

# SAVING THE CHILDREN.

## PHYSICAL CULTURE TO WARD OFF TUBERCULOSIS.

The Children's Athletic Club of Philadelphia Marks an Important Innovation in the Charitable Work of Cities—Some Methods Used.

An athletic club, which fixes its eyes at the extortionate figure of one cent a week, suggests an unusual departure in the world of clubs. Moreover, for many other reasons, the Children's Athletic Club of Philadelphia, composed entirely of the children of the poor, organized to fight by physical training the ravages of tuberculosis, marks an important innovation in the charitable work of that city. Mrs. Florence L. Williams, the founder of the club, has certain definite objects to accomplish with the sixty little pupils under her charge. That she is able not merely to bring muscle and health in place of weakness and even disease through a careful system of physical culture, but also to develop a trick team capable of performing acrobatic feats of not little difficulty, proves the efficacy of her methods.

For her clientele Mrs. Williams depends entirely upon the children of the crowded quarters of the city, where poor food and unhealthy surroundings render child life unwholesome and make physical development impossible. From the children of these quarters of the city Mrs. Williams has organized her classes, the membership of which has grown from three to sixty. But even here the selection of members is made from the weaker and the more anaemic; from the children who already show signs of the invasion of the "great white plague," whose tiny arms and hollow cheeks indicate lack of vitality.

With such subjects it is natural that at the outset the exercises of the classes should be of the mildest sort—five minute drills with the lightest of dumbbells, interspersed with frequent rests. Special breathing exercises are prescribed for the new members, and they are expected to continue this exercise at home. One of these exercises consists in the usual exhaling and inhaling, but the method of accomplish it is novel. The children are ranged in rows, with their hands on their hips, and each child puts a quill toothpick in its mouth. Then, at a word of command, they inhale deeply through the nostrils and then exhale slowly through the toothpick, this device making the exhalation slow and avoiding all chance of strain.

The fire drill is another important exercise in the development of lung power. As the little arms and legs get hard and the chests are developed the more advanced pupils are taught to take the weaker ones across their shoulders and carry them out of the reach of the fancied flames. But the ideal of all the children who belong to these classes is to develop strength and skill enough to join the trick team, for when the danger of disease has been banished, and the puny little figures with narrow chests and round shoulders have been developed into erect, sturdy bodies, then the gymnastic feats of the more pretentious athletes are attempted and achieved before admiring public audiences.

The development of muscle is attended with a similar stimulation of the moral side of the child, and it is to accomplish the latter that the penny weekly fee is charged, giving the children a sense of membership and rightful claim to the advantages of the club, which is lacking in the mere charitable work, which does not permit even the slight contribution of the children themselves. The results of this physical training are striking. Children who, when they joined the club, were too weak to endure even the least tiring of the exercises, under this regimen develop strong, healthy and even athletic frames. Moreover, the tendency to consumption is checked, and with the increase of physical strength there is a corresponding mental and moral development. Finally, the lessons of the proper method of breathing and of walking, are remembered long after the actual class work has ended, and serve to keep the health the exercise has won.—New York Tribune.

## EXPENSIVE MINING IN ENGLAND.

### Cost of Sinking the Deep Shafts That Are Now Necessary.

With increased and increasing demand for coal came the necessity for opening our lower seams, and deeper shafts meant heavier capital expenditure in colliery enterprise. It is worthy of remark how little the outside public realize of the great difficulties that often have to be overcome in sinking—such as passing through water bearing strata or running sands—or of the enormous cost entailed by some colliery developments.

As early as 1829 John Buddle, in giving evidence before the House of Lords, declared that the cost of sinking, even then, was frequently £10,000 to £15,000, and J. T. Taylor stated before a select committee on rating of mines in 1857 that at Haswell colliery, in the County of Durham, £40,000 was expended in contending with a quiescent, and that the shaft had ultimately to be abandoned. At Murton colliery, a few miles distant from Haswell, £200,000 was expended in sinking; the quantity of water

pumped during the operation of passing through the overlying magnesian limestone bed amounted to an average of 9,306 gallons per minute, from a depth of 540 feet; and the three shafts ultimately reached the Hulton seam, at a depth of 1,488 feet from the surface, in April, 1843.

Many deep and costly sinkings—several much deeper than in the last instance—have been put down since the Murton winning, but none, I believe, at a greater expenditure of capital, owing doubtless to the greatly improved methods now employed in carrying on such operations through watery strata, notably the Kind Chardon system, whereby the shaft is bored out and the side protected by metal cylinders lowered from the surface; and the Potesch or Gobert methods, whereby the water is frozen in the "running" sand or other water bearing stratum, and the shaft sunk through the solid mass.—Engineering Magazine.

## GO MAD FROM MONOTONY.

### Lighthouse Keepers Often Suffer From the Inevitable Isolation.

People who read books—and all do in this day—will recall Kipling's story of the lighthouse keeper who became mad from the monotony of his situation. While the story was fiction, it nevertheless was in accordance with many actual occurrences. A correspondent submitted the question to the lighthouse board, and found that while there had been no such cases as that of Kipling's character, Dowse there had been many which showed the maddening effect of monotony and isolation upon the human mind.

The madness of the lighthouse keeper is much like that of the desert, for they are traceable to a like cause. In the desert there is monotony of silence. At sea there is monotony of sound. One is as bad as the other, since both derive their entire pain from mental effect. It is a fearful disease, not yet fully understood, though many noted alienists have made a study of it.

This government maintains 1,500 lighthouses and about 100 of them are isolated and communication with the outside world may be interrupted sometimes for months.

If a man is taken from the ordinary walks of life, where he mingles with his fellow man, and sent to a lighthouse where no human face is seen except that of the ever-present assistant and no sound is heard save the roaring of the wind and wave, he has been transferred from normal to most abnormal conditions.

In a remarkably short time keeper and assistant have talked out. Then they begin to wear on each other and soon they fall to quarrelling. Sometimes melancholia attacks one of them and unless he is speedily relieved his mental balance is disturbed. When the disturbance becomes extreme it takes either a homicidal or suicidal turn and the unfortunate has to be watched closely and sometimes confined to keep him from doing violence to himself or others.

It is well known that the Minor Ledge light is noted for the number of men who have gone crazy in it, and for that reason is an object of interest to students of mental diseases. It is, as everybody knows, a piece of engineering of the very highest order, being in that respect second only to the famous Eddystone light.

More than a year was consumed in getting a foundation for it, and so high are the tides and so terrific the storms that the entrance to the light is more than forty feet above the water. Then, one above the other, come the five rooms occupied by the keepers and used for storage purposes, then the watch room, and finally the lantern.

The tower being circular and space greatly in demand, naturally every thing is made to conform, so that no room shall be lost. Even the beds on which the men sleep are curved. Everything is round. The government has done the best it could to make life there as bearable as possible and keeps five men stationed there so that they may go ashore as often as the chance is afforded without detriment to the service.—Indianapolis Sentinel.

## How Animals Travel.

American railroads have almost as many different kinds of cars for carrying animals as they have cars for passengers.

One kind of car that is used for shipping horses is known technically as a palace horse car, and, excepting for fine woodwork and brasswork, it is a palace car, giving horses fine accommodations.

Each horse has his own stateroom, so to speak, for the car is fitted with independent stalls. Each stall has a manger and water trough, and over head are racks for holding extra feed.

Sheep and hogs are often carried in cars with two stories. These are known as double deckers, and the animals are shipped in both stories. They have room to lie down in and water is supplied to them from pipes.

Horses and cattle are sidetracked at intervals if the cars are making a long run, and the beasts are led out and allowed to run around for exercise. Then they are driven back to their cars and resume their journey.

Sheep are often unloaded within a few miles of their destination and turned loose to rest and feed until they are in good flesh. This is not done merely from motives of humanity. It has been found that the sheep are so much improved by it that they bring higher prices when they reach the market.—Home and Farm.

# THE KEYSTONE STATE

## Latest News of Pennsylvania Told in Short Order.

Alexander Hendee shot William Lovett, at Woodbury, about 1 o'clock the other morning. Both are negroes and the former is in jail while Lovett lies in a critical condition in Cooper Hospital, Camden. The affair grew out of jealousy, Hendee claiming that he was escorting two girls home when they met Lovett, who made insulting remarks. He fired three shots, one of which took effect in the head. Dr. Reading attended the injured man who said the shooting was an accident.

A man named Jacobs, of Downingtown, has been committed to Chester County Prison for the alleged non-payment of \$1.05 taxes and \$3.18 costs, having been sent to Chester county by Magistrate Jere T. Carpenter, collector of taxes for that borough, under the law providing for the imprisonment of those who fail to pay taxes for school purposes. The case is a test one and has an important bearing upon the collection of taxes from delinquents.

A lightning bolt from a clear sky struck Mrs. George Wynkoop at Pottsville. She was unconscious for a time, but will recover. Mrs. Wynkoop was closing the shutters in her house when a ball of fire seemed to drop down from the skies. The house was somewhat damaged by the bolt. Mrs. Wynkoop is the wife of a son of General John C. Wynkoop.

The Mine Workers' convention at Pittston adopted a resolution asking President Roosevelt to take immediate action in the Colorado strike and also appropriate \$500 for the aid of the strikers. It was decided to make an effort at the next meeting of the Legislature to have an eight hour day bill passed and also to have hour day bill passed and also to have weighted and paid for by weight.

George W. Thomas, a farm hand living near Kimberton, was badly mutilated by the knives of a reaper and may die from his injuries. While reaping wheat he was thrown against the knives and received numerous gashes about the body and limbs, pieces of bone being cut from one leg.

C. C. Mellor, chairman of the Museum Committee of the Carnegie Institute, forwarded a letter to the Pennsylvania Game Commission demanding an investigation of the charge made by Secretary Kallbus, of Philadelphia, who charged that representatives of the museum who had permits to kill game birds for scientific purposes had slaughtered thousands for other purposes. As a result the commission decided to issue no further permits. Chairman Mellor says that the committee demands a thorough and speedy investigation, as the charge reflects on the institution and offers the committee's aid.

The General William Moffitt Reilly medal, which every two years at the division encampment of the National Guard is awarded to the oldest member of the guard for long, faithful and continuous service, will this year be given to Adjutant General Thomas J. Stewart. General Stewart entered the guard as a fifth corporal in Company F, Sixth Regiment, September 28, 1869, and has since been connected with the guard. Company F, at that time was known as Norris City Rifles. Before the Civil War its commander was General John F. Hartranft.

Charles Orr, a farmer of Cain Township, 52 years old, was found dead near his home the other morning. Orr had been in Coatesville and left there about 10 o'clock to drive home. It is believed his horse became unmanageable and ran away, throwing him out of the wagon and breaking his neck.

A man supposed to be John A. Patan, a stranger, shot himself dead on the campus of the Normal School, Kutztown. He left a note saying he was penniless.

Governor Pennypacker viewed a site offered for the proposed State Hospital for Epileptics in the suburbs of Spring City. The act provides that the buildings shall accommodate 500 inmates and the expenditure will be \$500,000 to \$1,000,000. The tract at Spring City is composed of 300 acres and comprises farms of David S. Taylor, James Towers, Leonard Cook and Allen Roberts. The Governor pronounced it the best location in Eastern Pennsylvania, and it is likely the site will be accepted.

The owners of seventeen fleets of coal and sand barges on the Susquehanna River, between Clarke's Ferry and Middletown, representing in all an investment of \$50,000, have organized under the name of the River Operators' Protective Association of Dauphin County, and will apply for a state charter. The object of the organization is the mutual benefit of the operators of the fleets and the improvement of the river bed.

Olof Swanson who left his home in Chester six weeks ago, and for whom the police have been searching, surprised his family by walking in upon them while they were eating supper. Swanson said that he had been drugged in Chester the day of his disappearance by a number of men with whom he was drinking. He awoke to his senses on a Sunday in Maryland and was compelled to seek work on a farm to prevent himself from starving to death. When he asked that his family be notified he says the owner of the farm refused and would not allow him to leave the place until after he had worked a month. The police are investigating the case.

Mrs. Mary Sweigert, of Youtzes town, better known as "Mother Umpley," who is in her 90th year, picked six quarts of cherries. She climbed the tree with an agility that surpassed the efforts of some of the younger pickers.

Harry Beverly, aged 35 years, of Pottsville, slashed his throat with a razor. It is said he tried to kill himself because companions jeered him when he took the temperance pledge. Many pear trees in Berks County are dying from the fire blight. Charles W. Bell was appointed postmaster for Millstone.

# COMMERCIAL REVIEW.

## R. G. Dun and Company's "Weekly Review of Trade" says:

Midsummer quiet prevails in mercantile lines, and the past week has witnessed much idle machinery at manufacturing plants, yet the tenor of reports from leading cities indicates increasing confidence in the future. The combination of reduced output and good weather for distribution of seasonable merchandise has improved the situation by contracting stocks of goods in the hands of jobbers and retailers. Collections at the end of the fiscal year were also a little better than anticipated. Transporting lines are more active, as shown by the increase of 4.2 per cent. in railway earnings compared with June, 1903.

Failures this week number 206 in the United States against 194 last year, and 12 in Canada compared with 24 a year ago.

Bradstreets says:—Wheat, including flour exports for the week ending July 7, aggregate 878,910 bushels, against 1,127,885 last week; 2,380,410 this week last year, 4,404,115 in 1902 and 5,016,149 in 1901. Corn exports for the week aggregate 613,124 bushels, against 536,087 last week, 1,525,084 a year ago, 185,031, in 1902, and 2,809,738 in 1901, 1902.

## WHOLESALE MARKETS.

Baltimore.—FLOUR—Quiet and unchanged; receipts, 3,300 barrels. WHEAT—Steady, at decline. Spot contract, 84 1/4 @ 84 3/4; spot No. 2 red Western, 84 1/4 @ 84 3/4; July 84 3/4 @ 84 3/4; August, 84 3/4 @ 85; September, 85 1/4 @ 85 1/2; steamer No. 2 red, 80 1/4 @ 80 1/2; receipts, 45,096 bushels, Southern, by same, 65 @ 83; Southern, on grade, 76 @ 85.

CORN—Dull and lower. Spot, 52 @ 52 1/4; July, 52 @ 52 1/4; August, 52 1/2 @ 52 3/4; September, 53 1/2 @ 53 3/4; steam & mixed, 40 @ 40 1/4; receipts, 17,055 bushels; Southern white corn, 50 @ 50 1/2; Southern yellow corn, 50 @ 50.

OATS—Firm; more inquiry. No. 2 white, 45 1/2 @ 46; No. 2 mixed, 43 1/2 @ 44; receipts, 6,030 bushels.

RYE—Dull; No. 2 Western, up town, 74 @ 75.

BUtter—Steady and unchanged. Fancy imitation, 17 @ 18; fancy creamery, 19 @ 20; fancy ladel, 14 @ 15; store packed, 11 @ 12.

EGGS—Firm and unchanged, at 18. CHEESE—Easier and unchanged. Large, 8 1/4 @ 9; medium, 9 @ 9 1/4; small, 9 1/4 @ 9 3/4.

New York.—BUTTER—Quiet; receipts, 7,329. Street price, extra creamery, 18 @ 18 1/4; official prices creamery, common to extra, 13 @ 18.

CHEESE—Irregular; receipts, 7,077; weekly exports, 4,532. State, full cream, small white, fancy, 8 1/4 @ 9; do, fair to good, 8 @ 8 1/4; do, poor, 6 1/2 @ 7; small, colored, fancy, 8 1/2.

EGGS—Strong; receipts, 4,031. State, Pennsylvania, and near by, fancy selected white, 22; firsts 18 @ 19. FLOUR—Receipts, 18,206 barrels; exports, 7,581 barrels; firmly held, but trade dull. Winter patents, 4 1/2 @ 5 1/2; winter straights, 4 @ 4 1/2; Minnesota patent, 4 1/2 @ 5 1/2; winter extras, 3 1/2 @ 3 1/2; Minnesota bakers', 3 1/2 @ 3 1/2; winter, low grades, 3 1/2 @ 3 1/2.

## Live Stock.

New York.—BEEVES—Receipts, 520 head; no trading; dressed beef steady at 7 1/2 @ 10 1/2; exports, 1,195 cattle and 7,435 quarters of beef.

CALVES—Receipts, 175; Market firm; ordinary to choice veals sold at 6 @ 7 @ 7 1/2; city dressed veals, 8 @ 12.

SHEEP AND LAMBS—Receipts, 4,741; sheep in good demand and firm; choice handy weights a fraction higher; lambs active and steady, sheep sold at 3 @ 4 @ 5; a few weathers, 4 1/2 @ 5; culls at 2 @ 2 1/2; lambs, 5 @ 6 @ 7 1/2; culls, 4 @ 5; dressed mutton firm at 6 @ 9; dressed lambs at 10 @ 15; choice carcasses at 15 1/2 @ 16.

HOGS—Receipts, 1,706; no sales reported; feeling steady. Chicago.—CATTLE—Receipts, 1,000; Texans nominal; good to prime steers, 5 @ 6 @ 6 1/2; poor to medium, 4 @ 5 @ 5 1/2; stockers and feeders, 2 1/2 @ 4 @ 5; cows, 1 1/2 @ 4 @ 5; heifers, 2 @ 4 @ 5; canners, 1 1/2 @ 2 @ 3; Texas fed steers, 4 1/2 @ 5 1/2.

HOGS—Receipts, 16,000; market steady to 1/2 lower; mixed and butchers, 5 @ 6 @ 6 1/2; good to choice heavy, 5 1/2 @ 5 5/8; rough heavy, 5 @ 5 1/2; light, 5 @ 5 1/2; bulk of sales, 5 1/2 @ 5 1/2.

SHEEP—Receipts, 20,000; steady; good to choice vealers, 4 1/2 @ 5 @ 5 1/2; fair to good mixed, 3 1/2 @ 4 @ 5; native lambs, 4 @ 5 @ 7 1/2.

## WORLD OF LABOR.

The shipyards of Great Britain, all working together, could turn out a big ship every day of the year.

The Illinois Central Railroad Company has renewed its agreement with the union machinists of the entire system.

A committee has been appointed by the National Civic Federation to draft a plan of joint agreement between unions and employers. The total amount of benefits paid by the Cigarmakers' International Union in 1903 was \$374,968, while the income from all sources was \$751,042.

Vicksburg (Miss.) carpenters are on a strike. At a meeting of Freight Handlers and Warehousemen's Union at San Francisco, a vote taken resulted in a decision to continue the strike.

The Ontario (Can.) Government has extended the Factories act to 30 new industries, including printing offices and places where women are employed. At Chicago Railway Express Drivers and Conductors' Union will take decisive action regarding a new wage scale. The union officials favor arbitration.

## THE WEAK SPOT.

A weak, aching back tells of sick kidneys. It aches when you work. It aches when you try to rest. It throbs in changeable weather. Urinary troubles add to your misery. No rest, no comfort, until the kidneys are well. Cure them with Doan's Kidney Pills.

Mrs. W. M. Dauscher, of 25 Water St., Bradford, Pa., says: "I had an almost continuous pain in the small of the back. My ankles, feet, hands and almost my whole body were bloated. I was languid and the kidney secretions were profuse. Physicians told me I had diabetes in its worst form, and I feared I would never recover. Doan's Kidney Pills cured me in 1896, and I have been well ever since."

A FREE TRIAL of this great kidney medicine which cured Mrs. Dauscher will be mailed to any part of the United States. Address Foster-Milburn Co., Buffalo, N. Y. Sold by all dealers, price 50 cents per box.

Of the 1800 railroads in the United States whose securities are owned by the public only six failed to meet their bond interest during the first half of this year and thus became insolvent. These represent only 300 miles of track.

## To Exploit African Falls.

A company has been formed to exploit Victoria Falls, in the Zambesi, and will build a hydro-electric generating station, with the expectation of supplying power to the Waukie coal fields, Bulawayo, the Gwelo, Sebakwe and Hartley gold fields, all of which are within 300 miles.

## \$100 Reward. \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh, Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address F. J. CUREY & Co., Toledo, O. Sold by Druggists, 75c. Take Hall's Family Pills for constipation.

## To Protect Montana Waters.

Citizens of Montana living in the valley of Milk River are gravely concerned over the proposed extensive diversion of the waters of that stream in Canada, and are importuning the government to intervene in order that their prior rights to the water may be protected.

FITS permanently cured. Dr. Kline's Great Nerve Restorer, 231 Rector St., Philadelphia, Pa. Dr. R. H. KLINE, Ltd., 103 Arch St., Philadelphia, Pa.

Freight trains carry 1,250,000,000 tons per year.

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There is one weekly paper in Oklahoma to every 300 voters.

Mrs. Winslow's Soothing Syrup for children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

The modern locomotive costs from \$13,000 to \$18,000.

Pain's Cure is the best medicine we ever used for all affections of throat and lungs.—W. O. EMBLEY, Vanuren, Ind., Feb. 10, 1900.

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