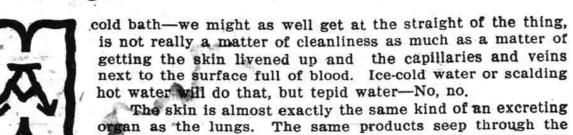
Icy Water and

The Benefits to Be Derived from Cold Baths wand Vigorous Rubbing

Health

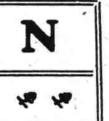
By Eugene Wood



pores as are carried off in the breath, and the air purifies the blood in the same way. But the greater part of the skin is smothered up in clothes day and night. What the cold water of the bath dissolves is matter well away. And the rubbing dry is pretty vigorous exercise, If you want to know. Any rubbing is bound to push the blood along toward ney the heart and help the circulation, because there are valves in the veins which prevent the blood from going in any other direction than toward the heart. Whatever loose flakes of outer cuticle are rubbed off we needn't worry about; plenty more where they came from. The extra food the increased appetice demands will make good that trifling loss.—Everybody's Magazine.

The Housewife's Afternoon Nap

Sam A. Hamilton



EARLY every housewife takes a rest, and a nap if possible, in the afternoon, but few accomplish it. The mere lying down is not resting; in fact it is easier to rest sitting than lying down, if one does not understand how to rest properly, and the woman who does not relax when she lies down cannot rest no matter how long she lies. 'To relax properly, lie at full length on the back with the head level with the body, the arms extended slightly from the body, and the feet sep- day, and devoted the remainder of its arated some six inches. The clothing should be loose, if ly- time to the consideration of the agri-

ing on a couch, but it is best to undress and get into bed. Start with long cultural appropriation bill. The major breaths of the kind known as "abdominal breathing," followed by upper chest breathing. Keep this up for a few minutes only, and then beginning with the head relax all the muscles the whole length of the body, that is, release the tension on them, so that if feet or hands were lifted they would fall to the bed as if they were logs of wood. It is not very difficult to relax the muscles of the arms and legs but it takes patient practice to relax the muscles of the back, thorax and breast, but by persistent effort it can be accomplished. When all the muscles are relaxed the person feels as if she were floating in the air, there is no sense of weight. Now an effort should be made to relax the mind. This cannot be done, as some have recommended by "thinking of nothing"an impossibility—but it can be done by directing the mind to the latest pleasant thing that has occurred, conning it over repeatedly, and it will not require very many repetitions to send one into a deep, baby-like sleep—the kind that rests, and from which one awakes refreshed, and with every nerve tuned in unison to the work ahead. Try it .- Good Housekeeping.

The Husband's Tobacco

By Elizabeth Knight Tompkins

Gummanno



F tobacco smoke is offensive to you, first ask yourself if it actually does your husband harm. Does he smoke enough to injure his health or more than he can afford? If you have to answer no, your duty is plain. Overcome your repugnance. Men do this constantly, for many of them start with a violent distaste which their lives force them to conquer. Except for the most weighty reasons, you have no right to deprive him of an indulgence that is doing him no positive harm. The case is different, however, if you feel in

you the call of a mission, if your conviction of the evil of smoking is so overpowering that you must bear witness to it in your acts; if you really feel that no sacrifice to the cause, not even that of the happiness of your home, is too great. Otherwise, clear your mind of the prejudice that there is any moral value in smoking or not smoking, just as your mother, it may be, had to learn that cards are not in themselves of the devil's manufacture. Smoking properly belongs in another category, the physical category, that contains also exercise and eating.

If, on the other hand, you decide that smoking is doing him more or less harm, this decision opens up another question: Can you, considering his character and your own influence, persuade him to give it up? If you think you can, your course is simple. If you honestly know in your heart that you cannot, here again it is your duty to hold your tongue and make the best of it. If your husband will smoke, it is better for every reason, health included, that he smoke at home than at a club or some less desirable place where smoking may lead to all the evils it is supposed to carry in its wake.—Good Housekeeping.

Advice to Our Girls

By Elizabeth M. Gilmer



HE first reason why women fail as wives is because marriage has never yet been esteemed one of the learned professions which only a highly qualified individual is fitted to practice. On the contrary, it is held to be a kind of jack-leg trade that any girl can pick up at a minute's notice, and carry on successfully without the slightest previous knowledge or training. No girl would be conceited enough to think that she could practice medicine or law or dentistry without devoting years to its study. She wouldn't even dream of hiring out as

a stenographer without first learning how to make pot-hooks, but she blithely and cock-surely tackles the most difficult and complicated job existing—that of being a wife—on the fallacious assumption that a knowledge of how to manage a man and make him happy and comfortable comes to a woman by inspiration, and not through preparation.

When the average girl marries she does not even know how to make a man physically comfortable, and yet, unromantic as this may seem, the very foundation of domestic happiness has to be laid in bodily ease. Nobody can be sentimental on an empty stomach, and bad cooking will kill the tenderest affection in time. Love is choked to death on tough steak as well as slain by unfaithfulness, and many a young husband's illusions about his bride have been drowned in watery soup. The first inkling that young Benedict gets that his Angelina is not all his fondest fancy painted her, and that he has missed his affinity, is when he has to sit down to ill-cooked and ill-served meals; and you may be very sure that if there were no bad dinners there would be precious few men wandering away from home. * * * To be a good wife is not an easy task. It is one of the most strenuous undertakings on earth. It requires labor and skill and care and tact and unselfishness, but it is the kind rity of the handshaker is not necesof service a woman agrees to give when she gets married. If she doesn't like sarily lasting, anyway. the price, she can stay single.

THE WORK OF CONGRESS

The Senate and House Regularly at

Work-What They are Doing. After nearly four days of discussion, the House, by a vote of 326 to 17, passtd the Esch-Townsend bill, providing for the regulation of freight rates. The negative vote was made up of 11 Republicans and six Democrats.

The closing hours of the debate were occupied by Messrs. Williams, of Mississippi, the minority leader, and Hepburn, of Iowa, chairman of the committee which reported the bill. Mr. Williams, while supporting the minority measure, said he knew it could not pass, and complimented the Republicans for bringing in a bill which was much better than he expected would

come from them. The speech of Mr. Hepburn was rather in defense of himself. He said that his needs and acts were sufficient answer to the "lies and slanders" which had been heaped upon him. The bill known as the Hepburn bill, he said, had been prepared by the Attor-General and he only yielded to his colleagues on the committee on the Esch-Townsend bill, because he did not want the committee to be the target for scribblers, who wanted sensational headlines.

Personalities in the House. Not in recent years has the House witnessed such a spectacle as it did Monday with Mr. Sullivan, of Massachusetts, and William R. Hearst as the central figures. Both indulged in personalities of the gravest character, and so stirred the House as to arouse among certin members a feeling of the greatest indignation. Mr. Sullivan heaped upon Mr. Hearst a tirade of denunciation, while the latter, by implication, charged Mr. Sullivan with complicity in a murder.

The affair grew out of the recent discussion of the freight rate question in the House, when Mr. Sullivan inquired of Mr. Lamar, of Florida, who was favoring the Hearst bill, why Mr. Hearst did not defend his own bill, this being followed by a criticism of Mr. Sullivan in The New York American and Journal.

More Frequent Cotton Reports. The Senate heard ten witnesses in the Swayne impeachment trial Monportion of the debate in connection on an amendment suggested by Mr. Bacon, providing for semi-monthly reports on the condition of the cotton crop, which was amended so as to cover the last five months of the year, and adopted.

Mr. Bacon, in offering his amendment, said that no provision could be incorporated in the bill that would be of so much importance to the cotton producers as this one. He traced the failure of the growers to secure profitable returns from last season's crop to the infrequency of the official reports. The loss in one month on this account had not been less than \$40,000,000. He also urged that the Secretary should publish a synopsis of the information on which his estimate is based, as well as the estimate itself. Mr. Proctor presented a letter from the chief statistician of the Agricultural Department, saying that the adoption of the Bacon cotton amendment would involve an additional expenditure of \$363,000 per annum.

Carnegie Will Testify. New York, Special.—Andrew Carregie announced that he would go to Cleveland to testify against Mrs. Cassie L. Chadwick, who is under arrest in that city charged with obtaining large sums of money on alleged securities bearing Mr. Carnegie's name. It is alleged that the signatures were forged. Mr. Carnegie's announcement was made after a subpoena ordering him to apepar at court in Cleveland on March 6 had been served upon him.

Live Items of News.

In view of the possibility that England may be dragged into the far Eastern war the Shipping World professes to find comfort in the fact that "the navy is to be strengthened by the addition of oak leaf embroidery to the present plain white slashes on the full dress coats of flag officers, but the gold lace edge to the slash will disappear and the oak leaf embroidery round the cuff with distinction lace is to be replaced

August W. Machen and the Groffs were placed in the penitentiary at

Moundsville. Village Taken.

St. Petersburg, By Cable.-The Emperor has received the following dis-31 attacked Djantanchenan, on the left bank of the Hun river, opposite Changtan. They captured the village. but subsequently were driven out, with great loss. The Russian casualties were 100. The Japanese, after a severe cannonade, re-attacked our forces at Djantanchenan at noon February 1. The Russians first retired, but ultimately reoccupied the village, though outlying posts are in the hands of the

Oil Men Support Kansas.

Toledo, O., Special.—At a meeting Sunday of the Oil Men's Association, composed of crude oil producers in the Trenton rock-oil fields of Ohio and Indiana, the situation in Kansas was discussed by the 30 or 40 members present, and resolutions were unanimouly adopted that the State of Kansas is entitled to the sympathy and moral support of the oil trade everywhere in its contest with the Standard Oil Company.

Handshaking of a President is a nuisance, a bore, a hardship, and a danger, and it seems to have been properly omitted for the ceremony of the reception to President Roosevelt at St. Louis, declares the Portland Oregonian. If the President inaugur rates during his present term a needed reform by declining to shake hands at any public reception he will be sustained by sentiment. The popula-

THE RACE PROBLEM

Speech By President Roosevelt At Lincoln Dinner

IS CONSERVATIVE IN EXPRESSION

The Chief Executive Appeals to the North For Added Friendliness to the South Because of Conditions For Which the South is Not Alone Responsible and Makes Acknowledgements to Crusaders Against Lynching-Backward Race Must be Trained Without Impeding Forward Race -Must Maintain Race Purity.

New York, Special .- As the guest of honor at the Lincoln dinner of the Republican Club in this city Monday night, President Roosevelt made a speech on the race problem. He appealed to the North to make its friendship for the South all the greater because of the "embarrassment of conditions for which she is not alone responsible," declared that the heartiest acknowledgements are due to the ministers, law officers, grand juries, public men and "great daily newspapers in the South who have recently done such effective work in leading the crusade against lynching," and said that the problem was to "so adjust the relations between two races of different ethnic type, that the backward race need, will in the end triumph over be trained so that it may enter into the possession of true freedom, while the forward race is enabled to preserve unharmed the high civilization wrought out by its forefathers."

Among other things the President

The President's Address.

In his second inaugural, in a speech which will be read as long as the memwith the appropriation bill was based ory of this nation endures. Abraham Lincoln closed by saying:

"With malice toward none; with charity for all; with firmness in the right, as God gives us to see the right, let us strive on to finish the work we are in; * * to do all which may achieve and cherish a just and lasting peace among ourselves, and with all

Immediately after his re-election he

had already spoken thus: "The strife of the election is but human nature practically applied to the facts of the case. What has occurred in this case must ever recur in similar cases. Human nature will not change. In any future great national trial, compared with the men of this, we shall have as weak and as strong, as silly and as wise, as bad and as good. Let us, therefore, study the incidents of this as philosophy to learn wisdom from, and none of them as wrongs to be revenged. * * * May not all having a common interest reunite in a common effort to (serve) our common country? For my own part I have striven and shall strive to avoid placing any obstacle in the way. So long as I have been here I have not willingly planted a thorn in any man's bosom. While I am deeply sensible to the high compliment of a re-election, and duly grateful, as I trust, to Almighty God for having directed my countrymen to a right conclusion, as I think, for their own good, it adds nothing to my satisfaction that any other man may be disappointed or pained by the result.

"May I ask those who have not differed with me to join me in this same spirit toward those who have?"

VICE NEGRO'S ARCH ENEMY.

Laziness and shiftlessness, these, and above all, vice and criminality of every kind, are evils more potent for harm to the black race than all acts of oppression of white men put together. The colored man who fails to condemn crime in another colored man, who fails to co-operate in all lawful ways to bringing colored criminals to justice, is the worst enemy of his own people, as well as an enemy to all the people. Law-abiding men should, for the sake of their race, be foremost in relentless and unceasing warfare against law-breaking black men. If the standards of private morality and patch from General Kuropatkin: "The industrial efficiency can be raised high Japanese during the night of January enough among the black race, then its future on this continent is secure. The stability and purity of the home is vital to the welfare of the black race. as it is to the welfare of every race.

> NEIGHBORS CAN HELP MOST. In the next place, the white man, who if only he is willing, can help the colored man more than all other white men put together, is the white man who is his neighbor, North or South. Each of us must do his whole duty ary benefit fund was defeated by an without flinching, and if that duty is overwhelming majority national it must be done in accordance with the principles above laid down. But in endeavoring each to be his brother's keeper it is wise to remember that each can normally do most for the brother who is his immediate neighbor. If we are sincere friends of the negro let each in his own locality show it by his action therein, and let us each show it also by upholding the hands of the white man, in whatever locality who is striving to do justice to the poor and the helpless, to be a shield to those whose need for such a shield is great.

CRUSADE AGAINST LYNCHING. The heartiest acknowledgements are due to the ministers, the judges and law officers, the grand jurors, the public men and the great daily newspapers in the South, who have recently done such effective work in leading the crusade against lynching in the South: and I am glad to say that during the last three months the returns as far as they can be gathered, show a smaller number of lynchings than for any other two months during the last twenty years. Let us uphold in every about to quote from the address of the | feet above the level of the river.

Right Reverend Robert Strange, bishop coadjutor of North Carolina, as given in the Southern Churchman of October 8, 1904:

MUST MAINTAIN RACE PURITY. The bishop first enters an emphatic plea against any social intermingling of the races; a question which must, of course, be left to the people of each community to settle for themselves, as in such a matter no one communityand indeed no one individual-can dietate to any other; always provided that in each locality men keep in mind the fact that there must be no confusing of civil privileges with social intercourse. Civil law must not regulate social practices, Society, as such, is a law

unto itself, and will always regulate its own practices and habits. Full recognition of the fundamental fact that all men should stand on an equal footing, as regards civil privileges, in no way interferes with recognition of the further fact that all reflecting men of both races are united in feeling that race purity must be maintained

NATIONAL DESTINY SAFE. Let us be steadfact for the right; but et us err on the side of generosity rather than on the side of vindictiveness toward those who differ from us as to the method of attaining the right. Iet us never forget our duty to help in uplifting the lowly, to shield from wrong the humble; and let us likewise act in a spirit of the broadest and frankest generosity toward our brothers, all our fellow-countrymen; in a spirit proceeding not from weakness but from strength, a spirit which takes no more account of locality than it does of class or of creed; a spirit which is resolutely bent on seeing that the Union which Washington founded and which Lincoln saved from destruction shall grow nobler and greater through-

out the ages.

I believe in this country with all my heart and soul. I believe that our people will in the end rise level to every every difficulty that rises before them. I could not have such confident faith in the destiny of this mighty people if I had it merely as regards one portion of that people. Throughout our land things on the whole have grown better and not worse, and this is as true of one part of the country as it is of another. I believe in the Southerner as I believe in the Northerner. I claim the right to feel pride in his great qualities and in his great deeds exactly as I feel pride in the great qualities and deeds of every other American. For weal or for woe we are knit together, and we shall go up or go down together; and I believe that we shall go up and not down, that we shall go forward insted of halting and falling back, because I have an abiding faith in the generosity, the courage, the resolution, and the common sense of all my countrymen. PROBLEMS WILL VANISH.

The Southern States face difficult problems; and so do the Northern States. Some of the problems are the same for the entire country. Others exist in greater intensity in one section: and yet others exist in greater intensity in another section. But in the end they will all be solved; for fundamantally our people are the same throughout this land; the same in qualities of heart and brain and hand which have made this republic what it is in the great today; which will make it what it is to be in the infinitely greater tomorrow. I admire and respect and believe in and have faith in the men and women of the South as I admire and respect and believe in and have faith in the men and women of the North. All of us alike, Northerners and Southerners, Easterners and Westerners, can best prove our fealty to the nation's past by the way in which we do the nation's work in the present; for only thus can we be sure that our children's children shall inherit Abraham Lincoln's single-hearted devotion to the great unchanging creed that "righteousness exalteth a nation.'

NEWSY GLEANINGS.

Over \$1,000,000 worth of diamonds are stolen every year from the South Africa diamond mines.

In Mexico the Department of War is studying a project to establish night schools for the soldiers.

In Prussia the price of medicine is regulated by the State, a new price list being published every year. When an unmarried woman dies in

Brazil the coffin, hearse and livery of the coachman are all scarlet. A battalion of Chinese soldiers, to be headed by a Chinese band, is being re-

cruited from residents of New York The Government of Venezuela has decided to give no titles to coal mines in the future, but to exploit all such mines under its own supervision and owner-

Henry Hollenback, of Boulder Creek, Cal., was kicked over a 200-foot precipice by a mule. He only fell fifty feet

and was rescued comparatively uninjured. At the annual meeting of the Commercial 'Travelers' Association, of Canada, the proposal to reduce the mortu-

The Postoffice Department of Great Britain has announced that it will hereafter accept wireless messages for

transmission to ships at sea at the rate of thirteen cents a word. An ingenious thief who secreted himself in a trunk addressed to the freight station at Smichow, in Austria, was captured after he had filled the trunk with miscellaneous valuables from

The court has issued an order to the sheriff to sell Michigan City, Ind., "at auction to the highest bidder" to satisfy a judgment of \$11,000 against the town for injuries received by a young woman who fell through a sidewalk.

other luggage.

The coast artillery station at Fort Hunt, Va., on the Potomac, opposite

American Flag High in Air.

Fort Washington, is to have a flagpole from the top of which the garrison flag can be seen for many miles. The new pole is about 125 feet long. It is in five sections, and is built up of piping held together by steel bands. way the hands of the men who have | The pole will stand on a high emiled in this work, who are striving to do | nence at the fort, and the flag at its | a short time at the Press Club banall their work in this spirit. I am | top will wave to the breeze about 300

DANGER SEEMS OVER

Everything Was Quiet Enough Sunday In St. Petersburg

WAS NO RIOTING IN ANY QUARTER

Demonstrations Were Not Attempted and the Only Disorder Was in a Theatre at Night When Abuse of the Czar Was Shouted by the Audience.

St. Petersburg, By Cable.-The anticipated renewal of trouble amonk workmen today was not realized. Neither strikers nor students made the slightest attempt to demonstrate, and throughout the day the city presented a normal appearance. The Emperor's creation of a joint commission of masters and workmen, chosen by themselves, to investigate the cause of discontent among the laborers has made an exceedingly good impression, being considered definite evidence of the government's purpose to compel some of the rapacious masters who have paid starvation wages to do justice to their employes.

The imperial decree ordering the formation of the committee reposes the presidency of the body in Senator Chidlovski, a member of the council of the empire, and instructs the committee to ascertain immediately the causes of discontent of St. Petersburg workmen and devise measures to prevent such discontent in the future. The committee consists of representatives of government departments, the various industries, and the workmen. The President is authorized to report in person to the Emperor and determine the number and mode of selection of the committee. At the Mali Theatre a scene was created by cries of "Down with the autocracy" and personal abuse of the Emperor. The demonstrators were ejected from the

The police continue to make arrests.

The Czar's Announcement. St.-Petersburg, By Cable.-The news that Emperor Nicholas has endorsed the scheme for the revival of the Zemsky Seabor, or ancient land parliament, which the old Emperors invoked in times of stress, has spread through the city and created intense satisfaction among liberal classes. The newspapers this morning were filled with articles descriptive of this ancient Russian instittuion, indicating that word had gone forth that the government had decided to listen to the voice of representatives of the people. Naturally, there is some skepticism as to whether the government intends frankly to take the steps, but the general verdict is that if the Emperor has succeeded in shaking off reactionary influences and now proceeds in good faith to summon the Zemsky Seabor, they will rally to his support the moderate Liberals, and perhaps arouse a wave of genuine enthusiam in the country. Liberals are convinced that the meeting of such a representative body must be followed by important and widespread reforms.

West Blizzard Swept.

Kansas City, Mo., Special.—Reports Sunday night from Missouri, Minnesota, Kansas, Nebraska, Iowa, the Dakotas, northern Texas, Indian Territory, Arkansas and Oklahoma say that unusually cold weather prevails. In Omaha the thermometer registered 16 degrees below zero at 9 o'clock. High winds prevail in many localities, drifting the snow badly, and delaying railroad traffic in all directions. Reports from Oklahoma and Indian Territory say the thermometer was 5 below zero in several places, and ranged at zero all day. From all parts of the two Territories come accounts of suffering and death as the result of the sudden norther.

Atlanta's Troubles Ending.

Atlanta, Ga., Special.-With large forces of men, who have been repairing since the havoc of the recent sleet storm, continued their work all day (Sunday), both the Western Union and Postal Telegraph Companies and the telephone companies are getting their wires in better condition, and Atlanta is in closer touch with the outside world than she has been for a

The recent storm was the most destructive in the history of the city. The amount spent by the telegraph and telephone companies to restore normal conditions will reach an enor

Four Injured by Explosion.

Erie, Pa., Special.—An explosion of natural gas at the home of the caretaker of the city water works reservoir seriously injured four persons this evening. Two of the injured were so badly shocked and burned that they may die. All were blown through a second-story window and down an embankment 30 feet high. The injured are: Louis seiter, aged 40 years and his wife; Harry Seiter, aged 14 years. and Samuel Pfister, aged 65 years.

Visiting New York.

Washington, Special. - President Roosevelt left Washington Monday morning for a two-day visit in New York, during which he will make a speech at the Lincoln birthday celebration at the Waldorf-Astoria, spend quet at the New Astor House, lunch at the University Club, dine in "Little Hungary," and visit friends.