

BE SWEET AND LIVE LONG

Varied Ills Wrought by a Bad Temper Told by a Doctor—
It Injures Its Possessor's Looks, He Says, Prevents
Her from Marrying and Shortens Her Life
—Fashionable Vells—New Table Linens—
White Canvas Shoes Worn Again.

N. Y. Sun.

Woman frequently plumes herself on her bad temper. Man, on the other hand, invariably denies that he is bad tempered, if he happens to be prone to anger. Bad tempered women can be divided into three classes, and all do a lot toward making life unpleasant for the rest of humanity. There is the woman whose temper is constantly in a state of irritation. A little thing, a big thing, or nothing at all will throw her into a state of anger, and on the whole she is about the most uncomfortable person in the world to have around. Then there is the woman with the dynamite temper. You touch her in a tender spot and she goes off like a bomb, but after that one flash she is as amiable as ever. Finally comes the woman with the smouldering temper, the sulky woman who has driven more men to—well, to other women than any other. According to a New York physician, who knows no end of things about women physically and mentally, all these types had better be getting rid of their bad tempers instead of coddling them. He declares that indulging one's self in a fit of ugly temper not only makes a woman old and ugly before her time, but actually shortens her life. Perhaps his opinion on this subject might never have been given to womankind had he not had occasion to prove a girl for bragging about her bad temper. She was talking to another girl who is habitually amiable, but chanced to nettle her friend.

"I want you to understand that you can't talk to me that way," exclaimed she of the bad temper. "I've a bad temper and I'm proud of it and I won't stand any nonsense. I tell you I have a bad temper."

"That is a self-evident fact," answered the amiable girl, cheerfully. "I've often wondered why bad-tempered people take the trouble to announce the fact. They always do, you know."

This was like touching a match to kerosene. The bad-tempered girl got red in the face, gasped, sputtered and made a spectacle of herself, and it was just here that the doctor came on the scene.

"Come, come, girls," he said in the most soothing tone, "don't let's have any quarrelling. Control your tempers, for every time you allow them to control you, you spoil your good looks, and lessen, yes, actually lessen, your chances of getting a desirable husband, and then, too, you injure yourselves physically."

"Is that really true?" asked the amiable girl, interested, and the other began to cool down.

"Oh, my, yes!" exclaimed the doctor. "Bad temper is really responsible for more old maids than a lack of desire on the part of man to marry."

This remark was too much for the bad-tempered girl. She forgot her grievance and said: "Why, what do you mean? I thought men, that is, men with any go about them, admired girls who when they feel they have been wronged resent it. I didn't know that the modern man cared for these meek, amiable, sweet-tempered women who never resent anything."

"A woman who is truly amiable, meek, and sweet-tempered rarely has any cause for resentment," answered the doctor. "She is a strong woman with her amiability, and men and women have so much respect for her that they would do her no wrong. The woman who governs her temper is the woman who wins out in this life. As a rule she makes the best match. She is certainly the most successful woman in business and society, and where is the person who will deny that she is the best wife, mother and friend? Experience has shown that the amiable, sweet-tempered woman with a naturally irritable temper cultivates it, encourages it, fosters it. This is as true of those in high life as it is of the women in low life. Indeed, very rich and idle women generally luxuriate in their tempers. Perhaps they wouldn't if they knew that anger curdles the blood, hinders circulation, and consequently makes the complexion bad and dulls the eyes."

It also weakens a woman's will, making her less attractive physically and mentally. Bad temper does not destroy the mind, but it renders one unable to work mentally. It controls the whole system and throws it out of sorts. It renders one utterly unfit to receive truths. Then indigestion is sure to follow. If you go to a woman who is under the influence of anger, who is turning from head to foot as you were when I came in, turning to the bad-tempered girl, "whatever you can say that runs with her desire she will listen to, and nothing more. If you undertake to expostulate with her, to convince her that she is wrong, her cause by losing her temper, she will not hear; she regards you as being opposed to her, and opposition, real or fancied, only adds fuel to the flame. The way to help a woman to learn to govern her temper is not to talk to her about the evil effects of anger when she is in a rage. That's where the average husband makes a mistake. If, when his wife allowed ill temper to dominate her, he would only preserve a gentle silence, she would soon get over it, and a sense of mortification, a realization that she had made a show of herself, would come over her, and then, if he were only clever enough to tell her that he didn't want her to spoil her pretty face by getting angry again, she would think twice before giving way again."

"But you said something about temper and old maids," interrupted the amiable girl with a malicious smile at the other.

"Yes I did," he answered promptly. "And I meant it. Many a man has been scared off from asking a woman to become his wife by the assertion from her lips that she has a bad temper and is proud of it. Men are selfish creatures, and above all things like physical and mental comfort. Perhaps the average man does not hope to attain happiness in this world, though in truth he never ceases to seek it, but he does believe that there is such a thing as harmony, and he knows that a bad-tempered woman and harmony don't go hand-in-hand. Amiability is power, if woman only knew it. By being always amiable she can get a hold on men that the bad-tempered woman, no matter how beautiful, rich, and alluring she is, never dreamed of in her philosophy. Amiability is not only power; it is health; it is mental progress; it is long life to one's self and to others."

"Well, I never thought of it in that light," remarked the bad-tempered girl as the doctor disappeared. "All you forgive me for being rather hasty and violent a little while ago?" turning to the other girl. "I never dreamed that temper had anything to do with a woman's looks and her chances of marriage."

"There are many critical hours in a woman's life," responded the other. "They come to us every day, and they may come in a fit of bad temper, it seems."

To regular features, white wash veils are very becoming. Women with irregular features have to wear them, however, for they are the only practical veils for the sailor hat. Of course chiffon is stylish, but it is not durable and will not stand many washings. The regular wash veils get soiled very easily, especially the part that comes directly over the mouth. Naturally it gets a trifle damp there and the dust sticks to it. To wash one of these veils properly it should be soaked in a strong lather of tepid water and white soap for at least half an hour. The soapy water should be squeezed out and the veil rinsed in clean water and then dipped in cold coffee or tea if creamy or yellowish tint is desired, and it is more becoming to most faces than a pure white. Finally the veil should be shaken out, not wrung, and each point pinned tightly and carefully to the counterpane on a bed and the veil reefed down with pins on the ends and plain sides. Almost before one finishes pinning it it is dry and just about as stiff as when new.

Word comes from Paris that the black and white net veils used with dressy hats are no longer worn beneath the chin. They come just below the nose and are stretched rather tightly across the face. A bed and a woman look well in these abbreviated veils.

This is the time of the year when most people's appetites fail them. They have not yet learned to conform their diet to real summer heat, and as a result eat this, that and the other thing that puts them slightly under the weather. A very palatable drink recommended by a well-known physician for those with poor appetites or indigestion is a glass of cold water with whites of eggs and orange juice.

The whites should be placed on ice and allowed to remain until thoroughly cold. The whites should then be whipped until thoroughly broken, not until they froth, the orange juice added and beaten in a bit and the mixture set on the ice until very cold. A good proportion is the juice of two oranges to three eggs. The physician who recommends this says that there is absolutely no nutrition in the yolks of eggs and that they might as well be thrown into the garbage barrel as put into the stomach for all the strength they give.

The whites of the eggs should be slightly sweetened and flavored with vanilla, orange juice or rose water, is good for children with irritable stomachs.

A table should be set to please the eye as well as the appetite. Vision surely retards or whets the appetite, as the case may be. Almost anything would taste better served on the newest tablecloth. It is made of the finest plain linen and has an empire border in scroll work or floral design. The border comes around the edge of the table, and in each corner of the cloth is a floral or scroll design. This new table is made up for round and square tables and is exceedingly rich looking. The swiftest thing in table linen by the yard has a cosmos and goldenrod design blended, and is so exquisite in quality as to be like white breaded satin. Napkins to match are to be had. Some fashionable people are having their full names embroidered near the centre of their tablecloths, just where the centre-piece stops. Those of good taste stick to small letters or monograms in one corner.

White canvas shoes are in again. A few summers ago women wore them night, noon and morning, and then fickle fashion set the seal of disapproval on them. They are having a warm welcome now, for the white canvas is about the most comfortable shoe known to woman. It is flexible, cool, light, always built with a pliable sole, and particularly pretty. It is made of heavy wash goods for out-of-town wear. "But it is so easily soiled," somebody objects. It is. Every good thing in life must have one or more drawbacks, and the white canvas shoe has two. It is not only easily soiled, but it also makes the foot look large. But large feet are fashionable at the moment, so that doesn't count so much against it. The athletic girl is responsible for this, and many a woman who has never done a more athletic thing than walk a few blocks has cause to thank her, for she, too, excuses the size of her feet by saying:

"You know since we women have gone in so for outdoor sports our feet have increased by several sizes."

In selecting white canvas shoes one should be careful to buy only those of the very best quality. A cheap black shoe is poor enough economy, but a cheap white one is a waste of money pure and simple.

Something new in the way of gloves has made its appearance. It is a white glove loosely woven of cotton, having the appearance of open-work white duck. It looks as if it might be harsh to the touch, but is really as soft as silk, is remarkably cool, and washes like an old rag. This is a French importation. Another new glove, for golfing and cycling, has a cotton back of similar material, but in pretty shades of mixed tans and grays, and kid palms. This season's silk gloves are heavily embroidered on the back, which gives them a trifle more style, and some of them have bands of lace insertion woven in. Some women simply cannot wear kid gloves in hot weather, so they have to pocket their pride and adopt silk or linen thread. Those who possibly can should stick to the chambray glove or such, for their hand was never yet made beautiful enough to look shapely and stylish in a

silk glove or any other on that order.

Beautiful sets of buttons, to be worn in the ever popular shirt waists, are to be had for a song. True, they are only plated, but the styles change so often in these accessories that even the richest people do not care for them in precious metals and gems. These sets consist of two collar buttons, three studs, and a pair of link or dumbbell cuff buttons. Some are set with mock cabochon carbuncles, which are especially effective with white waists, others with turquoise, jade, amethysts, and so on.

An odd little story is told about Mme. Jane Hading, the French actress, and her eyes in a foreign paper. It says:

"Her eyes are very remarkable; not only of the clearest and purest brown, like that of mountain brooks, or the eyes of Tweedie—which George Eliot described as resembling 'wave-washed onyx'—but veiled with a thick fringe of black and silky lashes, most unusually and extraordinarily long. The story goes that Mme. Hading owes this marvelous length of eye to artificial means used by her parents in her childhood. It is said that it is a common custom practiced among the Turks, who hold long eyes in such exalted esteem as to lengthen them by cutting the corners of the eyes. This is done very early at the age of two or three years—the outer corner being deftly slit with a lancet about the twelfth part of an inch. While the wound is healing the lids are drawn outward every day, and when it is quite cured the eye is still submitted to the drawing process every day for a long time, with the eventual result that it becomes long and narrow, and satisfies the taste of the 'unspokeable' Turks."

Hading proceeds to declare that her father had been in Turkey and had seen this practice, and determined to try it on his little girl, who was then a pretty baby of three years, with bright brown eyes and a mop of golden curls. Whether the story is true or not, one thing is certain, and that is that the actress has the most beautiful and remarkable eyes of any woman on the stage."

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Not Dumb.

An angry small boy was petting stones at a noisy dog when a venerable passer-by stopped and addressed him. "Little boy," the stranger remonstrated, "don't you know you should be kind to dumb animals?"

"Why," replied the angry boy, "but what's dumb animals got to do with yelping dogs?"—Cleveland Plain Dealer.

Astronomers generally now admit that the great majority of the planets Mercury and Venus tend to confirm Schiaparelli's opinion, advanced some years ago, that both of them turn on their axes once while revolving about the sun. This, however, is very difficult point to settle with certainty, the reason given for this being, and very plausibly, that the evidence rests upon observation of the exceedingly faint markings upon the disks of the planets, the features of which few astronomers have ever seen them at all with distinctness, and only those who have made a most persistent study of them and are favored with vision especially sensitive to such details are competent to express an opinion as to their correct interpretation. It is argued that if, as held by some, the rotation and revolution periods are the same be a correct opinion, then the climatic conditions of the two planets would be remarkable. Furthermore, our moon always shows the same face to the earth and no knowledge exists of the hidden part, nor have the supposed inhabitants of that concealed hemisphere ever been able to see the earth, ever, being of no importance to them, as the earth is not the source of light, heat and life on the earth. All parts of the moon are brought under the sun's influence just as all parts of the earth, though the day and night are fourteen times as long as on the earth. But how it must be on a planet which has one side only exposed to the sun, as astronomers can give no answer.

CASTORIA

For Infants and Children.

For Infants and Children.

NOT AN OBLATE SPHEROID.

MODERN SCIENCE INDICATES THAT THE EARTH IS SOMETHING ELSE.

A Tetrahedron the Shape Accepted as Correct by the Best Scientific Minds—How the Earth's Dimensions are Figured—The Resistance of Pendulums Versus the Laws of Gravity.

From the Boston Evening Transcript. Washington, May 17.—In the midst of war the pursuit of science fortunately are not interrupted, and the United States is contributing its share toward a very interesting study of the size and shape of the earth. So quietly do the scientific bureaus of Washington go on with their quest for the lost light of the turbulence of politics and the struggles of arms. But it seems that some of the questions supposed from the text books of the grammar school have still open for discussion, and attracting the keenest attention of some of the world's greatest students.

That the form of the earth is that of an oblate spheroid, or a sphere slightly flattened at the poles, is a settled question, is commonly believed when, in fact, the scientists are entertaining the hypothesis that the earth is gradually verging toward the tetrahedron, or a triangular pyramid, with the apex at the south pole, and the continents representing the bulging out from the spherical surface. Of course, the earth is not yet far out of its spherical form, if the tetrahedron theory be proved, but certain facts make the hypothesis an interesting one. The earth in its cooling, according to the theory, is causing a collapse of its envelope, and a white-hot sphere is that geometrical body which has the greatest volume for a given surface, and the tetrahedron, the least, the shrinkage of the interior would tend to throw the shape of the earth into a tetrahedron. The International Geodetic Association will be undertaken, and in this country the Coast and Geodetic Survey will have charge of American share of the work. From the observation made it will be possible to derive some fresher conclusions as to the shape of the earth, the movement of the poles, and kindred subjects.

"It is remarkable," said Mr. E. D. Preston, of the Coast Survey, to your correspondent, "how long the size and figure of the earth have been a subject of study. There are several ways of determining the earth's size and shape, but the method adopted by our Coast Survey is to measure arcs on the surface of the earth, and from these we can find the curvature of the earth and also its absolute dimensions. About the middle of the last century a great discussion arose as to whether the spheroidal form of the earth was oblate or prolate. Measurements in France seemed to show that it was oblate, but that was in opposition to Newton's theory of gravitation—that the centrifugal force of the earth, in revolving on its axis, would naturally produce a spheroidal form, and a question of the two things could not be reconciled. One scientific party followed the French in the belief that it was oblate, and the other Newton, that it was prolate. Two expeditions were organized and sent forth, one to Peru, one to Lapland, and the other to Lapland, as near the pole as possible, so as to get the greatest effect. It was seven years before the expeditions got back, and when they compared the measured arcs obtained at the pole, the question was conclusively settled that this earth is a spheroid, oblate rather than prolate, and at the time it has never been doubted. In fact, when these expeditions returned they were said to have flattened not only the earth but Cassini, who had led the prolate theory, and the verb has a much more forcible meaning in French than in English. Bouguer, one of the scientists who went to Peru on this expedition, made a number of observations on the density of the earth. He swung a pendulum at the top of the Andes and at the bottom, to get the mean density of the earth, as well as the size and shape. This was the first time the resistance of the air was applied to pendulum observations."

"But to estimate the exact size of the earth and the amount of its curvature, a great many different arcs have been made through the years, and these have all collected and grouped up to 1847 by Bessel, a German mathematician, and a discussion of all these measures he determined the figure of the earth, and his conclusions were of course accepted by scientific men in all their calculations, in which these data are used. Bessel's tables were used from 1847 to 1868. In the meantime every nation had been going on with geodetic researches. Col. Clarke, of the Royal Engineers of England, took all the measurements that had accumulated up to 1866 and brought out another spheroid. Measures were becoming more and more exact and his figure of the earth is slightly larger and flatter than Bessel's. The Clarke spheroid, the one now used in the Coast Survey work, was adopted in 1880, and all our tables are made to conform to it. Of course, when we make projections for our maps, we make the earth a sphere, and the theory that our earth has a certain radius and a certain flattening. All our tables are on that basis. It is from measures of arcs that the shape of the earth, that is, the flattening, and the size are learned. The flattening, without reference to its shape, may also be ascertained by pendulum observations. By swinging the pendulum in different latitudes you can tell how much nearer you are to the centre of the earth at one place than another. At the pole there would be no centrifugal force, while the force of gravity at the equator is 289 times that force. If the earth is going geodetic circles, the centrifugal force, which increases by the square of velocity, would be 289 times greater, and bodies would have no weight at all, since the centrifugal force there would just balance the gravity. These pendulum observations have been carried on by the Coast Survey for some time, and in that service I have swung pendulums in Africa, South America and the Sandwich Islands. From these observations we have been able to estimate the flattening of the earth, independent of the measurement of the arcs."

"The most important piece of work bearing on the determination of the figure of the earth that America has contributed to the general knowledge is probably the oblique arcs which we have measured from Maine to Mexico. The line cuts down along the Appalachian region and runs from the northeastern corner of Maine to Mobile. Another is the transcontinental arc which starts at Cape May and goes on the thirty-ninth parallel to San Francisco. There is something rather unique in that the longest line ever observed in both directions is found there. That line is 183 miles long, extending from Mount Ellen, having an elevation of 11,000 feet, to Uncompahgre, which is 14,000 feet high. The accuracy that is attained in this work is remarkable. There are inevitable discrepancies in the measurement of angles, and it is supposed that you cannot preserve the accuracy of the base line forever, but in this oblique arc they measured a base line at Kenilworth, Md., and another at Atlanta, Ga., and they carried out that triangulation of each base toward the other, and met somewhere in North Carolina to compare the meeting lines. They could calculate on either base, and the result was that the length, or rather the logarithm, and the two letters crossed each other on the road, which shows that there was no fixing up the figures in reaching this remarkable result."

"The International Geodetic Association is studying the effect of refraction and aberration, the variation of latitude and other kindred subjects. At the next meeting in October they will take up the variation of the meridian, the idea is to determine this by having four international stations all on the same parallel of latitude, which is going to be 39 degrees 8 minutes, at the north of Washington, near Rockville, Md. Two of these stations will be in the United States, one in the East and one in the West, one in Japan and one in Sicily. The Coast Survey will have charge of the two in the United States; all the observations will be reduced in Europe under the direction of a central bureau. When the Coast Survey studied these problems before, in conjunction with the Germans, each Government sent a man to Honolulu, and another man from each was stationed at Berlin. They observed every night, when they could get stars, for two years, and the two men at Honolulu and the two men at Berlin brought back results so opposite in character as fully to establish the fact that there was a slight vibratory motion of the pole, independent of the regular movement of the earth. Its period is 427 days. It has been known since 1858, but we can go back to observations made forty years ago and see the effect of the same fact. Nobody was then bold enough to say that the latitude changes, for that is what the movement of the pole means. Mr. S. C. Chandler, of Boston, editor of the 'Astronomical Journal,' is the best authority in this country on the subject. He made observations with an instrument floating in mercury, so as to avoid having to make the correction for level, and made some very accurate observations. After he had registered them, he seemed to think there was evidence that the latitude changed, since that was the only way he could explain certain discrepancies in his results, but he did not make the assertion absolutely. The Germans examined the matter very closely, and from continued observations for two years announced in about 1888 that the latitude changed. This, which was at first received with incredulity, is now admitted on all sides. In the same way the tetrahedron theory is going through a period of probation. I am not prepared to say that I accept it, and, if proved, the amount of modification of the spheroidal form of the earth in that direction will be very slight, of course. But we know that the equator is not a perfect circle, rather an ellipse, and the tetrahedron theory accounts for some things not otherwise easily explained. Measurements of the fifty-second parallel in Europe showed that there are had a radius of over 400 metres less than in the Clarke figure, and then they measured another arc on the same parallel, and the result was the same. This is in America seems to show the same thing. The shrinking of the earth is a geological question rather than a geodetic one, and I believe it is scientifically admitted that such a process is going on. But our Coast Survey service is primarily for the making of maps, and it is one of our first duties to determine the size and shape of the earth, upon which all else depends, and hence the great and painstaking experiments which the Government is conducting with the other Governments of the world."

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HEALTH AND HUNGER.

Stomach's Pangs Said to be Felt Because of Imperfect Digestion.

"A thoroughly healthy person is never hungry." Thus says Dr. William Henry Porter, of the Strathmore, who is a recognized authority on dietetics. Up to this date a huge appetite has almost invariably been considered a sign of a good physical condition. Many persons will realize after weighing the doctor's remark that their great desire for food at certain times is a warning that all is not well with them. Dr. Porter supports his startling statement by some interesting explanatory facts. The healthy person does not slight his meals, it must be understood, but does ample justice to them. Yet not until he has tasted food before him, says Dr. Porter, does he realize the need of it. He could go about and forget his meal times but for the force of circumstances. The pangs of hunger are felt as an effect of imperfect digestion.

Dr. Porter gives some valuable information on the question which and of what kind shall be the principal meal—morning, noon or night. In speaking of this he says that, as in the running of an engine, the most intensive consumption of fuel must be just prior to and in accordance with the amount of work to be performed; so, in a man, the time for taking, and the quantity and quality of the meal digested or the determination of the principal meal, must be in harmony with the work to be accomplished. If the individual is to begin his daily labors between 4 and 6 in the morning and terminate between 5 and 6 o'clock in the evening it necessitates the taking of a good and liberal breakfast at an early hour before beginning active work, especially so if the last meal of the day was a light one. A light one at 6 o'clock as is the common habit of this class. Habits of this kind naturally call for the heaviest meal, which also may be called the principal meal, at noon, or near that hour.

"On the other hand, if the custom is to rise between 6 and 8 in the morning, and the largest amount of work is performed between 9 in the morning and 4 in the afternoon, an entirely different arrangement of the meal must be followed. In this class a light breakfast is in order at 8 in the morning; a stronger, more substantial meal at 1 o'clock in the afternoon, and the heaviest and most justly deserved to be called the principal meal should be taken from 6 to 7 in the evening, because this is more nearly in the middle of the working hours. When the labors are continued until midnight and the hour of resting is after that time a light meal should be taken at 11 o'clock."

"In any of the instances cited, if the foodstuffs taken have been easy of digestion, rapidly absorbed and oxidized, the fires will naturally burn low after several hours' sleep and abstinence from food. On the other hand, if the foodstuffs taken require considerable time for their digestion and are slowly absorbed and oxidized, the heat-producing supply may not be exhausted completely during a somewhat prolonged abstinence from food, or during the hours usually spent for sleeping."

Excavations have been made by Drs. Wilhelm and Reiche, of the Austrian Archaeological Institute at the Temple of Artemis, at Luoi, in northern Arcadia, discovered by Prof. Dorpfeld last year. The terrace of the temple was examined, and the ruins of a semi-circular building and a propylaeum were found, which had been destroyed by fire. Only part of the foundations of the temple could be uncovered, as there are buildings on the site, but architectural fragments, votive offerings, some novel terra cottas, small bronzes and a great many inscriptions of the third and fourth centuries before Christ were found.

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Artists in photography will be interested in a statement made in the Engineer, London, that Arthur W. Clayton, Fellow of the Royal Meteorological Society, and head of the college at Exeter, exhibited in a recent lecture on photographing meteorological phenomena some lantern-slide views of clouds taken by him after a process recently invented by him—photographs showing beautiful blues in all their shades, from ultramarine down to perfect white, various grays, and some iron-red and greenish tints. The revolutionizing feature of the Clayton process consists in the fact that these colored photographs are positive—that is, according to the statement given out, he has succeeded in obtaining colored prints by a purely chemical way of developing the same on a specially prepared plate. The process at present is restricted to lantern slides, but these are not colored by painting but by development, while colored paper prints loom up distinctly in the near future. Bright red rays, the inventor says, have so far escaped him, but he believes that further experiments and probably a longer development will realize the mastery of that defect. As an intermediary stage between plate and paper printing, ivory or thin celluloid plates have been suggested.