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Is about 10,000, add we would say at least neo-half are troubled with some effection on the throat and lungs, as those complaints are, according to staaistics, more numerous than others. We would advise all our readers not to neglect the opportunity to call on their druggist and get a bottle of Kemp's Balsam for the throat and lungs. Trial size free. LargeBottle 50c. and $1. Sold by all druggist.

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The Science of Life, or Self-Preservation, is a treasure more valuable than gold. Read it now, every WEAK and NERVOUS man, and learn to be STRONG.—*Medical Review.* (Copyrighted.)

KITCHEN TRAINING.

A WORK WHICH HAS HELPED MANY POOR AND RICH FAMILIES.

What "Kitchen Garden Training," Means, How It Was Started and by Whom. Miss Huntington's Great Work for Her Less Fortunate Sisters in a Big City.

"There is so much to find fault with and so much to wish for in such a great big, dirty city as ours that sometimes the good, sweet, modest facts connected with our charitable institutions are overlooked," said a visitor to the Wilson Industrial school and mission as she came away from there the other day. The building at 125 St. Mark's place was turned, nearly forty years ago, from a factory into the pleasant school house which it now is. This school, which was the first institution of the kind in America, is not endowed and is maintained entirely by voluntary contribution. Mrs. Jonathan Sturges is the first director, and many familiar names are on the list of managers.

The matron of the school is Miss Emily Huntington, the originator of the system of kitchen garden training, a branch of work now carried on not only at the Wilson school and elsewhere in this city, but in other American cities and in Canada, England, Ireland, Scotland and France. Miss Huntington has made the mission house her home, and here she watches day by day the results of the methods which she has established.

It is with a fascinating interest that one listens to the tale of how by the merest chance Miss Huntington, at eighteen, just out of school and ready to be ushered into fashion's pleasures, chanced to be taken by a friend to visit a "ragged school," and how the only daughter of fond parents put society and the usual amusements of youth aside, and not in the same manner, but with the same motive as her cousin, Father Huntington, set herself about mission school work.

Nobody could work with Miss Huntington's energy and her capacity for organizing without developing new ideas which should bring forth more complete work, so as time passed on and she gained experience, not only among the poor, but with her own class, she made various discoveries. One was that the leisure of some of the young girls of her acquaintance might readily be put to good account, and another that kitchen gardening might with profit be adapted to the rich as well as the poor.

She obtained the co-operation of some of the mothers and the interest of the girls, so that a meeting was called for the purpose of developing a plan of movement. Fifty girls met at the house of one of the elder women. This was in 1867. It was proved that most of them, no matter how well versed they were in Latin and geometry, knew absolutely nothing about domestic science, so arrangements were made for forming a normal class which should be divided into companies, these companies to go to the mission for regular days of teaching.

These young women, as their paths divided, removed to Boston, Chicago and elsewhere and set up kitchen gardens of their own, with the result that the system has spread everywhere. It might even be said with truth that the other thought, that of the Working Girls' clubs, emanated from this mission, for Miss Grace H. Dodge was one of the fifty young women who joined in the work there, and it was no doubt because of the experience she gained at this time her idea was conceived and developed.

The girls became kitchen gardeners themselves, and afterward, when marriage had placed some of them in homes of their own, they wrote to the founder of the system, "You have no idea how kitchen garden helps me with my servants and my housekeeping," and to others it gave the means of livelihood when unforeseen reverses of fortune made them dependent upon their own resources.

It must be confessed that "kitchen garden" is a rather misleading name, for it suggests to many a place where vegetables are grown for kitchen use. When Miss Huntington was asked about the name, she said: "It means a system by which all the intricacies of domestic science are taught—sweeping, dusting, washing, ironing, waiting at table, etc. I thought a little of changing the name at one time because it was confounded with the term vegetable garden, but I found nothing that quite took its place, and I soon discovered that the fact that the name had to be explained gave it additional importance."

The school hours are the same here as elsewhere—from 9 to 3. There are about 200 girls, ranging in age from five to ten, and there are the usual lessons in reading, writing and arithmetic, which come under the head of study. The training in the kitchen garden branches is little else than a systematized form of play, and this takes up a proportionate part of the school day.—New York Tribune.

Nickel Armored Ships Can't Go North.

The remarkable discovery of the effect of temperature on the density of nickel steel is likely to have an important bearing on its use in the construction of war vessels. After this variety of steel has been frozen it is readily magnetized, and, moreover, its density is permanently reduced fully 2 per cent. by the exposure to the cold. It is stated that a ship of war built in the temperate climate of ordinary steel and clad with say 3,000 tons of nickel steel armor would be destroyed by a visit to the arctic regions, owing to the contraction of the steel by the extreme low temperature.—New York Journal.

A Leading Question.

Mr. Smallbrain (fondling his fuzzy upper lip)—Ah, Miss Belle, I've been, ah, letting my mustache grow, don't you know, for a week.

Miss Belle (significantly)—For a weak what, Mr. Smallbrain?—Detroit Free Press.

BALDNESS HEREDITARY.

So Says a Hairdresser in a Learned Discourse on the Subject.

"About bald heads, now," said a hairdresser who professed to know all about hirsute deficiency and its causes, "they are as much due to heredity as are red heads, black heads, curly heads or heads that are not curly. And why are men so commonly bald and women bald so uncommonly? There are doctors and men of science who point to that fact to strengthen their well known high hat theory of baldness. They affect to believe, and insist on their belief, that the high silk hat and the hard felt hat are responsible for most of the baldheaded men, the unyielding pressure of such headgear constricting the blood vessels which nourish the hair bulbs, and thus destroying their vital properties, the result being death of the roots and unavoidable capillary scantiness. Women, say these scientific speculators, do not injure the vitals of their hair by such means, and thus are rarely chronically bald.

"Maybe they are right, but I don't believe it. Everybody knows that man, as the head of the family, has to go to the front and stay there in the capacity of the breadwinner. The strain of life comes the most severe on the man in that respect. He it is who suffers the anxieties and battles against the disappointments of business, speaking of life in general. What makes men prematurely old? Just these anxieties and struggles. If prematurely old, why not prematurely bald, which is a natural accompaniment of untimely age? Woman has less brain stress. Her sympathies with the man in his struggle may be great, and usually are, but they do not make the demands on her organization that tell so severely on the system of the man.

"I account for much baldness among men by this theory of nervous exhaustion, but then what will explain its prevalence among men whose circumstances do not require them either to indulge in business anxieties or undergo business disappointments? Thus we see the easy going man about town, not yet in his prime as to years, with no haunting thought of tomorrow, yet as bald as his grandfather was at seventy. We see the pampered child of fortune, son of a millionaire father, who toils not, neither doth he spin, yet Elijah, whom the bad boys mocked, at the same time the she bears came out of the wilderness and dined upon them, was not arrayed in less hair than one of these. Some might explain this by the sweeping charge of dissipation, but it will not do. I have among my patrons youth of this kind who are models of sobriety, propriety and simple living, and yet they are as bald as doorknobs.

"Heredity is the only explanation that can be made of this mysterious departure of the hair in early life, although Professor Eaton, an English scientific person who has made investigation on the subject a specialty for years, does not believe it, and stoutly declares that the cause of baldness is no nearer discovery than it was a hundred years ago.

"But whether I am right or wrong in my theories I know I am right in this, and that is when a man is once bald he is always bald, unless his hair has fallen out from the effects of fever. In that case it will generally return in time of its own accord. But a head that has gradually lost its hair while the owner of it is in good physical condition has lost it for good. If it wasn't so do you suppose there would be so many baldheaded doctors and barbers?" — New York Sun.

How an Elephant Eats.

An elephant's digestive functions are very rapid, and the animal therefore requires daily a large amount of fodder —600 pounds at least. In its wild state the elephant feeds heartily, but wastefully. It is careful in selecting the few forest trees which it likes for their bark or foliage. But it will tear down branches and leave half of them untouched. It will strip off the bark from other trees and throw away a large portion.

As it is a nocturnal animal, it selects its trees by the senses of touch and smell. Its sense of smell is so delicate that a wild elephant can scent an enemy at a distance of 1,000 yards, and the nerves of its trunk are so sensitive that the smallest substance can be discovered and picked up by its tiny proboscis.

An elephant's palate is very delicate, and the animal is whimsical in selecting or rejecting morsels of food.—Youth's Companion.

Diarrhea and Digestive Troubles.

The connection between teething and diarrhea has been considered until of recent years as beyond question. But even this is very doubtful. For ourselves, we should have no difficulty theoretically in supposing that painful teething might upset the digestion, just as in nervous older children and adults we see excitement and mental anxiety produce like results. But actually, the more the cases are examined the less certain is the relation of the bowel trouble to the supposed cause. Here again developments in the digestive organs may have an influence, and the effect of heat, either directly upon the nervous system of the child or by injuring food, is shown by the prevalence of these diseases in summer.—Dr. Henry D. Chapin in Babyhood.

Weeping Trees.

The literature of "weeping trees" is enormous, much of it being plainly mythical, but there is a large basis of fact upon which most of these marvelous stories rest. Many travelers have described the famous "rain tree" of Padradoca, Isle of Ferro. John Cockburn, in 1735, describes a tree at Vera Pas, Central America, from which pure water continually dripped from every leaf and branch.—St. Louis Republic.

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