THE TEACHER'S FOE

A LIFE ALWAYS THREATENED BY NERVOUS PROSTRATION.

One Who Broke Down from Six Years of Overwork Tells How She Escaped Misery of Enforced Idleness.

"I had been teaching in the city schools steadily for six years," said Miss James, whose recent return to the work from which she was driven by nervous collapse has attracted attention. "They were greatly overcrowded, especially in the primary department of which I had charge, and I had been doing the work of two teachers. The strain was too much for my nerves and two years ago the crisis came.

"I was prostrated mentally and physically, sent in my resignation and never expected to be able to resume work. It seemed to me then that I was the most miserable woman on earth. I was tortured by nervous headaches, worn out by inability to sleep, and had so little blood that I was as white as chalk.

"After my active life, it was hard to to keep paying out the savings of years for medicines which did me no good." "How did you get back your health?"

"A bare chance and a lot of faith led me to a cure. After I had suffered for many months, and when I was on the very verge of despair, I happened to read an account of some cures effected by Dr. Williams' Pink Pills. The statements were so convincing that I somehow felt assured that these pills would help me. Most people, I think, buy only one box for a trial, but I purchased six boxes at once, and when I had used them up, I was indeed well and had no February 23. need of more medicine.

thin blood, gave me back my sleep, rethin blood, gave me back my sleep, restored my appetite, gave me strength to yalk long distances without fatigue, in fact freed me from all my numerous ailments. I have already taught for several months, and I cannot say enough in months, and I cannot say enough in praise of Dr. Williams' Pink Pills."

at No. 123 Clay street, Dayton, Ohio. Many of her fellow teachers have also used Dr. Williams' Pink Pills and are enthusiastic about their merits. Sound digestion, strength, ambition, and cheerful spirits quickly follow their use. They are sold in every drug store in the

If all men were wise the gold brick industry would cease to flourish.

ANOTHER RECORD IN LAND HUNTING.

This Spring's Exodus to Canada Greater Than Ever.

It was thought in 1903, when over forty-five thousand people went from the United States to Canada, that the limit of the yearly immigration to the wheat zone of the Continent had about as large a number of American citizens signified their intention of becoming settlers on Canadian lands, the general public were prepared for the announcement of large numbers in 1905. No surprise therefore will be caused when it is made known that predictions of fully fifty thousand more in 1905 are warranted in the fact that the Spring movement Canadaward is greater than it has ever been. The special trains from Omaha, Chicago, St. Paul, Detroit, and other gateways has been crowded. Many have gone to join friends and relatives who have prepared homes for them and others have gone relying upon their own resources, satisfied that what others have done can also be done by them. This year much new territory has been opened up by the railroads which are extending their main lines and throwing out branches in their march across the best grain and grazing lands on the continent. This new territory has attractions for those desiring to homestead on the one hundred and sixty acres granted each settler by the Canadian Government. Many also take advantage of the opportunity to purchase lands at the low figures at which they are now being offered.

It does not require much thought to convince one that if Iowa, Illinois, Minnesota and other lands, with a value of from fifty to one hundred and fifty dollars an acre will give a good hving by producing ten to thirteen bushels of wheat to the acre and thirty to fifty bushels of corn to the acre, the lands of Western Canada at seven to ten dollars an acre, producing from twenty to thirty bushels of a superior wheat to the acre should produce a competence to the ordinary farmer in a very few years. These are the facts as they confront the reader. There are millions of acres of such land in Western Canada in addition to the other millions that are considered to be portion of the biggest and best ranges that ever invited the cattle and horse producer of the North American continent. What is particularly evident in Western Canada is the fact that the wheat lands, adjoining the grazing lands, make farming particularly agreeable and profitable. The agents of the Canadian Government, who are always willing to give information and advice to intending settlers, say that the acreage put under crop this season is greatly in excess of last sea-

The less a man has to say, the greater is his reputation for wisdom.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces in nammation, allays pain, cures wind colic. 25ca bottle

Love may not last long, but the

scars it leaves last forever.

"Dr. David Kennedy's Favorite Remedy enred my wife of a terrible disease. With pleasure I testify to its marvelous efficacy." J. Sweet, Albany, N. Y. Never judge a woman's religion by

her Lenten devotions.

NEW LAWS OF NEBRASKA

Complete List of Bills Passed by the Recent Session of the Legislature.

(Continued From Last Week.) Senate file No. 31, by Jackson of Gage, a bill providing regulations for the formation of sewer districts in cities of from 5,000 to 25,000 and allowing a majority of the residents to sign the petitions to create said districts. Signed March 30. Senate file No. 26, by Fries of Valley, a bill permitting farmers to organize ir-rigation districts under the government

Senate file No. 220, by Sheldon of Cass. a bill limiting the state levy to 5 mills and the school levy at not more than

SENATE BILLS

Senate file No. 43, by Senator Meserve bear idleness, and terribly discouraging the governor of Nebraska to enter into and sign a compact with the governor of and sign a compact with the governor of South Dakota, as agreed upon by a commission appointed by the governors to fix the boundaries between the states. Emergency clause. Signed February 3.

Senate file No. 3, by Senator Good of Nemaha, a bill classifying property under the revenue law and authorizing the state board of equalization to raise or lower the valuation by classes. Under the revenue valuation by classes. Under the revenue law property could not be so classified and law property could not be so classified and a raise in valuation by the state board of equalization had to be applied to all property, pro rata, within the county. Emergency clause. Signed February 23.

Senate file No. 14, by Senator Jennings of Thayer, a bill allowing school districts having 150 pupils to erect school houses worth \$5,000 and to vote bonds therefor. Under the old law the limit was \$5,000 for each 200 pupils. Emergency clause. Signed

eed of more medicine.

Senate file No. 57, by Senator Cady of Howard, a bill for the relief of Daniel L. Johnson. The bill allows the board of educational lands and funds to surrender to

of age, who are inmates of any state institution or any training school for boys or girls, organized under the taws of the state. A dependent or neglected child is defined as any destitute or abandoned child under 16. Parents are declared to be negligent when they allow their children to be surrounded by victous or improved influences. Children under the age. moral influences. Children under the age of \$\frac{8}{2}\$ who sing, play or peddle on the streets may be taken from their parents and placed under the care of a guardian. District courts of the counties of the state District courts of the counties of the state shall have jurisdiction in all cases arising under the provisions of the bill. Where there is no district judge the county judge shall have jurisdiction. In counties of more than 50,000 the probation officer shall have two deputies. Probation officer shall receive \$3 per day for the time actually employed. Children under 12 years of age are not to be committed to jail nor conare not to be committed to jail nor confined in any building with adult prisoners. Parents are responsible for the surroundings of their children and may be punished for neglect. The state board of charities shall have jurisdiction over the state institutions and shall visit all children confined therein. The probation of the court of the court of the court of the court of the case of elections. Penalties for committing any fraud or wrong tending to defeat the result of a primary election and a quicting of all titles in fee simple to the county of the court of the court of the court of the court of the case of elections. Penalties for committing any fraud or wrong tending to defeat the result of a primary election in the sale and execution of the property and a quicting of all titles in fee simple to the county. Emergency clause. Senate file No. 188, by Gibson of Douglas, the county is the county of the city or county, by the same officers of the city or county, by the same officers of the city or county, by the same officers of the city or county, by the same officers of the city or county, by the same officers of the city or county, by the same officers of the city or county, by the same officers of the city or county, by the same officers of the city or county, by the same officers of the city or county, by the same officers of the city or county, by the same officers of the city or county, by the same officers of the city or county, by the same officers of the city or county, by the same officers of the city or county, by the same of the city or county, by the same officers of the city or county, by the same officers of the city or county, by the same officers of the city or county, by the same officers of the city or county, by the same officers of the city or county, by the same officers of the city or county, by the same officers of the city or county, by the same of city or county, by the same of city or county, by the same of city or city or county or city or city or city or city or city or city or cit are not to be committed to jail nor conficer is the executive official of the court and it is his duty to visit, prosecute and report on all delinquent children in the jurisdiction of the conclause. Signed March 8. court. Emergency

alties of embezzlement any agent or attorney who shall retain the amount due him for fees, commissions or charges on collections. It shall be no defense osecution for embezzlement that the ofender was entitled to a commission out the moneys appropriated. The bill amends section 121 of the criminal code.

Signed March 9. Senate file No. 62, by Meserve of Knox. A bill forbidding attorneys to practice in the state without being admitted to the bar. A fine of \$100 is provided, or impris-onment in the county jail not exceeding

thirty days, or both, at the discretion of the court. Signed March 9. Senate file No. 66, by Senator Jones of Otoe. A bill exempting boundary streams, with the exception of such portions as are within 100 feet from the mouth of any stream tributary thereto, from the operation of the fish laws of the state. Emer-Signed March 9. gency clause. Signed March 9.
Senate file No. 69, by Senator Jones of Otoe. Requires the county board of equali-

zation to hold a session on the first Tues-day after the second Monday of June in each year to equalize the valuation of per-sonal property. Every four years, beginning in 1904, the valuation of real property must be equalized. This affords relef, particularly to certain counties where whole precincts had been over assessed by error of the assessor. Provision is also made that in case of division of real estate assessed as entities the board shall apportion to each parcel its just propor-tion of assessed valuation. Signed March 9. Senate file No. 46, by Senator Shreck of York. A bill requiring railroad companies to issue return transportation to shippers of live stock. One man may accompany

two cars; two men may accompany six cars. Signed March 3. Senate file No. 200, by Senator Cady, ceeding \$100 or imprisonment not more granting graduates of osteopathy schools than thirty days or both. Signed March authority to practice osteopathy in Ne-braska. Signed March 17. Senate file No. 44, by Senator Gibson of Douglas, the South Omaha charter bill.

Emergency clause. Signed March 17. Senate file No. 125, by Thomas Douglas, a bill prescribing penalties for the neglect of children. Parents or guardians may be fined not to exceed \$1,000 or imprisoned for not more than one year. Emergency clause, Signed

Senate file No. 34, by Giffen of Dawson, suthorizing publication of the biennial re-ports of the state board of irrigation. signed March 28. Senate file No. 107, by Cady of Howard, transferring \$2,346.15 from the peniten-

special labor fund to the general fund, Emergency clause, Signed March 28, Senate file No. 128, by Epperson of Clay, permitting the wife to be a witness against the husband in desertion cases.

Senate file No. 129, by Epperson of Clay, providing for remitting the sentences in desertion cases when the husband provides for the support of the wife. Signed

Senate file No. 19, by Epperson of Clay, and narcotic fiends in the asylums of the tounty to hear the application, which jacent to the city or the village. Emergmust be made in writing by a relative or ency clause. person who knows the dipsomaniac. The bibulous habits of the erring one must be proven and the dipsomaniac is confined in the asylum until cured. He may be paroled on promise of good behavior, but must be instantly returned to the asylum should he lapse into drunkenness.

Senate file No. 63, by Jackson, a bill providing for the redemption of tax sale certificates and applying only to Gage county. Signed March 28.

Signed March 28.

county. Signed March 28.

Senate files Nos. 64 and 66 open the Missouri river to fishing at all seasons by the use of seines or other legal methods, but except so much of the river as is within 100 feet of its tributaries. Therefishing is prohibited during the closed season. Unconstitutionality is avoided by terming the Missouri "all boundary streams." Emergency clause.

Senate file No. 78, by Laverty of Saunders, a hill allowing the fish commissioner to have charge of spawn. Emergency clause. Signed March 28.

Senate file No. 111, by Meserve, a bill making adultery a felony and providing the decedents. Emergency clause, Signed and the estates must be free from debts of the decedents. Emergency clause, Signed and the estates must be free from debts of the decedents. Emergency clause, Signed and the estates must be free from debts of the decedents. sioner to have charge of spawn. Emerg-ency clause. Signed March 28. Senate file No. 111, by Meserve, a bill making adultery a telony and providing

a penalty of imprisonment for a term of wo years in the penitentiary. Signed

Senate file No. 123, by Thomas, a bill repealing section 4465 of Cobbey's statutes. This section authorized country attorneys to employ legal help in tax litigation. Emergency clause. Signed March 29.

thorized. Signed March 39.
Senate file No. 15, by Gibson of Douglas, a bill providing penalties for jurors or referees who receive bribes. Imprisonment from one to five years in prison is rovided. Emergency clause. Signed Senate file No. 143, by Thomas of Douglas, a bill allowing the secretary of the Omaha board of education to be elected for a three-year term. Emergency clause, Signed March 30. Senate file No. 152, by Gould of Greeley,

regulations and in addition pledges each one who participates in the primary to abide by the results. Each candidate must at least thirty days before the primary distributions of the control of the con mary file a written application with the proper authority, requesting that his name be placed upon the official primary ballot and pledging himself to abide by the results of the primary. These applications shall be filed in the office of the city clerk for city offices and for more city clerk, for city offices and for mem-bers of boards of education. For offices the emoluments authorized by law for the desired office during the term for which the candidate would serve if elected and must be paid at the time of filing the petition. No filing fee shall be less than \$10, except for offices without emolument, in which case had been sufficient to the control of the co

ments. I have already taught for several nonths, and I cannot say enough in raise of Dr. Williams' Pink Pills."

March S.

Senate file No. 6, by Senator Mockett of Lancaster, the juvenile court law. This law applies to all children under 16 years of any state index of age, who are inmates of any state in the last preceding general election, if any of its candidates receive the last preceding general election, if any of its candidates receive the last general election in the state. On the the positions of the names shall be changed in each office division as many election next ensuing. All primary exnor more than \$500, or imprisonment in the county jail for not less than sixty days nor more than one year, or both at the discretion of the court. At all primary elections the polls shall be open in cities at 8 o'clock in the morning and close at 9 o'clock in the evening of the until 9 o'clock in the evening. In cities where a registration of the voters is required by law the city authorities quired by law the city authorities in clause, whom by law is vested the power to appoint registrars, shall appoint two resi-

> in the state, and the other from the party asting the second largest vote. The regstrars shall act as judges, but shall receive no additional compensation for their services. Any person desiring to vote at a primary election must first state to the judges what political party be affiliates with and whose candidates. March 31

or wounding them between the season of out discrimination. Emergency clause. January 1 and August 31 of each year. Senate file No. 171, by Gibson of Doug-The penalty for the violation of the act las, requiring the redemption of trading is a fine of \$5. Signed March 30. Senate file No. 168, by Eppe Senate file No. 168 by Epperson of Clay—A bill abolishing the office of state architect. Emergency clause. Signed Signed Signed Signed Signed Signed Signed Signed April 1.

Senate file No. 184, by Gilligan of Holt -Forbidding horse racing, ball play-make estimates of school district expenses when the school districts fail to do so. Emergency clause. Signed March 30. Senate file No. 181, by Gould-Allowing a tax of twenty-five miles for a road

ing or any game or sport on Decoration requiring railroads to keep depots open day. The penalty may be a fine not ex- and to stop all local trains for pasceeding \$100 or imprisonment not more sengers.

caster—Making the county surveyor of signed to end the dispute between the lancaster and Douglas counties ex-officio inspector or bridges and judge of Senate file No. 238, by Meserve of Knox. the material in county bridges. Signed allowing guardians and executors to

Senate file No. 74, by Thomas of Douglas, authorizing the use of voting ma-chines and allowing counties to buy the chines and allowing counties to buy the machines and expend the difference of the costs of elections for payment therefor. Empression the county clerks to be distributed to the or. Emergency clause, Signed April 1. Senate file No. 96, by Wall of Sherman, Signed April 1. for. commissioners jurisdiction over where charges are preferred to officials. Emergency clause. Senate file No. 29 by Shelden at 2 and 2 a bill giving district courts instead of

eities of the second-class having less hour and a haif, than 5,000 inhabitants and to villages penalty of \$2.50 per hour per car is aswhere conveyances have been made within the last twenty-five years. Emergency

Senate file No. 174, by Gould of Greeley, a bill fixing the poll tax in cities of \$5,000 or less and providing that \$2 may be aid in cash and the money to be ex-Commissioners of insanity in each pended in improving the highways ad-Senate file No. 122, by Epperson of Clay,

a hill requiring the tabulation of the vote on constitutional amendments on sheets and that the results be separate sent to the legislature to be canvassed. Senate file No. 75, by Thomas, a bill codifying all the negotiable instrument laws of the state. The revision of the statutes was made by the American Bar association and all the laws concerning negotiable papers are arranged under con-

Senate file No. 11, by Sheidon of Cass, and the length of the time of such in- Emergency clause. Signed March 30.

revising the list of fees for the justices struction. Emergency clause, Signed of the peace. Signed March 30.

Senate file No. 13, by Laverty, a bill prohibiting the illegal expenditure of public funds. Boards in villages, cities and counties are forbidden to let contracts when the indicate the contracts when the contr tracts when the funds for the payment of the expenses are not available or authorized. Signed March 20 ties having more than 100,000 the clerk shall turn such excess into the county treasury. Reports must be made to the

rison is county commissioners of all fees re-Signed celved. Senate file No. 60, by Dimery of Seward, a bill raising the salary of the deputy game warden from \$1,200 to \$1,500 a year. Signed April 1.

Senate file No. 222, by Jones of Otoe, a bill permitting school officers to as-Senate file No. 152, by Gould of Greeley, fixing a speed of eighteen miles an hour for the transportation of live stock to market. Signed March 30,

Senate file No. 42, by Senator Thomas, the Omaha primary bill. This measure places the primaries under the direction of the county officials, prescribes penalties for the violation of the rules and regulations and in addition plages each treatment of the duries of truant officers to assume the duries of truant officers outside of cities. Complaints may be filed against parents who fail to send their children to school.

Senate file No. 168, by Tucker of Richardson. The board of canvassers in elections must prepare a list of 500 voters. From these lists the grand and petit in the duries of truant officers to assume the duries of truant officers outside of cities. Complaints may be filed against parents who fail to send their children to school.

Senate file No. 168, by Tucker of Richardson. The board of canvassers in elections must prepare a list of 500 voters. From these lists the grand and petit in the duries of truant officers to assume the duries of truant officers. From these lists the grand and petit jurors are drawn. Emergency clause.

Senate file No. 196, by Cady of Howard, a joint resolution for a constitutional amendment creating a railway commission. The commission is to consist of three members to be elected by the people and to have general authority over railway traffic.

Senate file No. 206. by Dimery, to permit the leasing of state property which may become vacant. Senate file No. 136, wholly elective in one county, except city offices, the papers shall be filed in the office of the county clerk. The filing fees shall be computed at 1 per cent of the court was directed to ap-

principal. Emergency clause. Senate file No. 18, by Gibson of Douglas, in which case no filing fee is required.
Delegates to a convention shall pay a filing fee of 50 cents for each delegate.
Nomination papers my be filed for non-partition papers my be filed for non-partition.

Senate file No. 18, by Gibson of Douglas, a bill defining the crime of jury bribing.
This is stated as any overture which will affect or bias a verdict. Any person who affect or bias a verdict. Any person who offers such a bribe may be imprisoned in

the penitentiary for not more than five years. Emergency clause.

Senate file No. 150, by Thomas of Douglas, a bill revising the statute for burglary and incorporating the statutes for housebreaking therewith. Emergency clause.

Senate file No. 141, by Meserve of Knox, a bill regulating water works in small cities and villages and requiring a two-thirds vote instead of a majority to issue bonds. Emergency clause. Senate file No. 211, by Cady of Howard, relieving small cities from damages arising from defective sidewalks unless notice

has been previously filed regarding the condition of the walks. Emergency clause, Senate file No. 213, by Meserve of Knox. to relieve small estates of the expense of administration when notice of the death of the intestate has been given and the statements of indebtedness published. Senate file No. 256, by Epperson of Clay, a bill allowing county agricultural so-

and damaged persons may recover for grading and the damages may be assessed by three disinterested freeholders. Emer-

gency clause.

Senate file No. 280, by Epperson of Clay, a bill allowing an action against an insurelectors in each precinct to serve as and company to be brought in the country clerks of the primary, one of whom shall in which the cause for the suit originated, appointed from the party casting the Signed April 1. largest vote at the last general election

Senate file No. 255, by Hughes of Platte, requiring a three-fifths vote instead of two-thirds of the voters to change the county seat of a county. Emergency

Senate file No. 236, by Meserve of Knox,

permitting licenses for fishing to be issued to non-residents for \$2. The price was \$10 he supported at the last election, A first voter need not state his past political at-Senate file No. 166, by Harsh, a bill Emergency clause. Signed amending the Ramsey elevator law and providing for a site on railroad right of Senate file No. 155, by Jones of Otoe- way for an elevator with a capacity of A bill forbidding the killing of red fox 15,000 bushels. The bill requires that cars or gray timber squirrels or for maiming be furnished pro rata to all shippers withstamps at their face cash value and pro-

> Senate file No. 210, by Giffin of Dawson, to allow credit to Lincoln county for the money paid for the maintenance and support of insane patients who were not residents of the county.

Senate file No. 217, by Thomas of Douglas, a bill making judgments good for five years. This is done by declaring that judgfund in townships where the freehold-ers desire it. Signed March 30. ments in Nebraska do not outlaw until they are barred by the statutes of the rs desire it. Signed March 30.

Senate file No. 232, by Hughes of Platte
Senate file No. 36, by Sheldon of Cass,
requiring railroads to keep depots open they are barred by the statutes of the

Senate file No. 284, by Beghtol of Lan-Senate file No. 284, by Beghtol of Lanmaintain suits for damages for trespass on the property under their control

Senate file No. 269, by Bresee of Sheripeople. Emergency clause.

Senate file No. 233, by Meserve of Knox, giving the county court the authority

Senate file No. 229, by Sheldon of Cass, imiting the senate employes to forty-Senate file No. 138, by Tucker, a bin to quiet the title to land which has been platted and laid out in lots, alleys, streets and parks. The bill applies to dittes of the second class, and parks. The bill applies to the stock consigned to them within compelling live stock companies to unload the stock consigned to them within an After that time a sessed.

Senate file No. 214, by Thomas, describing the conditions under which real estate may-be sold for taxes. Senate file No. 215, by Thomas of Douglas, providing for the redemption of prop-Senate file No. 246, by Cady of Howard allowing cemeteries to own eighty acres of land in small cities and in villages and permitting the municipality to own such property for cemetery purposes. Emergency clause.

Senate file No. 271, by Saunders of Douglas, revising the procedure in ob-

ection suits against assessments. Senate file No. 262, by Sheldon of Cass to allow the use of standard gas and electric light meters in cities. Senate file No. 54, by Sheldon of Cass. allowing the majority of the resident stockholders in cemetery associations to hold elections. Emergency clause. Senate file No. 185, by Cady of Howard, repealing the 7-mill levy limit of the revenue law. Emergency clause.

Senate file No. 281, by Mockett, allowing insurance companies to file an an-nual instead of a semi-annual report. Emergency clause. House roll No. 384, by Andersen-the

Omaha charter bill. This measure em-bodies a thorough revision of the existing charter, provides for an increase from nine to twelve councilmen, consolidates the decedents. Emergency clause, Signed | county and city treasurership makes assessor city tax commissioner April 1.
Senate file No. 149, by Thomas of Doug- and abolishes the board of public works, las, a bill to distribute the funds collected under the terms of the defunct High school law. The funds are to be returned to the school districts which have maintained free High schools for non-maintained free High schools for non-m resident pupils proportionately to the menting animals may be punished by the number of non-resident pupils instructed fines and penalties for misdemeanors.

WORK FOR HEALTH

Exercise Absolutely Necessary to Keep the Body in Proper Physical Condition Duran Musey man formal formation of the

nant pool, while the active man is like the mountain stream. In the stagnant pool reptiles of many descriptions crawl and croak, and from it noisome odors rise. The mountain stream is pure and sweet and crystal

The body is a form through which a stream of matter flows. Exercise is the means by which the movement of the stream is accelerated so that the blood is kept pure and the tissues clean. The Bible says that he that will not work shall not eat, and Nature says the same. A man who insists upon eating, even though he does not work, pays the penalty for his violation of natural law. The food he eats becomes poison in the tissues; his body is not only like the stagnant pool, but it becomes even like a cesspool, and ready food for germs. Exercise increases the ability of the body to resist a disease. It encourages every bodily function, creates appetite for food and the ability to digest when eaten. It strengthens the heart, clears the brain and enlivens the spirit.

How much must one exercise? How much muscular work must one do to maintain good health? According to recent English authorities the average man should do, daily, work equivalent to climbing a perpendicular ladder one-half mile, or twenty-six hundred feet high. If one lived in the vicinity of Leukerbad, Switzerland, or in the neighborhood of certain deep mines, he might actually climb such a ladder. Ordinarily, some other more convenient method of exercise must be adopted. It has been determined that walking twenty feet on a level, at the rate of three miles an hour, is equivalent to lifting the body perpendicularly the distance of one foot. Hence, one may, if he chooses, walk ten miles, instead of climbing a ladder half a mile high. Of course, hill climbing and mountain climbing will accomplish the same thing as ladder climbing, and if one chooses to do the work indoors, he may work out his task in stair climbing. Going up and down a flight of stairs ten feet high is equivalent to raising the body about twelve feet perpendicularly. Hence, one might do the required amount of work by going up and down such a flight of stairs one hundred and seventeen times. But, first, he may do the work while standing in a corner and raising himself on his toes. In such exercise the body is elevated about three inches. Hence, four heelraisings would be equivalent to raising the body one foot, and to raise the body half a mile, or twenty-six hundred feet, it would be necessary to rise upon the toes ten thousand four hundred times. One might easily execute this movement at the rate of one a second, which would be fifteen feet a minute, or nine hundred feet an hour. At this rate the day's task

less weight can be thrown upon the By raising upon the heels and bending the knees, the body may be alternately raised and lowered through a distance of about two feet. The execution of such a movement requires nearly four seconds, or fifteen to the minute. The body would thus be lifted thirty times a minute, and an hour and a half would be required to do the day's work. By placing weights upon the shoulders the rate at which the work is done would be increased, and time shortened. But, on the whole, there is no method of accomplishing the work so good as walking, and particularly climbing a hill with a moderately steep grade.

would be accomplished in about three

to do the work in this way, for almost

the entire amount of work would be

thrown upon a single set of muscles.

By placing the hands upon the back

of a chair or upon a table the arms

may be used to assist in lifting the

body so that the movements can be

executed much more easily. More or

Bicycle riding, if not overdone, is excellent exercise. To accomplish the same amount of work riding a bicycle, one must cover about four times the distance required for walking.

Most city people, outside the laboring classes, take far too little exercise. As a result the deficient oxidation of the body wastes and the accumulation of uric acid and other tissue poisons after a time result in rheumatism, neurasthenia, apoplexy, premature old age and a great variety of disorders which may be traced more or less directly to uric-acid accumula-

Vital Statistics.

Everyone who is troubled with 'symptoms" will be interested in the statistics prepared by a leading life insurance company showing at what ages different diseases may be expected to stop human machinery. The figures deal with a period of fiftythree years-1845-1898-during which time 46,525 deaths passed under review. They, of course, tell nothing of | Serve withindividual cases, but of the average or typical cases they reveal much.

Skilful physicians are connected with the large life insurance offices, to examine into the physical condition of applicants for insurance, and to make a careful investigation of the causes of death in cases of policy hold-

The records of the company in question show that the chances are about stiff.

The sedentary man is like a stag- | six to four that consumption will carry off its victims before the age of forty-five. Fifty-nine per cent of sufferers from this disease die before they reach this age. Above sixty, the per cent of cases is only twelve.

In general diseases, such as smallpox, diphtheria, measles, etc., the chances do not differ widely. Thirty per cent of the deaths from these diseases occur under the age of fortyfive; 36 per cent, between forty-five and sixty; 34 per cent, above sixty. Apoplexy, softening of the brain and

55 per cent of the deaths from these causes occurring above sixty, and only 12 per cent below forty-five. The probabilities are that sufferers from other nervous diseases will not reach the age of sixty, only 27 per

paralysis chiefly afflict elderly people,

cent of deaths from these causes occurring after that age. Heart disease afflicts principally the elderly and middle aged, only 11 per cent of deaths from this cause occurring before forty-five years of

Although pneumonia has been called "the old man's disease," the chances are sixty-four to thirty-six against one dying of this disease after the age of sixty. Twenty-nine per cent of the deaths from pneumonia occur under forty-five, 35 per cent between fortyfive and sixty, and but 36 per cent above sixty. Other respiratory diseases, such as bronchitis, pleurisy, etc., grant a little longer lease of

Derangements of the digestive system do not glean from the aged a very large number of victims, the chances being more than two to one against those so afflicted reaching the age of sixty. Thirty per cent of the deaths from this class of diseases occur under the age of forty-five; 38 per cent, between forty-five and six-

ty; 32 per cent, above sixty. Victims of Bright's disease have a fair chance of reaching sixty, only 16 in 100 dying of this disease before

Complaints classified as "genitourinary" are old-age diseases, 77 per cent of the deaths from such cases oc

curring at ages above sixty. Fifty per cent of the deaths from violent causes occur under forty-five. Fully 68 per cent of the typhoid fever deaths occur under forty-five, and only 9 per cent at ages higher than

A Preventive Measure. A practical plan for checking the spread of tuberculosis in public conveyances has just been proposed. The Anti-Tuberculosis league of Cleveland, says the Leader, has received the suggestion that the conductors be supplied with small cards on which is a printed request that passengers desist from spitting on the floor, together with a copy of the law on the subject. When the conductor notices a passenger violating the rule he is expected to hand the offender one of hours. But it would be very tiresome the cards. He avoids all dispute with the passenger, the other passengers note what has been done, and it is thought that the expectorator will either become embarrassed and leave the car, or take the suggestion in good faith and abstain from repeating the

offense. The Anti-Tuberculosis league, which was organized recently, is having a great deal of literature printed to distribute among the schools, the workshops, the tenement districts and in all places where the seed of education along hygienic and sanitary lines tending to prevent the spread of tuberculosis would show promise of growth.

HEALTHFUL RECIPES.

Salad Sandwiches.-Boil three eggs ten minutes; drop in cold water two minutes; peel, and while still warm, mash fine with a silver fork, work in a tablespoonful of thick cream, two teaspoonfuls of lemon juice, salt to taste and a little watercress chopped fine. After cutting off the crust, butter sparingly the end of a square loaf of good Graham bread; then, with a thin, sharp knife, cut as thin a slice as possible. Butter and cut until you have slices to make the required number of sandwiches. Spread a buttered slice with egg mixture, place over it a lettuce leaf washed and dried, then another slice and press well together. Trim the edges, removing tough crust: cut across twice diagonally, and arrange the triangles on lettuce leaves on a wooden bread plate.

Toasted Granose Flakes With Nuts and Fruit Juice .- Toast the flakes in the oven delicately, but enough to crisp them well; sprinkle over them a cupful of ground pecan or other nuts, dust lightly with sugar and serve with fruit juice.

Baked Bananas-Beat two eggs and a cup and a half of water together. Peel one dozen bananas, dip in egg batter, roll in granola or bread crumbs; repeat. Place in oiled pan, bake twenty minutes in hot oven.

Orange Sauce-Mix thoroughly half a cup of sugar and a rounded tablespoonful of cornstarch. Then add, in the following order, a tablespoonful of lemon juice, the juice of one orange, a little of the rind, three quarters of a cup of boiling water. Cook in ten minutes in double boiler, stfrring constantly. Remove from fire, whip in the whites of two eggs beaten