

PAPERS BY THE PEOPLE

TELLS HOW TO KEEP YOUNG.



REV. G. F. HALL.

In olden times men lived to a great age; few died under the century mark unless killed in the battle or the chase. There is no physical reason, no edict of nature, why men should not live 100 years and upward now. And yet age of itself is no virtue. Unless one can keep young in looks, feelings, actions and ambitions what pleasure can there be in merely piling up years?

I believe that the art of keeping young consists largely in the maintenance of a right attitude of the mind on the subject. The great apostle Paul laid down one of the most profound philosophical truths of the ages when he said: "As a man thinketh so is he." If a woman constantly thinks gray hairs and wrinkles she will soon have both in abundance. On the other hand, if she boldly defies spectacles, powders, paints, stays, wigs, etc., and constantly asserts to her own heart and the whole world her right to remain young, nine times out of ten she will still be a girl at 40 instead of a broken-down old woman ready for the grave.

If a man will defy old Father Time by a constant mental and physical declaration of his right to keep young and buoyant he can win in a walk. There is no use for a nervous collapse at 35 or 40. Most men chew too much tobacco, smoke too many cigarettes, drink too much liquor and live too fast every way. Too many mistake reckless dash for strenuousness. Repose is one of the greatest needs of the hour. Washington was a man of giant purpose and iron will, yet withal a man of magnificent repose. But for a little carelessness which precipitated pneumonia he might have lived to pass the century mark.

Bandow advises exercise and cold baths. This is all right as far as it goes. But a regimen which considers only the physical man is worth very little without a pure, strong mind, a clear, honorable life and a God-centered soul.

TREATING BUSINESS AS A SCIENCE.



There is a strong tendency at present to regard business as a science, knowledge of which can be reduced to principles and general laws. This means that the painfully acquired experience of individuals is being sifted, formulated, made general in application, so that it can be handed on to benefit others. In no department of business practice has there been such enormous development in the last decade as in organization, the intellectual framework by means of which a business moves, and this organization of business is now being studied as never before. It has long been known that system was an important element, but, as competition grows fiercer and fiercer, the perfection of method, of system, appears to be the very key to success.

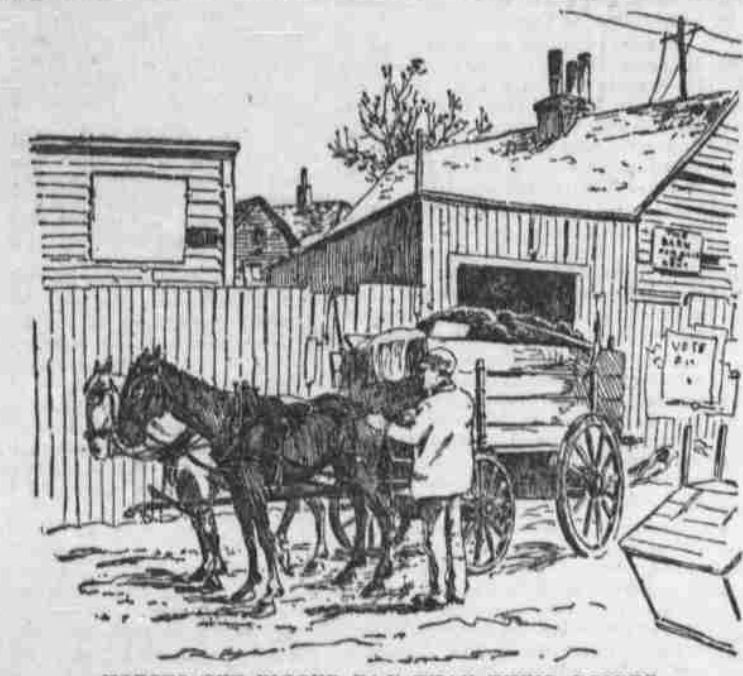
The latest development of this tendency to discard the methods of our fathers is shown in the rise of the "business doctor," who is an expert who may be called in to examine and prescribe for any business that shows symptoms of failing health. He is a graduate from the school of experience. He takes charge of everything and bosses everybody concerned. The first thing he does is to examine the working system, and he invariably finds this to be closely connected with the seat of the disease. Striving at every point to eliminate waste, he often finds it necessary to reorganize it from top to bottom. Detecting leakage here, waste of time there, he endeavors by introducing time and labor saving devices to reduce the running expenses. He teaches managers how to advertise most effectively for the least money, how to have the windows dressed, how to economize floor space, how to make two men do the work of three.

Besides examining into wastes that result from lack of

MEN CHEAPER THAN HORSES.

Famine in Horses and Rush of Work Make Them Hard to Hire.

If anyone is deceiving himself that the automobile has any chance of driving horses out of the market let him ask the teamster or bus driver, says the Chicago Chronicle. The contractor will tell the same story, giving figures to prove that the horse market was never in better shape than it is this fall and that horses were never in greater



HORSES GET BIGGER PAY THAN THEIR DRIVER.

demand. Indeed, it is much as the superintendent of one of the city bus lines said the other day: "It is a pity the automobile does not take hold of the rough work the horse now has to do. We don't need automobiles to haul the fashionable about town. We need them for delivery wagons and for dirt-hauling and for coal wagons and the like. The horse can do the best of the work himself. What he needs is something to help him with the hard work."

There are not on the market to-day enough heavy horses to do the hard work of city teaming. According to reports the price of an average team horse has doubled within the last nine months and the scarcity of teams for general hauling is alarming. Contractors are having the greatest difficulty in getting enough teams to do their work and the price of hire for a team, wagon and driver has recently advanced from \$2 to \$4 to \$5 to \$6 per day. Even at this price horses are not to be found and general teaming companies are unable to fill their orders because of their shortage in horses. Drivers and wagons are plenty enough, but it is impossible to get the horse to complete the outfit. It so happens that while a man is earning \$1.50 a day his team is earning \$3.

The superintendent of barns for a big cab company figures the cost of a horse's keep at \$12 a month. The sum is divided something as follows:

Feed \$8.00	Barn rent \$2.00
Groom 4.00	Shoes 2.00

AMERICA AND THE PRESENT TIME.

I have only contempt for watery patriotism. I know men who invest abroad because they see the shadow of an anarchy and communism which is to touch their possessions. I know men who live abroad to get out from under the American avalanche. I hope they will never return. We neither want them nor do we want the offspring of such stock. What are our perils? In comparison with what we have gone through and overcome they are nothing. Our dyspeptic friends talk about the glory of the old time and how we have fallen away in manners and in morals. Early records speak of the exceeding drunkenness among the clergy of Virginia, but no such record attaches to any church in any denomination in any State, in any township, of the United States to-day.

PEOPLE OF TODAY ALL IMITATORS.

We are all terribly alike, and every man and woman is but an imitation of some other man or woman. In literature, art, religion, we are all under the influence of some dominating power. Even in sports we are not free from imitation. Thousands of people who did not want to ride bicycles did so because they wanted to imitate the wealthy class at Newport. And of what use was their rejoicing? Now they must needs motor, and play golf, because it is fashionable to do so and the people they want to seem like enjoy these things.

We will never get rid of the fads, and we may never get rid of the imitations, but the only chance for the latter is to cultivate individuality. The way to do that is to stimulate yourselves for greater efforts by never letting a day pass without spending fifteen minutes at least with some one you feel is superior to you or by reading for that length of time in a good book.

an to show you. All the guides to the bureau for the benefit of tourists and other ignorant people—which includes all Washington people, for Washington people are the most ignorant people on earth about Washington institutions—all the guides, and there are seven of them, are women, young women and pretty women at that.

And how the people do visit! Three thousand a week, said a guide. That's 500 a day. And that's one a minute for every working hour of the day. Pretty constant stream of callers that.

Not so many years ago three decrepit old men were the guides. Now the seven are women, which is significant, and one that typifies the work done in the bureau, for here, of the 3,000 employees, more than half are of the feminine persuasion.

These young and good-looking guides will explain how American money is printed on the back, then put in cold storage, where it goes through a drying process; then sorted and the imperfect sheets thrown out; then printed on the face, and then perforated and put up in packages to be sent to the treasury for the government seal.

They generally tell how useless it would be for any one to try to rob the wagon containing this money. In the first place, because six guards always accompany it; and, in the second place, because the money at this stage of its manufacture wouldn't be any good, anyway.

"It is seven days after a bill is printed on its back before it is printed on the face," said this visitor's guide. "It takes thirty days to make a silver dollar bill, and forty to make a gold one. The gold one is printed three times, twice on one side, because it has to have the word 'gold' and a little splash of gold on this side before the face can be printed."

Then she led the visitor to the framed dollar bills fastened to one of the walls in the hall, and showed these bills, calling special attention to the gold certificate, and then led the way back to the front door and said adieu. It was all over in ten minutes.—Washington Post.

Furs Growing Scarce in Siberia.

The wealth of Russia in furs is being rapidly sapped. It is reported in a certain district of the Yenesei government, where fifty years ago hunters annually shot 25,000 sables, 6,000 bears, 24,000 foxes, 14,000 blue foxes, 800,000 squirrels, 5,000 wolves and 200,000 hares, hardly a sable can be found to-day. The blame is laid to the wanton destruction of wild animals in the course of the hunting expeditions. No steps seem to have been taken to put a stop to this.

Bullfrogs as Sentinels.

A Pennsylvania fisherman has discovered that bullfrogs act as sentinels to fish, and that it is useless to try to catch bass when a deep-roared bellowing frog is watching.

They tell of a young man who was educated so much that he finally had all the native sense educated out of him.

WOMEN MAKE PAPER MONEY.

Even Guides at Bureau of Engraving and Printing are Girls.

The government and the banks, and even the postoffice, would be in a hole for a time if all the women in the bureau of engraving and printing should drop dead all at once. That shop would have to close up pretty quick. Why, you can't even go over there and look around without a woman

What's in These Names?

The Japanese words for Kuroki, the Japanese general, mean "black tree," while the Japanese words for Kuropatkin, the Russian general, mean "black pigeon."

One of these days the wind will catch hold of the end of that long veil a girl wears and twist it around her neck and choke her to death.

SUBSTITUTES FOR TEA.

Leaves Found in the American Woods that Have Served Well.

Many substitutes for tea can be found in any ordinary woods, says the Washington Star. The idea is not a new one, for many country folks made use of the substitutes in the days when the luxury of Chinese tea was not so easily afforded as now. Before the Revolution, when the colonies were in a turmoil over the stamp taxes, it was considered unpatriotic to drink tea that had paid tribute to the government, and the so-called liberty tea was the popular drink.

The four-leaved loose strife was, no doubt, the herb from which this beverage was made, possibly with the aid of various other herbs. This plant grows a foot or two high and may be recognized by its simple, upright stem, upon which the leaves are set in whorls of four or five, the yellow starlike flowers being produced on long, slender stalks from near the base of the leaves. It is common to almost every woodland. The leaves of the New Jersey tea, a low bush which grows everywhere in dry woods, and bears in June and July a profusion of delicate white blooms, was also extensively used during the Revolution. An infusion of the leaves boils a bright amber color, and in looks is as attractive as the real beverage, but the taste, though astringent, is by no means lively.

Some effort has been recently made in commercial circles to revive the use of this plant as a substitute for tea. The leaves are said to contain about 10 per cent of tannin. Hemlock leaves and those of the arbor vitae have played an important part in the making of rustic tea. The arbor vitae is a tree that grows wild in great abundance in northern woods, and the old-time Maine lumbermen used frequently to resort to its leaves for tea when other herbage failed them for the purpose. It was thought to be very invigorating.

The leaves of the wintergreen, a small plant, whose bright red berries, about the size of peas, are sold on the streets under the name of teaberry, have long been used for tea. From this it takes the name by which it is known in Pennsylvania. New Englanders for some unknown reason call it checkerberry. The foliage is very aromatic, and people who like a dash of spiciness in their drink have sometimes added its flavor to real tea.

It is near of kin and similar in taste to the creeping snowberry, a small, delicate vine, abundant in the north bogs and mossy woods of the west and Allegheny regions, and this is also approved by mountain palates as a substitute for tea. Thoreau, in "The Maine Woods," tells of his Indian guide bringing it into camp one night and recommending it as the best of all substitutes for tea. "It has a slight checkerberry flavor," he records, "and we both agree that it was better than the black tea we had brought. We thought it a discovery and that it might be dried and sold in the shops."

Better known as a tea plant is the Labrador tea, or the ledum latifolia of the botanists, which grows in cold bogs and mountain woods from Pennsylvania northward. The leaves, which emit a slight, not unpleasant fragrance when bruised, are tough and leathery and covered with a rusty brown wool. Steeped, they give a wild, gamy flavor to hot water, and the drink resulting suggests a poor grade of black tea.

Sweet fern, which is such an abundant growth everywhere on sterile hillsides and by mountain roads, is another famous tea plant, often known as "mountain tea." In the War of the Rebellion its use for tea was particularly prevalent in the Southern States, and many a Southern lady who was reared in luxury was reduced to drinking this poor substitute for her favorite Oolong or flowery Pekoe.

The foliage and flowers of all the golden rods are imbued with an astringent principle and are moderately stimulant, so that their suitability for the manufacture of a domestic tea was recognized by the American colonialists as long ago as when George III. was king over them. One species, the fragrant-leaved golden rod, known sometimes as Blue Mountain tea, possesses, in addition, the flavor of licorice. Drunk piping hot in the wilderness it makes a pleasant feature in the camper's limited menu. This especial kind of golden rod begins to bloom quite early in the summer and is easy of recognition, even by the non-botanical, because of the licorice perfume which the leaves give out when rubbed. It is a very common species in the pine barrens of Jersey.

The astringent quality, in a greater or less degree, is possessed by nearly all these plants. They also contain considerable tannic acid in their make-up. These two qualities go far to make tea the popular beverage it is.

Miss Gentry's Curious Hat.

Miss Gentry has in her collection a ladies' hat which is strictly an agricultural product. The body of the hat is vegetable cream lace; the trimming is flowers made of grass rope and corn husks, parti-colored, and ribbons of cotton batting, natural color, the whole ornamented with peacock feathers. The gourd takes a beautiful finish, and Miss Gentry has varnished and ornamented her collection so as to make it exceedingly attractive as well as instructive. She has a banjo made out of a gourd and covered with buckskin, and on a large sugar gourd is a bar of music of the old negro reel, "Sugar in de Gourd." One who is familiar with the old-time negro would associate with it "Habbit in de Pea Patch," and the old-time cotton picking and corn shucking and the dance at night in the cabin on the punchion floor, or the summer time negro dances in the moonlight on the lawn.

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