

Splendid Tribute

THE SAN FRANCISCO BOARD OF HEALTH
URGES THE USE OF THE

Royal Baking Powder.

The magnificent tribute of the San Francisco Board of Health to the great purity and wholesomeness of the Royal Baking Powder greatly disturbs the manufacturers of the lower grade powders. Their envious publications, however, cannot break the force of this unadmitted and unbiased high medical endorsement. Attached is a certified copy of their original report, with the signatures of the members of the Board in fac-simile.

We, the members of The Board of Health of the City and County of San Francisco, cordially approve and recommend the Royal Baking Powder. It is absolutely pure and healthful, composed of the best ingredients of the highest strength and character.

In our judgment it is impossible to make a purer or stronger Baking Powder than the "Royal."

Jos. B. Davidson, M.D.
Chas. M. Luster, M.D.
Henry M. Fiske, M.D.
J. J. L. Luster, M.D.

At a Reading.

The sage professor, grave and bald,
Began his paper. It was called,
I think, "A Brief History of France."
At Rome, Germany and France,
A glance, but to my best belief
Twas almost anything but brief—
A wide survey, in which the earth
Was seen before mankind had birth;
Strange monsters looked from the sky,
Behemoth, armored chrysalis,
And in the dawn of sunset and ray
The transient dodo winged his way.
Then, by degrees, through all and through
We reached Berlin, I don't know how.
The good professor's monotonous
Voice turned me into someone's son.
Instantly, but that was not the
Hypnotism in her new apron hat.
His eyes, fixed, with his whose bloom
Lighted the heavy curtain of sleep.
Hypnotism—ah, what lovely things
Are fashioned out of eighteen springs—
At first, in sums of this extent.
The elegant writers do not count.
Just as my eyes were growing dim
With boredom, I saw the lecturer
Direct, electric figure there
Like a pencil sky taking air.
His lips, so crisp, so white, so hard,
So white, so crisp, and sweet,
Laid to rest what I thought said,
And I was the superior about the head,
And I was Von Kollie's town
Out France another frontier town.
The only fact I took away
From the performance of that day
Was these: a furnished hotel and low,
Such as the antique sculptures show;
A skin to Greek perfection true;
Eyes of Atlantic's tender blue;
A high complexion without back,
Or hair, and eyebrows and neck.
—Thomas Bailey Aldrich in *Harper's Magazine*.

Feeling the Comparison Too Far.
It was late, but the young man still sat
On the edge of his chair trying to stim-
ulate courage to say the words the young
woman was waiting to hear.

With a mighty convulsion he swallowed
something like an ostrich egg that had risen
unwillingly in his throat.

"Faithy," he faltered, "I never could say
what I wanted to say, as other people can. I
always was an unlucky dog, anyhow."

"You're not good for hunting purposes,"
Cynthia murmured Faithy. "You are too
long in coming to a point."

"Well, I won't be a better any longer, Miss
McGinnis. Not in this house," stammered the
young man, as he grabbed his hat and left
for home forever. Miss Faithy McGinnis
had carried his figure of speech a little too
far. —Chicago Tribune.

Be "Whipped."
As a lady entered a Grand avenue car in
front of the opera house yesterday, a man
who sat on the right hand side had his feet
stretched across the aisle. She stopped, looked
down upon him for a few seconds, and then
sharply queried:

"Which side of the car are you trying to
sit on, anyhow?"

He drew in his shanks and "whipped" to
the side the balance of his body occupied. —
Detroit Free Press.

Wanted by His Mother.
Johnny—Come out 'n' play, Johnny.
Johnny—Can't.
Johnny—Whatever gutter stay home for?
Johnny—The stove lid is broke, and ma
wants me to sit on the stove and keep the
smoke in. —Judge.

As Usual.
Willie—Go your cook has let you, eh? Did
she go off with the hired man?
Wallace—No, she went off with the hired
man. —New York Sun.

Business is Business.

Railroad President.—Did you get the in-
jured passengers in that accident satisfied as
they, they won't sue for damages?
Under Secretary.—Yes, sir. The worst in-
jured were drummers, who are used to that
sort of thing, and \$3 worth of cigars fixed
them all right. The only other one was a man
who had his nose broken.

"Eh? What did you do with him?"
"As the accident changed his pug nose to a
very handsome Roman, I charged him \$100
for the operation. So, you see, we are \$97
ahead." —Philadelphia Record.

Life in Russia.

First Russian Subject.—Hasn't railroad
accident, the czar's dog was killed, but the
car escaped. Shall we look glad or sorry in
public?

Second Subject.—If we look glad the police
will say it is because the czar's favorite dog
was killed; if we look sorry they will say it is
because it was the dog and not the czar
that was killed. Either way we are lost. See
you later in Siberia. —Philadelphia Record.

A Metropolitan Note.

Kansas City Resident on board train to
stranger:—Well, sir, we have reached the
metropolis of the great and growing west at
last. We are in Kansas City. This is Eight
Hundred and Forty-fourth street.

Stranger getting out of the window:—
Well, what is that peculiar noise?
Kansas City Resident.—That, sir, is the
crowing of frogs. Our climate here will
make anything. —New York Sun.

At a Ball Subject.

A correspondent asks The Boston Globe:
"Can a person obtain admission to the Old
Ladies' Home, as is reported, by collecting
1,000,000 old postage stamps?" The Globe re-
plies in the negative, but we should think
the person who performs such a task would
have no difficulty in getting admitted to al-
most any insane asylum. —Norristown Herald.

The Great Literary Center.

The proposed exhibit of Chicago pork in
Paris is very flattering to this city of culture.
Nobody is trying to get up an exhibit of Bos-
ton beans in the French metropolis. Chicago
is rapidly coming to be recognized as the
great literary center of this country. —Chicago News.

As Old Truth Illustrated.

"The silent pressure of the hand is often of
more vital good than a whole volume of good
counsel," says a philosopher. So the bad boy's
mother thinks, and she knows just where the
hand should be properly and effectively ap-
plied. —Somerville Journal.

Of Duty.

Miss Keane (to handsome young physician):
—Oh, doctor, how do you do? You look kill-
ing this evening!

Young Physician (quietly):—Thank you,
but I'm not; I'm off duty, don't you know. —
Brooklyn Magazine.

Good Enough for Him.

First Citizen.—I'm proud of my wife. She
can speak five different languages. How
many languages does your wife speak?
Second Citizen.—United States and baby
talk. That's enough for me. —Burlington
Free Press.

Business Bull.

"How's business since election?" asked one
baseball club manager of another.

"Mighty dull," was the discouraging reply.
"I've only sold two players this week."

CROWDED WITH INVALIDS.

A Town to Which the Sick Throng Seeking Health.



SEBASTIAN KNEIPP.

Father Kneipp has been parish priest of
Worshofen for thirty-seven years, but has
practiced his system of hydrotherapy ever
since 1888, although it is only during the
last ten years that he has attained among
his countrymen such wonderful celebrity.
Surrounded often by seven or eight doc-
tors, he gives audiences every morning
from 8:30 to 10 and in the afternoon from
1:30 to 4, and afterward delivering his
sprachstunden to an immense crowd await-
ing him at the door of the kurhaus, and
who sometimes have to wait three hours
before they can obtain this desired inter-
view. During the last year the names in
his visitors' book amounted to 11,430, and
including those treated by letter he seems
to have had about 30,000 patients. The
village is simply crowded with the lame,
the sick and the disabled, most of the
latter being victims of the skin disease
called lupus, and if any reliance can be
placed on human testimony he has cured
very many and brings relief to nearly all.

In his youth Father Kneipp, the son of a
weaver, was so sickly that no hopes were
entertained of rearing him, and he was
allowed all the liberty of nature—turned
out to die, as it were. The simple reme-
dies in use among the peasant women
helped him much, and the rest he discov-
ered for himself. The special features of
his method are short baths of cold water,
the garments being put on immediately
after the bath and without drying the
skin, walking in early morning in the
dewy grass barefooted or with light sand-
als on, dipping the feet in cold water and
wearing a coarse linen shirt next the skin.
Faith is called in to a slight extent.
Simple remedies concocted from herbs are
prescribed. Of course regular habits are
insisted upon, and great reliance is had on



WALKING IN THE DEW.

letes, amusements and social gratification
generally. And thus has Father Kneipp
built up one of the greatest sanitariums in
the world.

His diligence, unselfishness and humility
are remarkable, as also is the absence of
obsequiousness to persons and his total in-
difference to his so-called interests pecu-
niarily. It was possible for Father Kneipp
to become a very wealthy man had he ac-
cepted one-half of what had been offered
him for his services. He is content to live
in the utmost simplicity on his small bene-
fice, and charges the most absurdly small
fee for his advice.

Boneless Shad.

D. E. Crawford, of the United States fish
commission, recently said:

"We have little doubt now that before two
more years we shall have evolved what the
seaboard public has been clamoring for for
so many years—the boneless shad. Of
course I don't mean a shad that is actually
boneless, but one that will be to all intents
and purposes as boneless as the flounders
of this country or the sole of England."

This will have been accomplished by the
cross breeding of the shad, the flounder
and a peculiar, edible jelly fish which is a
staple food among the sea coast natives of
Japan. The commission had much diffi-
culty in securing a supply of these jelly-
fishes in a healthy, living condition, but at
last managed to bring about 1,100 of them
to San Francisco and thence to the Ches-
apeake bay hatchery in tank cars. They
have thrived amazingly, and our experi-
ments, while at first rather discouraging,
now leave but little doubt of turning out
successful.

At first the crossing resulted in the pro-
duction of a lot of jellyfishes with an elab-
orate outfit of bones, which was just what
we didn't want, but time and study showed
us our mistakes, and now we have a few
hundred half grown shad with less than 10
per cent. as many bones as the ordinary
sort. Yes, as you say, science is a remark-
able thing.

A Warrior's Definition of War.

Another volume of Marshal Von Moltke's
correspondence has been published in Ber-
lin. One of the most interesting passages
is the great general's definition of war as
"the supreme and perfectly legitimate
means of defending the existence, honor
and independence of the state."

The World's Fair Buildings.

It is interesting to note in connection
with the World's fair that but five foreign
buildings have been planned and work be-
gun. Of the forty-four sites set aside for
state buildings twenty-six have structures
rising upon them.

Another Year's Old Katie.

Another year's old Katie—Come, my
dear, give me little cousin Johnny a kiss. Ka-
tie—I'd rather not, mamma; you see, he might
consider himself compromised.

A Genius Despite Girth and Disease.

The late Lord Essex, says the London
World, was for many years an almost con-
stant sufferer from the most terrible
paroxysms of tic, which were supposed to
have originated in a blow on the head, and
persistently defied the aid of surgical sci-
ence. He bore this excruciating pain with
heroic fortitude during half his life, and
never lost the kindness of disposition
which distinguished him when a promi-
nent member of the Utilbridge house, in
the days of the first Lord Angley, his
maternal uncle. When in the house of
lords he always voted with the Liberals,
but his interest in politics was superseded
by that in mechanical contrivances. His
most useful invention was a small portable
fire engine.

During the croquet craze of twenty
years ago he made many thousands of
pounds out of snail shells he invented, and
when his eyesight was failing he designed
a light lamp, or rather a lamp, on
which he kept in one of his coach-
houses at Camelsbury, and often showed
to visitors. It was used for the second
time at his funeral, and the coffin itself
was made of open trellis work, according
to a sketch he had once drawn. Lord
Essex had been practically blind for some
years, but he retained a marvelous sense
of locality, and could act as a cicerone in
every part of the house.

World's Fair Restaurants.

Provided they do not have to pay fabu-
lous prices for their supplies, those who
are fortunate enough to get concessions for
operating the World's fair restaurants
will doubtless regard themselves as decid-
edly lucky. They will take in as much
money as the exposition management will
themselves for admissions. Competent author-
ities express the opinion that there will be
days when fully a third of a million dollars
will be expended on the grounds for food
alone. At first glance this looks like
stretching things a little too far. And yet
one meal apiece for a half a million of
visitors and three square meals for 50,000 em-
ployees, all at a half dollar a head, would
do the work.

Great Expectations.

Affectionate Nephew.—As soon as I heard
of uncle's illness I rushed over here. I must
see him.

Nurse.—Impossible. The doctor says the
slightest shock may kill him.
Nephew.—All the more reason why I
should see him.—America.

An Infatigable Sign.

"What makes you think Jennie loves you
so much?" asked Merritt.
"Because," returned Jones, "she called me
back five times last night when I was sitting
her good-by." —New York Evening Sun.

At Last.

He looking up from his paper:—I see here
that Johnny has got it.
She interrupted at once.—Got what, Wil-
liam?
He.—His gun. —Philadelphia Call.

An Easy One.

"George, dear, what kind of fruit is borne
by an electric light plant?"
"Electric currents, of course." —Phila-
delphia Record.

NATURE'S SECRET ALLY.

If nature did not struggle against disease,
even its weak constitution, with its own
resources, would be unable to resist the in-
vasion. While nature thus struggles, let us, if
we can, aid her efforts with judicious
medical help. Experience must be our guide
in all we do with disease, and that "aim to
our" indicates the secret of success. It is a
safe, tried and thorough ally of nature. It
is of so inherent with life, the bowels and
stomach are inactive if the kidneys do not
expel impurities of which they are the natu-
ral outlet. A course of the Benger's Food is the
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