXCELLS IN PHYSICAL DEVELOPMENT.

While the Intellect is Not Neglected at New Haven the Muscles Receive Careful Attention—A Model Gymnasium Described—Methods of Training.

There are plenty of persons, including those in charge of the institution of course, who consider Yale college the finest educational establishment in the United States, if not the world. So far as mental training goes, however, there are many who do not fully concur in this view, and perhaps this is a lucky thing. Otherwise the rush of students to New Haven town might be so great as to overwhelm the settlement and kill the college by simply smothering it to



EXERCISING THE ABDOMINAL MUSCLES.

death, while Harvard and Cornell, Ann Arbor and Princeton, De Pauw and California and all the other universities, big and little, would be killed by inattention.

But in respect of physical training all who have examined Yale's plan and plant and talked with the accomplished men in charge agree that Yale is at the top. It does not follow if this be true that Yale students will win every trophy offered at every intercollegiate contest in athletics, that they will row the fastest at every boat race, that they will make most runs at baseball or pile up the biggest scores at football. All these things and the proposition still is true, for it is not asserted that the system of physical training at Yale makes sure winners, nor was the scheme laid out with that for its only or chief object.

The physical work of the students in Yale's gymnasium is performed for the sole purpose of giving to the young men who undertake it the best possible bodily foundation for the postgraduate course that all must take in the hard school of this world—of fitting them to endure, of building up nerve and muscle, and then the student is put through such a course that will be not only clever and cultivated, but strong, self-reliant and healthy as well.

In order to produce this result gymnastic work has been placed upon the same basis at Yale as any other study. Do not cavil at this use of the word study. The proper development of the body is as much an important part of study—one the more thorough mastering of which would do away with the necessity for more than half the doctoring that is now needed and reduce the number of hospitals at least one-third. No student is required, however, to take any part in the gymnastic work of Yale's gymnasium, but a carefully examined and measured by J. W. Seaver, M. D. To every one who needs it, Dr. Seaver gives a prescription card upon which is written a diagnosis of the student's physical condition and needs. If his heart is weak, his liver torpid or his digestion out of order, if his muscular development is in any degree defective for a person of his size, if there is incipient curvature of the spine, if his eyesight or hearing is below the standard, the facts are stated upon the card, together with the treatment that should be undergone for the rectification of the defect. The student is put through such a course, in fact, the entire range of the perfect physical man.

When, after mastering the card, the student understands his weaknesses, he is next given a manual of instruction prepared by Dr. H. S. Anderson, to whom the actual training is entrusted, and then the student is put through a course of exercise as experience shows is especially adapted to his case. For instance, the student suffering from indigestion and dyspepsia is caused to take measures to strengthen the muscles of the stomach, sides and abdomen. Among other things he is told to lie on his back, strip and raise his feet so that his legs shall be perpendicular without moving his head, body or arms in any way. Then he is told to lie on his back as before and raise his head and body without lifting his feet from the floor or using his arms. Many persons are greatly surprised on trying either of these for the first time to find it a well nigh impossible achievement. Of



BROADENING THE CHEST.

course when this is the case it is plainly evident that the student is doing the work abnormally weak. Such weakness of itself is sufficient cause for dyspepsia or indigestion, and vigorous practice at either of the exercises named will certainly and quickly improve the student's condition. If the reader is a sufferer in this direction and has any doubts of the efficacy of the procedure, let him try it and be convinced, for it is quite as beneficial to the student as to the young man in attendance at Yale.

These exercises are not the only ones prescribed for stomach troubles, but they are all as simple though some of them are best performed with the aid of apparatus of one kind or another, and besides there are exercises for increasing the size of any muscle, for the relief of headache and nervousness due to continued mental application, for increasing or decreasing the weight, for developing the chest, etc., and all have been laid out and systematized, and all are practiced under thoroughly scientific conditions, since Dr. Seaver, already mentioned, who attends to the theory, and Dr. H. S. Anderson, who looks after its practical application, are both regular physicians who have all the advantages of careful training and long practice in their present positions. Dr. Seaver is especially expert at physical examination and measurements, and more than once has taken 50 measurements in five minutes. The examination does not stop at mere measurements, however, important though they may be. It includes everything, and students who have been found by Dr. Seaver to be of defective hearing have been permanently relieved by the removal of foreign substances from their ears. Poor eyesight has been found and improved

or cured, rupture has been discovered and cured, or the suffering students greatly benefited, and so on.
Dr. H. S. Anderson is assisted in his practical work by Dr. W. G. Anderson, his brother, and by Dr. Seaver and both the Andersons are Professors Eugene Lamb Richards, the director of the gymnasium. Though he does none of the actual gymnastic work, his present perfection is largely due to his efforts, for it was Professor Richards who caused the raising of the \$250,000 for the erection of the gymnasium building, and he is perhaps the foremost authority on gymnastics and athletics in the country. He is extremely popular with the students, who always speak of him as the "squares" man in the faculty, and it is to him that they turn whenever a decision not to be appealed from is wanted on some disputed point in athletics. Of the gymnasium as an institution it may be said that it is the only one attached to any college in America where the work is organized on so thorough and scientific a basis as that which has been imperfectly set out in this article. Of the gymnasium's home it may be said that it is a veritable palace, erected for the abode of physical culture.

The visitor who enters this admirably devised building for the first time cannot but be impressed by the simple splendor of the pure white marble floor that makes the room as bright as day. The gymnasium proper is reached. Afterward this first impression is almost driven out of mind by the completeness of all the appliances. The latus, the rowing tanks and the offices are all unexampled in their way, but the main part of the apparatus—every conceivable sort for physical improvement has not its match anywhere. It is almost worth a special trip to New Haven to see the main floor of Yale's gymnasium at half past 2 in the afternoon, when hundreds of students are at work at once under the general direction of the two Andersons. Some of the boys will be busy building up the forearm, others broadening the chest, others strengthening the muscles of the back, others swinging in the rings, climbing ladders, etc. It is a most interesting to see the entire floor full at work at one exercise. Then the firm, white, virile legs and arms move in unison in response to signals from the elder Anderson, and the effect of uniformity is almost as pleasing as that of military evolutions by a particularly well drilled band of officers.

A HALF CENTURY OLD.

GOLDEN JUBILEE OF THE UNIVERSITY OF NOTRE DAME.

Brief Resume of the History of a Most Notable Roman Catholic Institution of the Higher Learning—Its Fiery New Birth in 1879.

It was only 50 years ago that the Roman Catholic University of Notre Dame in La Crosse, Wis., was founded by the Rev. Edwin S. Sorin, a 600-acre tract of woodland bordering the St. Joseph river, in the northern part of Indiana. It was at first but a small and struggling school, but now, at the half century mark, it is one of the most notable institutions of learning in the United States.

The first move in the direction of establishing the college, as by common consent it is now termed, was made in 1830 by the missionary father, Very Rev. S. T. Badin, the first Catholic priest ordained within the boundaries of the republic. With a keener insight than that possessed by many others, he purchased the tract upon which the college now stands for \$1.25 an acre with the notion that there a great school should ultimately be located. Later Father Badin conveyed this tract, which had come to be known as St. Mary's of the Lake, to the bishop of Vincennes.

In 1842 the first steps in the realization of the educational scheme were taken, when the prelate conveyed the property to Father Sorin, on condition that a college should be established there within a certain time. This im-



MAIN BUILDING AT NOTRE DAME.

portant work could not have been placed more competent hands. Father Sorin was a priest of the congregation of the Holy Cross, a missionary and educational society founded in France late in the eighteenth century, of which a station was established in the diocese of Vincennes in 1840 or thereabout. When Father Sorin and his associates, late in November, 1842, first looked upon the site of the future college, a headquarters for all the missions of what are now northern Indiana and southern Michigan had already been established at St. Mary's of the Lake.

But despite this preliminary work the task before them was not an easy one. To establish an institution of the higher learning is not a light labor even now, and then it was vastly more difficult.

The story of the slow upbuilding of the present splendid university is most absorbing, but here it can only be indicated, not told. The young college had no endowment, aside from the fee simple in the beautiful tract upon which it was situated, and as yet this yielded no income, so that the only money received was the tuition fees of the few students. The devoted priests and teachers that made up the faculty were obliged to put up with almost impenetrable privations, and it was not until 1844 that it was possible to hold regular commencement exercises. It was in that year that the name was changed from St. Mary's of the Lake to the present title. It was in that year also the legislature of Indiana conferred upon it a regular charter as a university.

Since that year the University of Notre Dame has progressed steadily. In 1879 it suffered what was at the time believed to be a most serious reverse, for on April 23 of that year, five of the university's chief buildings were wiped out by fire, and with them invaluable libraries and a great collection of scientific apparatus and relics. But this fire did for Notre Dame what the Chicago fire did for the wonderful city on Lake Michigan. It marked the beginning of a more vigorous growth and a wider development. It was almost like a new birth. By the following September, so rapidly had the recuperative powers of the institution worked, the magnificent central building which forms the nucleus of the present Notre Dame had arisen on the April ashes, and the usual entrance of students took place.

Every year during the 30 that have elapsed since then new buildings have been put up, and when it was decided to hold a golden jubilee of the institution on June 11 and the two days following it was seen that the guests of the university would be bidden to a celebration amid a cluster of handsome and magnificent structures, almost like a great cathedral. This is the right stuff for Englishmen.—Pall Mall Gazette.

Restoration of Hollis's oak.
A remarkable and indeed unique process of restoration has been carried out in the interior of a tree. The tree in question is "Hollis's oak," which is to be seen within an easy distance of Rome. It is declared to be the identical oak upon a branch of which the first Duke of Normandy used to hang his gold chain to see if any of his subjects would like to hang there, so that if it had collapsed at any moment, it has now been relieved of this liability. An architectural genius has fitted it with a lattice-work of masonry. The masonry is made to follow and its every turn and twist and gnarl of the patient and there is the fissure solid as a rock again. Then the fissures and cracks on his exterior have been neatly filled up with cement, and the cement has been artistically colored, so that you would never know it from the natural bark. It is expected and believed that the tree will not know the difference either and take to flourishing again as it did a few centuries ago. Still, as no tree has ever been thus rejuvenated before, its behavior is being watched with some anxiety.—London Letter.

A Present For Your Dear Friend.
A curious present for a dear friend has been introduced in Germany—a fan deftly concealing a tiny car trumpet in its stick.

HOLLIS'S SCHOOL.

Nowhere are boys better cared for and more thoroughly taught than at Hollis's school, Huntington, San Mateo county, Cal. The school is in charge of Ira O. Hollis, Ph. D., and will reopen August 9th.—S. F. Chronicle.

Training an Aetioe Girl.

We are accustomed to think of the eyes of ancient America as largely savage and with none of the thoughts about conduct and morals such as were held in Europe. But here are a few extracts from a letter written by an Aetioe or Mexican mother to her daughter before the conquest of Cortez. The exact date is not given, but Prescott quotes it from an early Spanish chronicle:

"In walking, my daughter, see that you behave becomingly, neither going with haste nor too slowly, since it is slowly, and walking hastily caused a vicious habit of restlessness and instability. Therefore neither walk very fast nor very slow, yet when it shall be necessary to go with haste, do so; in this case your discretion. And when you are obliged to jump over a pool of water, do it with decency, that you may neither appear clumsy nor light. When you are in the street do not carry your head much inclined or your body bent, nor as little go with your head very much raised, since it is a mark of ill breeding; walk erect and with your eyes not highly inclined. Walk through the street quietly and with propriety. Another thing that you must attend to, my daughter, is that when you are in the street you do not go looking hither and thither, nor turning your head to look at this and that; walk neither as if you were obliged to jump over a pool of water, do it with decency, that you may neither appear clumsy nor light. When you are in the street do not carry your head much inclined or your body bent, nor as little go with your head very much raised, since it is a mark of ill breeding; walk erect and with your eyes not highly inclined. Walk through the street quietly and with propriety. Another thing that you must attend to, my daughter, is that when you are in the street you do not go looking hither and thither, nor turning your head to look at this and that; walk neither as if you were obliged to jump over a pool of water, do it with decency, that you may neither appear clumsy nor light. 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