New Theory of Pneumonia

In a paper entitled "Lobar Pneumonia a Secondary Disease, Preventable and Controllable by Physical and Dietetic Methods," which he read at a recent meeting of the Clinical Society of the School of Physical Therapeutics, Dr. Morris W. Brinkmann of New York advanced a theory as to the origin of pneumonia, and advocated treatment therefor radically different from the usual theories and treatments. The paper will be published in Germany and the United States next month in two medical journals.

The theory in brief is that pneumonia is directly due to disorders of the abdominal organs, which cause undue upward pressure of the diaphragm and consequently result in impeded respiration. The cure of the resulting pneumonia, according to Dr. Brinkmann, depends upon restoring the affected abdominal organs to normal conditions.

In support of his contention Dr. Brinkman points to his experience in dealing with pneumonia along the lines suggested in his treatment, and he declares that by the methods advocated by him he has succeeded in reducing a high mortality rate to nothing.

Dr. Brinkmann's theory of pneumonia is stated thus:

"The associated conditions noted in acute lobar pneumonia were great distension of either stomach or intestines, or both together, with or without enlargement of the liver or spleen or both. The importance of these conditions will be seen in considering the etiology of pneumonia, after studying the anatomical and physiological arrangement of the respiratory apparatus.

"The lungs are limited in their movements in all directions by certain boundaries. Any obstacle to full expansion of the lung is an abnormal state of the respiratory as well as to the circulatory mechanism.

"The variation in the cubic capacity of the chest produced by the rotation and elevation of the chest is not as great a factor as the variation which can be produced by the action of the diaphragm. The diaphragm is also the roof of the abdomen.

"When, therefore, the roof of the abdomen is pressed upward, the floor of the chest is also pressed upward. Whether this displacement produces changes in the respiration we shall at once be able to determine.

"The amount of air which the average adult inspires is 25 cubic inches per respiration, and this is done, we will assume, 20 times a minute, or 500 cubic inches are breathed per minute. If for any cause the ability to take in air is reduced, the necessity for it is not removed and the individual adapts himself by varying the rate of breathing.

"Thus if 7 cubic inches per respiration are deficient, this is equivalent to one-quarter of the air taken in during the inspiratory effort. In order to make up this deficiency he respires one-quarter more times than under normal conditions, so that he now breathes 25 times per minute. In other words, the individual can compensate for his deficiency by increasing the number of respirations.

"The limit of compensation is, however, reached when the individual can no longer make a sufficient number of respirations to overcome the deficiency in cubic inches per respiration.

"The air entering the lungs at each inspiration and leaving with each expiration, the so-called tidal air, is in contra-distinction to the air remaining in the lungs in excess of this, called the reserve and residual air.

"The difficulty in breathing is approximately developed as follows: When the capacity of the throat is so reduced that the tidal air no longer can be held, the reserve air must do full duty, necessitating labored respiration. Upon still greater deficiency of air capacity through lack of space, the residual air is mechanically forced out, and gasping respiration results.

"When the capacity of the chest is so reduced that the necessary amount of residual air is encroached upon, the pneumonia support for the long structures is removed to the same extent, and the conditions necessary for the proper inflation of the lungs are removed, as is also the support of the great mass of blood vessels carrying the blood from the right side of the heart through the lungs to the left side of the heart.

"Respiration is carried on, therefore, under difficulties proportionate to the displacement of the diaphragm upward from simple increase of frequency per minute to finally a feeble, shallow, rapid gasp. Up to this point we have not taken up the subject of the inflammatory exudate.

"Let us now consider how the material found in the air cells in pneumonia reaches these minute spaces.

"As the blood vessels subdivide they form passageways of minute calibre having walls of great tenuity. These connections of the final minute branches of the pulmonary blood vessels, the so-called capillaries, are arranged around the exceedingly thin walls of the air vesicles in such a manner that the interchange of gases from the air cells and blood vessels shall be as rapid and thorough as possible.

"When the extreme delicacy of construction of this arrangement is grasped, one at once realizes that nature has arranged wonderfully and simply to maintain this fine structure in its proper form by a pneumatic support and when this pneumatic support in the aid vesicle is removed, the pressure of the blood in the surrounding capillaries being no longer resisted as it should be by this support of the residual air, a distension of fine tubes take places with thinning of the vessel wall on account of the accumulating pressure within the blood vessels.

"Through minute openings in the vessel wall and in other ways an exudation of white blood corpuscles, or leucocytes, develops, and goes on until the plugging of the air vesicle cavity forms a mechanical support to the air vesicle walls. We have now reached a point where we realize that the exudation is really a conservative process, in fact, preventing numerous tears and possible hemorrhages as well as collapse of lung.

"The other phenomena of lung infiltration are all explained by the conditions found in the abdomen and lung. Fever in this condition, according to my view, is unquestionably the result of absorbing infection from the stomach and bowels.

"We have now reached a position where we can intelligently say that pneumonia is due to a mechanical pressure upon the lung substance and the deprivation of its physiological necessity of space for expansion. Holding such views, we naturally endeavor to relieve our patient by reaching the primary condition.

"The chest and lung are therefore not disturbed in any way by treatment. The one need for the lung is room for expansion, or, depressed otherwise, pure air.

"We proceed at once to employ measures for decreasing the pressure upward against the diaphragm in order that the lung may expand. The moment we have made a gain here there is an immediate improvement in the condition of our patient.

"When the naturalvigor and tone are again present in the digestive tube there will be no abnormal elevation of the temperature, and the exudate in the air cells will be obsorbed. I have quite frequently found pulmonary exudate present with no fever, no pain, very little disturbance of the circulation and a surprisingly slight acceleration of the breathing. I have never seen more than two or three days at the most necessary for complete absorption of the exudate after the bowels were normal.

"No extended argument should be required to prove the need for pure air as a physiological necessity. Reason teaches that the only safety consists in opening the windows, opening them wide, and having a current of fresh air through the sick room, not necessarily blowing over the patient.

"A chill occurring in any individual with the abdominal and thoracic conditions already described, is to be viewed with concern only in so far as it requires immediate attention. The severity of the chill will be found proportioned to the intensity of the fever about to ensue. The cause of the chill is to be viewed as an entrance into the blood of toxins absorbed from the bowels, and is the inception of the fever process.

"The chill stage is treated by covering the patient heavily to the armpits and surrounding him under the blankets with hot water bags wrapped in hot, well wrung, wet cloths, in turn wrapped in dry flannel. The most rapid reaction can be accomplished by means of a vavor-bath cabinet.

"By this means from 5 to 15 minutes will give the necessary result, depending upon the severity of the rigor. I should warn against hot drinks."

Dr. Brinkmann lays great stress upon the dietetic treatment of pneumonia cases. He says:

"Instead of attempting to maintain our patient's strength by feeding, we must avoid this very thing to save his strength, by keeping gastric and intestinal decompositions at the minimum. The patient instinctively avoids food and rebels at feeding and his instinct is absolutely correct.

"Especially to be avoided are all nitrogenized foods, such as meat, eggs, fish, cheese and milk, and broths containing them. I give oatmeal, graham bread, fruit (raw, stewed or baked), leafy vegetables, green salads. Water is to be freely taken."—New York Sun.

GRAND DUCHESS ALEXANDRA.

The marriage of Princess Alexandra, daughter of the Duke of Cumberland and Brunswick, claimant of the throne of Hanover, and the Grand Duke of Mecklenburg-Schwerin may well have given satisfaction to the bride's grandmother, the aged Queen of Hanover. She had lived, is true, not quite long enough to be present at the wedding, but long enough to enjoy thwarting the Prussian family which seized her throne. Alexandra is the Princess whom the German Emperor is said to have chosen for his eldest son. The ex-Queen of Hanover had lived to be eighty-six, having long outlived her blind spouse, but no age was too long for her resentment at the treatment which that spouse and their son, the Duke of Cumberland, received at the hands of Bismarck. She passed nearly forty years inculcating in her family a protest against the great injustice of the seizure by Prussia of Hanover, and it may have sweetened her last year on earth to know that her granddaughter disdained an imperial throne which was offered with the drawback of an alliance with the hated Hohenzollerns.

The chances of happiness for Princesses are small, but Alexandra starts in wedded life with the advantage of mutual inclination on the part of the bride and bridegroom. No happiness could have been hers if she had taken the glittering bait and married the imperial Crown Prince. It would have been as cold-blooded a marriage for State reasons as was the wedding of the present Emperor. But unless appearances and rumors are wrong, Alexandra is not the woman to submit meekly to domestic tyranny or stand indifference without a struggle to assert herself. The marriage at Gmunden has received a certain political flavor through the presence of important Hanoverians whose hearts are true to the Guelphs, but the situation is such as to create little excitement in the Wilhelm Strasse and only the most perfunctory remarks in the greater part of the German press.

The Hanoverian question is only important in contingencies hardly likely to occur during the present generation. It would be hard to foresee the conditions under which a return of a Guelph ruler to Hanover would be possible, but claimants to thrones never give up hope; but bequeath their yearnings to their heirs with a steadfastness "worthy of a better cause." Whether Centrum Party or Socialists or Agrarians gain preponderance in Germany, there will be no popular, no feudal, no clerical enthusiasm for the return of the Guelphs. The question in Germany is rather the other way—how to get rid of more of the small useless rulers. The King of Hanover is not half the trouble while sternly sulking at Gmunden that he would be in Hanover.

What makes a return to the Guelph line in Hanover doubly detested is the close connection which has naturally existed between that house and the English throne. Germans are still sensitive over the influence formerly exerted on Prussian politics by British statecraft, reinforced by royal connections that reach back to the beginnings of Prussia as a kingdom. It is true that Prussia reaped enormous benefits thereby. What would Frederick the Great have done without British subsidies and support when three countries sought to suppress the rising power? It is ungrateful of Prussia to forget these benefits, but very few nations are grateful. Perhaps it is better for Germany that Alexandra did not marry the Crown Prince.

HOW TO EDUCATE A WIFE.

(By Lady Henry Somerset.)

I am strongly of opinion that women need to be taught their business. We have heard with a persistent reiteration that home is woman's place. I believe it with all my heart.

What does it involve?

First, some sort of knowledge of commercial life, the power of buying and selling, of keeping accurate accounts, of understanding how to govern and superintend servants; and such superintendence can never be undertaken save by one who understands what her work should be and how it should be done.

In these times, when it is difficult in England and in America to acquire good servants, this seems to me to be essentially the business of the woman who makes home her first care.

Again, there is another very important side to the business of a woman's life, and it is the art of wholesome, appetizing cookery.

I suppose we have in mind whenever we think of this subject many instances of homes that have been practically ruined on account of the utter carelessness which women show for this special department of the homekeeper.

Men suffer, children suffer, the household suffers, and it is generally mainly due to the fact that when a girl marries she has not the remotest idea how an omelet is made or a cutlet broiled.

A few dainties turned out of a chafing dish form probably her entire knowledge of the culinary art, and in consequence of this great omission in woman's education, both in England and America, the custom is obtaining of living in a hotel instead of making a home.

From every point of view I deprecate the habit. I grieve to see all over this country the immense palace hotels opening everywhere. I think it sets a wrong standard of existence, destroys the ideas of simplicity and refinement, engenders the belief that soft carpets and marble halls, braying bands and French cooking and a hundred other expensive tastes are part of the necessary pleasures of existence.

The fabric upon which such a concept is built is ethically wrong. The greatest charm that can exist in any home is the sense of quiet, of refinement, of individuality, of personal touch which can only be found in a well-ordered, well-ruled and well-managed house.

So far the business of woman has yet to be taught to her, and I think I know nothing more engaging than the pretty, refined, well-dressed housewife who is not ashamed to own that many of the dainties on her table have been cooked with her own hands, for those are the women who hold the affections of their husbands and their children, not because they can produce that which ministers to their comfort, but rather because such a woman becomes the pivot upon which the whole household turns, to whom all go with their wants, their difficulties or their problems.

Some articles of wreckage of a very interesting and historic nature have just been rescued from the deep off Ballycotton Bay, where they have lain for the last fifty-seven years. These consist of the engine, pump and engine frame-work of the Steamship Sirius. It was the first British steamer that crossed the Atlantic. It was lost in 1847.

The Tyranny of Etiquette

"Rita," the caustic female philosopher, who has been bombarding settled notions and ancient ideas so mercilessly, has this to say in the London Daily Mail, about etiquette, bugbear of human existence:

Etiquette is the foolish and insincere science of ceremony.

From a mere conventional form, it has degenerated into tyranny. From merely regulating a code of behavior, or a law of precedence, it has usurped the government of professions and become more or less the ruler and the taskmaster of social life.

Naturally etiquette has certain advantages to distinguish its place in the economy of things, just as the wearing of wigs gives dignity to legal officials, or the surplice and hood and lawn sleeves of the clergy represent grades of office or academical honors.

But like many other rules for regulating human conduct under varying conditions, etiquette has become an abuse of power, instead of remaining its regulator. It has usurped one office after another with the greed of a placeserver. It has robbed truth of its meaning, dignity of its worth, and justice of its once clear rules of arbitration. The whole complicated machinery of the law has arrived at its present unsatisfactory conditions by means of this red-tape tyrant. It has become impossible for two rational persons to arrange a difference, settle a bargain, undertake or complete a purchase without legal advice. And legal advice must always run in double harness.

It would not be etiquette for a lawyer to arrange matters with the other party concerned in his client's business. He can only do it with the said "other party's" legal adviser. Thus a simple matter resting on individual faith or honor becomes surrounded with difficulties, hedged by suggestions, sharp set with obstacles. It is furthermore involved, by contingencies, and usually ends in ruinous expense, legal fees, and general animosity. Of all the gigantic frauds of civilization, the law is perhaps most appalling. No sane mind can contemplate its work without a feeling of absolute hopelessness. The process of making wrong seem right, and truth a lie, or vice versa, is essentially the grand achievement of legal equity. The old story of the lawyer who set up in a country town and nearly starved for want of work until good fortune sent a second lawyer to the same place holds good as an example of professional utility. It also enforces the right and just observance of legal etiquette, which makes silk superior to "stuff," and ermine to silk, and regulates the number of horse-hair rolls in a Chancellor's wig, and would make the loss of multiplication one such roll a criminal offense!

Which is all very funny and contemptible, and very true! Probably legal etiquette has its uses, just as the mace and the sceptre and the robe of state have theirs. But there is this difference. The chicanery and complications of legal restrictions and legal ceremonies have interfered with the uses of the law, while multiplying its abuses a hundredfold. The farce of drawing up "legal" documents shows a mere idiotic repetition of words and phrases; a mere useless piling on of useless expressions so that the clerk and the scrivener may earn a few extra expences, and the client be mulcted in bills of cost. Let any one who has had a series of dealings with lawyers pause to ask himself how much of it was any benefit or any service.

LIVES SACRIFICED TO ETIQUETTE.

To turn from the legal to the medical profession is to perceive even greater danger and more serious effects from the observance of social formality.

The number of human lives sacrificed to medical etiquette is quite as alarming as the number of sacrificed to nostrums, faulty diagnosis of disease, and the treatment of ignorant and bigoted practitioners.

No medical man will attend a case where another medical man is in attendance, even then he knows that that other is killing his patient. There must first of all be a consultation between them, and then the sufferer, or the sufferer's friends, must give number one his conge before etiquette permits number two to do anything. So precious hours are wasted, failing strength overtaxed, unnecessary endurance of pain strained to breaking point, and all because one professional man dare not say openly that another is ignorant or culpable. If he did so it would, of course, be libel—being true. And libel means law, and law means proof, and of all provable things the disease, its cause, or cure of any suffering individual is one of the most difficult, and also the most expensive. So one unfortunate being suffers or dies for the good of the many, and etiquette is satisfied even if the murdered sufferer's friends are not.

It is this same medical etiquette that has been so staunch a foe to medical progress. Any new discovery or invention is so hampered by restrictions that its merest hint is condemned, and its proved truts only permitted by observing a formula sacred to the medical college and its noble body of autocrats. No surgeon can act independently of these said autocrats without running the risk of proclaimed "quackery."

Cases and instances might be multiplied to show the absurdity of a law which, like most unwritten laws, is but the more jealously observed. For etiquette has the appetite and the talons of an eagle, and all civilized mankind is its prey. Perhaps like that kingly bird it has a preference for the human sheep. And has not Carlyle asserted that the genus Fool weighs heavily in the scale of humanity? Class dignifies what the mass derides. Nevertheless, the power of etiquette has stooped from the seats of the mighty to control even the middle and lower grades of social life. There is an etiquette for the dressmaker's atelier, the hairdresser's saloon, the editor's office, the club, the shop-assistant, the varying degrees of social inferiority, and the servants' hall. The area has its rules, and the kitchen its proprieties. The smallest social function has a law of its own, and the payment of a first call and the leaving of the exact number of cards is as obligatory on Mrs. Smith of Peckham as on her Grace the Duchess of Belgravia.

Man, set on ever such a little throne of authority, immediately begins to assert his power. Woman asserts hers with or without the throne. Poverty is the one and only leveller of mankind. Yet even poverty has a code of laws, all quaint and absurd, and yet its own. The professions are special hedgehogs of etiquette bristling with a hundred little foolish dignities and prejudices. The cleric who holds a living cannot but pose as superior to the struggling curate. The archdeacon condescends graciously to the vicar, the dean to the canon, the archbishop to the bishop, and so in like manner each and all of the sacerdotal dignitaries uphold the law of sacerdotal etiquette.

There is one astonishing form of etiquette which seems obligatory to even those enemies of success. Press critics—the etiquette of praise. Once a suitable object for such commendation has been selected, he, or she, is safe for all time. The actor who is notoriously failing, the actress who should long since have retired, the singer whose strained voice shows every year new signs of "break-down," the author whose work is a growing progress in puerility; one and all of these have only to appear or perform or publish and forthwith they are met with the old "gush," the old adjectives of laudation. How much kinder and wiser would be a hint that their day is over, their powers a failure; their once glorious voices a mere cracked echo, and their brain-work an uninspired effort.

But it would not be etiquette to say such things. So the old favorites leer and mumble and screech their "O in Alt," and the worn-out author proses, and one and all show themselves a pitiable and vain spectacle to a crowd which stares and laughs and then says: "Were they really once so wonderful? What a pity, then, not to retire on their laurels while yet those laurels were green and fresh."

But the truth is a harsh adversary. So the etiquette of polite lies has been invented to tone down such harshness, and throughout all forms and grades of social life the misrepresentation of the real serves a special purpose to meet a special end.

"RITA."

How Invalids Should Have Raw Eggs

By MARY TAYLOR ROSS.

Very often when the physician orders raw eggs to be given to the patient the nurse experiences the greatest difficulty in persuading the invalid to take them. In some cases the thought of swallowing a raw egg causes nausea in itself; many make an effort to "down them," and when they are half swallowed find the task too difficult. The nurse is tempted to give up in despair when again the physician declares "this patient must have raw eggs, somehow, in some form, at least once a day."

The fact is, that while one patient finds raw eggs served in a certain way not only agreeable, but delightful, another will pronounce this same method nauseous, and one should have many ways of serving them at one's disposal so that if one will not answer another may be tried until the right one is at last discovered. The patient is apt to be capricious, too, and become very weary of raw eggs served always in the same way, so that there is a second reason why one should keep at hand unsuspected resources in this line.

The same general remarks that apply to all catering for invalids, apply to the serving of raw eggs. The sense of smell is acute when one is ill, and both smell and taste become very sensitive, hence everything connected with the preparing and serving of food must be sweet and clean, and dainty in appearance as well as fact.

Use the thinnest of glasses for the egg mixtures, and always rub the edge of a glass with a bit of lemon peel, or orange if the lemon is not at hand, for a raw egg is apt to have an unpleasant odor. Add the seasoning and flavoring with a sparing hand, and, if the patient is apt to be "finicky," allow him to add these for himself, carrying in a little of each in a small saucer on the side of the tray. Use only distilled water in preparing anything that requires water, for the best that can be obtained is none too good for one who is ill. It is needless to say that the silver used should be bright, and washed just before using, so it will be immaculate; it takes but a moment to scald any spoons, knives and forks, and then one is sure they have no unpleasant odor. Then, too, the silver is slightly warmed when this is done, and it is more important than one would think that the silver be of such temperature that it will not chill one the moment it is touched.

Below are given a few recipes for the serving of raw eggs to invalids. All have been made the use of over and over again, so that one may have no need of trying them.

Frothed or whipped eggs—This is one of the commonest forms of raw egg nourishment advised for invalids, for it can be taken when the stomach is too weak to digest the hardened portion of the white of a cooked egg. Separate the white from the yolk of a really fresh egg. Turn it into a platter and beat it with a silver fork, until it is very, very stiff and white. Add a little salt or sugar, as the case may be, and turn it into a dainty little bowl, or egg cup, heaping it roughly in the middle. Sometimes a little brandy or a few drops of lemon juice will make this more palatable.

Egg-nog—Next to the egg froth this is the commonest and best known form of raw egg nourishment. Have the eggs fresh, the milk new and the utensils immaculate before commencing to prepare it, and do not forget the pinch of salt to remove the flat taste. Separate the white and the yolk of an egg; air the yolk in the bottom of a tumbler with a little sugar and salt and pour over it a little milk. Whip the white of the egg till very stiff and then strain the yolk and milk mixture through a small wire sieve, so there will be no whole particles of yolk nor any of the "spiral spring" that holds the yolk and white together, and is apt to make a raw egg drink stringy. Now fill up the glass and add the egg white and then pass the egg nog rapidly from one large glass to another. If brandy, rum or whisky is to be added, stir the given quantity into the milk and rub the edge of the glass with a bit of lemon. A small bit of the peel can float on the top, where it will remove any odor of raw egg that may prove disagreeable. If a large quantity of liquor is to be used it is well to add a little charged water to the milk, and, in any case, many a patient can take a raw egg nourishment when a little charged water is used in making who would refuse it when made of milk alone. Hot egg nog is made by scalding the milk, and after beating the white to a stiff froth, stirring in the yolk, and pouring the hot milk over all, stirring the egg constantly, so as to keep it liquid. Toss back and forth from tumbler to tumbler and serve either hot or cold.

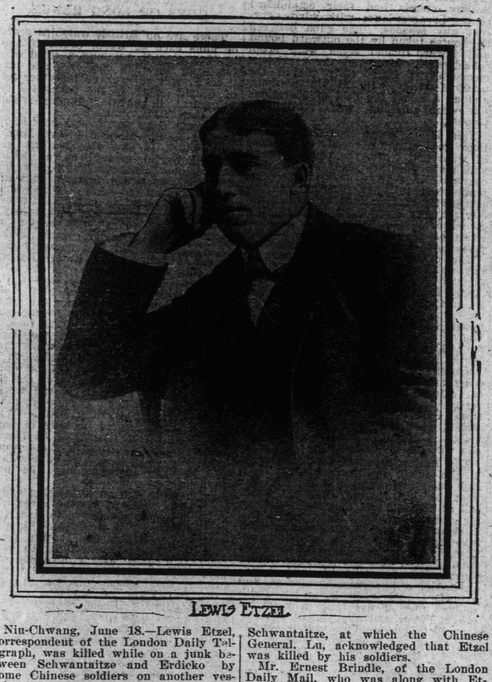
On no account are the yolks and whites of eggs to be beaten together for any of these recipes; eggs are more easily digested when beaten separately, and the difference in flavor is easily perceptible to a trained or a capricious apnetite.

Eggs and claret—Beat the whites and yolks of two eggs separately, making the whites very, very stiff. Add to the yolk, stirring carefully all the time, two wineglassfuls of claret or sherry or port. When albumen is ordered for an invalid, as in the case of consumptives, it is easily made at home by evaporating the water from the whites of eggs. Scald a large flat platter with water so hot that it soon dries on the plate. When the platter cools spread over it enough egg whites to just cover it; set in a cool oven until all the water has evaporated and the albumen dries. If the oven is too hot the egg whites will simply cook or coagulate instead of drying as they should. When properly done the albumen looks like bits of gelatine, and it is easily broken into pieces and placed in a jar, where it is kept until ready to use.

Orange egg nog—Often a patient who will not take an egg made with milk will pronounce one made with the juice of an orange perfectly delicious. Beat the white and yolk of an egg separately, then turn into a glass and fill with water, preferably charged water. Squeeze in the juice of an orange, and add sugar to sweeten, then stir in the egg white. For adults, lemon may be used instead of orange, for the orange is apt to taste flat to a palate used to lemon.

Whenever an egg is to be served raw, and cold, have it as cold as possible, and have the glass cold as well. Egg froths should always be served very, very cold, with a small spoon. A spoonful of thick cream stirred into the froth and flavored with brandy is both palatable and nutritious.

Whenever there is illness in the home, or housecleaning is going on, the housewife will find a "pick-me-up" of great assistance in withstanding the extra demand upon her strength. A raw egg, beaten in the bottom of a cup, which is then filled up with coffee, stirring the egg while pouring the coffee over it, very slowly, will do much to relieve the "tired-feeling" so common in the spring of the year. The usual sugar and cream is added, and with the egg, the jaded appetite is not so apt to produce serious results.



LEWIS ETZEL

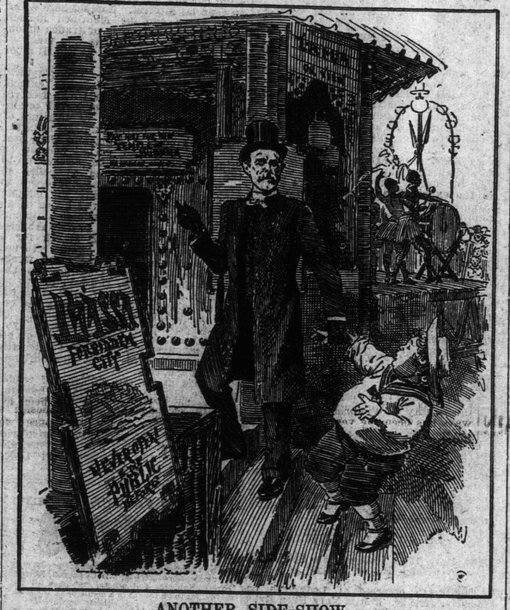
Niu-Chwang, June 18.—Lewis Etzel, correspondent of the London Daily Telegraph, was killed while on a junk between Schwantaitze and Erdicko by some Chinese soldiers on another vessel who were searching for pirates. The junk at the time was ten miles out at sea. Immediately after realizing the mistake they had made the soldiers sailed away and have not been seen since.

The United States Consul General, Mr. H. B. Miller, held an inquest at Schwantaitze, at which the Chinese General, Lu, acknowledged that Etzel was killed by his soldiers.

Mr. Ernest Brindle, of the London Daily Mail, who was along with Etzel when he was shot, testified that their junk was unchallenged by the soldiers and was fired upon in spite of the fact that the two foreigners were plainly visible at a distance of less than 100 yards. At least 150 shots were fired at the correspondents' junk, which did not reply.

DO NOT WAIT UNTIL YOU NEED IT.

The season is again at hand when diarrhoea and dynsentery are prevalent. Do not wait until some of your family is taken with a violent attack, but be prepared. A bottle of Chamberlain's Colic, Cholera and Diarrhoea Remedy at hand when needed has saved many a life. Procure it at once. For sale by all druggists.



ANOTHER SIDE-SHOW. EXCEPT PUNCH.

MASTER JOHNNY BULL. "NEED WE GO IN HERE, SIR?"
MR. BULL. "YES, MASTER JOHNNY. YOU MUSTN'T MISS *THIS* ON ANY ACCOUNT."
MASTER J. B. "OH, ALL RIGHT. I SAY, IT ISN'T ANYTHING LIKE THE SOMALI ONE, IS IT?"

Tallenwan Bay is one of the finest deep water harbors on the Pacific. It is free from ice in winter time and ships drawing thirty feet of water can enter at low tide without difficulty and without the aid of pilots can sail or steam alongside the immediate docks and piers, where their cargoes can be loaded into railroad cars and run direct for 6,000 miles into the city of St. Petersburg. Five large piers had been constructed, each supplied with numerous railroad tracks and immense warehouse elevators, gas, electric lights and water, and a large breakwater was being constructed so that ships could lie at the piers and load and unload regardless of weather. Docks for foreign vessels, steam and sail, extended between the piers and along the shore for two miles. There were two first-class dry docks, one intended for ordinary ocean steamers and the other designed to accommodate the large vessels of war or commerce.

TRANSATLANTIC RATES.

New York, June 22.—The American this morning says: "With an eastbound cut rate of $15 to Liverpool, Queenstown, London, Glasgow, Londonderry and Belfast, the Cunard line has begun retaliation on the ship trust and the German lines which hits at their weakest point, the eastbound steerage. The former rate was $28 and $29.50. The Cunard also reduces its eastbound rates to Gothenburg and Scandinavian points to $20. From the former $33 and $34.50 and to Hamburg, Bremen, Rotterdam and Antwerp to $17 from $30 and $32. These rates are bound to bring to the line the immigrants who, induced to come to America at the $10 rate, are able to go back. The round trip European steerage now is $24.60."

Truth points out that Dublin is in the curious position, as the capital of a Catholic country, of not only possessing no Catholic cathedral, but having two Protestant cathedrals.

WHAT WOMEN WORK AT.

Mrs. Mary E. Cutler is a rich farmer at Holliston, Mass. Her fortune sprang from a purchase of sixty acres of land for $350, and the place now has a wide reputation as "Winthrop Gardens."

Mrs. Esther Goldsmith writes fire insurance policies in St. Louis.

Miss Henrietta N. Rowe runs a hunting camp at Moosehead Lake, Me., in season, and sometimes teaches cooking at Mount Holyoke the rest of the year.

Miss Ida Freligh, a normal school graduate, is a tugboat owner and manager. She is doing well.

Miss Emily Beach teaches horseback riding to the young women of New York. During the summer she gives similar instruction at Saratoga.

A Hester street woman known as "Old Sal," has saved about $5,000 in the strange business of matching buttons. Over the door of her place is the sign: "Any Button Matched Inside, 1c to 5c." She gets her buttons from dressmakers.

Miss Amelia Judson, a graduate of Cornell, who wanted to go to Paris to study art, had her plans changed by illness in the family. She is a success in running a sawmill in St. Louis.

Miss Mary E. Adams is assistant state microscopist of Iowa, located near Cedar Rapids.

Miss Yeomans is known all over California as a butterfly catcher. She runs a regular international butterfly exchange and finds it very profitable.

Miss Mary M. Barthelme, of Chicago, is professor of medical jurisprudence in the Women's Medical School of Northwestern University. She is a lawyer, and was appointed a public guardian by Governor Tanner. In this capacity she has the interest of hundreds of children under her charge.

Mrs. Eugenia A. Goff became known by drafting maps in Washington, D. C. Her income, however, probably does not equal the $2,500 a year drawn by Miss Marie McNaughton, French translator for the Bureau of American republics, who went to Paris with the peace commission.

Miss Tony Segall is a dentist practising in New York.

Mrs. W. M. Marsh is president of the First National Bank of Crofton, N. Y.

Out in California Mrs. Annie Kline Rickert is president of the Stockton & Tuolumne Railroad company.

Miss Daisy Stevenson, of Rochester, is one of two women butchers in the United States.

Mrs. Emma VanDusen, recommended as assistant deputy city marshal of Dallas, Texas, carries a gun like a man, and knows how to use the weapon, too.

Miss Christine Ross, of New York, is the only woman who is a certified public accountant under the regents of the state university.

Miss Anita Martin is accumulating a competence raising turkeys in a Texas country town.

Miss Jane Stone is an oil speculator, owning properties of considerable value in Mexico, as well as in this country.

Miss Aiken, of Aiken, S. C., breeds the best hunting dogs in the state, and another Aiken woman, Miss Louise Cheatham, breeds mocking birds, teaches them to sing, and sells them to the northern people, who throng the winter resort during the season.

Miss Ida Norrell, of Augusta, Ga., has made a field for herself as a perfumery maker.

Miss Loretta Elliott, of Orient, Me., has had years of success as a raiser of race horses.

Mrs. M. E. B. Culbertson, of Richmond, Ind., models hands and makes death masks.

Mrs. Kate Collins, of New York, makes dainty cotillion favors at fancy prices.

Miss Blanche Minton of New York, packs trunks for guests at hotels. The first day she tried it she made $17.

Miss Sadie Webb is a small contractor in Porter township, Ohio. She has a route thirty-five miles long, which covers five towns. She drives her own wagon, and carries passengers as well as mail.

ENDURANCE OF THE JAPANESE

(Letter in New York Evening Post.

Sir:—Descriptions of travels and pictures have done their share in fostering the erroneous idea that the Japanese are a vigorous race. Those pictures represent tall, terrible-looking men, in wide-flowing garments, in all kinds of forcible and exaggerated attitudes. Travelers depict "fat fencers," who look like our most powerful butchers, or fishermen and hunters, "who in their luxuriance of muscle, with their rounded elastic limbs, were the very impersonations of vigor, and looked like antique statues moulded in bronze." But the truth is, that fewer muscular Japanese are found among the soldiers who are drilled European fashion than among some other professions—the descendant of the Malay immigrant, who steels his arms during his whole lifetime in shipwork; or the descendant of the Aino, who to this day is a climber of mountains; or the drawer of vehicles and bearer of burdens, who push chariots laden with merchandise, in place of a horse, and whose thighs and shoulder muscles are over-exercised; or others who carry heavy objects on their backs. These muscular Japs are not soldiers. The average height of the body for choice troops is 154 centimeters, far behind European standards. The average chest measure for the Japanese guards is 76 centimeters (expansion), to 80 (inspiration). The thorax of the Japanese male is much at variance with virile ideas, because of the arching out of the inferior rib border of the left side in consequence of the stomachal dilatation under which all Japanese labor, on account of the enormous quantities of rice with which they burden their divestive apparatus. The hips of all male Japanese are really effeminate. Dr. Ishiguro, medical director-general of the Japanese Imperial army, gave the average physical condition of 14,218 Japanese soldiers as follows:

Average age, 21 years 5 months.
Height, 5.44 feet.
Bodily weight, 60,900 gram.
Circumferance of thorax, 2.51 feet.
Expansion of lungs, 0.232 feet.
Capacity of lungs, 3631 c. cm.
Hand power, 41 kgrm.

Thus it will be seen that Japanese soldiers are not very formidable men. Even the Chinese soldier averaged taller by 0.06 foot, but he had smaller lung expansion and capacity than the Jap. The Chinese soldier's thorax was larger by 0.15 foot.

The endurance of a rice-eating race like the Japanese and Chinese, even if it has changed to meat-eating for one generation (which I doubt), for a Japanese will eat his tubful of rice whenever he can get it), can never equal that of the cold climates (meat-eating for many generations) Russian. The Jap's agility to play his antics may please the galleries for a short time; but, once defeated, a Jap lies down, or commits, in a spectacular way, harakiri. His courage is never lasting. He is a quitter; and when he quits, he stays "quit" for a long time. This is his nature; to show his teeth; to stamp, and show his thigh muscles, etc., in the wrestler's ring, but when whipped, to bow his head to the dust, and forever be his conqueror's slave. At heart he is an arrant coward.

TAIKO-SAMA

The oldest observatory is that of Peking, which was founded more than six hundred years ago, and still possesses three of the first instruments of observation.