

IDEAL FOOD

Expert Wiley Hopes to Become Fountain of Perpetual Youth in Development of Food --- Sour Milk Praised.

From a proposition that it is the duty of a Government to do what it can to preserve the lives of its citizens, by protecting them from adulterated and injurious foods and medicines, it follows the proposition that it is the Government's duty to attempt to develop a food that will prolong life the best in short. It is one that the United States Government appears to have taken up. The Department of Agriculture at Washington, whose most important business is to see that the Pure Food law is obeyed, has announced that experiments are under way to develop enough of the new theories as to the prolongation of life. It is expected that if one of them stands the test, the Department of Agriculture will make a headlong dash to educate the American public into longevity.

Log-Lived Bulgarians.

The most popular theory at present seems to be Prof. Elie Metchnikoff's idea that sour milk is the real fountain of youth. One advantage of this theory is that the professor did not evolve it from his inner consciousness or set of known facts, strongly indicating that he was not indulging in self-flattering qualities in sour milk, existed; and Prof. Metchnikoff's work consisted in finding a scientific basis for a belief that was general in certain sections of Bulgaria. In Bulgaria, where certain herdsmen and shepherds, the common drink is fermented milk, otherwise known as yogurt. It is said that among them tuberculosis and typhoid are almost unknown. Now, only the average man and an extremely healthy specimen, and the average span of life unusually long, but Bulgaria is particularly rich in centenarians.

Rich In Centenarians.

In the United States according to the latest census, there were 3,504 men and women who had reached the age of 100. In only one out of every 10,000 of population. In Bulgaria, Serbia and Roumania, with a combined population of about 12,000,000, there were 1,445 people who had reached the age of 100. In other words, in 100,000 of the population, 2,191 of the population. In other words, it would appear to be ten times as easy to live to the age of 100 in the Balkan States as in the United States. Even the scientific men who do not agree with the Paris professors in attributing Bulgarian longevity to the milk of the Balkan cows, even the milk concoct that it will relieve the liver, the kidneys and the pancreas of a large part of the load that a disproportionate part of the population of the Balkan States must carry.

Dr. Wiley thinks that the well man who labors with his hands could with the use of a considerable quantity of fermented milk every day, with a certain benefit.

The Fighting Corpuscles.

The theory is that the phagocytes of the blood resulting from a sour milk diet fight every hostile bacillus in the blood, and so drive off all possible sources of disease. It is generally accepted truth that certainly corpuscles are warriors and scavengers and that they will attack and devour anything that is not of their kind. So these corpuscles be it so, will they use of fermented milk? Metchnikoff says yes. So far it has not been argued by his critics that any positive harm can be done by the use of sour milk. So one would take no risk in making an experiment. Care should be taken by those beginning this diet to keep the system in the best of sanitary conditions. It should be borne in mind that milk is one of the greatest of all culture beds for bacteria. It is not a good idea to ferment. Fermentation does not destroy, it only discolors them.

Harmful Our Milk.

Soor milk that has been permitted to stand in a stable, or exposed to the ordinary heat, would be harmful. The ordinary heat would be harmful with harmful bacteria, and its consumption would be injurious. Our milk would probably run less risk by purchase at a drug store a tablet than would use of the milk. Farm milk is constantly than by leaving fresh milk exposed for a couple of days until they naturally. Down at Washington they have imported from Bulgaria a specific bacillus for the purpose of yogurt—the bacillus *Bulgarius*—and are experimenting in its propagation. It is produced only by the Bulgarian method used, in fermenting milk with the specific bacillus. It is a lump of cheese and some herbs to the milk.

Wiley On Fads.

Those who elect to try sour milk and those who elect to try milk and cream are equally likely to be interested in Dr. Wiley's summation up of the matter:

We have all our lives had the thing called a fad for health thrust upon us. There is no doubt truth nearly all of them. The man who has a fad for health is not altogether wrong. There is a kernel of truth in every fad. The man who says, So, too, the man who pleads with you for a vegetarian diet has a kernel of truth in his argument. The fruitarian is not without a grain of truth on his side. And the man who says that it is not wise to take a particle of alcohol into your system has a very large kernel of truth in what he says. But every fad has its faults. The man who says which has much to commend it, if he carries too far, and the cases are legion. The fad of abstention has been broken down by a too zealous obedience to the rule of mastication. Still the taste has gone from the food.

Sanson, the last descendant of the dynasty of this name. Now, Henri Sanson was the grandson of the executioner of the famous King and Queen. He was dismissed from his high post on account of a scandal. The auctioneer, suffering from the "real austerities," had to raise a loan, and his timidity of idea succeeded where men would have failed, and to tell the story of the executioner's grandson and a Paris contemporary which relates the story: "La Veuve chez Tante: cette rencontre parut inutile." As an instance of morbid mood this is a fact accepted. The recent sale by auction of the guillotine can only be classed "proxime accessus."

Men and women who have given years to work among the unfortunate victims of the "cadet system" appreciate

Rockefeller, many predict that his undertaking will come to nothing, because the victims seldom talk. And because they know the girls upon whom they prey will not talk, the New York City Police rough in their sleeve an investigation.

To get an idea of the work young Rockefeller is attempting I talked to two of the most famous women rescue workers in the United States.

Never Tell.

"Women are so constituted that they never tell," said Miss Margaret Lusher, Bowdoin College, of the "Never Tell" mission. "And unless they do tell, how can the grand

In the years I have spent in this world, I have questioned more than 15,000 girls, and I do not know this to this day why they refuse to give evidence. If they would talk the conviction of the cadets and the smashing of the system would be a thing of the past.

I have had girls point out men to whom they gave money, but when I called a policeman to arrest the men the girls refused to testify.

Two instances of this incomplete hearing are given in the following. We had a beautiful, frail little girl who for three weeks was locked in a room to which men were admitted by a cadet. The cadet entered the room

**ESKIMOS AND
THEIR OLD MEN**

Frigid Zone Men no Longer Kill Their Fathers—Influence of Missionaries Stop Customs of Slaying Aged.

San Francisco, Cal., Jan. 14.—The Rev. Dr. R. J. Renison, rector of St. Paul's Episcopal Church, spoke recently of missionary work among the Eskimos. He considered that the Eskimos were the only uncivilized race in the world that was secure from the encroachment of the civilized white man, and therefore free escaped extinction, even at least degradation, from contact with so-called civilization.

Unless the earth shall exchange its axis, thereby changing the climate of the bleak and inhospitable north, he said, no nation will ever attempt to develop the resources of this vast territory; yet not withstanding the vastness of their domain these people speak the same language, have the same customs, whether in the Hudson Bay country or in the Rarriagay region. "I have known three hundred men," said the speaker, "the Eskimo hunter, the seal and walrus arctic engages in fishing to him up a station in the summer months, and when the winter comes he has the hard snow into large blocks and with these he builds a house in which he breathes, pines, and when it and it freezes hard and makes tight dwelling secure, against the

testant and Episcopal Church has been the most northerly mission in the world. It was founded thirty years ago by Rev. Mr. MacFarlane, who, after arriving in the north, spent several years training the people of the ice border lands. The first church building he erected was a small wooden structure, but when it was finished the dogs destroyed it over night. The permanent church was built soon thereafter with lumber from the north.

Mr. Peck found these people have an innate sense of right and wrong and found them faithful as well as intelligent. When they became Christians the Eskimos used to kill all their aged and decrepit men and used to force the women to commit suicide. Now they do under what they conceived to be the stern law of necessity, since that time the practice has been discontinued.

tians or at least that portion of the
 that has come within the reach of the
 missionary influence."

Mistakes ain't haystacks, or d
 be mo' fat pines dan dar is.
 Trouble follers sin as sho' as fe
 follers a chill.
 Fire don't crack a full pot.
 Des hold up yo' end er de beam
 de world'll roll on.

Death of His Elder Brother Makes Him the Heir to the Dukedom of Northumber- land.

Lord Percy's death in Paris recently served to direct attention to the fact that the dual house of Northumberland, to which he belonged, is the only one of the British peerages which still survives in its original form, a privilege of entombment within the walls of Westminster Abbey.

Formerly many great families possessed this right. But they have either become extinct or have allowed the privilege to lapse. The Northumberland vault in the chapel is situated beneath the St. Nicholas abbey, and the bones of the first Duke of Northumberland, the father of the present duke.

The obituaries published of Lord Percy are rather misleading, since they do not give any adequate impression of his appearance and character. Lord Percy, while at Oxford, was known for his prowess as an all-round sportsman, and it was his athletic event him from carrying off first-class honors and the Newdigate prize for

poetry. In leaving the university he won some distinction, as a traveller, and had some rather exciting experiences while exploring the most remote portions of the globe. He was also distinguished for calling not only for a considerable amount of courage, but also of endurance. The two books which he wrote upon his travels, have since been accepted as standard works. It is probable that he should have been undersecretary of state for foreign affairs, representing the foreign office in the House of Commons. He was a man of considerable cleverness, while the large majorities which he was able to secure for his election to Parliament were evidence of his popularity in the country where his family possessed territorial influence, but from the metropolitan district of Kensington, speaks well in his manner. He was, however, singularly unemotional; that, too, in a country where free men, especially those of his class, are so ready to identify themselves on being unemotional.

Soldier Heir to a Dukedom.—At one time he was reported to be engaged to be married to a daughter of a Newcastonian physician, the name of Jones. But there was a good deal of opposition on the part of his family, notably of his mother, who is the sister of the Duke of Argyll, and the projected union did not materialize.

Dying unmarried and childless, it is his soldier brother, Lord Alaric Percy, who now becomes next heir to the dukedom, and to the great family estates, along to the lordship of the great London banking-house of Drummond. Lord Alaric Percy is a captain of the Grenadier Guards, is about 30 years of age, and is now putting in a period of special service with the Egyptian army.

The amount of the ducal fortunes and estates may be estimated from the fact that the father of the present duke spent a sum of \$3,000,000 in building for his laborers cottages, two of which half an acre of land was attached. He spent a still larger sum in the erection and restoration of churches, while the amounts that he devoted to the construction of roads, bridges and drainage works on his estates, reached a still larger sum.

The duke has a number of country seats, the most famous of which are Syon house, near London, where Charles II. held court during the

umberland, a noble castle, in North Wales, one of the finest existing specimens of the old border castle of the Middle Ages, and the only historical building of the kind in the north of England. Windsor, Warwick castle, the Tower of London, and Westminster Abbey, which was in existence more than 1,000 years ago.

It is a perfect mine of art treasures, which are outside the ken of the ordinary art experts, and among other things, the first of its kind (forerunner of the modern bicycle) and invented by the second duke of Northumberland, the first duke of Northumberland, this duke's natural brother, James Smithson by name, who made his home in America and founded the Smithsonian Institution, and it was to which he left his entire fortune when he died in 1829.

the latter will. Now, we have not time to say against stenography as a medium for cultivating the genius of hard work, or against the plane of the hammer as tools for teaching what Mr. Phelps calls "the eternal lesson of thoroughness." Only, we think all the excuse for turning away from that which seems "hard" to that which seems "easy" is failure and disappointment are materially multiplied.

There are, of course, among other things, many reasons why a man who twenty-five years ago, and he cannot be older than thirty, should not be at Yale today, without finishing out, when he is through, that he cannot be older than thirty, and that, therefore, he has only "developed himself." Substitute "high school" or "commercial school" for "industrial school" for "Yale" in the sentence, and the truth will be the same.

JUST MISSED BEING A KING OF ENGLAND

The new king of the Belgians is the half-brother, on his father's side of the man who cost the Prince of Wales his throne. Charlotte of Wales her life in 1840. If the child had lived he would have been king of England on the death of his grandfather, George IV. Long after the death of George IV, the son of King George of Hanover, the husband of the Princess Charlotte, was killed by the double loss of wife and son, deprived of all hope of the young prince of Wales. His close connection with the English royal family, however, stood him in good stead when the throne of Belgium was offered him, the throne he had never had, and which he had recently broken from the king of the Netherlands, was going begging.

A dark, textured surface, possibly a book cover or endpaper, with a horizontal line across the middle. The top half is a mottled grey, and the bottom half is solid black.

Le Monts, the discoverer of this noble stream, in his report to his royal master, the King of France, makes this reference to it: "The great extent of the river, the fish with which it is covered, the verdure springing upon its banks, and the beauty of its scenery, are all objects of delight and admiration. Since rolled away, generations have come and gone, and the fiaz of France has been replaced by that of Britain, but the annually increasing number of anglers on its waters, even hidden in the forests along its upper reaches, speak of it in much more glowing terms than those used by the discoverer. It is one of our options in referring to it as the Rhine of America.

Previous to the advent of the railway, the only means of high speed travel and transportation in this part of the Province. This was done by steamers, wood-boats and tow-boats. The latter, drawn by horses, was a queer looking craft of the raft type, upon which a light house was built in the stern. The hands were three in number, ate, slept, and found shelter in the time of storm. The steamers employed were of three classes, one between St. John and Fredericton, another between Fredericton and Woodville, and still another one between Woodstock and Grand Falls, a distance in all of over 200 miles. The "General Smith" was the first on the route, but only went as

On the capital of the world we cannot speak too strongly, and the further up the more attractive does it become. An American tourist thus exclaims: "We have sailed on the Nile, the Taurus, the Danube, and the magnificent Danube, but the full tide of our admiration rose higher as we sailed up the romantic waters of the noble St. John of the worldland. The Danube is unique and imposing. At its grand gateway, 640 feet broad, each day are seen, four rushing, roaring cataracts, two waters, one down and two up. At night, and rush through the gateway as if advancing to meet an enemy. Then the Bay of Fundy rises up in its fury to attack and force back the waters of the Danube. The Danube is way. And thus the bloodless war goes on from age to age, and who but God could thus pour in and pour out

The purpose of this paper is to call attention to the beauty and attractiveness of this noble river, and to note the many fine connections there are with that most interesting of subjects, the voyager thereon. Some fifteen miles from the city is the Beulah, camped on the banks of the river. The reformed Baptists hold their annual gathering and conduct special religious services, which draw large numbers of people to the place, and which become a popular summer resort. A few miles inland is the early home of James R. Inch, LL.D., for many years president of the Massachusetts Educational Institutions, and later chief superintendent of Education for New Brunswick. He is a prominent member of the Gloucester Society. Gagetown has the honor of having given to Canada Sir Leonard Tilley, who was both a member of the House of Commons and the House of Lords, and Federal Cabinet Minister, and lieutenant governor, for two terms, and as a worthy member of the Anglican church, and a devoted and loyal citizen, devoted to his country, and left behind him a stainless reputation.

Marvynville, three miles from the river, is a small town of about 100 inhabitants. Nashvakw furnishes the proof of what can be accomplished by energy and determination. It is a busy little town, with a population of 6,000 inhabitants, with saw and flour mills, cotton factory and other industries, and halls, schools and churches. The town is a gem of architectural beauty, and cost some \$160,000. The man to whom all this is due started life as a poor boy, and grappled with the difficulties with which he was confronted, and among the great captains of industry took a foremost place. At the age of 70 years of age, he is still active agent. His name is Alexander Gibson.

Sheffield, the oldest settlement in the province, dating back about 150 years, has a population of about 100 hundred and fifty by the number who

have done forth therefrom and have been instituted in the various walks of life. Of these, the most notable was made of the Hon. Charles Burpee, P. M.; Hon. Isaac Burpee, Minister of Customs in the Mackenzie Government, and his brother, Egerton Ryerston, P. M. After his cousin's death, the Rev. Egerton Ryerston, Minister of the Ontario educational system, Chief Justice Barker; Thomas Harrison, L. L. D., of Dublin University; and a number of years chancellor of the university of Toronto, and his nephew, Judge Macdonald, were ministers, teachers, lawyers and rail way men by the dozen. The spiritual needs of the people are cared for by the Methodist churches, Congregational and Presbyterian churches. There are also the most intelligent and good living people among whom the writer has even had a home. During the fresh sea breeze, the whole place is submerged in the fragrance of the flowers.

and around the church doors on Sunday days these are moored. Tradition has it that on one occasion the watermen were so few, that the service was not to be set on, and the church was so the people took to the gallery, and the minister from the high pulpit at the time, spoke to them over the heads of the watermen. The usual service is needed for from four to six weeks, and during which time cattle are housed and work upon the land is suspended. The watermen of Frederick's wharf let you linger a little, and the picturesque and pretty place, and the tourist is at once impressed with its appearance. The streets are regular and wide, and the houses are of good and much taste is shown in lawns and gardens. The principal buildings in Parliament House, the Episcopal Cathedral, the House of Commons, the Brunswick, the Normal School, the Police office, and the churches of the Anglican.

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Quaint Bits of Wisdom and Wit Current Among the Blacks---The Crane a Death Sign.

A race in its youth always expresses itself in proverbs, parables, fables and aphorisms. The very old negroes of the plantation tell young people enough in race development to use this style of expression, says the Boston Herald.

A Georgia woman tells of the daily farewell of one old house woman who would kiss her on the cheek and say, "Well, She always bade her adieu as if the waters of eternal parting would

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From the New Bedford Standard. Edward J. Phelps of the class of '56, writing in the Yale Alumni Weekly on "If I were to go to college again," says that if he were to go to college again, knowing all that he knows now, he would study harder—not that he might learn more Latin and Greek and mathematics, but that he might cultivate within himself the genius of hard work." He continues:

You may call it anything which you

roll between them are the dawn of the new world.

"Good night, Miss; if I don't never see you no mo', try to get 'quainted wid de Lori,' or, 'Goody, Miss; if I don't never see you no mo', try to get acquainted wid my Maker." Despite this quivering balance on the border of the great unknown, she still lives. This is the last time we hear her say, "De place whar I'm best known, least thought on."

"I'm gon' to do somethin' now de day after nex' done or you see," said once to a fellow servant. "What?" asked the young servant, not so familiar with old plantation jargon. "Well, I'm gon' let you know, my ole woman." "De devil ain't never done dat for you!"

A fixed fatalism, one not to be argued against, runs against, lives in the old negro sayings—

Better let well do done,

Unless the ear-shall exchange its axis, thereby changing the climate of the bleak and inhospitable north, he said, no nation will ever attempt to dislodge him from his throne.

These peculiar people inhabit a vast territory; yet notwithstanding the vastness of their domain there is a common language and have the same customs, whether in the Hudson Bay country or in the Raritan Bay regions. When the speaker, "the Eskimer," said the speaker, "the Eskimer hunts the seal and walrus and engages in fishing to support a store of food for himself and family; and when the winter comes he saws the hard snow into large blocks and with these he builds a house in the shape of a shell, pure water vapor it and it freezes hard and makes a tight dwelling secure against the wind.

The power of application, gripped by said or unsaid things amount to the same thing. That is that within a man which prevents him from laying down a law as to what he can and cannot do has often been as well as he can.

There: we have not lately seen saner, sonner, more substantial evidence of the power of the word boy—from kindergarten to university—inclusive—ought to do for him the contained in these two sentences:

Many things can be said, and some things are said, especially in the times of our life. Many more things are said than are heard at the time of incoherent debate, which has no good reason for the saying. So is with joyfulness that we find a man who says that he could do it over again he would study harder—not so the

Live, learn, die and forgive all. "I'm a Christian," said the Methodist, and Episcopal Church has the most northerly mission in the world. It was founded thirty years ago by the Rev. Mr. ... spending several years traveling the people of the ... The first church building he erected ... when it was finished the dogs de- voured it over night. The permanent church was built soon thereafter with lumber from ... Mr. Peck found these people to have an innate sense of right and wrong and found them faithful and loyal. ... they became Christians the Eskimos used to kill all their aged and decrepit men and used to force the old people to do so. ... done under what they conceived to be the stern law of necessity, but since that time the practice has been ...

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still-born son who cost the Princess Charlotte of Wales her life in 1817. If the child had lived he would have been king of England on the death of his grandfather, George IV. Leopold of Saxe-Coburg-Saalfeld, the husband of the Princess Charlotte, was the

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