

REMEDY FOR DEGENERACY.

Lecturer Declares Man Should Live a Hundred and Fifty Years.

The causes of human degeneracy, disease and premature death were discussed by Dr. Lyman B. Sperry of Oberlin, says the Washington Star. That people can live to be 150 years old, by proper care, was the opinion expressed by the speaker. He has been a medical practitioner for many years, and has studied the matters whereof he speaks. He presented his conclusions in his speech suggesting not only the cause for disease and premature death, but also the remedy.

At the introduction of his speech Dr. Sperry gave a snapshot view of the race, taking up its condition at present and its environment. Twenty per cent of the babies born, he said, die within one year, only one-half grow up to years of maturity. The average length of life in the best countries is less than forty years, people are called old at 70 and very old at 80, and a marvel at 100. It is in humanity, he said, for individuals to live to be 150 years old, healthfully, happily and efficiently.

Men are apt to blame natural conditions, he pointed out—the climate, malaria, etc.—for their diseases and premature death. But if people would live as they should those conditions would scarcely be recognized.

The chief causes for diseases, race degeneracy and premature death, he classed under seven main heads—first, war; second, narcotism, third, excess; fourth, mal-nutrition; fifth, mal-respiration; sixth, overwork or excessive wear and tear, and seventh, worry or mental friction. He took up each of these various causes in detail and showed how the Americans were either gluttonous or starving, each one of these various ways. In the case of war he showed that, even when the country is not involved in war, the men are taken into the army at their period of greatest development, become disoriented, and learn that which hinders future progress.

"In proportion to his salary a man can buy more food in the United States than in any other country of the globe," Dr. Sperry asserted, in talking of mal-nutrition. "Although food products here are high, we live in a land of plenty and our wages are high. In other countries, especially European and Asiatic, the wages are extremely low and the vast hordes of population must be fed from relatively smaller territory."

The cure for the conditions thus enumerated, he said, was the removal of the causes. In the case of war arbitration of international disputes would aid materially. In most cases education and the stimulation such as given by the Y. M. C. A. against these abuses will help much to remove these causes of race degeneracy.

How to Manage Husbands.

Most quaint is some of the advice to women contained in an old book published in 1737. The volume describes itself as "an Infallible Guide to the Fair Sex, containing Rules, Directions, and Observations for their Conduct and Behaviour through all Ages and Circumstances of Life, as Virgins, Wives, or Widows, with Directions how to obtain all suitable to the Sex." If the lady's husband was choleric she was told how to secure her own way by dexterously "tying everything till he begins to cool, and then by slow degrees she may rise and gain upon the man" or "when other Remedies are too weak, a little Flattery may be admitted, which, by being necessary, will cease to be criminal." With a covetous husband, pride, ambition, vanity, anger, kindness, or even a dose of wine, may be expected "to open or enlarge his narrow Mind." "The wife's business must be to watch for critical moments, and not let one of them slip without taking advantage of it." And a wife may be said "to want skill if by these means she is not able to secure herself in Good Measure against the inconvenience this scurvy Quality in her husband might bring upon her." All the frailties of poor, erring husbands are here set forth, singly, in plain, unmistakable language, neatly docketed, each with the recipe for cure appended thereto.

There are other interesting passages in the same book. Of splinters the author says: "An old maid is now thought such a curse as no poetic fury can exceed, looked on as the most calamitous creature in nature. Modesty and Obedience, though necessary to all, are yet in a more eminent degree required here. Their Look, their Speech, their whole Behaviour should own a humble distrust of themselves." Concerning amusements this: "The reading of Romances seems now to be thought the peculiar and only Study of young Ladies. It must be confessed their Youth may a little adapt it to them when they were children, and we wish they were always in their event as harmless."

On another vanity: "There is also another great devourer of Time—wearing Dressing. Sure 'tis allowable upon a sober account that those who design Marriage should give themselves the advantage of decent Ornaments, and not by the negligent Rudeness of their Dress bely Nature, and render themselves less amiable than she has made them. But all this being granted, 'twill by no means justify that excessive Curiosity and Solitude, that Expense of Time and Money, too, which is more used."

Double tracking the Siberian Railway will certainly not take place for a year or two. As there are neither calls nor other material nor workmen along the lines, the difficulty is great. Moreover, the whole of the appropriation for the purposes has been spent.

PASSING OF THE CHURCH SPIRE.

Many of the Recent Edifices Resemble Public Buildings.

In the old days, when the church was chiefly regarded as a place in which to worship on Sunday, the spire was a perfect, visible symbol of the character of the building. It was a sign of God's house, and as such had its use, says Leslie's Weekly. Aside from this the spire had a bell, and, perhaps, a clock. Now, how changed! The rapid commercial progress of the era has shown no sentimental regard for homes, churches, or anything else. The Baptists of late seem to have taken the "most unlit move to get away from the spire and all that it means, but they are going to the other extreme. Many of their new churches look like public buildings, and some resemble a Cairo mosque. The Methodists, while doing away with the spire, have compromised in many instances on a tower.

The Norman and English Gothic, or "perpendicular Gothic" has come into high favor in city churches. This style is at once dignified and full of strength because of its massiveness. One of the strangest looking churches in New York City is to be that of the Harlem Presbyterian. It is strictly Oriental at every point, startlingly Byzantine from its front elevation four stories high, to the gilded dome and color effects. The necessity for institutionalism knows no law except available room. One church in Pittsburg, recently completed, has fifty-two rooms in the edifice. The cost of the spire has gone into the interior.

A Century Ago.

Over 100 years ago Benjamin Henry Latrobe was advocating the movement in national education which is now slowly but surely taking place in all of our great schools and colleges. The following is quoted from "The Journal of Latrobe," which the Appletons published last year. The extract is dated 1798:

"American citizens may be divided into three classes—cultivators of the soil, artisans, and merchants. Of the practical sciences, the first have most occasion for a knowledge of chemistry, natural history, and natural philosophy; the second, of those branches of mathematics usually called mechanics (or materia applicata), and the third, of numeral mathematics. To each a general range of science is highly useful, but these ought, in my opinion, to be the leading subjects of education in an American seminary. They may be acquired without the knowledge of Latin or Greek, although an acquaintance with these beautiful languages will greatly ease the memory in retaining the technical vocabulary and assist in comprehending precise meaning of terms, most of which are taken from them."

Much-Traveled Cask.

Two of the drift casks which were set loose in Behring Sea at the instigation of President Henry G. Bryant of the Geographical Society of Philadelphia and of Admiral George W. Melville some years ago have been recovered.

One of them was found on the coast of Iceland, 2,500 miles from the point where it was cast overboard on the Alaskan coast. In its tortuous course it probably traveled 4,000 miles its drift across the Arctic Ocean proves once more the existence of an Arctic current flowing from Behring Sea across the North Pole region.

Fifty spindle-shaped casks were constructed from designs submitted by Admiral Melville and were sent north on United States revenue cutters and whaling ships to Behring Strait and there dropped overboard in 1899, 1900 and 1901.

Each cask was numbered and contained a message in four languages, requesting the finder to notify the Geographical Society of Philadelphia if the cask turned up.

Funerals in Greece.

Many funeral customs in Greece are unique. The body of an unmarried girl is always dressed as a bride, the common saying being, "She is married to death." The body of a boy is always dressed as a sailor. Women never accompany funerals to church or to the graves. Processions are always on foot, the priest leading, accompanied by acolytes bearing the cross and lanterns.

The body of the deceased is invariably exposed to view, and at the close of the service in the church, which concludes with the words, "Take the last kiss," both friends and strangers press about the body and give this token of farewell.

In Place of Human Sacrifice.

The Kounds, of the Madras Presidency, India, have to offer a buffalo in sacrifice now instead of a human being. In so doing, they always make a long apology to their deity, explaining that they themselves would willingly make the customary sacrifice, but are prevented by the British government, on whose head they pray any anger at the neglect of duty may be visited.

When Cork Loses Buoyancy.

Cork, though the most buoyant substance, will not rise to the surface again if sunk 200 feet below the ocean's surface, owing to the great pressure of the water. At any less depth it will work its way back to the surface.

But little paper has been recently made from rags; vegetable substances, such as wood, alfalfa and straw, are especially employed. But the use of furze, wild or cultivated, has not been thought of until recently.

THE IDEAL SITTING ROOM.

Furnishings Are Arranged to Suggest Comfort for Occupants.

Morris gave the following description of a sitting room that was ideal, according to his opinion:

"Besides the table that will keep steady when you work upon it, and the chairs that you can move about, the good floor, and the small carpet which can be bundled out of the room in two minutes, there must be a bookcase with a great many books in it, a bench that you can sit or lie upon, a cupboard with drawers, and, unless either the bookcase or the cupboard be very beautiful with paintings or carvings, pictures and engravings on the walls, or else the wall itself must be ornamented with some beautiful and restful pattern."

"Then a vase or two, and replacements as unlike as possible to the modern mean miserable and showy affairs, plastered about with wretched sham ornament, trumpery of cast iron and brass and polished steel offensive to look at and a nuisance to clean."

"To these necessities—unless we are musical and need a piano, in which case, as far as beauty is concerned, we are in a bad way—we can add very little without troubling ourselves and hindering our work, our thought, and our rest."

FASHION'S MANDATE.

Broderie Anglaise (English eyelet embroidery) will be extensively used on the summer gowns.

Even into the realm of embroidery handwork has entered, combined with Irish lace, Cluny and filet de Venise in the most delightful combinations.

Combination undergarments are worn with fitted Princess gowns to insure a smooth fit at the waist line.

New elbow gloves have two-toned stitching, the two tints so blended that there is not the slightest bizarre appearance about it.

For walking costumes cloth is less and less used, and fancy materials are now in vogue. Small checks, stripes, especially in black and white, are in favor, and gray is very popular.

Rest in the Kitchen.

Be sure to have an easy lounge or chair in the kitchen, where you may spend the few waiting moments between acts, as it were, in rest. If you cannot afford to buy a lounge especially for that purpose make one. This is easily done. Get two long boxes from the dry goods store; place them end to end and nail together. Make a mattress and fill it with any desired materials. Shredded shucks are clean and excellent. Over this drape any kind of cover to suit the fancy. Be sure to get something that can be washed and ironed. Red and white bed ticking is pretty and desirable, and never fades, and when laundered looks as good as new. Make a pillow. Now, while you are watching the cakes, bread, pies and the like, remember there is your lounge. Rest. Do not say you have no time. You have to wait for your baking to brown, says Modern Women. Why not rest while you wait? You will be surprised how much refreshment you will gain even for one minute's relaxation upon this improvised lounging quarter.

A Real Home.

The truest homes are often in houses not especially well kept, where the comfort and happiness of the inmates, rather than the preservation of the furniture, is first consulted. The object of home is to be the center, the point of tenderest interest, the pivot on which the family life turns. The first requisite is to make it attractive, that none of its inmates will care to linger outside of its limits. All legitimate means should be employed to this end, and no effort spared that can contribute to the purpose. Many houses, called homes, kept with waxy neatness by painstaking, anxious women, are so oppressive in their neatness as to exclude all home feeling from their spotless precincts, says Woman's Life. The very name of home is synonymous with personal freedom and relaxation from care; but neither of these can be felt where such a mania for external cleanliness pervades the household that everything else is subservient thereto.

How a Child Should Sleep.

One should not sleep with either arm raised above the head. It is a pretty gesture, as watched in the slumbers of a child, but it is better, if not so pretty, that the arms should lie by the sides than stretched upward. One knows, when one stops to consider, how fatiguing the attitude is, if persevered in for a few moments, of reaching up into a closet, or arranging high draperies at a window, says Woman's Life. What, then, must be the effect when kept up throughout a whole night?

Women Wage Earners.

There are 255,732 women wage earners in New York City, exclusive of those in professional capacity. There are 22,708 saleswomen alone whose average wage is only \$6 a week. The New York Federation of Women's Clubs is at present pleading for better housing of these women, the greater number of whom do not live at home. It is proposed to erect a Mills hotel for women.

Vaseline will darken and increase the growth of the eyelashes and eyebrows. It should be heated a little and applied with a small camel's hair brush.

Cesary is good for nervousness, being considered a nerve stimulant.

Suggestions for Easter Gifts

A dainty gift at this time is most acceptable—We offer you a few suggestions that may aid you in your selection. Of all Gifts: Watches, Diamonds or Jewelry are the best.

Bracelets

These will be worn this year most extensively owing to the short sleeves which are the latest style. We have foreseen this and have prepared many beautiful designs for you to choose from.

Solid Gold Bracelets	\$5.00	Gold Signet Bracelets	\$3.00
Solid Gold Bracelets, set with 8 diamonds	\$35.00	Gold Filled Bracelets, a handsome line	\$3.00 to \$5.00

Gold Locket

No woman that would not appreciate a handsome Locket and Chain. We have such a variety we can't name them all but call your attention to our

Easter Lily Locket, set with 16 beautiful Symetra Diamonds	\$5.00	Plain Gold Locket, with monogram	\$3.50
Monogram Locket	\$2.50	Solid Gold Hearts	\$1.00
		Gold Crosses, many different designs	\$2 up

FREE

An Easter Souvenir

To each visitor at our store we will give one of our beautiful Silk Book Marks. We have had these made specially for this occasion and want you to be sure and have one. Come in before they are all gone.

Scarf Pins

Every well dressed man or woman wears a Scarf Pin of some description these days. Hundreds of different patterns to choose from ranging in price from

\$1.00 to \$50.00

Rings

Gold Rings, Plain Rings, Chased Rings, Wedding Rings, Diamond Rings, Monogram Rings. We have them all.

Our Easter Special

A Ladies' Chatelaine Solid Gold Watch.

Plain case with monogram engraved free. Swiss movement. Very dainty, for only **\$10.00**

Gold Mounted Combs

We have just received a magnificent line of imported Ladies' Back Combs. Some mounted and others perfectly plain. Prices range from \$1.00 up.

S. D. BURRITT

See Our Windows 104 STATE ST. See Our Windows

The Mammoth Liquor House of

McGreal Brothers Company

Extends a cordial Easter Greeting and asks for a continuance of the public's patronage, on the same principals that has caused its growth. On opening this establishment 24 years ago, we promised to at all times give the best of quality, coupled with the largest variety. As it is necessary to look forward as well as backward, we want to assure you to the fact that our wines and Liquors are older and therefore better than ever before. Our superb brands of

Champagne, Burgundies, Sherries, Port Sauternes, Clarets, Rhine Wines, Etc.

Represent the choice vintages of California and the best importations of Europe. Our Whiskies and Brandies are of the following high-class varieties:

Whiskies.

Gibson, Hunter, Wilson, Monogram, Overholt, Hermitage, Old Crow, Clover Leaf, Spring Brook, Livet, Brookdale and Velvet Rye Brands.

Imported Brandies and Whiskies

Martells, Hennessy's, Otard, Dupuy, Jamin, Kinahan, Sir John Powers, Old Glen Liff, Usher and Dewars, and also superior Old California Brandies.

Our lines of Foreign and Domestic Ales and Beers are the purest and best produced from malt, hops and distilled spring water. All maintain the same high standard of excellency. Come and see them, if but for investigation. We'll be pleased to show our stock. It is one we have selected because of merit. Phone and mail orders solicited. Prompt delivery assured. No charge for package or delivery in city.

Our Prices Are and Always Have Been, Quality Considered THE LOWEST.

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