Although the enigms of asthmawhat it is and why it is -- is still unsolved, we have learned by practical experience what will in many cases mitigate the severity and frequency of the attacks, and on the other hand what will aggravate the condition of the unfortunate victim of the malady, says Youth's Companion.

The conditions of improvement, or the reverse, are not the same in every case, but vary according to the form of the disease. Thus in some cases the attacks can almost always be traced to some error or indiscretion in diet: in others, wetting of the feet or a draft blowing on the back of the meck appears to be the exciting cause; in others still, certain odors seem to suggest to the patient's unconscious self that an asth-Ematic paroxysm is due.

In every case there is probably some underlying weakness of the mervous system which we may not be able to reach by drugs, but which will be overcome in great part by a hygienic mode of living.

In the first place, the asthmatic subject must be extremely careful, although not nervously so, in regard to his diet. The meals should be taken at regular intervals, the heavlest, if possible, in the middle of the day, and all articles which are generally recognized as indigestible, such ms fried meats, hot bread, etc., should be eschewed; furthermore, if the patient finds by experience that anything disagrees with him, that also must be avoided.

The next most important thing is to keep from catching cold. The asthmatic should take a daily cold or cool bath, either tub or sponge, as may suit his age and general health. The cold plunge is not advisable indeed, it may be dangerous-for one well past middle life, but with care the cool sponge bath may be taken even by the aged. If one suffers from cold feet, rubbing them with oil after the bath will be found beneficial.

The shoes and stockings should always be changed after one has been out in rain or snow without overshoes, even if the left are not actually wet.

Asthma often depends upon slight affection of the none a narrowing of the passages or a little outgrowth of the mucous membrane—and may be permanently relieved on the removal of this condition. For this reason the sufferer should always have a medical examination. Sometimes a change of residence from the city to the country, or vice versa, will put an end to the recurring attacks; but in other cases, unfortunately, the condition may be made worse by

COOKING RHUBARB.

Various Ways of Preparing the Plant That Are Highly Relishable.

The old-fashioned name for rhubarb -"spring fruit"-recalls the value of the plant in the eighteenth century, when it was an important article of p spring diet, its acid stalks taking the place of fresh fruits from the tropics, which were then scarce and costly, but are now abundant, says the New York

Our ancestors preserved the rhubarb stalks and made it into jam and into candied dainties and confections, in which they cooked figs, akmonds and

Rhubarb marmalade is made of the yellow rind and pulp of six oranges freed from their seeds and a quart of bright-colored rhubarh stalks which have not been peeled, but simply cut in small bits, and from one to 11/2 pounds of sugar. Boil the ingredients together into a jam. Either grate the orange peel into the preserve or add at cut in thin shavings which have been previously boiled tender in water before they are added to the jam. A delicious rhubarb preserve is made of about a pound and a quarter of bright rhubarb stalks cut in short lengths. with a pound of sugar added. Let the augar and rhubarb stand in a thick stoneware or purcelain-lined pot on the stove, where it is not too hot, so that the juices of the rhubarb are drawn out, and no water is necessary to cook it. Add to the preserve an ounce of sweet almonds blanched and cut in bits, and half a lemon cut in three slices. Let this preserve cook slowly for one hour, then remove the lemon peel and put the preserve in Cans.

To make a preserve of figs and rhubarb, cut in short lengths without peclfing it six pounds of rhubarb; add a pound of figs cut in pieces, add a pound of candied lemon peel also cut in small bits. Add dive pounds of sugar to the rhubarb, figs and lemon peel and let the whole stand together over night. The next morning boil the preserve slowly one hour in a porcelain-lined kettle.

An old-fashioned rhubarb beverage is made of six or eight fine stalks of rhubarb. Boil them for ten minutes in a pint of water, add the juice and rind of a lemon and sugar enough to leave a pleasant, tart flavor. Stir it well to dissolve all the sugar and let it stand six hours. Then serve it in glasses filled half full of cracked ice.

A rich rhubarh sauce, well sweetened, is especially nice served with whipped cream.

Raspherry Syrop. To each pint of strained raspberry Juice add one pound of granulated sugar. Let it stand over night. In the morning boil it for ten minutes and bottle. A spoonful or two in a glass of cold water makes a very refreshing drink. Good Bousekeeping.

A HEROIC MISSION.

Jesuit Priest to Undertake Difficult Work at Cape Nome.

After Twenty Years' Hardship Among. Wootern Indians Pather Jaquet Takes Up New and Uninviting Work.

After 20 years in the tepees or western Indians, Father Aloysius Jacquet, with body racked by rheumatism, is now on his way to the frozen Nome, in which wild camp he will be the first regular priest. Since 1882 Father Jacquet, a Jesuit pricet, has traveled over the sage brush plains and through the thick wooded mountain valleys of eastern Washington and Idaho, educating the naked eavages of that region to civilization and religion. He is now on his way to build the first Catholic chapel and the first Catholic hospital for the rough miners of the newest and most northern placer camp of the world, says the New York World.

Father Jacquet will be the first Catholic priest to have charge of Nome as a parish. Before him Father Dreka made occasional trips from St. Michael. Last February Father Dreka was on his winter journey from St. Michael to Nome. The great blizzard which claimed so many victims overtook him. With the priest was a native lad who had acted as a guide and helper.

After 24 hours' constant struggling in the face of the bitter wind the boy became exhausted. The priest wrapped him in a blanket and drew the sled through the fast deepening drifts. Two days and two nights the blizzard raged and the old priest struggled on with the dying boy. On the morning of the third day the priest crawled into a cabin on the outskirts of Nome. The boy on the sled had long since died. The priest, his face frozen and black, was, at last reports from Nome, in a dying condition.

Father Jacquet will finish the work Father Dreka had attempted to begin at Nome. Twenty years as a priest in the wildest country of the northwest has fitted Father Jacquet to understand the ways of the roughest miners and of the most ignorant natives. Twenty years ago he left his studies in London to take a parish in Washington and Idaho. Four tribes of naked Indians and the wildest of western miners constituted the membership of his flock. The former were intractable and sullen: the latter tolerated the black robed visitor with an amused and half contemptuous curiosity.

Father Jacques went first to work among the savages. Summer and winter he lived in their tepees. The work was difficult beyond the telling, and the hardships were more terrible than man is often called upon to endure. But Father Jacquet converted the Indians and he awoke the lonely whites to a realization of the religion they had forgotten. He built chapels and later founded churches in the small settlements. As these later grew to towns other priests came to take charge, but among the ald nioneers Father Jacquet was always most loved of an the clergy

Years of privation and exposure on the frontier finally sowed the seeds of disease in the priest's constitution. During the past two or three winters he has sought the climate of California. At the springs of Paso Del Robles he has undergone treatment for nervous rheumatism which has kept him on the rack of keenest torture for weeks at a time. From one of these sieges of illness he departed a short time since for this city, where he took a steamer for the windswept northern beach, the scene of his future labors. Many say that the man has sought his death. When men have reasoned with him on the subject Futher Jacquet has shrugged his shoulders. Perhaps he thought at such times of the motto of his order: "For the Greater Glory of God."

An Unnamed Monster. The Field Columbian museum in Chicago possesses some of the bones of a gigantic dinosaur, which apparently exceeded in size the famous atlantosaurus, heretofore regarded as the largest land animal known ever to have inhabited the earth. Prof. Marsh thought that the atlantosaurus might have attained a length of 80 feet, and have been more than 30 feet in height. The as yet unnamed monster whose bones have recently been measured in Chicago, and which, like the atlantosaurus, dwelt in the Rocky mountain region, had a thigh-bone six feet and eight inches in length. The bone of its upper arm, the humerus, is even larger than the thigh-bone, exceeding by 23 inches the largest humerus hitherto known to science. Prof. Elmer 8 Riggs remarks that the extraordinary length of the humerus suggests that the animal had something giraffe-like in its proportions. In that case its height must have been truly gigantic. -Youth's Companion.

Long Time Between Showers. The dryest place on the earth is the little fown of Payta, on the coast of Peru, where seven years is the average interval between two rains. In old times the water supply of Payta was brought down from the mountain's every night by a herd of little donkeys, who returned in the cool of the evening:-N. Y. Post.

Public Expenditures in Mexico. The Mexican army of more than 25,000 men is supported upon a triffe more than 1,000,000 Mexican dollars a month. The Mexican congress does not cost \$1,000,000 a year.-Chicago

SCIENCE AND INDUSTRY.

Twenty billion tons of coal originally existed in Britain at less than 2,000 feet from the surface. When this is exhausted there are still 67,000,000,000 tons at greater depths.

More stars are visible in the southern hemisphere than in the northern, 7,200 being visible to an observer at the Cape, compared with 6,100 visible to the naked eye at London.

With the best telescope it is imposwible to see Mars any better than the moon can be seen with an ordinary opera glass. The planet is always at least 146 times further from us than is the moon.

Within the last two years several remarkable reefs of fossil coral have been discovered near Bainbridge, on the Flint river, in Georgia. One reef so found consisted of coral heads, some of them more than a foot in diameter. Between 25 and 30 species have been recognized in these Georgia reefs. Geologists say that they belong to the tertiary age.

The sea lily so exactly resembles the common lily that it is difficult to realize that it is an animal and belongs to the star fish family. It has a stalk two feet long, with a disk for a body; the tentacles close round the disk, which has a mouth, and completes the deceptive likeness. They are the oldest form of animal life on earth, and their fossils are called

The principle of the X-ray, at first but a scientific toy, has been developed and applied successfully not only to the uses of surgery, but to a number of mechanical purposes. It is now stated that developments in this line have resulted in a torpedo, now being experimented with in Sweden, which can be controlled by the invisible rays of light from a station on board ship or ashore.

TO COUNT THE FILIPINOS. One of the Problems Which Our New Possessions Present to the

Census Bureau.

As soon as quiet is restored in the Philippine islands, it is proposed to take a census of their population, says a special dispatch to the New York Post. Information of this sort is badly needed, the Spanish censuses having been little more than a compilation of local estimates. It is especially important, moreover, to take an account of stock near the beginning of our authority, just as was done in Porto Rico and Cuba, as a basis for future comparisons. With this end in view, the census office sent out a supervisor a year ago to look the ground over. He devoted himself principally to getting an enumeration of the American civilians and soldiers who were in the islands. He is now coming home, and upon his return will doubtless be able to tell something of how soon a thorough census of the islands may be taken, and something of

the difficulties attending the work. By 1901 it is expected that the census of the Philippines will be taken by the general census office, just like any other part of the United States. This, at least, is the view of Director Merriam. It has an important bearing upon the permanent census office project, which has long been under discussion. It has been possible to summon a force on the spur of the moment for taking a census of the United States, but it will not be possible, it is maintained by statistical experts, to do this for Porto Rico, the Philippines, and other tropical regions. At least two years' advance work would need to be done in the Philippines preparatory to sending out a force of enumerators. If, therefore, the United States government, as a great colonial power, is going to pursue its present elaborate methods of census-taking, it will be necessary to keep the organization of the

office in permanent operation. It required very rapid work this time to get a census of Alaska, and the difficulties of penetrating that region are probably less than in the Philippines. Just at present the task of an enumerator for a United States census would not be an agreeable one in all parts of the Philippine islands. As an occupation it would be regarded as extra hazardous, and at the conventional rate of three dollars a day would not attract many seekers after employment. In fact, it would be a pretty expensive operation, even by 1910, to take a Philippine census. It was necessary to pay the Alaska enu-

merators ten dollars a day.

Holland Keeps Ocean at Bay. There are at present about 1,000 miles of sea dikes in the Netherlands. The total length of dikes is difficult to estimate, and even if it could be estimated would mean but little, for it must be remembered that the dikes have for the most part in the course of time been destroyed and rebuilt repeatedly. It has not been so much a question of building them as it has been of maintaining them and keeping them where they were. Besides protecting the country from the invasions. of both fresh and salt waters, the diken have served to reclaim no less than 210,000 acres, nearly all of which are good, fertile land, National Geographic Magazine.

A Substitute for Wool,

Artificial wool made from turf fibers is now employed at Dusseldorf, Germany, for manufacturing cloth, bandages, hats, rugs and so forth. Then years have clapsed since the first attempts to make turf wool, and it is averred that recent improvements in the processes have resulted in the production of a soft fibrous material, which can be spun as readily as sheep's wool, and which, hesides possessing excellent absorbent properties, is capable of being bleached and colored for use in various textile industries. -- Science.

MISCELLANEOUS ITEMS.

On January 1 last the number of horses in the fire department in New York city was 547.

It has been judicially decided in Troy that although Vermont is a prohibition state a debt for beer sold to parties within that state, if contracted for in New York state, is legal.

A couple of burglars who entered a grocery store in Watertown, Tenn., left a note behind them, stating that the goods were marked so high that they, although in need, declined to take them.

Dr. A. P. Grinnel, of Burlington, deslares that over 3,000,000 doses of opium are sold in Vermont every month to habitual narcotic users. His figures were the result of an official investigation.

New English words are constantly being made to fill the needs of modern inventions. To give some idea of this tremendous growth of the language, the words and phrases under the letter A have increased in 50 years from 7,000 to nearly 60,000.

Enterprising game dealers in the west are said to be arranging a storage trust of quail. Several states have adopted laws forbidding the slaughter of Bob White for two years, and these men are preparing to accumulate big stocks of the birds before the protective laws go into effect. They expect to control the prices of quail in the principal cities of the country for a considerable period.

BEWARE THE STENOGRAPHER!

To Dictate a Libel to the Typewriter In to "Publish" It, Says This. Account.

A decision as to what constitutes a libelous "publication" in contemplation of law has recently been handed down by the Maryland court of appeals, which should lead persons employing private amanuenses and stenographers to use great care as to the subject matter of a dictated letter. According to this decision, says the Baltimore American, the first judicial deliverance of a state court of last resort, deciding the precise point, the publication of a letter dietated and typewritten containing libelous matter, is legally complete, although its contents have not been made known to any person other than the stenographer. The court ruled:

"Neither the prevalence of any business customs or methods, nor the presaure of business which compels resort to stenographic assistance, can make that legal which is illegal, nor make that innocent which would otherwise be actionable. Nor can the fact that the stenographer is under contractual or moral obligation to regard all his employer's communications as confidential after the reason of the mat-

Under the ruling, publicity within the meaning and intent of the libel law of Maryland is sufficiently accomplished when the objectionable matter is dictated to the stenographer. The libel is "published" under such circumstances as fully for legal purposes as though it were printed in a newspaper and published broadcast. No case presenting the same facts appears to have been before the courts of any other state for adjudication. In view of the universal use of stenographers as confidential secretaries, it is important that the decision should be widely pub-

HE CONVINCED THE JUDGE.

German's Honesty as to His Method of Living Leaves No Room for Doubt.

"Mine business is eating and drinking, noding else," was the direct anawer Peter Young, No. 535 West Thirteenth street, gave to a question propounded by Justice Dooley in the Maxwell street police court, says Chicago exchange.

"Well, I know, but how do you live?" asked his honor.

"I lif by vat I eat und drink." "Yes, but what I want to know is what work you perform in order to get your food and drink." "I do nodings. I did all mine work

long ago. I do nodings but eat, sleep "Well, I must say that some people

envy the position you hold." "No, I had no enemies in mine posi-His honor was puzzled. Finally he

"Do you est to live or do you live

to eat?" "I lifs to eat," was the answer.

Young was a witness for Dr. Charles Kelleher, charged with keeping a vicious dog. He was there to convince the court that the dog was dead. He succeeded.

"How do you know the animal is dead?" asked his honor. "Because I skinned him," came the

His honor was satisfied and the case against the doctor was dismissed.

Secaped Financial Embarrasament. "Yes." said Mr. Forchen-Hunter; "Miss Ritchen-Hoamley has promised to be mine."

"Ah!" exclaimed his confidant, "considering that you don't love her weren't you embarrassed when she accepted you?"

"Somewhat: but I would have been more seriously embarrassed if she had not."-Philadelphia Record.

Essily Bluffed.

"Say, my friend, in describing that house of yours in the suburbs you say it is contiguous to the railway sta-

"Eh! Did the types make it contiguous? I meant contagious of course."-Cleveland Plain Dealer.

BEAUTY UNEQUALED.

All Claims for Pan-American Exposition Have Been Made Good.

Spienders of the Rainbow City Outrival All Previous World's Fairs in Many Particulars -- " Principal Features.

The perfection of beauty aimed at by the projectors of the Pan-American exposition has been realized and is being enjoyed by many thousands of visitors daily. In fact, the results exceed the highest expectations, All who see the Rainbow City under the rays of the sun or bathed in incandescent loveliness are surprised and pleased beyond measure, says the ex-Position bulletin.

Although not so large as some other expositions, the Pan-American outrivals all previous ones in many important particulars. Among these are the artistic color decorations of the buildings, the grand electrical effacts, the beautiful original sculpture, the wonderful hydraulic fountain effects, the splendid horticultural and floral effects and the magnificent court settings.

All of these features in happy combination illustrate the progress of the human race during the nineteenth century. Here nature and art tell the story of progress in the new world. The visitor begins to read the story at the entrance to the grounds, where the earlier times are depicted through the medium of forest and stream, telling of man's introduction to the land and presenting the scene of his early atruggles.

The picture presented to the visitor as he stands upon the shore of Delaware park lake is entrancing and never to be forgotten. Beyond the shining waters bearing upon their bosom smart craft of various kinds, and a splendid grove, the exposition city seems as though etched upon the aky. Passing over the new three-arch bridge, which has been designated for the purpose of the exposition as the "Bridge of the Three Americas," and through the grove, the visitor continues the thread of the story of the

From there the story is carried by the architect, the color decorator, the sculptor, the electrician and the landscape artist, in a grand harmony of efforts-first depicting the crude and following with symbolization of the rapid development which has characterized the new world and caused the people of foreign lands to regard us with great wonder and undisquised admiration-and reaching the highest point of our schievements in the splendid tower in the heart of the Rainbow City.

The electrical display at this exposition is the most complete ever made, and for this purpose 5,000 horse Power is received over cables from the great power plant at Niagara. Opportunities for extraordinary outdoor displays of electrical wonders are furnished by the steel electric tower, an electric fountain and the Court of Fountains. In the illumination of the courts, fourtains and buildings half. a million incandescent lamps and 100 searchlights are used. The decorative lighting of the buildings takes advantage of the many designs in staff and brings them out with translucent effects or outlined with points of light. The electrician also takes advantage of numerous towers, turrets and domes to produce a starry effect.

The display of original sculpture is the most magnificent ever used for decorative purposes at any exposition. The color scheme is new. Never before at an exposition has an effort succeeded to produce a harmonious color scheme.

The electric tower, the centerpiece of the exposition, is 410 feet high, and upon and about it is made an electrical display surpassing any ever yet attempted. More than 40,000 lamps and a searchlight with a 30-inch projector at a height of 350 feet and capable of casting rays for a distance of 50 miles, besides 94 searchlights in the basin, are employed in the illumination at this point.

There are more than 33 acres of courts, and in all are large pools of water, into which hundreds of fountains throw their sparkling atreams. In all the courts upon the grounds outside the buildings is a very elaborate decorative arrangement of beautiful lawns and gardens. In all the exhibit divisions the Pan-American exposition is very complete.

The exposition grounds are in the northern part of Buffalo. They are about one mile in length from north to south, and half a mile in width.

At the northern boundary of the exposition is the mammoth railway station at which the different steam rail lines land passengers.

The price of the general admission to the grounds in 50 cents per person, 25 cents for children under 12 years of age. The admission to the Midway attractions range from ten to 25 cents.

The gates of the exposition opened on May 1, and they will not permanently close until November 1.

The value of this exposition to the countries of the western hemisphere is incalculable. It will bring together all the peoples and all the exhibits of the industries and natural resources. and afford an opportunity for each to see' what the other has, and the result of this will be a great stimulation of international commerce in the New

Nothing Remarkable.

Smith- My wife's mother has been dying for the last five years. Jones-Remarkable!

"Not at all. You see when her husband died he left her his dychouse."-Chicago Daily News.

TWO KINDS OF TALKERS.

One Finishes His Sentences and the Other Persists in Trying to

Mead Bim Of. Then there's the man who will persist in finishing his sentence even though you see the end from the beginning. Him we may call the realistic talker. Now, if two slert impressionists are communicating with each other by means of their tongues the conversation can run like this, says the Philadelphia Post.

"So you want to hear about Jack Carson? Ancient history. Met his enemy in Louisville: Latter dead shot and saw Jack first--"

"Exactly. Where'd they bury Jack?"

"Local cemetery. Had big fortune, daughter Mabel, a beaut. She grew up, and, of course...'

"Of course. Englishman or Italian?"

"Reginald Cecil Plantagenet..." "I see. When did she apply for divorce?"

"One year, and by that time only half of--" "Humph! How much at first?"

"Cool million, and now no foreign-"Naturally. Well, some American

"Has..." "Good. When?"

"Last month. Has money of his own, shard worker and she'll -- " "He in clover. Well, I'm giad you've told me all this, for I always liked Mabel, and wondered what became of

Now, suppose that our verbose and dogged friend had been telling about Jack and Mabel to our alert young impressionist. He would have begun in

a hard, dry, matter of fact tone: "So you want to hear what became of Jack Carson. Sit down here by the window, and I'll tell you. Nice club this. Well, Jack quarreled with a Kentuckian of the name of Breckinridge, a man who always shot to kill, and Breckinridge swore he'd shoot Jack at sight. Jack never went armed. One day he was in Louisville, and Breckinridge saw him, and before any one could interfere the Kentuckian-

"I see. Poor Jack!" -The Kentuckian aimed full at his heart and shot him, and Jack dropped in his tracks, because he'd been hit in the heart."

"Too bad. What became of Mabel? Leave her any money? "He left his daughter Mabel his en-

tire fortune. She was a beautiful girl, and when she grew to woman's estate she was considered a great eatch and scores of fellows paid court to her, but un Englishman final..."

"I tumble. Took her across the poud and made her pay his debts, I sup-

"an Englishman by the name of eginald Cecil Plantagenet Tudor Conyughame laid siege to her heart and won the simple-minded child. He took her over to England and induced her to square him with his creditors and ---"

"How long did she stand that sort of treatment?" "-he was cruel, besides, and treated her shamefully, and in a year she ap-

"Glad she had the spunk. And of course she got it. He was probably a worthless sort."

"-she applied for a divorce and was lucky enough to get it, although she had spent one-half a million or -- " "I understand. What did she do

" or, to be exact, \$500,000, on the miserable fellow. Then she came back to America and registered an oath

that she would never..." "Marry an Englishman. I see," "--would never enter into the state of matrimony with any member of the

British aristocracy. But a young Bostonian of means and ability -"Good for him! He won her, did.

"- a young Bostonian of means and ability met her at a reception, and it wax a case of love at first sight, and they were married within a month, and I think that in this case the old adage: 'Marry in -- ' " "Not a doubt of it. Those adages.

don't always work, pasticularly the old ones. Get out of order from too "... the old adage: 'Marry in haute ...

and repent at leisure, will not apply to them, for the Bostonian is emmently worthy of her, and I'm sure that they'll be happy. But it's a great pity that she ever met that Plantagenet Conynghame, for if he hadn't got his hands on the fortune-

"She'd have had twice as mruch. Right you are. Good-by, old man. I must be going."

And the alert (and also somewhat rude) young man hurries off, but hears floating after him the inexorable tones of his friend:

"- if he hadn't got his hands on that fortune her father left her she would have had twice \$500,000 or \$1,000,000, to bring to the young Bostonian."

A Great Relief.

Mrs. Catterson-I thought I would come and tell you that your Harold has been fighting with my Bobbie, and settle the matter if I could. Mrs. Hatterson -Well, for my part,

I have no time to enter into any discussion about children's quarrels. I hope I am above such things.

"I'm delighted to hear that. I'll send Harold over on a stretcher in an hour or so."-Harper's Bazar.

Pineapple Lemonade.

Pare, eye and grate a large ripe pineapple; add the strained juice of four lemons and a syrup made by boiling together for four minutes one pound of sugar and one pint of water. When cold add one quart of water; strain and ice.-Good Housekeeping.

L'ABEILLE DE LA NOUVELLE-ORLÉANS