

Goes Back to Nature

A son of a Portland (Ore.) physician has created a sensation by the startling method of living which he has adopted and which he advises all to adopt who desire perfect health. He advocates a return to the primitive way of living without clothing.

Ernest W. Darling, son of Dr. J. W. Darling, is the man who advocates the return to ways primeval. Until a year ago he lived in Portland, but was compelled to seek a sunnier clime on account of his health. For the last year he has lived on the summit of a hill on the outskirts of Los Angeles, Cal. He does not occupy a house, nor even a tent. The sole habitation is about seven by four feet and two feet in depth. In that peculiar place, wrapped in blankets, he seeks rest. He is an ardent lover of nature and believes that by his method of living he is able to commune more closely with its invisible forms and at the same time build up his constitution, which was shattered by disease.

"Good health is the first requisite for religion or anything else," he says, when questioned concerning his novel ideas. "I firmly believe that if we take perfect care of our health, avoiding all accidents or disease, we shall live eternally in these bodies of ours. Every person should learn gradually to live outdoors and to live on natural food—that is, food just as it

comes from the hand of nature. Personally I prefer the fruit of the tropics—bananas, persimmons, figs, dates—which have been proved to give as great strength and endurance as does any mixed diet.

"The objects in living on natural food are:

"First—To make us more natural in thought and in action.

"Second—From an economical standpoint, it is far cheaper where these fruits grow. It is well known by travelers in the tropics that we can live on \$1 a month or less.

"Third—There is a very decided humanitarian issue in this diet. No animal has to suffer imprisonment and final slaughter in order to feed the fruitarian. The fruitarian will take his meal directly from the tree and eat."

Mr. Darling has evidently found these results in his mode of life, for he has built himself up wonderfully. When he left Portland a year ago he weighed ninety pounds, while now he weighs about one hundred and seventy-five pounds. It was done without a drop of medicine.

He rises at daylight, takes a cold shower bath, then runs half a mile or so. Then he goes through calisthenic exercises before eating breakfast of fruit. He eats regularly three times each day and always has a good appetite.

Flagged by a Cow

"Those people sleeping comfortably back in the Pullmans little know how often the engineer grasps the air brake valve thinking that the next minute his widow and fatherless children will be eligible to participate in the division of the Carnegie hero fund," said the fat engineer. "In most cases there's no cause for alarm, but my hair has stood on end so often that it has fallen out and now I'm totally blind.

"One night last week I was coming east on No. 44, and, though I do say it myself, we were hitting the trail at a rate that would make the Empire State express look like a stationary engine. I was pretty sure we'd come under the wire on time all right, when out of the gloom ahead suddenly flashed a red light comin' at me wavin' violently at right angles with the track—the usual flag signal.

"Hem," I says to myself, "another freight hog laid down ahead, and it's up to us to do the Good Samaritan act and push 'em out. Gettin' a train over this pike on time makes that stunt of the camel goin' through the needle's eye look like falling out of a hay loft. But why in goldarnation don't that wooden headed flagman step out of the middle of the track and let us pass? He can take the steps on

the tank when we go by and tell me what's the matter.

But nothing must do but we stop dead and lose more time, for the object behind the red light was still comin' up the center of the track with the lantern swingin' viciously. I'd have to stop dead or run over the cuss.

"By this time I was 'most ready to take passage in an aerial grayhound, and I made the mistake of reversin' her to avoid hittin' the man. Bang! went the cylinder head on the right side.

"With the noise of the explosion the thing behind the red light gave a jump and cleared both tracks, landin' in a ditch. I knew that no human bein' could make a leap like that, so I started to investigate.

"And what do you suppose I found in the ditch? A cow. A cow with her crumpled horn passed through the ball of a red order lantern. Evidently she had broken through some farm fence a little further down the line and in rubbing her nose against an order lamp had stuck her horn through the lantern on the post and brought it away with her.

"And there we were for an hour while I disconnected and got the engine fixed up so we could move on slowly, using one side."

GOOD WORK OF FILIPINOS.

Faithful and Industrious in an Unaccustomed Climate.

Sixty Filipinos on the United States cable ship Burnside did excellent work on the rough seas off the coast of Alaska last year. Twenty of them were detailed for laying and repairing cables. They were thus engaged for three months, during which time they experienced a great deal of rough weather, one voyage having been so trying that the Burnside narrowly escaped destruction. The Filipinos, however, in spite of the severe climate and the difficult nature of the work, proved so efficient and trustworthy that Lieut.-Col. Allen of the United States signal corps says in his official report: "The work was always cheerfully performed by them and in no case during the entire trip was any sort of punishment adminis-

tered to these men. They continually grew in strength, and with the exception of slight colds from exposure they were in excellent health throughout. The point desired to be made prominent is that these men taken from the Philippine islands and sent directly into the cold of Alaska were able to perform all the duties required of them in the most satisfactory manner." Gen. Greely says: "The marked success of the past year has caused the chief signal officer of the army to engage a Filipino crew for the operations in Alaskan waters for the coming summer."

Medallion for Loubet.

The president of France is to receive a gold medallion in honor of his recent visit to Italy. A French sculptress, Marcella Lancelot-Groce, is the artist chosen.

SURGEONS USE TUNING FORK.

New Method by Which Fractures Are Located.

A very simple method of locating fractures in bones, particularly in long ones, by the aid of a tuning fork, is proposed by a Chicago surgeon.

A stethoscope is placed over the bone as near as possible to the point of suspected fracture and on the side where the skin is thinnest. Then a vibrating tuning fork is placed against the flesh near the bone, but on the other side of the fracture if possible. If the bone is continuous, a distinct clear sound will be heard in the stethoscope, but if the break is between the two, this sound will be faint and irregular, as the vibrations will not be transmitted past the break.

Of course this method depends upon the fact that hard bone is an excellent conductor of vibration, while tissue is not. Perhaps even a more valuable application of this idea would be in finding out when a break has knitted properly, for when the joining is again perfect the sound will be as clear as that of an unbroken bone.—Collier's Weekly.

Curious Carving.

One of the most ancient bits of carving in England is a quaint old religious decoration at Bedford church, in Worcestershire. It dates from early Norman times, although its exact age is uncertain. The carving is on a fine old Norman arch in

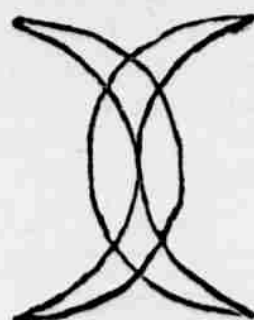


the front of the church. The accompanying sketch shows the top of the doorway ornamented with Saracens' heads. The symbols in the tympanum above are easily deciphered. The eyes represent God the Father, the cross the Son and the dove the Holy Spirit, thus comprising the Trinity. In the sides, with their forelegs upraised, are two animals probably intended for an ox and an ass.—New York Herald.

Uncomfortable Sheep's Tails.

A species of sheep common in Syria is so encumbered by the weight of its tail that the shepherds fix a piece of thin board to the under part, where it is not covered with thick wool, to prevent it from being torn by the bushes, etc. Some have small wheels affixed to facilitate the dragging of these boards after them. The tail of a common sheep of this sort usually weighs 15 pounds or upwards, while that of a larger species, after being well fattened, will weigh 50 pounds.

Mohammed's Signature.



Mohammed's signature, which he is said to have traced in the sand, was made of a single unbroken line.

Watch, a Year in a Hose, Still Runs.

Fireman John Manson of the C. and M. V. railroad, lost his watch a year ago while working on Engine 8803, in Lancaster. Since then he has worked on several different engines, but to-day, while on No. 8803 again, the hose connecting the tank and engine became clogged, and, when unjointed, his watch fell out. He wound it and the watch began to run.—Cincinnati Enquirer.

SNAILS FOND OF MUSIC.

French Nationalist Has Discovered Their Peculiarity.

A German scientist recently pointed out that snails are able to draw immense weights, and now a French naturalist claims that there are few, if any, animals which have a higher appreciation of music than snails. This naturalist is M. S. Jourdain, and his views on the subject are expressed at length in a paper which he has addressed to the French Biological society. Place some snails on a pane of glass, he says, and you will find that as they move over it they will make musical sounds similar to those which a person can produce by wetting his fingers and then rubbing it around a glass tumbler. Complete airs, he points out, have been played on tumblers in this way, and he expresses the opinion that quite as good results can be obtained by using snails instead of fingers.

Designed by the Kaiser.



This memorial card was specially prepared by Emperor William of Germany for presentation to relatives of men who died for "emperor and empire" while fighting against the Hereros. This fact is duly set forth in the inscription engraved on the card.

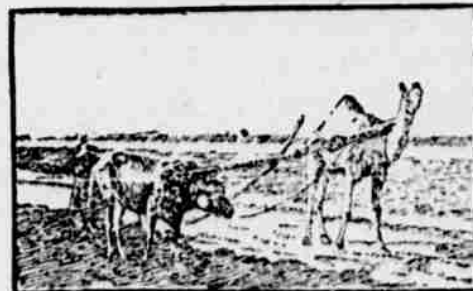
A Natural Aquarium.

The spot in the world which offers fishing of the greatest variety is Freemantle, Western Australia. A man fishing from a boat in that harbor may catch two dozen varieties of fish within an hour.

He may successively draw up a snapper, a mackerel, a perch, an eel, a hog fish, white grunts; a hatchet fish, a skate and all the rest.

Then he may look over and see the sandy bottom a hundred feet below as distinct as though covered only by a faint blue mist, with one or more species of fish in sight.

Plowing in Somaliland.



Here is a sample of the way in which primitive workers still till the land in the heart of Somaliland.

It is no fanciful sketch, but a photograph made by a correspondent of the London Sphere, who found this strange and ill-assorted pair of draught animals hauling the most primitive of plows in the arable lowlands.

Golfing Feat.

At the recent Oxford and Cambridge match at Woking one of the competitors—C. H. Alison of Oxford—landed his ball on the top of the clubhouse in approaching to the home green. One might have imagined that this would have been out of bounds, but the player was allowed to get a ladder and play the ball from the top of the house. What is more to the point, he made a grand recovery and holed out in five.