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Travelers Guide.

MENTRAL RAILROAD OF PENNA. Condensed Time Table effective Nov. 6, 1905.

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Italians to be Sent to Farms.

The three big Italian charitable societies in New York city have united for the purpose of establishing a bureau which will investigate all complaints made by Italians and all injuries done to Italians anywhere in the United States.

Attention is also to be especially directed to relieving the great congestion of Italians in New York by distributing them among the rural communities, where work will be found for them on the farm.

VICTORIA FALLS.

Called "the Most Beautiful Gem of

the Earth's Scenery." The Zambezi river, carrying a huge volume of water two miles in width, as it reaches the western borders of Rhodesia precipitates itself into a cavernous gorge and thus traverses the northern plains of the country.

This great drop in the river has produced "the most beautiful gem of the earth's scenery," the Victoria falls. Almost twice as broad as Niagara and two and a half times as high, an immense mass of water rolls over its edge to precipitate itself in magnificent splendor 400 sheer feet into the narrow canyon below.

Undeterred, the Rhodesian engineers, without detracting from the natural seauty of the surroundings, threw across the canyon a splendid 650 foot cantalever bridge and thus opened the way to Tanganyika, to Uganda, to

This bridge, the greatest railway engineering triumph of Africa, deserves more than passing notice. It consists of a central span weighing approximately 1,000 tons, 500 feet in length and 30 feet wide. The steel work is of rolled steel weighing 490 peands to the eubic foot. The end posts of the bridge are over 100 feet long. The pull on the

anchorage apparatus is about 400 tons. The contract for the construction was obtained by an English firm of bridge builders-the contract time fifty-five weeks. The work of erection was carried on from both banks, the material being taken across the river by means of an aerial electric railway. The electrical conveyor of this cable way was capable of dealing with a ten ton load at a lifting speed of twenty feet per minute and a traversing speed of 300

An initial difficulty in the construction of the bridge was the securing of a firm foundation, and owing to the crumbling nature of the bank a much greater quantity of concrete was necessary than estimated.

feet a minute.

The construction was happily unattended by accidents of a serious nature, though a few slight accidents to body work and the replacing from England of one piece of steel work were recorded. In spite of these delays the bridge was linked up at 7 a. m. on April 1, 1905, or exactly forty-eight hours earlier than had been estimated a year before.-Lieutenant Colonel Sir Percy Girouard in Scribner's.

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It has the abiding confidence of the people-the strongest proof of its unequalled It purifies the blood, cures all blood diseas-

es, all humors and all eruptions. It strengthens the stomach, creates an appetite and builds up the whole system. It cures that tired feeling and makes the

In usual liquid, or in new tablet form, 100 51 22

ASSUMING A VIRTUE. What Can Be Done by Right Think

ing and Self Control. Zopyrus, the physiognomist, said, 'Socrates' features showed that he was stupid, brutal, sensual and addicted to drunkenness." Socrates upheld the analysis by saying, "By nature I am addicted to all these sins, and they

were only restrained and vanquished

by the continual practice of virtue." Emerson says in effect, "The virtue you would like to have, assume it as already yours, appropriate it, enter into the part and live the character just as the great actor is absorbed in the character of the part he plays." No matter how great your weakness or how much you may regret it, assume steadily and persistently its opposite until you acquire the habit of holding that thought or of living the thing not in its weakness, but in its wholeness, in its entirety. Hold the ideal of an efficient faculty or quality, not of a marred or deficient one. The way to reach or to attain to anything is to bend oneself toward it with all one's might, and we approximate it just in proportion to the intensity and the persistency of our effort to attain it.

If you are inclined to be very excitable and nervous, if you "fly all to pieces" over the least annoyance, do not waste your time regretting this weakness and telling everybody that you cannot help it. Just assume the calm, deliberate, quiet, balanced composure which characterizes your ideal person in that respect. Persuade yourself that you are not nervous or excitable, that you can control yourself, that you are well balanced, that you do not fly off on a tangent at every little annoyance. You will be amazed to see how the perpetual holding of this serene, calm, quiet attitude will help you to become like your thought .- Success.

CATCHING COLD.

Suggestions That May Keep One From the Doctor.

A person in good health, with fair play, easily resists cold, but when the health flags a little and liberties are taken with the stomach or with the nervous system a chill is easily taken and, according to the weak spot of the individual, assumes the form of a cold or pneumonia, or it may be jaundice. Of all causes of cold probably fatigue is one of the most efficient. A jaded man coming home at night from a long day's work, a growing youth losing two hours' sleep over evening parties two or three times a week or a young lady heavily "doing the season," young children overfed and with short allowance of sleep, are common instances of the victims of cold.

Luxury is favorable to chill taking. Very hot rooms, feather beds, soft chairs, create a sensitiveness that leads to catarrhs. It is not, after all, the cold that is so much to be feared as the antecedent conditions that give the attack a chance of doing harm. Some of the worst colds happen to those who do not leave their house or even their beds, and those who are most invulnerable are often those who are most exposed to changes of temperature and who by good sleep, cold bathing and regular habits preserve the tone of their nervous system and circulation.

Probably many chills are contracted at night or at the fag end of the day. when tired people get the equilibrium of their circulation disturbed by either overheated sitting rooms or underliented bedrooms and beds. This is ecially the case with elderly people. In such cases the mischief is not always done instantaneously or in a single night. It often takes place insidiously. extending over days or even weeks .-London Lancet.

Fighting the Current.

Papua has swift streams well stocked with fish. An explorer tells of Papuan fresh water mullet which sometimes weigh as much as fifteen pounds. These fish are wonderfully provided by nature with an appliance which helps them to combat the extraordinary currents. At one moment you will see them being swept down resistlessly, but suddenly they shoot off into the quieter water and attach themselves to the rocks by a strong sucker near the mouth. There they hang just outside the current, their tails moving gently with it, and when they have recovered their strength they make another dash through the swifter waters."

Observance of the Sabbath. There was the minister of Tweeds-

muir who on a certain Sabbath found a salmon stranded in shallow water and who, being unable conscientiously to take it out on such a day, built a hedge of stones around it and, returning on the morrow, claimed his prize. There was the old farmer who could not go to the kirk because he had neglected to shave on the Saturday night, and he would not profane the day by the use of any edged tool.-Macmillan's Magazine.

A True Fish Story.

Here is a fish story told by a British nobleman: An Irishman had caught a big pike. Noting a lump in its stomach, he cut it open. "As I cut it open there was a mighty rush and a flapping of wings, and away flew a wild duck, and when I looked inside there was a nest, with four eggs, and she had been afther sitting on that nest."

Shocking Precocity.
"What is the result," asked the teach-

er of the primary class in arithmetic, "when you put two and two together?" "A kith," lisped the curly headed little girl in the front row.-Chicago Tribune.

There are many diversities of vice, but it is one never failing effect of it to live displeased and discontented .- 9ez-

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