Cashier.

Pays Interest

THOS J. ADAMS PROPRIETOR.

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THE GOLD SEEKERS,

The panting stener slowly drops
Away from the rowded pier;
The blackened ecks recede from view

Away where to gold so warm and red, Lies hid in e dark earth's breast; Little they ret of danger and cold, Aglow witthe golden quest.

The rosy with with kindling eye,
In his mihood's early dawn,
The pale on with the student's stoop

The stalart man of brawn.

All, each ad all, with fevered gaze
Fixed 1 the fields of gold;
Ab, wells-day! for a faith that's firm And pleart that is brave and bold.

And some will empty-handed come. Who have missed the golden goal, And seme with gold too dear, alas!

grew in abundance near the weather-beaten house. Presently the crunching now, and the road will be all the of his strong white teeth on the Inscious mouthfuls caught the maiden's ear. Like a flash she turned and saw the silent onlooker,

"Well done, William Foskitt!" she

A vivid flush mounted to the young man's forehead. After an instant's hesitation he vaulted over the window sill and approached the fair spinner, whose look of pretended indignation changed to one of great demureness and whose cheeks grew rosy red.

niture and the opposite wall.

"Now, Milly," began Anna in her brisk fashion, "you do my hair, and and whose cheeks grew rosy red.

"We've scarcely seen the redcoats enough yet to learn anything from them, sweetheart, but the chance is near at hand. General Washington is and curls wonderful to behold. I've a determined to lie, idle behind his full supply of powder, too." trenches no longer. Within a few

"Oh, William!" as loving as he could wish. Her win- line esome blue eyes were full o thread, no longer truly with a snap.

"Nay, now, sweethes caressing the sunny ha against his shoulder. foolish fears. Likely en stay these next three last. Let us not borrov I am come with a messa Anna Stedman. Here out under the trees and read It.

know already something of its con- tracted ordear, encotents. I doubt not." He drew a scrap of paper from his adornment in a bit of broken looking big-flapped pocket and led the way to glass held before her eyes by one or

a bench under an old elm in the door- the other of the admiring girls. yard. the world," sighed Polly, envious of Milly's skillful touch. "How did you "Dear Polly-My brother and some

other young men who are at home from camp on two or three days' leave are going to give a ball here, at my father's tavern, next Thursday night. 'Twill be quite a grand affair.

"I wish you to come over Wednesday and spend the night. Bring your suming an air of indifference. "My finest gown. I shall wear my pink gauze and the gold beads Aunt Mercy

'Milly Brewster and Priscilla Nickerson will be here. Milly left Boston just before the siege began, and she knows the latest styles of dressing hair. She learned it from on English lady her aunt knows. Nothing like it has ever been seen in this neighborhood. 'Twill be most becoming to your pretty head.

"William Foskitt stopped here on an errand, and I make use of him to bring this to you. I have no fear that his coming will anger you. "Your true friend,

"ANNA STEDMAN." The blue eyes and the gray ones

met in a smile of perfect understanding as the last words were reached. The next Wednesday afternoon Polly set forth on horseback for Sted-

man's tavern, accompanied by her younger brother, a lad of 15. Tied to their saddles were several large bundles containing her ball costume. They met few travelers on the three

miles of their ride until within a short distance of their destination, when half a dozen horsemen were seen ap-

proaching at a rapid pace. "Be not afraid, Polly," said Daniel, with an air of protection. "We will plied Anna, with a confidence born of rein our horses to one side till they

"But who can they be, Dan?" whis-

pered Polly. "Very likely one of the expresses General Washington sends all through

the colonies to carry and bring tidings. of such a thing?" she cried in wonder. I have heard my father say they ride 'How will we look tomorrow night if swiftly and in small companies.' we don't get any sleep?" There was time for no further ex-"Oh, that is another thing! We can change of words. The galloping riders sleep well enough sitting up and leau-

were close by. The lad took off his cap, and Polly, blushing, involuntarily fashion often do that. I'll show you bowed in response as every man of the how my Aunt Bethia does.' company raised his cocked hat, and one Polly made no answer. Her neck of them, the youngest and handsomest, was already aching from her continued spoke a word of respectful greeting. efforts to ba'ance her "tower" prop-Daniel turned in his saddle to look erly. For a few minutes she wished after them. His hazel eyes were she had not come, but very soon her naturally sweet temper reasserted it-"I wish I was a man!" he cried. self, and she made the best of an un-

"I'll be a soldier the minute father thinks I'm big enough!" "Tis a brave life indeed," answered

his sister. The silence seemed deeper than ever

after the sound of quick hoof-beats died away, but soon they began to ascend the long hill leading to Stedman's tavern. As they approached the great rambling gray house with its protecting row of elms three girls ran out to meet them, laughing and chiding Polly for her late coming.

our country's enemies? How will our 'We thought some accident had becontinental soldiers like to see us fallen," said Anna, the tallest and most buxom of the group. She mounted the broad horse-block and assisted Polly in untying the parcels. Here, girls, do you take these inside, cision. "You will learn, some of these Daniel, you can help. Timothy will see to the horses. What! You can't stay, Daniel?"

For these there be who will come again, All broken and worn and wan, While others left in the Arctic snows

And those at home will sit at night-And the wind sweeps where it wills— With hearts away in a shambling shack In the wild Alaskan hills.

'Tis thus I muse on the lonely quay,
Whence the hurrying crowd is gone—
While lar away for the frozen north
A flag of smoke trails on.
—Carrie Shaw Rice, in Overland Monthly.

BY MARY SPRAGUE.

The soft whir of a spinning wheel "Be sure you come tomorrow night with your brothers, then. 'Twill be ame through an open window, mingling pleasantly with the singing of a merrymaking long to be remembirds and the hum of bees. Within bered. What do you think of this, the room a slim, round figure stepped Polly? Two officers from General gracefully to and fro. Without, watch- Washington's own colony, who lately ing the pretty scene with a smile of came on to join the continental army, admiration, not unmixed with mischief, | cre staying at Isaac Merrick's and have on his handsome, ruddy face, stood a promised my brother to be here. They tall young continental soldier, cocked say that open war will soon begin, and we'd better make the most of this His horse was close beside him, nib- ball. There! the last knot is untied! bling, unrebuked, the clover which Come right in! Supper is all ready.

> lighter an hour hence." So, well laden with Polly's finery, they disappeared within the hospitable tavern.

Two hours later, Daniel ing well cried, tartly. "'Tis the act of a on his homeward way and the housebrave man, no doubt, to spy upon his hold tasks disposed of, the four maidneighbors! Is it from the redcoats ens bade the family good night and you have learned such ways? Me-thinks they have apt pupils!" repaired to the large double-bedded chamber where they were to sleep. Several candles were lighted and placed on the high, narrow mantelpiece, whence they threw fantastic shadows over the spindle-legged fur-

> let Polly and Priscilla see how we do ours. 'Tis all with rolls and cushions, which we made today, and with puffs So saying she brought forth from a

cupboard a large paper bandbox piled with numerous articles ready for use, Her voice was trembling now and at which the girls looked with spark-

then by glimpses of her growing

"I'm sure I can never do that in

Milly's thin, dark face glowed with

"Oh, 'tis not so hard when once

you have tried it!" she responded, as-

Aunt Bethia has a dear friend in Mis-

tress Alice Montford, wife to an Eng-

lish merchant. Her maid taught me

how to do Aunt Bethia's hair. There!

Is that not truly becoming to our

Anna's face? Rise, fair maid, and view

Laughing, they led her to the long.

narrow mirror hanging against the

wall, in which, by dint of turning this

way and that, she was able to see her

"Now, Polly, it is your turn next,"

"Why, I thought-" began Polly.

"Oh, I'd just as lieve do them all

as not, interrupted Milly, good natured-

"I love to see what new ways I

Polly took her place in the chintz-

overed chair without further ado.

Her golden locks received a different

treatment from Anna's dark ones, but

in due time she, too, emerged from

Milly's hands with a triumph of archi-

tecture nicely balanced on her pretty

"How shall we ever be able to go to

bed?" she suddenly asked, while cran-

ing her neck to view her newly ac-

quired possession. "I feel as though

this would all fall off if I don't keep

"You'll soon get used to that," re-

experience. "But, of course, as for

going to bed, that is not to be thought

Blank astonishment looked from

"Not go to bed! Who ever heard

back in our chairs. Ladies of

"We might have waited until to-

morrow afternoon," said Anna, "but

By the time Priscilla's auburn hair

"What think you, girls?" she in-

was dressed she had tardy qualms of

quired, with an anxious wrinkle in her white forehead. "Is it altogether

seemly for us to ape the fashions of

"Have done with such foolish no-

tions, Priscilla Nickerson!"commanded

Milly with more than her usual de-

there'll be so many things to do. We

can manage to sleep somehow."

very straight and stiff."

of. Come, Prissy!"

comfortable prospect.

conscience.

Polly's blue eyes.

mass of white puffs and curls.

ever learn, Milly?"

satisfaction.

thy charms!"

said Milly.

an discover.'

the ball than we four. There's small connection, to my thinking, between the way we do our hair and this unchristian war. So put away your silly fears, Prissy, and be sensible."

Milly was older than the others. She lived in Boston. Her sharp, positive way and words had a great deal of weight with her companions. So Prissy dropped the matter and was soon engrossed in trying on her new blue satin slippers.

Not so Polly.
"What will William Foskitt think?" she kept asking herself over and over agair, until her heart grew so heavy that but for the shame of self-betrayal she would have torn the mass of rolls and ribbons from her head and braided her soft hair in its accustomed bands.

At last each head was dressed. Then the girls sought comfortable chairs against whose high backs 'they could lean propped up with cushions and The candles were extinguished. Wrapped in blankets they established themselves and for a time talked of the morrow's gaieties. But finally wearied nature claimed her due. The moon peeping in through the open window at the mild August midnight saw four sleeping beauties.

High in an elm tree opposite this same window sat a great white owl. For a long while he had been keenly observant of all that was going or within the chamber. What he thought of the proceedings can never be known, but true it is that he clowly descended from his perch and with noiseless movements stepped inside the window. Gravely scanning each bedecked top knot he selected Polly's as the most to his liking. With a fluttering whir of his big wings he made swift and sudden descent upon it, diving his strong claws sharply within it and, after careful balancing, settling down into a steady position.

And poor little Polly! Alas! her light slumber, already disturbed by uneasy thoughts of possible disloyalty to her lover, had a rude awakening. A confused sense came over her of being carried off by the top of her head; a stab, a pain; a startled consciousness of the near presence of some awful thing, some heavy weight. Then she gave piercing shrieks which brought the terrified girls to their feet, the household to the room.

Caudles being hastily lighted revealed to the incredulous eyes of all the huge white owl sitting on Polly's head, blinking wisely and evidently in no mind to leave his dainty resting

you did grievous wrong," the stalwart

young continental replied to his in-

sistent petitioner. "'Twas only a

trifling matter. You charge yourself

"No, William," she made answer,

smiling up at him with happy eyes.

'Tis the part of a woman to be true

even in very little things."-Waverley

QUAINT AND CURIOUS.

There is at Werda in Dahomey a

temple in which 1000 snakes are fed

Squatters who have recently pene-

trated the interior of New Zealand

report the discovery of a tribe of aborig-

too heavily, my Polly."

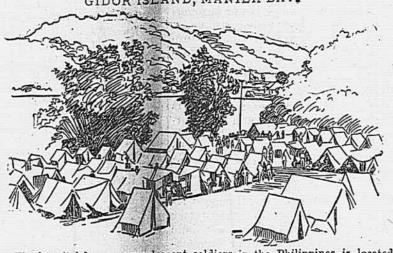
Magazine.

by the priests.

very cleansing.

Muscular hands carefully dislodged him. Polly's golden hair was soon

HOSPITAL FOR CONVALESCENT SOLDIERS AT CORRE-GIDOR ISLAND, MANILA BAY.



The hospital for our convalescent soldiers in the Philippines is located at Corregidor Island. Major Owen, of the regular army, with fifty hospital corpsmen, was sent on the Senator from Manila to Corregidor, thirty-five miles distant, to construct the hospital. He found a beautiful spot which had been used as a naval station by the Spanish and near it a native village of

The naval station occupied a level area of about six acres flanked on all three sides by commanding hills or mountains. A little bay in front was closed in by high mountains on either side, leaving an entrance through which the hospital inmates could have a magnificent view of Manila Bay and the towering green peaks of Luzon. Three habitable buildings and two capable of being used as storehouses, a large boathouse and a rude blacksmith shop was the start we had prepared for us. Two companies of Pennsylvania volunteers were sent as a guard.

The undergrowth was rapidly cut and carted away, the houses were cleaned up, the boathouse made into a dining hall and a cookhouse was established in a very short time. Thirty-two tents were erected for patients, and beds and ward apparatus were soon in place. An apothecary shop was next fitted up, a linen closet and a drug store room were made and in ten days' time they were ready to receive patients.

By damming up a small stream in the mountains, writes one of the hospital corps to the Chicago Record, we made a reservoir holding about 6000 gallons of water, which we ran down to camp in pipes procured from Manila. This water fed our condensers and sterilizers and supplied water for the laundry. A daily boat from Manila was finally given as and we began the work for which we had been preparing and soon we had nearly 200 sick under our

While only thirty-five miles separate Corregidor from Manila, the change in temperature and humidity is what one would expect only from a difference of several hundred miles. The air is very dry and there is always a good,

§Athletic Feats for Women §

Rules to Be Observed in the Gymnasium.

Any ordinary room in which there is good air and sunlight will answer for a gymnasium; the larger thebetter. The beginner need have nothing more than a pair of dumbbells or a tween ten and twelve o'clock in the pair of clubs, either of which she miy forenoon and between four and air

g processor. A transfer of 10% of the contract of the contract

prove their physical condition generally. Some come to reduce flesh, others to reduce or develop various parts of the body.

Nothing could be more applicable or practical to the home gymnast than the hints on physical health and training that Dr. Savage advances to his normal classes, of which the following are a few: "The best time to exercise is be-

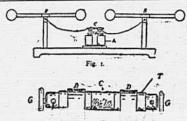
WIRELESS TELEGRAPHY: A Simple Apparatus by Which Damone

strations May Be Made. For some time we have noted the progress made in experiments with wireless telegraphy. Two weeks ago the London Times received a message from France across the channel, using the Marconi system. Some of our readers may be able to experiment for themselves by following Elliot Wood's suggestions in the Electrical World and Electrical Engineer:

The accompanying three sketches show a simple arrangement adopted by me for demonstrations in wireless telegraphy. Heretofore the general purpose has been to provide a suitable tapper for the coherer in order that the metallic particles may be disturbed and the circuit broken. In the arrangement shown the sounder is made to do the twofold work of answering the signals and decohering the metallic filings. I am unaware of any similar arrangement; hence present this one. Referring to the sketches, Fig. 1

represents the receiving station, which in this case is made up of two "wings" B B, whose length is six inches each. The knobs used are of 1 inch diameter. The "wings" are supported by glass pillars on a suitable base, on which the sounder A is placed. The coheres C is a glass tube 21 inches in length and 5-16 inch diameter, containing suitable terminals connected to the two wings, as shown. The coherer is in series with the wings BB, the relay ordinarily used, and the battery. In practice the wave falls on C, the relay closes the circuit of the sounder A, and the coherer, being carried on the movable arm of the sounder, is brought down with the arm when the circuit through the sounder is made. In consequence of this, every movement of the sounder arm descheres the metallic filings, and there is prompt and certain action in response to every signal of the sender.

The construction of the coherer is hown in detail in Fig. 2, and approximately full size. The terminals G G are turned down to fit the interior of the tube C. The space between (about inch) is half-filled with iron filings



OSCEOLA'S GRANDSON DEAD.

A Descendant of the Seminole Chief Who Was a Bootblack at Providence. Providence, R. I., lost, by the re cent death of Osceola Cook, a man in whose veins flowed the bluest of American blood, for he was a grand son of the famous Indian Osceola chief of the Seminoles. This was on his mother's side. His ther was a full-blooded negro. Cook was no proud of his blood or parentage on either side, and always assorted, re lates the Sun, that he was a Mexican.

Ho led an adventurous life. At the time of his death he weighed 449 pounds, and despite this great burden of flesh he was one of the strongest men in the city. Many stories are told of his great strength, a majority of which are undoubtedly true. He was about 45 years old. He was born in New Bedford and when a boy fol lowed the sea, shipping up and down the coast before the mast. After the war he enlisted in the regular army, served in the southwest, became interested in an altercation, how serious he was always indisposed to tell, and fled across the border to Mexico. There he joined a circus and a troupe of wandering bull fighters. Cook was even then a man of magnificent pro portious and strength, and with the

pull fighters acted as bandillero. After staying in Mexico long enough to learn to speak and write Spanish fluently he wandered northward until he reached New York, and from there went to Providence, where he opened the first bootblacking shop the city had and made money. He bought out the barber shop under the Narragansett Hotel and did business there for some time. He invented an improvement on the patent hair-clipping machines in use then and also a shampooing machine. He sold his half of the patent on the first for \$800, the other half being owned by the mechanic who put the invention into running shape. About 1885 he opened another bootblacking shop, and for the remainder of his active business life spent most of his time in this line of business. He wrote policy for a short period, ran a restaurant, and was connected with other affairs, but his prosperous days were while he ran his bootblacking stands. He must have earned in his life fully \$50,000,

but he had very little when he died. The incident in Cook's life which is freshest in the minds of Providence people is the trouble, ending in a shooting, which he had with D. F. Lingane, editor of the Providence Telegram, a few years ago. The TeleTHE NEW WAY.

They've broken down the barrier That custom used to raise; The girl, if you would marry her, Must do it all, these days. Not "in it" as of yore—
When most they favor love's young dram

It used to be the proper thing
To cultivate mamma,
And give her potted plants, and bring
Cigars for "dear papa;"
But fashion now has made it wise To court the girl alone, To read her hieroglyphic eyes And tremble on her tone.

Then, in some lonesome, dark retreat, Far from the haunts of men Or maids, she'll bring you to her feet, Then bring you up again. She'll educate you to the ways

That suit her inclination, And marry you in ninety days

HUMOROUS.

She-Hamlet is a play for all time. He-Yes; it will never give up the

When we tell a man a good story, we have noticed that it reminds him

Biggs-Is your wife's mother still visiting you. Riggs-She is visiting us, but she is not still.

bells always toll your age." "What makes Dickie's cough so

bad this morning?" "It is nearly time for him to start to schou..'

same room with a boy about your size. De Canter-Is there any sure way

-Yes; ask the dealer and multiply by one-half. "Do you think the Indian will ever be civilized?" "Yes; Spotted Crow

sent in a request the other day to have his name changed to Polka Dot." A Colorado gentleman advertised for a well preserved skeleton, and shortly after the paper was out an old

frightened of the waves)-Theodora, if you are so nervous now, what will you be at my age? Little Sister (meekly)-Thirty-seven, I suppose.

Florida housewives use oranges instead of soap in scrubbing, floors. THE FLYING ANGEL. They cut the fruit in two and rub the pulp on the floor. It is found to be

Far away from civilization gesture language is still extant in Australia. Some of the tribes possess such an excellent code that it is almost as efficient as the spoken language. results. Stop exercising just betre nature calls out strongly agaist it soak and settle." A queer exhibition was recently held further bodily activity. Just resh in Berlin, Germany-that of the Vegetarian society-ia which sixty children were shown who have never haustion. No law can be laid don breathe through the nose while walktouched other nutriment than vege-A man who was convicted of seven

corded the men.

most advantageous to her. In cas | the interior.

highway robberies in Cotania, Sicily, was lucky enough to be tried before a tender-hearted judge, who thought a the limit on her strength. life sentence too severe. He therefore was easy with him, letting him off with only 189 years' imprisonment. Paternal Reproof.

"My father was a nice, level-headed old gentleman," said a Washington man who has struck his gait and settled down after a few years of continent-wide tumultuosity, when they were all telling hard luck stories the other night, "but he was addicted occasionally to a savage sort of humor. 'Member that time I got the western fever, about ten years ago? We'l, I went west. The old gentleman gave me \$300 with which to go west and get sick thereof, and off I started. He said to me before I started:

"'Young fellow, I know whereof I talk, and I tell you that I wouldn't give twenty cents for all the west that the setting sun ever shown upon. But, go ahead. Shoot your wad. Go on out west.'

'Well, as I say, away I went. I was broke by the time I got to Chicago. I wired the guv'nor for \$50, and got it. I wired him for \$50 more nen I reached Cheyenne, and got it. When I reached Sacramento I wired him for another \$100. Got it. About a week later I woke up one morning on the sands of the Pacific ocean, in front of the hotel del Norte, Monterey, withont a sonmarkee. I wired a collect message to the gou'nor, saying: " 'Broke on the brin't of the Pacific.

"In a couple of hours 1 got the old gentieman's reply. It read: "Keep right on going west." "That was all-no mun, no nothing,

Translated, the message just invited me to walk into the seething waters of the misnamed Pacific and submerge myself. Well, it was a good thing, days, that men know nothing of fash- that dry message. I hoofed it to San ion. If we only look to their pleasing | Francisco, got a job, and went to work, "No, Anna. My father said he that is all they care. And I'll warrant and I took a tumble to myself from would need me in the field tomorrow." there'll be no finer appearing girls at that time on."—Washington Post.

ers to exercise is two hours a week, divided into four days in the week. Their exercise should be before the perspiration is reabsorbed by the body. Do not lounge around until the suit and the skin become dry again. "For nervous temperaments slow

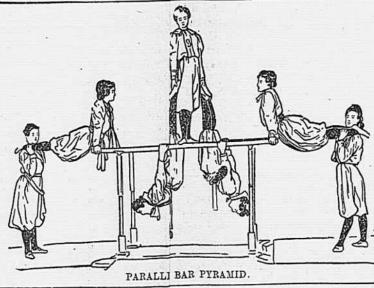
exercise is the best, while the rapid exercise is recommended for the phlegmatic. For women with a disposition toward melancholia light competitions and out-door games are the most beneficial form of exercise."

Addressing his normal girls on the subject of food Dr. Savage said. "Never exercise just before or after

meal. At least one-half hour should be allowed before and two hours and a half after eating. Masticate the food thoroughly; do not hurry through your meals, and eat rich foods with great discretion. Drink plenty of water bewoman can get any number of motins | tween meals, but avoid excessive and exercises, and she must dede drinking at meals. One glass of water what is best and most necessary or should be sufficient. It is better to use hot drinks at meal times, and do Excessive exercise is injurious ad | not drink ice water at any time. A reshould be avoided. Excessive exerse | freshing drink to take during the inand no exercise at all produce simar | tervals when exercising is made by putting cooked oatmeal in water; let

In one of his talks on breathing Dr. the tired point and stop beforex- Savage strongly advised his girls to as to how much exercise shoulde ing or doing ordinary work, and only taken at one time. Every individal to breathe through the mouth when must be a guide to herself. A wonn extreme physical effort makes it necesshould exercise chiefly with lht sary. "Do not take short, quick gasps weights and ma"0; "ch movemess, for normal breathing," he said; and never, when out or training, ry "breathe so as to fill every cell with pure air. The largest and strongest The most important gymnasiumor animals in the world breathe from six women in this country is under 10 to ten breaths per minute, while the management of Watson L. Savage, I. | smallest and weakest breathe from 200 D., medical director of Columbia Li- to 300 per minute. The manner in versity. Classes begin with the h- which we breathe is one of the most dergarten, and progress to the pit- important factors in developing human graduate course. The women be strength. It is a good practice to take the use of the gymnasium and evy a long, deep breath and hold it in the privilege and advantage which is c- lungs a few seconds; each day increasing the time of holding the breath un-Every woman who enters is ce- til one minute or one minute and a fully examined in order to discer half is reached. Breathing exercises just what form of exercise will be increase the exterior chest and develop

where women or children are very d- Chapters could be written on sleeping enterprise undertaken in the land of the Pharaohs since the building of the Pyramids.—Chambers's Journal.



icate, or have some decided physal ing. Dr. Savage suggests the followdefect that needs rectifying, they t- ing rules. Sleep on a mattress laid ercise in the medical room of le over a spring, sleep mostly on one gymnasium under the personal sur- side, breathe through the nose and vision of Miss Marion Foye Carr. keep the mouth shut. Have a certain This is called corrective work, anis | hour for rising and a certain hour for intended to correctall physical imr- retiring. Get up immediately upon waking. fections, such as curvature of ie spine, cramped chests or weak nes or backs. The gymnasium propeis occupied during the day and even

flowering plants than all Europe

"The minimum time for orang work- I fine mesh. A hard rubber-block E is made with grooved edge to support C. which is held in place by brass bands D D; a thin brass plate, suitably fastened to the hard-rubber piece E, and projecting, provides means for fastening by the screw F to the movable arm of the sounder A. The best means of doing this is to remove the screw holding the armature of the sounder and clampering by the screw F both armature and the fastening plate at bottom of E. The sender, in this arrangement, consists of the usual in-

> gap. At each side of the transmitter knobs the gap of 13-16 inch, and the gap between knobs is 3-16 inch. The arrangement shown has proven all that can be wished for if one does not desire the printing telegraph, as

> > A Great Engineering Work.

provided for in some appliances.

duction coil discharging into two

nickel balls of four inches diameter,

as shown in Fig. 3. It will be noted

from the sketch that there is a triple

works ever conceived has just been inaugurated by the laying of the foundation-stone, at Assuan on the Nile, of a vast granite dam, which is destined to hold the waters of the historic river in check. This huge wall will be more than a mile in length, seventy-six feet high in places, and thirty or forty feet in width, so that it will form a bridge across the river as well as a dam to conserve its waters. The effect of this obstruction will be the formation of a reservoir with an area of about 670 square miles, holding 1,000,000,000 tons of water; and it is estimated that this mighty volume will be the means of bringing 2500 square miles of desert land under cultivation. The so-called cataracts, which are in reality rapids, will disappear, and a lock at each end of the granite wall will form gates for the passage of vessels up and down stream. The work has been planned by Sir

About Private Mailing Cards. Many a printer who wants to use. either for himself or for a customer.

Benjamin Baker, will be undertaken

by Mr. Aird, and will probably be

completed in about four years' time.

It is regarded as the greatest engineer-

the private mailing card authorized by the Government, will be glad to have explicit information as to the printing allowed on the face of the There has been some misunderstanding on this point, even though the law was supposed to be perfectly understandable. In answer to an inquiry addressed

to one of the assistant postmastersgeneral, the following was elicited: The words required by law to be placed on the address side should be plainly and neatly printed, without scroll-work or other ornamentation of any kind." And, fortunately, that is in the interests of both economy of labor and good typography.

W. S. Gilbert was once at a social

gathering in the house of a rich but ignorant woman, who posed as a patron of music. The hostess asked the cynical Scotchman: "And what is Bach doing now? Is he composing of his own character. - Boston Her-"No, madam," was the anything?" New South Wales contains more grave reply, "he is just now decomposing."

Cook in a saloon and had called him insulting names, but at the request of the bartender Cook did not retaliate. But when the pugilist came into Cook's bootblacking establishment and renewed his insults Cook hit him once, smashing his jaw and taking all

the fight out of the man. Despite Cook's great weight, his height was only 5 feet 10 inches, but his hat was 7 1-2, his collars were 21 inches, 58 was his size in shirts, and his waistband measured 62 inches. He spent much time in trying to keep down his weight.

The Corner Stone of Health.

"Exercise," said a physician the other day to the editor of a contemporary, "is the corner stone of health. It differs essentially from work, in which the fundamental idea is that of labor. On the contrary, the idea of exercise is based upon activities undertaken for the benefit of the body or mind, some form of exertion intended to promote health or furnish amusement. Work is essentially toil, even though One of the grandest engineering it be congenial. Exercise, on the other hand, is purely recreation. If exercise be taken only from a sense of duty it loses the distinguishing features of exercise and becomes work. A course of exercise, say cycling, should be carried on by easy stages. Exercise is a tonic, and therefore benefit is not to be derived from a single dose. If active exercise is necessary as a hygienic measure, what form is best? You cannot persuade your patients to run, it is so undignified; or to saw wood, it is too laborious. But if you can persuade them to ride a wheel you have cured them, if it is exercise they need.' The wheel was then discussed from the therapentic point of view in this way: 'Active exercise may be divided into hree classes, those requiring strength, speed and stamina, and they all increase in common the circulation of the blood. Exercises requiring the exertion of strength are more fatiguing than those of speed. Cycling can be adapted to the requirements of the en-

feebled invalid."—Scientific American.

Animals as Prototypes.

of Austria has been called a "human

The ill-fated Empress Elizabeth

swau" by one who loved and admired her. There was the long nose, wide at the nostrils; the beautiful brown eyes, showing little or nothing of the white; the long neck and the perfectly willowy figure to bear out the resemblance. The Queen of Italy is birdlike, even in that little fault of manner with which the critical charge her, the bridling and bending, the fussiness and want of repose, and the parrot-like mouth that sinks in between nose and chin. It is very curious, this resemblance of human beings to some animal, but in no regard is it more pronounced than among the crowned heads of Europe. The czar has often been likened to a bull terrier, with his snub nose, round, prominent eyes and full lips, and in the face of the German emperor people have traced a resemblance to a mad foxhound, especially in that; portrait where he is looking back over one shoulder with an anxious, hunted expression. Of course everyone knows that in the Marquis of Salisbury's head and face is represented a perfect English mastiff-a resemblance of

which the great statesman and pre-

mier is said to be proud, as indica-

of a very poor one.

"No, indeed, I wouldn't die in the country!" "Why not?" "The church

"Pa, what is a hero?" "A hero is a man who tries to read a paper in the

to tell the age of a horse? De Trotter

maid of his town appeared in her best bib and tucker and asked if his intentions were honorable. Elderly Maiden (out rowing with possible suitor, to her little sister, who is

"What kind of an alarm clock have

Perim Was semante

In connection with the death of Sir Lambert Playfair, the story has been told of the way in which, when stationed in Aden in the early '50s, he heard of the presence of a French frigate in the Red sea, whereupon he rode over to Perim and hoisted the union jack. The sequel to this story, as Sir Lambert Playfair himself used to tell it, is interesting. The French government complained to the British, the British government referred the matter to the East India c. mpany's officials at Bombay, who were at that time responsible for the administration of Aden. The officials, not liking to report that the whole thing was merely an idea of Sir Lambert Playfair's, directed a clerk "to look up Perim." The clerk, on "looking up Perim" in the archives, made the astonishing discovery that Perim had actually been occupied in 1799 owing to the alarm caused by the Napoleonic occupation of Egypt. The British force hal been withdrawn as soon as Egypt was evacuated by the French. company's officials thereupon made the triumphant reply: "We do not understand the French objection. Perim has been British for over 50 years. It was first occupied in 1799." And with this explanation the French had to be content.-London News.

The Magical "Forty Winks,"

Every one accustomed to napping

has remarked how much more refreshing is a nap of five, ten or twenty minutes than a long day-time sleep of two or three hours. This is because in a short nap the brain and senses are rested without relaxing the muscular and nervous systems. It is simply a breaking up of the current of conscious activity, thus restoring the tonicity of the system. From which the inferences clear that is the nap that is deside to cultivate; and the duties of almost every one will admit of such refreshment so far as time is concerned. Indeed, there is no better way of gaining time on a busy day than to cut out fifteen or twenty minutes for renewing the energies. After a morning's effort body and mind both grow tired; the work flags; "things go wrong." Now is the time for the magic dip, from which you return to your post fresh, in good spirits, ready to carry on things with a vim. It scarcely seems reasonable that a few minutes' daily sleep should have any marked effect upon the health, but that such is the case any one may prove by trial. - Woman's Home Companion.

Homes in Porto Rico.

What interests the traveler in Porto Rico more than anything else are its beautiful homes and gardens, and the owners seem to vie with one another o make their places the most attractive. It has been said that the De Leon estate near Ponce surpasses all others in its grandeur. Situated on a hill overlooking the city, with its many quaint houses, painted in all the colors of the rainbow, and surrounded with gardens of palm trees and other native plants, the place forms a picture almost beyond description. The houses are furnished with great taste. There is an absence of carpets, rugs and heavy hangings. Most of the furniture is made from the native cabinet wood. and the lounges and chairs have caned seats, which are seldom upholstered. The floors are usually hardwood or stone. - New York Tribune.