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Monastery of Mar Saba. No woman is permitted to come
within sight of Mar Saba, the fortress monastery on the Dead sea, which the wandering Arabs call "The Prison of Ten Thousand." Not many years
ago there were actually 10,000 monks ngo there were actually 10,000 monks
living in this grim and mournfal re treat, and even to-day there are more
than 1.000 left. The monastery is one of the oldest in the world, having Been founded about 1,300 years ago by Euthymins, who lived there in a cave
dug in the rocky wall of the Kedron
tavine. A romantic alfachment for this stern anchorite was formed by the
Empress Eudoxia. She built near by Empress Eudoxia. She built near by
a tower, which still exists, from which she might watch him at a distance for, true to hif vows, Euthymitus utter ly refused to see or speak to a woman Now the tower is inhabited by a
watchman, who keeps constant guard against the incursions of prowling Arabs, Twice during the past century the place has been raided by hordes from the desert.
Most rigorous of any in the Greek church are the monks who live there to day. They pass their lives in ever lasting penance, with no hepe of pleasure and no cheerful incident. Many
of them go mad from horror and des of them go mad from horror and des-
olation of their surroundings.

## Honor for Onion of Sunny Italy

 A strange ceremony is always cele gayest regions of tialy-when the on fons bave reached maturity. Onton: form the staple product of this part of the country, and the legend runs that long ago a hermit planted in a soi! that was absolutely sterile some of these vegetables, which, by the bless ing of God, crew and multiplled, and that those who ate of then romained immune from the plague which was then ravaging the country. So every year an old villager, nude to the waist, personifies the ancient hermit and lec tures his hearers on the old legend after which they gather some seeds and take them home to plant them, inorder to insure a good crop for the order to insure a good crop for the coming year.

## Spectacles of Long Ago

An interesting collection of specta cles is that possessed by Mrs. Wesley Williams of Bowdoinham, Me. More than 100 years old, these curios were the one time property of the women of Bath, who were forced by destitute circumstances to seek refuge in the alms house. Many are of odd pattern, with side lights and extension bows. An other valuabie souvenir owned by Mrs. Wesley Williams is the swor of her great uncle, Col. Samue Coombs, a fam

## Wayside Inn for Geese.

Years before the war Daniel Scott, the owrer of "Scotlands" plantation, in Albemarle county, Virginia, began
seese each spring and summer on thel semf-annual migrations. The custon has continued to this day, being kep p by the descendants of Mr. Scott. He had a special garment which be donned when feeding the hungry birds and in this they invariably recognize $\begin{aligned} & \text { and } \\ & \mathrm{h} 1 \mathrm{~m} . \\ & \text { The }\end{aligned}$
The children, grandchildren and zreat-grandchildren of the first gcese must have been well instructed in re gard to this "wayside inn," for they ways tarry there to get provisions. United States Senator Thomas Martin is the present owner of Sca lands.

## Saved by a Turkey

As a gift two turkeys and a pair of bantam fowls were sent to a gentle man in New York, who placed all four in his poultry yard. One day a hawk on mischief bent flew down at the banam hen, which at once uttered cries of alarm. A few feet away strutted the turkey cock. When he heard the anger signal he turned and went for he hawk in gallant style, striking at it with his spurs. At last, with a welldirected blow, he sent the trespasser reeling. Meanwhile the bantam had ound shelter, and the hawk soon aft orward departed, thoroughly punished But for the turkey's friendly help. however, his tiny chum would hav

Strange "Talking Fish."
There is a kind of fish, the "gron in." well known to naturalists, an sort of feet talking fish. It ha ng . When it is taken from the water it makes a nolse more or less loud which has given it its name (from the French "gronder." to growl or snarl) This sound, however, is produced by which the fish can com press at will.

Strange Recovery of Voice.
For five years Mrs. Henry Rosler wife of one of the leading merchants of Bennington, Vt., has been unable to seak ahove a whisper. The loss of he went to call her son. Harry whe she discovered that she could speak as well as she ever could that speak a had returned, and nothing has occurred to show that it has not como curred
to stay

Tree Not Very Prolific.
A well known Bangor, Me., man who has tried fruit raising with varying degrees of success was elated one
morning recently to find that one of his trees had grown a pear, the sec ond in the trees life of twelve years So surprised was he that he climbe into the tree to make sure that some
practical joker had not attempted to practical joker had not attempted to

Mail Clerks' Good Work
A mail pouch was brought to the Meriden, Conn., postoffice that had he whels and badly muthated by of the mail matter was almost de strcyed, but by much work and perse verance the bits were put together and practically $n$ il of the letters de livered to the persons to whom the were addressed.

Angles In Water Pipes.
It is calculated that one right angle hend in a pipe through which water lows will make necessary 9 per cent more pressure for a given flow than it required for a straight pipe of like bends at right angles, the pressur needed is 13 per cent more than that which is used in a straight pipe.

Shark Heoked on Cod Line.
man-eating shark gave a hard battle to a fisherman named Mcrchant Salem (Mass.) harbor. He bit at coa lae and he cr ne ip on it ready fork with his gaff, and the fish bit oft plece of its hard wood handle as It it had been straw. The fich was sour foet in length.

Trees Bent by Indlaris.
There still remain at Highland Park III., a few of the old bent trees which once marked the Pottawattamie trail One theory declares they were bent o mark the direction of Lake Mich gan, whifle anoher says they point toward the mound where once burned the councll fire.

Minister Sets His Wife Free
The Rev. B. Harrison of Chariton Kings, England, committed suicide eaving his wife a letter which began: 'This will set you free from a climate so trying to you, and you may how live in London or any other place that may suit you."

Prohibit Opium Smoking in Public. Opium smoking in French ports on the Mediterranean assumed such arge proportions of late that a law as been passed prohibiting the smok Marseilles, Toulon and other cities.

## To Repair Czar's Cottage.

public subscription has started in Holland toward repairin he ruined cottage of Zaandam, in which the czar, Peter the Great, lived while he $\qquad$
Decides Bridal Question.
The important question, When does a bride cease to be a bride? is decided by the London Queen, which says she ecomes a wife at the expiration of six weeks after the wedding.

## Indian Never Forgives

The Indian never makes up after ralling out with any one. He may speak to an enemy as he passes, but dies with the hatred in his heart.

How Many Legs Has a Wasp?
London weekby offers a $\$ 50$ prize or the answer to the question: "Has
wasp eight legs?".

## "WHACKS"

And What They Mean
When Old Mother Nature gives you "whack" remember "there's a reahen set about finding what you have done to demand the rebuke, and try and get back into line, for that's the happy place after all
Curious how many highly organized people fail to appreciate and heed the first little, gentle "whacks" of the good old Dame, but go right along with the habit whatever it may be that causes her disapproval. Whiskey Tobacco, Coffee, Tea or other unna aral treatment of the body, until seri ous filness sets in or some chronic disease.
soll people seem to get on very well with those things for a while, and Mother Nature apparently cares ut little what they do.
Perhaps she has no particular plans for them and thinks it little use to waste time in their training.
There are people, however, who seem to be selected by Nature to "do things." The old Mother expects them o carry out some department of her great work. A portion of these selec ed ones oft and again seek to stimu late and then deaden the tool (the body) by some one or more of the drugs-Whiskey, Tobacco, Coffee Tea, Morphine, et
You know all of these throw down the same class of alkaloids in Chemscal analysis. They stimulate and then depress. They take from man or wom an the power to do his or her best work.
After these people have drugged for a time, they get a hint, or mild whack" to remind them that they and should be a mission to perform, and should be about the business, but are loating along the wayside and become unfitted for the fame and fortune that wats for them they but clear of obstructions koep the body clear of obstructions so it can carry Sichness is ar to "ma
". forms. It may be stomach trouble or (it may be stomach trouble or

Mirrors Used by Anglers,
Rather a quaint idea comes from France, where anglers are in some waters using a tiny mirror attached to the line near the baited hook. The idea is that the fish, seeing Itself reflected, hastens to snatch the balt from is supposed rival. Very successful results have been obtained through the employment of this simple device.

About the Wedding Dress.
A host of superstitions center about the wedding dress. Some stitches should be set in it by the bricie herself on her wedding day-she should "sew her own foy in it." But the groom should never be allowed to see the bride in her wedding dress untll he meets her at the altar.

Kilt Good Costume for Boys.
In lecturing on. "Personal and Domestic Hygiene," J. Caullie, F. R. C. S., stated that the healthy form of attire for boys was the kilt. He salid that in the Scottish highlands "those children who wear kilts are invariably strong and turn out to be fine men.'

Big Comb of Honey.
A nature-study museum established in a disused mortuary in St. George's-in-the-East, London, contains a comb with twenty pounds of honey, collectd mainly from the sugar cargoes in the docks by a colony of 7,000 bees.

## Trap Gun Kills Man.

E. Chambers was killed at Santa Nora, Cal., by a load of salt ured from placed at his door for the purpose of discouraging the visits of burglars.

Few Women Ventriloquists. Of the manv women who become public entertainers, very few succeed as ventriloquists.
bowels, heart, eyes, kidneys or general nervous prostration. You may depend upon it when a "whack" comes it's a warning to quit some abuse and do the right and fair thing with the body. Perhaps it is coffee drinking that offends. That is one or the greatest causes of human disorder among Americans.
Now, then, if Mother Nature is gentle with you and only gives light, liftl 3 "whacks" at first to attract attention, don't abuse her consideration, or sho will soon hit you harder, sure.
And you may be sure she will hit following very hard if you insist on ing.
It seems hard work to give up a habit, and we try all sorts of plans to charge our ill feelings to some other cause than the real one.
Coffee drinkers when fll will attribute the trouble to bad food, malaria,解 on being sick and graduaily getting quit until they are finally forced to a day" ter and Then they begin to get bet enough to set up some fixed organic disease, they generally get entire.y well.
It is easy to quit coflee at once and for all, by having well made Postum, with its rich, deep seal brown color which comes to the beautiful golden brown when good cream is added, and the crisp snap of good, mild Java is there if the Postum has been bolled lorg enough to cring it out
It pays to be well and happy for
good old Mother Nature then sends good old Mother Nature then sends us her blessings. of tony and varions kirds and helps us to gain fame and Strip
Strip off the handicaps, leave out the deadening habits, heod Mother Nature's hints, cuit heing a loser and become a winner. She will help you ure if you cut out the things that "There's a re

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Iook in each racknge for a cony of We famons little book, "The Road to Wellville." -

