

POPULAR SCIENCE

The tenth moon of Saturn has been named Theopis. This is already the name of the small planet No. 24.

The capacity of heated air to absorb moisture is made use of as a means of cooling men working in deep mines, says the Army and Navy Journal. They are allowed to drink all the ice water they desire, and are then exposed to a current of hot air. The result is a rapid evaporation which produces the sensation of coolness.

In a recent bulletin of the Trinidad Botanical Department is an account of the method of preparing "clayed" cocoa. The cocoa beans, after being fermented and dried, are collected in heaps, upon which men are set to dance, while others replace the beans as they scatter. Meantime, the heaps are dusted over with powdered clay, which adheres to the gummy surface of the beans and acts as a polish, so that finally the beans assume the appearance and color of polished mahogany.

Blowing wells, sometimes known as breathing wells, are now being investigated by the United States Geological Survey. The best known examples of this type of well are found throughout Nebraska. The force of the air current in one of the Louisiana wells is sufficient to keep a man's hat suspended above it. The cause of such a phenomenon is mainly due to changes in atmospheric pressure.

Robert Whitehead was the first inventor to devise a torpedo which would propel itself through the water. It is asserted—no doubt truthfully—that the real suggestions from an Austrian military officer, Lupis, and it is not unlikely that he derived from an American, Rear-Admiral Howell, the idea of employing the gyroscope for automatic steering. Still, in a broad sense, Whitehead was a pioneer, and the improvements which he made upon his original model developed what is now the most efficient weapon of its kind. It has been adopted by the leading navies of the world.

AN ARAB HOME

A Picture of the Life of One of the Fast Eastern Men.

At last we were to be admitted to the home life of an Arab. Doffing our slippers, we were ushered through the low, dark doorway into a little court with a room on either side. The wife was seated on the ground in a most picturesque costume of dark colors, without a veil, preparing the evening meal. Hanging on the mud walls were various pans and cooking utensils, some of which were bronze, others terra-cotta. On the floor was a brass mortar and pestle used for pulverizing the coffee. Over the fire was a large earthenware dish in which a fat cake was being cooked. Both husband and wife were so grateful to the great magician who had cured their son that all conventionalities were discarded and we all sat en famille and enjoyed couscous, dates, figs, native bread and delicious coffee. After dinner the whole party indulged in cigarettes and more coffee. The wife was really pretty and had more expression than most of the women of the desert, especially when she gazed at her son and heir with a mother love ennobling her dark but handsome features. Had it been a daughter, all would have been different, for they are an unwelcome increase in the family, neglected and ill-treated until they are sold in marriage, a condition still worse unless they bear male children. The woman is the beast of burden, the drudge, and the general utility slave as well as the banker for the lordly husband, who would not be degraded by such a thing as labor.—From "Shrines of the Desert," by D. L. El-mendorf, in Scribner's.

Tough on English Fathers.
Dr. L. L. Taylor, the Brooklyn clergyman whose sermons are now transmitted to invalid and deaf parishioners by telephone, has an apt way of bringing out a point with an anecdote. At a men's meeting he said recently: "Fathers ought to consider their children and look out for them more than they do."
"In London recently a boy entered a butcher's and said:
"Give me a pound o' steak—rump or round—and let it be good and tough."
"The butcher was amused. He laughed.
"What do you want it tough for?" he asked.
"Cause if it's tender," said the boy, "it'll eat it all up himself; but if it's tough, us children get a whack at it."

The Explanation.
The photographer was delighted. "Seldom," he said, "have I had so good a sitter. The expression is exactly right, the command of the facial muscles perfect. You are, perhaps, an actor?"
"No."
"An automobilist?"
"Yes."
"Aha, that explains it. You have learned to submit to arrest and a large fine every time you go out, and still to return home looking as if you had enjoyed yourself."—Philadelphia Bulletin.

New Tobacco Fields.
The experiments that are being made in the Madras Presidency with the curing of tobacco, grown there, are of a most encouraging nature, and there is no reason why Indian-grown tobacco, if it gets fair play, should not cut out American in the English market.—Caldcutta Englishman.

THE SLOTHFUL LIFE

The Large Percentage of People Who Live Sedentary Lives.

In every city or town, be it humble or great, there is a large percentage of dwellers who, from the necessities imposed by their occupations, lead sedentary lives. In particular, the large cities abound in sedentary occupations. Each has its thousands of brain workers—in the aggregate of all great cities, such workers number millions.

Day in and day out the sedentary worker's chief exercise consists in walking a short distance to a street car, riding to and from their offices, all devoid of any physical exertion worthy of the name. When at work the field of vision of a sedentary man is limited by the inner walls of his office, his field of physical activity is limited to his chair. Such habits of life result in weak, flabby muscles, a loss of physical stamina, with in time a disinclination for physical exercise, whether light or arduous.

In a limited way there are some exceptions to the general inaction of office workers. Some engage in games which impose physical competition more or less, as bowling, billiards, etc. From them they derive some exercise, inadequate, yet far better than none at all. Some take up gymnastics, etc., relatively to the whole, those who take up systematic physical exercise are few. And those who, being office workers, take systematic exercise, are generally in the early years of their business life. As a rule, when a sedentary worker approaches middle age, he gradually avoids all physical activities separable from the mere journeyings to and fro between home and office chair. In many instances, obesity sets in, with its consequent heaviness, clumsiness, thickening of wind, and inertia. The organs of the body lose their vigor, and there is a general lowering of vigor and vitality.

Under such conditions, the mere taking of a vacation once a year, though beneficial, is far from meeting the requirements of the case. Indeed, the sedentary worker, long habituated to bodily inaction, is not in physical condition even to enjoy a vacation if it contemplates any of the active sports of land and water. Nevertheless, he takes his vacation without any preliminary physical preparation, and enters into the sport of hunting and fishing with boyhood ardor. Many bodily discomforts forthwith ensue. If he engages in quail shooting, his feet, being weak from lack of exercise, are strained and sore; being tender they are well blistered. His arms are so muscle weary that they feel as if they would drop off from their own weight, the whole body is sore and over-fatigued. If he rides horseback, many unused muscles are brought into action, to their consequent straining and soreness. If the sedentary one fishes, there is the same bodily sufferings from weak feet, weak hands, weak limbs, with the added inefficiency of bodily clumsiness, heaviness of movement, and incapacity of action. All this discomfort and incapacity could be avoided by taking every day regular exercise which would comprehend the physical culture of the whole body. Much time is not required. Ten minutes of exercise morning and night will accomplish wonders. The whole muscular system thereby is kept in tone, the vital organs are vigorous and perform their functions healthfully, and the sedentary worker then seeks the physical activities of life instead of avoiding them.

Before going on an outing which contemplates active bodily powers, two or three weeks of physical preparation, in the form of walks to and from the office, and more exercise each day with gymnastic appliances will add immeasurably to the comforts of an outing, to the capacity and enjoyment of him who engages in it, besides the general every-day benefits of a strong mind in a strong body.—Forest and Stream.

THE CROW A FINE BIRD.

In a recent volume on "Ways in Nature" John Burroughs pleads for the much-abused crow. He observes particularly a kind of fair play they observe among themselves while feeding: "In fact, the crow is a courtly, fine-mannered bird. Birds of prey will rend one another over their food; even buzzards will make some show of mauling one another with their wings; but I have yet to see anything of the kind with that gentle freebooter, the crow. Yet suspicion is his dominant trait. Anything that looks like design puts him on his guard. The simplest device in a cornfield usually suffices to keep him away. He suspects a trap. His wit is not deep, but it is quick and ever on the alert."

Mr. Burroughs observes, too, the cheerful nature of the crow, and ventures that they feel as if they would drop off from their own weight, the whole body is sore and over-fatigued. If he rides horseback, many unused muscles are brought into action, to their consequent straining and soreness. If the sedentary one fishes, there is the same bodily sufferings from weak feet, weak hands, weak limbs, with the added inefficiency of bodily clumsiness, heaviness of movement, and incapacity of action. All this discomfort and incapacity could be avoided by taking every day regular exercise which would comprehend the physical culture of the whole body. Much time is not required. Ten minutes of exercise morning and night will accomplish wonders. The whole muscular system thereby is kept in tone, the vital organs are vigorous and perform their functions healthfully, and the sedentary worker then seeks the physical activities of life instead of avoiding them.

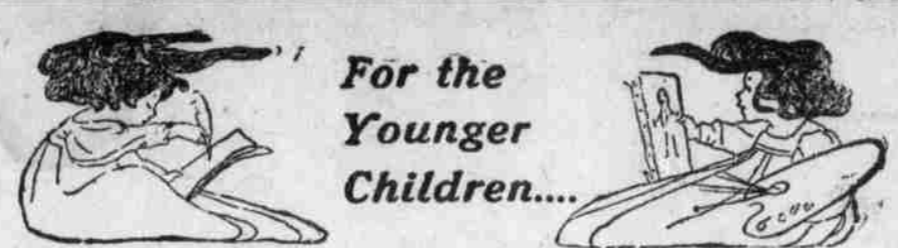
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The Height of Waves.
It is usual in other places than novels to hear of waves running mountains high, but in reality the mountains of the sea are by no means steep, and only appear so when two systems of waves meet, as in a choppy sea, and add their amplitudes. For example, as is shown in a series of wave measurements lately undertaken by the French Government, the highest normal waves encountered in the Southern Pacific are not more than fifty-three feet high from crest to base of trough. These are in a sense the waves of greatest known amplitude. The distance between their crests is 1000 feet. Waves of the North Atlantic are normally 528 feet from crest to crest and twenty-six feet high.—London Post.

British Society Leaders' Pets.
Nearly every society leader in Great Britain has her own pets among the animal kingdom, generally dogs, though some go in for odd treasures. The young duchess of Marlborough takes to snakes and pelicans, the marchioness of Anglesey carries marmosets with her wherever she goes, the countess of Warwick has a white elephant in her castle, Mrs. Arthur Cadogan boasts of a tame python and Lady Constance Richardson owns a boa constrictor.

As to Talkers.
All men cling to the superstition that the female tongue is rarely silent; yet, as a matter of fact, if it were possible to arrive at the truth by means of some kind of measuring machine it is very much more likely that it would be found that men do very much more talking in the course of twenty-four hours than the so-called talkative sex.—London Lady's Pictorial.

The Soil of Siberia at the Close of the Summer.
The soil of Siberia at the close of the summer is found still frozen for fifty-six inches beneath the surface.



For the Younger Children...

LIMITATIONS.

An Owl and a Squirrel,
A Snake and a Bee,
Once met at the Tadpole's house,
To point out his failings
And sympathy bring
For the sorrows his wants would arouse.

Said the Owl: "I can't see
How you manage to be
So cheerful, with all that you lack;
Why—your wriggle all day,
In one place never stay,
And you cannot look over your back."

And the Squirrel declared:
"When I see how you've fared,
I'm as sorry as sorry can be.
You are wet all the time
In this damp, chilly climate,
And, moreover, you can't climb a tree."

Then the Snake came apace
With a grin on his face,
And he spoke with a false, fawning voice:
"You're so short, don't you see—
You'd be longer, like me,
I've no doubt, if you had but your choice."

When the Bee's turn had come,
He began with a hum:
"Excuse me—but you are so funny!
Your wings haven't grown—
You can't fly, you must own,
And you do not know how to make honey."

But the Tadpole replied
(And I've heard that he sighed)
"As he wriggled about in his bog:
"There is much I can't do—
But then, none of you
Can ever become a green frog."
—Lillie A. Spaulding, in Boston Transcript.

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AN AMUSING TRICK.

Cut out a section of an apple as indicated in the illustration at Nos. 1 and 2. Then pare the skin from the section, leaving a little thickness of the fruit and a bit of the stem adhering to it, as indicated at No. 3.

Now cut through the adhering fruit, near the top, to the skin (No. 4), and then, holding the strip in the right hand, between the thumb and the first



HOW THE TRICK IS DONE.

finger, just below the cut, pinch it ever so slightly. This will cause the top of the strip to move backward and forward, and if you hold a little piece of bread or a lump of sugar in the other hand, near the apple-skin, as shown at No. 5, the effect will be that of a bird pecking at food.—Philadelphia Record.

TRICK WITH FIGURES.

No little trick of figures that we know of will give more fun to a company than this:
Ask Tommy Jones, for instance, to set down the year in which he was born; then have him add four to it, and then his age at his next birthday, if that birthday comes before the next following January 1; if it comes after that let him add his age at his last birthday.

Now let him multiply the result thus obtained by 1000, and from the product subtract 694,423. Finally let him substitute in this result letters of the alphabet for the figures, and he will have his name as most persons know it. In substituting the letters A is 1, B is 2, C is 3, D is 4, E is 5, etc.

The rule here given applies to the year 1905; if the test is made in 1906 the sum 695,423 should be deducted, instead of 694,423.

Try this with your own age and see how it works.

JUST KEPT ON READING.

"Schliemann's prescription" is a quick method of acquiring at least a reading knowledge of other tongues, and it is less fully appreciated than it should be in the very places where it could be of greatest use. There are all over the country homes where one or two of the family have had at some time or other a pleasant and broadening and refreshing acquaintance with German or French, or perhaps even Italian or Spanish. The difficulty has been to "keep up" that acquaintance, and a chance to bring a fresh, lively, outside interest into the home life is lost.

Dr. Schliemann's method, according to The Wellspring, was simply this:

He was too busy unearthing the nine buried cities of old Troy town to have much time left for hard work with grammars and dictionaries. So he did without them largely. He learned by reading, and by reading rapidly as one reads in English, depending upon habit and familiarity with the words to make their meanings clear to him. He is to-day almost as famous for the many foreign languages he was able to read as he is for his archaeological discoveries.

The "five-minute doses" of this "prescription" amount to this: Take five minutes a day for reading, say, German. Just read it. Don't think you are unsharply because you haven't time to "look up" some new words. Words have a way of teaching words. Reading a little each day will keep in training your word-memory and will fasten new words in your mind. Get your eyes and your ears, too, accustomed to the once unfamiliar phrases and words. Let the wits sharpen themselves on guessing at the meaning here and there. Don't be discouraged; the vital point is to have faith in this prescription. It has been tried, and it works.

All at once, where you could only read a few sentences in your five minutes, you will find yourself reading a page, two pages, three. The sense of whole phrases will seem to jump out at you without need of clumsy translations into English. And the cheap editions of foreign books are so easy to get and so fascinating once they are bought!

For many tired, overburdened or shut-in people just such an outside inspiration as this is of extraordinary value. It is not necessary to stop with the languages begun at school—far from it. Both Italian and Spanish are easily learned by one's self, so far as reading goes, and they are the prettiest of pastimes for one who has even a slight knowledge of Latin or French.

FAMOUS BOYS.

A woman fell off the dock in Italy. She was fat and frightened. No one of the crowd of men dared to jump in after her; but a boy struck the water almost as soon as she, and managed to keep her up until stronger arms got hold of her. Everybody said the boy was very daring, very kind, very quick, but also very reckless, for he might have been drowned. The boy was Garibaldi, and if you will read his life you will find these were just his traits all through—that he was so alert that nobody could tell when he would make an attack with his red-shirted soldiers; so indifferently sometimes as to make his fellow patriots wish he was in Guinea, but also so brave and magnanimous that all the world, except tyrants, loved to hear and talk about him.

A boy used to crush the flowers to get their color, and painted the white side of his father's cottage in Tyrol with all sorts of pictures, which the mountaineer gazed at as wonderful. He was the great artist, Titian.

An old painter watched a little fellow who amused himself making drawings of his pot and brushes, easel and stool, and said: "That boy will beat me some day." So he did, for he was Michael Angelo.

A German boy was reading a blood-and-thunder novel. Right in the midst of it he said to himself: "Now, this will never do. I get too much excited over it; I can't study so well after it. So here goes!" and he flung the book out into the river. He was Fichte, the great German philosopher.—Our Dumb Animals.

POM-POM-PULL-AWAY.

They are all girls of about ten or twelve in this game, says the Boston Herald. But sometimes you played it with boys, if you weren't in a school where the play yards were separate. And it was a lovely game to play at recess.

There were two goals—in this particular game the schoolhouse wall and the fence—about thirty-five feet apart, just a good run.

The girl who was "it" stood half way between, and the rest—any number could play, but usually there were about eight—started out by getting in a row along the wall. But it wasn't long until they were distributed everywhere between and at the two goals.

You see the girl who is "it" dares you to run by holding out her hands and coaxing "Pom-pom-pull-away! Any way to get away."

Then you have to "get down" to the other goal as fast as you can, dodging and darning and taking every possible advantage of the groups of girls always standing around at recess, and very convenient to sneak through and hide behind.

If "it" grabs you, and you "pull away" and make your goal, well and good. But if she hangs on, you have to stay and help her catch the rest.

As soon as all are caught, whoever was caught first has to be "it," and you do it all over again.

Ward Muscovite Humor.

The Russian high admiral was vexed. "Why," he asked of the naval secretary, "have you drawn on the sinking fund for these battleship expenses?" "Well," answered the official, evasively, "I did it for divers reasons." But the explanation didn't go down with the admiral, and the functionary was soaked.—Cleveland Leader.

BOX OF WAFERS FREE—NO DRUGS

—CURES BY ABSORPTION.
Cures Belching of Gas—Bad Breath and Bad Stomach—Short Breath—Bloating—Sour Eructations—Acridities of Heart, Etc.

Take a Mull's Wafer any time of the day or night, and note the immediate good effect on your stomach. It absorbs the gas, disinfects the stomach, kills the poison germs and cures the disease. Catarrh of the head and throat, unwholesome food and overeating make bad stomachs. Sourness of stomach is curably free from taint of some kind. Mull's Anti-Belch Wafers will make your stomach healthy by absorbing four gases which arise from the undigested food and by re-enforcing the lining of the stomach, enabling it to thoroughly mix the food with the gastric juices. This cures stomach trouble, promotes digestion, sweetens the breath, stops belching and fermentation. Heart action becomes strong and regular through this process.

Discard drugs, as you know from experience they do not cure stomach trouble. Try a common-sense (Nature's) method that does cure. A soothing, healing sensation results instantly.

We know Mull's Anti-Belch Wafers will do this, and we want you to know it. SPECIAL OFFER.—The regular price of Mull's Anti-Belch Wafers is 50c. a box, but to introduce it to thousands of sufferers we will send two (2) boxes upon receipt of 7c. and this advertisement, or we will send you a free sample for this coupon.

1133 FREE COUPON. 129
Send this coupon with your name and address and name of a druggist who does not sell it for a free sample box of Mull's Anti-Belch Wafers to
MULL'S GREAT TONIC CO., 328 Third Ave., Rock Island, Ill.
Give Full Address and Write Plainly.
Sold by all druggists, 50c. per box, or sent by mail.

Machines Swallow Nickels.

Since the Nevada legislature legalized slot machines there have not been enough nickels in circulation, outside of the slot machine bazars, to buy 5 cents' worth of gum for a six-year-old school girl. A keg containing \$1,500 in nickels was recently received hot from the factory by a Rent bank.

Senator Clark's Mansion.

The wonderful mansion built by Senator Clark of Montana, in Fifth Avenue, New York, is nearing completion. The total cost will be about \$5,000,000. It is not so large as one or two others in the neighborhood, but is by far the most costly of any of them.

A hot sealding never made a warm meeting. So, 2-706.

BOY'S TERRIBLE ECZEMA

Mouth and Eyes Covered With Crusts—Hands Pinned Down—Miraculous Cure by Cuticura.

"When my little boy was six months old he had eczema. The sores extended so quickly over the whole body that we at once called in the doctor. We then went to another doctor, but he could not help him, and in our despair we went to a third one. Matters became so bad that he had regular holes in his cheeks, large enough to put a finger into. The food had to be given with a spoon, for his mouth was covered with crusts as thick as a finger, and whenever he opened the mouth they began to bleed and suppurate, as did also his eyes. Hands, arms, chest and back, in short, the whole body, was covered over and over. We had no rest by day or night. Whenever he was laid in his bed we had to pin his hands down, otherwise he would scratch his face, and make an open sore. I think his face must have healed most fearfully.

"We finally thought nothing could help, and I had made up my mind to send my wife with the child to Europe, hoping that the sea air might cure him, otherwise he was to be put under good medical care there. But, Lord be blessed, matters came different, and we soon saw a miracle. A friend of ours spoke about Cuticura. We made a trial with Cuticura Soap, Ointment and Resolvent, and within ten days or two weeks we noticed a decided improvement. Just as quickly as the sickness had appeared it also began to disappear, and within ten weeks the child was absolutely well, and his skin was smooth and white as never before. F. Hohrath, President of the C. L. Hohrath Company, Manufacturers of 8 1/2 Ribbons, 4 to 29 Rink Alley, South Bethlehem, Pa. June 5, 1905."

And a True Story of How the Vegetable Compound Had Its Birth and How the "Panic of '73" Caused It to be Offered for Public Sale in Drug Stores.

This remarkable woman, whose maiden name was Estes, was born in Lynn, Mass., February 9th, 1819, coming from a good old Quaker family. For some years she taught school, and became known as a woman of an alert

and investigating mind, an earnest seeker after knowledge, and above all, possessed of a wonderfully sympathetic nature.

In 1843 she married Isaac Pinkham, a builder and real estate operator, and their early married life was marked by prosperity and happiness. They had four children, three sons and a daughter.

In those good old fashioned days it was common for mothers to make their own home medicines from roots and herbs; nature's own remedies—calling in a physician only in specially urgent cases. By tradition and experience many of them gained a wonderful knowledge of the curative properties of the various roots and herbs.

Mrs. Pinkham took a great interest in the study of roots and herbs, their characteristics and power over disease. She maintained that just as nature so bountifully provides in the harvest-fields and orchards vegetable foods of all kinds; so, if we but take the pains to find them, in the roots and herbs of the field there are remedies expressly designed to cure the various ills and weaknesses of the body, and it was her pleasure to search these out, and prepare simple and effective medicines for her own family and friends.

Chief of these was a rare combination of the choicest medicinal roots and herbs found best adapted for the cure of the ills and weaknesses peculiar to the female sex, and Lydia E. Pinkham's friends and neighbors learned that by compound relieved and cured and it became quite popular among them.

All this so far was done freely, without money and without price, as a labor of love.

But in 1873 the financial crisis struck Lynn. Its length and severity were too much for the large real estate interests of the Pinkham family, as this class of business suffered most from fearful depression, so when the Centennial year dawned it found their property almost swept away. Some other source of income had to be found.

At this point Lydia E. Pinkham's Vegetable Compound was made known to the world.

The three sons and the daughter, with their mother, combined forces to restore the family fortune. They argued that the medicine which was so good for their woman friends and neighbors was equally good for the women of the whole world.

The Pinkhams had no money, and little credit. Their first laboratory was the kitchen, where roots and herbs were steeped on the stove, gradually filling a gross of bottles. Then came the question of selling it, for always before they had given it away freely. They hired a job printer to run off some pamphlets setting forth the merits of the medicine, now called Lydia E. Pinkham's Vegetable Compound, and these were distributed by the Pinkhams sons in Boston, New York, and Brooklyn.

The wonderful curative properties of the medicine were, to a great extent, self-advertising, for whoever used it recommended it to others, and the demand gradually increased.

In 1877, by combined efforts the family had saved enough money to commence newspaper advertising and from that time the growth and success of the enterprise were assured, until today Lydia E. Pinkham and her Vegetable Compound have become household words everywhere, and many tons of roots and herbs are used annually in its manufacture.

Lydia E. Pinkham herself did not live to see the great success of this work. She passed to her reward years ago, but not till she had provided means for continuing her work as effectively as she could have done it herself.



Yours for Health Lydia E. Pinkham