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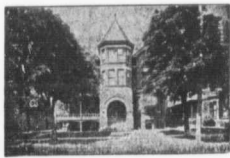
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## Miss Willard and Mr. Edison.

MISS FRANCES E. WILLARD once asked Thomas A. Edison if he was a total abstainer; and when he said he was, she said: "May I inquire whether it was home influence that made you so?" and he replied: "No, I think it was because I always felt that I had better use for my head." Miss Willard afterward remarked: "Who can measure the loss to the world if that wonderful instrument of thought that has given us so much of light and leading in the practical mechanism of life had become sodden with drink instead of electric with original ideas?"—*Home Field.*

## The Saloon Must Go.

It may go without saying that no community can be perfectly happy and prosperous throughout all its borders while a single drinking place remains within its confines. One saloon argues the presence of an evil and harmful thing; it is a dark and baleful spot in the life of a community; it means misery and unhappiness for some one. The saloon can only live and thrive as it develops and feeds on the vices of men. Its presence is inconceivable in a community where every home is a home indeed and in truth, and where purity and virtue make up the life conduct of every man and woman.

## How Miss Willard Made a Convert.

*The Golden Days* tells a new story of Miss Frances E. Willard, illustrating not only her noble character, but a truly Christian principle.

She was very fond of cycling, and while one of her spins collided with a wheelman who was somewhat "under the influence." The result was a badly shattered wheel of the drop frame variety. The wheelman was not in a conversational state and the matter of damages was not discussed on the spot, but he was given the woman's card with the request that he call the next day.

He did so, and with the plea that he did not have any money to make good the result of his inebrity. He was extremely penitent, and the good woman finally proposed that he sign the pledge in lieu of payment for damages.

He did so, and the story is made complete by the statement that he has kept it unswervingly.

## Concerning Bicycling.

Is bicycling healthful? By way of a contribution to the renewed discussion as to whether cycling is healthy or the reverse, Dr. Heermann, of Kiel University, offers some sound advice to the devotee of the wheel. If there is nothing new in the learned doctor's dicta, there is much that is true. He points out that there are two organs over which the cyclist should keep guard. One is the heart, and the other the mouth. Over-exertion affects the heart of the cyclist to a notable degree; and this over-exertion may result not only from too rapid riding or from riding too long a distance, but also from riding over a lumpy road. The doctor narrates that he rode up a moderate ascent, dismounted, and felt his pulse. It was going at 160 to the minute, and did not resume its normal beat until ten minutes had elapsed. He afterwards experimented with the members of a cycling club, composed of young and healthy people, whose members mounted the same hill. He found all their pulses beating at 150 to 160, and the pulse of one rather stout man was going at 180. Yet these riders had no idea that they had over-exerted themselves, and would have continued their journey had they not been stopped. As to the mouth, it is usually kept open when riding, but should be kept closed. Breathing through the nose is essential to healthy cycling; and he or she who cannot breathe through the nose, would be well advised to leave cycling alone.

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