## MUSCLE AND VITALITY.

**An Athlete Points Out How Development of One May Sap the Other.**

It is the custom during the early summer afternoons and evenings of men interested in boating to wander along Harlem Heights and watch the oarsmen getting in trim for their annual contests. Among this number last week was a man who was once the best all-around athlete in the east, and who has now attained eminence in the medical profession of New York. His opinion of the men in the various boats, as expressed to a reporter for the New York Times, was that they appeared too eager to sacrifice vigor for muscle.

"The popular notion is," he said, "that the bigger and more conspicuous an oarsman's biceps are the more vigor he has. As a matter of fact the relation between the size of a man's muscles and his vitality is not nearly as close as is generally supposed. Some of the strongest athletes I have known have gone under at critical moments because of insufficient vitality. They had built up tremendous and powerful muscles on the exterior of their bodies at the sacrifice of the power within the body that we call vitality.

"It is a comparatively easy thing for any ambitious athlete to develop large muscles and do it with such success that he will almost ruin his staying powers. Certain exercises, carried on moderately, that tend to build up muscular tissue, will also build up vitality, but it is an indirect and not a direct relation. If you will notice some of the men in the practice crews, they have sunken eyes, drawn cheeks and show very clearly the effects of the vital strain under which they are practicing. If I mistake not, many of them will be compelled either to take a good rest or drop out before the final contests.

"The same thing is true," he continued "of men in business life. When a man comes to me for nervous treatment I usually find that he has been working too long. But it is more difficult for me to get him to shorten his hours than it is to induce him to take medicines. The hardest and most disagreeable prescription to some men is rest. The men of the greatest force in the world are the men of greatest vitality. A man who takes care of himself and does not overwork and overstimulate will resist disease where another man, under precisely similar circumstances, will succumb to it.

"We all know busy men who are not sick, but who have comparatively little physical power. They lack vigor and they cannot stand the strain of hard work. Professional baseball players and men who play golf are not necessarily men of muscle; but they are men of good vitality. There I have been preaching a little sermon from Harlem Heights; but if some men will take a hint from it and develop the vitality that will surely avail them in time of unusual strain, mental or physical, I shall not have talked in vain."

## WHEN WHALES DIVE.

**One Hundred Yards Believed to Be the Maximum Depth of Their Plunges.**

Both whalers and naturalists have usually held that when whales "sound," they descend to great depths. One writer on the subject estimates that the larger members of the group dive fully a thousand yards. In a memoir published in Belgium, and noted recently in Knowledge, Dr. Racovitza challenges this belief, and states that, in his opinion, 100 yards is the maximum depth to which any whale can dive, and that many species cannot reach anything like that limit. Says the writer:

"Why should whales want to go to such depths? All whales sound for the purpose of obtaining food; and in the profound darkness of 1,000 yards what food could they get? Those species which feed on animalcules might perhaps obtain what they want. But how about the species which feed on fishes and cuttles? At a depth of 1,000 yards they certainly could not use their eyes to detect non-luminous species, and we have no evidence whatever that they feed on the self-luminous deep sea fish and cuttles (if indeed there be any of the latter). On the contrary, the available evidence indicates that they feed on ordinary light-dwelling fishes and cuttles which live in much shallower zones. But this is not all. It is known that the effects of a pressure of more than three atmospheres proves fatal to human life, and although we may believe that whales can stand treble this pressure, or nine atmospheres, which would occur at about 1,000 yards' depth, is it conceivable that they could resist the effect of ten times the latter pressure, or 30 atmospheres? Moreover, does it seem possible that a whale whose body is only slightly more than water at ordinary pressure could exert the muscular force necessary to propel that body to a depth of 1,000 yards?"

Dr. Racovitza contends further that we has never shown one of the requirements that individuals will follow a ship for days which they could not well do if they dived.

**Reflecting Telescopes.**

Recently it was stated that reflecting telescopes indicate that in a good atmosphere the finest details seen by the greatest refractors of all kinds are at a disadvantage 500 times as great as that revealed by our best reflectors. There is such an instrument. Could it cost seven times as far as any that have been yet observed.—Science.

**Egyptian Typewriters.**

Typewriters with Arabic letters are now being used in Egypt.

## ISLAND OF JAN MAYEN.

**It Was Discovered by Henry Hudson, But Another Man Gets the Credit For It.**

One of the newspapers, speaking recently of the exploratory enterprise on the island of Jan Mayen, north of Iceland, said that the island was named after the man who discovered it. This is a slight inaccuracy which is found in nearly every encyclopedia in existence. The island of Jan Mayen was discovered by Henry Hudson in 1607, four years before it was visited by the Dutchman whose name it bears, says the New York Sun.

The bee in Henry Hudson's bonnet was a consuming passion to find a short passage which might be utilized by the maritime nations of northwest Europe in their trade with the orient. Everybody knows that he was cruelly set adrift to perish in a small boat in Hudson bay after he had found that Hudson strait and the great bay to which it led him were not a part of the northwest passage to China and India which he was seeking.

At an earlier date he had the idea that he might find a short passage to the orient by traveling right across the northern apex of the earth to the eastern countries on the other side of the polar regions. So he skirted the edge of the ice pack all the way between Greenland and Nova Zembla, looking in vain for an opening in the pack.

It was a great geographical work. Hudson proved that there was no royal road across the pole to the orient.

He traced for many hundreds of miles the southern edge of the great frozen sea that covers the northern top of the world. He dissipated forever the erroneous notion, long held by sailors, that sea ice could not form far from land.

He did not get very near the pole; but he discovered the little island of Jan Mayen, with which his name should have been associated. Hudson gave to the island the name of Hudson's Touches; but when Jan Mayen visited the island in his ship Esk he made a great deal more noise over the exploit than Hudson had thought worth while, and attracted so much attention that his name was given to it.

It was another case of Columbus and Americo Vespucci. The original discoverer was not honored in the name of the thing discovered. Not only does the island bear the name of the Dutchman, but one of its extinct craters is known as the Esk, from the name of his vessel. Those who read Arctic books, however, know that we have a more satisfactory account of Hudson's discovery of the island than of the subsequent visit of Jan Mayen.

## REMEDY FOR HAY-FEVER.

**Antitoxin Found in Pollen of Certain Grasses Used with Beneficial Effect.**

Sufferers from hay fever will now be rejoicing, no doubt, that their special malady, which has hitherto made them look forward with something like dread to the approach of early summer, is at this moment the subject of extensive experimental research at the hands of Prof. Dunbar, of Hamburg, and that so far as his investigations go, judging from Sir Felix Semon's report in the British Medical Journal, there seems to be a reasonable likelihood that in the near future medical men will be in a position to treat the complaint on a basis of rational pathology and therapeutics, says the Hospital.

Up to the present time the only sure way of obtaining relief from the affection has been to run away from it and to abide the summer in some place where the baleful pollen is not, a course obviously impossible for the many.

Now, however, according to Prof. Dunbar, the toxin has been discovered. He has isolated from the pollen of certain grasses a toxic substance which, when applied in very dilute solution to the eyes or nostrils of individuals who are subject to hay fever, produces within a few minutes the characteristic local symptoms of the complaint.

The toxin solution has no effect upon one who is not a sufferer from hay fever.

By injecting the pollen of various grasses into the circulation of certain animals—rabbits, goats and horses—Prof. Dunbar has succeeded, he believes, in producing an active antitoxin, which, when applied to the eyes and nostrils of hay fever patients in whom the local symptoms have been produced artificially by the previous employment of the toxin, immediately quells the subjective symptoms and in a few minutes causes the objective signs to subside.

Grasses appear to be the chief offenders in causing the affection, for Prof. Dunbar has failed to discover the toxin in the pollen of roses and many other flowers.

The toxin was obtained in sufficient quantity for experimental purposes by extracting the pollen of bushels of maize with saline solutions at the boiling temperature for several hours, and by precipitating the toxin from the solution with alcohol. The antitoxin was obtained by injecting the toxin into horses.

**A Mammoth Hog.**

A pen has been made for the behemoth of the Knights of Pythias in Harvard, Nebraska. It is 12 feet 8 inches long by 5 feet six inches wide, or in other words, contains 1,339 square feet, or 149 yards. It is unusually heavy, taking 20 men to handle it. Special pens had to be made for rolling it on.—Chicago Chronicle.

**Rare Collection for Harvard.**

Harvard university is to have the famous ornithological collection of Baron de Selys of Brussels, through the bequest of Mr. Curtis. It is rich in extinct birds.—N. Y. Sun.

## EARLY MEXICAN PYRAMIDS.

**They and a City Antedating Columbus Are Described by an Archaeologist.**

Great archaeological value is attached to the discovery of an ancient city in a remote portion of the state of Puebla, and in order to ascertain the exact import of the find the federal government has commissioned the subdirector of the National museum, F. Rodriguez, who is one of the foremost Mexican engineers, to visit the ruins and make investigations, says a special to the Philadelphia Press. Dr. Nicolas Leon, the archaeologist and ethnologist of the institution, accompanies him.

Dr. Leon reports that the ruins have never been known to the world of science and that they are the most primitive that have been discovered in Mexico, and are, in fact, so ancient that it will require a great deal of time and study to learn in what epoch they were built as well as by what people. Dr. Leon has made the following statement in reference to the discoveries:

"In a range of small hills that extends from north to south from the high neighboring mountains we find a very numerous series of pyramidal constructions guarded by elaborate trenches and connected, for the purposes of communication, by wide avenues, which were set off at intervals by sloping acclivities, platforms and staircases. All the pyramids were found to be quadrangular and to have been built with especial reference to the cardinal points. Those important monuments were constructed entirely of rocks and sandstones cut and laid in juxtaposition. The surface dressing of the pyramids is small stones worked into cubical forms of very ornamental appearance and laid close together.

"As a rule, every four of the pyramids surround a court. All of them are so grouped that each and every one of them guards the entrance to the courts. But if in any case the entrances are not protected, great walls with bases much wider than their summits reenforce the pyramids. These walls are of such sizes that their summits are really streets.

"They are well paved with flat stones and have platforms, staircases and sloping acclivities like the avenues. On one of the highest of the platforms and at the bases of all the pyramids we found pieces of pottery which have certainly made before the time of Columbus and which were evidently the remains of a civilization relatively more advanced than that of the builders of the pyramids.

"We found also many sculptured scenes in bas-relief of prehistoric times. Figures of human beings and animals in stone and iron were quite numerous. Domestic utensils of stone painted rose color were scattered over the ground.

"Stone knives and arrow heads of the obsidian epoch were encountered in great abundance. Lowerlies of the mountainous country are covered with ruins."

## ELBOWS ON THE TABLE.

**Habit of American Women Attributed to Desire to Display Their Bracelets.**

If the social curriculum still includes such instructions as "Don't put your elbows on the table" and "When walking and standing keep the elbows close to the side," few persons outside of the nursery think of paying any attention to them. An English woman stopping in New York drew attention to this interesting circumstance the other day, says the Sun, of that city.

"I have been very much surprised," said she, "at the way American women sit with their elbows on the table on all occasions.

"Everywhere they do it—in private houses and in restaurants, at the most formal breakfasts, luncheons, dinners, suppers. When one hand is in use, they lean on the other elbow, and whenever they get a chance, as between courses, both elbows are propped on the table and the hands clasped under the chin.

"The other day I went past one of the Fifth avenue restaurants at the dinner hour, and at nearly everyone of the window tables was a woman leaning on her elbows. Why, even in some of the smartest photographs I have seen of late women are posed with clasped hands, leaning their elbows on a table in front of them. And yet probably those very women were brought up never to put their elbows on the table."

The American to whom the English woman was speaking admitted, with a laugh, that everything she said was true.

"I find myself doing the same thing," the American confessed, "especially since I came into possession of a diamond pendant bracelet.

"The growth of the habit, I think, dates from the time that the very slender chain bracelet, worn sometimes twice around the arm and finished with a jeweled pendant, came into fashion. As a rule the weight of the pendant swings it toward the under part of the wrist, therefore it is seen to better advantage when the arm is raised.

"Many of these ornaments are superb and possibly the owners think it would be an awful pity not to show them at their best. I had no idea, though, that the habit had become so general that a stranger would notice it."

"General!" echoed the English woman. "Why, it seems to me an exception to find a New York woman who can get through a meal without planting her elbows on the table. Just look for yourself."

**Legal Way.**

Fred—Well, if Lou marriage is a failure she will only have herself to blame.

Mab—O, she'll have her husband.—Stray Stories.

**Recruits Shine Your Shoes.**

The Salvation Army has been granted a monopoly of the street shoeblacking business in Copenhagen.

## COAL IN NORTHWEST.

**Mining Industry in State of Washington Increasing.**

**Fields Extend in Broken Line from Canadian Boundary to Columbia River—Nature of the Product.**

At the world's fair in Chicago the state of Washington exhibited a chunk of coal weighing 25 tons. It excited considerable interest because those were the young days of important mining in that state; and the Pacific coast is not able to boast of such enormous coal resources as are found further east, says a report from that section.

The geological survey of Washington has just published a map showing the distribution of the coal fields in the state. One may see at a glance that all the coal fields yet discovered are situated quite conveniently to the sea.

They extend in a broken line from the Canadian boundary to the Columbia river. One group is situated on or near the sea, a little above the northern end of Puget sound; another group lies to the east of Seattle and Tacoma, and still other fields are south of Puget sound.

Altogether there are 17 fields which are contributing more or less to the coal supplies. Some of them are entirely within the Puget sound basin, and others lie between it and the foothills of the Cascades. It is fortunate for Washington, which is not overburdened with railroads, that her coal fields are so conveniently situated for the water transportation of the fuel.

It has been said that the coal of the Pacific coast is not of a superior quality, and this is true. But Washington mines a great deal of coal of the most useful kinds.

There are some beds which are classed as anthracite, but the fuel is not mined and is believed to be inferior; a large supply of lignite is mined, and a great deal of semibituminous coal, which is excellent for locomotives and steamboat use. Nearly all of it is used for steam making. A higher grade of coal is the bituminous coking coal, a part of which is turned into coke, while far larger quantities are used for steam and domestic purposes.

Last year Washington produced the largest quantity of bituminous coal mined there. There was no very important production before 1886, but nearly every year since then the quantity mined has increased. It amounted last year to 2,690,789 short tons.

The larger part is consumed in the state, and as time goes on and the population increases the home market will require much greater supplies. The largest use to which coal is put is in the making of steam for locomotives, steamboats and stationary boilers.

Wood is extensively used as fuel in western Washington, but in the timberless region of the eastern part of the state coal is used for all purposes, and is chiefly supplied by the Roslyn district, which furnishes nearly half the coal mined and is conveniently situated in respect of the transportation facilities afforded by the railroads and shipping of Tacoma.

The great bulk of the coal shipped from Seattle and Tacoma goes to San Francisco, but a number of cargoes were sent in 1901 to Hawaii, as well as to Alaskan ports. British Columbia competes with Washington in supplying Alaska, but that territory has coal of her own and is likely in a few years to become an exporter instead of an importer.

California buys almost one-third of the coal produced; the railroads of Washington and the adjoining states are also large purchasers, and about 500,000 tons a year are consumed by steamers in the foreign and domestic trade.

## FOREIGN BANKING METHODS.

**Conservatism in Periods of Prosperity Contributes to Stability in Stress and Storm.**

In France or in England, for example, the specie reserves of the whole country are concentrated very largely in the vaults of a central bank, says Prof. Charles J. Bullock, in Atlantic. The Bank of France and the Bank of England occupy an independent position, and are dominated by no outside interests that can involve them in the fortunes of special enterprises. Sobered and steadied at all times by an appreciation of the enormous moral responsibility that rests upon them the managers of these institutions adhere to their ultra-conservative policy even when the spirit of speculation is rampant in other financial circles. Against its enormous deposits the Bank of England maintains a cash reserve of over 50 per cent, while the position of the Bank of France is even stronger, when, therefore, other banks experience a demand for ready money, relief can be quickly afforded by these central institutions. And it is only through such conservatism as these banks display in periods of prosperity that they can contribute to stability in times of stress and storm. When it is remembered that the reserves of the New York banks seldom exceed very greatly the 25 per cent limit which has been established by law and by custom, the contrast between American and French or English conditions becomes at once apparent. For an independent bank, which is free to seek its own safety at the approach of danger, a reserve of 25 per cent should ordinarily prove to be ample; but for institutions that aspire to the rank of central banks such a safeguard must be wholly inadequate.

**Safe.**

"What do you think of my new novel?" said the industrious author.

"You are safe in one respect," said the inconsiderate friend. "There is nothing in it good enough to put you under the suspicion of plagiarism."—Washington Star.

## AMERICAN BANKING SYSTEM.

**Democratic in Its Tendencies and Well Adapted to Needs of Vast Territory.**

Ever since Andrew Jackson overthrew the Second bank of the United States, the American banking system has consisted of a large number of small institutions possessing little desire or power of helpful cooperation. Large banks with numerous branches, such as exist in Canada and Scotland, have been unknown in the United States, save for a few transient enterprises of ante-bellum days, writes Prof. Charles J. Bullock, in Atlantic. A central institution, enjoying federal patronage and serving to unify banking interests, has been a political impossibility since Nicholas Biddle rashly ventured upon a trial of strength with the masterful statesman from Tennessee. National banks, state banks, private banks, trust companies, competing vigorously for public favor, have met tolerably well the needs of the country in fair weather; but in times of stress and storm these separate institutions have been unable to oppose a united front to the forces of financial disorder. Yet, upon the whole, this decentralization of banking interests has been generally approved as democratic in its tendencies and well adapted to the diverse needs of our vast territory.

At the head of the system stand the national banks, which possess the exclusive power to issue circulating notes. For 20 years following the civil war this privilege remained sufficiently remunerative to gain for these institutions a decided predominance over the banks of deposit and discount incorporated by the several states; but since the early eighties causes which are well understood have reduced the profit derived from the issue of notes, and have decreased the attractiveness of a federal charter. . . . In point of resources and banking power the national associations still retain their preeminence, having nearly three times the capital and over twice the deposits shown by the state institutions; yet banks of the latter class are increasing more rapidly than those of the former, despite the temporary influence of recent changes in the national banking laws.

## FASHION'S PASSING FADS

**It Is Better to Keep in Line with Them Than to Be Considered a "Back-Number."**

The man and the woman of average intelligence, average good sense and an average amount of cash have reached the conclusion that it is as a rule far better to obey the decrees of fashion than to defy them and seek to be beyond their influence, says the Baltimore American. The man who wears a last year's straw hat when he can afford a new one simply invites unfavorable criticism, and the woman who does the same thing has never yet been discovered. This does not mean that all sensible people are fashion's slaves, but it does mean that they generally treat her varying decrees with more consideration than they give to many rules which are laid down for their conduct.

One of the latest decrees issued from this temple where so many worship is to the effect that bric-a-brac has outlived its usefulness and must depart. Just where it is to go is not specified, but it can with safety be placed in the garret or thrown at the heads of the opera company which insists on giving its concerts, with the back-drop and stage. Bric-a-brac has long been a weight of all kinds of meaning, including ornaments from a little china dog to a valuable mosaic. Of course, all cannot be treated alike, and good judgment must be used in thinking about their final departure.

Good reasons are given for this decree. Bric-a-brac has so multiplied in many parlors that the visitor has to be very careful lest he sit down on some fragile ornament or knock half a dozen inoxious and wholly uninteresting pieces of glass or china off the center table or the mantel. Reducing the number of these things may therefore, prove a distinct blessing to men, the majority of whom are more or less awkward, and cannot fail to lessen the burdens of the housekeeper and of the maid who is expected to dust all this collection of animal and mineral freaks at least once a week.

**Business Epitaph.**

Amusing epitaphs are not difficult to find if one is seeking them. The Cheshire Republican cites a most single one, which may be found on a monument in eastern Tennessee.

"Sacred to the memory of John Smith, for 20 years senior partner of the firm of Smith & Jones, now J. J. Jones & Co."

The names are not really Smith and Jones, but they will answer for the purposes of the story. "I met Jones lately," says the narrator, "and he gave me a frank explanation of the inscription.

"Smith was a bachelor, without relatives," he said. "But he knew a tremendous lot of country people, and if any of them happened to see his grave they might think that the old house had closed up and gone out of business. So I thought it no more than right then to let them know that the firm was still alive."

**What Nerve.**

Taddles—I used to think a good deal of Craddles but—

Waddles—You don't say so? What has he done?

"The other day I asked him to call round and give me his opinion of an article of mine on 'The Impending Crisis.' Well, he came, all right; but he brought a little thing of his own for me to hear, and, confound him, he wasted all the evening with his egotistical trash."—London Tit-Bits.

## THROW BOOMERANGS.

**Popular Sport Now On in the Capital City.**

**Amateurs Hurl the Dangerous Toys, But Have Yet to Learn to Make Them Return to Them.**

Throwing boomerangs—not the political kind, but the real ones—is coming to be a popular sport in Washington, or rather in the suburbs of Washington, for boomerang throwing in large cities is nearly as dangerous as rifle practice, says a report from that city.

The Washington Boomerang club, with a membership of respectable proportions, has been organized, and grounds for practice have been secured and the new sport is in full blast.

The men who have gone into the fun say a person may become just as much of a boomerang crank as a baseball crank, or a fishing crank or a golf crank.

A while ago, Prof. Walker, of Cambridge, England, who has been in for nearly every kind of out-of-door sports, went to Washington and told some scientific men there that he knew no better fun than boomerang-throwing, and that in addition to the physical exertion necessary, the training given the eye and nerves was a little better than anything he knew of.

More than that, Prof. Walker had some boomerangs with him, and he took the gentlemen to a field in the suburbs of Washington and showed them how the trick is done.

The sport took instantly, and the scientific men went prowling around lumber yards looking for white ash to make boomerangs of.

It seems that a rude Australian will go into a store and buy boomerangs by the dozen, but that is not the etiquette of the game as imported from Cambridge to Washington.

More than half the skill in the sport is in making the boomerangs. It is made of white ash steamed and bent into the desired shape.

Of course, the Washington players are not expert boomerang makers yet, but they have got along so far in the [illegible] that no mortal can tell where it will go when thrown with great force.

After awhile, through the exercise of much patience, they hope to get the business down to so fine a point that the boomerang will do what is expected of it—describe certain movements in the air and return to the feet of the thrower.

Until skill has been acquired on the part of the players, boomerang-throwing is pretty dangerous for everybody within a radius of some hundreds of yards.

In the hands of an inexperienced thrower a boomerang may go anywhere except where it is intended to go, but wherever it does go it goes with tremendous speed.

When the boomerangs thrown by the Washington throwers come to earth they go into the ground so fast that it is often a task to pull them out.

Were one of the things to hit a man or even a horse a painful wound would be the possible result, and since, the law is upon the head [illegible] might follow.

## NEWS A CENTURY AGO.

**How the London Times Treated Such a Sensation as Expected Invasion of London.**

An interesting instance of the manner in which newspapers have developed in the last two years is now being furnished by the London Times, which, since its centennial anniversary, has each day printed a quotation from its issue of the same day 100 years ago.

At this period in the last century Napoleon Bonaparte was busily preparing to invade England with an immense army. One can imagine how a modern newspaper would have treated such a "story" as this. Here is how the Times referred to it in 1803:

"We yesterday received the Paris papers to the 3d instant inclusive.

"They continue to be filled with addresses to the First Consul and offers of gun-boats for the invasion of this country. They also contain directions for the ceremonial to be observed by the Clergy of the different towns, which is to sanctify the reception of the First Consul. Among other forms the Bishop of the place is to present the Cross to him to be kissed, on his arrival at the gates, that Cross which he so grossly degraded and insulted in Egypt, by displaying it as subject to the spiritual predominance of the Crescent.

"Accounts from Dunkirk state that the preparations making for the expedition against this country are on a very extensive scale. It is said that a Camp of 12,000 men is to be formed near St. Omer, one of 60,000 at Cherbourg, and another of 40,000 in Holland."

**Effect of Sunspots.**

It is only an irrigation, as, according to Charles Nordmann, that any effect of the sunspot period upon mean annual temperature can be detected. From the records of 12 such stations it appears that the annual temperature varies with the sunspots, and that the coldest years are those of maximum sunspots.—Science.

**Art Treasures of Timgat.**

Algiers has its Pompeii, the ruined city of Timgat, in which a number of art treasures have recently been found. They will be added to the Louvre collections in Paris.—London News.

L'ABEILLE DE LA NOUVELLE-ORLÉANS

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