Envelopes for Packing.

Envelopes used in packing small articles will be found better than boxes, as they take up less room. Stout, collapsible envelopes, which may be bought where office supplies are sold, will be found satisfactory. Gloves, handkerchiefs, neck arrangements, etc., may be kept nicely in such envelopes.

Juggling Good Exercise.

Juggling has been recommended as a desirable form of mental and physical exercise for persons of sedentary habits and those afflicted with nervous troubles.

No Time Wasted.

Olaf Larson, working in a millinery warehouse, backed into an elevator shaft and fell down five stories with a load of boxes. Horror-stricken, the other employes rushed down the stairs, only to find him picking himself unharmed out of the rubbish. "Ess de boss mad?" he whispered cautiously. "Tal' 'em Ay had to come down for nails anyway."—Success Magazine.

A Lost Art.

Another art has been lost! There was a time when the elegant woman took a legitimate pride in her manner of ascending a stair. In this day of elevators, if there still exist women who have the manner, there are few stairs worthy to serve as a stage on which they may exhibit it.

DEATH BEFORE 100 YEARS IS SUICIDE

Ignorance of Laws of Health Explains Early End of Life.

Noted Scientist Has Encouraging Word for Despondent Men and Women.

"Death before 100 years of age has been reached is nothing more or less than slow suicide. A man (or woman) who dies at an earlier age is simply ignorant of the laws of health."

Such was the original and rather startling statement made by Professor James M. Munyon, the famous Philadelphia health authority, who is establishing health headquarters in all the large cities of the world, for the purpose of getting in direct touch with his thousands of converts.

Professor Munyon is a living embodiment of the cheerful creed he preaches. Virile, well-poised, active and energetic, he looks as though he would easily attain the century age limit which he declares is the normal one. He said:

"I want the people of the world to know my opinions on the subject of health, which are the fruit of a lifetime devoted to healing the sick people of America. There isn't a building in this city big enough to house the people in this State alone, who have found health through my methods. Before I get through there won't be a building big enough to house my cured patients in this city alone."

"I want, most of all, to talk to the sick people—The invalids, the discouraged ones, the victims of nerve-wearing, body racking diseases and ailments—for these are the ones to whom the message of hope I bear will bring the greatest blessing.

"I want to talk to the rheumatics, the sufferers from stomach trouble, the ones afflicted with that noxious disease, catarrh. I want to tell my story to the women who have become chronic invalids as a result of nervous troubles. I want to talk to the men who are 'all run down,' whose health has been broken by overwork, improper diet, late hours, and other causes, and who feel the creeping clutch of serious chronic illness.

"To these people I bring a story of hope. I can give them a promise of better things. I want to astonish them by showing the record of cures performed through my new system of treatment.

"I have taken the best ideas from all schools, and embodied them in a new system of treatments individually adapted to each particular case. I have no 'cure alls', but my present method of attacking disease is the very best thought of modern science. The success which I have with these treatments in this city, and all over America proves their efficacy. Old methods must give away to new medical science moves. I know what my remedies are doing for humanity everywhere. I know what they will do for the people of this city. Let me prove my statements—that's all I ask."

The continuous stream of callers and mail that comes to Professor James M. Munyon at his laboratories, 53rd and Jefferson streets, Philadelphia, Pa., keeps Dr. Munyon and his enormous corps of expert physicians busy.

Prof. Munyon makes no charge for consultation or medical advice. Not a penny to pay. Address Prof. J. M. Munyon, Munyon's Laboratories, 53rd and Jefferson Sts., Philadelphia, Pa

Our Life's Work.

We are not sent into this world to do anything into which we cannot put our hearts. We have certain work to do for our bread and that is to be done strenuously; other work to do for our delight and that is to be done heartily; neither is to be done by halves or shifts, but with a will; and what is not worth this effort is not to be done at all.—John Ruskin.

Wealth Not Always Advantage.

Advantage, opportunity, chance, luck! They are all on the side of the boy born in obscurity, brought up in poverty. Provided he be endowed with the will that brooks no obstacle, with the mental ability to conceive great thoughts, to plan great undertakings, the boy is all the more blessed who is not handicapped by wealth.

Victoria Fond of Jewelry.

Queen Victoria, although simple in her tastes, had an almost oriental liking for beautiful and costly jewelry. Even if she rarely wore it, its possession gave her pleasure and she is reported to have spent hours in looking over her collection.

Foolish Wager Caused Death.

A workman named Celestin Leroy, aged fifty, died in Paris, France, the other day while trying, for a wager, to eat a large beefsteak at one mouthful.

Naturally Opposed to Change.

When a new government is established, by whatever means, the people are commonly dissatisfied with it.—Hume.

BLACK HAWK STATUE

Lorado Taft's Monument to Vanishing Race.

Red Man, Towering Over Valley Long Indians' Sole Property, Seems Leaving the Site Reluctantly —Made of Concrete.

Oregon, Ill.—With impressive ceremonies the statue of the famous Indian chief Black Hawk was dedicated at Eagle Nest camp, the summer colony of Chicago artists and writers, near here. The statue of the great chieftain is the work of Lorado Taft and stands on a 200-foot bluff across the river from the town and just outside the limits of the camp. Among the members of the party at the dedication were some of the best known of Chicago's artists, sculptors and writers. Edgar A. Bancroft was the principal speaker and presented the statue to the people of Illinois. Responses were made by Dr. Charles C. Eastman and Miss Laura M. Cornelius.

The statue of Black Hawk occupies a position on the highest point in Rock river valley. It is mammoth in size—being 47 feet high—and represents the work of four years. It is built of concrete and is expected to be a permanent monument to the red men who once roamed this section. The facial lineaments are of Black Hawk, but the sculptor's idea was to make the statue typical of the vanishing North American Indians.

The figure of Black Hawk is represented girt in a blanket, reluctantly leaving the valley which served his tribe as council grounds long before the white man came to this continent.

This remarkable statue, which is made of re-enforced concrete by a new process, is itself imposing, and has been placed upon a rock 200 feet above the water, the highest point in the picturesque Rock river valley. The statue

Statue of Black Hawk.

is visible for many miles, and hundreds of people came from adjacent cities in Illinois to view and admire it. Should this work weather well and preserve its fine contour and lines, Mr. Taft thinks it is probable it will mark an era in the erection of statuary in re-enforced concrete.

On leaving the grove which bordered the roadway climbing the bluffs, the statue appeared in its majesty on the bank of the river. There was no unveiling, as Mr. Taft wished the first sight of the monument to be one of its entire majesty.

Below, midstream, lies Margaret Fuller's island, sacred to the memory of Madam de Ossoli, the poetess who once lived here. Two miles distant, beyond the oak groves, rise the spires of Oregon. Mr. Taft's other works, the Indian "Paducah" in the city of that name in Kentucky and "The Eternal Silence," the Graves monument in Graceland cemetery, Chicago, have a similar feeling of majesty to that of his latest creation.

QUEBEC BRIDGE IS BIGGEST

Time of Construction Shows Advance in Engineering Since Brooklyn Bridge Was Built.

Quebec, Ont.—The new bridge across the St. Lawrence river near here supplants the mighty structure that fell when half finished in the summer of 1907. The site of the new bridge is the same but the north pier is moved out 50 feet further into the river, thus appreciably shortening the central span The new bridge contains 130,000,000 pounds of steel, as compared with the 100,000,000 of its predecessor. It will cost when completed not less than $12,000,000, and will have the longest truss span of any bridge in the world—1,800 feet, or 90 feet more than that of the great Firth of Forth bridge in Scotland.

The construction of this bridge, which has taken two and a half years, is an impressive indication of the progress of mechanical and civil engineering since the Brooklyn bridge was opened to traffic, May 24, 1883. The latter required 13½ years to erect, and to date has cost over $22,000,000, of $10,000,000 more than the prospective cost of the new Canadian giant.

The length of the river span of the Brooklyn bridge is 1,600 feet—200 feet less than that of the bridge at Quebec. Of the other bridges across the East river the Manhattan has a river span of 1,470 feet; the Williamsburg bridge has a span of 200 feet shorter than that over the St. Lawrence; the longest span of the Queensboro bridge is 1,200 feet.

Old Church as Garage.

Long Hill, Conn.—The old white First Methodist church building, steeple and all, for many years used as a place of worship and the first church built in the town of Trumbull, has given away to the progress of the times and garage. The edifice, which stands almost in the center of the village, has long been a landmark. The steeple will be retained, the galleries will be made into waiting rooms for women and the pulpit and platform show place for accessories.

The Difference.

European cities certainly have a laughing, contented air, people seem to take life easily, they have time for pleasures, if it's only a chair hired for two cents on one of the broad, shaded boulevards to watch the crowds pass of a Sunday afternoon, says Orison Swett Marden in Success Magazine. What smiling, care-free faces! One remembers with a shiver the faces in a New York crowd—grim, anxious, frowning, self-centered.

No doubt this atmosphere of joyousness, along with the external beauty and picturesqueness of European cities, has its attraction for our heiresses, but, of course, that alone would not make them live abroad and marry foreigners. There are other considerations which bring them to this important decision.

In His Power.

"How effusively sweet that Mrs. Blondey is to you, Jonesey," said Witherell. "What's up? Any tender little romance there?" "No, indeed—why, that woman hates me," said Jonesey. "She doesn't show it," said Witherell. "No; but she knows I know how old she is—we were both born on the same day," said Jonesey, "and she's afraid I'll tell somebody."—Harper's Weekly.

Pleasure of the Children.

There should be some time during the day, even in the busiest household, an hour at least, set apart in which the older members of the family should devote themselves wholly to the children. Little object lessons or stories containing practical knowledge told in an interesting way will be sure to hold their attention. The story of the gradual formation of the fruits, flowers and vegetables will delight them and will be eagerly looked forward to and always remembered.

The Craze for the Weird.

The artistic craving today is for novelty—for new expressions of form and combinations of color, the more strange and weird the better; hence the passing fashion for post-impressionism and other kindred cults, in which neither truth nor beauty is the inspiring motive.—Connoisseur.

Canadian Heroine.

"Monument to Madeline de Vercheres to be erected at Vercheres—$15,000." This item, which appears for the first time this year in the estimates of the public works department, marks the tardy recognition by Canada of one of the heroines of French Canadian history—the maid of fourteen, who for one long week in 1692 defended her father's seigniory against the attacks of hostile Iroquois. After two centuries the little heroine of the Castle Dangerous is to have her memory perpetuated by a bronze statue to be erected at Vercheres, P. Q., on the spot made memorable by her exploit.

Punished for Yawning.

When Henry Brown of Brockton, Mass., awoke the other day he yawned, tried to close his mouth and could not. He had fractured his jaw. With his mouth wide open he walked more than a mile to a physician's office and had the fracture reduced. As he was leaving the office his jaws unlocked again. Finally he was placed under ether and the jaw permanently fixed.

Y. M. C. A. EXPANDS.

New Booklet Just Out Can Be Had for the Asking.

The Portland Young Men's Christian Association is about to enter upon a new era in its work, in extending the advantage of its educational department to the entire state. While a great majority of the 1400 students enrolled in night and day classes are residents of Portland, yet a large and increasing number are now enrolling from towns and cities outside of Portland.

The different courses offered include a full Commercial course, comprising Shorthand, Bookkeeping and related subjects; a college preparatory course, a graded course in elementary subjects for boys and vocational courses such as plumbing, carpentry, sheet metal, bricklaying, electrical work, automobile repair and driving. Many students trained in these classes are now occupying important positions in the business houses of Portland.

An attractive booklet entitled "Activities" has just been issued by the association and contains a statement of all Educational Courses. The Educational Director will mail this booklet to all persons who desire it.

Classes for day school open September 5th, night classes September 25th. From present indications an unusually large registration is anticipated.

Deep Mines Don't Pay.

There is little or no ground for the belief that valuable metallic deposits lie very deep in the earth's crust. With few exceptions, ore deposits become too lean to repay working below 3,000 feet. Nine mines in ten, taking the world as a whole, are poorer in the second thousand feet than in the first thousand, and poorer yet in the third thousand than in the second.

Your Own Opinion.

Public opinion is a weak tyrant compared with our own private opinion. What a man thinks of himself, that it is which determines, or rather indicates, his fate.—Henry D. Thoreau.

Protected Against Bores.

To save himself from loss of time caused by callers who are a long while in coming to the point, a Paris functionary has put on his office table a card bearing the words: "Be so good as to abstain from speaking of my health or the weather or of the Bourse quotations, three subjects with which I am perfectly well acquainted. Start at once on the matter that brings you here."

Juvenile Misapprehension.

"Papa," whispered Johnny, who was in attendance at the Sunday morning services, "why do the people look so sad when they drop their money in that plate?"

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