## ARE UNCANNY FOES.

GREAT BRITAIN'S TROUBLES IN SOMILALAND AND THIBET.

The "Mad Mullah" and the Grand Lama Hard Customers to Handle-Personalities and Powers.

Never before has this country been onmosed by two such mysterious and uncanmy fees as she is grappling with at the present time, says London Tit-Bits, in the persons of the Grand Dalai Lama of "Thib-t and the "Mad Mullah," who, with his followers, is a trouble to us and withers in the regions round about Abysminia. In both cases we have now big expeditions out against these enemies. and the curious thing is that at no time has any Englishman ever seen either of them, nor is ever likely to do so unless the campaigns are so completely success-Rul that there is no escape for any of the

defeated. Not only no Englishman, but no white man at all, has ever set eyes on the person of the grand lama, who never leaves his palace at Lhassa, to which city no whites are permitted admission. He is probably the strangest monarch who ever sat upon any of the thrones of the world. The country is entirely under the rule of the lamas, or priests, and he, be-Ing the chief of them, is the supreme ruler, and a kind of Buddhist pope. He is thought to be omnipotent; but, though the people are not supposed to understand the course of procedure, in actual bractice the reins of government are whichly in the hands of a prime minister and a council of nine, of whom a bare imajority are lamas.

'Some 'very extraordinary duties dewelve upon this prime minister. It is the Arecition of the grand lamas, brought wlewn from time immemorial, that they wever live long, but that when they are about 15 the spirit carries them away, and then descends upon another little child, who forthwith becomes the grand mana and is duly worshiped as the allpowerful monarch of religious Thibet. This part of the business has to be very marefully arranged by the reigning prime minister, who sees to it that in one way mer another the grand lama at about 15 stuly and most mysteriously dies, and When he announces to the people that if - Chey visit a certain house in a certain street they will find there a little child ween whom the spirit has descended and who will thenceforth be the grand lama and their chief ruler.

They visit the house in question, and To their joy find a child exactly answer-Umg to the description given by the prime minister, who, of course, though he does ant tell them so, has been there beforekand. The child is then carried off to the great palace, or Potala, and, notwithmanding the limits which he soon begins to understand are assigned to the dura-Mion of his life, he appears to have a very

He sits upon a fancy oriental throne, serving a yellow hat and a vellow garment. The last grand lance that was seen by anybody was described as being bright and fair, with rosy cheeks and large d penetrating eyes. He was then about light years of age, and was already deweribed as being emaciated and looking stigued and weary.

Once a year the grand lama is vindicatand before all his people, as it were, by a most curious proceeding. A "demon" is brought out to toss dice against the grand lama's representative. The grand Sama has never been known to tose, and it usually happens that shortly afterward the demon, who is an ordinary Thibetan, dies or disappears. The dice are loaded, so that the grand lama must win: if he did not everybody would think There was something very radically swrong with either him or their country.

Now the "Mad Mullah," who is giving so much trouble to us out in Somaliland. as a much more practical person, but only la little less mysterious. He too, is a areligious chief, of the Mohammedan persuasion, who has been several times to Mecca, where he is held in great esteem. Though the nickname which has just been mentioned sticks to him, he is not really, mad at all, and the better title for him is "The New Mahdi." His real name Abdulla Achur. His father was a abepherd in the Somali country, and the son was brought up among the herds

One day a Mohammedan missionary zame along and offered to buy him from this parents and to train him up to a re-Migious life. The offer was closed with. and the result is that British expedition. after expedition has nowadays to be dismatched to Somaliland in a hitherto vain emdeavor to catch this late shepherd boy and break his enormous power

He is now about 33 years of age, is tall and thin, with a dark skin and a small. zoat-like beard. He is a very learned man, eloquent and possessed of much monjuring ability, which comes in useful for impressing his followers as to his great powers. His influence over these Collowers is irresistible. He excommunicates every one of them who does mot abide by every detail of his teaching. and he has passed many decrees as to marriages and the like, one of which makes it illegal to be married by anyone who is subject to the king of England, and that all such marriages are null and

Fish Distinguish Sounds.

🚵 Spanish naturalist, Dr. Ribera, hag proved that fish can hear and distinguish sounds and words. Concealing himself Shehind a bush, he taught the carp in a pend to come to the surface for food every time he spoke a certain sentence. To other words, not associated with faeding, they paid no attention.

An Antidote.

Mrs. Housekeeper-Back again? wren't you the man I gave a pie to this .morning?

Hungry Hawkins-Yes'm. I came mak ter see if yer wouldn't gimme mome dyspepsia tablets.—Philadelphia WORLD'S SUPPLY OF OPIUM.

An Industry That Is Far More Extensive Than the People of This Country Know For.

Few people have any idea of the vast areas given over wholly to the cultivation of opium. The consumption and the manufacture of this drug, far from being on the decline, are on the increase to an almost incredible extent, says the Scientific American. The greed for gold is far more predominant in the human make-up than is the philanthropic spirit which seeks to elevate mankind, though its purse may suffer in so doing: England reaps more benefit from the cultivation of opium than all other na-

tions put together. In the district of Bengal alone there are nearly 1,000,000 acres devoted exclusively to the cultivation of the poppy. Its cultivation is legalized and in every way encouraged by the British government, which has an absolute monopoly of this industry in India. The two principal districts are presided over by and under the direct control of English officials residing at Patna and Ghazipur. The Bahar agency embraces an opium field of about 500,000 acres and that of Benares is a close second with 473,500 acres:

There is a flerce dispute going on just now as to the relative merits or demerits of opium. Many eminent men in the scientific world openly declare that opium is a blessing. The government experts in the country where it grows go so far as to say that opium is a blessing instead of being a curse to the natives. However, the vast majority of mankind will long be of the undivided opinon that opium is the most all-crushing curse that afflicts man. The enthusiasts, or, rather, extremists, of the International Anti-Oplum society picture the condition of India under the ban of opium in the most dreadful manner possible. According to one of these men, all of the 600,009,000 human beings in Asia are exposed to the evils of the opium trade as legalized by the British government.

## ATHLETIC SPORTS DO GOOD

Considerable Physical Prowess Shown by Women Who Indulge in Them.

For many years past the girls at the several institutions of learning maintained for their especial benefit have been indulging secretly in athletic training. The result is found to-day, says an exchange, in a more perfect womanhood. physically considered. Nowadays such training is no longer conducted in secret. Common sense rules, and our young ladies have their regular athletic meetings and play their interscholastic matches at suitable games, very much in the fashion of their brothers, says the Illustrated Sporting News. Now, what will be the result of these sweeping changes? Speaking as an ex-athletic who has enjoyed ample facilities for observing the effects of judicious exercise upon school fellows, I unhesitatingly say that the exercises and games now so eagerly followed by women cannot fall to be productive of great and lasting good. The benefits of scientific training of the muscles are well-nigh invaluable, the possible evils so few as to be unimportant. In these days the importance of a sound mind and a healthy body can hardly be overestimated, and only a deeply prejudiced person dare say that a vigorous, healthy, outdoor girl is not

the queen of her sex That we 'o-day have so many of them is a blessing the real worth of which will surely be proved later on. The outdoor girl of to-day is to be the mother of a race of stalwarts of the future, so surely as the race is to be perpetuated. Won.an's place in sport is right beside her brother. Should she, in some particular branch of it, move slightly ahead or fall a trifle behind, it matters not so long as she keeps in touch. Then her magical influence will refine and elevate without detracting from the value of his favorite pastimes, while she, in return, will learn many delightful things and find that priceless reward of outdoor life-robust health.

Not Ready for College.

An anxious mother wrote to President Eliot of Harvard asking how her son was progressing at the university. The reassuring reply gave no hint that the youth was not under Dr. Eliot's personal supervision. . But the mother was not satisfied. She visited Harvard without announcing her intention to do so and found her boy in his room, his clothes piled about on the chairs and his feet on his desk-smoking a pipe. What she said to him is unimportant, but what she said to the president has lived: "I sent my boy here, thinking you would take care of him-and see what I find!" Dr. Eliot patiently explained the impossibility of his giving personal attention to each student, but the irate visitor refused to be pacified. The president's good nature was giving way, but he dismissed the lady in this fashion: "Madam, we assume, in a large measure, that the men here know why they are here and can care for themselves. If your boy is not capable of this he is not

ready for college." Power of Victoria Falls.

'A company has been formed to develop the great Victoria falls, on the Zambezi river, in Africa as a source of electric energy. These falls rank among the greatest cataracts in existence. The total descent of the water is more than four hundred feet. At Niagara the total amount of energy running to waste has been reckoned at 7:000,000 horse power, but the corresponding energy of the Victoria falls is said to be no less than 35,000,000 horse power. When utilized, it is thought that this energy can be employed for working a large part of the South African railway, and that it can be transmitted by cable to the gold mines of the Rand, 300 miles and more away.

A JAPANESE LEGEND.

KOREA HAS LONG BEEN CONSID-ERED PROMISED LAND.

Pretty Story of an Empress Who Spoke for the Gods and Took Up the Reins of Government.

There is an old Japanese legend that in the year 200 of our era Emperor Ciual, a skillful lute player, was one day performing on his favorite instrument in the presence of his queen and the prime minister, when, perhaps as an effect of the music or from some other myst-rious cause, the empress rose and through her lips the gods spoke. "Away from here toward the west," cried the queen, "is a land rich in treasure; gold and silver glitter in the sun and the eyes are dazuled with the glory of the light. That land," turning to the king, "I now give to you." The emperor placed the lute aside and replied: "If you mount the highest mountain of the earth and look toward the west you will only see the limitless sea; there is no earth in that direction. The spirit of falsehood has spoken through your mouth," The gods were angered by this speech and replied through the lips of the empress: "You are not fit to rule this kingdom; take up your lute and continue your music. Taking up the instrument, Ciuai continued his melody, but little by little the sound grew fainter and in the imperial hall silence reigned, for the emperor was

This is the legend, says a London paper, which is in the mouth of every Japanese, the end of the legend telling us that Queen Gingo Kogo, after the death of the emperor, took up the reins of government, armed a powerful fleet and, with the aid of the inhabitants of the sea as well as with the assistance of the sea itself, rendered friendly by the gods, crossed the straits of Korea and conquered the three kingdoms of the peninsula. This expedition lasted three years. the queen dying in 269 at the age of 100 years. Of this ancient invasion of the Japanese there at present remain no traces in the traditions or records of the Koreans, the Japanese only appearing in Korean history a century later, when inthe war which arose between the kirgdoms of Sil'a and Pakge the latter asked

the assistance of the Japanese kingdom. At this early time Korean civilization was in its greatest splendor. Manufactures and trade enjoyed the highest prosperity. In fact, a few natives of Pakge, flying to Japan to escape the power of Silla, introduced among the Japanese the sacred Buddhistic sutras and those arts in which the Japanese later became proficient. Thus Korea appeared to the Japanese, a semi-barbarous people, as a sort of promised land, the capture of which would assure the prosperity of the empire. To this feeling another was soon added when Korea fell under the power of the Mongolians, when Kubilal decided to conquer Japan, the Korean army being obliged to take part in the expedition. Thus it was not alone the desire to obtain possession of a fertile country that impelled the Japanese toward Korea, but also the desire for reverge against the allies of the Mongolians.

From this time, the thirteenth century. commenced the incursions of the Japanese pirates, who filled the entire coast of the peninsula with terror. The great dream of conquest! however, was not brought to a climax until 1592, when the famous Hideybshi, the celebrated Japanese Napoleon, who desired to unite under his power all the territory of the extreme orient, as a first step toward this ambition sent his two generals, Kato Kiyomasa and Konisht Yukinaga, the latter a Christian, against Korea with an army of 150,000 men. Success smiled on the Japanese arms from the first, the cities of the peninsula fell one after the other, and in only 18 days from the landing of the invaders at Fusan Seoul was in their hands. The king of Korea, at the approach of the enemy, fled to the north in Leao-Tong, begging the help of China. After various undertakings of secondary importance and the destruction of the Japanese fleet by that of Korea, the armies of Japan and Korea. the latter with a strength of 200,000 men. met in a terrible battle under the walls: of Seoul. This was the bloodiest struggle of the entire campaign and, notwithstanding the greater number of their enemies, the indomitable courage and superiority of the Japanese arms in the end placed the victory in their hands. The Chinese and the Koreans fled to the north, while the Japanese, greatly weakened by their losses, retired to the south of the peninsula.

All attempts at peace, however, were fruitless because of the exorbitant demands of Hideyoshi and the latter again ordered his troops to proceed north. Seoul again fell into their hands, but the Koreans, who in the meantime had had time to reorganize their forces and to obtain new troops from China, this time opposed a flerce resistance. The Japanese fleet was again destroyed, while the army was obliged to retreat and to leave the peninsula.

Improved Peat-Making.

Peat has heretofore been made into coal or coke for fuel by a slow and tedious process based upon air-drying. But the steadily increasing demand for fuel led, a few years ago, to the invention of retort ovens for drying peat, which ordinarily contains 80 per cent. of water. The ovens are heated by the burning of the gases given off by the peat itself. Within a short time a new step has been taken in England through the invention of a combined mechanical and electrical process of drying and carbonizing. The fresh peat is placed in rotating cylinders, where the centrifugal force, aided by an interior beating device, expels nearly all the water. Electrodes connected with a dynamo are then inserted in the cylinders, and the current carbonizes the material, which is afterward pressed into briquettes.

CURED BY HIS OWN TALK.

When the Young Man Saw His "Boosy Monalogue" in Print He Signed the Pleyge.

"There goes a young man whom I saved from going to the dogs through drink," remarked a court stenographer, relates the New York Press. "No is a tiptop fellow and has plenty of ability, but two or three years ago he began to let red liquor get the best of him. He had a good position at the time and I don't think he exactly neglected his work, but it got to be a common thing to see him standing around barrooms in the evening about two-thirds full and talking foolish. A few of his intimate friends took the liberty of giving him a quiet hint. As usual in such cases, he got highly indignant and denied point-blank that he had ever been in the least under the influence. All the same, he kept increasing the pace until it became pretty easy to predict where he was going to land, and It was at that stage of the game I did my great reformation

"I was sitting in an uptown restaurant one evening when he came in with some fellow and took a seat at a table without seeing me. He was just drunk enough to be talkative about his private affairs and on the impulse of the moment I pulled out my notebook and took a full shorthand report of every word he said. It was the usual maudlin rot of a boozy man and included numerous very candid details of the speaker's daily life.

"Next morning I copied the whole thing neatly on the typewriter and sent it around to his office. In less than half an hour he came tearing in to me with his eyes fairly hanging out of their sockets.

"'Great heavens, Jack,' he gasped, 'what is this, anyhow?' "It's a stenographic report of your

monologue at -- 's last evening.' I replied, and gave him a brief explana-

"'Did I really talk like that?" he asked, faintly. "'I assure you it is an absolutely ver-

batim report, said I. "He turned pale and walked out and from that day to this he hasn't taken a drink. His prospects at present are splendid. All he needed was to hear himself as others heard him."

"THE HORSE BLEW FIRST."

And His Owner Got the Dose of Medicine Intended for the Ailing Animal.

An Irishman who owned a sick horse went to see a veterinary doctor up town some days ago, says the New York Times.

"So you've got a sick horse, Mike? Well, what's wrong with him?" said the doctor. Mike described the beast's symptoms.

"Oh, I can fix him up all right without seeing him. Here's some powder you're to give him; but he won't lick it up. Take a piece of paper and roll it up-se-into a cornuconia. Then put the end of that between his teeth and pour in the powder; and if it doesn't go down easily, just blow in the other end."

Armed with the medicine and these instructions, Mike departed. Next day, he was back at the doctor's office. "Well, how's the horse?" inquired the

veterinarian. "Better, I'll guarantee. Did you do as I told you?" "Shure, an' Oi did, sor; but the harse

is no better, an' Oi'm none too well mesif sor." "You're not well? What's the mat-

ter with you?"

"Well; you see, twuz this way, sor, Oi fixed the pa-a-per the way yez tould me an' shtuck it betune the harse's teeth. "Thin Oi put me mouth to the other ind to blow, sor."

"Yes; that was all right." "Och, but it wuzn't, sor." "What was the trouble?" "The harse blew first, sor."

SLANG NAMES FOR COINS.

Odd Terms Used in Different Countries to Designate Certain Pieces of Money.

Probably every country possesses pecultar or "slang" terms in everyday use for its coins. For instance, a "nickel" very well defines the American five-cent piece of currency, and a "red cent" in equally expressive, says London Tit-Bits.

In Scotland a man who "flies kites" is probably not worth a "boodle," which is an imaginary coin slightly differing

from the same term in America. . In England the same person would not be worth a "mag." A "kite" is an accommodation bill; a "mag" is the

smallest copper coin of the realm. On the racecourse one hears talk of betting a "pony," which is £25, or winning a "monkey," which is £500. The latter, however, is somewhat rare.

A "quid" only has reference to tobacco when the term is used by sailors. Among landsmen it means £1. Small gamblers play for "bulls" and "half-bulls" -in other words, five shillings and half-crowns. Collectors occasionally come across "joeys," or fourpennypieces, and a hansom cab driver will expect you to tip him with a "tanner," which is what he calls a sixpence, while the common appellation of a shilling is a "bob."

Fortune-Telling.

"So you think you could read my future if I would let you hold my hand?" asks the maiden.

"Well, don't you think it shows more consideration for you than to go out and figure on the stars?" he asked. Ten minutes later he was holding her

hand and his own future had been settled.—Judge.

ONCE IN ERUPTION.

MOUNT RAINIER FORMERLY AN ACTIVE VOLCANO.

Recent Tremblings Give Evidence of Internal Fires Which Threaten to Again Burst Forth in Upheaval.

It is now the generally accepted belief among men of science that Mount Rainier, one of the loftiest mountain peaks on the continent of North America, was once an active volcano, beiching out immense volumes of fire, smoke and lava. Only a short time ago this great peak gave forth very perceptible tremblings. These tremors were accompanied by low rumblings that came from far up toward the summit of the peak. The agitation and mutterings of the old peak were felt and heard for many leagues in all directions

For a great many years Mount Rainfer was known to have been an active voicano, in the long, long ago. There is an extinct crater near the summit of the mighty peak.

Once the mountain must have beighed forth fire and smoke. The Puget Sound Indians declare that their ancestors saw Mount Rainter when it was in an active state of eruption. Geologists and scientists who of later periods have made a careful investigation of the subi-ct claim there are abundant evidences to show that the mountain in the remote past was an active volcano.

At intervals during the past 30 or 40 years steam and smoke have been seen to issue from the ragged summit. Those who in the years past have ascended Mount Rainler have found hot springs gushing forth from the rocks, have discovered places where the heat had melted away the snow and ice! Sulphurous fumes issued from countless fissures and crevices along the mountain, that had at times half-stifled the intrepld climb-

From these known facts it is practically certain that Mount Rainier was once in an eruptive condition and that deep down in the heart of the peak the fires are still smoldering. Whether or not the mountain will ever become an active volcano again must remain a question over which scientists may well pon-

When, therefore, this old mountain very recently gave forth unmistakablsigns of travail the general conclusion was that it was all due to some internal conflict; that the long pent-up and slumbering fires were again threatening to burst out...

At the time of these ominous mutterings the summit was enveloped with great clouds, supposed to be falling snow. For a time after the crest was obscured by this bank. At length, when all had cleared away, the cause of the asitation and rumbling was quickly determined.

Then it was discovered that there had been a vast slide of rocks earth and snow from the very apex of the peak. The full catent of this colossal avalanche has not been and cannot be determined. At this season of the year the ascent is impossible owing to the great depth of snow and the rigors of the climate at such a great altitude.

Through the aid of powerful field and marine glasses the crest of the peak has been very closely scanned by hundreds of easer and curious people. These investigations made at long range reveal a very surprising condition. So vast was the avalanche that it has changed the entire aspect and configuration of the gummit

... It is estimated that hundreds of acres -striperdons masses of rock and earthmust have slid away from the crest in order to presince such an aftered appearance. Where once the mighty glittering. dome was pure white with snow and ice is now a great black blotch. This sweeping, irresistible avalanche and the great changes it has wrought may prove to be a serious or insurmountable obstable to future attempts to reach the SDFX.

To what cause this vast slide is due is as yet a matter of confecture among scientists of the Pacific coast. Whether heat or an earth shock produced the mighty precipitation is not yet krown. The real moving cause may always remain a mystery. As soon as Mount Rainier can be safely ascended an effort will be made to determine the extent and cause of the avalanche.

A Record Moose

Probably the largest moose ever killed was shot in Alaska last summer by Lord Alphinstone and party in the Kenai peninsula. This moose weighed 1.576 pounds and measured 7:, feet to the top of his shoulders; the skull and borns 75 pounds, but the spread of the antiers is not known definitely. The next largest mouse on the coast is one in the parliament building at Victoria, B. C., which measures seven feet three inches in height. The party are very well satisfled with their hunt, and brought out quite a number of trophies, which they prize very highly. The English party was beaten to Seldovia by Baron Paul Neidick, who paid the agent of the steamer Nome City \$1.500 to be landed at Seldovia, where he could secure the services of John Gilpatrick ahead of the English party. He won the race to the north, but the Alphinstone party got the game.-Field and Stream.

Jackdaws and Magpies. In England the daw is hardly ever

mentioned but as Jack; yet daw and not jackdaw is the proper name of the species. It is suggested that the pie owes the "mag" to some corruption of Margaret or Meg. To mag is to chatter. but whether the verb was derived from the name or the name from the verb is a question. It is more than probable that the timerow of America (the old name for a negro boy) was brought across from England in the day when a crow was Jim as a swallow was Dick.

TIGHT WAISTS HERE AGAIN.

According to Dame Fashion's Dictates They Will Be Worn the Coming Season.

Tight waists are again coming into vogue, and of course large women with slender waist-lines will be seen on every hand. The fashion is an uncomfortable one for the majority, but that makes no difference; it has been decreed and the woman must obey or be outside the paic of fashion. To the male mind this will give an erroneous impression without that illumination which we here vouchsafe. Tight waists in the physical sense have been in use from time immemorial, and the dictum as sent forth does not mean necessarily a further drawing in of the corset strings, though logically it will lead to such action. It means that there will be no more of the draperies from the bust to the abdomen, which obscure the naturally had or artificially improved figure and aid in hiding some very unpleasant features of the anatomy

of certain women. There is to be no more deception. The coming waist is to be plain and built lightly over the corset so as to conform to the figure as reduced and rearranged by the corset. The unduly stout cannot have a sort of veil floating down to conceal unenviable proportions. Every woman must exhibit herself as she is or as she can twist herself into being, and there will be no fear or favor shown. This is a heartless dictum, but it must be obeyed, along with another which forbids women to bend the knee when walking. This is a difficult task and gives the tyro the appearance of "walking Spanish," as we used to call it in juvenile days. It must be done. The woman of fashion will squeeze herself into the smallet possible compass and walk as if she had lost both her kneeraps, which is supposed to give "a grace and dignity to any woman who is endowed by nature with a good carriage."

That also is difficult for the male mind to understand. It may be all right, but there is trouble ahead for the man who tries to walk the streets with a woman if she is to go about in this faction. It will be particularly hard on the golf girl, but she will submit along with the rest. If there ever was a tyranny on earth which . . med to call for a revolution it is that of fashion, but the dress reformers have never been able to muster even a corporal's guard. Women of all sorts and conditions, shapes and complexions, are made to pass through the same crucible of latest styles. It is harassing to the masculine mind to go to a piace of public amusement and see all women, from fat to lean, from old to young, and from beautiful to plain, wearing their hair in exactly the same style, regardless of local conditions. The male philosopher can see so many chances of individual improvement by applying principles to taste that sometimes he has the temerity to suggest them to his wife. He generally regrets it.

HE MERELY "LOOKED IN."

But He Looked in the Office Instead of the Newspaper as He Was Instructed.

Only a parrow wiley, separates the pressrooms of two of the afternion papers of Chicago, Both go to press at the same hour. When the warm copies of the three o'clock edition of one paper lome forth, a copy is taken at once tothe city editor of the other paper, who scans it closely, to catch for his own later edition anything he may have mi seed. Meanwhile a similar scene is Senant of a ross the alley, says a Chicago exchange.

NOUN arternoon, as the city editor of one of the pap result at the desk, a young man walked briskly in and addressed

h.m. "City editor?" be asked.

"The editor nodded "I'm from the Mail," said the young man "Mr Smith sent me over to see what you had that we haven tigot about that school story "

The cry editor sat laghast "Hey?" What?" he stammered. "Say that again, young man " "Mr Smith wants to know what you've got about that school story that we

haten't' "Say-here-get out, you!" exploded the city editor. I don't know who you are, but get out of here quick!" Then taking down his telephone and calling up his rival across the alley, he asked: "Say, Smith, who did you send over

here?" "I didn't send anybody over. Why?" The editor of the Newsletter related the incident.

"What did he look like? Oh, I say, here, I know. Tha was my wild man. I hired him yesterday. It's his flist job I told him to Look in the Newsletter. and see what they'd got on the school story that we haven't." He looked in, did he?"

There was a roar of laughter-in both offices, but it was turned to the "wild man's" side when the managing editor. who heard the story, declared that a man who went ahead when he thought he was right was worth a higher salary.

Sugar and Starch. Continued overindulgences in the

sweets is write certain to hause dyspepsia and 'constituation. Of course, all the cereals contain more or less starch, but wheat, rie and barley contain less than most other grains. Starch composesabout one-fifth of potatoes, one-half of a peas, beans, wheat, tye and oars, and three-fourths of rice and Indian corn 1)

How to Live One Hundred Years, Dr. John B. Rich, of New York city. who is 94 years of age, recently gave an address on how to live 100 years, in which he said: "Be good-natured; be clean; exercise; be comfortable; sleep in the most comfortable bed you can get; don't eat twice as much as you need. and don't eat food that will abuse that poor old muscle, the human stomach."

L'ABEILLE DE LA NOUVELLE-ORLÉANS

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