ROBS OTHER BIRDS OF PREY

"Frigate Pelican" Secures Its Food Chiefly by Forcing Its Weaker Brethren to Disgorge.

The frigate bird, also called the man-of-war hawk and the "frigate pelican," is a sea bird, so called from its attacks on other birds. This bird, very large and with black plumage, is capable of very powerful and rapid flight. It sometimes measures ten feet from tip to tip of its extended wings. On account of its immense extent of wing and its dashing habits, it has been called the swiftest bird that sweeps the seas.

The frigate bird is a tropical sea bird of two species. The larger ranges all round the world within the tropics; the smaller is found only near the eastern seas from Madagascar to Moluccas and southward to Australia. Both species breed in large colonies, building their nests on rocks, high cliffs or lofty trees on uninhabited islands. The birds often fly far out to sea, but most of the time they remain near shore.

The frigate bird's aerial evolutions are extremely graceful and it soars to great heights. It is said never to dive for its prey, but to seize fishes only when they appear at the surface or above it. Flying fishes form a great part of its food. This bird of prey also pursues gulls and terns and eats the fish it forces them to disgorge. The male acquires under its bill a bright scarlet pouch which is capable of inflation.

HOUSED IN OLD BUILDINGS

Financial Institutions of Yorktown, Virginia, Do Business Among Historic Surroundings.

Within 20 miles of where the first English settlement in America was made at Jamestown is the scene where Capt. John Smith records the story of his rescue by Pocahontas, the daughter of the Indian chief, Powhatan. Within a circle of 20 miles is to be found the oldest Protestant church in America; the kitchen where Martha Washington cooked in good colonial style; the college which has graduated three presidents; Bruton church, in which more men of historical importance have worshiped than in any other church in America—and Yorktown, where Cornwallis surrendered to Washington.

Although Yorktown has a population of less than two hundred, it has two banks, both of which are working in what are probably the two oldest buildings used for banks in America. One of these banks, operating under state and trust company laws, is housed in the historic oldest custom-house built in America—erected in 1715. Here the ships for Philadelphia were once compelled to enter and clear. Here at one time was the gathering place of the financiers of the early colonists. Wall street has taken away the financiers, but has left the same old building with its same old walls of English brick, some 24 by 40 feet square and two stories high.

Panama Canal Locks.

There are few things more interesting to the average traveler than to pass through the great locks of the Panama canal. The vessel enters very slowly and as she does lines are taken aboard leading to electric motors or "mules," which keep her in the center of the lock. Then the great gates at the rear swing together and the water is turned into the enclosure thus formed. Looking over the side of the steamer one sees a great bubble of water rise from the bottom, then a second and third appear until finally the whole surface of the lock is boiling. The pressure is so great that often fish sucked into the drains that lead from the Gatum lake, are drawn in and thrown several feet into the air. When the proper level is finally reached the gate ahead of the vessel opens and the "mules start forward, dragging the vessel free from the lock before she moves ahead under her own power.

Carnival Festivities.

Carnival festivities originated in the Roman Catholic countries of Europe, where they were celebrated, especially in Rome and Naples, with great mirth and freedom during the week before the beginning of Lent. Mardi Gras (literally "Fat Tuesday," so called for the French practice of parading a fat ox, "boeuf gras," during the celebration of the day), or Shrove Tuesday, is the last day of the carnival. The festivities were first introduced into New Orleans in 1833, by one of its French citizens, Mr. Marigny, and for many years they consisted of promiscuous maskers roaming through the streets of the city, indulging in various kinds of amusements, fun and folly.

Oldest Crown Jewel a Sapphire.

Only a few of the early British royal jewels survive in the present regalia. The oldest of these is the sapphire of Edward the Confessor, which was originally set in his coronation ring. It was buried with him in his shrine in Westminster Abbey, but in 1101 the shrine was broken open and this and other jewels removed. The sapphire is in the cross on the top of the king's state crown. Legend has it that St. John once appeared before the Confessor as a pilgrim, and that the monarch gave him the ring, which was returned later. The stone is reputed to have the power of curing sciatica and rheumatism, but has not been used for this purpose recently.

EASY TO BANISH THE "BLUES"

Undue Despondency Can Be Cured by Attention to Diet and Cultivation of Optimism.

A fit of the "blues" is as much an intoxication as a drunken spree, and a bad attack may disqualify a person for wise and efficient action as thoroughly as alcoholic intoxication.

A person subject to the "blues" should in his most lucid and optimistic moments resolve to make no important decision, and to set a special guard over his conduct, while under the influence of the flood of poisons to which the condition is due.

The real cure for the "blues" lies in prevention by removing causes.

The foul breath and coated tongue noted in these cases are abundant evidence of the poisonous origin of the "blues." The adoption of a poison-free diet is almost invariably followed quickly by a change in the mental state.

It is important, then, that we cultivate optimism and forcing the mind into optimistic channels of thought.

This can best be accomplished by reading optimistic authors and talking with optimistic people. An excellent plan is to set oneself the task of curing some other neurasthenic suffering from his pessimism, by deluging him with optimistic ideas and expressions.

Adopt a diet that will introduce poison-free foods into the dietary and assist the elimination organs in carrying out as rapidly as possible the poisons that may be formed in the natural body functions. These things are not miraculous, but can be adopted into one's daily life with the utmost ease.

ARMENIANS NEED TOYS

Children's Horror-Numbed Minds need Stimulus of Playthings.

Thousands of little Armenian children have forgotten how to laugh and play. Many never knew how. Starvation, massacre and horrors beyond description have been their lot. In the orphanages and at the relief stations they sit listless and solemn, never smiling, never laughing, making no attempt to play, for they do not know how.

These pitiable little ones need not only food and clothes—they need toys. With toys they may learn to play and smile and laugh. Their horror-numbed minds need the stimulus of play-things.

The discarded toys of American children are called for by the Near East Relief organization. These may be the means of diverting the minds of the little Armenian war-waifs from the memories of massacre and suffering too horrible for description. Help these little ones to forget what they have seen and suffered by sending them the toys which have been cast aside by your own kiddies.

Picture books, post cards, balls, blocks, crayons, cut-outs, paint boxes, dolls, paper dolls, kindergarten material, simple mechanical toys, etc., are asked for by the relief workers in Armenia.

When gathering up your bundle of clothing for the relief ship, don't forget the toys.

If a local Bundle Day has been announced, give then; if none is planned for, send by parcel post to Near East Relief Bundle Station, Portland, Ore.

Mobs Shouting for Clothes.

Mrs. Kate Clough Rambo, of Baker, Oregon, returned Near East Relief worker, tells a graphic story of the distribution of a shipment of old clothes received at Batoum in Transcaucasia. She says:

"I did up bundles of clothing, each containing a dress, a skirt, a jacket or coat, intending them for distribution among the women. I took Kappidies (a native assistant) and went in the Ford truck with great bags of these bundles. We drove into the yard at Petoeva Barracks. We took out several bags and went upstairs. Kappidies stood by the bags while I carried the bundles to corners where I saw they were practically without clothing. The first thing I knew, a woman snatched a bundle out of my hand; then came another and another. I called Kappidies to come away, as they were turning into a mob. He and another assistant grabbed the bags and we went down another stairs, the mob following. We jumped into the car and had to hold back the mob with sticks. Where the sticks came from I never can tell.

"The crowd grabbed, they screamed, they fought.

"They would have pulled me out of the car, but the chauffeur backed into the street and we tore away. Afterwards we returned and gave the clothes to the head man to distribute to his most needy cases, but they broke the window to his room and grabbed the bundles. Still, after all, I have the consolation that the man is said to have had when someone stole his Bible—it would doubtless do good."

Weight of Air.

Until very recently nobody knew how much air weighed.

We cannot see the air, and, except when the wind blows, we do not feel it. Hence it seems to us to have almost no substance.

Yet it is a rather substantial fluid. When it moves at a rate of one hundred miles an hour it uproots great forest trees and throws the waters of the ocean into turmoil. If our bodies were empty of air the pressure of the atmosphere surrounding us would crush us to an immediate pulp.

A room ten feet long, ten feet wide and ten feet high contains 75 pounds of air.