ABOUT HIGH JUMPING.

The Secret of Champion E. Byrd Page's Wonderful Success

High-jumping. like every thing else in the way of athletics, is, to a ce.tain extent, a science, and must be practiced regularly, while at the same time the mind is at work to bring the body into | of medicines: such a position as to attain the best results. E. Byrd Page, the young American who became the world's champion high-jumper when he cleared six feet four inches at Philadelphia on October 7, 1887, talks knowingly on the subject when he says that every man has his own peculiar method, but that there are certain points which all jumpers observe. Only a few years ago a standing jump of five feet seven inches was considered marvelous, and but few athletes in the United States could attain even that. Now there are several men in almost every city of importance in the country who are able to accomplish it. There are many ways of approaching the bar practiced by good athletes, but those who stand near the top of the list, including Mr. Page, run toward it to see the bottle or powder plainly. directly at right angles. When the bar is reached the body should be crouched as low as possible, as only by that means are all the muscles of the body brought into play. The leverage of the back is also important in assisting the jumper, and by constant practice the cartilages which connect the spine may be brought to a high state of elasticity.

The method practiced by Mr. Page is to approach the bar with three unequal long bounds and two short ones, after which the crouching position is assumed. When making the final spring he twists the right foot violently outward, after which both arms and legs are jerked suddenly upward to give additional impetus to the jump. The knees are brought into contact with the chest, thereby causing the body to occupy the smallest possible space when crossing the bar. The sudden twisting of the right foot outward imparts a similar motion to the body, thereby causing it to turn half way round from left to right. When the body is near the top of the bar the right arm is jerked toward the shoulder, and a similar motion with the left should follow. At the instant the arms are jerked the legs should be shot out from their doubled-up position, thus carrying the body still further upward. Mr. Page is the only one who has ever accomplished successfully this shooting motion of the legs, and it took him five years to perfect it. Other things being al, the taller the man jumper he is. Mr. Page's method is practiced in a modified form by J. D. Webster, of the University of Pennsylvania, but the Philadelphian has never attained the champion's ease and grace. In his early career as an athlete, Mr. Page gave no exceptional promise, and his present success is largely the result of that indispensable attribute of successful athletics-indomitable perseverance.-Baltimore Herald.

TO PREVENT ACCIDENTS.

THE WORDS WE USE.

Some Sensible Advice About the Use of All Linds of Medicine

In his recent addresses before the graduating class of the National College of Pharmacy Dr. E. M. Schaeffer gave the following advice about the use

Medicines, like guns, are very good when they go off at the right time and hit the proper mark, but very bad when they are misdirected.

The danger apt to arise from edged tools in the hands of children is proverbial, but if a child is seen playing with a razor to snatch the instrument from its hands is the natural impulse of whoever sees it with the dangerous plaything.

So let me, in imitation Mr. Punch's lecture "to those contemplating matrimony," give you few domestic "don'ts" that may may be of effect to prevent harm some day.

Don't get up in the night and take yourself or give another a dose of medicine without first turning up the light Don't pour out the contents of a bottle of medicine and refill with another fluid without at once erasing the old label and writing a new one.

Don't give a new medicine without first smelling and tasting. A good plan is for the attendant to take a full dose before giving a very young child a dose of the new medicine (i. e., the first out of a bottle of a new prescription or an old one renewed). A mistake which would only make an adult sick might prove fatal to an infant.

Don't repeat a dose oftener than written directions indicate, and, if verbal, write them down for reference. Don't mind a little delay in order to consult the druggist or doctor if the slightest uncertainty exists as to the dose or mode of administration. Every doctor and druggist can relate amusing instances within his personal experience of mistakes about taking medicines-often harmless, but too frequently serious in their consequence.s

A safe rule, which I have long practiced, is to read the label every time you take a dose of medicine or give to any one else, even if you have just set the bottle down. This may seem trivial and even a childish precaution, but a habit of this kind once formed is an absolute protection against danger. There are persons now living who would give worlds if they had always acted on this rule, but, not doing so, there came one little moment, and it was forever too late. The sportsman who cultivates from the start that habit of never pointing a gun toward himself or any one else he does not desire to shoot, even if he has just discharged the piece or has sounded it with a ramrod and known it to be unloaded, is a safe man to go hunting with. All others are apt to prove like the Pickwickian who let off his gun in such a manner that the entire charge passed over the small boy's head in the exact spot where the tall gamekeeper's brains would have been had that functionary occupied that position he was in but a moment before! In like manner a few simple precautions such as have been referred to would, if acted upon, greatly diminish if not entirely do away with so-called "accidents" caused by mistakes in the use of drugs. Doctors and druggists, being human, are of course fallible, and may make mistakes themselves, but all the mistakes of all the doctors and druggists in the country in a period of ten years combined would not do the damage. I believe, that is caused by

Interesting Studies on the Subject Made by a Reliable Writer.

At an educational meeting held in this State a few years ago the conductor, a noted professor, made the following statement: "The best educated person in this room will not use more than 600 or 700 words." He also assigned a small number to persons of limited education, stating that an ignorant man would not use more than 200 or 300 words. I had before seen statements of similar import in public print, and to test their correctness I began an investigation of the matter. The subject was brought anew to my like his Latin brethren across the sea, mind by observing an article in which Prof. Bancroft remarked: "It has been estimated that an English farm hand has a vocabulary limited to 300 words. An American workingman who reads the newspapers may command from the beso soplado-throwing kisses by 700 to 1.000 words. Five thousand is a large number, even for an educated reader or speaker." This assertion is much nearer the truth than that of the institute conductor mentioned. For the benefit of those who may be interested, I offer the results of my study on the subject. An intelligent person can make the same examination, and will arrive at substantially the same results.

I took Webster's high-school dictionarv. edition 1878, containing 434 pages of vocabulary, and examined each word in the book. I made a note of those words which I supposed I had used at some time either in speaking charms. Between acts of the opera or writing. I counted the primitive men rise to their feet, and with levwords and those derivatives whose meaning is most at variance with the primitive. Thus, I count fright and fruit, but not frighten, frightful frightfully nor fruitage, fruiterer, fruitful, fruitfulness, fruition and fruit-tree. I omitted most of the compound words, knights and "eyes that spake again." especially when the component parts directly indicated the meaning, as milk-pail, meeting-house, rag-man, but counted those whose significance was not directly indicated, as crowbar. quicksand, tinfoil. As the result of this examination. I had 7.928 words, which, I think, I myself have used.

There were 419 in A. 528 in B. 766 in C, 455 in D, 235 in E, 369 in F, 279 in G, 286 in H, 330 in I, 81 in J, 49 in K, 290 in L, 476 in M, 144 in N, 217 in O, 715 in P, 55 in Q, 397 in R, 954 in S. 454 in T. 47 in U. 148 in V. 202 in W. 23 in X and Y and 10 in Z.

Had I counted the various derivatives in common use, it is probable the number would be nearly double. To make a further test of words at

YUCATECAN ETIQUETTE.

Some of the Commendable Traits of Our Spanish-American Neighbors.

Yucatan gentlemen higher in the social scale than John the Baptist are less extravagant in their expressions of gallantry. In saluting ladies they still observe the Spanish form a los pies de usted, "at your feet;" to which figure of speech the correct response is Beso a usted la mano, "I kiss the hand to you." In closing an ordinary letter of business or friendship every body in this part of the world always adds B. S. M., meaning beso sus manos, "I kiss your hands." The Spanish-American, talks quite as much with hands and eyes as with his tongue, and shrugs his shoulders as frequently as a Frenchman. One of the prettiest of the many gestures in general use here is called gathering the fingers of the right hand into a close group, touching the lips, then throwing them out like a fan, at

the same time blowing on the hand as it is outstretched toward the person for whom the demonstration is intended. thus signifying that five kisses are given at once.

Gentlemen manifest their appreciation of female beauty by gazing intently into the faces of the ladies, whether in the street, in the church or at the opera. This custom, which elsewhere would be resented as an impertinence. is here accepted, as it is meant, merely as a flattering tribute to the fair one's eled glasses, pay admiring homage to those dark-eyed senoritas whose beauty has attracted them. Then the pretty language of the fan comes into play. and the well-pleased maidens carry away blissful memories of gallant In ascending a stairway the lady takes the gentleman's arm, as at the North; but in descending he always

goes a step or two ahead, holding her firmly by the hand, to avoid accidents, with as much solicitude as if she were an invalid or a cripple. The same careful attention is offered to the veriest stranger, as naturally, and with far more regularity and promptitude than grain land. our own countrymen show in relinquishing a seat in a crowded car to one of the weaker sex. On leaving the house after having made a friendly call, the salutation with the hand the oftrepeated bow and the "a los pics de

an old maid: and after that nothing

more offensive is ever said than that

she is "very fastidiosa," "very difficult

to please," and they sometimes add

meaning that, having no family of her

own to make garments for, she may

devote her time to the holy work of

making vestments for the sacred im-

ages .- Fannie B. Ward, in Troy (N.

OUR COAL PRODUCTION.

An Increasing Output Indicated by Of

ficial Figures.

duction in the United States are fur-

nished from the department at Wash-

The total production of all kinds of

commercial coal in 1887 was 123,965,-

255 short tons (increase over 1886, 16,

283,046 tons), valued at the mines at

\$173,530,996 (increase, \$26,418,241).

This may be divided into Pennsylvania

anthracite, 39,506,255 short tons (in-

crease, 2,809,780 short tons), or 35,273,-

442 long tons (increase, 2,508,732 long

tons), valued at \$79,365,244 (increase,

\$7,807.118); all other coals, including

bituminous, brown coal, lignite, small

lots of anthracite produced in Colorade

and Arkansas, and 6,000 tons of

graphitic coal mined in Rhode Island.

amounting in the aggregate to 84,459.-

000 short tons (increase, 13,473,266

tons), valued at \$94,165,752 (increase,

The colliery consumption at the in-

dividual mines varies from nothing to

8 per cent. of the total output of the

mines, being greatest at special Penn-

bed lies nearly horizontal and where

no steam-power or ventilating furnaces

ent States vary from 2 1-10 to 6 1-7 per

The total output of the mines, in-

cluding colliery consumption, was:

long tons (increase over 1886, 2.725,-

670 long tons), or 42,088,197 short tons

(increase, 3,052,751 short tons); all

other coals, 87,837,360 short tons

(increase, 14,129,403 tons), making

the total output of all coals from

mines in the United States, ex-

clusive of slack coal thrown on

the dumps, 129,925,557 short tons

(increase, 17,182,154 tons), valued as

follows: Anthracite, \$84,552,181 (in-

crease, \$8,433,061); bituminous, \$97,-

The following statistics of coal pro-

that she is "good to dress the saints,"

FARM AND FIRESIDE.

-Be careful not to put too much Paris green on the potato vines. A tea- into fulminate is sufficient to charge spoonful in fifty quarts of water, ap- 50,000 percussion caps. plied twice during the season, good

authorities claim is sufficient. had experience that it is throwing itch of those handling the raw sugar. away money to doctor hogs already afflicted with swine plague. The ounce glass jars is now in use in almost every of prevention is better than the pound of cure. - Western Swineherd.

-Graham Pudding: One cupful of molasses, two cupfuls of graham flour, one terspoonful of soda, one cupful of sweet milk, one cupul of raisins, seeded and chopped. Steam for three hours and eat with Kentucky sauce .- Good Housekceping.

-Cherry Pudding: One teacup of cream, one of sweet milk, one egg, one teaspoonful of soda, one teacup of seeded cherries and flour to make a worth \$26,000,000. batter, add the fruit last. Bake in a buttered dish, and serve with sugar and cream.

-Many a good crop is almost ruined by neglecting to harvest it at the proper time. Corn fodder becomes dry and weather-eaten if allowed to remain too long in the field. Oats, buck-

wheat, rve and other grain crops waste very ripe if allowed to stand after they are ripe.

-Timothy is a good grass, yet it stools but little, thus showing plainly that to keep it well in the ground and to protect it from upheavel by frost, it should be grown with such other grasses as will come on well to the hay harvest and also form a good sod.

-Farmers should consider that corn is not a proper food for young stock. It will fatten them, but does not encourage growth. A young animal should be made to secure bone and heavy frame, not fat. It can be fattened after maturity. It is simply wasteful to feed corn to young stock.

-The clover should not be overlooked. For pasture the white clover may be advantageously used. For a grass crop to be mowed, and the ground used for corn after the sod is turned under, red clover has no equal. On light soils it may be seeded in the fall. and on heavy soils in the spring, on

-Mutton should be as plentiful as pork. There are hundreds of farms that could be devoted to sheep, but which are now unprofitable. It requires less labor for sheep than for hogs, while the prices for choice mutusled," are continued just as long as ton and lamb are at times very high. any thing tedious and wearisome in be well supplied with inferior grades SCIENCE AND INDUSTRY.

-One pound of mercury converted

-The sugar mite is estimated to number 100,000 per pound in most un--It is the verdict of many who havo refined sugars. It causes the "grocers'"

-The system of delivering milk in city in the United States, and is the only clean and healthy way to handle milk

-A Nevada ranchman shot, trapped and poisoned 4,200 rabbits in four months, and then figured up that about 5,000 new ones had come to fill their places.

-More than 1,000,000 tons of flax straw are burned or left to rot every year in the Western States. If manufactured into linen cloth it would be

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-Electric rifles are the latest. Instead of the ordinary percussion firing device, a dry chloride of silver battery and a primary coil will, so it was lately stated before the American Institute. fire the rifle 35,000 times without recharging.

-An oddly-patterned door has just been made for a Bar Harbor, Me., cottage. It consists of 317 separate pieces of best pine and cedar wood. The main portion of one side is ornamentally shingled, and other parts have carved, raised panels.

-Dr. Worms, of the Paris Academy of Medicine, has ascertained that bees, ants and wasps show a marked dislike to the new saccharine. To the human palate there is no difference in the taste between it and sugar. It has been shown, however. that its use disturbs digestion.

-Professor Schmidt, of Gatz University, has hit upon the plan of cutting off pieces of living sponges and planting them in a suitable place in the sea, as if they were willow twigs. In this way he has succeeded at the end of three years in producing four thousand sponges at a cost of forty-five dollars.

-Asbestos is being used as a covering for locomotive boilers and domes. It is claimed that it is not necessary to remove it when the boiler requires repairs, as the leak easily shows through it, and a piece can be cut out, the leak repaired and replastered. It is better than wood and also fire-proof.

-Physicians in Germany and Sweden have sought to cure cases of cancer that had got beyond the known remone is in sight, and instead of finding though the markets at such times may edies, by inoculating the patient with the virus of erysipelas. In several in-

TABLE ETIQUETTE.

Some of the Things Which Had Better be Left Undens.

Never smack the lips of the children when eating.

Never pick your teeth or a quarrel at table. Both should be picked in the back yard.

Never fasten your napkin around your neck. It is now customary to wear a collar there.

Never make a pun at table (or anywhere else.)

Never drum with your fingers on the table. You can make more moise by beating a tattoo on your plate with the domestic mistakes of a single your knife.

Never smoke cigars while eating soup.

Never remark "I see Hash Wednesday is here again," when the croquettes are being served.

Never put your knife in your mouth. If there is not room on the table for it, balance it on the shoulder of the person next to you.

Never put your elbow on the table. If at a loss where to keep it, put it in your pocket.

Never carry fruit or bonbons away from the table. If you want something substantial for a late lunch, sequester a turkey drum-stick in your inside pocket.

Never scrape your plate or tilt it to obtain the last drop of any thing it contains. The dishwasher is paid to do that.

Never stretch your feet under the table so as to touch those of your vis-avis. He may have corns which object to familiarity .- Wm. H. Siviler, in Idea.

Railways and Civilization.

Railways have so cheapened the cost of transportation that, while a load of wheat loses all its value by being hauled one hundred miles on a common road, meat and flour enough to supply one man a year can, according to Mr. Edward Atkinson, be hauled 1,500 miles from the West to the East for one day's wages of that man, if he be a skilled mechanic. If freight charges are diminished in the future as in the past, this can soon be done for one day's wages of a common laborer. The number of persons employed in constructing, equipping and operating our railways is about two millions. The combined armies and navies of the world, while on peace footing, will draw from gainful occupations 3,455,000 men. Those create wealth-these destroy it. Is it any nder that America is the richest month. - Chicago Times. Facts About Razors.

"The finest grades of razors are so delicate that even the famous Damascus blades can not equal them in texture," says an English exchange. "It is not generally known that the grain of a Swedish razor is so sensitive that its general direction is changed after a short service. When you buy a fine razor the grain runs from the upper end of the outer point in a diagonal direction towards the handle. Constant stropping will twist the steel until the grain appears to set straight up and down. Subsequent use will drag the grain outward from the edge, so that after steady use for several months the fiber of the steel occupies a position exactly the reverse of that which appeared on the day of the purchase. The process also affects the temper of the blade, and when the grain sets from the lower outer end towards the back you have a tool which can not be kept in condition by the most conscientious barber. But here's another freak of nature. Leave

the razor alone for a month, and when you take it up you will find the grain has resumed its first position. This operation can be repeated until the steel is worn through to the back."

A Strange French Mirror.

The old city of Rouen, in France, has a pretty sight that is worth describing to your crowd of young folk. The little men and maids are fond of lookingglasses, I know; but I doubt if they all have heard of the queer one of which I shall now tell them. Near the west door of the church of St. Ouen, in this city of Rouen, is a marble basin filled with water. It is so placed that the water acts as a mirror, and in the face of it one sees all the inside of the church. Look down into the water, | Dealer-"Then you had better select and you see pillars, and the ceiling,

my command. I spent about two hours this long-drawn-out civility, one feels in writing from memory words in A. as if he had been transported back to I was able to note down 537 words that the days of chivalry.

Y.) Times.

ington:

\$18,611,123).

I could use if occasion required. This is thirty-five per cent. more than I had counted from the dictionary. Should the same proportion hold good in all you, either on their own account or in the letters, it would follow that I can repeating the gossip to others. For inrecall from memory 10,700 words, all of which are familiar.

I made another count and came to the conclusion that I could give a fair definition of at least 25,000 words in that book, and would understand their signification in a printed article or spoken address.

The above estimates are based upon my own experience and knowledge because it was convenient to make the experiment with myself. Every wellinformed man will be as competent, or more so. Either professor mentioned will have a more extended vocabulary than I have.

I then took at random, in the same dictionary, a page in each letter, and counted the words in very common use. On twenty-four pages there were 254 such words. This would give 3,300 words in use by persons of the most ordinary intelligence. None of these lists include any proper names.

At the time of making this study, one of my children was three years and two months of age. I noted down (and still have the lists) 213 words used by her in one day. They were words that any intelligent child would use, chiefly names of household articles and common things, with the most ordinary verbs and partciples. I did not hear all she said during the day, nor do I think she used all the words she knew. I estimated her vocabulary at 400 words, and she did not know enough to carry on any except childish conversation.

From all of the foregoing observations I drew the following conclusions: Every well read man of fair ability will be able to define or understand 20,000 or 25,000 primitives and principal derivative words.

The same man in his conversation and writings will use not less than 6.000 or 7,000 words. If he be a literary man he will command 2,000 or 3,000 more.

Common people use from 2,000 to 4.000 words, according to their general intelligence and conversational power. An "illiterate man" (one who can not read) will use from 1,500 to 2,500

words. A person who has not at command at least 1.000 words is an ignoramus and

will find difficulty in expressing his thoughts, if, indeed, he have any to express.-George Fleming, in Literature.

-Young woman (to dealer)-" want to buy a cane for a young gentleman, but I hardly know what kind of a head to select." Dealer-"Yes, miss; what size hat does he wear?" Young woman-"Charlie-er-the young gentleman wears a number five, I think." one without any varnish on it."-N. X

of carca -For grape butter, stew the grapes

and squeeze out each pulp from the skin, removing the seeds; keep the One highly commendable trait of Yuskins in a small, thin bag; to each catecan character is that they will pound of pulp allow one pound of su- in death. never say any thing disagreeable to gar, half pint of eider vinegar, teaspoonful of cloves, one of cinnamon and one of nutmeg; boil this slowly, stance, in alluding to one's age, the putting in the bag of skins, tied securegreatest delicacy is always exercised. ly; when it jellies by dropping in cold If one is considerably advanced in water it is done. Put away in jars. vears he is spoken of as vicilo-"a lit-For an ornamental dish it can be heated tle old." A girl may remain unwedded over and put into molds to jelly. thirty years or more before she is considered a soltera, or. in plain English,

SERVICEABLE FENCING. Description of a New Plan of Building Old Style Feace.

As every farmer is more or less interested in fencing, I will describe a new kind of fence, or rather a new plan of building an old style of fence, that a number of our farmers are building. In order that no one will think he might get himself into trouble by building such a fence, I will add that a man in the neighborhood applied to the department for a patent nearly a year ago, but his claim was rejected on the lack of novelty. It is in reality an old style of fence, the only change being that barbed wire staples are used in the place of nails as in the old plan.

There are two advantages connected with it. One of these is, all kinds of rails can be used, and that without any extra work of trimming or getting them ready. It takes up but little room and is easily built. The posts should be set in line, the distance apart being determined by the length of the rails, eight for eight-foot rails and farther if longer rails are used. A supply of No. 12 wire and also of barbed wire staples should be secured.

After the posts are set, two are neces sary to put up the fence to any thing like good advantage. Commence at the bottom of the post and staple the end of the wire as close as you want the first rail to the ground. Lay in the rail between the wire and the post, then pull the wire on the outside of the rail, and staple to the post again. Then put in another rail and then staple the wire to the post again, and so on until sylvania anthracite mines and lowest at the desired height is reached. A panel should be laid up at the time. Some those bituminous mines where the coal put the end of one rail on the outside of one post and on the inside of the are used. The averages for the differ. other, while others put all of one panel on the outside, and all of the next on the inside. The latter plan is the best, for the reason that if any of the rails should happen to be a little longer than Pennsylvania anthracite, 37,578,747 the others, the ends will stick out too far. The old style of building this plan of fence was to use nails instead of staples, driving them into the posts not quite up to the head, and then giving the wire a twist around the head. The staples are better and easier to use, and do good work. Where there is a supply of old rails that it is desired to utilize. a very good fence can be put up in this way, and one that will not occupy much room, and at the same time be effective. The claim is made that it is an easy fence to repair. If any of the rails ro 939,656 (increase, \$19,458,600); total or get broken, being in a place by itself

stances the person thus inoculated was attacked by erysipelas, which seemed # to overcome the cancer for a time, but so reduced the patient's vital powers that in every case the experiment ended

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-A German company has patented a process for producing surface colorations upon articles made of copper. zinc or brass. On the first-named metal it is possible to develop all the colors of the rainbow; and upon zine the coating is formed of such thickness as to permit of chasing the surface. The most important application of this invention seems to be in the imitation of antique bronze, the results in this direction being very satisfactory, both in the matter of durability and resemblance.

-Although glass pipes of large diameter have not as yet been successfully produced, the opinion has been expressed by those engaged in the manufacture of glass on a large scale that the time is not far distant when some method of casting such pipes satisfactorily and cheaply will be devised; and it is believed that, made in similar form to the present cast-iron pipes, with some suitable mechanism for a joint, and of malleable glass, a water pipe would thus be formed to which there could scarcely be an objection. Strong, tough, smooth and indestructible, and made of a material that is found almost anywhere, it is thought not improbable that, in time. whenever a large quantity of pipe is required in any one locality, a furnace will be erected and the pipes be there made.

HE WAS DANGEROUS.

How Two Detroit Topers Obtained a Sup-ply of Boose Free of Charge.

A big man and a little man entered a saloon on Michigan avenue near Third street the other day and called for drinks. While the little man lingered over his the big man called the barkeeper aside and asked:

"Ever see him before?"

"No."

"That's Texas Dick. He is the man who grabbed a grizzly bear by the ear and broke its neck. Don't rile him, for he is on a tear and very dangerous." When the little man received change for a quarter he looked at it in surprise and said:

"I gave you two dollars."

"No, sir."

"What! Call me a liar! I want the change for my two-dollar bill."

The big man winked vigorously at the barkeeper not to engage in a dispute with the dangerous man, and as a consequence change was made on the new basis and the pair went out to tackle another place. They found it not far . away, and it was in charge of a consumptive-looking young man. Every thing went smoothly until Texas Dick claimed to have laid down a two-dollar bill. Then the young man fished up a club and went for the two, and they got out doors so fast that they unhinged the fly-screen. The other

