# THE AGE CF MAMMALS. 2,000 feet above their present altitude

### HOW THE EARTH LOOKED BE FORE THE AGE OF MAN.

Present Outlines-Wonders of the Tertiary Age-The Mammoth Ani-North America.

With the tertiary age, or the age of mammals, modern history of geological times began. During this age the North American continent gradually attained its present geographical outlines. As the continent, especially its western portion, continued to rise above the level of the ocean, the great sea of the cretaceous period, which extended from the Mexican Gulf toward the Arctic Ocean, at first became a vast inlaud sea. Subsequently, as the elevation of land continued, this great sea was gradually broken up into several great lakes, existing between Western Dakota, Nebraska, Kansas and Texas and Eastern Oregon and Southeastern California. Further uplifting of the western portion of the continent gradually caused also these lakes. eral other western branches of the Mis-Rocky Mountains remained to tell the Indiana.

Thus the staked plains of Texas and New Mexico, the "Bad Lands" of Southwestern Dakota, the deserts of Eastern Oregon, Nevada, Arizona and Souththe legacy left by the great cretaceous

The famous canyons of the Colorado and some other Western rivers, the remarkable mesas, or table lands of the American deserts, the numerous terraces of plateau and the often remarkable fantastic formations resembling towers, castles, fortifications and the like met with in some localities of these regions, are also to some extent due to the great cretaceous sea. This, with its succeed ing lakes, had, in course of time, deposited immensely deep layers of comparatively soft sands and clays, through which water, from rivers and rains, gradually made its way in various directions, cutting deep channels, occasionally from 3,000 to more than 6,000 feet deep, washing away vast areas of strata and standing.

western half of North America continued to go on during the tertiary age, which succeeded the cretaceous period. During this age the coast chain was elevated. and through fissures of the Sierra and Cascade ranges vast lava floods were poured out over great portions of North ern California, Oregon, Washington and to a considerable distance into British some locations is from 2,000 to 3,000 These lava floods are considered

above the sea level and brought beyond the snow line. In North America the high plateau of Labrador and the Laurentian highlands began to condense the atmospheric vapors to snow, and gradually a vast and enormously deep sheet

Gradual Attainment of the Earth's of glacier-ice was formed, which spread cold in all directions and began to move in a generally southern direction mals Which Once Roamed Over carrying along with it a vast amount of debris collected on its way, which it finally deposited all along its tracks from the neighborhood of Hudson's Bay

to the Ohio and Missouri. In some localities this glacier-ice was from 3,000 to 6,000 feet deep, as is inferred from the scratches made along mountains or from boulders, etc., deposited on great heights. The cold proceeding from this immense ice-sheet made itself felt as far as the Mexican Gulf

The great pressure made by the immense amount of glacial ice on the crust of the earth gradually caused the same to sink from 500 to 1,000 feet below its present level, thus bringing the ice sheet beneath the ranges of the snow line.

Now the glacial ice began to gradually melt away from its southern terminus towards the north, and to deposit all along the lines of its retreat the boulders, with few exceptions, as, for instance, stones, sand, wood, copper, etc., which the Great Salt Lake, to disappear. The it had carried along from the north. Columbia, Colorado, Missouri, and sev- Hence, for instance, granite boulders, red sandstones, pieces of copper, etc., sissippi gradually carried the waters of from the Lake Superior regions may be these lakes to the oceans, and "the great found scattered over Minnesota and Wis-American desert" on both sides of the consin and as far south as Ohio and

The ice having melted away and the vast amount of water having been to a great extent carried off into the ocean by rivers, then of great extent, the crust of the earth, being relieved of its depresseastern California, and some other ing load, gradually began to elevate it-"alkali flats" of our Western States are self to its present level, and the physical geography of our continent with its climate attained its present state.

Thousands of little lakes, scattered throughout Wisconsin, Minnesota and other States, as also countless hills elevations, rolling prairies and hill ranges were formed during this geological period. Besides, the glacial ice contributed in scattering seeds, collected on its way over the vast area which it had covered. Hence one may often notice that on the soil thrown out from digging or excavations species of plants begin to grow which before had been utterly unknown in the neighborhood. For thousands of years these seeds have preserved their vitality, which they began to exhibit when brought within the reach of solar action. Illinois, after the melting of the ice, remained yet for a long time part of leaving only some curiously shaped ter- the immense sheet of water formed by raced plateau, pillows, cones or hills the union of the lakes Superior, Huron and Michigan. During this time deep

The gradual uplifting of the entire beds of mud were formed over the present area of Illinois and the pre-glacid and glacial seeds were covered to a depth which made their germination impossible. After rising out of the water, the muddy service of Illinois was gradually covered with seeds of grasses, which the winds carried there from various directions. But as some seeds of trees, as acorns, nuts and the like, could not be America, covering au area of 800 miles so easily transported, Illinois remained long and 100 wide, with lava which in nearly a treeless prairie-land up to the

present century.

chasing it about here and there we tired ACCIDENTS AND INCIDENTS OF EVERYDAY LIFE.

## Queer Facts and Thrilling Adventures Which Show That Truth is Stranger Than Fiction.

MISS NELLIE HOLGATE, a clerk at Seat-back into the water. Well, sir, that washington, had an extraordinary loon followed us as if we had been its tle. Washington, had an extraordinary adventure recently, according to her own account. A month ago she weat out alone in a boat for a row on Lake Washington, and the next morning the boat was found empty, her hat and cloak were of the lake. We heard the old birds befound in the water, and it was supposed | that she was drowned. As she had a of. From that experience I am sure you large insurance on her life, there was a can tame loons." suspicion that she was not dead, and the search for her body was prosecuted for a long time. A few days ago she returned to Seattle, and said that while she was rowing, a man and woman, who were on the shore of the lake, called her. Sup- years old and was left by his mother the posing that they were acquaintances, she rowed ashore, when the man pulled her boat upon the bank and demanded her money and her watch. He then forced her to get into a wagon with him and the woman, and threatening her with death if she called the attention of any- boy rested the gun across the stove, body they might chance to meet. They and, taking deliberate aim, blew the top traveled by out-of-the-way roads until of her head off. He then quietly re-they reached a ranch near Poca- loaded the gun and put it in its place. tello, Idaho, where they went to a and taking the body of his sister, laid it house to escape a storm which was rag- in her bed. When the parents returned ing. In the morning the people of the home the boy refused to tell how his ranch told her that her companions had sister came to her death, and was only gone off without her, whereupon she told induced by a bribe of money. It is said her story, and they kindly assisted her to that the young villain evinced the most return home.

For many years Heidelburg University has had the honor of owning the largest barrel, or "tun," as they call it, in the world. They have had the honor, although it does not really belong to them, for Arizona has a barrel that makes theirs fade into insignificance. The one at Heidelberg will not hold liquid, neither the Russian official, "the woman is blind, will the one in Arizona. In this they are the same, but are different in many other ways. Arizona's burrel is the work of nature, and it is on a peak of mountain, about five miles from Aguas Calientas, which is in the Catalina Mountains, about sixteen miles from a railroad. The barrel is one of those peculiar rock formations, and is about 200 feet high, and the top of it is at least 2,000 feet above the valley. It can be seen for miles before the traveller gets to it, and its appearance is most deceiving. It requires no effort of the imagination to see the large utensil of Bacchus perched on its peak with a glass under a faucet as if ready to be filled. A large fissure in a turning to the mine from Redding one certain spot forms a bunghole. It does day recently when she saw what she supnot look like a barrel unless seen posed to be three dogs playing in the from the plain; on all other sides it is road. These supposed dogs were lion simply a rugged rock. It is a soft gran- cubs. She had hardly passed them when ite formation of volcanic origin, and is the lioness sprang from the brush and crumbling to pieces all the time. It is planted two paws on the buggy. She so soft that half a dozen men with picks | was badly frightened, but hit the animal

could knock it to pieces in a few days.

whip. At the same time her spirited THE strangest case on record in the horse started and the lioness lost her history of criminal law in Texas has just hold and fell in the road. She whipped come to light. On December 12, 1892, up and escaped, although the lioness Peter Megga was convicted at Anderson, followed a short distance. Grimes County, on purely circumstan-Of the animals which lived in North tial evidence of the murder of Michael Ferry and sentenced to a life term in the State Penitentiary at Huntsville. Two or three months after his arrival there Ferry bobbed up in Western Texas, where he was arrested for committing a felony, tried and convicted and sentenced to a short term in the same penitentiary where his supposed slayer was confined. The men recognized each other immediately, but Ferry, being legally dead, cannot testify in behalf of Meggs, and the latter, being a convict, cannot testity in his own behalf. The matter has been brought to the notice of a firm of Galveston lawyers, one of whom is Congressman Gresham, and they will summon six citizens of Hempstead, where Ferry is well known, to proceed to the penitentiary to identify him. This being done, steps will be taken to secure a pardon for him from Governor Hogg in order that he may testify in behalf of Mergs, and thus secure the latter's re- the child of a Union soldier, who, killed lease A SOUTH AFRICAN paper says that a man name i Gleeson, who was a sergeant in the British army in India during the mutiny, and who died last December, told his son-in-iaw, Mr. Hughes, of Pretoris, Transvaal, that during the Indian war he, with two others, murdered the mother. King of Oude and stole the crown jewels, which he buried near the spot where the crime was committed. The two other looters were killed during the war. The day after the looting the Thirtysecond regiment was ordered away, and the town was handed back to the enemy, so that there was no time to secure the jewels. Since Gleeson's death Hughes has been communicating with the Indian government through the editor of an Indian journal, and as all the facts and descriptions coincide, Hughes leaves shortly for India to show the spot where the treasure is buried near the battleneld. One diamond in the crown is supposed to be the fellow-stone to the famous Koh-i-noor, now in the possession From an observation tower on the of Queen Victoria, by whom it was surrendered by "The Lion of the Punjaub. RATHER a novel sight was seen on the streets of Baltimore, Md., the other day. The trolley on one of the large electric cars on Lexington street became entangled with the wire, and the entire trolley apparatus was torn off the top of the car. The accident happened at a usually heavy, and it was necessary to Scott was equal to the occasion. He procured a piece of insulated wire, and after stripping each end of the insulating material, connected one end through the car roof, and standing on the top of the car held the other end egainst the trolley wire. A connection being thus made, the car was run over the elevated structure to the car barn at Walbrook without accident to Mr. Scott or delay to the other cars. Mr. Soott's position was a novel one and startled persons, who are unused to electricity, as he stood on top. of the car amid myriads of sparks and illuminated by lightning-like flashes from the trolley wire.

## SOMEWHAT STRANGE. out with our boat, leaving the chick to take care of itself. It couldn't fly, so it **HOT WEATHER HINTS.**

tried to get away by diving, but by

feed it, we would have kept it, but we

About two years ago they received an or-

at the Russian frontier they were

and Russia is not in want of such crip-

notice to leave. The Russian officials

were still obdurate, and, sick at heart,

without work or home, the husband grew

desperate. When the wretched couple

separates Russia from Germany, he

caught his blind wife up and threw her

into the river. He then went to a tree

on the head with the butt end of her

and hanged himself.

said

not permitted to enter, "for,"

easy.

sister.

ples."

#### Some Suggestions as to What to Eat and Drink.

it out and at length pulled it into the boat. A loon wears its feet so far astern that it can hardly waddle, and this little fellow just squatted down and took life We stroked its back and talked to it, then told each other what fools we had been for capturing it, and put it back into the water. Well, sir, that parents, and wanted to come into the day after day and of eating and drinking ply the natural evaporation. . This evapboat again. If we had known what to at their meals almost irrespective of the oration, if the pores are not filled with weather. Here is where a little knowl- hot water, will keep the skin cool. didn't, and we left it at the further end edge of physiology would come in to good advantage to make it easier to bear fluids into the system there should be a fore night, so I guess it was taken care up against the hot, sultry days.

One could hardly believe that a mere child should be so horribly hardened as the boy of whom a dreadful story comes from South Dakota. He is but twelve other day in charge of his two-year-old sister. The little one became fretful and her brother told her that if she did not stop crying he would kill her. He took down a shotgun, and the baby, screaming with terror, ran behind the stove. The stolid indifference to the fate of his Northern vegetable gardens have ceased bread and butter with the soup. to produce. They have all kinds of A SAD story is told of a poor married couple, Russians, who had settled at always easy to get. Great Dombrowka, in Upper Silesia.

der to quit the territory, but on arriving The couple returned to Great Dombrowka, but lately received another came to the Przemsa, the stream which MRS. KAMENE, whose husband is one meat luncheon in the winter he does the of the owners of the Hidden Treasure same thing in the summer, There is mine, near Iron Mountain, Cal., was relittle change in the amount that he eats except the change that is forced on him by loss of appetite and depression consequent upon a heavy diet in hot weather. Nature itself suggests to a man the

proper dict for the different seasons of the year. Nature has so arranged things the first fruits and vegetables to mature heavier winter diet, to open the pores, more freely. Instead of adopting this muscular exercise. suggestion of nature that with the first

vegetables in the spring ripening of

cold water first causes the blood vessels of the stomach to contract, and then with the reaction the blood yessels become diluted and there is an uncomfortable sense of oppression and heat, which A suitable diet can do a great deal to leads to the drinking of more ice water make life more enjoyable during a hot and to renewed oppression and heat. spell, says a writer in the N. Y. Sun. In The best way to get the amount of water many households there is little change necessary for the system is to take it hot in diet during the year so far as the main before breakfast on an empty stomach, part of it goes. The thousands of men then to drink nothing more during the who have no homes and breakfast and day. All the cooling effects of perspiradine at restaurants and club houses get tion can be enjoyed by drinking enough in the habit of ordering the same things water to keep the skin moist and to sup-

With this way of getting the necessary

light diet composed largely of vegetables Everybody knows that certain foods and fruit. Salads, berries, and raw fruit tend to produce heat, and that in a gen- of any kind are good. Eggs in various eral way fruits and fresh vegetables are forms, fish, lean bacon, and lean light cooling: but they do not realize how meats will make a cheap and comfortable easy it is to apply these laws of physiol- diet. This diet may be favored through ogy to the benefit of a man's personal motives of economy as well as reasons of comfort. The natives of countries which | comfort and health. Roasts, steaks, and are always hot and of the countries heavy meats are amongst the most costly which are always cold have naturally of foods. So are elaborate desserts and drifted into the diet which is best fancy dishes. Simple things like omolets, adapted to their needs. The Esquimaux broiled bacon in strips as long as onc's would have little appreciation of straw- hand, strawberries, salads and the like berries, pineapple, lettuce, and other are cheap as well as better for the health. vegetables, even if they could get them. Heavy and fatty soups have no place in while whale blubber and seal fat would the summer time diet. They make a meal be a diet wholly unsuited to the negroes by themselves. Such things as clam under the equator. The people of the chowder are good to eat and are sustain-United States, and particularly the peo- ing, but they should not be followed by ple of the city of New York, have the a heavy dinner. It is more than the widest choice of cheap food products system can stand on a hot day when it is that there is. They have fresh vege- pretty well occupied in taking care of tables from early in the spring, when the itself. Thin, clear soups are good with trains bring them from Florida, until a reasonable interval between them and well on in the fall, when the most the next course and the absence of

The observance of these simple sugmeats and all kinds of fruits at low prices gestions does not call for great selfdenial and it is repaid by an enormous It is so easy to let housekeeping get increase in comfort. Let any man who into a rut and to fall into the habit of is accustomed to allaying his thirst by having substantially the same things to copious draughts of ice water and various eat every day, especially for breakfast, artificial waters with sweet syrups, try that only a small fraction of the popula- the effect of drinking hot water in the tion of New York take advantage of the morning before breakfast as much as he methods nature brings to their doors to can comfortably take, and not drink make summer life more comfortable. anything else during the day. It may be They eat meats in the summer two or hard for the first two or three days, but three times a day, just as they do in the he will find how it reduces his discomcoldest part of winter. They have fort in hot weather. If he cannot drink starchy vegetables for breakfast, and enough water in the morning to last him they drink sweet drinks. The man who until the next morning let him drink is in the habit of putting three lumps of more water at night just before going to sugar in a cup of coffee in the cold bed. The human organism is much like winter time keeps on putting as many a piece of machinery, requiring care, and lumps in the coffee in the summer. If if a man occasionally would regard his he is in the habit of eating a hearty physical functions in that light he would get a good deal more enjoyment out of them and out of life than most of his fellows now do.

# POPULAR SCIENCE NOTES.

A CURIOUS THEORY .--- In "Physical Education" Dr. Luther Gulick argues that, beginning with the early spring, that by excreising certain muscles it is possible to develop certain sections of have a medicinal effect on the system to the brain. His argument has special make it throw off the results of the reference to feeble - minded persons, whose mental condition, in his opinion, and to make the various functions work | might be improved by the right kind of

ERRONEOUS IDEA CONCERNING NOC-

to have been the most extensive known.

The great elevation of the western portion of the continent since the cretacoous period, and the consequent gradusl disappearance of the great cretaceous sea naturally brought about some important changes of climate. Still this remained considerably warmer than it is tertiary age the climate of the present Northern Dakota, as is inferred from the palms, figs and other plants growing there, was similar to then that of Southern Louisiana or Florida at present. And about the middle of this age magnolias and other plants now flourishing only in Southern swamps and forests still prospered in Greenland. And towards the close of this age elephants, rhinoceroses and other animals which at present live only in far more southern countries still swarmed about the Upper Missouri. Yet with the tertiary age began the modern geological history of our globe. During the same the geographical outlines of our continent were substantially completed, and the plants and animals gradually put on a modern appearance. Now for the first time perfectly flowering plants flourished. Now oaks, maples, paims and other trees of modern type became abundant. Now butterflies, bees and other flower-loving insects began to swarm, and true or perfect mammals, both herbivores and carnivores (plant and flesh eating), as rhinoceroses, camels, elephants, deer, dogs, cats, horses and monkeys, besides birds of modern type, as owls, eagles, woodpeckers, etc., made meadows and forests ring with life.

The wide geographical distribution of both plants and animals of the same general kinds during this age indicate that Asia, Africa, Europe and America were then connected with one another by land. Africa was connected with Europe by an isthmus over the present C., is still preserved among the archives Straits of Gibraltar, and by another isthmus with Italy, as the numerous fossil remains of elephants, hippopotami and other animals now living only in Africa, found in the caves of Malta, Sicily and Spain, indicate. Asia was connected with Africa by the isthmus of Suez; America was connected with Asia in number, contain 330,700 honored Strait, and perhaps with Europe over Greenland, Iceland, the Farce and the British Islands.

Long before the tertiary age began Australia had become permanently separated by water from the other continents, as the absence of all higher mammalian forms indicate. The mammals of Australia all belong to the lowest mammalian types, the marsupials and monotremata, with the exception of a few kinds of mice, which may perhaps have originally come over from Asia on floating trees or wood. The more highly developed mammals of Europe, Asia, Africa and America have almost entirely exterminated the lower marsupials wherever they came in contact with them, and would undoubtedly have done the same in Australia, had not water barred their way to this island continent.

The tertiary age, during which plants an unexpected manner. Both in Europe and North America great portions of the pontinent were lifted up from 1,000 to Republican.

America when the glacial ice sheet began to encroach on their domains the following may be mentioned : The mammoth, about twice as large as any elephant now existing; the mastodon, which seems to have been the largest quadruped ever known; it was over twelve feet high and, with its tusks, about twenty-five at present. About the beginning of the feet long. Besides, there was yet a kind of elephant, two species of enormous bisons, gigantic horses, stags, magatheria, and beavers five feet long. Finally, bears, lions, armadillos and tapirs. The greater part of the animals of the glacia period has since then gradually died out. Some retreated before the advancing ice sheet toward the tropics to find more congenial homes, where they still exist. And a few continued to survive up to modern or recent and present times.

Since the glacial ice sheet began to melt away in the neighborhood of St. Pari, Minn., and of Buffalo, N. Y., about 8,000 or 10,000 years have passed. as is inferred from the known rates of the annual recessions of the Falls of St. Anthony and Niagara.

As far as apparently reliable paleontological discoveries indicate, it was towards the close of the glacial epoch. when the great ice sheet which had covered large portions of North America and Europe began to retreat, that man began to wander in various directions over the earth from his original home. With his appearance this terrestrial world received its last and best addition, its crown and lord under God, and hu-

man history began - Rev. John Gmei-ner, in Philadelphia Catholic Times.

## OLLA PODRIDA.

A copy of the first dictionary, made by Chinese scholars in the year 1109 B. of the Celestials.

Brocken, in the Harz Mountains, eightynine cities and 668 villages can be seen in clear weather.

Our national cemeteries, eighty-three by an isthmus over the present Behring dead. Every individual grave is marked

> The letters in the various alphabets of the world vary from 12 to 202 in number. The Sandwich Islanders have the first-named number, the Tartarian the last.

> The average weight of 20,000 Boston men was 142 pounds; women, 125 pounds. At Cincinnati the average of the same number of men was 154 pounds; of women, 131.

### Lassoed a Wolf.

D. J. LaRoe, a cowboy of Terrell, performed a marvellous feat with a lariat the other day. While driving cattle in J. O. Terrell's pasture near here he started up a half-grown wolf. He un-loosed his lariat and took after the aniand animal life flourished abundantly mal on horseback and roped it at the amidst a genial climate, was to close in first throw. After he had roped the

"LAST fall, when my chum and I were in the Maine woods," says a sportsman, "we captured a chick loon. It was on a pond near our camp with its parents, and the old birds flew away as we went would use in killing a cat.

It is seldom that an Indian does not prove equal to an emergency. The Wenatchee, Cal., Advance records an instance which illustrates how the noble red man rises, superior to even the most severe misfortunes. That paper says: As Cultus Jim lost all of his horses last winter he decided to move to the Okanogan. When he was ready to leave he did not apper to be worried on account of the lack of Cayuses, for he packed all his traps and iktas on the backs of his two squaws and with simply his gun in his own hands started up the trail, Jim being in the lead and the women bringing up in the rear. Heavy loads necessitated doubling up on the hill, which was a sight once seen, never to be forgotten.

MRS. E. P. ARMENT, of Chester, Pa., has just found her mother, after thirty years of separation, at the little hamlet of Woodside, Del. Mrs. Arment was in battle, left his widow and children almost penniless. The widow in her struggle for a living had to part with her children, and Mrs. Arment on learning that the woman who brought her up was only a foster parent, began what proved a successful quest for her real

Six times did the relatives of a Warsaw gentleman assemble to hear his will, only to find each sealed envelope bore the direction that it was to be opened that day twelvemonth. The seventh contained the will, but even then there was should be invested until 1910, when it is to fall to that nephew who has the largest family.

As elephant has become so fond of a missionary in India that it follows him all over the country like a dog. When he calls at a house the beast stands outside until he comes out, and then it trumpets with delight and caresses him with its trunk.

# Why Wolves Have Become Scarce.

Says a recent writer: Notwithstanding the fact that ever since the settlement of America the wolf has been persued with guns, traps and poison, it is certain that no blow was ever dealt this race so severe as the extinction of the time when travel over the road was un buffalo. Their natural prey gone, the wolves turned their attention to the prevent a blocka e. Lineman William herds of the stockmen, and for years now their depredations have resulted in very serious losses to raisers of horses and cattle on the northern plains. They do not attack the herds when they are alarmed and closely bunched together, but prowl about their outskirts, trying to cut off the young stock, which they can easily pull down.

Sometimes a small band of wolves will round-up a little bunch of cattle, which stand in a close circle, their heads outward, prepared for the attack. After circling about them for a short time, two or three of the wolves will dash at the bunch, and if they can scatter the animais it is the work of an instant only to pull down a yearling or to kill two or three calves. We have seen two wolves

large quantities of them should be eaten, the majority of people neglect nature's hint and take medicine instead.

Nature always takes care to punish those who are inattentative to her advice. The summer colds which hang on so much longer and are so much more troublesome than winter colds are the direct results of the clogging of the system through an improper diet. Nature and a man's constitution alike suggest the diet and the behavior for the summer which, if adopted, will make the warm, long days enjoyable instead of oppressive. If a man is working hard and is ing at once where is the nearest and best accustomed to meat three times a day places for a temporary refuge. These and during the winter, it may be well for him to eat meat once a day during the those interested in the study of developsummer. Once a day is enough, and he ment. It might be assumed that all were should not eat greasy meat. This is originally light-lovers, but protective good advice the year round, for though considerations, or better chances of geting there are times when a man's system rood, led to the development of the nightcraves a fatty diet, fried fat is not the soving disposition. The owl, for inbest shape to furnish it in. The meat should be well cooked; a little of it is enough. The evening dinner is natural. they subject it to the direst persecution. ly the time for it, for then the day is Owls could scarcely live as a day-loving cooler and a man can idle away an hour bird under the present order of things. or two alter the repast, ameliorating by rest the heat and increase in temperature. which the digestion of meat usually BURCH

If a man has not accustomed his system to taking meat until the lack of meat would make him ill, it would be well for him to adopt an almost exclusively vegetarian diet during the spring and summer, and continue it until the a direction that one-fourth of the money crisp days of fall. Eggs, lean bacon, spring chickens, and fish, during the spring and summer should take the place of the heavy meats of wintyr, especially hot roasts and steaks. All the fats a man needs in the summer can be taken in the system in the form of vegetable oils, helped out by the natural starch of raw fruits.

> Sweet drinks of any kind, drinks with alcohol in them, and ice water are not cooling in their ultimate effects. Anything with sugar in it or sweet syrups is heating. Acid drinks, especially those made from natural fruit juice, are cooling. If any alcoholic drink is wanted, the best is mildly acid wine, diluted and cooled, but not too cold. One way to start out cool with the day's work is to drink a quantity of hot water some time before breakfast and to wait for the reaction from it. The reaction from hot drinks and hot baths is cooling just as the reaction from iced drinks and cold baths is warming. Everybody knows how in the winter a cold shower or a cold plunge, with a rub-down to hasten the reaction, brings a glow and a feeling of warmth which lasts for some time. In the same way a hot shower or a hot bath, not prolonged too much, in its reaction brings a feeling of coolness. A contrast between the temperature of the bath and the temperature of the air, always brings a sensation of heat or cold, according as the bath or the air is the cooler. drinking very hot water in the morning, by its reaction brings about a cool feeling. This is aside from the other advantages of drinking hot water.

As far as possible during the summer cold drinks should not be taken with meals. Cold drinks taken with food on a hot day stop the action of the stomach thoroughfares of Paris get rally is set for awhile and then bring about an un. down at about 600 miles, of which nearly omfortable feeling of warmth. The 200 are planted with trees.

TURNAL ANIMALS .- Nooturnal creatures, says the Independent, are generally sup posed not to see well in the daylight, but facts collected are gradually dispelling the idea. It is well known that felines, which see well by night, seem to be able to see quite as well by day, and this is being found true of many other creatures. The bat sees admirably by daytime, as any one can ascertain by threatening it with a twig. The owi, also, has firstrate day sight. Night-flying Lepidoptera, when disturbed in their places of refuge during the day, have no difficulty in see similar facts are being made use of by tance, is hated by all birds. Where one is discovered by other day-loving species It would be driven from the earth; and, supposing it took on gradually its thieving habits for a living, it has had to love darkness rather than light because of these evil deeds. At any rate, the naked fact seems to be that night-working creatures can generally see well in the daylight when they want to.

WOMEN'S BRAINS. - The microscope, writes B. F. Underwood in the Twentieth Century, has transferred the conception of degrees of intelligence from gross to finer morphology. Mere brain weight counts for nothing, except for the crudest generalizations. Of more consequence are the relative quantities of white and gray showers of minute telegraphy lines between brain parts, and of equal, if not transcendent importance, the disposition and development of the blood vessels. Also given two brains exactly alike, a difference in the heart's ability to supply blood to the brain will determine intellect in one and stupidity in the other. Intelligence depends more upon the quantitive relating to fibres of parts of the brain than upon weights, and a 40-ounce brain may have a more intricate microscopic development than one that weighs 50 ounces. The normal brain exists in ratios related to muscular development, and the brain-weighing methods fully demonstrate that woman is the equal of man in this particular-that is, in proportion to physical development there is no difference in the associated brain quantities in the sexes, New avenues are opening up to women, and decades change our views concerning woman's capacities. Let there be the fullest chance for her development. She cannot surpass in certain matters, but let opportunity and not a priori prejudice settle what she can and cannot do, It is idle to fear that she will become the intellectual and physical monster of Bulwer's "Coming Race." There are physiological reasons that set limits for both sexes.