

At 3 o'clock it was blowing a gale

pest to steam out in the face of the gale

engines to keep the vessel's head in th teeth of the blast, and the ship went crash

THRILLING SCENES AT SAMOA.

out there was not power enough

BRAIN CELLS IN ACTION

exhausted brain, instead of being plump and lant Admiral Polo, was serving as Spanid full of nervous matter, is found to be hollowed out or "valuolated," a cavity within The new minister made mony warm its substance having formed and being filled friends when previously serving in this with water. This means that a part of the country and his father is remembered us o  $c \equiv 11$  substance has been actually consumed man of remarkable force of character. during the time of brain activity, precisely as coal is creatimed when one gets heat from a futeiace

found, further, that if an animal whose brais cells are thus exhausted is permitted to rest and to sleep its cells rapidly recuperate, new material being suphas deappeared, and the cell is practically as good as new again. This explains why sleep is necessary to our existence. During waking hours our brains are literally worn

away, and eleep is the state during which the repair shops of the brain make good the damage of the waking hours. Thus the brain of a person who suffers from insomnia omotive which

minister to the United States.

TYPICAL THIMMING CELLS OF THE INAIN

The name of the younger Bernabe recalls a homely, boyish looking attache, whose face wore a perpetual smile, almost a bread grid

indicative of unfailing good nature. from the blood until the vacuolation for diplomacy and scholarly attainments mos gratifying to those who knew him as fledgling.

Senor de Bernabe brings with him a very levely wife, the daughter of Senor Mendez de Bernabe brings with him a very de Vigo, present ambassador of Spain at Berlin, to whom he was married a few seasons ago. They have no children. The pres-ent Spunish legation at Washington was eased by Senor de Lome

The Bombay, after leaving the American ship to its fate, put into the nearest port. The captain's verbal report of the disaster down, the topmasts housed, fires lighted and steam was raised. The Trenton, flagship, an attache of the British consulate was "I have this day cut the whole quarter off held the outberth, while the Nipsic held t d-d Yankee frigate and it served An hour later the port bow cable of Trenton parted. The Vandalin tried Captain E. P. Williams commanded the

Oneida. The men he caused to be placed in the boats were the ship's sick. The sur-geon he ordered to go with the invalids Not one man of those to whom death was a certainty murmured at the capitain's act. The surgeon and the sick saw the men standing on the deck and fearlessly awaiting the fate which soon came.

All night long the storm increased in ADMIRAL SICARD'S MISFORTUNE. It is perhaps forgotten today outside o aval circles, that Rear Admiral Steard

violence. The flagship at daylight lost its wheel, and, though relieving tackle and a spare tiller were instantly attached, it was ound that the rudder was broken, and they ommanding the squadron off the Dry Tor were useless. The Trenton was leaking badly, and, though bedding was jammed The Trenton was leaking tugas, once lost by wreeking a vessel under his command. It happened twenty-eight years ago next October and the seene of into the fissures and all hands went to work bailing, the water gained and scon the wreck was Ocean island, in the south Pacific. The admirul was then a lieutenant put out the fires. Two of the Trenton's anchore held and it was not yet swept from commander in charge of the United States steam sloop Saginaw. It was the subsequent Saturday the hurricane was at its he peroism of an officer and four men of the and it was then that the Bitish vessel, Calliope, steamed out of the harbor. Saginaw that marked the account of this disaster as one of the bright pages of Amerhad a hard task in making it, but it su ican maval history. The Saginaw ran on a reef in an unexplored sea. It was an early ceded. As the English ship went by the Trenton, over which sets were every stant breaking, the crew of the Yankee ve your in the morning. The commanding offier had been on deck all night, alert, knowel, realizing that, while death stared the ng that he was coming to the vicinity of n the face, their British brothers were going ean island. Speed was diminished to four to safety, ceased for an instant their work at the pumps and sent three cheers across and then to two and one-half knots, while oundings with the lead were constantly these boiling waters to the more fortunat There was a breeze dead astern. Sudomrades on the Calliope. The cheer was denly the lookout called "Breakers ahead! The command was given to back the engines

ng on to a reef.

te run eight and day without going to the repair shops, and disaster must ultimately result. EFFECT OF SLEEP.

It is not sleep alone, however, that rests the brain cell, though sleep is absolutely essential to recuperation of the brain as a essential to recuperation of the brain as a whole. But not all parts of the brain are involved in any one kind of mental effort. The blotd supply of the brain is so ar-ranged that by expansion or contraction of different arteries parts of the brain may be different arteries parts of the brain may be which appears among the legation photo-sraphs. Admiral Polo was minister of Spain which appears from 152° through a greater off, so to speak, somewhat as the various currents of an irrigated field are regulated by the gardener. And as rapid flow of blood is most popular ential to great mental activity, this means that one part of the brain may be very acitively at work while another part is testing and recuperating. Thus it is that a person suffering from brain fatigue may leave his desk and go out into the fields with a golfstick, or on the highways with a bleyele. diverting his mind, give the over and. worked cells a chance to rest and recuperate. But it must not be overlooked that such exercise involves other brain cells, which, in turn, become exhausted, and that. In the end, for the recuperation of the brain as a whole, sleep is absolutely easential. No recreation, no medicine, no stimulant will take its place. The man who does not give himself sufficient hours of sleep, or who is unable to sleep when he makes the effort. is literally burning away his brain substance, and can no more keep on indefinitely in this way than a locomotive can run on indefinitely

without getting fresh supplies of fuel. In this new view, it appears that each brain cell is a sort of storage battery, which can perform a certain amount of work and then must be recharged. This likeness to a battery is further emphasized by the fact that the nature of the brain cell's work consists, like that of any other battery, of the sending out of charges of energy along o necting wires, or at least along fibers that may be likened to wires. Brain cells, when examined under the microscope, are found it to be simple globular bodies, like rany other kinds of cells. On the contrary they are irregular in shape, and when properly stained, little wire-like fibers can be seen jutting out from them in various directions, It is along these fibers that the messages ne to the cell, and other messages are sent out, much as messages go and come

from a telephone central office. LIKE A TELEPHONE CENTRAL OFFICE. This likening of the brain to a telephone central office is a comparis o that may be carried to a remarkable length. Indeed. other comparison serves so well to give one a correct notion of the method of brain action. place of the matter that could not be ex-plained. How is it that the various messages that are surging through the brain are di-rected to proper channels, among these multitudinous wires? When you call up the central office you give a certain number and the "hello ghel" connects your particular wire with that number. When you are through talking the girl breaks the circuit and you can no longer communicate along that li But is there anything similar to this maken and breaking of incuits possible in the brain's Astoniching as it may seem, the answer is There is precisely such a series of ages in the circuits of the brain cells is is effected by ine "hello girl" with the tele-

The manner of H is this: Recent studies of the brain sell, payth-uterly those made by the Sponthic physiologist. Ram in Cajal, have shown that mixty of the wire, which lead out from a cell to not se on uninterruptedly to a termination in some other distant cell, as they were formerly supposed to do, but in stead terminate in "blind ends." That is to say, they point out toward other cells, but do not reach them. Such a fliber clearly

cannot convey any message, because, like a telephone wire that has been cut, it does not lead anywhere. But under certain conditional of stimulation a very extraordinary thing happens. The "blind" fiber, under stimuhis from its central cell, lengthens out until it touches a fiber of a neighboring cell, and presto! with such a contact, a circuit is completed, and a message flashes between

prestol with such a message flashes between completed, and a message flashes between the cells. Monifestly such coming together of the "blind" fibera is precisely comparable of the source of the precise of "blind" fibera is precisely comparable of the blind" fibera is precisely comparable of the source of the precise of the precise of the precise of the blind" fibera is precised to the precise of the precis

telephones, so in the case of the cells, when she replied quietly. "Bring me the baby, the communication is completed, the connec- John."

it will be the residence of SUCCESSOI It is a handsomely equipped official home. The walls are covered with tapestries and paintings, and the house is fitted throughout

cara!

Spain

service. h

with heavily carved furniture. In the office a fine oil painting of Admirel Polo, father of the new minister, hangs. There is a striking resemblance between the na de. at Washington from 1872 through a greater part of 1875, succeeding Senor Roberts, r most popular Spanish representative. The new minister was born in Madrie

The topsails had been set for an hour and there was not power enough in the versel's seam plant to drive the ship back whi forty-five years ago and is of a family that has known admirable service with its gov ernment on land and sea. He entered the he wind in the filled topsails drove her for ward. The Saginaw struck the reef, stove great hole in her bow, and the crew were compelled to take to the boats. They saved service as attache in Washington in 1873 was promoted to third secretary in 1875, relarge quantity of stores from the wreck and with them landed on a desert island hunmaining here until 1881, when, after eight was transferred to the dreds of miles from the nearest point o oreign office at Madrid. In 1882 he was ap. ossible communication with the civilized inted second secretary to Holland, from vorld. The shipwrecked mariners were fa which post he returned in 1885 to the for eign office at Madrid. His elevation to the ut of the ordinary course of vessels and rank of minister followed shortly after, seemed probable that only a bare chance ou'd save them from ultimate starvation After a week's stay on the bare reef Lieu when, from minister to Egypt and later to Brizil, he returned to become chief of the commercial section of the foreign office of count Commander Sicard asked for five vo inteers to man a small boat and undertake

perilous voyage of 1.500 miles over a track-ess ocean to Honolulu. Nearly every man a the ship's company volunteered to attempt Senor de Bernabe is slight, short stature, very blonde, with scant hair-and beard. An excellent linguist, the new min of which there seemed but ister is also a man of many other accom-plichments. He writes well, valuable treat jours ey nance in a hundred of successful accomlishment. The commanding officer chose Lieutenant Talbot to command the forlors ses on commercial questions being among his works. His knowledge of commercial rehope, and chose for service under him Coxs wain William Halford, Seamen Peter Fran lations is said to be thorough and highly es his country. is. James Muir and John Andrewa of the ship's hoats was partly decked over with material from the wreck of the Sag-

Admiral Jose Polo de Bernabe, the fathe of the newly appointed minister, was known n Washington as a man of great integrit naw. A small mast was stepped and procharacter and dignity and of delightful isions and a compass were put on board During his entire term of serv ersonality Then the expedition started while ce at Washington this was one of the most vrecked crew cheered from the coral reef mportant posts in the entire Spanish diplo That frail bark kept on its way day and ight for a week, officer and men taking mentic service, as the ten years' war in 'uba was in progress and many question urn and turn about at the bars. At time were constantly arising requiring great dip wind was with them and then the sai omatic skill and a high order of ability fo elped wonderfully. At other times, wit heir discussion It was while in Washington that the United

States and Sosin were brought to the verge of war by the Virginius affair. He con-ducted with Secretary Fish a voluminous

orrespondence on this case, and his dis etches show that he had mastered every de tail of all the questions which arose during the discussion. His analysis of the docu the discussion. His analysis of the d ments and the depositions relating to thi affalr and his argument in support of the contention that the Virginius had no lega But until recently there was one right to fly the American flag, constitute of the matter that could not be ex-

## WEIGHING THE BABY.

## Papa's Joy Over the Arrival of Num-

ber One. The story is of a young and devoted father relates Pearson's Weekly. The baby was his first, and he wanted to weigh it.

"It's a humber?" he exclaimed. "When a the scales?" The domestic hunted up an old-fashioned

al pair, and the proof young father assumed charge of the operation. "I'll try it at eight pounds." he said, sliding the weight along the beam at that

figure. "It won't do. She weighs ever so much ore than that."

nore than that." He slid the weight along several notches "By George!" he said. She weights more

than ten pounds-11-12-13-14! Is it posthe men was so great that they could no He set the haby and the scales down and sit in their places at the cars, but fell inert

rested himself at the bottom of the boat. The condition of sted bimself a moment. "Biggest baby I ever saw," he panted. at the bottom of the boat. The condition o all was desperate. Their tongues were s swollen that they could not swallow th little food they had. Toward evening o that dreadful day land was sighted. Lieu resuming the weighing process. Fifteen and a half-16! This thing won't weight her. See, sixteen is the last notch, and she jerks it up like a feather! Go and get a big pair tenant Talbot and Coxswain Halford man aged to make some headway with the scales at some neighbor's. I'll bet a iner that she weighs over twenty pounds. Ille," he shouted, rushing into the next and a favoring breeze helped. Millle:

try-weighs over sixteen pounds?" "What did you weigh her on?" inquired

they saw men on the heach.

answered in good British style. In the afternoon the wind hauled a bit, and the flagship parted its two chains and drifted toward the eastern reef. Magnificent scamanship on the part of Captain Farqufor and his navigating officer kept the ves sel from striking the reef. The attemp was made to set stormsalls, but it was in was made to set stormsalls, but it was in effectual. Then a last hazardous experi ment was tried. The men were ordered to the yards, there to form a living sail, as they stood with their bodies in a compacnase side by side and with arms encircled To attempt to mount aloft in that hurrica cemed certain death. Fearing that there alght be a hesitancy to obey, Naval Cade fackson, little more than a boy ie ladder and led the way aloft, followed by the crew. The expedient was success-ful in keeping the vessel from the reef-along which it drifted in the direction of the German vessel Olga, which twic-avoided collision with the almost helples the Trenton by a skillful use of steam and helr Finally the Trenton reached the vicinity the Vandalia, which was on the reef, wit great seas breaking over it every momen and rapidly going to pieces. Captain School maker of the Vandalia, with many of hi men and officers, had been swept overboar and drowned long before. The commande had been on the bridge through the whol of the storm, and, weakened finally by the constant pounding of the waves, he was mable to stand the strain. His last word was one of encouragement and hope to his men, and then, with four others, he was carried to his death. Of the officers and rew of the Vandalia at the time the Trenton came alongside thirty-nine were dead The rest were in the rigging, expecting every moment that the masts would go by

e breeze dead ahead, they could but creep along, working laboriously at the oars. AWFUL EXPERIENCE IN A GALE.

he board, and that they would meet the fate of their comrades. When the Trenton's officers saw the peril Finally a gale overtook them and for tw lays and two nights they expected to be everwhelmed. There was no sleep for an ous position of the Vandilla's crew they re solved to save their brothers. Rockets no of the little company, and while two lines attached were sent over the Vandalia' tolled at the cars to keep the craft's head up rigging, and then the Treaton's men began to the wind the others bailed. At last a the dangerous work of saving. Captain cospito came, and by lot one man was as Farquhar ordered the flagship's band into cepto to watch for an hour, while the others the ri-lept. For twenty-four hours they lay to, lashed. the rigging, where the musicians were dept. They had their instruments with them

Oci

1.23

rying to recover from the effects of the ex-rtion of the struggle with the elements. A "Play the 'Star Spangled Banner,' " ordered arge part of the provisions had been alm: Japtain Farquhar.

fined by sea water and the supply of free The music came with a will, and the otes of the national anthem rose over the vater ran short. Then there were days of un id suffering. The food was salt-water soaked yoar of the waters and the howl of the and nauscous and created a burning thir hurricane. which the men did not dare to fully gratif

To the strains of the anthem the crew cause of the shortness of the water supply the Trenton dared everything. They Strength was rapidly leaving them, and et it was necessary to toil at the oard rept out on the storm-swept spars and gave helping hinds to the members of the Van-Lieutenant Talbot was ill almost unto death dalla's crew. Every man succeeded in gainyet he kept a cheerful face and inspired the men by his example. He worked with a will ing the flagship's deck. As the last cullor reached the firm planking the music of "The horn of spirit rather than of strength. One day, after a computation. Lieutenan Star Spangled Banner" censed, and at the

Talbot came to the conclusion that owing / t by the board. to an error in an instrument they had gone The storm abated. The Nipsle was well out of their course. The information came like a deathblow to the men. There we nothing to do, however, but to change th There was

eached, but badly broken up. The seven men lost by that vessel were drowned while attempting to launch a boat. The reports of the officers of the three American shipe vessel's head and go on once more. More days passed by and the exhaustion of two of told of the heroism of the common sailors, but said nothing of their own. The story in full came from admiring allens.

## JEFFERSON AND THE DECLARATION.

Senator Lodge's Graphic Picture of Jefferson and His Great Work. Thomas Jefferson, to whom this momen-ous work had been intrusted, writes Henry At daylight the next morning the shore lay before them Cabot Lodge in Scribner's, came a young but a mile distant, a heavy line of breakers man to congress, preceded by a decided reputation as a man of ability and a vigorous ntervening. Beyond the white wall of surf and felicitous writer. His engaging man-ners and obviously great talents secured to him immediately the regard and affection of

At that moment of supreme joy their boat At that moment of supreme joy their boat him immediately the regard and affection of to this it has been interest to be a great turned. All the members of that hereic crew were too weak to struggle and all save on a committee to draft the declaration of nation, and equally from that day to this it is to be a great the subject of sovere criticism. crew were too weak to struggle and all save on a committee to draft the declaration of nation, and equally from that day to this it the reasons for taking up arms, and then has been the subject of severe criticism.



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on one to reply to the propositions of Lord The reverence is right, the criticism mis-North. So well did he do his part, and so placed and found that the criticism mis-North. So well did he do his part, and so much did he impress his associates, that placed, and founded on misunderstanding. The declaration is divided into two parts when the resolution for independence was referred, he was chosen to stand at the First, the statement of certain general prin ciples of the rights of men and peoples, and head of the committee and to him was encondly, an attack on George III as a tyrant trusted the work of drafting the dec aration setting forth in a series of propositions the No happier choice could have been made. wrongs done by him to the Americans which It was in its way as wise and fortunate as the selection of Washington to lead the justified them in rebellion. Criticism has been directed first against the attack on the armics. This was not because Jefferson was the ablest man in the congress. In intellectking, then to the originality of the doctrines enunciated, then against the statement of the rights of man, Jefferson's "self-evident ual power and brilliancy Franklin surpassed him, and John Adams, who, like Franklin him, and John Adams, truths. " and finally against the style. The last criticism is easily disposed of Year after year, for more than a century was on the committee, was a stronger charac ter, a better lawyer, and a much more learned man. But for this particular work. the Declaration of Independence has been entous to America, Jefferson was bet colemnly read in every city, town and hamle san/ instant the masts of the Vandalia ter adapted than any other of the able men of the United States to thousands of Amerwho separated America from England. He was, above all things, the child of his time. He had the eager, open mind, the robust cans who have heard it over and over egaln and who listen to it in reverent silence and resolve that it is theirs to road. If it had optimism, the desire for change so characbeen badly written the most robust patriot-ism would be incapable of this habit. Falss teristic of those memorable years with which the eighteenth century closed. Instead of fearing innovation, he welcomed it as a good rhetoric or turgid sentences would have been their own death warrant, and the pervading American sense of humor would have seen in itself, and novelty always appealed to him whether it appeared in the form of a plough or a government. He was in full and utter o its execution. The mere fact that Jeffer-on's worde have stood successfully this endsympathy with his time and with the great forces than beginning to a ir into life. Others less repetition is kifallible proof that the declaration has the true and high literary might act from convictions on the question of taxation; others still because they fel quality which alone could have preserve through such trials its impressiveness and its saver. To those who will study the that separation from England was the only way to save their likerty; but to Jefferson declaration carefully from the literary side it is soon apparent that the English is fine. independence had come to mean the right of the people to rule. \* \*

the tone noble and digaified and the style Yet despite its general acceptance, which showed its political strength, it was a great strong, clear and imposing. and memorable document. From that day

The Walk. Detroit Journal: "And the ghost has not walked!" exclaimed the Leading Juvenile, The Low Comedian laughed: forgetting, Hazel Salve. It is the great Pile remedy.

for the nonce, his habitual austerity of "No," he rejoined, when he had done laughing. "The ghost seems to be inclined to shirk the walking on the rest of us." But the Low Comedian did not say it was time to act; and much could be forgiven time for that.

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HUNGRY AND GREEDY.

indignation of a Hobo Who Was Refused Pie.

Tused Pie. When Mrs. Frank Johnson of 812 Church-street. Evanston, had finished supper Mon-day evening a tramp applied at her kitchen door for something to cat, relates the Chi-cego Chronicle. He was 6 feet 3 inches was door for something to cat, relates the Chi-cago Chronicle. He was 6 feet 3 inches tail and looked hungry. The big man was scated at the table and Mrs. Johnson placed the meal before him. Then the tramp asked his hostess for a piece of ple. This favor Mrs. Johnson was unable to grant. The tramp became insolent and she told him to eat his support and go.

and she told him to eat his supper and go. Angered at the refusal he seized his plate, Falss eposited its contents on the face of his iostess, who ran acreaming from the kitchen

An hour later the tramp was brought before a police magistrate, fined upon the tes-timony of Mrs. Johnson and the servant and placed in a cell. There the officers searched placed in a cell. There the officers searched alm and, despite his resistance, which was speedily overcome, found three bags of coin. speedily overcome, found three bags of coin. One bag contained \$30 in 50 and 25-cent pieces. A second bag contained \$6 in nickels and a third was filed with dimes to the amount of \$10. He refused to pay his fine. He gave the name of John Olson.

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