

Boarding School Food.

In The Martian, Dr. Maurier tells of the sort of food supplied at French boarding schools, and by no means overstates its superior excellence. In no other country outside of France does the nutrition of growing youth receive higher consideration. If the meals served at schools there be compared with those given at similar institutions in England, the merit of the French system will be apparent. The simple first breakfast of coffee and rolls, the second consisting of hors d'oeuvres, a fish of meat or fish, one vegetable, salad and a sweet, and the dinner at 6 o'clock of similar composition, with the addition of soup, supply just what is needed to encourage mental effort and satisfy physical well being. In England an entirely different system is in vogue. Breakfast at an English boarding school is a substantial meal, served at 7 o'clock. In most cases it consists of fish, ham or bacon, eggs and porridge three or four times a week, with plenty of milk and sugar. Dinner at 1 o'clock is a most solid repast, lacking, however, in a sufficiency of green vegetables. Supper at 6 o'clock is mainly farinaceous. It consists of tea, bread and butter. Dr. Savory, medical officer of Haileybury college, in England, in a paper treating of this subject, says that it is the complaint of English teachers that the work done by schoolboys after dinner is not of much use.

The doctor thinks that it is unfortunate that they cannot have a half holiday every day to digest their dinner. He would also allow a glass of mild beer. He found that about one boy in four drank two glasses of it in summer. He thinks it unwise to absolutely forbid alcohol, as a boy always craves that which is forbidden. At French boarding schools the pupils drink light beer mixed with water at every meal except the first breakfast. The nutrition of French schoolboys is thoroughly adapted to their habits and environment. The English in feeding their believe in bulk in food as more conducive to digestion and the demands of intense muscular effort exacted by the athletic exercises in which they indulge.—New York Sun.

De Maurier and Morris.

One of the most extraordinary parallels in chronology is the almost exact coincidence of the time spent in the world by two men who had so much to do with the molding of the literature and art of their day as George Du Maurier and William Morris. Du Maurier, the elder of the two, was born exactly 16 days before Morris, on March 6, 1834, and he died but four days after him; so that these two great men, who lived more than 62 years, were on the earth for exactly the same time, with the exception of less than three weeks, both being born in March, 1834, and dying in October, 1896. Similarly, both Sir John Millais and the archbishop of Canterbury, who have died within a month or two of each other, were born in 1829. It is one of the most striking events in the long history of the archbishops of Canterbury that the late archbishop, who was one of Mr. Gladstone's appointments and afterward diverged from him in political opinions, should have been stricken while sitting in the squire's pew of his old friend at Hawarden. It is a most merciful thing that Mr. Gladstone did not happen to be in church. To a man of his years the shock must have been most dangerous. What an archbishop of Canterbury Mr. Gladstone would have made himself! He would have rivalled even Dunstan or Becket and not improbably proved the greatest prelate of them all.—New Orleans Times-Democrat.

Care For Your Shoes.

Never try to wear a shoe too small or that does not fit when you first put it on. There is no misery more nearly distracting than a shoe that hurts the foot. Never let your shoes get hard and dry. Don't let them run over. Don't let the heels run down. Don't dry a wet shoe till you have rubbed it well with a flannel cloth and then with vaseline. Never put near the stove. Half a peck of oats, kept in a small box, will be the very cheapest and best foot form for a wet shoe. Fill the shoe and shake the oats down, after having rubbed and oiled it, and set in a dry place to dry gradually. When dry, pour the oats back for further use. Do not "black upon blacking" more than a week at a time. Take a wet rag and wash the shoe at least once a week and oil overnight to keep in good condition. Never handle patent leather until you have warmed it. Never wear rubbers with good shoes. Put on old shoes in wet weather. There is no part of the apparel of a lady or a gentleman which should be more scrupulously neat or that is so often carelessly neglected.

He Was Anxious.

"Your wife's just met with an accident, Wilkins," said a man who rushed into the grocery. "She ran over a dog while riding her bicycle, and they've carried her to the hospital."

The man sitting on the cracker barrel rose to his feet excitedly, and his face turned pale.

"Did you notice," he asked in a trembling voice, "whether it was a liver colored dog, with two white spots on its fore shoulder, or not?"—Detroit Free Press.

Heards.

The plays, poems and treatises of the reigns of Elizabeth, James I and Charles I are full of amusing allusions to the variety of fashions in beads. We learn from them the various styles that were adopted by different wearers, such as the French, Spanish, Dutch and Italian cuts, the new, old, gentlemen's, common, court and country cuts.

When I write a poem, I am so excited, so carried away from the world, that I seem a stranger to myself.—Johanna Amigos.

In England there are 114 widows to every 54 widowers.

A STORY OF LONGFELLOW.

Old People.

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The End of Books.

What brings about the end of books? Is it fire, water, worms? As every ship launched is bound to be wrecked, every theater to be burned, the fests of the book is its reduction to ashes. What became of the Alexandrian library? Did the Saracens burn it in 640? There is this question asked: Was there any library at Alexandria containing 700,000 books? Gibbon inclines to the opinion that there was no such library. Canon Taylor insists that if there had been a library it was burned in the time of Julius Caesar. Tradition seems to indicate, however, that there was a library in the Serapeum, by no means a large collection, but whether destroyed by Theophilus or Theodosius is not known. It looks as if the charge brought against the Arabs rested on no foundation. Recent explorations of Alexandria, 1895-6, show no traces of the Serapeum. The seaport of Egypt was built on a damp foundation, and, granting that there was a library, if not destroyed by fire, then the papyrus might have suffered from decay due to water. Books of today taken to India, to the southern states and to the West Indies perish through mildew.—New York Times.

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