Man's Ration One Per Cent

of His Weight Daily.

GETTING FAT A SECRET

How to Grow Thin Also Revealed in and its civilitation. There is civili-This Simple Rule for Regulating lation in Afghanistan; there are Diet-Starch and Sugar Declared the Best Food for the Sustemance implies educational institutions; well

of Physical Exertions.

Dr. Harvey W. Wiley, Chief of other roads suitable for wheeled the Bureau of Chemistry of the De- rehicles. partment of Agriculture, is author-

an investigation to determine the best foods for mental labor, but he believed the general opinion that means in plain language that Afghaparticular kinds of foods nourished particular parts of the body was quite erroneous.

"Nerve and brain foods are advertised, but they are all nonsense," said Dr. Wiley. "Nor do drugs have a fattening effect. On the contrary, most of them have a degrading et ct. Arsenic up to a certain point has a fattening effect. A man gains | in weight for the time and then dies. but that is poison.

"A man may drink a glass of typhoid germs if he is in vigorous health and may not get typhoid fever, because his system may throw off the poison, but if he is broken { down one of the germs will produce typhoid. Not a man but has a pneumonia germ in his mouth. It will not effect the healthy being, but let a man get a cold and it will take its seat in his lungs."

"What do you consider the best food for a man to est?" he asked.

"I think a man ought to choose his own ration," replied Dr. Wiley,

"Lots of people are vegeterians. I tain. It cannot make war with or beat bri-think we eat too much meat for health. For the sustemance of phy-sical exertion if you have hard work to do there is nothing better than starch or sugar. The cereal esting So far as its domestics afairs are nistan is dependent on Great Bri-

to get an adequate conception of the By Liberal Education Aids to It must be difficult for Americans Amir either as a man or a ruler, Reclaim Youths. for there is no country with which New World people come in direct or even diplomatic contact that offers SECURE WORK FOR THEM

any sort of analogy to Afghanistan stone houses, splendid palaces, an extraordimary literature, which itself organized government, laws, courts, army, police; but there is not one Their Employers. mile of railroad, and there are few

Afghanistan is one of the few

After much negotiation the late e.s, technically known as "juvenile Senator's mother died, when he was ept the advice of the British Government in India on all questions



AMIR OF AFGHANISTAN

The most talked of "indian" for

Curtis, who was chosen for United States Senator from Kansas to succeed Burton. Curtiz was then variously des-

cribed an a full-blooded Kaw Indian. Modern Developments of Prison Re half-breed and a quarter-blood. It also was declared that he was the in England-Good Resultsionly man with aboriginal blood in his Achieved-Boys Become Efficient the upper house of Congress. This Workmen and Give Satisfaction tolast statement was a great mistake. Matthew Stanley Quay of Pennsylranta had more than a trace of Indian blood in his veins and was as proud The Borstal system over its incep-of it as Curtis undehiably is.

tion to a report of the British Com- Curtis is a little man with black ity for the statement that every man countries from which Great Britain mittee on Prisons in 1895, which hair and swarthy complexion. He is eats every day "one per cent. of had to retreat after gaining a foot- stated that "under the present system 47. His maternal grandmother was his weight in dry foods, and it re- hold on the soll. Before the middle of numbers of young prisoners came out a pure blooded Indian, daughter of quires one hundred days for him the last century Afghans drove of prison in a condition as bad, or Lewis Gonville, a Kaw chief, in the to eat his head off." If a man eats out the British garrisons and their worse, than that in which they came," days before his tribe had left Canada less he will lose weight, Dr. Wiley jefendants with great slaughter, and to the fact that the suggestions for the United States, Chief Gonasserts, and if he eats more he will gain, which will be good news to the thin who want to get fat. Dr. Wiley adds that every person should consume four and a half pounds of io far as is necessary for British wiley adds that every point of a far as is necessary for British sentially with the reclamation of the Captain Curtis was of Puritanical interests by diplomacy and money. Wayward boy and girl, young offend-New England stock. The present

ment clerk this amounts is above the intr, father of the present ruler, adults." Under the British govern- a baby; his father, who lost his mental prison administration certain realth in the civil war, did not surselected cases, in which the offender's rive long and died poor. His part clating to foreign affairs. This ate is between 16 and 21, whose sen- ired Indian grandmother was still it has no ex-Confederates within its tence reaches twelve months is sent tive, however, and she knew how borders, no saloons, no resistered dia. The famous garter itself is a to Borstal prison.

> The object of the Borstal system is iving with her at the time and sell- than this, no citizen within its dow to save the young from a career of ng newspapers for a living. One day main ever locks his house. crime by combining deterrent effect the said abruptly:

w.h a radical cure, and as a primary "Charlie, do you really want an out in California. The traveller down a ration with a blaster with a bla trial and educational training to fit"?"

him for earning his living honestly on "Well, yes, grandmother," said the his release from prisom.

It may be described as an advanced "Well, then," she said, "I'll help reloimatory, 16 being, in English law, you with part of the Government mothe age of "criminal majority," where did.

prisoners can no longer be placed in The story of the way he began him the state reformatory schools. It is aw studies seems to have been overespecially designed for the reclamatiooked. He selected Judge A. H tion of the "recidivist," or the habit-Case of Topeka, his home town, as a ual offender, in whom a series of legal preceptor, and went into his short sentences merely serves to con-pince one summer day.

nra the criminal habat. "Well. Charles," said the Judge, Upon his arrival at Borstal the you seem to be in a good deal of a prisoner has a bath and is medically hurry for such a hot day. What's and then when their consent was mamined. He is then taken before up?"

the governor, who explains to him the The boy told the Judge of his operation of the system and the bene-legal aspirations. The Judge wasn't The new roads will tap's fertile farm Ats which he may gain by-good con-enthusiastic. There were more poor region that will greatly add to the servitude is of soid and duct. The prisoner is taught field lawyers in Topeks, he said, than wealth of the northwest. work, or carpentry, or blacksmithing, there was practise for them. The most productive sulphur mille in the lawyers in the said of them.

SENATOR CHARLES CURTIS.

Modern Business Politeness.

Core for Pauperism.

was left in the almahouse.



on Tap For AlL

MOUNTAIN WONDERS.

A Wrate Acress Which No. Kallread Yet Runs-Tollgate Wagon Roads Not Yet Abellahed Only One in 2,000,000 Travellers Killed, But That te Many.

Bolse, Idaho, is the only place in the runs to this purpose & cas world where the streets are aptinitled test of Sallabury having lest with hot water. The city and county ter at a ball his majority he buildings are heated during cold picked it up and restored it weather without the use of a fire and the courting failed to 1 subscribers to the city water works smilles the king rescoved the system gat hot water all the time with-out the expense of stoves. This has panse," which is will the motion been accomplisend by harnessius an the order. That is the les inexhaustible hot spring and the novel words are also sacrified in the plan works perfectly, says the New which. Edward III, selected for York Sun.

Jackson county, Ky., is famed for family fouds, but it has other claims (stied still earlier, through and for mention. It has a population of royal decree, King Richard I. ha 10,000, yet there is not a single negro a select band of knights at Aere w voter, nor a citizen of foreign birth. wore a leathern band round the h

badly he wanted to study. He was tilleries and no workhouses. Futher or blue velvet an inch brook he

out in California. The traveller down a garter with a blaster array of

acres is owned by one man. A "bean multat has been elected to the ranch" may sound rather odd, but that that has been elected to the is what it amounts to. The annual bean crop of California amounts to 600 carloads

The announcement that several railroads are extending their branches scross South Dakota calls attention to the newly sledted knight to the the fact that it is the only state in the Union that has never had a state wide railroad. The Indiana first objected to having them cross their reservations, knight kneels, the king puts the ally gained the promoters were dilatory about putting the lines through.

Of (one delivers, the state) Bin person of Janes, the M the King of Spain bains members of the It was founded for back in Ill's reign, the date h to New Your Day, 1244 LICE CLEWR MARCH the romantic From

second Trench campaign. But It is said that the Gerte

incrusted with gold and bearing th They do things on a wholesals scale storm of solid gold. Charles L. Angeles rides through thiny-five mains from wearing on the scalloid of growing beans. A tract of \$1000 At Windsor Castle, after the ter of the order a coremony is possibly allowed to inpee the lunior knights proceed to the de the chapter room and, preceded the parter king of arms, who we ereign. With the assistance of two junior knights present the k buckles it on; then, while the tion over his shoulders.

The collar-which, like the od all orders, by the way, is a b duction is only \$2.50 + ton, while the of spid. and sreen the figure of the mint a A few wamon roads in the United dragon hangs pendent is States still maitain tollgates. One of The star, with its willing these is in the Shenandoah Valley in West founded by Charles Virginia. This pike runs for minety landed to be worn when the four miles through the heart of west- not in his robes. This man, ern Virginia, from Winchester to stored amdually in shape in t Staunton. It is operated by the Valley 100 years, was restanted by King Turnpike company and has eighteen ward to its priginal shape it toligates located at intervals of five The insignia are all present kaight by the king, but on him



So far as its domestics affairs are nations can endure more physical concerned, however, Afghanistan is he wears a blue dress, toil than the meat eating nations. concerned, however, Afghanistan is That is not the accepted view, but That is not the accepted view, but and the Amir is its absolute ruler. It is true. You cannot tire out a He is in his own person the court of Japanese, who eats rice. He Japanese, who eats rice. He appeals for all kinds of cases and he cleans his tinware and utensils; 6:30, will draw you around the town on a brogate the laws or proglaim pound of rice, and be as fresh at pound of rice, and be as fresh at new ones without let or hindrance the close of the day as when he from Great Britain. There were two

the close of the day as when he from Great Britain. There were two of grue; 7:30, chapel; after chapel, a pound of meat to save your life." a pound of meat to save your life." Dr. Wiley spoke of his "boys" in individuality in the list of nations: his "poison squad." "This is the first of parameter to him by the Indian fifth year," he said, "that we have Government of \$600,000 annually when those who wish to see the gov-been testing the effect upon health and digestion of preservatives, colors of grue; 7:30, chapel; after chapel, been testing the effect upon health and digestion of preservatives, colors of grue; 7:30, chapel; after chapel, been testing the effect upon health and the guarantee by the British for preservatives, colors of other substances that have been to protected against unprovoked potatoes, and meat and soup alterand other substances that have been be protected against unprovoked potatoes, and meat and soup alter-The young men are first allowed aggression.

to eat wholesome food," he went on. The country covers an area about "We buy the best in the market. It equal to that of the New England We buy the best in the market. It equal to that of the New England is carefully inspected by myself and analyzed. They have a preliminary period, during which we vary the ration, so that they do not either to bar 1901 gain or lose weight. Then we add tober, 1901.

a small quantity of one of the pre-servatives, like borax, adding half was ignorant of motor cars and rail-a grain a day to their food. They ways and much else that pertains to est that for ten days. Then we in-the ordinary life of Western civil-crease it to a grain, and they eat sation he has long been familiar with the long been familiar with the basis of the supervision of the much lagislation in their interests. Indian blood in the 'While the long of life from railroad value to the supervision of the much lagislation in their interests. That there was indian blood in the 'While the long of life from railroad value to the supervision of the supervision of the much lagislation in their interests. That there was indian blood in the 'While the long of life from railroad value to the supervision of the supervision of the much lagislation in the supervision of the much lagislation in the supervision of the supervision "Nothing is wasted. If they trim and personally expert at photogra-Nothing is wasted. If they trim phy. While he was yet a prince he their finger nails they have to bring took an excellent picture of his father

the trimmings to us, or if their hair is cut they bring us their hair, so we can keep track of the income of himself. The Amir supports a considerable

and outgo, just as you keep a bank harem. And has four regularly reaccount. In that way we can deter-mine whether these things disturb known as the Queen Wife, enjoys an the natural progress of affairs.

e natural progress of affairs. "We keep that up until we make allowances of \$\$75,000 a year. The allowances of the other wives are them ill, until we produce some \$300,000 and \$150,000 and \$75,000, effect, a disturbance of some kind. according to seniority. Then we put them on the old ration and observe that for ten or fifteen

Caontehone in Caba. days, until they are restored to their normal condition. This requires In describing the cultivation of a an enormous amount of analytical hardy variety of rubber tree in Cuba, work, and yet it is the only way in a writer in the National Magazine which these great questions can be of Cuba says that is. advisable to answered. You can theorize about plant the small trees about six metres it as much as you like, but the facts apart. In this way, at the age of must be ascertained before a final 15 to 20 years the trees having reached a height of say thirty feet, do

conclusion. "One of the interesting things we not interfere with minor cultivations. found was the effect of fumes of While the trees are reaching matu-burning sulphur, so commonly used rity, the grower can raise beans, in the preservation of foods. We kidney beans, nuts or cassavas, maexamined microsopically the blood of langa, cotton and maize. The pineeach of our young men. We counted apple will make a profitable inter- the last resort upon the willingness of and excessive. the blood corpuscies, white and red, polated crop.

and the amount of coloring matter, The caoutchouc requires no culbegan to take sulphurous acid their assisting the young plant, and when became diminished in number, the grasses and herbs. The tree can be blood being diminished."

Odd location for a Milestone.

The first milestone out of the city to take no more than one to one road to Colchester is to be found in and a half pounds, according to the the taproom of a beerhouse in the development of the tree: an average Whitechapel road. Probably the of one and a half pounds would be house was built over the stone. very reasonable.

Mrs. Astor's Income.

ber tree is extremely long lived, and The income of Mrs. William Astor from eighth to tenth year the tree the people come it is ready." "Very is put down at \$2,500.000 a year, will produce about six pounds annualunlimited. She is now 76 years old iy, and still remain in condition to and a great-grandmother. give service many years to come.

If methodically handled, the rub-

moted to the special grade, in which

His day is arranged as follows: He rises at 6 o'clock, washes, dresses, makes his bed, sweepes his cell and breakfast, consistingf of a loaf of wholemeal bread, butter, and a pint nately.

Between dinner and 1:15 the prisoner may read books supplied by the library, or knit. Every lad is taught to knit. At 1:15 work begins again, and ends at 5:80, where a supper of

bread and cocos is served. After sup business and allowed him to be enread or knit; the special grade are forthwith. Senator Curtis is a rethat standard one hour. Personal Quay not only freely corroborated carried is killed by acculent. The cleanliness is rigidly emiorced. One the story in his lifetime, but often Missouri, Kaness and Texas milway is bath a week is compulsory and an ex- spoke of the circumstance with pride said to hold the record for safety, it tra bath is optional. f to his friends.

The necessary adjunct of the Bor stal system is provided by the voluntary effort of the Borstal Association.

"A custom of politeness that is It is the business of the association modern in the extent of its practice, to take charge of prisoners upon their if not in its introduction," said a discharge. But its work begins in the man old enough to be acquainted prison itself, where the lade are visit. with ways comparatively speaking ed, their private circumstances are ancient, "is that of writing 'thanks' ascertained, and arrangements are set or 'thank you' after the signature on on foot to provide them with employ- receipted bills sent in due course on ment upon their release. On their payment of accounts; a form that houses in the United States is found in mar of Baint Martina about arrival from prison, Lodgings are costs little effort on the part of the found for them, unless they have a signer and that is sure to be not good home to which they may go, and arrangements for their employment are concluded. The last are then are concluded. The lads are then

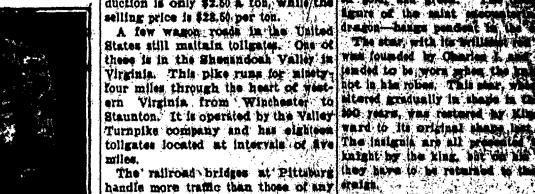
constantly visited by the agent of the ance, not likely to be surprising, but association. to-day there came to my attention The association points out that the an instance of courtesy in this form success of the system must depend in that did at first seem rather strained

employers to engage these lads, and "On a receipted bill received with that their engagement is really a form goods sent to me C. O. D., I found and we found that the moment they tivation. the grass and the vegetation of valuable service to the state and it after the signature the polite 'thank appears to employers of labor to you,' and here this seemed almost blood corpuscies began to fade and older the shade eliminates all useless enroll themselves as homorary mem-superfluous; for this was a transient bers of the association. Those who and impersonal transaction. But a orygen carrying capacity of the tapped at the fifth year, but more have employed the lads, among whom moment's reflection showed that the satisfactory results will be attained are some of the largest employers of 'thank you' here was really neither. labor in the country, "have had rea- superflous nor excessive, but guite son as a rule to be satisfied with the correct; that we should have reresult."-Brooklyn Eagle.

> His Splendic Appetite, the time of their purchase." The composer Rissini was a great eater. He went one day into a res-

taurant and ordered a dinner for three. Alter a while the waver said the people."

The Judge saw that he meant throughout the year. The cost of pro-



handle more traffic than those of any stallan. other city in the country. The siruo- The manile is of purple vely ture over the Monongshels in that city with white slik, with the backs is the finest and largest on the cont order on the left shoulder. The tinent. The entrance of the Wahaah is closed by a cordon of parts railroad into Pittsburg was so dimoutt and sold in squal parts. Qu that inside of sixty miles it had to forin's mantle was nine feet it

great million dollar terminal at Pitts- Morten than the movement). per, until 8, the ordinary grade may lered as a law student in that office burg stands within the limits of old . The marter is worn as the Fort Duquesse It is also on the site over & white silk sto given, two or three times a week, sular member of the Kaw tribe, al- of the old land office of Governor Dun- belanced on the right an hour's recreation in the school-Indians, and is responsible for culty in disposing of hundred are knights wert it on the

tional attainment does not reach the veins of the late Senator Quay is dissiers in the United States is great. The administer for the late Senator Quay is dissiers in the United States is great third standard have two hours in- often spoken of as an unauthenti- the statistics show that only one per- Garter is one of the struction, and those who have passed cated rumor. The truth is that Mr. son out of every two million whe are caremonies in the world.

> having never killed a passenger lation one of its conches in thirty years. The Arter bis conversion be Chira United States already has nearly half the dith conjury as toos of the railroad mileage in the world, re Heint Martin as his standar and in six months of last year 1.00 according to mone writered and in air months was laid. The net rually part of the clean w that we used \$4,000,000 milliond the in saintly Blahop of Tours out twelve months shows where a large order to share it with a part of our timber supply is going Aniens More credible and The highest percentage of rented however, meant that it was Washington, D. C. Three-fourths of After Clovis, the Meroving the private families in that city live in seem to anye returned to the the private families in that city live in rented homes. Next to the District of Columbia the state, with the Targest percentage of rented homes is Rhods Island, and after that South Carolina. The Southern States all rank high as renters, because of the negroes. The smallest percentage of rented homes is found in North Dakots, South Dakots and Oklahoma. For years past Americans, have been

Rockies, are like a sidesbow to a cir-cus. In Colorado alons there are 155 down to the pattle of a mountain peaks that are more than 1418 In the mountime 13,000 feet high, which is ten times more than there are in all of Phirope, decornised with the High peaks are so numerous in that stead of the room of C ceived from the salesman if we had state that there are servinty-two which this form it was card paid him the cash for the goods at have never been named.

San Francisco's Sore Spote San Francisco's "Barbary Coast,

Finding that stone-breaking and ille its Chinatown is being re-stocted sakum picking were not profitible on the old site, thus fulling the pre-"The dinner is on the fire, sir; when enough the authorities of Horsham, dictions of those who said that the this con the people come it is ready." "Very England, decided to put able-bodied noon resolutions made after the firs corr is well," said Rossini, "serve it I am the to work at grinding corn in a mill. Next day not a pauper by the San Franciscans would not he

build a string of twenty bridges. The the knights have mante

The first western sover t fag was Clovis, King of t the fifth century he took the

and Oklahoma. For years past Americane have been "running over" to Buroge to see moun-tains which, compared with the German Respect Heary V Contraction of the second of the second down to the ballie JING PARTIN COMPANY

Grane Antes Poldiers complete series of the

by waiting until the sixth year, and then, instead of abstracting two or three pounds of juice, it is prudent

