

WITH THE WORLD'S BEST WRITERS

TWO HUNDRED YEARS AGO.

Only by trying seriously to understand conditions of 200 years ago may we bring ourselves to realize the advance the country and the world have made in the two centuries a newspaper press has existed in America. In April, 1704, was founded the first American newspaper which succeeded in establishing itself, the Boston News-Letter. Popular education, freedom of speech, religious toleration and government by the people were then unknown in the colonies; to worship according to the rites of the Catholic church was a capital offense in Massachusetts; none but members of established churches could hold office; it was a criminal act for any person to ride, or children to play, on Sunday; men and women were obliged to confess before congregations, and any one who did not attend church could be fined, according to law.—Boston Globe.

NEW CONSUMPTION TREATMENT

A new remedial agent giving great promise of future success in the treatment of consumption is being tried by two St. Louis physicians. The remedy is a very powerful proteid, which is found in healthy blood, and the theory is that its use increases the carrying power of the blood so that the dread disease can be thrown off by the patient. The drug is given internally, inhaled in the form of spray or, in extreme cases, injected hypodermically. It is very rapid in its action, the beneficial effect being noticeable in a few days. It is alleged that one patient, who was unable to rise from bed, after receiving the treatment for seven days walked a distance of four blocks and climbed a flight of stairs. It is earnestly to be hoped that further investigation will prove the new remedy capable of all that is claimed for it.—Utica Globe.

REAL POWER OF THE PRESS.

But is it not plain that the power of the press as a saving agency depends not so much on the skill of journalists as on their nobility of character and their moral motive? When we see so many accomplished public men, adepts in all the technical arts of politics, putting their power to unpatriotic and selfish uses, it seems to us that the salvation of the republic depends more on the instruction and quickening of conscience than on greater capacity for work. This is also the peculiar needs of journalists, and especially of proprietors of journals, who, as a rule, will be capitalists, not trained in any school of journalism, and having little of the spirit of heroic self-sacrifice in a missionary undertaking.—Boston Herald.

ENGLAND'S COAL SUPPLY.

To satisfy the prevailing anxiety in England over the fuel problem, a careful survey of her coal deposits has been made, with the result of discovering that there is coal enough in the United Kingdom to a depth of 4,000 feet, sufficient at the present rate of output to last 371 years.

This estimate does not take into consideration the fact that with improved machinery and skill it might be possible to carry on mining at a depth of 7,000 feet. The supply may be still further extended by the economical use of electricity.

If England's fuel supply is assured for 371 years she need have no alarm. By that time coal may have become quite obsolete as fuel.—Boston Globe.

MOST DANGEROUS MAN OF ALL.

When the American people undertake reform they must begin nearest the ground, closest to the great source. If they will insist on an end of violence and murder by labor and on purity in their legislators they must first get after the corrupt scoundrels who stand in the background and poison all sources of public action by their bribes. The principal villain is the man who buys councils and corrupt legislators, the "respected" citizen, the "promoter," the "manager," who is clothed in soft raiment, and whose name is writ large. This man, who is to-day sapping the vitality of American institutions, municipal, state and national, is the one that must first be driven from prominence to obscurity, from respectability to disgrace, from fame to infamy.—Indianapolis News.

FRENCH WOMEN AND SPORTS.

The necessity of chaperonage has largely interfered with the physical development of the French girl. It is not to be expected that a mother or an aunt or other person qualified to chaperon can take or desire to take part in a game of golf with the same enthusiasm as a young player. Some progress, however, has been effected of late. The keen interest taken in skating last winter did much to temporarily eliminate the chaperon, and now we find the French champion woman tennis player, Mlle. Masson, organizing a ground hockey club in Paris exclusively for women.—Illustrated Sporting News.

CO-EDUCATION AND MARRIAGE.

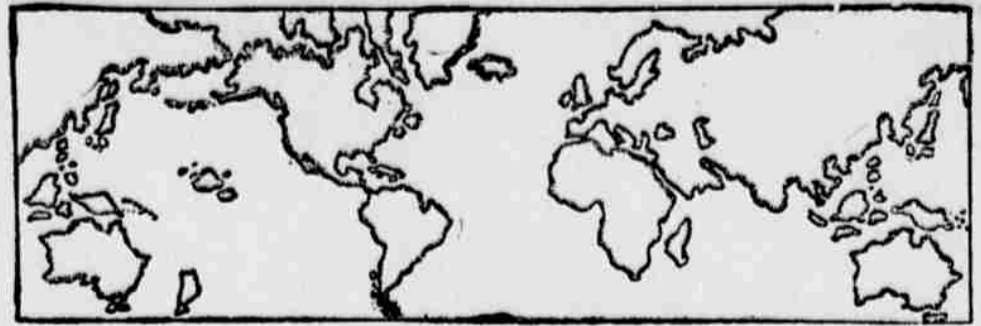
Co-education does not discourage matrimony in America. In every high school where boys and girls are brought together there are budding romances that not infrequently flower into matrimony, and as for the colleges and universities where men and women meet on an equal basis the conditions are extremely favorable to matrimony, and seldom are these marriages unhappy. Indeed, so far from college education unfitting a woman for the duties of domesticity, the spectacle of a college-bred woman in the divorce courts is practically unknown.—London Telegraph.

THE ENGINES OF WAR.

At a dinner during the Franco-German war Disraeli did not open his mouth till near the end of the entertainment, when he observed in his most sententious manner: "The French embarked in this war because they conceived that they had the superiority in arms of precision; they had the chassépot and they had the mitrailleuse" (which he pronounced "mitrailleuse"); but of the third engine, called a man, they did not possess even a single specimen." This said, he relapsed into perfect silence.—From the Diary of Sir Mount Stuart Grant Duff.

COLLEGE GIRLS' MISSION.

It is an excellent thing to tell college girls, as Hon. John D. Long told the graduating class at Vassar, that their "mission is to save human society from vulgarity and decay." If, say, half the graduates of the women's colleges would set themselves resolutely to living the simple life and would train up their husbands and children the same way, civilization would presently have gone a long way forward in this country.—Boston Transcript.



From the forethought letters by Earl M. Pratt, Oak Park, Illinois.

For a rest time review of the daily sources of better methods.

The accuracy library is for co-operation in information on the enemies of easy errors and the friends of forethought, to reduce mutually expensive mistakes of mechanical, commercial and professional people.

Simple things worth knowing which may prevent sickness and even save life.

One of the first men I met to-day told me he had no sleep last night—he watched at the bed of a friend's sick son and the son died.

The young man had gone to a dance, then spent the night at the home of a companion.

The sheets on the bed of the guest chamber were damp and the dance had prepared the boy for the greatest injury.

In three days pneumonia forced the boy's life from his body, and we are left wondering when we will know enough to live as we should live.

Our afterthought is that it would have been better for the boy had he exercised all night in his room with balls of paper in his hands in place of dumb-bells.

It may be that an exercise of deep breathing in the morning would have reduced the pneumonia to a common cold.

When we are exposed to dampness or disease that injures the air passages we may have a cold in the front or the nose, the back of the nose, the throat, the bronchial tubes or the finer parts of the lungs, according to the amount of strength we happen to have to resist.

Some people would have rheumatism in the place of pneumonia from sleeping in damp sheets, while there are those, no doubt, who would not be injured in any way, because they had hardened themselves by baths and exercises and thus become possessed of special power to resist dangers.

Physical Exercise Examples.

What are you doing to keep your body in good shape, or get it better and keep it so?

If you are like the average person you are willing to give a doctor fifty dollars quicker for getting you well than you are to give him fifty cents to keep you well.

A dentist told me that he got some exercise in taking a bath. His work and walking helped him some but he had no regular plan.

A secretary of a large organization told me that formerly he got some exercise cutting kindling wood but to-day he gets mental exercise trying to get his boys to cut the wood.

Have I told you about the two sisters who tried to see how many steps they could take while holding their breath and walking to and from their work? If I have please give this telling to one of your friends. It is an extra good habit only do not strain yourself trying it. A fifty thousand dollar gymnasium is fine but men have been injured for life in them. Exercise daily but do it wisely.

How and what to eat has much to do with our ability to do what we want to do.

This letter from Hilda Smith to the Chicago Daily News interested me because as a boy I tried to cook whole wheat, but only made out to get the family laugh on me. You may be able to write me about your food experiments:

In order to be vigorous in mind and body one should develop the ability to inhale a long breath. This also aids in acquiring an even temperament, as it is well known that the peevish, easily wrought-up, quickly angered person possesses short breath. To obtain a longer and more even breathing (which will also prolong life), take a few breathing exercises daily; when out walking always throw the weight of the body on the balls of the feet; for the first four minutes try drawing in and exhaling the breath rhythmically, alternating to every four steps; after having walked five or ten blocks more, repeat the exercise. This is sufficient for the first week. The week following increase the time of taking the breath to five steps, and from that time on add one step as best one can—do not force it—until the breath can be inhaled during seven steps and exhaled during seven steps. Then in one's room open the window wide, sit directly in front of it and take a few long breaths, rhythmically inhaled and exhaled to some melody. Ninety-nine out of a hundred will be too prudent to do this for fear of taking cold, but the hundredth one will discover that a short time after having tried this regime there will be no such thing as a cold for him.

One must determine upon a regular and strict diet for one's self. Since the system is not prepared for this rigorous mode of living, begin by thoroughly cleansing it. This is excellent discipline for both mind and body: Take a ten-day diet of popcorn and apples. Rise at 5 o'clock in the morning, bathe in cold water and work seven hours before eating. At noon eat a couple of sound apples—that is to say, apples lacking bruises and worm holes—also three handfuls of popped popcorn. Wait another six hours and eat two apples more. Follow this routine for the next ten days, after which time the system will be prepared for a fast lasting from three to ten days. The length of this fast will depend upon one's state of mind.

After this amount of preparation the system is ready for the "right way of living." Eat nothing in the morning—thus giving the system an opportunity to become so regulated by noon that the mind will be clear and bright. For one who finds it impossible to do without food in the morning a little fruit will suffice. Habitually at 12 or 1 o'clock eat a dish of cooked wheat, which contains more food for brain and muscle and which will give more strength than any amount of unhealthful, stimulating flesh foods. Buy this wheat at a seed store, wash it thoroughly in several waters, soak over night, cook on a slow fire from four to six hours and fry to a crisp brown in olive oil. With the wheat eat either fruit or vegetables. In the evening eat fruit alone, and this fully three hours before retiring. This is sufficient food for any mortal being, as has been tried and proved by one who works daily from 6 a. m. to 11 p. m.

Concerning the economy of this mode of living: Twenty-five cents' worth of wheat will last one person two months; fruit will average 10 cents a day. This brings the cost of living down to a mere trifle.