

Sleep and Nerve Res.

In the days when eight hours for sleep was nominally regarded as an hour too long for any self-respecting individual, the exhausting character of modern life was unknown. There was less wealth and more contentment; less competition and more security; fewer distractions, but more simplicity. Work was easier, slower; and care, anxiety, apprehension—in a word, worry—did not feed, like the worm I' th' bud, upon the hours ex-empt from toil. We are remorseless in overtaxing the delicate mechanism of our minds and nerves. The best walker, for instance, does not propose to himself to go regularly 60 miles a day, or to subject the same set of muscles in any other form of physical exercise to intense and unremitting labor. But that is what we do with the immediate agent of our minds—the brain machine. We cannot watch its operations. We often assume that its movements are as light and endless as the ripples of the universal air. We know and nevertheless we forget that the brain is a substantial apparatus as liable to depreciation as the fixed plant in a workshop. Now nothing is more certain than this, that the potential capacity of the human brain has not increased, if at all, in anything like the proportion of the immensely aggravated demand upon it. The modern man is subject to as much mental and moral wear and tear in a day as his ancestors in no very remote generation experienced in a week, says London Telegraph. Yet in respect to sleep we have hardly changed traditional habit. We keep later and still later hours. We catch our trains in the morning as usual. There is no doubt whatever that we burn the candle at both ends with unprecedented disregard of the laws of physiological economy and that the amount of rest we allow for nerve and brain is no longer adequate.

Production of Silver.

The production of silver in the United States has not varied radically since 1899, and we arrive at our judgment of a radical variation by comparison with the change in the output of gold, which has indeed been radical, says the Black Hills Mining Review. There was a difference of 14,000,000 ounces, approximately 28 per cent., between the low production of 1894 and the high of 1892, while there has been no new extreme within in 12 years. The annual output of gold has considerably more than doubled within that time. The variation in the world's silver production during the 15 year period has been less than that of the United States, the high extreme of 1893 exceeding the low of 1891 by about 26 per cent. The world's annual production of gold has, on the other hand, been going steadily forward, except for the interruption by the Boer war, practically trebling since 1891. The United States has bought no silver in 13 years. The last purchases were under the act of 1890, by which in excess of 168,000,000 ounces were acquired. During the 20 years following 1873 the government purchased almost 500,000,000 ounces, or at the average rate of about 25,000,000 ounces per year.

In one sense Harvard was defeated on the Thames and in another sense she won. It was a triumph of comradeship among sportsmen and of international comity. The visit was well worth the result in drawing more closely together the sportsmen of both nations and in intensifying the popular friendship which the experiences of recent years have done so much to develop. The crimson of Harvard was indeed the "red badge of courage," but it also stood for the first color in our national emblem, and it represented the warm blood of kinship.

Barbers' supplies may soon be furnished to soldiers at cost price by the government. Brig. Gen. Constant Williams, commanding the department of the Colorado, in his annual report recommends that articles needed for the proper care of the face shall be added to the list that may be purchased from the army storehouses. Among the articles mentioned are listerine, talcum powder, witch hazel, razors, shaving brushes and cups. He thinks also that soldiers should have the privilege of buying thread and needles at cost.

A veteran student of phonetics says the sound of s is obtained in 19 ways and that the 26 letters of the alphabet may be used to represent 658 different sounds. In the language of the poet Gray, "Enough: Where ignorance is bliss 'tis folly to be wise."

A Louisville police judge decides that Sunday theatricals are works of necessity. In one way he is right. You don't catch an actor working at it twice a day for seven days a week unless he is compelled to.

A Florida correspondent of the New York Sun says fleas may be banished from any house by dragging a live alligator through the rooms. Persons whose dwellings are infested with fleas will have no right to complain after this.

Uncle Sam's foreign trade last month and for the first half of the year shows an increase over the same periods of 1905. Europe may not like our manners, but she is compelled to swallow our products.

"A SMALL THING."

Do you believe in progress? Do you believe that all the wonderful achievements of the nineteenth century—the railroad, the telegraph, the telephone, electric light, kerosene, sewing machine, agricultural machinery, steamships, trolley cars, etc.—have made life easier and better worth living? I do. I believe that a man who lives 40 years under modern conditions has experienced more life and better life than Methusalem, though he had lived 20 centuries of his time.

The triumphs of the nineteenth century were triumphs of human service—the placing of knowledge and the fruits of knowledge within the reach of the common man. Every man's life is better, happier, more secure because of them. We live more comfortable, more sociable lives in better and more comfortable houses because of them. Even the hopeless dweller in the worst city slums is more comfortable in his physical conditions than the middle-class citizen of the days of George Washington.

In little things as in great, comfort and convenience have been the legacy of the "Century of Improvement." Paint, in a certain sense, is a minor matter, yet it gives beauty, healthfulness and durability to our dwellings. Fifty years ago painting was a serious proposition, a luxury for the owners of stately mansions who could afford the expense of frequent renewals. Today ready mixed paint is so cheap, so good, and so universal that no house owner has an excuse for not keeping his property well painted.

A small thing, indeed; yet several hundred large factories, employing thousands of chemists and skilled workmen, are running every day in the year to keep our houses fresh, clean and wholesome.

A small thing, yet a can of good ready mixed paint, such as one may buy from any reputable dealer, embodies the study of generations of skilled chemists, the toil of a thousand workmen in mill, laboratory and factory, and the product of a long series of special machinery invented and designed just to make that can of paint and to furnish us an infinite variety of tints, colors and shades.

It was a wonderful century, that nineteenth of our era, and not the least of its wonderful gifts was that same commonplace can of paint.

The most important events in the average man's career are his birth and death.

Lewis' Single Binder—the famous "Lew's" cigar, always best quality. Your dealer or Lewis' Factory, Peoria, Ill.

Ghastly Foreign Pun.

Mrs. Carrie Chapman Catt, the noted American clubwoman, has been received abroad by royalty, and some of the foreign papers have the temerity to declare that she has a proverbial right to look at a king.

To Launder White Silk Handkerchiefs. Do not put white silk handkerchiefs in the ordinary wash, as they are easily soiled. Make a strong lather of Ivory Soap and water, but do not rub the soap on the handkerchief or use soda. Rinse and iron while damp with a moderately hot iron.

AT THE SUMMER HOTEL.

Experience of Winston Churchill Familiar to Many.

Winston Churchill in an address that he made in Concord recently praised the New Hampshire farmer. "Ours," he said, "is a state fitted above all others for a summer resort. New Hampshire, with its superb climate, its mountains, its lakes and forests, will in a generation or two be one great pleasure ground—a vast park, dotted with beautiful villas, to which will come each summer families from all parts of America."

"In anticipation of this many farmers are learning to conduct hotels. They are building cottages for summer visitors. Some of them, too, are taking boarders. "And I am glad to say that the New Hampshire farmer is in a position to take boarders, because, unlike the farmers in other states that I could name, he does not send all his good things to the city. I once boarded at a fine big farm, but the fare was wretched—canned vegetables, condensed milk and so on.

"By Jove," I said one morning at breakfast, as I pushed my egg cup from me, "these eggs are really not as fresh as those I get in New York." My farmer host snorted.

LOOSE TEETH

Made Sound by Eating Grape-Nuts.

Proper food nourishes every part of the body, because Nature selects the different materials from the food we eat, to build bone, nerve, brain, muscle, teeth, etc.

All we need is to eat the right kind of food slowly, chewing it well—our digestive organs take it up into the blood and the blood carries it all through the body, to every little nook and corner.

If some one would ask you, "Is Grape-Nuts good for loose teeth?" you'd probably say, "No, I don't see how it could be." But a woman in Ontario writes:

"For the past two years I have used Grape-Nuts Food with most excellent results. It seems to take the place of medicine in many ways, builds up the nerves and restores the health generally.

"A little Grape-Nuts taken before retiring soothes my nerves and gives sound sleep." (Because it relieves irritability of the stomach nerves, being a predigested food.)

"Before I used Grape-Nuts my teeth were loose in the gums. They were so bad I was afraid they would some day all fall out. Since I have used Grape-Nuts I have not been bothered any more with loose teeth.

"All desire for pastry has disappeared and I have gained in health, weight and happiness since I began to use Grape-Nuts." Name given by Postum Co., Battle Creek, Mich. Get the famous little book, "The Road to Well-Villa," in pgs. "There's a reason."



Geronimo, untamed man killer, un-reconstructed savage, wily, blood-thirsty and cruel, now an aged, hopeless, helpless, dying prisoner, has told the complete story of his life. His autobiography, which has been edited for him by S. M. Barrett, with full permission and consent of the war department, is about to be published. It makes a long, weird and intensely interesting story, as will be noted by portions reproduced here, says the New York Herald.

Mr. Barrett, after gaining the confidence of the old Apache, led him to tell of his birth, his early days and his warfare on other Indians and pale-faces.

Of his battles with Miles and Crook, of what he calls the injustice done to the Indian, the old savage writes:

"Perhaps the greatest wrong ever done to the Indians was the treatment received by our tribe from the United States troops about 1863. The chief of our tribe, Mangus Colorado, went to make a treaty of peace for our people with the white settlement at Apache Tejo, N. M. It had been reported to us that the white men in this settlement were more friendly and more reliable than those in Arizona, that they would live up to their treaties and would not wrong the Indians.

"Mangus Colorado, with three other warriors, went to Apache Tejo and held a council with these citizens and soldiers. They told him that if he would come with his tribe and live near them they would issue to him, from the government, blankets, flour, provisions, beef and all manner of supplies. Our chief promised to return to Apache Tejo within two weeks. When he came back to our settlement he assembled the whole tribe in council. I did not believe that the people at Apache Tejo would do as they said and therefore I opposed the plan, but it was decided that with part of the tribe Mangus Colorado should return to Apache Tejo and receive an issue of rations and supplies. If they were as represented, and if these white men would keep the treaty faithfully, the remainder of the tribe would join him and we would make our permanent home at Apache Tejo. I was to remain in charge of that portion of the tribe which stayed in Arizona. We gave almost all of our arms and ammunition to the party going to Apache Tejo, so that in case there should be treachery they would be prepared for any surprise. Mangus Colorado and about half of our people went to New Mexico, happy that now they had found white men who would be kind to them, and with whom they could live in peace and plenty.

Soon after we arrived at San Carlos the officer in charge, Gen. Crook, took the horses and cattle away from us. I told him that these were not white men's cattle, but belonged to us, for we had taken them from the Mexicans during our wars. I also told him that we did not intend to kill these animals, but that we wished to keep them and raise stock on our range. He would not listen to me, but took the stock. I went up near Fort Apache and Gen. Crook ordered officers, soldiers and scouts to see that I was arrested. If I offered resistance they were instructed to kill me.

"That night we held a council of war; our scouts had reported bands of United States and Mexican troops at many points in the mountains. We estimated that about two thousand soldiers were ranging these mountains seeking to capture us.

"Interview with Gen. Crook. "Gen. Crook had come down into Mexico with the United States troops. They were camped in the Sierra de Antunez mountains. Scouts told me that Gen. Crook wished to see me and I went to his camp. When I arrived Gen. Crook said to me, 'Why did you leave the reservation?' I said: 'You told me that I might live in the reservation the same as white people lived. One year I raised a crop of corn, and gathered and stored it, and the next year I put in a crop of oats, and when the crop was almost ready to harvest you told your soldiers to put me in prison, and if I resisted to kill me. If I had been let alone I would now have been in good circumstances, but instead of that you and the Mexicans are hunting me with soldiers.' He said: 'I never gave any such orders; the troops at Fort Apache, who spread this report, knew that it was untrue. Then I agreed to go back with him to San Carlos.

"It was hard for me to believe him at that time. Now I know that what he said was untrue, and I firmly believe that he did issue the orders for me to be put in prison or to be killed in case I offered resistance.

"We started with all our tribe to go with Gen. Crook back to the United States, but I feared treachery and concluded to remain in Mexico. We were not under any guard at this time. The United States troops marched in front and the Indians followed, and when we became suspicious we turned back. I do not know how far the United States army went after myself and some warriors turned back before we were missed, and I do not care.

"Capt. Lawton in the Field. "Soon Gen. Miles was made commander of all the western posts, and troops were trailed us continually. They were led by Capt. Lawton, who had good scouts. The Mexican soldiers also became more active and more numerous. We had skirmishes almost every day, and so we finally decided

to break up into small bands. With six men and four women I made for the range of mountains near Hot Springs, New Mexico. We passed many cattle ranches, but had no trouble with the cowboys. We killed cattle to eat whenever we were in need of food, but we frequently suffered greatly for water. At one time we had no water for two days and nights and our horses almost died from thirst. We ranged in the mountains of New Mexico for some time; then, thinking that perhaps the troops had left Mexico, we returned. On our return through Old Mexico we attacked every Mexican found, even if for no other reason than to kill. We believed they had asked the United States troops to come to Mexico to fight us.

"South of Casa Grande, near a place called by the Indians Gosoda, there was a road leading out from the town. There was much freighting carried on by the Mexicans over this road. Where the road ran through a mountain pass we stayed in hiding, and whenever Mexican freighters passed we killed them, took what supplies we wanted and destroyed the remainder. We were reckless of our lives, because we felt that every man's hand was against us. If we returned to the reservation we would be put in prison and killed; if we stayed in Mexico they would continue to send soldiers to fight us; so we gave no quarter to any one and asked no favors.

"After some time we left Gosoda and soon were reunited with our tribe in the Sierra de Antunez mountains.

"Skirmishing Every Day. "Contrary to our expectations the United States soldiers had not left the mountains in Mexico, and were soon trailing us and skirmishing with us almost every day. Four or five times they surprised our camp. One time they surprised us about nine o'clock in the morning, captured all

our horses (19 in number) and secured our store of dried meats. We also lost three Indians in this encounter. About the middle of the afternoon of the same day we attacked them from the rear as they were passing through a prairie—killed one soldier, but lost none ourselves. In this skirmish we recovered all our horses except three that belonged to me. The three horses that we did not recover were the best riding horses we had.

"Soon after this scouts from Capt. Lawton's troops told us that he wished to make a treaty with us; but I knew that Gen. Miles was the chief of the American troops, and I decided to treat with him.

"I sent my brother Perico (White Horse) with Mr. George Wratten on to Fort Bowie to see Gen. Miles and to tell him that we wished to return to Arizona; but before these messengers returned I met two Indian scouts—Kayitah, a Chokonen Apache, and Mervante, a Nedi Apache. They were serving as scouts for Capt. Lawton's troops. They told me that Gen. Miles had come and had sent them to ask me to meet him. So I went to the camp of the United States troops to meet Gen. Miles.

"Gen. Miles Promises. "When I arrived at their camp I

went directly to Gen. Miles and told him how I had been wronged and I wanted to return to the United States with my people, as we wished to see our families, who had been captured and taken away from us. Gen. Miles said to me: 'The president of the United States has sent me to speak to you. He has heard of your trouble with the white men, and says that if you will agree to a few words of treaty we need have no more trouble. Geronimo, if you will agree to a few words of treaty all will be satisfactorily arranged.'

"Then he talked with me for a long time and told me what he would do for me in the future if I would agree to the treaty. I did not hardly believe Gen. Miles, but because the president of the United States had sent me word I agreed to make the treaty and to keep it. Then I asked Gen. Miles what the treaty would be. Gen. Miles said to me: 'I will take you under government protection. I will build you a house. I will fence you much land. I will give you cattle, horses, mules and farming implements. You will be furnished with men to work the farm, for you yourself will not have to work. In the fall I will send you blankets and clothing, so that you will not suffer from cold in the winter time.

"There is plenty of timber, water and grass in the land to which I will send you. You will live with your tribe and with your family. If you agree to this treaty you shall see your family within five days.'

"Agreed to Make Treaty. "I said to Gen. Miles: 'All the officers that have been in charge of the Indians have talked that way, and it sounds like a story to me; I hardly believe you.' He said: 'This time it is the truth.' I said: 'Gen. Miles, I do not know the laws of the white man, nor of this new country where you are to send me, and I might break

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