
Russians Discover a Town Hid in the Bowels of the Earth.

The Russians have made a singular discovery in Central Asia. In Turkestan, on the right bank of the Amou Daria, is a chain of rocky hills near the Bokharan town of Karki, and a number of large caves, which upon examination were found to lead to an underground city, built apparently long before the Christian era. In Popular Science News we find the following description of this singular city:

According to effigies, inscriptions and designs upon the gold and silver money unearthed from among the ruins, the existence of the town dates back to some two centuries before the birth of

The underground Bokharan city is a little over a mile long, and is composed of an enormous labyrinth of corridors, streets and squares, surrounded by houses and other buildings two or three stories high. The edifices contain all kinds of domestic utensils, pots, urns, vases and the like. In some of the streets falls of earth and rock have obstructed the passages, but generally the visitor can walk about without so much cs lowering his head.

The high degree of civilization attained by the inhabitants of the city is shown by the fact that they built in several stories, by the symmetry of the streets and squares, and by the beauty of the baked clay and metal utensils, and of the ornaments and coins which have been found.

It is supposed that long centuries ago this city, so carefully concealed in the bowels of the earth, provided an entire population with a refuge from the incursions of nomadic savages and rob-

THE PARIS CABBY. For Ways That Are Dark He Has Very

Few Equals. Should an accident befall the vehicle of a Paris cabman during your occupancy, he will abandon himself to a paroxysm of grief, compute the loss, and tell in moving accents of his wife and children, whose bread will be taken from their mouths by the mis-

But if your fingers thereupon make instinctively for your pocket, restrain them; he is insured. He pays a small monthly premium to a cab insurance company; and in the case of a smashup, only the company suffers. A playful intimation that you are aware of this circumstance will do wonders to console him. There was, in days gone by, a cabman who made such a good thing out of accidents that he ended by adopting them as a specialty.

He confined his labors to those quarters of the town chiefly affected by the English, and his system was to pick up a benevolent English tourist (by preference a lady) and break a shaft. He knew a method of turning a corner which no shaft could resist.

Then he would beat his beast, and shake his fist at heaven; call upon the universe to witness that he was a poor man, who would be ruined by the sum it must cost to get his cab repaired, bring in his wife and children, though the unprincipled creature was a bachelor-and what could a benevolent-look. Revival of a Smart F ing English tourist do but help him

HIGHLANDER COSTUME.

Caused Consternation in a French Railway Coach.

A person arrayed in full Highland costume caused a terrible commotion in a railway carriage in the Perrache station, near Lyons, recently.

Two ladies who were in the carriage shricked as they saw the awful spectacle presented by the entry into their compartment of a man without trous-

The Highlander, who was on his way to Nice, nevertheless took his sent with Caledonian coolness, whereupon the ladies screamed the louder. It was in vain that the apparition in the garb of the old Caul apologized and explained the situation in bad French, and equally futile were the efforts of the station master, who assured the ladies that the gentleman in the dirk, the sporran and the tartan accessories was perfectly harmless.

"You don't run the shadow of a risk, mesdames," insisted the station master in his blandest tones; "the gentleman comes from the country where the men wear petticoats and do not use trousers."

Despite everything, however, which was said in order to calm their apprehensions, the over-timid lady travelers had to be placed in a carriage at a safe distance from where the Caledonian, stern and wild, was seated.

Ostrich Bents a Bleycle.

The Cape Times says that a peculiar experience befell a local cyclist, Donald Menzies, recently. He was riding along the main road from Cape Town to Somerset West Strand, when an ontrich, attracted apparently by what was in its eyes a novel vehicle, commenced to waltz around the bicycle. After a few preliminary antics the bird took it into its head to pace Mr. Menzies, and so long as it abstained from using its wings the cyclist and the ostrich ran a dead heat. However after covering about half a mile in this way the ostrich utilized its stumpy wings as sails and spurted away at record-breaking pace, leaving the cytroubled Mr. Menzies no more.

Battle Won After Death. The battle won by a king after his death was the victory achieved by people of the Cid, in Spain. Three days after the death of the Cid his capital was attacked by the Moors in great force. His people washed and dressed the body, clad it in a suit of the finest mill, tied it on a horse and, surround log it by a brilliant cavalende of officers and attendants, went forth to battle The Moors were panic-stricken and fled · services from

GOOD BREAKFAST DISHES.

A List of Delightful Recipes for the Spring-Time Breakfast Table. is your home woman with a prac tical knowledge of the advantages of genuinely good living that knows the first meal of the day should be a nutritious one. The breakfasts should be well cooked, the dishes appetizing

and good to look at. For all well-appointed breakfasts fruit, either raw or cooked in some way, generally begins this repast.

Apples cooked in this manner as a breakfast dish are a welcome variation: For a family of six take eight or ten fine soft tart apples, peel, core, slice and set to soak for at least three liours in sugar moistened with brand; and lemon juice. Drain from this are fry to a clear brown in butter, sprinkle well with powdered sugar and cinnamon; then serve.

It is to the southern housekeeper that we owe the cooking of hot breads in all their perfection. To make what is called pone, upon one quart of white cornmeal pour just enough boiling water to seald it through. After stirring it thoroughly, let it stand until cold; rub into it a piece of butter about the size of a small egg and add a little salt. Beat two cygs until light, without separating, add them to the meal, mix well, add one pint of sour milk or buttermilk, beat until smooth. Dissolve one teaspoonful of soda in a tablespoonful of boiling water, stir in the mixture, turn into a greased bak- cisco Examiner. ing pan and bake in a quick oven for 35 minutes. This is a fine corn bread for either breakfast or tea.

Paked eggs as a delicacy for the early meal is unsurpassed. In a good hot ven on a stoneware platter melt a large lump of butter. When thorset they are done. This should be served with long and narrow pieces of toast without crust, which will act as a garnish for the edge of the dish.

Boston can boast of fine brown bread, and equally so the Boston brown you. hash, which is an excellent breakfast dish. Chop up the remains of any ened a bit. cold ment, either beef or mutton. At the bottom of the dish put a layer of bing his head. "I can't just think what mashed potatoes (cold ones will an- it was.' swer). Then a layer of meat, then a strata of stale bread crumbs, season it came again. with salt and pepper, here and there a few bits of butter, and moisten with a suggested quietly. half cup of beef gravy; then another layer of potatoes. Drop a knife into looked at her as if she had said somemilk and smooth over the top. Bake thing by mistake, looked at her as if

into a bowl, beat lightly with a fork for never came back. - Detroit Free Press. a minute only; add one cupful of milk and two ounces of American or Parmesan cheese grated, season with salt and pepper. Put in a frying pan two that you have been insinuating that I in the eggs. When they thicken suffielently, fold in two and serve imme- or, in lieu thereof, your worthless hide, diately. The best made omelette will sir. spoil if kept waiting .- Detroit Free

THE KNITTED WAISTCOAT.

duced in Italy,

The new silks lately introduced for crocheting and knitting fashionable waistcoat forcibly recall the shimmering ones donned by our greatgrandmothers, and most likely worked by themselves in faint imitation of the gorgeous articles worn by men during several centuries. The modern knitter will probably shrink from vying with the patient skill of the woman of a former age, but we may depend on the hand-knitting machines and manufacturers' frames to revive the idea and produce marvelous adaptations of the once gaudy craze. Here is an example of a showy waistcoat lost in 1712 by a Mrs. Beale, and described by "Malcolm" as knitted with green silk and gold and silver flowers all over it, further enhanced with about 14 yards of gold and silver thick lace. smart fashion was probably first introduced from Italy, the country of gold and silver weaving. In fact, there is at the South Kensington museum a coat of Italian origin belonging to the 17th century, and similar to a cardigan without pockets. It is knitted in pale blue stocking web, set off in front and at the back with wide bands of flowers and scrolls wrought entirely in gold and silver, but whether knitted with the silk or grafted on the webbing is not easy to ascertain through the bad light and glass door. These designs extend about two inches from the shoulder seams down to three inches from the edge, which is knitted with three sets of dice pattern. The somewhat full sleeves are headed with several rows of garter stitch, and finished off with gauntlet cuffs displaying the fancy device. Blue silk binds the peck and the fronts, over which are either worked close buttonholes or sewn blue and tinsel buttons surrounded with the Greek pattern in chain stitch.-London Queen.

A Big Wheel. The biggest wheel ever built in America, outside of the Ferris wheel, will be in operation at Bergen beach, a new resort now being put in order on Jamaica bay, next season. It will be 200 feet high, will be built entirely of steel, and will be much lighter than the Pittsburgh engineer's world's fair wonder. From the wheel tourists who take in Pergen beach next summer can command an unrivaled view of the ocean, Coney island and near-by resorts and the whole of Brooklyn .- Chi-

Settled Him. "Be mine?" he implored. "No," she answered. "I won't take no for an answer," he

"Nit, then," she responded. -Boston Courier.

LITTLE JIMMIE'S ESSAY.

the Subject Was "Heart," and He Did It

More Than Justice.
Hearts is located in you insides in the rejun of yure stummicks. The fiz. zeology says they works like pumps, which is the milkman's best friend, The heart is a very important organ, but it dou't make no musick.

My brother, which is a poick, says, "What harmny when two hearts beets like 1." I wish pop wood take a lossing from 2 hearts. He beats like 60.

Pop tole me once his heart was back in the old town where he was born, but I am afrade he is a lyre, becos when Kate was married he said, "My heart is 2 full 2 say much," and he didn't get no telefone from his birthplace. Bymeby he fell under the tabul and some wun sarkastically remarked that it was very

King Richard had a lying heart but I have got a busted heart which is worse. Dere reader ain't a girl heartless to give me the shake becos my hare is red? Can I avert the dekrees of the fates which has got a cinch on mortals?

I am a cynick now, which meanes every one is a fool butt me.

The heart is connected with the leg. oecos when a feller gets his leg pulled be generaly has a heartake. But a heartake can't hold a candle to a stummick ake for pain. This is a heartrending topick. I have not the heart to continue this assay. - Jimmie in San Fran-

Her Suggestion.

It was at a Jefferson avenue residence, and the young man in the case had been going often and staying late until the maiden fair felt the monotony of it. Last Thursday evening about 11 o'clock oughly softened shake it all over the the conversation dragged so that it aldish in order to grease it well. On most pulled the carpet out by the tacks, this hot butter drop six fresh eggs as and for a minute cr two he sat in cogiif for poaching. When the whites are tative mood, with his hand to his fore-

"I was just trying to remember something," he explained. "Yes?" she replied.

"I had something pleasant to tell . "Ah, what was it?" and she bright-

"Um-um, let m. ve," he said, rab

The light faded out of her face, then "Perhaps it was 'good night,' " she

He looked at her for a full minute;

or two to add, but she never flinched. mass. For a cheese omelette break 12 eggs Then he got up and went away, and he

Caller-Sir, I am reliably informed

ounces of butter, when melted pour was a liar and a thief, and I have called to demand an immediate retraction,

Editor (of The Bugle)-All The Bugle has ever said about you, Major Gore, has been in a political way. "Ch, I beg your pardon! I was un-

attacking my character."-Indianapo- for him to breathe. lis Journal. Then They Didn't Do a Thing.

"Hypocrite!"

"Bare faced swindle:!" "Robber of the orphan!"

Having cleared the atmosphere by thus mutually discovering each other's identity, the gas meter and the short ton of coal settled themselves to the task of not doing a thing but run up the score. - New York Press.

The Real Sufferer.

"Is it so bad as that-pinch as you may, you will have hard work to make

both ends meet?" Dashit-I don't mind it so far as am personally concerned, but it will be terribly bard for my valet to have to put up with domestic cigars after the prime havanas he has been used to .-Boston Transcript.

The Probable Reason.

"I wonder why people so like to wear squeaky shoes to church," said the nervous boarder.

"Perhaps," said Asbury Peppers, "they do so to call the pastor's attention to their soles."-Cincinnati Enquirer.

"I get tired writing jokes day after said the amateur humorist. Don't you care," replied his friend, consolingly. "Think how tired the people are who read them!"-Philadelphia North American.

The Tie That Binds.

"What is a bitch in the narrative, Uncle John?" "It is when the man and woman in a novel get married, of course."-Detroit Free Press.

Yabsley-Think you'll get a chainless wheel? Mudge-If I do, it will be at the cost of wearing a watchless chain. - Indianapolis Journal.

A Pertinent Query. Miss Elderly-How can I cure myself of constantly blushing? Miss Pert-Did you ever try soap and water?-New York Journal.

Bis Tact.

He (at dinner to his young wife)-My dear, I m afraid your cookbook must have some misprints in it.-Fliegende Blatter. Casabianca.

The boy stood on the burning deck, whene Are, stood he there with anxious eyes and rather trembly hipped.—
For, since the deck was hot enough to bake a And he took his hat and sadly went. And having unsoled pantaloons, he shrank

-Deaver Post.

By day I search and nightly vigil keep r her revealed to me in such strange wise. The Late H. C. Bunner in Serioner's.

Scratches In Horses.

In rainy weather, when there is plenty of mud. unless care is taken to clean it off and wipe the feet dry the horses are liable to be attacked with scratches or grease heel. If the legs get muddy and the animal gets heated and then is put into a cold stable without cleaning off to get cold and shiver, conditions are supplied that are favorable for the development of this disease. Allowing the horses to get fat and to stand in the stables with no exercise and upon a pile of heating is also favorable to this dis-

ease. Prevention is much easier than cure. A proper regard for comfort and cleanliness will readily prevent this dis-When the horses come in at night, if

the legs are wet or muddy they should be carefully washed off in tepid water and then wiped dry with a cloth. If the scratches appear, as soon as the fact is ascertained wash the feet with tepid water and castile soap and then wipe dry. If there is inflammation, make a hot poultice and sprinkle finely powdered charcoal over it, applying one in the morning and renewing it at night until the inflammation subsides. Then apply a lotion made of one onnce of sugar of lead dissolved in a pint of water. When it begins to heal, use veterinary vaseline. Continue the treatment until thoroughly cured. Keep the horse quiet and supply sufficient bedding to keep the feet clean. If taken in hand at the first stages, washing clean with warm water and castile soap, wiping dry and applying veterinary vaseline will effect a cure in three or four days. In severe cases in addition to the treatment given it may be necessary to give a good cathartic .-- St. Louis Republic.

Her Great Need.

Every woman ought to pay a reasonable degree of attention to her person, and especially to having her hair neatly and becomingly dressed.

Two days after a great fire had devasted a north country village a worthy philanthropist of the place was serving out clay pipes and tobacco as relief for the poor homeless men when a young woman presented herself before him. The line, of course, had been made up of men, and the donor asked the girl, who was extremely pretty and refined in appearance, what she wanted with a pipe. She blushed and repeated her re-

"Why, you do not smoke!" said the worthy philanthropist.

"No, but please give me a pipe." "If you will tell me what you are going to do with it, I'll give you one." The girl hesitated, and then, raising her hand to the fringe of her hair that hung limp over her forehead, she said:

"I want to curl my fringe." She got the stem of the broken pipe and went away laughing. She had been scued from a burning house only 24 hours before and was then almost on the verge of starvation, and when she sought the pipe to curl her hair she was unquestionably badly in need of clothing. -Strand Magazine.

It Was Play For Lim. The train ran off the track and plung-

ed down a steep embankment. in a moderate oven until a nice brown. she might have an explanatory remark sheepers were jumbled in one awful

The greans of the injured passengers rent the air. It was frightful.

Jones, the world renowned half back, partially awoke. Three passenger cars were piled on top of him.

A piece of pipe was coiled around his The rim of one of the great driving wheels of the engine rested on his face.

His legs were pinned down by a heavy beam. A pillow had been forced against his n that you had been mouth and nose, making it impossible

His arms were pressed against his sides, and he tried in vain to move.

But willing hands were at work upon the wreck, and at last Jones, the world renowned half back, was dragged out. Looking around, in a dazed sert of way, at his rescuers, he asked:

How many yards did we gain on that 'down,' boys?"-Cleveland Leader.

The Considerate Woman.

It was at the busiest hour of the busiast day the store had seen in a long time, and the busiest place in all the store was the lace department. Four women, four frantically eager women, were waiting. The fifth woman had the only saleswoman at that end of the counter and was looking at lace, real lace. I think she must have examined a

on the verge of apoplexy. 'Haven't you something wider?' asked the fifth woman. "Certainly," answered the tired sales-

dozen pieces. The four women seemed

woman, dragging out another box. This is \$15 a yard. The eyes of the fifth woman glistened.

'Yes," she said to her companien, "that's like mine. I just wanted to know what he paid for it. That's all.' And she sailed out of the shop. Not one of the four women waiting found a word to say, but the saleswoman gasped weakly, "Well, I never!"- Washington

A Jaundiced View.

"I don't see why it should be deemed a disgrace," the youthful bachelor remarked in the course of the conversation, "for a woman to ask a man to

"It isn't a disgrace," replied the elderly maiden. "Idiocy is a misfortune." -Cincinnati Enquirer.

Another Matter.

"Do you think a man has a right to open bis wife's letters?" Well, he may have the right, but I don't see how he could have the courage. "-Chicago Record.

Garrick tried to abolish prologues and epilogues, but the audiences of his day would not consent.

THE QUEST.

Upon my lips there fell when first the night Fales in the highest heaven, sceing day Far down the fathemless eastern depth away—
Pales with a fearful joy, a dread delight—
Upon my lips, with welterful watching white
There fell a kiss. One instant's space it by
Soft as a resolvent that the west winds fray.

And then my eyes awoke to decaded sight. The warmth, the tender impact and the thrill Burnt on my lips, and the calm pulse of sleep Awoke and quivered quick in soft surprise. From that day forward knew I love!

And still

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Spiders and Their Ways.

We find as marked differences in habits, tastes and characters among spiders as among human beings. Some kinds prefer always living in houses or cellars, not seeming to care for any fresh air or out of door exercise. Mr. Jesse tells of two spiders that lived for 13 years in opposite corners of a drawer which was used for soap and candles, Others delight in making burrows in the earth, in dwelling under stones or ers live under water. Many never leave their webs, but patiently wait, hoping some insect will become entangled in the snares they have set. Others dash about and seize upon every luckless insect that crosses their path. The most adventurous of all are those that sail

out into the world on one of their own little threads. In the bright autumn weather, if we observe closely, we may sometimes see The commander was in doubt regarding to the tops of trees, fences and other General Davis to headquarters. spinners upward, throw cut a quantity of silk and sail away. They grasp the silken thread with their feet and seem to be enjoying themselves as much as the birds and butterflies. - Margaret W. Leighton in Popular Science Monthly.

Dr. Nicoll on American Newspapers. Dr. Nicoll, who came to this country with Mr. Barrie, read the American newspapers while he was here and audeciously admits that he liked them, He has confessed to The Westminster Budget (hat in his opinion no American institution is more misunderstood abroad than the press. He thinks our newspapers less sensational than they seem to oe and says, very truly, that you may look in vain in them for such matter as the divorce reports which the most proper English papers publish. Undoubted ly we Americans like the newspapers we have better, on the whole, than any others in the market, but we are so continually advised that our passion for them is guilty, that while we satisfy it with prodigality we seldem attempt to justify or even to excure it, so that to hear our journals praised by a victor

excites eractions of considerable novel-After all, a liking for newspapers like a liking for one's fellow creatures, apt to concentrate itself on individuals. If Dr. Nicoll had been impolitic enough to say which American papers he liked, his comments would have gained in interest all that they lost in discretion .- Harper's Weekly.

Preserved fruits in a state fit to be eaten have been taken from the ruins went himself without a particle of food.

No Cripe
When you take Hood's Pills. The blg, old Jash

Hoods Safe, certain and sure. All druggists. 25c. C. I. Hood & Co., Lowell, Mass.

The only Pills to take with Hood's Sarsaparilla. PARSONS' TWO FEATS.

A HARD STROKE AND A REMARKABLE RIDE DURING THE CIVIL WAR.

Cut a Man's Head Off With a Saber-Rode Two Hundred Miles In Eighteen Hours. Other Instances of Decapitation In Bat-It is claimed by authorities on the art of war that the greatest blow of the campaign between Greece and Turkey was struck by Colonel Mahmoud Bey,

times, when stalwart men swung heavy battleaxes, but they agree that it is practically unknown in modern war-History is silent on the subject. There is not a plethora of literature bearing on its accomplishment. The original of all such stories is, of course, "The Adventures of Jack the Giant Killer,' which, for obvious reasons, does not help the subject. Scott describes a similar episode in "The Talisman," but cise the best decapitation story, from an artistic point of view, is found in the memoirs of Captain John Smith. The doughty captain vouches for the veracity of the details, though that is no good reason why we should not use the cus-

tomary pinch of salt. According to his

truthful chronicle, he overcame in tour-

Turkish army, decapitating each one with a single blow of his heavy sword. A writer who is evidently informed on the subject claims that Mahmond Bey could not have accomplished the feat of decapitation with an ordinary saber and asserts that the Turk's yataghan was "loaded" with quicksilver. The yatagban, he explains, is a short cleaver, with an apparently hollow tube running along the back from hilt to point. This tube carries a charge of quicksilver. When the sword is laid upright, this quicksilver rests at the hilt. As a blow is struck the liquid metal is

The same feat was performed during the civil war, not with a "loaded" yata-States army suber. The man who wielded the sword in this episode, Colonel E. Bloss Parsons, died recently in Rocheswealthiest and best known men in New York state, and though he had never related the story the details were found among his private papers after his death. The incident was illustrated and de-

troopers under General Davis they were ments as put it in more comfortable and ate cavalry. A pitched battle ensued, and Parsons, who was in the rear, saw officer fired, he made a terrific full arm sweep. The Confederate's head leaped from the shoulders as swiftly as if it had been severed by a guillotine. The feat is more remarkable when it is considered that Parsons was a slim, beardless fellow of 21. In comparison

Mahmoud Bey's single slash with his yataghan loses much of its importance. Colonel Parsons was brevetted general for distinguished services during the the use of that title when he returned behind the loose bark on trees, and othto civilian life. Not only did be pertation during the civil war, but he was the hero of a remarkable ride. A few days before the battle of Gettysburg was fought General Meade had an im portant message to send to General Harding, 100 miles distant. As the route was through a country swarming with rebels, the message was written on tissue paper, that it might be swal-

a suitable messenger. He summoned "General, who is the hardest rider, as well as the most trustworthy man, in the service?" asked Meade.

"Colonel Parsons, sir," was the prompt reply. "Send him to me at once." It was 6 o'clock on a Monday night when General Mende gave the young officer his instructions. He was to ride with all haste to General Harding's headquarters and return at once with

The messenger retired. Two hundred miles were to be covered. The roads were heavy, and they led through the Exactly at noon on the following day

olonel Parcons entered General Meade's tent. The latter's face grew purple with rage, and he ripped out a "Is this the way you obey orders?" he thundered. "What are you hanging around camp for? You ought to be with

General Harding by this time." "I have just returned from General Harding, sir." "You lie!" exclaimed the exasperated general.

Parson's face paled, and he dug the nails in his hands to restrain himself. "General Meade," be said in a voice that ill concealed his anger, "if you were not my commanding officer, I would knock you down for that insult." Without the fermality of a salute he turned on his beel and left the tent,

Meade afterward made an ample apci-For 18 hours he was not out of the sadEXERCISE FOR BABY. A PHYSICIAN'S VIEWS ON THIS VERY

IMPORTANT QUESTION. Influence of Repressed Activity on the Growth and Development of Infants,

This Authority Declares Positively For Freedom of Movement. "Infantile Athletics" was the subject of a paper read at a meeting of the sec-

tion on pediatrics of the New York Academy of Medicine by Dr. Henry Ling Taylor. When one considers the important

physiological effects of muscular activ ity," said Dr. Taylor, "it is apparent that the human organism is imperfectly adapted to a sluggish or sedentary existence. Medical practice, at least in the cities, is largely made up of disorders which are distinctly traceable to the neglect of proper exercise. Primitive man, being obliged to hunt and fight in order to exist, was of necessity athletic, and now that the struggle has in a measure been shifted from brawn to brain, men still find it advantageous to train their muscles in sports and games. When the important relation of who with one swift stroke of his sword muscular activity to nutrition, respira-tion, circulation and elimination is recompletely severed a Greek officer's head from his body. These same authorcalled, this wholesome instinct easily ities generously admit that this trick finds its vindication. Every muscular may have been quite common in ancient mass is in an important sense a supplementary heart and a supplementary kidney. The lungs are never thoroughly ventilated, except through vigorous exercise. Moreover, the nervous and muscular elements are so intimately related as to form practically but one system. Education and progress come through motor and sensory experiencethat is, largely through muscular activity. Growth itself is influenced by exer-

"Dr. H. G. Beyer of the United States Naval academy has shown that not only do those cadets who take systematic gymnastic training largely exceed those who do not in average gain in weight, lung capacity and strength, but that their average gain in height during the four years is greater by over an inch. The cadets range in age from 16 to 21 nament the three champions of the years, and it is probable that appropriate exercise would have similar if not greater effect in children.

"It is even more true of the infant than of the adult that the kind and degree of habitual muscular activity will largely determine the structure of the body and the tone of the mind and character. It is more true because the insword, shaped something like a butcher's fant is more incomplete and more plastic. The newborn babe is, as it were, but half made. Its organs are immature, its activities restricted, and they will never attain full and harmonious development except under the stimulus of use. It is not without significance hurled down the grooved channel, lend- that exercise is begun five months or ing deadly additional weight to the more before birth, and that the infant appears upon the scene with a kick and The assertion made that this is the a cry. Though among the most helpless sole instance of its kind in the history of nature's children, the infant comes of 100 years is not borne out by facts. With considerable training and some re markable muscular endowments, as, for instance, the well known ability to supghan, but with an ordinary United port itself by grasping a horizontal rod. In waking hours the small limbs practice constant and vigorous movements, superficially aimed, but important in ter. Colonel Parsons was one of the producing tissue changes fundamental to nutrition, as well as in furnishing sensory and motor experience necessary to mental and bodily growth, develop-

ment and power. "At 3 months of ago the baby finds scribed in Harper's Weekly at the time. its hands and begins to reach out for It was in 1864. Colonel Parsons, who and hold objects; at 8 or 9 months it was noted as a horseman, was attached creeps; at 12 cr 14 it walks, and so to General Sheridan's staff. While rec- progresses from simple to complex puronnoitering one day with a squad of posive movements and to such adjust-

surprised by a detachment of Confeder- intimate relation with its surroundings. "Since the infant has such ample endowments and spontaneous impulses to a rebel-officer level a revolver at Gen- wholesome activity, our first and most eral Davis' head. Jabbing the spurs in- important care must be to avoid undue to his horse, he swung his saber above interference or repression. It is interesthis head, and, dashing by just as the ing to observe what pains some uncivilized mothers take that the wrappings and appliances needful to protect the baby shall not prevent freedom of movement. In describing Indian infancy and the use of the portable cradle Mrs. Fletcher says: 'It is a mistaken notion that the child is kept up all the time. Every day the baby is bathed and placed on a robe or blanket to kick and crow to its heart's content, but war, but characteristic modesty forbade away he is put into the cradle, with his when the family cares call the mother arms free to play with the many bright beads that hang from the hook which encircles the head of this little portable

bed. What a refreshing contrast to the insipid experiences of our overdraped, overcoddled youngsters. Still, rough ex ercises are not required for civilized babies. They will attend to their own gymnastics, if not prevented. It is evident that the movements of the trunk and limbs should not be impeded with wrappings. Baby's activity should have free play. At the start we are confronted with the conventional bellyband; if tightly adjusted, it must exert injurious pressure; if too loosely adjusted, it gets displaced and rolls into a contracting string. When adjusted with a proper degree of snugness, it may be innocuous, but do its benefits outweigh its disadvantages? The clothing should be loose and simple, fitting in successive

layers, so that all can be put on at once. When it comes to artificial exercises for the baby, there are few prevalent among us that seem calculated to help him. Monotonous jarring, shaking and trotting are undesirable, if not harmful. When the idea is once grasped that a good, hearty cry is an admirable chest expander, there is less temptation to this form of parental indulgence, for it will usually be found that the baby is trotted for the sake of the trotter rather than for its own. Peevishness is of course undesirable. If due to indigestion or other physical ailments, the baby should be treated; if complicated by overindulgence, the treatment should be tempered with discipline which

should not stop with the child.

Sing Sing's Favorite Book. There is a touch of pathos in the state ment that the book most frequently called for in the library of Sing Sing prison is Charles Reade's "Never Too "Put Yourself In His Place" holds the second place in popularity with the inmates of the pri on.

There is nothing purer than honesty. nothing sweeter than charity, nothing warmer than love, nothing richer than wisdom, nothing brighter than virtue and nothing more steadfast than faith