

BETTER THAN PILLS.

The Gymnasium Has Cured Many a Case of Dyspepsia.

William H. Everts used to boast that he had never even looked into a gymnasium, which was his way of saying that in his opinion gymnastics were all nonsense. "People say to me, 'Mr. Everts, you're hale and hearty when you ought to be thinking of your grave,' and they wonder how I do it."

Of course the secret of the haleness and the heartiness was temperance—moderation, says the New York News. No man who goes to bed on a supper of mince pie and Welsh rabbit and wakes up for a breakfast of sausage and buckwheat cakes and then spends most of the day twisting from one side of a desk to the other can long avoid the prescription of hot water thrice a day before meals. "Temperance" is one of the words that are ridiculed until they impress themselves upon giddy humanity with the effect of a branding iron.

Some happy mortals like Mr. Everts have no use for a gymnasium, for they find gymnastic apparatus everywhere. The street is their half mile track; the two flights of steps—or maybe ten flights—are the lung developers; the free and vigorous swing of the arms and the throwing out of the chest are as good as parallel bars.

There are men somewhat intemperate in their temperance, displaying too much of the good thing. They crack your knuckles when they take you by the hand; they pound you on the back, as if a fishbone were stuck in your throat, and say, "Brace up, old man; you'll be round shouldered if you don't take care."

But there is this to be said in favor of the gymnasium—it has cured many a case of dyspepsia and to that extent has made the world sweeter.

DOING A GREAT DEED.

How Phillips Brooks Sobered Down a Too Aspiring Youth.

When Boston's great preacher, Phillips Brooks, was a student at college, he decided to enter the ministry. His instructors advised him against this step because of an impediment in speech. "The professors had all the argument on their side," said the famous clergyman years after when by patient effort he had gained control of his voice, "but naturally I could not protest, for words failed me."

To this preacher's study there came one day a youth, physically perfect, ambitious for honor and looking for a short cut up the road to success. He intimated that he wished to do some great thing better than it could be done by any one else.

Phillips Brooks wrote rapidly upon a piece of paper while his visitor was speaking, sealed it in an envelope and then suggested that the note be read when the man reached home. The letter read: "Stand in the moonlight and you will cast a shadow. No man can cast a shadow just like it."

The young man realized that the preacher had made his honest ambition seem ridiculous, but made another attempt. On the original letter he wrote, "Possible, but I desire that the deed I do be of benefit to my fellow men."

Back came the original letter, with these words added: "Then stand in the sunlight and permit the workman to eat his lunch in your shadow."

All Happens in a Second.

A second is the smallest division of time in general use, and when we consider that in one year there are about 31,558,000 of these periods it would certainly seem as if it was enough for all practical purposes. But, after all, a good deal can happen in the fraction of a second.

A light wave, for instance, passes through a distance of about 198,000 miles in this length of time. A current of electricity has probably an even greater speed. The earth in itself moves in its orbit at a rate of about twenty miles a second.

A tuning fork of the French standard vibrates 570 times per second to produce the note A on the treble staff.

Wise Woman.

"See all the other women in the neighborhood consider her a suspicious character."

"You don't say. Why is that?"
"She never gossips at all."—Philadelphia Press.

Wide Outlook.

"What's the outlook for a newspaper in this town?"
"Finest in the world. Editor's up in a tree, an' sees over the whole country."—Atlanta Constitution.

Modern Education.

She with a geometric sector
Can trace the radius vector
And can give the sun's diameter in feet;
She can analyze the atom,
Classify the cogito ergo,
But she cannot tell a cabbage from a beet.

The Quiet Drinker.

New Boarder—Who is that making such a noise because he can't find his niche?
Landlady—Oh, that is the gentleman who drinks so quietly.—Philadelphia Record.

Mineral Water.

Chloric acid added to sea water precipitates the salt, making a harmless mineral water. Seven ounces of chloric acid will supply a shipwrecked man with this marine beverage for a week.

Sea Food's Eggs.

It is a strange fact that sea food's eggs are almost entirely in form, so that they will only sell in a shell. The eggs of some sea food are so small that they will only sell in a shell. The eggs of some sea food are so small that they will only sell in a shell.

INTENTIONS THAT COUNT.

Only Those Put Into Practice Amount to Anything.

The paving of the road to a very uncomfortable place is said to be composed of good intentions. Nowhere else has this material been tried for paving, though it is plentiful enough for almost any purpose. We all know people whose houses burn when they are "just going to" insure, who lose a cow or a horse when they are "just going to" mend the fence or close the gate, who are "just going to" buy stock when it goes up like a rocket, who are "just going to" pay a note when it goes to protest, who are "just going to" help a neighbor when he dies, who are "just going to" send some flowers to a sick friend when it proves too late. In fact, they are "just going to" do things all their lives, but never get them started.

"To be always intending to live a new life, but never to find time to set about it," says Tillotson, "is as if a man should put off eating and drinking until he is starved to death."
Under every clock in a factory at Cleveland, O., is the motto, "Do it now!" Such a motto, lived up to by every one, would spare the world much trouble. It would add thousands of good deeds to daily happenings, save many firms from bankruptcy through bad debts, paint hundreds of pictures only dreamed of, write books without number and straighten out half the tangles of our complicated social life. The habit of putting off disagreeable duties is responsible for much needless unhappiness, for these lugubrious weigh on the mind and prevent the satisfied content that comes from duty well performed. Most tasks promptly undertaken prove less difficult than we anticipated, and the joy of accomplishment often compensates for any hardship experienced.

Don't get to be known for unfulfilled good intentions. Good intentions carried out become the good deeds that make men useful, loved and famous. Doing things rather than just planning them makes all the difference between success and failure.—Success.

Ownership of Stage "Business."

One of the peculiar things about a copyrighted play is that any little piece of business or any new lines which may be inserted in the manuscript while a stock company is playing the drama belong thereafter to the man who owns the copyright.

Every time a stock company rents a play for production from the owner of the copyright it is cut, interlined and added to before it is produced. A stage manager, for instance, may interpolate some speeches in order to work up to the introduction of a song or specialty, or he may strengthen the climax by putting in some new and strong lines. Often these interpolated lines prove to be the most striking in the play and make decided hits. If they are left in when the manuscript goes back to its owner, they become his property absolutely and may not be used by the man who wrote them in any other production; therefore shrewd managers, before they return a play to its owner, always take great pains to erase every scrap of correction or interlineation. In this way only may they keep what really belongs to them.—Chicago Tribune.

Elizabethan Excise Laws.

In striking contrast to the present laws to prevent habitual drunkenness were those passed in the reign of Queen Elizabeth. The Lansdowne manuscripts in the British museum record that in 1594 orders were set down by the lords and others of her majesty's privy council for the reformation of the great disorders committed by the excessive number of alehouses, which the justices were ordered to reduce. The publicans were compelled to give to the constable of the parish the name and business of every one who frequented their houses and were forbidden to have any games played therein. On Sundays no persons dwelling within a mile of the public house were allowed to enter except substantial householders traveling to church, and then only for a reasonable time to refresh themselves. Curiously, the chief complaint against publicans was the "brewing stronger ale and beer than is wholesome for man's body."—London Chronicle.

Deep Sea Fish.

Great forests of seaweeds cover the bottom of the ocean and reach from the greatest depths to the surface. In these forests there is life more diversified than in the primeval forests of the tropics. Spiders and wormlike animals of enormous size, Infusoria, crabs, sea anemones, shells, crustaceans, starfish, turtles and millions of other living things of all kinds and their food in the equally varied plant life of the deep sea.

A curious circumstance connected with deep sea fish is that none of these has ever been brought up alive. Recent deep sea explorations reveal the fact that the ocean still contains immeasurable treasures which await development and utilization by human inventiveness. The most fertile acres of cultivated land is a sterile desert compared with one acre of the surface of the deep sea bottom.

Gotham's First Railroad.

The first railroad in New York city was the New York and Harlem, chartered in 1821 to run from Twenty-third street to the Harlem river, and which laid its first mile of track in 1833.

The Deadly Bacillus's Bite.

The deadly effect of the bite of the rattlesnake is a thing generally known. Even if a man is bitten on the hand, the bite is so deadly that he will die unless he is treated in a few minutes. The bite of the rattlesnake is so deadly that he will die unless he is treated in a few minutes.

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