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OUR ATHLETIC SOLDIER
 Has More Training Than Those of Other Lands.

REFINING INFLUENCE
 Almost Every Post Has Its Athletic Club—Work of Their Track Teams, Elevens and Nines Excellent—Moral Effect Good—Bond Between Officers and Men.

The United States soldier is tougher and stronger—physically tougher—than he was before the Spanish war. It is not the war which is to be thanked for it. Athletic training has done the work.

It is said by Army and Navy Life that this country gives far more attention to the physical culture of its soldiers than does either Great Britain, France or Germany. While they require a daily setting up exercise similar to our own, these gun callisthenics and other prescribed forms of muscle stretching are supplemented in this country by athletic sports.

The average soldier would not be much of an American if he were not fond of baseball, while he makes a first class man on the football team because the daily routine keeps him hard, yet wiry and supple, and gives him plenty of wind. Within the last two years college elevens have sought matches with military teams because they get such "fine practice," to quote the trainer, but the practice has more than once ended in the soldiers scoring every point.

But the garrison bets its money on others besides its nine and eleven. It has its high jumper, its long distance runner and sprinter, its strong man, who can put the shot and throw the hammer, while its team in the relay race is carefully selected for fitness and endurance. The athletic committee often has its hands full to select entries for a field day—not from lack of material, but because there are so many good men from whom to choose. The Colonel or Major willingly consents to act as one of the judges. The Captain puts aside his dignity to act as starter in the races. For the time rank is forgotten in the interest in this man or that team.

One of the most spectacular exercises sometimes included in one event in the West is the storming of an imaginary fortress, whose apparently impregnable walls must be scaled without any artificial aid whatever. The rampart of the fort is a fence of smooth boards, thirteen feet high. It would be impossible for a single athlete to leap over it or to ascend it by pressing against its surface with hands and feet; but a squad of men can surmount it in less than half a minute.

The attack is made in a column with four abreast, the front rank men far enough in advance to have time to brace their backs against the wall before the next file reaches it. Each of the second four jumps with one foot upon the clasped hands of a soldier in the first file, who forms a human spring, pushing the other man up until he can catch the top of the wall with his fingers, pull himself up, and drop down on the other side.

Up comes the next file and the movement is repeated until the ladders alone remain. Two of the four go up with the aid of their comrades, and bracing themselves on the top, lean over to catch the hands of the pair below, who reach them by a running jump and are pulled up by main strength.

Perhaps the most remarkable feat in this whole series of movements is that of carrying dead and wounded men over the wall. The soldier who is supposed to be killed or maimed is taken up on a human platform composed of twelve men.

Two suspended from the top keep the second tier of men from falling, while two between them are ready to pull up the victim. He is lifted from the ground by four others, who in turn are supported on the backs of the first tier. After the body is carried over, the others follow, using the same method as before. A man can be lifted from the ground and deposited on the other side of the wall in less than a minute in this manner.

The number of arrests of soldiers for petty offences, such as drunkenness, has rapidly decreased recently, because they do not frequent the grog shops and worse resorts to such an extent as formerly.

The ball match and the field day have not only given him something to work for but to talk about and think about. Here is a healthy sort of amusement which interests any man who has good red blood in him. When the match is pulled off between the posts he may not be in one of the teams, but he is just as much interested when with his comrades, he cheers for his side.

The sporting spirit is also developing esprit de corps, bringing officers and men more closely together, since both are interested in the common cause. In the mutual desire to see "our man" make the highest jump or "our club" run up the highest score rank and file have a bond of sympathy between them.

FOOT BINDING IN CHINA.
 Practical Measures Enforced to Abolish This Custom.

Jealous of Western civilization and the larger life for the women of China, the ruler of that vast empire has issued an imperial edict against the binding of girls' feet. But China is enslaved to customs, and to make a law against the custom of foot binding plunges the Emperor into a sea of trouble.

What if Congress were to enact a law against the women of the United States wearing corsets? Would the women of fashion stop wearing them, especially now that smaller waists are required by the newest styles? But the Emperor has his way out, and so another edict goes forth. It says that no man shall hold an imperial or a governmental position whose wife or whose daughter has bound feet, despite their loveless marriages, the women of China are ambitious for their husbands' political success and work quite as hard as the wives of American politicians in their interests. Moreover, the Empress of China is giving generously of her own fortune to establish schools for girls, even those affording higher education, and one of the fundamental laws governing these schools is that no girl whose feet are bound can enter.

The Empress herself is a large-footed woman who has never countenanced the custom of foot binding and who has exerted many efforts to overcome the custom, which is one of the dirtiest and most rigid in China.

In the past twenty years many attempts have been made by the Chinese themselves to do away with foot binding. The strongest and most gifted native writers have used their pens and their influence against it, so that, both Christian and non-Christian, have discouraged the custom. Dissertations have exerted their every effort; but to no avail, seemingly.

Arthur H. Smith, D. D., in his book, "Village Life in China," that is a veritable series of pictures, writes "I well know that the greatest emperor who ever sat upon the throne of China dared not risk his authority in an attempt to put down this custom although his father had successfully imposed upon the Chinese race the wearing of the queue as a badge of subjection."

"A quarter of a millennium of Tartar rule seems to have done absolutely nothing toward modifying the practice of foot binding in favor of the more rational practice of the governing race, except to a limited extent in the capital itself. But a few miles from Peking the old habits hold their own. The only impulse toward reform of this useless and cruel custom originated with foreigners in China and was long in making itself felt, when it is now, especially in the central part of the empire, beginning to be."

The practice of binding the feet of Chinese girls is one of the first things that foreigners learn about China. The fact that American girls "bind" their waists is one of the first things that Chinese girls hear about us. But one of the strongest traits of Chinese character is illustrated by this one custom that narrows the life and usefulness of a person. It is the innate readiness to endure and even inflict great pain and prolonged torture in maintaining a custom, even one that has no other significance than personal appearance.

A distinguished writer on Chinese customs has said: "There is no other, non-religious custom peculiar to the Chinese, which is so utterly opposed to the natural instincts of mankind and yet which is at the same time so dear to the Chinese and which would be given up with more reluctance."

Female feet cannot help but wonder how large a full-grown, well developed Chinese woman's foot would be compared with an American woman's. The Empress is said to have a singularly well-shaped foot that is not exactly dainty, but which is attractively arched, and so seems not so large as it perhaps is.

Among the Hakkas, or hill people, in the south of China, there are unbound feet. Here the women are somewhat larger of frame than the usual Chinese woman, but their feet are about like those of our Southern women, shorter and broader than those of the usual Northern type in the United States.

So it looks as if China is to have her new woman if the overthrow of a custom centuries old and the establishing of girls' schools are to count for anything.—New York Times.

Gas Pressure.
 A manufacturer of high-grade gas ranges in Columbus, O., tells me that the gas pressure in the various states varies so much that it is impossible to regulate a range without sending an expert along with each order that perfect satisfaction may be assured. This costs money. Consequently ranges come high. And about one purchaser of such a range out of a billion understands how to regulate the flow of gas, even when the "mixers" operate as they were designed to do. There is always either too much gas or too much air. To have perfect cooking there must be an equilibrium of the two agents. If too much air the burners pop out; if too much gas the utensils are covered with soot. What you want is a royal blue flame, without a bit of white light.—New York Press.

IN A CHINESE HOSPITAL
 How the Sick and Old are Cared For by Their Clan.

BASIS OF TREATMENT.
 Their Drugs Possess the Power of Driving Out the Evil Spirit of Sickness—Averse to Calling Their Place a Hospital—All Receive Good Care.

Just behind the western border of New York's Chinatown, half way between Mott and Mulberry streets, on Park street, facing the side entrance to the Transfiguration church, stands a little old-fashioned two-story red brick building. Across the front stretches the sign, in large gilt letters, or, rather, Chinese characters: "Chung Wah Kong Sor E Sang Fong."

The Chung Wah Kong Sor E Sang Fong, translated into English, is "The Combined Chinese-speaking Society's Hospital." Even this means little to those unfamiliar with Chinese customs and beliefs. But to those who know it suggests the mysteries of the powdered toad and cockroach, of snake skins and frog skins, oil of snails, and herbs, and other "yock up" or medicines. It also suggests one laudable characteristic of the Chinaman which he possesses more than any other race—he cares for his own. No Chinaman is ever the recipient of outside charity, and the poor and sick of the race are never a load on the white people. The little hospital at 105 Park street receives them, rich and poor alike, and it is supported entirely by contributions from the Chinese-speaking people, says the New York Times.

The little institution is comparatively new. It owes its origin to Hoi Yoo, the Chinese Consul in San Francisco, who visited New York five years ago. He suggested to the Six Companies that they immediately establish such a hospital. The merchants acted upon his suggestion, and in a short time an organization was effected under the guiding hand of Lee Yick, the merchant at 34 Pell street, and the little building was leased at a monthly rental of \$70.

The hospital is supported by contributions from nearly all Chinamen within a distance of 500 miles from New York, and draws its patients from all this great territory. White people have a pretty general idea that the Chinaman is devoid of that quality known as "grit." But in cases of illness he is the personification of "grit," and when he succumbs and abandons his work, in nine cases out of ten he is soon a fit subject for an undertaker. The most prevalent disease among them is consumption.

Joseph Chung Hoe, the chee noy, a native of the south of China, born in Canton, was put in charge of the hospital at its origin and still does all of the nursing and conducts all of the business of the institution. He came to the United States thirty-four years ago, and for many years was a nurse for prominent physicians of Philadelphia and New York. Combined with his practical experience, he is very intelligent, speaking and writing almost pure English.

The Chinaman has a peculiar prejudice against calling the Chung Wah Kong Sor E Sang Fong a hospital. Call it by that name, and, although extremely reticent about speaking of it, he will quickly correct you.

Most of the "Chinamen," when they go to the hospital, prefer the "Chinese-like" doctors, who treat them according to the customs laid down by the old oriental physicians thousands of years ago. The walls of the wards in the hospital are covered with inscriptions of these old physicians. Their manner of treatment is based not on the idea of the curative properties of their prescriptions, but on their power of driving out the evil spirits of sickness. The Chinaman looks upon the "Chinese-like" doctor with more awe and reverence than he does upon the "Mellon-like."

In the hospital the feeble or sick Chinaman lacks for nothing to make his heart glad in his declining days. Money or no money, "cousins or no cousins," he is treated just the same. Banquets are of nightly occurrence in some of the numerous Chinese social clubs, and the choicest viands left over from these are always taken to the hospital. Whoever gives the banquets considers it a bounden duty to prepare a sufficient amount that the Chung Wah Kong Sor E Sang Fong may be presented with a goodly quantity. This is taken to old Joseph Chung Hoe, the chee noy, or nurse, who conducts all of the business of the institution, even to receiving the contributions.

When the sick Chinaman has reached that stage where he can eat no other food, he is kept alive on fuel, or cream of rice, the most expensive food known to the Oriental. It is all imported from China, and is so delicate that hardly one case in four reaches New York without being ruined by mold. It consists of rice beaten into a pulp, pressed and dried in the sun, then cut into slices and cooked with cream.

UNCLE SAM'S WATCHFULNESS.
 Trying to Protect Fast Vanishing Species and Alligators.

A century ago the water and lands now in the possession of the United States government were the habitat of the world's biggest fish, animals and reptiles.

The buffalo was monarch of animals that roamed the plains, the seal was worth more money than any denizen of the deep, and the ferocious alligator ruled without contradiction in the swamps of the South.

The day of their native supremacy is gone, and now they would actually suffer final extermination but for the protecting hand of Uncle Sam.

The United States government has made protection of its seal fisheries an international policy; it has established a national park for the remnant of the herds of buffaloes and it will soon move to prevent the last saurian in the swamps of the South from yielding its life to the peit hunter.

It is only in late years that sentiment has grown up in favor of the alligator. That unwieldy, ugly creature was once regarded as a foe to the public order and his complete extermination at a stroke would have seemed the best thing that could happen, but the commercial uses to which the tough alligator hide can be put—as made a new sentiment and soon national legislation will be invoked to restrict indiscriminate killing of the wamp king.

Not mere sentimentalism alone argues for protection of the last survivors of Uncle Sam's lower giants. The buffalo had to go from the plains in order to make way for man, but he should have been driven into herds and preserved in numbers. The killing of the seal to get the skins is a laudable and proper use of the animal, provided the killing is done with such system that the race of seals be not exterminated. So with the alligator. Take the lives of as many as are needed for the purposes of commerce, but do it according to far-sighted wisdom.

The alligator is nearly wiped out, but the big saurian multiplies quickly and in great number, so that with only reasonable protection he would soon flourish again.

Not so long ago the swamps, rivers and bayous of Florida and other Southern States fairly abounded with the creatures. Formerly they got as far north as Georgia, but now they are only found on the southern coast line of the extreme Southern states. They are still numerous in the Everglades for the reason that it is hard to get at them there.

An early explorer says he found alligators so plentiful in Florida that once at a point where the St. John's river is half a mile wide they were packed so closely that had they kept still he could have crossed the river on their scaly backs.

As Florida began to settle, the alligators were killed off for the protection of the people. The reptiles had prey tendencies that made them a constant nuisance. Ordinarily they subsist on fish, but when hungry they did not hesitate to come inland and steal whatever came within reach of their huge tails, a blow from which would mean death of lambs, pigs and even small calves and colts.

Every time the gator attempted to intrude a posse would be formed and a trail of alligator carcasses would be the outcome of a 10 days' hunt.

It was not, however, until the saurian developed commercial possibilities that the real devastation began. Trunks, traveling bags, purses and all kinds of leather novelties could be made from alligator hides. The traffic took such a sudden bound that in a short time Florida was sending north about 200,000 skins annually.

The favorite method of hunting was to go out at night and blind the reptile with a strong light from a lantern strapped to the head of the hunter. Thus equipped he could get within a few feet and use his heavy revolver of short gun with deadly effect. At the present time, despite the declamation, there are still enough alligators to make the business of hunting them a profitable one to hundreds of Indians and whites.

In addition to the sale of the skins there is a demand for baby gators, which are stuffed and sold.

Although the alligator is a great swimmer, he gets around on land but slowly. Yet they have been found 15 miles inland. They can live out of water for an indefinite period as long as they get plenty to drink.

The alligator is a long lived old customer, and frequently reaches the age of 150 years.

According to present plans Uncle Sam proposes to have a certain district set apart where it shall be illegal to kill the big saurians except at certain times and in regulated numbers. In this way it is hoped they will be preserved indefinitely.

The buffaloes that remain in the United States are already under protection. Only such action prevented the grand old monsters of the plains from being wiped out altogether.

Sign of Secrecy in Greece.
 The rose is the emblem of secrecy in Greece, and was formerly hung over the table where guests were entertained, in token that nothing heard there was to be repeated. Hence the expression "sub rosa."

SHEDDING TATTOOED SKIN.
 How Modern Science Removes Flesh Pictures.

Here's glorious news for those persons, who yielding to a personal whim, a fad of their particular set, a youthful freak of the fancy, or what you will, had recourse to the art of the tattooer—and now bitterly regret it.

For modern science has come to the aid of those who have long sought a safe remedy for the removal of the supposedly indelible designs they once were proud of.

Until quite recently attempts to remove tattoo marks have not only met with failure, but with failure in a distressingly disastrous form. Criminals, who have a curious leaning toward the art which sailors worship, have discovered that an odd design upon the breast or arm may easily be used as a mark of identification and will be among the best patrons of any school for removal of artistic designs in gorgeous colors from the human skin that may be established.

Asked if there is any danger attached to the new process, the professor will say with every show of frankness—

"None in the world. The process is so simple I can easily explain it so even the novice in matters of a surgical nature may understand.

"First of all it involves the removal of the skin on which the tattoo marks are imprinted. If the design be a circular, oblong or square affair, or if it be one of those zigzag designs the Japanese are so fond of dashing off, it will be necessary to tattoo the unpunctured skin so as to cover the entire surface of the square, oblong or circle of flesh to be removed.

"The process is gone through with the use of an anesthetic and after cauterizing, that makes it insoluble to juices of the flesh. After three days the old skin will slough off.

"Everything used is harmless—nothing is employed that can be absorbed in the system. The parts are bandaged tightly. There's no inflammation, no pain. It requires but three days to heal and when the old skin peels off it's just like removing the skin from a particularly mealy, well cooked potato.

"It doesn't draw blood. For the patient the ordeal is less painful than the healing of a boil, and indefinitely less painful and annoying than having a tooth filled."

"Will it leave a scar?"
 "Certainly not, not if an artist does the work."

"With proper care there is absolutely no reason why there should be any mark left to show that a varicolored design had once been a distinctive feature of the anatomy of the individual operated upon. Why the methods used by the old timers in healing wounds are responsible for many a scarred face that would otherwise be free from any noticeable blemish.

"Carbolic acid should never be used, nor should soap and water."

It will be noted the professor mentions none of the articles employed in the working out of the new discovery. He declares it would be dangerous to do so—dangerous for any amateur who might attempt to indulge in a little oblation on his own account.

It may be news to some persons that the human skin is coarser than that of most animals—that it is in fact, one-eighth of an inch thick, but the tattooer, who undertakes to remove marks supposed to survive time, will tell you that he knows this to be a fact.

The Princess Chimay could display a few creations of the tattooers' art which might shock even those who have read accounts of her various exploits with unconcern.

Many persons have found it profitable to be tattooed. For instance, there was a Captain Coetentenus, Barnum's original tattooed man, as he was called. The Greek Albanian was advertised as the only man who ever had been tattooed from head to foot and was exploited extensively throughout the country as the most wonderful curio of his time.

It became quite the fashion to exhibit tattooed men in museums and inevitably the tattooed woman. Then came the limit—the "tattooed child," that was "born that way!" The child was the daughter of tattooed parents. Although she bore no unusual marks when she came into the world, she was actually painted artistically and exhibited as a tattooed baby—the only one in captivity, or something of that sort—when she was less than a month old.

About this time freaks for side shows were in demand and tattooed men and women became quite the fashion.

Electricity was brought into play to improve the tattooers' art. Small instruments containing from 8 to 100 needles were employed to give life and color to the most delicate designs.—New York Herald.

Artistic Depression.
 Academic art, perhaps in a greater degree than art generally, has of late years entered upon a period of infelicity. Many artists have appeared in the papers as being in financial difficulties, and even some dealers, and the Royal Academies of Scotland and Ireland at least have experienced a certain amount of dislocation.—Yorkshire Post.