

Tuls is aparalie. He who runs see the world.
There was once $n$ toollat.t.tory grayness.
But


 that was in him eraporited nand drree gall nad ron left belind. He thought of the days of fret and
worry, the nizuts of cramplug pent
 ures and wrting leterem wher in
 book and a brush charged mth solld lopplness.
He thought of the headaches and
the restless nights in which he lived again through the petty annoyances of
the day, and as he dispatched a boy with a message (he had alwnys hated telephones, he dectded to end it all.
So he rettred and lived economically In the suburbs, and another man
reigned in his stead. Thls is the prologue.
SIx
Stise Stx months passed. The too-old-at-
forty merchant again visited his ce. It was in the same room, but-roll-top desk. Before has seated at a nograp
 plece. Into mouthwas speaking
quickly: "I want
two thousand coptwo thousand cop-
les of the following letter posted to our regular cus-
tomers in time for
the four o'clock mail this after-
noon. Take down:
non Dear slrs-Owing
to our having new labor - saving ma-
chinery in all our factorles, we are
able to quote lower for all our goods,
which you will note are now ten
per cent cheaper than those offereed
by forelgn compet by forelgn compet-
itors. A glance at ftors. A glance at
the following figures will-',
For thirty
seconds he continued
to talk tinto the phonograph. Then
he removed the
wax cyllider and handed it to a boy who carrled it into the next room where the patter of many typew
on the root.
The too-old-at-forty merc
on with smiling toleration
"I think you maderation. mistake in that
letter," he sald. "I beard you dictate that you wanted two thousand cop
I suppose you meant two dozen." The return smile was of tender compassion. He was informed that two
thousand was correct thousand was correct.
"But you sald they "But you sald they were to be sent
orf by the four o'clock mall, and it is one-thrty now. However blg your
staff may be you can hardly have two thousand letters typed and the envelopes addressed a."
and a half hours."
and a hair bours., shall employ exactly one girl terk new a manager, leaning back lux
the neat uriously in hits chatr, "and if they tried
they could do double the quantity in He rose, "Perhaps you would lik to see the miracle? he sald as he opened the door next to hls room. Arirl typist was taking down in
shorthand the words of the letter a they were dictated from the phono graph on which she had placed th
wax cylinder. This wne complet one minute forty-five seconds by the wax paper on her adjusted a sheet of and typed the letter.
$\Delta$ few minute per was fitted to a the waxed pa and an offlee boy was reeling off elghty
copleas per minute. the now manager.

 9,750.844 you nutity teed

 teer turras of a hanale, the humai | trimn bee |
| :--- |
| purposes |
| and |

"Now, If you will look at this 'Ariththat all you have to do is to place the polnters at the figures which you wish
to multiply, subtract from or add toto multiply, subtract from or add to
gether, then turn thls handle, and the
result will spaces at the top." An offlice boy now came up and re-
ported that the two thousand letters ported that the two thous
had left the office at $3: 30$.

## "It seems to me that brains a quite obsolete," sald the antediluvin

## "

 all," returned the twent misthake of manager. "bralns are what we want and all we want. We are freed of the old grinding routine that business men used to break thetr hearts over; nowwe have time to think. Our clerka dave shorter hours and are better
paid; but those we do employ have bratns, otherwi
use for them. but but
Star.
FISH RESTAURANTS.
A Feature of
London and Paris Lise
that Is Less Common Here.
Returning travelers from Londo
Returning travelers from Londen,
Paris, and Berlln describe with pleas
ure the "flish restaurants" In those
cities, and express some wonder that
there are not slmtlar restaurants here. A "fish restaurant" is not one nt
which fish is served exclusively, Wren chlefly, but a restaurant at whtch
a spectalty ts made of the service of fish, and at which usually some spe clal
day.
day
In London and Parls such restan
rants make as thelr chlet speclalty sole, as popular in England as in France. The Paris restaurants, in ad
ditlon, make a feature of crayfish, cod dition, make a feature of crayish, con
and mussels, and the London resta rants of whitebalt and shrimp. The variety of fish procurable in
these two clties is almost without llm Itation, but a different fish each day $r$ quires, in fact, only seven varletles, in
the preparation of which there are many spectaltles.
Washington has
fish than elther London or Paris. T oysters, lobsters, and crabs in the
market here are market here are superior to those to
be found In large European citles, and
the general demand for fish is in ex-
cess of what it is in the blg citles of other countries. But the custom pre-
valls for the most part here of maklyg valls for the most part here of makiug
fish or sea food a part of the meal furnished at a restaurant, and not a feature of it.-Washington Post.

Geordie'n Kevenge.
A certain butcher in a village in the
north of England was standing before the shop of Geordie, the baker, whose loaves of bread were rather small, When Geordie came up the street.
"Just been In your shop, Geordle, buy"Just been in your shop, Geordie, buy-
in' a loat," sald the butcher. "Where is it $?$ " asked Geordle. "In my walstcoat pocket," sald the butcher. No
more was sald, but Geordie thought for more was sald, but Georde thought for
a long tme how he could pay the a long time how he could pay the
butcher back in his own coin. A few days later, as he stood before the
butcher's shop, an Idea came to htm. Meeting the butcher on his way home from market, Geordle said: "Been in your shop buyin" a calfs hend.
"Where is it?" asked the butcher. "Un der my hat"' sald Geordle, with an annfhllating look.
A man's mental balance Isn't syn-
onymous with his bank balance.

HOW TO SLEEP AND WHEN. Ahyulcian'e Advico orn the Bubje
Exerclue, Bathing and Eating. The following brief quotations. rom "Sleep and Its Regulation," by
Or. J. Madison Taylor, in The Popular Selence Monthly:
During chlldho During chlldhood and exhaustive
tates too much sleep is rarely possl tates too much sleep is rarely poss1-
le. For those in full tide of vigor oo much sleep is often distlinetly hurtThe a
The action of narcotics presents none of the characterlstics of normal
leep except the temporary arrest of onsclousness; hence narcosis is not The best position to assume in sleep o Invite the least disturbance of the
unctions of the great organs is on the abdoment, or nearly so. Many obycure forms of digestive
treulatory disorders irculatory disorders may have been
inttated in Infanicy through lying too ng upon the back. the temperature of all parts should be equallzed before retiring. Cold feet Induce delay In securing sleep, and it
is then shallow when is then shallow when attained.
It is most unwise to overfill the tomach before retirlug: thus disturbs moderate eating before sleeping is not urtful, and is often salutary.
Body clothing at night Body clothing at might should be
loose, not dense, permittting the read the skin.
Bed clothing should not be too close texture, blankets belng preferablo o dense "comfortables" and not
tutked in" too closely. Alr should be allowed to pass occasionally under the sides at least as one turns about more or less freely.
Eariy rising
Early rising is a salutary custom,
apeclally when the day comes espectally whe.
not otherwise.
More sleep is required in winter than
In summer. The best sleep Is had dur-
ing the hours of darkness.
The sleepling room should be cool,
abundant air being always This should not be interoreted to mean that the room may safely remaln intensely cold.
In the mode
In the modern treatment of tuber culosis fresh air is recognized to be
Imperatively needed all day and night. Artificial heat can, and should, be suppiled along with the fresh alr,
till the temperature of the room bo at or near 50 or 55 degrees Fahren leit, for some even io degrees
belt.

$$
\begin{aligned}
& \text { THE TRAGIC ISLE. } \\
& \text { of the Abunee Which } \mathrm{P}_{1}
\end{aligned}
$$

$\qquad$
Sakhalin, the island which Japan is taking, or rather, retaking, from Rus
sia, is the place to which Russis sends her violent convicts. The convict at Siberla has some liberty to console alm for hiss detention, but the convict
at Sakhalln none. When at Sakhalln none. When a party o
convicts (having been pronounced "vio convlets (having been pronounced "vio
lent" by the governor at the Siberian ent on the governor at the siberian
stand at Sakhalin the procession to the Jall is as follows: First among the prisoners come men with
fetters on thelr legs and Hinked tog retters on their legs and linked togeth-
er In pairs, the clanklng of thelr chains er in pairs, the clanking of their chains
making a lugubrious nolse. Next come half a dozen men each without fetters, but secured by the hands to a long iron rod. Then follow female prison
ers and after them the most affecting ers and after them the most affecting
part of the whole-the wives and chil dren who have elected to accompany
Into exile thelr husbands and fathers Behind them rumble "telegas," or rough wagons, wheretn are transport ed baggage and those chilidren
too young or infirm to walk.
When on the march the prisoner
are allowed three pounds of bread an
one-half pound of meat each day, and
they are not forbldden to recelv
alms. But when they
alms. But when they arrive at their
destination their lot is a pitiful one Thelr cells are damp and fungus cov-
ered, thelr food is less than the allowance during the journey and thel work in the salt mines is most ex hausting. Many of the prisoners are
very Ignorant. Few of them can reari excepting the Caucasians, but they ar in the event of their belng physically unable to perform ther allotted task their punishments are very cruel.
The English "cat-0'-nlne-talls" nothing to the terrors of the "bodiga. In this instrument of torture the pris
oner is so fixed that he can nelther oner is so fixed that he can nelther
move nor cry out, and wire thongs move nor cry out, and wire thong
bound at the end with polnted tin strike his back at frequent interval
Other tortures to which prisoners ar subjected are too dreadfulu to write about, and during all these tortures
the prisoner is prevented by gags from the prisoner is prevented by gags from
obtaining the poor rellef of a scream Surely the horrors of the salt mines of Iletskaya are nothing compared
with the abominatlons of Sakballn.with the abominatl
Pall Mall Gazette.

Wise and Wealthy Treasure.
"Well, you married a wealthy wom
an. Is she the treasure you hoped an. Is she the treasure you hoped
for ${ }^{\text {Y }}$
"Cen't say

## \section*{"C} <br> "The mes. commo cose

Evidently Mr. Cleveland Never Expects to Run for Office Again-Chicago sommon

MRS. EMMA FLEISSNER.
Suffered Over Two Yeara-Health Was
In a Precarious Condition-Caused
by Pelvic Catarrh.


HEALTH AND STRENGTH RESTORED BY PE-RU-NA
Mrs. Emma Fleiesner, 1412 Sixth ve., Seattle, Wash, Worthy Treas"I suffered over two years with irres ular and painful periods. My health was
in a very precarious condition and 1 was anxious to find something to restore my
health and strength. health and strength. II was very try Peruna and "I was very glad to try Peruna and
delighted to find that it was doing me ood. I continued to wae it a littlo over three months and found my
troublea removed. "I consider it a splendid medicine and
shall never be without it, taking a dose
occasionally when I feel run down and houend of testio Our files contain thousanda of testi-
monials which Dr. Hartman has received from grateful, happy women Who have been restored to health by
is remedy, Peruna.

The Younk Philonopher.
"'Ner phe "But you haven't finished your first plece."
"No, pa. But you know you told ms
not to eat fast. And if you give me a ot to eat fast. And if you give me a because $I$ won't be afrald that the gecond plece will be gone when I get
through with the first plece. Please, through with the first plece.
Da."-Cleveland Plain Dealer.

BTATK OY Onio, Ciry or toludo,


 nem




Strenuous Lifs.
"Sany," roared the itate eitien as he
rushed into the office of the village week" "Whant to see him personally?" queried he ofllee boy.
"You bet I do," answered the i. c. "I'm oing to thrash him within an inch of
is life. See?'



