

NEW NATIONAL HYMN.

My country 'twas in thee, Land where we used to see Things cheap, we sing; Land where we once could buy Things that are now sky high. To thee our children cry And memories cling.

THE GOLDEN CANDLESTICK.

Each month the Gray Eagle Mining Company makes an award to that one of its employees who best distinguishes himself for bravery, courage and undaunted valor.

Westguard, the foreman, held the stick over the mess table where the light from the incandescent lamps made it glitter like a jewel.

Among the number who heard the foreman's announcement and got a glimpse of the prize, was Bob Stevens, the "camp rustler."

He started to move, dragging the bag of gold. For the first time he realized the fact that the bag was heavy as lead; also he found that his tattered coat was in the way.

When he finally revived he found himself almost too weak to move. His courage failed him. "What's the use?" he asked himself.

"I want you to take this down to Grant's Pass and have it shipped by Wells Fargo express to the mine."

The superintendent looked Bob in the face while he spoke, as if fully to determine the boy's worth for such a trust.

There were special reasons, of course, why Jason sent out the clean-up by Bob Stevens.

Bob believed the trust was imposed upon him because there was a man who had faith in him; and this belief, new-born and pulsing, warmed his blood and made his heart beat faster.

The boy soon left the main road and pulled into the Government trail, an old and practically abandoned shortcut that would allow him to reach Grant's Pass by noon.

Bob believed the trust was imposed upon him because there was a man who had faith in him; and this belief, new-born and pulsing, warmed his blood and made his heart beat faster.

He would not resist stretching himself at comfortable ease for a time, and before he knew it, sleep came upon him.

the absolute stillness of the mountains that troubled him. Six miles of the trail were flung behind. Then he dropped deeper into the canon, and struck the approach to Deep Hollow bridge.

When less than a third of the way over, the bridge reeled frightfully. The horse stopped, stiffened his legs, and snorted in terror.

Given its freedom, the horse dashed off the bridge, leaving the boy scrambling and clawing over the swaying, sinking wreckage.

The youth lost consciousness when he fell. Some time later his senses returned. He found himself bruised, torn and bleeding, with a mass of broken boughs and planks.

"Both ankles are sprained," Bob remarked grimly. "But I'm going to get out. I promised Jason I'd take the gold through."

"How?" the taunting voice of cowardice seemed to speak out of the forest silence.

"Yes I can," Bob returned firmly. I'm good for three miles even with both feet out of business. That will take me down to the stage road."

When he finally revived he found himself almost too weak to move. His courage failed him. "What's the use?" he asked himself.

He moved through the quiet hours of the morning, a few yards at a time, lifting his head every little while to keep his bearings.

Noon came, and the April sun, pouring into the canon, turned like an orb of molten metal.

By lifting his head he could glimpse a spot of green, far down at the lower border of the shale field.

He could not resist stretching himself at comfortable ease for a time, and before he knew it, sleep came upon him.

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RUSSIAN DYNASTY OVERTHROWN

Czar Nicholas Abdicates the Throne of Russia and a new Form of Government is Set Up by Revolutionists. Country Will Take More Active Part in War.

The entire world was electrified last Thursday by the news that the Emperor of Russia had abdicated and Grand Duke Michael Alexandrovitch, his younger brother, had been named as regent.

For several days Petrograd had been the scene of one of the most remarkable risings in history. Beginning with minor food riots and labor strikes, the cry for food reached the hearts of the soldiers, and one by one the regiments rebelled.

The president of the duma, Michael V. Rodzianko, was the leading figure among the deputies who unanimously decided to oppose the imperial order for a dissolution of the house.

Confidence is everywhere expressed that, under the direction of the new government, the military and industrial forces of the country will be enabled to carry on operations upon a much larger scale than before.

Endless friction between departments and the continual fear on the part of the old government that too complete organization might result in the sudden growth of popular power have left a great part of the resources of the country inert and useless.

Meetings of the committee of town unions in Moscow that assembled to discuss means of remedying the industrial disorganizations of the country were broken up by the police under the instructions of the ministry of the interior, which feared that such meetings might provide opportunity for the dissemination of propaganda against the government.

Probably no event of similar magnitude ever had a less colorful aftermath, or was accepted by the people so vitally affected with less of a demonstration. With the exception of a few parades, chiefly in the district of the duma, people went soberly about their business as if satisfied with a good task well performed.

Grand Duke Nicholas has ordered the release of the political prisoners who have been incarcerated at Baku, in the Trans-Caucasus, Reuter's Tiflis correspondent telegraphs.

The Grand Duke advised senior and junior officers to the soldiers and sailors, now that the throne has been renounced by Emperor Nicholas, that they should quietly express an expression of will from the Russian people. It is their sacred duty, the Grand Duke said, to continue to obey the lawful chiefs, to defend the country from the enemies and from their exploits to support their allies.

There has been some uncertainty about the whereabouts of Grand Duke Nicholas, who is reported to have been selected for chief command of the Russian armies.

Darkness had dropped its dark mantle over the mountains and the lights of Grant's Pass twinkled through the gloom, when a horse came down from the old Government trail and entered the little valley.

On the evening of April thirtieth, when "chuck" was over, and just before the night shift went down into the mine, the Gray Eagle crew assembled in the mess room to witness the awarding of the golden candlestick.

Modesty, as well as physical weakness prevented the youth from telling his story, so Jason told it for him. Then the vote was taken. The decision was unanimous. Acting upon the verdict, the big boss placed the glittering prize in Bob's trembling hand.

He—The love I have declared for you is a perfect love. She—And will you swear that you have never loved another? He—Ah, darling, you forget that it is practice that makes perfect.—Boston Transcript.

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WILL FIGHT TO A FINISH. With the final cementing of the elements concerned in the construction of the new government upon the ruins of the old, the new cabinet ministers, relieved of the heavy grind of the endless conference of the last few days in which they suffered many anxious hours, have assumed the posts to which they were assigned.

Professor Paul N. Milkooff spent Sunday at the foreign office. In the afternoon he received the diplomatic representatives of the entente allies, after which he entered upon a long cabinet conference.

One of the first acts of the minister was to send a series of cable messages to the Russian diplomats abroad to the effect that Russia was united in the desire to fight out the war with the allies, the determination to continue the conflict until the victory is achieved being stronger than ever.

The armies in the field have advised that the abdication of the Emperor has been enthusiastically acquiesced to by the Russian diplomats abroad to the effect that Russia was united in the desire to fight out the war with the allies, the determination to continue the conflict until the victory is achieved being stronger than ever.

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OUR CHILDREN'S POSTURE.

The Chautauqua Reading Hour

WILLIAM BYRON FORBUSH, PH. D. EDITOR.

Did you know that good posture is one of the requirements for promotion in the Brooklyn schools?

Did you know that not 40 per cent of our children have the habit of standing correctly? Did you know that incorrect posture is often an evidence of eye-strain or defective hearing, that it often leads to spinal curvature, and that it is possible through displacement from poor posture to put the stomach in such a position that the food cannot pass out of it?

Did you realize that by habits of poor posture created in childhood, literally, "as the twig (child) is bent, the tree (man) is inclined," and are almost impossible to cure in the adult?

Incorrect posture is often due to insufficient nourishment, to carrying books or newspapers or bundles upon one's hip, and to sitting in chairs that fairly mold the children into wrong attitudes. It is during the years of life when there is the greatest increase in weight and in the size of the vital organs that children slouch the most.

CERTAIN POPULAR FALLACIES. Most of us who try to help children to most graceful attitudes hold certain popular notions about what to do that are utterly mischievous. Let me enumerate some of them.

1. We think it is good posture when a child's chest puffs out and upward. As a matter of fact this barrel-shaped chest belongs only to babies. The mature chest should be wide and nearly flat.

2. We tell the children, "Throw back your shoulder blades." They do not do this, but simply draw together. If they throw them back they generally throw out the stomach.

3. We think children should toe out. As a matter of fact their feet should be parallel. To toe out makes falling arches and flat feet.

4. We tell them to walk touching the toes to the ground first. This is not right. It is a step that is encouraged by high heels, but it is awkward and causes an unnatural straightening back of the whole body.

WHAT OUR HOMES CAN DO. There are some very important things the Posture League people would like to have us do for the children in our homes.

They want us to supply them with comfortable chairs. A properly adjusted chair has the seat at the height of the bent knee when the foot rests flat on the floor. The back should have a straight, not a bending lateral line and a backward slope. The bottom of the seat should curve to hold the body in rather than slope to spill it out. To get the good of a good chair we should encourage the children whenever they sit to push far back in the chair before leaning backward, and not attempt to sit on their backbones.

We are especially cautioned as to dining-room chairs and piano-stools. Such seats are seldom comfortable for children and ought to be supplemented by footstools.

We ought to exclaim carefully the fit of our children's clothes, particularly the boy's suspenders. Some garments throw the shoulders forward so forcibly that if the child should try to put them correctly there would be a tension across the breast and a big wrinkle in the back. The only good suspenders are those which cannot be felt when they are worn. We are advised to correct the tendency of the boy to wear his hands in his pockets, which he does because of their weight, by slipping his fingers into his belt.

HOW TO INSPECT POSTURE. Miss Jessie Bancroft makes the attractive suggestion that we should establish the family custom of having "morning inspection" of the children daily as to the way they stand, before they go to school.

There are two simple, instantaneous tests for correctness. It seems the bones of the body are like a lot of irregular-shaped blocks piled on top of each other and held in their places by muscles. If the pile is erect it is easier to hold and control. So the test for erectness is this: If a line dropped from the front of the ear to the forward part of the foot is vertical, then the posture is perfect, except for the shoulders. Now if the round of the shoulder comes under or back of the ear, the shoulders are in place. Isn't that easy?

If you wish to test sitting posture you mark first if the child is touching the whole back of a correct chair, and if, in leaning forward, he leans from the hips and not from the waist.

HOW TO ESTABLISH GOOD POSTURE. Miss Bancroft told me that the way to encourage correct standing posture in the home consists principally in getting the child frequently to feel how it is to be correct. And to this end she suggests this simple exercise: Have the child, standing, stretch the arms directly sidewise at shoulder level, with the palms turned downward, and, holding the arms there, sway forward from the ankles so that the weight of the body is nearly or quite over the balls of the feet, not however, rising on the toes, but keeping the heels on the ground. It may be necessary also to draw the chin upward to bring the neck into an upright position. This is much better than the old-fashioned "head up, chin in" etc., directions, because it treats the body as a whole, instead of confusing the child by calling his attention to different parts in turn. Under these comprehensive directions there is no temptation to assume the "bantam" attitude that is often taken by the conscientious child when he is told to "straighten up." If as a final reminder we command, "feet together," and not "heels together," so that the feet are parallel, we may safely dismiss our little company, to march to school.

THE MORAL VALUE OF GOOD "STANDING." Miss Bancroft convinced me so thoroughly that she has taken hold of a matter of utmost importance in the development of our children that I know you will like to read the closing sentence in her book on this subject. "The song and gladness of the human heart, its love and faith and prayer, its loftiest vision and noblest aspiration, are depicted in a figure of perfect pose—and all these qualities education should achieve for the children."

IDEAS AND PROSPERITY. BY JULIA CATHERINE GRAY.

"Ideas are the pure gold of the spirit. They are the treasure in Heaven, the gift of Divine Mind to its offspring. Through ideas we recognize our real nature as creators, and bring forth abundance for ourselves, and enrich the consciousness of the race.

Ideas are bringing high prices. The man or woman with an idea has something which fills a need. But how to get the idea? It is no wonder we ask ourselves that question, for thought power is at a low plane of vibration. We move along the line of least resistance. We do not know that there is more real satisfaction in overcoming insurmountable obstacles than there is in taking an army or a city. We do not know the irresistible power of ideas, nor the joy of digging to discover our own hidden talent. In a vague way, we wish for them, and it is at the moment of wishing that they may be on the road to us, but we proceed to turn them in another direction by giving them a cold reception. We do not respect them properly simply because they are ours.

The active principle of the universe is spiritual energy. Thought is its motive power, the power that sets it vibrating in our lives. Desire calls this into action. After we have named our need, the hopelessly poor man, the seeker of faith—faith in our own idea, and in the ever-present supply of the Divine Spirit that is the underlying substance of all life. Spirit is active. We may call upon it and let it work for us.

We grow into the likeness which we set for ourselves by our thought power. The human being molds his form and his environment by his ideas, and their grotesqueness is easily apparent. In the same way he breeds the lower animals according to the type which he desires. The man of wealth has held his ideal positively and incessantly and followed his impressions. The hopelessly poor man has dwelt positively on his desire to escape his environment, but has steadfastly believed in his inability to do so, and has thus become solidified within it.

Now we are not to get our supply simply by a transference of a portion from our neighbor's store, nor by skimming, hoarding and dragging until soul and body shrivel. There is no record that the increase in the loaves and fishes, which fed the multitude and left a large surplus, came by sending a messenger into the village. A blessing was pronounced and abundance was manifested.

There is no more virtue in poverty than there is in sickness. God-like Affluence is a factor in our spiritual inheritance. Divine Abundance is a real substance, a faith-substance. The measure of it within our reach depends upon our ability to assimilate it by belief in it. If we could believe this as absolutely as we know that our daily food is a real, tangible substance, we should have no more cause for worry, and why not believe it? "Prove me now and see if I will not pour out a blessing upon you so great that there shall not be room to receive it." Why not test this spiritual substance by our own experimenting? We have tried hard scrambling, grinding, deadening labor, becoming mentally befogged over our financial condition. We have even loafed on the job and waited for something to turn up.

"Freely ye receive, freely give." It goes back to the old law of sowing and reaping. Opening the mind and letting our ideas come out for airing is one way. Not by foisting them upon others, but submitting them to our own higher, spiritual understanding. Give ideas a chance to grow, bring them out to the light. Accord them proper respect. Give freely of them whenever you give your services. Suppose we did succeed in inventing an aeroplane. If we give the suggestion to some one else, we shall have done just as much, and the proceeds will come back to us. "With what measure ye mete, it shall be meted out to you."

"Seek ye first the Kingdom of God and all these things shall be added unto you." By getting into a condition of mental harmony, a good soil is provided for the growth of ideas. Right-use-ness, then, of our inherent ability is the stepping stone to prosperity. No burying of our talents in a napkin; no still-born ideas; but a ten-fold increase by making constant use of them. We are for less than they lie buried within that immeasurable inner darkness of our minds which is so full of undiscovered treasure. By putting into circulation that which we have, to us shall be given that which we have not. By hoarding even that which we have shall be taken away.

It is possible to charge our ideas with a spiritual magic which shall in turn communicate itself to our deeds and possessions. Spiritual abundance will give us only so much as we are able to vitalize. It will protect us from the tyranny of "things," from the bitterness and enmity of want.

Let us not continue, then, to go about like babes in toyland, at the mercy of our personal whims and desires. Smiting the rock of personal possession and accepting the idea of universal ownership will bring to us the living waters of abundance. Temporal abundance is the natural consequence of spiritual riches.—Advanced Thought, March.

The Old Lady Again. Mrs. Kawler—I hear that the boy next door took his father's pipe to blow bubbles with and is poor sick.

Mrs. Blunderby—Yes, poor little man. The doctor says it's a case of nugatine poisoning.—Boston Transcript.

—The "Watchman" has all the news