A dish of some kind of cereal, is a poor foundation for the beginning of the business of the day, whatever its character. Many children, naturally bright and active, are classed with the stupid, when they are only poorly nourished. The brain-worker, as well as the physical laborer, cannot possibly do justice to themselves, or to their tasks, without proper foods to begin the day on.

A little fruit or coarse, fibrous food, or a bit of whole wheat bread, is a better laxative than cathartic medicines, and will leave no bad after effect. All children crave foods in some form, but a pickle is not to be advised. Sour fruits are far more digestible and palatable, and at the same time harmless.

Woman's Inhumanity to Herself

When we think of the habits of many women in regard to their meal, we should not be surprised to know that they are always worn out and feeling "drangy." Many a woman does not eat at all at noon unless some one drops in to eat with her. If she is alone, she will either not eat at all, or just take a cup of tea and a crust, or whatever comes handy. Too much can not be said in favor of regular meals, and the "meal" should be something substantial—not a sip and a bite as she passes by. Very few housewives are kind enough to themselves to feed their bodies properly at the breakfast table, and thus they take up the duties of the day with a practically empty stomach, and the noon luncheon is always a "pick-up," when night comes, they are so worn that they do not eat enough, or eat too rapidly, and as a result, "nervous exhaustion" is much of the time only the result of a starved stomach. This is too often what "light housekeeping" amounts to.

where the woman or girl lives alone. Starved stomachs are responsible for starved nerves, and there is no end to the trouble a set of starved nervousness, the same kind of fight to make. He knows the same joy at victory, the same remorse at defeat. In short, we are all members of God's great family, and if one branch of the house has discovered a better way of living it is incumbent upon it, for the benefit of the name of manhood, to give the other members of the family the benefit of our knowledge. The modern American mission is not solely concerned with substituting one ritual for another. That change is necessary and justifiable because of the changes that accompany the cleaner, blinder, more hopeful ways of living, thinking and believing.

A religion must be judged by what it does for its followers in the very practical business of everyday life. In the cold test of comparison Christianity comes out with colors flying as bright and as high as the stars. It is on that proposition, and that it is as practicable in the East as in the West, that the American missionary asks for our support.—St. Louis Rep.

THE ATTACK ON METCALFE

Springfield, Mass. Republican: The moment of Richard L. Metcalfe, former associate editor of the Commoner, was made a member of the United States Commission at Santiago, is a target of widespread attack. He had incurred all of the enmity long felt toward Mr. Bryan. To slam Metcalfe became rather fashionable. Philadelphia, New York and Boston. Now he was introducing a bill which would affect the profits system on the air, now he was malice-wise thwarting Col. Goethals in his great work. But Col. Goethals has lately written a letter that affords Mr. Metcalfe great encouragement. He testifies how friendly and helpful Mr. Metcalfe has been. But, most devilishly embar-