THE OMAHA DAILY BEE: SUNDAY, JANUARY 22. 1888.-TWELVE PAGES

NATURE'S MAJESTIC WONDER

The American Electric Light-How ells on Death by Electricity.

12

SOME NEW USES FOR THE FLUID.

The Telegraph - Lighting Sleighs-Stockton's Road-Dynamos-A Novel Sleep Preserver-Electric Notes.

The American Electric Light.

New York Graphie. The old Sun get up from his bed in a huff: Said he, "I have lighted this world long enough.

If I smile down in sunshine all cry in a breath, Put a veil on your face, you will scorch us

to death. If I put on a cloud cap, then one prolonged

'Come out from behind there, we're freezing with cold.'

So, Dame Earth, I propose to remain in eclipse: You may trust for your light to the old talof the globe.

low dips, Or to kerosene lamps, or to gas, or to stars;

Perhaps you can make an arrangement with Mars; You may find some poor fool who will light

up your sky. But no contract with me; I am off, so good by." "Old fellow," the Earth cried, "don't give

yourself airs. You may possibly find I can manage affairs. You're a great one for business! Sometimes

you shine For fifteen or twelve hours, and sometimes for nine.

We have always too much sun or else not

enough, And we can't turn you on, and we can't shut you off, Old fellow, you're done for, come, bring on

your night! I'll show you my daisy American light!!! Electric! and brilliant!! and steady!!! and clear!

It will knock your spots out every night in the year.

Death By Electricity.

W. D. Howell's in Harper's Weekly: At this season, when every influence and association reminds us of One who died that mercy might live forever in the are a large number of intermediate stawills of men, I have been peculiarly interested in the newspaper discussion of the proposition for the substitution of death by electricity for death by hanging in the infliction of capital punish-ment. It appears that a measure of this kind is to be brought forward in the New York legislature during the winter, and that there is reasonable hope for its adoption, though I observe that there is a great deal of affectionate regard for the good old gallowstree among the publicists of the press. In fact, there is much to be said in behalf of this venerable growth of centuries, rooted in the remotest past of our Anglo Saxon race, and hardly surviving the axe and the stake through every change of polity and religion. Yet there is a ques tion whether it is not an instrument of torture as well as of death, and whether it is not our duty, after nearly nineteen centuries of the Christ who bade us not to kill at all, to kill by the humanest method known to science. The weight of learned testimony seems to be in favor of electricity, and there is apparently no good reason why this mysterious agent, which now unites the whole civilized world by nerves of keen intelligence, which illuminates every enterprising city, which already propels trains of cars and promises to heat them. which has added to life in apparently mexhaustible variety, should not also be

employed to take it away. There is a sort of poetical fitness in its use which we ought not to overlook in an age and country ambitious of amenity as well as humanity. I understand that the death spark can be apwith a minimum of official inter vention, and without even arousing the victim, or, say patient, from his sleep on the morning fixed for the execution of the sentence. One journal has drawn an interesting picture of the simple process, and I have fancied the executions throughout the state taking place from the governor's office, where his private secretary, or the governor himself might touch a little annunciation button, and dismiss a murderer to the presence of his Maker with the slighest pressure of the finger. In cases of unusual interest the executive might invite a company of distinguished persons to be present, and might ask some lady of the party to touch the button. Or, when torpedoes are exploded or mining blasts fired in the completion of a great public work, a little child might be allowed to discharge the exemplary office. In the event, however, that the leg islature should refuse to touch a single bough of the honored tree which has so long sheltered Anglo-Saxon society, I have a suggestion to make in this matof executions. I have long thought it cruel to the sheriff and his deputies to force them to this hangman's work, and monstrous to let some imbruted wretch make legal killing his trade; and I have to propose that the executioner should be drawn from society at large as jurors are, and that no excuse should avail, except the oath of the person drawn that he is conscientiously opposed to capital punishment. This system. which is perfectly practicable, would give, from time to time, men of every profession and station an opportunity to attest their devotion to the great prin-ciple that if it is wrong to take life, a second of the kind dresses the balance and makes it right.

find Aron's (36) the action of which depends on the registering of a differential clockwork gear acted upon by two locks, one as a standard, and the other subjected to the influence of the current passing through the meter.

The Forbes meter (37) depends on the heating action of the electric current passing through the wire, the heat generated causing the flow of air currents which sets in motion a light mill wheel, the revolutions of which are recorded by a registering train. Wood (38) and Westinghouse (39) have brought out indicating instruments which depend on the repulsion of the magnetic poles of like pelarity, instead of the principle of attraction usually employed. The indi-

cations of these instruments for equal increments of current or potential are remarkably proportional. To avoid the blackening of incandescent lamps due to the separation of the carbon from the filament. Thompson has (40) patented an arrangement by which there is inserted into the lamp an insulated wire, connected to the ground and provided with sharp points upon which the carbon separated from the filament is claimed to be discharged, thus preventing its deposits on the sides

The Telegraph.

Electrical World: The jubilee of the telegraph, which was celebrated in England this year, marks an epoch in the history of this branch, and the comparisons made between the various speeds attainable at the beginning of telegraphic work and the present speak volumes for the ingenuity and perseverance shown by a host of seekers in this

branch. This speed has now been brought up to such a pitch that, with improved methods, no less than 600 words per minute can be transmitted, whereas the early days showed that fifteen or twenty words were considered Among the improvements which high. have taken place during the year we may notice the additional value which has been given to Edison's phonoplex telegraph system by an arrangement by means of which the system increased in extent, so that what was formerly a duplex was con verted into a triplex telegraph. The arrangement is such that it is particu-larly applicable to lines on which there

tions, so that it is specially adapted to railroad work. In an improvement in troduced in the ordinary 'Morse system by Absterdam (2), the signals sent are retransmitted automatically to the sending station, thus avoiding tho necessity of retransmission for the verification of dispatches. Robbins (3) has also introduced an improvement in telegraph lines such, that upon a break occurring in the circuit the line will be auto-matically grounded at the point of the break, thus permitting of a continuous working notwithstanding the break. In the domain of printing telegraphs we note the successful operation of a system devised by Brown (4), by means of which eight printing telegraph instruments were operated simultaneously over the same wire.

Lighting Sleighs by Electricity.

Boston Transcript: At the recent Mechanics' fair one exhibitor had carriages with incandescent electric lights in the lamps, Several Newton gentleman have made arrangements to use this form of illumination for their sleighs and carringes. Three cells of battery are to be used, and will furnish three lights of six-candle power for thirty hours. After the electricity is exhausted the batteries are taken to a dynamo in the stable of one of the gentlemen and recharged. The expense of this charging cannot be over 50 cents cach time. The "plant' is a small one, and can be taken out and placed in any kind of a vehicle. It can be doubled, so that a gentleman can surround himself in a blaze of light if he wishes. A procession of these electric alty-illuminated sleighs, when colored glasses are used, would make a grand spectacle upon the white snow, and an electric-light sleighing carnival on the mile ground is not beyond the probabilities of the winter.

presenting four poles to the surrounding various forms of iron-clad dynamo have also been brought out during the

past year, among which we may men-tion those of Eickemeyer (28) and Lahmeyer (29). In the Oerlikon dynamo a novel feature is the insertion of the armature wire below the surface of the iron (30.) Mention must also be made of a new

method of regulation brought out by Trotter (31), which consists in adding an armature across the pole pieces which acts as a magnet shunt to the iron of the armature itself, and the magnetic resistance of which is varied in ac cordance with the resistance in the external circuit, so as to keep the current constant.

Long Distance Telephoning.

Prof. W. W. Jacques said, at a recent electrical convention. that there were n use in this country nearly 250,000 telephones. He went on at length to explain the uses and advantages of the telephone as a transmitter of short distance messages. It is impossible to use the telephone for any distance over seventy or 100 miles. A wire the size of a lead pencil would be necessary in making speaking connections between New York and Boston, between Boston and Chicago a wire the size of a man's arm, would be necessary, and an insulated gutta percha cable as large around

as a hogshead would be necessary to connect type country with the neares part across the deep; therefore, it would be impracticable to attempt telephonic communication under the ocean.

A Long Streak of Lightning.

Indianapolis Journal: The Jenney Electric Company yesterday received a telegraphic proposition from Aukland, New Zealand, which contained seventy words, and cost the sender \$2.71 for each word. It is interesting to note the line of travel followed by this message in reaching its destination. The first repeating station was at Wellington. thence to Sidney, Australia, thence across the country to Palmerston, from there via cable to Saigon, Siam, then to Calcutta, thence across Hindostan to Bombay, from there under the Arabian sea to Mocha, thence up the Red sea to Mount Sinai, thence across Egypt to Alexandria, then to Palermo; from under the Mediteranean to Gibraitar, thence to Lisbon, London, Queenstown, New York and Indianapolis.

Curing Headache with Electricity.

New York Mail and Express: you know," inquired a female nurse at Bellevue hospital of a reporter, yesterday, "that electricity is the most effec tive cure for the headache? I have an apparatus at home which I purchased in England two years ago. It is charged with electricity, and cures headache as if by magic. The apparatus is about fifteen inches in length, and is composed entirely of flat or box-wire links made square. It is an inch an a half wide and one-fourth of an inch thick. At each end of the apparatus is a circular cap or plate. One of the caps is made of carbon; the other is made of zinc. Two separate layers of thin wire run through the links breadthwise. These layers are divided in the center by sealing-wax, the idea being to form the electric circuit. Should the two wires touch one another the electric current would be shut off and the apparatus would be useless. On each cap is an eyelet or small ring made to allow a string to pass through and be fast ened to the head. The apparatus must

be placed in vinegar for two minutes before being applied to the head. In operating the zinc cap is placed on the ight temple, and the carbon cap on the left. The electric current generated by the aid of the vinegar then sets to work and the victim of the headache is

hoe by means of an immense siphon. It A WOMAN OF GREAT POWERS. is believed that 100,000 horse power can be obtained, which would be dis-

tributed to various localities through the medium of electricity. The electric light is apparently a great attraction to the Japanese. It has been introduced in the Osaka MME.

bazaar, which has in consequence re-ceived a great increase of visitors. It is said that the German govern The Recent Exposure of the Great ment will spend \$750,000 in putting its overhead telephone wires underground Spirit of the Theosophical Society Every day some new employment is being found for electric motors and in the industries where they have already been put to work their use is greatly on Washington Star: Dr. Elliott Coues

Oreator of Theosophy.

-Study of the Mysteries

"They start out with the assumption,"

or discovered theosophy-they speak of

osophy is no more dependent upon

is due the credit of forming the society.

But she is no more the founder or 'in

ventor' of theosophy than the organizer

of a literary society is the inventor of

literature. So whether she ever played

any tricks on people or not has no bear-

ing on the science of theosophy. But

she has been hounded and maligned in

"Theosophy is spoken of here," he

continued, "as a hodge-podge of Brah-

maism, Buddhism, spiritualism, and ne-

cromancy. Now, it is nearer Buddhism

than anything else that it is not. It is

entirely at variance with Brahmaism.

Brahmaism is priestcraft of India.

Buddhism is opposed to priesteraft and superstition. It has no faith in the supernatural. It reaches by entirely

natural means what may appear super

natural. Theosophy is akin to Buddh

ism. As to its relation to spiritualism

I say only that theosophy does not rec-

ognize any supernatural agencies. As

an outrageous manner."

the dead.

of Nature.

BLAVATSKY ANALYZED.

the increase. An electric heater is the only one talked quite freely with a Star which will be tolerated in the cars of reporter the other evening conthe future. cerning the recent publication as to

The following is from the Kichmond the "exposure" of Mme. Blavatsky, the (Va.) Dispatch: One of the wonders of great spirit of the Theosophical society. electricity was seen at the Times office As a well-known man of science, and at last evening. With a rapidity that seemed hardly controllable, a small mathe same time the head of the Thechine-an infant in appearance by the osophical society, in this country, what side of the steam engine-was running he says on the subject will doubtless be the printing press, and paper after paper poured forth, and the Times in of interest. He held in his hand an editorial abstract of the report of Mr. its this morning's edition may be cer-Hodgson, in which the "exposure" is tainly said to be "struck by lightning. The machine itself is scarcely more made, and he read and commented than two feet square, noiseless in its motion, but powerful in its action. upon it.

The use of electricity as a motor is he said, "that Mme. Blavatsky created spreading in all directions. The latest s that a Swedish farmer has hit upon her as the "inventor" of theosophythe ingenious idea of lighting his farm by electric light, having purchased a dynamo and connected it with a waterand think that to assail her is to attack the school of thought. Thefall close by. At present the machine is used only for lighting, but the man her than upon you or anybody intends also to employ it for working else. The school of thought is as threshing machines, etc. The light has been found cheaper than paraffin oil. old as the Greek language. Theosophy Steps are already being taken to premeans the wisdom of God. It is merely pare for the next meeting of a school of higher thought, a study of National Electric Light association, which is to be held at Pittsburg next those things in nature that are still mysterious to the majority of mankind. month. Mme. Blavatsky was one of the founders of the Theosophical society, and to her The year 1887 has been eminently

fruitful in the large number of electric railways undertaken, and in the new systems brought out. In so far as the electric motors themselves are concerned, a number have made their ap pearance, which, as in the case of the dynamo, chiefly present modifications of details intended to increase their efficiency. Mr. J. Cattle and others are the in

corporators of the Seward Electric Light and Power company, of Seward, Neb., with a capital stock of \$10,000.

The New York Gas and Electric Light company, of York, Neb., incor-porated by D. E. Sedgwick, M. Soversign and others, has a capital stock of \$8.000.

ABOUT HEADACHES.

Common Causes of the Common Complaint of Everyday Life.

Cassell's Family Magazine: Probably one of the most common headaches, i not the most common, is that called nervous. The class of people who are most subject to it are certainly not your outdoor workers. If ever my old friend the gardener had had a headache it would not have been one of this description. Nor does Darby, the plowman nor Jarvey, the business man, or Greatfoot, the gauger, suffer from nervous headache, nor any one else who leads an outdoor life or who takes plenty of exercise in the open air. But poor Mattie, who slaves away her days in a stuffy draper's shop, and Jeannie in her lonesome attic, bending over ner white seam-stitch, stitch, stitchtill far into the night, and thousands of others of the indoor working class are martyrs to this form of headache. Are they alone in their misery? No; for my

miracles to those who did not under-Lady Bonhomme, who comes to have her ball dress fitted on, has often a felstand them, but theosophy discovers their natural cause; and their happenfeeling with Jeannie and

nature. Like all other true sciences, theosophy is incomprehensible to those who have not studied it. A man must have peculiar powers of sensitiveness in But She is Not the Cause Nor the order to study the more subtile forces of nature. It is a difficult study. "Mr. Robert G. Ingersoll possesses

peculiar psychic powers. He is a great deal of a theosophist. His attacks or He is a great the christian religion are on account of the revolt of his soul against the belief in the supernatural. He has a fine men tal faculty and can see deeply into the secrets of nature. It is not necessary for a man to belong to the Theosophical society to be a theosophist. He may not call it by that name, but the delicate sensibility to the touch of nature is "Henry Ward Beecher was another

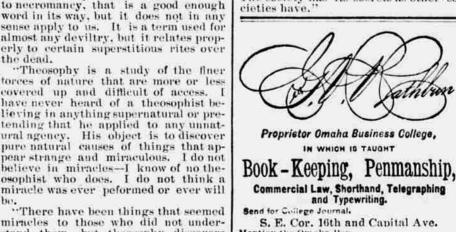
man of this character. He saw and knew a great deal more than he ever talked about.

"And Dr. McGlynn! He is a man of particularly high psychic powers. He is a man of sensative organism, of great learning, and a fine perception of the subtle in nature. It is this power that gives him such an influence over his hearers when he talks. It was the same way with Beecher, and is so with Ingersoll. It is a mesmeric influence, if you want to call it such. Mesmerism was but a short time ago spoken of with contempt. No one who knows anything would think now of disputing that it is a force, and certainly it would be silly to speak of it as supernatural.

"Now I will say again that Mme. Blavatsky never made any claim to supernatural powers. She is a wonderful woman and can do things through perfeetly natural means, which may appear supernatural to the ignorant. She is a woman of great powers, as I happen to know. Of course I know her well and correspond with her. She has never tried to deceive me. The story about the Coulomb letter is an old one that has been talked about until there is nothing to be got out of it. I do not know as to the truth of the matter on one side or the other. I was not there. But even if what Mr. Hodgson says is true, it does not prove anything as to theosophy. Even if Mme. Blavatsky did become impatient at being bothered by people who wanted her to perform miracles. (which she has not the power to do), and if she did fool them as they asked to be fooled, that proves nothing as to the theosophy -whether it is or is not a true science. The investigators started out on an entirely false assumption. They attribute to her a claim of supernatural powers, and then go to work to prove that she

has no such powers. Of course she has not. She doesn't pretend to have. Quite the contrary, she claims that no one can have supernatural powers. "But Mme. Blavatsky is not the cause and creator of theosophy. She is simply a very powerful theosophist. The

Pheosophical society is formed like any other society for the advancement of science. It is advancing all the while. Its objects are legitimately scientific. The society has its secrets as other so-



Mention the Omaha Bee.

186 So. Clark St. CHICAGO, ILL.

THE I.C. A La Persephone French Hand-made ORSET Highest standard of Corset ever intro duced into this market. They impart that graceful figure and fine form which any well dressed lady would be justly proud, especially when obtainable without injurious tight lacing, etc. Indorsed as the

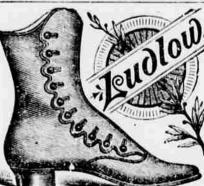
and New York, and for sale in Omaha by

Thompson, Belden & Co.

The "LUDLOW" shoe has obtained a reputation wherever introduced for 'correct style," "perfect fit," "comfort and durability." They have no superiors in Hand Turns, Hand Welts, Goodyear Welts, and Machine Sewed. Ladies, ask for the "LUDLOW" Shoe. Try them and you will buy no other.

Peerless Corset By leading dressmakers of Paris, London N. B. Falconer,

And other merchants.



The Electric Light for 1887.

Electric World: The prominent feature of the year in electric lighting is the number of systems of distribution by means of induction transformers which have been brought out or elaborated. Promiment among these are the Westinghouse system (32), in which alternating currents are employed. But mention must also be made of a number of systems in which the interrupted continuous current is employed for the same purpose of reducing the potential through the medium of induction coils of various forms. Among these we note the system of Pfannkuche (83), who employs reversed continuous currents in connection with secondary induction coils, and the system of Bollman (34), which is somewhat similar to the above, bat in which the induction coils are provided with only a single winding and coupled up in such a way as to reduce the electro-motive force to the desired point. Another means of effecting dis-tribution at high potential has been worked upon during the year, which consists in the employment of motor dynamos that is, machines provided with two windings of high and low resistance, respectively, the former acting as a motor winding, which revolves the armature and causes the generation of low tension currents in the winding of low resistance.

Among the systems of regulation **Prof.** Ellihu Thomson has indicated an ingenious method of regulation of the three-wire system (35). By this method a motor dynamo having two similar windings which are respectively con-nected with the two sides of the circuit, acts to supply the unbalanced side with current taken from the side which has an excess of current.

In the department of the measure-

New Uses for Electricity.

Chicago Times: A new use has been discovered for the electric light. The body of a boy drowned at Winchendon, Mass., on Tuesday, was found through the use of the electric light, a bulb being fastened to a pole and submerged. illuminating the water for a consider able distance in the neighborhood. The electric light promises to be an important aid in all manner of submarine operations.

It also promises to become an important aid in other sorts of operations. Mr. Ernst Max Fasoldt, a manufacturing optician of this city, has just received a patent on a very clever contrivance as a handle for the incandescent electric electric light. It is a flex-ible standard so arranged that the lamp can be introduced into the throat, or wound, or any incision, for the sake of making medical examination. The handle will bend into any required position, and can be returned to its original form without breaking the electric circuit. This is accomplished by having one of the wires going to the light of copper and well insulated, the other wire, completing the circuit, is wound around the first wire in a spiral, so that the handle looks like a spiral wire spring. This can be easily turned and bent in any direction, and bent back again without the slightest trouble.

Stockton's Electric Road.

San Francisco Chronicle: Hanna. Swayne & Co., of Stockton, have seventy-five men at work grading the streets preparatory to laying the rails for the electric motor road. The line will be about ten miles in length, running through the principal streets and to all the railway depots and boat landing. A company is being formed with \$500,000 capital. The road will have no wires overhead

nor underneath, but the power of each car will be stored in the batteries under the seats.

The contractors expect to have the road completed and in running order by September 1 of this year. noises.

Dynamos.

Electrical World: The high state of perfection to which dynamo-electric generators had already been brought hardly affords much scope for improvement as regards the increase of efficiency per se; in consequence of this, the attention of inventors has been chiefly directed to the increase of the output of dynamos per pound of material, and we may say generally, that strange as it may seem, there seems to be a drift toward decreasing the speed of dynamos, and, in consequence of the change, a number of multipolar machines have been brought out in the course of the year, among which we may mertion that of Bradley (26), in which, with a continuous winding, there are only two circuits in multiple arc, and in which three pole pieces are employed.

In the Patten dynamo (27) the same object is thought to be obtained by reobject is thought to be obtainathre, by volving both field and armathre, by which means the speed of rotation each part is reduced to one-half of what would be required if either one were revolved singly. This machine is arranged to give either continuous or alternating currents. Siemens and Halske and some others, have also brought out a ment of electricity, we find several new forms of meters and potential indicat-brs. Among the integrating meters we

minutes. The only objection I have to using this apparatus is that the zine cap is sometimes so strong as to burn the flesh on the temple. I have had my, right temple red for weeks after using Now, in applying it, I always place

generally relieved within one or two

a cloth between the zinc cap and the skin, and I find it effective in preventing blistering. No, these apparatus are not for sale in this country. The duty would be high on them. I paid four guineas for the one I use, and at that rate, taking the tariff into consideration, it would cost \$100 to buy one here.'

Electric Sleep Preserver.

In a recent issue, the English Medical Journal propounding the query, "What is it that disturbs sleep?" remarks that the popular view that noise is the disturbing cause, touches the truth without grasping it. It cannot be noise altogether, for the inhabitants of beseiged towns have been known to sleep through the roar of bombardment, and to waken suddenly when the firing ceased, and we all know that the sleeping miller awakes when his mill stops running. The rattle of a train in motion will induce sleep, as even those who are ordinarily very poor sleepers often The true cause is interruption; a sudden cessation of either continued sil-

ence or of sound awakens. For sound, providing it be monotonous, has ly the same effect on brain as silence. The precisely alarm-clock is based on this theory of

interruption. It interrupts silence. This leads the Journal to make the suggestion that a simple contrivance might be made on the same mechanical principles, but with the object, viz.: that of insuring sleep by sound. Its utility to delicate persons espec

the

ially would be undoubted. Call it the "morphiometer" or "somniferant." or christen it "the sleep preserver"-a name that would truly designate its object-for its real purpose would be not so much to promote sleep as to insure the sleeper against disturbance (the vulnerable side of light sleepers) by placing a bulwark of sound between him and the sudden shock of extraneous noise. Let your sleep preserver produce the drowsy monotonous buzz of the humming top-not so loud as to be heard in an adjoining room, but when placed close to the bedside or hung over the pillow loud enough to drown distinct

Electrical Brevities.

Rev. C. E. Cline writes to a religious paper describing his sensation when struck by lightning, or rather when struck by a piece of plaster that the lightning stroke had dislodged from the ceiling. He says that he saw "a great multitude of most beautiful children running towards him and waving their hands, and shouting greetings of joy. He does not trace any direct connectio between the lightning stroke and the children, but he says he believes that on that night he entered heaven.

A Sioux City Light, Heat and Power company has been incorporated with a capital stock of \$100f000. The Globe-Democrat looks forward to the running of railroad trains, within

the next [ten years, at the rate of 100 miles an hour by electricity. Commenting upon the intended report of the New York capital punisnment commission in favor of electricity as the lethal agent, the New York 'Tri

bune comes out strongly in support of electrical methods of execution. Quite a number of enterprising newspapers already run their presses from electric motors.

A project is on foot in California for utilizing the water power of Lake Ta-

Her, however, we cannot afford to pity quite so much, because she has the power to change her modus vivendi whenever she chooses.

What are the symptoms of this complaint which makes your headache so? You will almost know it is coming on from a dull, perhaps sleepy feeling. You have no heart and little hope, and you are restless at night. Still more estless, though, when it comes on in full force, as then for nights perhaps, however much you may wish to, scarcely can you sleep at all.

"How my poor head does ache!" This you will say often enough; sadly to your-

self and hopelessly to those near you, from whom you expect no sympathy and get none. And yet the pain is bad to bear, although it is generally con-fined to only one part of the head. The worst of this form of headache lies in the fact that it is periodic. Well as it arises from unnatural habits of life or peculiarities of constitution, this periodicity is no more than we might expect.

If I just note down some of the most ordinary causes of nervous headache people who suffer therefrom will know what to do and what to avoid. I will then speak of the treatment. Overwork indoors.

Overstudy. Work or study indoors, carried on in an unnatural or cramped position of body. Literary women ought to do more of their work at a standing desk, lying down now and then on a sofa to case brain and heart and permit ideas to flow. They should work out of doors in fine weather-with their feet resting

on a board, not on the earth-and under canvas in wet weather. It is surprising the good this simple advice, if followed, can effect. Neglect of the ordinary rules that

conduce to health. Want of fresh air in bed rooms. Want of abundant skin exciting exer

Neglect of the bath. Over-indulgence in food, especially of a stimulating character.

Weakness or debility of body, how ever produced. This can only be reme-

died by proper nutriment. Nervousness, however induced. The excitement inseparable from a fashionable life.

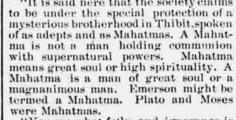
Do not disregard a cough. It is often the symptom of the most fatal diseases, bronchitis and consumption. Use Dr. J. H. McLean's Tar Wine Lung Balm. 25 cents a bottle.

A novel weapon of defense has been found in the ruined pueblos of Arizona. In the deorway of several Los Muertos rooms the Heminway expedition has found many huge defensive stones. These stones are ponderous masses of volcanic rock, rather hands. The upper but destructive in design. The upper end tapers to a sort of stone was suspended in the doorway by a buckskin thong, which was fastened to the ring or handle. The method of using it was extremely simple. By holdit back and then letting it fly a file of men could be hewn down.

Statistics of the women graduates of twelve American colleges show that two-thirds of those who have passed the age at which girls generally marry are still unmarried. Evidently the college is not conducive to matrimony.

At Orlando, Fla., a dog is owned by a much-coveted belle which, whenever a tiresome visitor stays too long, will stand up in front of him and begin to yawa and show other signs of being sleepy. It is said that the hint is readily taken.

ings are as natural as the force of gravitation. Theosophy studies the mys-teries of nature, and dispels the idea of the supernatural. It cannot be explained so a person who has not made a study of the subject any more than you could explain differential culculus to a man who knew nothing at all of the lower mathematics – or than you could explain the sense of smell to one who had never had the power of smelling. It is a mere matter of science, like any other branch of research. There is nothing sentimental about it. It is not a sect or religion. "It is said here that the society claims



"You see what folly and ignorance is displayed in all this talk. "As to the projection of the double, or

the appearance of the astral form far away from where the body is, I know that to be true. Speaking as a scientist, say I know it to be true that the astral form may be projected a great distance from the body, and visible, audible and almost tangible. It is accompanied by natural forces that have been discovered by scientific research. I can do it myself. I have attained that power, and have many times projected my astral form

"On the 23d of June I was in Chicago at a reception given in my honor by my sister, Mrs. J. M. Flower, wife of Judge Flower of Chicago. On that occasion I projected my double and called on and talked with a very accomplished lady in Washington, who possesses great psy-chic powers. This is her own account

of the visit: * * * "'You have paid me three astral visits during the past six months. I will state the circumstances now. There may be something in them which will be further proof of your power to project your double. On the evening of June 23 I was standing at my win-dow * * * when i distinctly heard you say "No." Naturally I turned to see from whence the voice came, and to my surprise saw you (your double rather) standing by my side. "Why not?" I asked. "Because I have gone." was the reply. I am in Chicago visit-ing my sister, Mrs. J. M. Flower (whether such a person exists or not I do not know), and looking into the-osophical matters a little.' Just then osophical matters a little. Just then I seemed to see you in the midst of a gathering of people. I asked what it meant. The reply was: "Oh, only a little reception my sister is giving in honor of me." I then asked for the names of one or two per sons present, as a proof. These names were given: Prof. Rodney Welch and Dr. Sarah Hacket Stevenson, With this you disappeared. 1 immediately got up, noticed the time-10:20-and then noted the above down, as you once requested me to do, so I could give it to you as it happened.' "

' 'On the evening of November 2, and the morning of the 5th, you again appeared. peared.

At the time my astral form appeared to her," said Coues. 'I was talking to about forty people, among which were the two named in this note.

"As to the transportation of solid bodies by means of this science, I do not know as much. The precipitation of writing, I know, can be performed. There is no supernatural agency in it. It is merely a use of the subtle forces of



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