

**Why the Jap is Strong.**  
The Japanese are allowed to be among the very strongest people on earth. They are strong mentally and physically and yet practically they eat no meat at all. The diet which enables them to develop such hardy frames and such well-balanced and keen brains consists almost wholly of rice, steamed or boiled, while the better-to-do add to this Spartan fare fish, eggs, vegetables and fruit. For beverages they use weak tea without sugar or milk and pure water, alcoholic stimulants being but rarely indulged in. Water is imbibed in what we should consider prodigious quantities—to an Englishman, indeed, the drinking of so much water would be regarded as madness. The average Japanese individual swallows about a gallon daily in divided doses.

The Japanese recognize the beneficial effect of flushing the system through the medium of the kidneys and they also cleanse the exterior of their bodies to an extent undreamed of in Europe or America.

Another—and perhaps this is the usage on which the Japanese lay the greatest stress—is that deep, habitual, forcible inhalation of fresh air is an essential for the acquisition of strength, and this method is sedulously practiced until it becomes part of their nature.—Medical Record.

The record tomato was raised by Mrs. Joshua W. Shockey of Baltimore, Md. It weighed twenty-two and a half ounces, and measured over eighteen inches in circumference. It was cut into thirty slices, which were served to nine persons.

**"WHACKS"**

**And What They Mean.**  
When Old Mother Nature gives you a "whack" remember "there's a reason," so try and say "thank you;" then 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 unnatural treatment of the body, until serious illness sets in or some chronic disease.

Some people seem to get on very well with those things for a while, and Mother Nature apparently cares but 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 to carry out some department of her great work. A portion of those selected ones off and again seek to stimulate and then deaden the tool (the body) by some one or more of the drugs—Whiskey, Tobacco, Coffee, Tea, Morphine, etc.

You know all of those throw down the same class of alkaloids in chemical analysis. They stimulate and then depress. They take from man or woman 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 have work to do, a mission to perform, and should be about the business, but are loafing along the wayside and become unfitted for the fame and fortune that waits for them if they but stick to the course and keep the body clear of obstructions so it can carry out the behests of the mind.

Sickness is a call to "come up higher." These hints come in various forms. It may be stomach trouble or 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 of the greatest causes of human disorder among Americans.

Now then if Mother Nature is gentle with you and only gives light, little "whacks" at first to attract attention, don't abuse her consideration, or she will soon hit you harder, sure.

And you may also be sure she will hit you very, very hard if you insist on following the way you have been doing.

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 ill will attribute the trouble to bad food, malaria, overwork and what not, but they keep on being sick and gradually getting worse until they are finally forced to quit entirely, even the "only one cup a day." Then they begin to get better, and unless they have gone long enough to set up some fixed organic disease, they generally get entirely well.

It is easy to quit coffee 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 boiled long enough to bring it out.

It pays to be well and happy for good old Mother Nature then sends us her blessings of many and various kinds and helps us to gain fame and fortune.

Strip off the handicaps, leave out the deadening habits, heed Mother Nature's hints, quit being a loser and become a winner. She will help you sure if you cut out the things that keep you back.

"There's a reason" and a profound one.

Look in each package for a copy of the famous little book, "The Road to Wellville."

# EDITORIALS

Opinions of Great Papers on Important Subjects.

**Looking for Easy Jobs.**

**A**N aged colored man was recently arrested in Washington and pronounced insane after a medical examination. One of the chief proofs of his insanity was his stubborn insistence that the government owed him a living and that he was entitled by right to a position in one of the Federal Departments.

The occurrence furnishes a fit text for the pen of the humorist. Yet as a matter of fact it is not true that a very large number of white men who are young, vigorous and presumably capable of making a place for themselves in the world are likewise possessed of this particular form of lunacy? How many Senators and Congressmen, if they should speak out frankly, could furnish some interesting revelations regarding the extent and persistence of the impertunity to which they have been subjected by people who were convinced that they ought to have a government job—and who frankly based their preference for this sort of employment on their belief that it was about the easiest that could be found anywhere?

There is, of course, nothing dishonorable in seeking a subordinate position under the government. In some branches of the public service, owing to the gradual introduction of the merit system, there is more chance than formerly for promotion based on fitness and capacity. But it is undoubtedly true that the belief that work for the government is usually "an easy job," inspires the bulk of the applicants who annoy members of both houses of Congress with their appeals. Yet is this the way to win genuine success? Is a task that is "easy" the kind which the average healthy young person should look for?

Men who have risen to eminence in trade, industry and professional life have not wasted their time in hunting up places where they would have little to do with comparatively small prospect of advancement. They have resolutely looked for openings which were accompanied by hard labor and plenty of it; and when they have secured such an opening they have usually proved that they had the right stuff in them by buckling down with energy to do their best.—Philadelphia Bulletin.

**Why "Little" Japan?**

**T**HERE is one illusion about Japan which seems to survive evidence and to work most serious political mischief. The Continental Powers, and Russia more especially, cannot get rid of the belief that the Island Empire, however brave or astute or lucky its children may be, is, after all, but a "little" State, which in a very short time must "bleed to death." It is not very easy to trace the origin of this belief, unless it be the habit of expecting great size in all Asiatic Empires, or of comparing the area of Japan with that of China, or of Russia itself. So compared, Japan is, of course, a little place, which looks on the maps almost insignificant. Compared, however, in a more sensible way, with the other Island Empire which has so long been one of the Great Powers of the world, Japan is by no means small. Its total area, without counting Formosa, is by twenty-seven thousand square miles greater than that of the British Isles, and as large a proportion of it is fertile and thickly populated. That population, again, is forty-four millions, or three millions greater than that of Britain, six millions greater than that of France, and almost equal to that of Austria-Hungary. If the word "little," again, refers to strength for war, that strength is in many respects superior to our own. We could probably destroy the Japanese fleet, but the Japanese fleet has destroyed that of Russia, and could, if allowance is made for position, maintain a contest with that of France or Germany which would not be absolutely hopeless.

As regards soldiers, Japan has a conscription, and the conscription obviously works. Within the last six months the country has sent out six armies, each nearly equal to either of the forces that contended at Waterloo. We thought we had done a great thing when we sent eighty thousand men to India in 1857, and an extraordinary one when we transported two hundred thousand men to South Africa in 1900. But Japan has transported more than four hundred thousand men across the sea, and defied the Rus-

**MINING ARSENIC.**

A Virginia farmer, up among the foot-hills of the Blue Ridge Mountains, cleared a new field and pastured his cows there. Before long the animals sickened and one died. Thinking that perhaps the spring which bubbled from the rocks in apparent purity might be the cause, the farmer caused its waters to be analyzed. It was found that they contained arsenic in such quantities as to render them dangerous to man and beast. This discovery, says the Boston Herald, led to an industry, unique, not only in the United States, but in the western hemisphere; that is, the mining of arsenic ores and the manufacture of white arsenic, for the supply of which America has hitherto depended entirely upon foreign markets.

Arsenic is mined in Japan, Italy, Portugal, Spain, Germany and England. Its uses are many. As a poison it has been known from very early times. The peasant women of Austria consume large quantities of it, having faith in its virtues as a beautifier, and the men of the same region are addicted to its use in the mistaken belief that it increases their bodily strength and endurance.

Arsenic is a useful mineral. It is used in the manufacture of glass, white metal, Paris green and a great variety of pigments; in printing calico. In making toilet soap, cosmetics and complexion powders; in the manufacture of fireworks and as a constituent of many alloys. For these and similar purposes between five and six thousand tons are imported into the United States every year. The average value of white arsenic may be placed at about eighty-five dollars a ton.

It was only about a year ago that the arsenic ore was discovered in Virginia; then the mountain top round the present mining town of Brinton was an almost unbroken wilderness. The

sians at Lia Yang and Port Arthur with armies greater in the aggregate than that which Napoleon III. mobilized for the invasion of Germany. Of the quality of these forces it is unnecessary to speak. Sailors and soldiers alike are, in discipline, in speed of marching, and in endurance of fatigue, the equals of any that Europe has produced; while in their reckless contempt of death they display a special quality which, as great Russian officers admit, sometimes appals and demoralizes their own stubbornly brave men. Where in all this is the evidence of the "littleness" upon which their press declares to be a guarantee of their own ultimate victory?—London Spectator.

**Love and Work.**

**I**DEALISM as an interpretation of life, a vision of ultimate ends and conditions, has always won to itself the ardent, the poetic, and the high-minded—the great company of seekers after light and love in every generation, who rebel against the hardness and injustice of the world, hate its noise and brutality, its fierce competitions and its stolid indifference to the defeated. Even in the presence of the great purpose which runs through the visible order of things and the society in which men have arranged themselves, and which has come to light, as one of the most spiritual men of the day has said, just in time to save some of the best men and women from despair, it is hard for the sensitive and aspiring and tender-hearted to bear the sorrows of the world and to sit with a cheerful spirit while so many losses ravage the homes that are dear to them and despoil the best fortunes of men. There are hosts of men and women who so through life with a noble discontent in their hearts, a sense of loneliness and isolation in their souls; they are homesick for a world in which men help instead of snipe, bind up instead of wound, are quick to recognize the good instead of eager to find the evil, stand ready in all crises to rebuild the fallen, are patient of spirit with the weak, love the sinner while they loathe the sin, are kindly in speech because kindly in thought, are indifferent to external conditions because conditions are the happenings of life while the soul is its great and enduring reality, are bound together in a vast conspiracy to cheer, to aid, to give heart and hope, to make the highways of life bloom with spontaneous kindness, and to make the lonely world a warm, hospitable, many-windowed home for all who pass this way on the journey of life. \* \* \*

Men are made happy, not by the things which surround them nor by the things which they take to themselves, but by the noble putting forth of the soul in love and work; the two great activities which are never divorced in the harmonious and balanced life, the two languages in which every true idealist makes confession of his faith and gives evidence of its reality. For love is the ultimate expression of faith, and without works faith is a vain shadow.—The Outlook.

**Criminal Frequency of Railroad Wrecks.**

**T**HE frequency and frightful fatality of railroad accidents in this country must sooner or later bring about determined governmental action for the protection of the traveling public. There is not another country in the world where as unnecessarily large a proportion of railroad passengers lose life or limb.

The fact that so many American railroads are composed of but a single track is a partial explanation of this awful slaughter, but it does not account for everything. In England, where accidents of serious proportions are so comparatively few, railroad precautions for the safety of the public are prescribed, and supervised, by the Board of Trade, and the wholesome nature of this regulation was recognized by a bill which was introduced in Congress last winter, providing for a similar supervision of our roads by the Interstate Commerce Commission.

The Interstate Commerce Commission is already a useful body, but it would be of larger use if this new power were given to it. The railroad influence blocked the bill just mentioned at the last session, but this fact should not deter the vigorous revival of the measure.—Pittsburg Press.

Canadian Pacific the workmen wear gloves and veils. When I was out there a year ago, looking after the building of a short branch road, we had only one man in the gang who did not mind mosquitoes nor even horse flies. He was a big Swede with a hide like sole leather. His impregnability to the assaults of stinging things was the wonder of the camp, and one day he offered to bet my assistant that he could sit half an hour in a 'slough' and not wince once while the gallinippers drained his life blood. My assistant had a \$5 bill which said the Swede couldn't do it. The Swede stripped to the waist, folded his arms, and let the bloodthirsty insects do their utmost. Ten, fifteen minutes passed, and my assistant saw his \$5 leaving him. He took out a sun glass and focused it on the Swede's back. The big fellow began to squirm. His back was toward us, and he could not see what was going on. His back began to smoke. He writhed for nearly three minutes, then he twisted his head over his shoulder and called out:

"'Ae tak off 50 cents if you kill that horse fly.'"—Chicago Inter Ocean.

**Pat's Answer to the Sergeant.**

An Irish soldier was crossing a barrack square with a pail, in which he was going to get some water. A sergeant, passing at the time, noticed that Pat had a very disreputable-looking pair of trousers on, and, wishing to make a report, stopped the man and asked:

"Where are you going?"  
"To get some water."  
"What! In those trousers?"  
"No, sergeant, in the pail."

**Christians in Japan.**

According to the Church Missionary Gleamer, the Christians in Japan number 140,800. The Protestants number 55,354; Roman Catholics, 58,086; Russian Orthodox Christians (Greek Church), 27,360.

**When eggs are scarce, the popularity of the woman who has eggs to sell, is not to be despised.**



**One Hundred Years Ago.**

James Monroe was appointed minister to Spain.

The French governor of Guadeloupe forbade the shipping of newspapers to the colony.

Owing to a long dry season the coffee crop of Mexico was a complete failure.

Three hundred slaves were employed at the shipyards at Antwerp, Germany.

As the south wing of the capitol at Washington was not completed, the members of the House of Representatives met in the library of the building.

All talk of war between England and Spain had ceased, notwithstanding the capture of the treasure frigates, for which no reparation had been made.

The Hibernia, at that time the largest man-of-war ever built in England, was launched at Plymouth.

**Seventy-five Years Ago.**

Spain ordered 8,000 stands of arms to equip her soldiers who were going to Mexico.

Political riots occurred in London.

President Guerrero of Mexico relinquished the extraordinary powers granted to him by Congress on account of the Spanish invasion.

The City Council of Washington passed a law prohibiting gambling.

The Siamese twins were exhibited in London.

Troops of Monterey revolted against the governor of California, with a view to give all offices to Californians.

Sam Patch killed himself by jumping the Genesee Falls at Rochester, N. Y.

**Fifty Years Ago.**

The American Ship Herald was fired on by a British man-of-war.

The Canadian legislature voted \$100,000 toward the British patriotic fund.

New Granada prohibited the exportation of guano.

The city of Boston adopted a new charter.

A telegraph line was opened between Paris and Bastia.

Eighteen British and twelve French ships were lost on the Black Sea.

The mosque of the Sultan was blown down by the storm which wrecked many other buildings in Constantinople.

**Forty Years Ago.**

A school census made by the controller placed the population of Chicago at 169,553.

Sheridan sent an army through Front Royal in the Shenandoah Valley, capturing many prisoners, guns and horses.

Chicago was the hiding place of hundreds of men who had fled from their homes to avoid the draft, and many army officials were searching for them.

Three bounty jumpers, arrested and convicted of desertion in Chicago and St. Paul, were sentenced to be shot at Fort Snelling, Minn.

Reports circulated throughout the North that the movement of Sherman through Georgia toward Charleston was intended to give Georgia and South Carolina an occasion, desired by them, to secede from the Confederacy.

**Thirty Years Ago.**

Forty persons were drowned by the sinking of the packet Empire at New Orleans.

The government of Saxony forbade the practice of cremation.

Gladstone and Archbishop Manning were engaged in spirited exchange of press interviews on the relative demand of church and state on a Roman Catholic.

England was thrown into a state of excitement by the reported death of Queen Victoria in Balmoral castle.

St. Petersburg newspapers announced that the government had determined to introduce a system of compulsory education.

Lieutenant Governor V. V. Smith proclaimed himself the lawful governor of Arkansas instead of Governor Garland, elected under the new constitution, and appealed to the President to sustain him.

**Twenty Years Ago.**

The French forces captured and occupied Tamsui, China.

The official canvass of New York State was completed, assuring the election of Cleveland as President.

A treaty of commerce between the United States and the Spanish West Indies was concluded with Spain.

The tribunal in Paris proclaimed the absolute divorce of Mme. Patti from the Marquis de Caux.

**Shop Talk.**  
"Say, let up, will you," said the wagon wheel. "You make me tired."  
"You fellows are always running around," rejoined the blacksmith; "no wonder you have that tired feeling."  
"You are like your fellows," continued the wheel, "full of wind."  
"Huh!" exclaimed the bellows; "you needn't think you are the entire gunstore just because you happen to be a little revolver."  
Then the wagon tongue spoke up and put an end to the hubbub.

**Stuck to the Truth.**  
Lawyer—You have taken your oath, and I want you to answer each of my questions honestly.  
Witness—Yes, sir.  
Lawyer—What is your occupation?  
Witness—I am a driver.  
Lawyer—Do you drive a wagon?  
Witness—No, sir; I do not.  
Lawyer—Now be careful and remember that you are on your oath. You admit that you are a driver; now, honestly, don't you drive a wagon?  
Witness—No, sir; I drive a horse.—Albany Journal.

**The Black Hand.**  
"Charley had a dreadful time last night," said young Mrs. Perkins. "He says he was a victim of the 'Black Hand!'"  
"You don't say so!" exclaimed the caller.  
"Yes. He came home without a cent. I don't quite understand the particulars as he explained them. But they pulled a deadly weapon on him that is known as a club flush."—Washington Star.

**Good News for All.**  
Bradford, Tenn., Nov. 21.—(Special.)—Scientific research shows Kidney Trouble to be the father of so many diseases that news of a discovery of a sure cure for it cannot fail to be welcomed all over the country. And according to Mr. J. A. Davis of this place just such a cure is found in Dodd's Kidney Pills. Mr. Davis says: "Dodd's Kidney Pills are all that is claimed them. They have done me more good than anything I have ever taken. I had Kidney Trouble very bad and after taking a few boxes of Dodd's Kidney Pills I am completely cured. I cannot praise them too much."

Kidney Complaint develops into Bright's Disease, Dropsy, Diabetes, Rheumatism and other painful and fatal diseases. The safeguard is to cure your kidneys with Dodd's Kidney Pills when they show the first symptom of disease.

**Fecundity of Finny Tribe.**  
In a chapter on the artificial cultivation of sea fish, contributed by R. B. Marston to Aflalo's "British Salt Water Fishes," it is stated that there need be no fear that such important fish as the cod and the herring can ever become extinct or even reduced in numbers by man, except locally. A cod of ten pounds has a million eggs. On July 25, 1895, Professor Hensen calculated that there must be over 278,000,000,000 of impregnated cod eggs in each square Norwegian geographical mile of the surface of the Skagerrak. Consequently the three or four hundred millions of eggs artificially hatched and turned in annually from a Norwegian hatchery are only a drop in the ocean.

In America, however, codfish culture has had beneficial results in establishing lucrative fisheries in inshore waters of New England that had been entirely depleted or had not contained any great stock of them previous to the operations of the fish commission. Still more splendid have been the results from the culture of shad, once a luxury obtainable only by a few, but now plentiful and comparatively cheap.

**A LABOR PROBLEM**

ORDERED OUT BY A POWERFUL COMBINATION.

A Kansas Woman Succeeds in Maintaining Her Right to Earn Her Living.

The walking delegate is not the only one who can order the employee to give up his job. Some irregularity in his health may force him from his work and render him incapable of improving the very finest opportunity in the world. A remedy that will restore health solves many labor difficulties at once and makes the path to success a smooth one.

Miss Winnifred Ray, of No. 917 Water street, Wichita, Kansas, has passed happily through an experience which illustrates this point. She says: "In 1901 I began to suffer from considerable disturbance of my health. There was derangement of stomach and bowels, as well as female troubles. My appetite became very feeble. Some days I had no desire for food at all and when I did take any it caused me great discomfort, particularly burning sensations. I also had palpitation of the heart and often a sense of being smothered, and I became so nervous I couldn't sleep. One doctor thought I had heart disease, another consumption, another a radical disorder of the liver. While I was not confined to my bed, I was so miserable that I really thought I must die."

"After suffering in this way for a year without finding any relief, I read about Dr. Williams' Pink Pills for Pale People in a book and got a box and began to use them. In a week I was better. In six or seven weeks I was well. My liver seemed to be stimulated at once and my complexion cleared up. The burning sensation left my stomach and I could eat nearly everything I wanted. I had no more pain in my abdomen and no more trouble with my heart. My whole system appeared to be regulated and the grave fears of the doctors were all banished. I have recovered my strength and cheerfulness and am able to do my regular daily work and to support myself again. The pills have done me great good and I believe they would help others equally if they would try them."

Dr. Williams' Pink Pills for Pale People are sold by all druggists, or direct by Dr. Williams Medicine Company, Schenectady, N. Y., 50 cents per box; six boxes for \$2.50, postpaid.