TWO MOODS.

Sometimes I think the world to be Disgustingly mundane

With nothing beautiful or good, But everything inane. Why will the dust get on my shoes,

wrinkles in my clothes! Why must there be sad blemishes

In everything that grows? Why is the world with shoddy filled? Why had the mucker life? And why must every lovely thing

Be crushed out in the strife? My cultured soul, with grand ideals, Gets shocked on every side; I'm elbowed if I walk the streets,

I'm jolted if I ride; I'm sickened by the vulgar crowd That hustles night and day:

I'm bored to death to sit around And idle time away.

It makes no difference where I am:

All crumbles that I touch. Shocks my ideals and soils my hands, And grieves me overmuch. Until at last, with sickened heart,

I shrink away in pain; And then I'm forced to think the world Disgustingly mundanc.

But, then, again I find the world Delightfully mundane The dear old world, that offers us Its pleasure with its pain.

My soul grows lonesome by My shoulders fairly ache e by itself; To feel the push of other men In life's stern give and take.

I feel the blood surge through my veins

Until my muscles swell, And straightway all my fine ideals Turn ghosts beneath the spell. And dust, and dirt, and blemishes,

Seem dearer to me then Than any spotless paradise With artificial men.

The hurdy-gordy's deafening bang, The street band's awful bray, The "gent" that takes his "lady friend" To pienies down the bay,

The baseball crank, the college mar They shock me sometimes, but they touch

A chord within my breast Ah! yes: although the world is coarse And vulgar and profane,

Delightfully mundane!

WON ON A BLUFF.

Story of a Life Insurance Agent Who Knew It All.



HE life insurance agent had been telling stories of his experiences in the business, and when he finished drum mer up and stretched him-

"I came very near being a life insurance man myself, he said, as he sat down, "but

I overreached the limit in the beginming and quit after the first week.."
"Tell us about it," chorused the crowd, always ready for a yarn.

"Well," he said, "when I was about twenty, I was a very flip young man and thought I was cut out for the life insurance business. I had plenty of friends and soon had a job on commissions and four dollars a week salary. I went at it with a rush and button hol ed everybody 1 knew. I talked life in surance all the time and I had an idea that what I didn't know couldn't be learned. The real facts in the case were, I simply didn't know anything. I had the gift of gab and was persuas ive in my style, and that went a long way to hide my weaknesses. As to laws and liabilities, and that sort of thing, I may say I was absolutely ignorant. The first week I was at it I made a ten-strike, so to speak, and run in about four men. One of them was for fifty thousand dollars."

The old insurance man looked up

"I had met him at the hotel and he had told me he was a traveling man. He dressed well and was a smooth talker, and when he asked if I could insure him for fifty thousand dollars I was paralyzed with joy. The manager of the company was cautious, but my man answered all the questions in the blanks, passed the medical examination and put up the requisite fee like a little man, and I sent in the application and in three or four days I -called in the evening at his hotel with the policy. I met him in the office with a handsome woman, his wife, he said when he introduced me, and he told me to call again at nine o'clock as they were to take the 9:45 train and



"GIVE IT TO ME!"

had some business that demanded attention before nine. Promptly on time I appeared and was shown upstairs to my friend's room. The lady was there looking radiant, and I began to think the life insurance business was the finest thing on earth. I handed out the policy, which, by the way, named the wife as beneficiary, and in the cheeriest

nod to him and a hearty shake of the hand for me, she excused herself and said she had to join a party of friends and would meet her husband at the station. Then she left with the bag. and her husband locked the door after

"'Let me see,' he said, as he sat down and took out his pocketbook, 'I believe the premium on that is in the neighborhood of fifteen hundred dol-

" Fifteen hundred and sixty, to cover everything,' I replied. 'Can you change a thousand dollar

bill? he inquired

"I laughed at his little joke. " No, I said. 'I can't, I'm afraid,' and I took out a roll of money which I happened to be taking to a man up-Tve got eight one hundred dollar bills here, but that isn't enough. " 'Give it to me!' he exclaimed, making a grab for it.

"I jumped back and for the first time noticed the face of my friend. There was business all over it, and ugly busi-

". What do you mean? I almost

"'Don't be so loud,' he whispered. 'I mean to have that money.' "'Well, I guess not,' I said, coolly, as

I pulled a pistol which I had in my pocket as a guard for the money I was earrying and what I expected to get from him, though I had scarcely thought to use it under these circumstances.

"That's all right, my chicken,' he laughed. 'If you kill me it will cost your insurance company fifty thousand dollars, for that policy is good for it, I guess.

"I dropped my gun as if the man had shot me. Of course the policy was good for its face, and its face was fifty thousand dollars. I couldn't kill him and take the chances.

" 'And don't make any disturbance or call for anybody,' he continued, 'or I'll just cut my throat with your penknife I have here in my hand, and will not only be in for the fifty thousand dollars, but you will have some trouble in explaining how it happened, when neither knife, pistol nor other deadly weapon can be found in this room, except what belongs to you. I'm a desperate man and you might as well fork over that money and such other valuables as you may be possessed of and call it square.'

"I tried to think of some plan to escape, but my brain was in a whirl, and I couldn't do a thing, but stand there. He was very polite, however, and came to my assistance by removing the some good eight hundred dollars from my person, besides fifty dollars of my own, also one gold watch and chain worth one hundren dollars; one diamond stud worth twenty-five dollars, and one gold ring eighteen karat, worth ten dollars. Then he carefully tied me to the bed, put a nice little gag in my mouth, packed my stuff in his bag, turned out the gas, bade me good-by, and, locking the door, went softly whistling down



the hall and off to meet his wife at the train. As for myself, I stayed on that bed, sleeping and waking until the next afternoon, when the chambermaids came in to see what the matter was with No. 13. Of course, I told my story not only then, but later to the manager of the company and to the police, but my friend was gone, nobody knew whether, and if it hadn't happened that my father was able to make good that eight hundred dollars, there's no telling whether I'd gone to the penitentiary or not, for the evidence was against me. A year later I was cleared of suspicion, however, by the arrest of my friend in New York for trying to work another fellow as he had worked me, and the whole story came out."

"You ought to have stayed at it," said the life insurance man, gasping. "Why?" inquired the drummer, seri-

ously. "Because, such a classic liar as you are would have been an honor to the traditions of the profession," and the old agent went outside where he could breathe more easily.-Detroit Free Press.

From the Model Novel. Faithful to her promise, and with beating heart, she noiselessly glided along the dimly lit corridor, in which reigned the awful stillness of death. At the door of the "blue chamber" she paused for an instant, and, giving one swift, frightened glance around, disappeared into the recesses of that mysterious apartment, within whose walls lay hidden the silent family

secret of Granmore Grange. A moment later a sudden, piercing shrick rang out upon the midnight air-a cry startling in its agonizing

Without delay the door was rapidly burst open by the hastily-awakened household, when, to their horror and amazement, a heartrending sight met their gaze.

Crouching in a corner, her eyes transfixed in terror, lay Hester Hardage, pointing to the other end of the room. "Speak, girl," cried her father, in a voice trembling with rage; "tell me

what you have seen!" "Father," she entreated, "do not reway possible she took it and locked it proach me—be merciful, I implore you up in her bag, and with a pretty little [—I saw—a spider!"—Boston Globe.

THE FARMING WORLD.

CORN MEAL FOR HENS. Notes of Timely Interest to Farmers Who

Very often we see in our exchanges articles advising the feeding of corn meal, scalded until it will stick together. This is poor advice, for the hen that is fed on such food will be compelled to swallow more water than is at all necessary. The very best way to feed corn to hens is whole, and if it is to be fed to chicks it may be cracked. When we first got in the notion of feeding cracked corn we had no means of cracking it, and we went to our miller and asked him if he could help us out. He was perfectly willing to do so, and we had him raise his buhrs till the corn when it went through was- just coarsely broken, say about like grains of wheat. As the corn was dry, a considerable part of it was much finer than we wanted it. This we sifted out and fed to the youngest chicks, and the effect was so beneficial that we have kept up the custom for three or four years, and the demand for this cracked corn has grown to such proportions that now our flouring mills keep it regularly for the sole purpose of feeding chickens. Chickens cannot be grown to the best advantage in country places without being fed corn as a large part of their food. Some there are who are constantly decrying the use of corn, but they are those who base their teachings largely on theory, and the best practical breeders agree that corn is one of the essentials. The chemist tells us what elements go to make up corn, and from their analyses we are led to think that corn is not the best food, but it is with corn like it is with root crops. The writer once asked a noted dairyman why it was that mangels, which analyze so low in value, were so valuable when fed to cows, and he replied that there was something in them that the chemist did not find. So it is with corn. There is something in it that makes chickens do well on it in spite of chemical analyses. We do not advocate a clear corn diet by any means, but believe in a variety. consisting of anything edible, for the digestion of any kind of poultry is good, but if we were confined to one kind of feed, corn would be our choice, and we would feed it dry, even if we had

THE CALIFORNIA QUAIL. They Breed Readily and Furnish a Rare Table Dish.

to feed meal .- Farmers' . Voice.

Our illustration, which we reengrave from the Poultry World, is a correct representation of the California quail. They are a fine game bird, in size and shape not unlike the common quail of



THE CALIFORNIA QUAIL

the north and east, but slightly heavier and carry plumes upon the crest. They closely assimilate in their general habits to other quails. They run in the cover of low bushes and thickets. build their nests upon the ground and migrate to a warmer climate in winter time. They are easily bred, however, and thousands of them have been domesticated, both in California and other states. When grown under cover, as the Englishman raises his pheasants, they breed kindly and prolificly.

They go in large flocks in California -two to three hundred together being seen very frequently there. They are killed in various ways in their native forests or prairie retreats, and their flesh has been found very toothsome in flavor. Several fanciers not only breed them in considerable numbers, but export them alive to Europe and send a great many overland to the states south and west. They are easily handled, taking kindly to domestic treatment, and furnish the epicure with a rare dish when in condition and served in proper way at table.

LIVE STOCK DON'TS.

Don't give impure water to any class of stock on the farm.

Don't let your scrub bull-if you own one-run in the roads.

Don't sell the heifer calves from cows that you know to be good. Don'r use the cruel check rein to jerk a horse's head up out of a natural

position. Don't forget when inclined to drive fast that you are riding and the horse

is on foot. Don't trust to the grass of very early spring to keep the herds and flocks up

in condition. Don't neglect to provide shade for

the pastere in which the cows will run next summer. Don't breed scrub stock. You desire

to make your farm pay. Scrub stock will never make it pay. Don't feed too much corn to any class

of stock. Even fattening animals are benefited by some bone and muscle forming foods. -Farmers' Voice.

A Sensible Norwegian Custom.

We see it stated that in Norway the farmers yearly elect two men before whom all parties in dispute lay their grievances. The sessions are held privately, and no legal aid is called in. Twenty-five per cent. of the cases presented are settled in this primitive court, thereby saving much ill-feeling and lawyer's fees.

FOREST PRESERVATION.

How to Prevent a Timber Famine Within a Generation

Further destruction of forests without effort to make good the waste will produce a timber famine within a generation. Many kinds of valuable woods have already practically disappeared, and other kinds are disappearing rapidly from our forests. For one hundred years the destruction of timber has been constant, without renewal. Reforesting is not difficult nor costly, and returns will be ample.

One of the first duties is to cut from imberland only those trees that have reached their prime, while preserving the undergrowth from browsing animals by fencing forest tracts. Second growth should be guarded and not thinned so much as to prevent a proper development of trunks for economical use as timber. Natural planting should be encouraged in the vicinity of forests containing desirable species. Such planting may be encouraged by fencing in cleared areas about forests and keeping cattle out.

Waste lands on hillsides or rocky places, or on the borders of swamps, should be planted with valuable forest trees suitable to the location. Planting in groups will insure good timber, especially from the trees most shaded. Experimental planting of groups on waste land will bring valuable experience in tree culture.

Success in reforesting depends greatly upon a careful observation of nature and nature's methods. No one of experience would plant black walnut in marshy ground or black ash on a hillside. Pine and cedar flourish in swamps and on hillsides alike, and the same is true of hemlock. White ash and black herry flourish best on dry ground. Swamp white oak, a valuable timber ree, loves moist ground. Hard maple is sometimes found in swamps, but it does not flourish there as well as on uplands. Elms love moisture.

Trees usually found growing together in forests should be planted together. frees of one species are rarely found alone, and there is a belief, probably well founded, that a variety of species in a forest is most conclusive to strong and healthy growth. The soil of exhausted hillsides is best renewed by a growth of trees and a deposit of leaf mold. A young forest thickly planted must be a constant source of profit, after the first eight or ten years, through cutting to thin out and give room for proper development of tops. -A. S. Hamilton, President Genesee Valley (N. Y.) Forestry Association.

POULTRY IN WINTER.

Hens Will Have Good Appetites If Their Feed Is Varied.

The hens are partial to a variety of lood, which is an advantage to the farmer, as it gives him an opportunity of feeding many substances that are unsalable in winter. The supposition that poultry must be fed entirely on grain has entailed a greater expense in keeping poultry than necessary, to say nothing of the fact that the production of eggs has been diminished, rather than increased, by feeding the lowls so largely on grain.

The hen is, like the cow, a producer, and she is capable of utilizing many kinds of food. This should be apparent to all from the fact that an egg the south's cotton crop direct to the is composed of nearly all of the eleplete substance, or to produce a living creature. If the hens had no duty to perform but that of simply existing and fattening, grain would supply them with all that they require; but, as stated, the hen is a producer, and she must be given suitable foods for her purpose or she will fail to accomplish the object for which she is intended on the farm.

No farmer would expect his cow to thrive on a diet of grain exclusively. She requires bulky food, and she requires a variety. Not only is she alowed an abundance of nutritious hay, but also carrots, turnips or ensilage, the object being to promote the appetite and assist digestion, as well as to allow her a greater opportunity of securing the nitrogen, carbon and mineral matter which is so essential to milk production.

There is no difference between the hen and the cow in their demands for food. The hen requires bulky food, and she will cat the same kinds that the cows receive if such foods are cut very fine. A mess of hay will be eagerly devoured by a flock of hens, and it will be of greater service for producing eggs than corn. Farmers know that their fowls will sometimes refuse to eat corn or wheat. It is because they have been surfeited with such food. When the food is varied the hens will have good appetites, and, as the appetite influences egg production, the feeding of a variety is more important than quantity.-Farm and Fireside.

FOR RAISING HOGS. A Handy Derrick Made of Three Poles or Scantlings.

A handy device for raising hogs is a derrick made of three poles or scant-lings, 12 feet long and bolted together at the top. A pulley is fastened at the



the bottom as shown in the cut. A rope is fastened through a hele in the windlass and runs around that and over the pulley. A hook or ring should be fastened to the loose cud.-O. E. Corwin, in Farm and Home.

Dox'r buy stock from any man who abuses every breed but his own.

THE ALLIANCE.

A Stormy Session at Memphis—Macune Withdraws and Will Start Another Order —The Demands Adopted—Oil on the Troubled Waters.

MEMPHIS, Tenn., Nov. 19 .- The National Farmers' Alliance was in session all Thursday night until Friday morning. There was violent altereation,

delegates at times resorting to violence. When the alliance reassembled C. W. Macune became discouraged and withdrew from the order, and the following officers were elected: H. D. Loucks, North Dakota, president; Marion Butler, North Carolina, vice-president; Ben Terrell, Texas, treasurer; Editor Taylor, of the Nashville Toiler, secretary; and the following executive board: L. Leonard, of Missouri: Mann Page, of Virginia; I. E. Dean, of New York; H. C. Deming, of Pennsylvania.

The following demands were adopted by the national alliance:

Finance-We demand a national currency, safe, sound and flexible, issued by the govern ment only: a full legal tender for all debts. public or private, and that without the use o banking corporations: a just, equitable and ef-ficient means of distribution direct to the people at a tax not to exceed 2 per cent, to be pro vided as set forth in the sub-treasury plan of the Farmers' Alliance or some better also by payments in discharge of its obligation for public improvements.

(A) We demand the free and unlimited coir ge of sliver and gold at the legal ratio of 16 to

(B). We demand that the amount of circulating medium be increased to at least \$800 per capita exclusive of legal reserves.
(C). We demand a graduated income tax.

That our national legislation shall be ramed in the future as not to build up one industry at the expense of another. We believe that the money of the cotry should be kept as much as possible in the

hands of the people, and hence we demand all national and state revenues shall be limited to the necessary expenses of the government eco nomically and honestly administered.

(F). We demand that postal savings banks be established by the government for the

deposit of the earnings of the people and to facilitate exchanges.

Land—The land, including all the natural sources of wealth, is to be the heritage of all the people and should not be monopolized for speculative purposes, and alien ownership of land should be prohibited. All lands now held by railroads and other corporations in excess of their actual needs, and all lands now owned by aliens, should be reclaimed by the governnt and held for actual settlers only.

Transportation - Transportation being means of exchange and a public necessity. covernment should own and operate the railroads in the interests of the people. The tele-graph and telephone, like the post office system, for the transmission of intelligence, should be owned and operated by the government in the terest of the people.

The closing executive sessions of the national alliance were devoted to routine business. A truce was patched up with the disgruntled Macune faction by the adoption of a document known as a protest from the Macuneites. This doeument sets forth, in vague and general erms, the dissatisfaction of the signers with the course pursued by the Loucks

faction in the contest for the presidency. Alliance authorities give it out that he adoption of this protest has mollified the Macune faction, and that the threatened split has been healed. But on the outside it is plain to see that Macune is far from placated and from atterances by himself and friends there s no doubt he intends to start a little alliance of his own. The basis of his proposed organization is known. It contemplates the organization of cotton planters of the south into a gigantic trust, to be controlled through district, county, state and national leaders, with the purpose of disposing of spinners of Europe, and America thus doing away with middlemen and insur ing more liberal advances on the crops and easier rates of interest. Nearly all the southern delegates are pledged to the scheme. It means the complete divorcement of the northern and southern wings of the alliance.

PAROCHIAL SCHOOLS.

The Catholic Archbishops Adopt Resolution as to the Education of Children. NEW YORK, Nov. 19.-The conference of archbishops of the United States which has been in daily session at the esidence of Archbishop Corrigan since Wednesday last, was concluded last night. The question that has engaged the attention of the archbishops to the argest extent, and the one which has prolonged the conference to the period of three days, is the matter relating to parochial schools. Not until yesterday

mise upon the question. This report as given out by the private secretary of Archbishop Corrigan, Father Connelly, s entitled, "Report on Parochial Schools," and is as follows: At a meeting of the archbishops of the United States held at the residence of the archbishop New York, on November 16, 1892, to consider

was any real progress made, and the following report indicates a compro-

New York, on November 16, 1892, to consider the best means to provide for the religious education of such children as do not at present attend the parochial schools or Catholic schools of any kind, the assembled prelates manimously agreed on the following resolutions;

Resolved, To promote the erection of Catholic schools so that there may be accommodation in them for more, and if possible for all our Catholic children, according to the decrees of the third plenary council of Baltimore and the decision of the holy see.

third plenary council of Baltimore and the de-cision of the holy see.

Resolved, That as to children who at present do not attend Catholic schools, we direct in ad-dition that provision he made for them by Sunday schools, and also by instruction on some other day or days of the week and by urging parents to teach their children the Christian doctrine in their homes. These Sun-day and week day schools should be under the direct supervision of the clergy, aided by intel-ligent lay teachers, and when possible by mem-bers of religious teaching orders.

The Twohlg Will Case Ended. SAN ANTONIO, Tex., Nov. 19.—John Twohig, a banker, left his fortune to the Catholic church, but his relatives contested the will. Yesterday it was agreed that after administrator's fees were paid of the \$800,000 remaining the church should receive \$200,000 and the relatives the remainder.

A Break in the Strike. Homestrad, Pa., Nov. 19.—The first big break in the strikers' ranks oc-

curred yesterday when 150 men applied for positions at the mill. The second break came this morning when they went up Eighth avenue to the mill in large bodies. Just outside the mill the men formed in line and were taken six and seven at a time before General Manager Schwab, who examined them individually, and they were rapidly assigned to vacancies in the mill. Up to 10 o'clock this morning over 250 men had applied and very few were turned away.

SCIENCE AND INDUSTRY.

-In 1860 our product of hardware was valued at \$190,000,000; in 1888 at \$970,000,000. The annual addition to the output was \$6,000,000 a year between 1840 and 1860, and \$25,000,000 a year between 1860 and 1888 .- Pittsburgh Dis-

-During last year nearly six millions of skins were imported into England. Of Australian opossums there were 2,254,-000; of muskrat, 1,896,000; skunk, 554,-000; raccoon, 549,100; fur seals, 125,700; bear, 12,700; beaver, 11,600; chinchilla, 7,700, and otter, 7,300.—N. O. Times-

-The blue color of the sky is probably merely the color of the air, seen through a length of about forty-five miles. It has been observed by those who have ascended about five miles above the earth's surface that the sky appears of a dark inky hue, owing to the very small reflection and dispersion of the light, while the blue color no longer appears above, but below them. Similarly, the blue color of distinct hills is owing to the same cause.

-The astronomical world will be gratified by the intelligence that Prof. Barnard's discovery at the Lick observatory of Jupiter's fifth satellite, which was announced last winter, has been confirmed by the observation at Princeton. Prof. Young, of Princeton, telegraphs that the fifth Jovian moon was found on two successive nights within the past week. Of course no one doubted the correctness of Prof. Barnard's observations, but their confirmation by other experienced observers is a satisfaction. - N. V. Herald.

-Dr. Daremberg, the official investigator in the French capital, gives a simple safeguard against the infection of cholers. A solution of seven and a half grains of citric acid to a quart of water will, he says, absolutely destroy the bacillus of cholera, and if the strength of the solution is raised to fourteen grains to the quart it will also kill the bacillus of typhoid. Nothing could be simpler than this, for citric acid and sugar in water make a deliclous and quite wholesome lemonade, and the strength prescribed would hardly do more than make the water slightly acid to the taste.

-Several manufacturers in Europe are using aluminium in the construction of bleyeles, says Iron. The aluminium is alloyed with a small percentage of titanium, which is said to increase the strength of the aluminium very considerably. The following are given as the results of tests of the alloy and metal used for this purpose: Ten-sile strength of aluminium 22,300 lbs. per square inch; titanium alloy 73,500 lbs. The tensile strength of the alloy is very great if these figures are correct. It is greater than that of wrought from and steel (48,000 to 67,000 lbs.) but it is not so great as steel wire, which has a tensile strength of nearly 200,000 lbs. per square inch.

-Professor Dewar was able, in a lee ture on chemistry in London lately, to produce liquid oxygen in the prese of the audience literally by pints, and to pass liquid air about the room in claret glasses. Oxygen liquefies at about 250 degrees below zero, and air at 843 degrees below zero. If the earth were reduced to a temperature of 850 degrees below zero, it would be covered with a sea of liquid air thirty-five feet deep. Professor Dewar's process of liquefying oxygen and nitrogen was with a hundred pounds of liquid ethylene and fifty-pounds of nitrous oxide. with the aid of two air pumps and two compressors driven by steam.

-The whole solar system, astronomers say, is strewn with particles of matter known as stardust, while larger bodies, known as meteoroids, chase one another about the sun at intervals of a few miles. Usually when these meteorolds encounter the earth's atmosphere they break into small fragments and fall harmlessly to the ground. It is thought that 600 or 700 of these meteoric stones reach the surface of the earth unbroken in the course of a year, while the number of small particles which fall has been estimated at 2,000,000 a day. If the air did not act as a cushion no easualty would be more common than being hit by a meteorite.

-A mixture of rye flour and peanute has been recently used by the German health authorities in bread making. It was discovered that the refuse left after the oil has been extracted from peanuts contains 50 per cent of albuminous matter. Such being the case, bread made with an admixture of peanuts or peanut refuse would certainly be highly nutritious, inasmuch as the nutritive element of any kind of bread is mainly albuminous. Wheat and rye flours have only about 11 or 12 per cent. of albumi-nous matter in them. When oil has been extracted by pressure or otherwise from a vegetable substance, the residue is called "oil cake." All oil cakes are largely albuminous. Flaxseed oil cake contains more than 40 per cent. of such elements, and the oil cake of cottonseed is about the same

Doing Thinge Ensily.

"Do sit down," said the wise mother of a family to the new and ambitious young housemaid. "I do not in the least approve of what might be called laziness, or the habit of collap-ing into a chair every time one turns around, but I do believe in saving one's strength when it is just as easy to do it.

"You are standing at the table to pare your potatoes, when you might just as well sit down to do it. By and by there will be cleaning and brushing and scrabbing to do, when you must stand, If there is fruit to prepare, vegetables to get ready or any of the many things Where one may remain quiet write doing them, it is much better to sit. This gives renewed energy for the harder part of the work, and while there is so much about housework that there is so much about housework that is necessarily taxing, it seems to me a very wise thing to do this. I do not know why economy in strength is not just as important as economy it anything else. Certainly the ability to make the best of all of our powers is worth a little study. People who are well and strong often seems to enjoy a reckless exhibition of their physical ability, but with these a those almost always comes when the heavy strain of wasted energy begins to ten on the conwasted energy begins to tell on the con-stitution; then it is too late to prevent the damage."—N Y. Ledger.