

# Lumina

B. F. SCHWEIER,

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THE CONSTITUTION—THE UNION—AND THE ENFORCEMENT OF THE LAWS.

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Editor and Proprietor.

NO. 4.

**A MILWAUKEE clergyman has undertaken to make a church attractive by getting prominent members of his congregation to preach the sermon while he acts as master of ceremonies. It is not a bad idea for some preachers.**

**The law prohibiting the sale of cigarettes to children has scarcely been enacted when it was passed, but in hearing recently a dealer was fined \$25 and costs for selling cigarettes to school children. It is a righteous judgment, for the children themselves are in a large degree irresponsible and need protection.**

**A REPORT of a fight between a gorilla and a bulldog at Van Wert, Ohio, in which the dog was killed, says that after the battle the great difficulty was found in getting the gorilla back into its cage. Nothing was said about the gorilla who arranged the fight, and the assumption is that they are still at large.**

**The wisdom of postponing Senator Morgan's resolution recognizing Brazil as a republic, is now sufficiently evident. If the advice from Brazil are credited, the resolution is assured. Probably by the time Congress meets after the holiday recess, enough will be known to warrant some action on Senator Morgan's resolution.**

**As the Yorktown has arrived at London, Admiral Walker is prepared with his squadron of evolution to show Europe the beginnings of the new American Navy. It is not much of a navy yet, but it is a step in the right direction, and anything we have had in the war, and the vessels themselves will compare favorably with the best of their kind in Europe.**

**MR. ARTHUR McMICHAEL KAY-ANGLON, who has been a most remarkable character, although lacking arms and legs, and otherwise deformed, he lived much as other men live, and attained distinction as a member of the English House of Parliament, in which he steadfastly opposed Home Rule. His was a case in which the triumph of mind over matter was complete.**

**A BATH almost unanimous vote, the South Carolina Legislature has decided to annul the appropriation of \$5,000 to the University, a manual training school for colored men. There is some reason to say to let the race problem stand without educating it out of existence. South Carolina displays much wisdom in this matter, and doubtless will, instead of discontinuing the grant, increase the appropriation before the lapse of many more years.**

**The University at Odessa has been closed by the Russian Government because of the student, were nihilists and did not hesitate to propagate their doctrines. Evidently the czar has not yet learned that he is largely, if not wholly, responsible for the existence of the nihilist spirit in his domain. His policy has provoked it; it is one of the certain issues of despotic government. He can get rid of it only by changing his own course. Closing the institutions of learning will accomplish nothing, though it is true that the more a Russian learns the more likely is he to become dissatisfied with his own Government.**

**It is difficult to reconcile the large number of deaths from influenza reported as having taken place in Paris with the theory of London physicians that it is really a "flu" epidemic, a mild catarrhal trouble, which is destined to have an epidemic of a morose nature. If the disease be of the nature of the influenza, the fact of fatality should rather be accepted and depended upon than the theory of benignity. But while it is certain that the best medical minds of Europe have been baffled by many phases of the mysterious malady, it is equally certain that at a worst it cannot have greater terror for the human mind than the usual catarrh and influenza to which our Eastern cities are always subject in seasons of unusual humidity.**

**The Grand Jury of New York recently made a special presentation on the subject of electric light current, urging the enactment of legislation to prevent further casualties from that source, and likewise submitted an indictment of the Superintendent of the New York City gas works, charging him with manslaughter in having caused the death of Henry Harris by an electric shock about a month ago. It will hardly be urged in any quarter that this action has been too summary. The mystery is that it was not taken long ago in the interest of public safety.**

**HENRY W. GRADY, of the Atlanta Constitution, though quite a young man, had made for himself and his paper a national reputation. It was a great shock to the many thousands who had come to know him through his speeches and writings when they learned recently that his brilliant career had been ended suddenly by death. He was a brave, earnest, energetic leader of men, and an orator possessed of the powers of fascination, so that even those who disagree with him were charmed by his words and his speaking. That such a man should be called away just as his power was at its height is a great misfortune, not only to Atlanta and the South, but to the whole country.**

## A DEVOTED EX-SLAVE.

**How He Secured Employment for the Deaf and Dumb of His Old Master.**

The Superintendent of census comes near to a throbbing heart of poor humanity that the other officials in Washington. Of all the departments his alone is not governed by civil service law, and consequently that class of people known as "old slaves" are being described as "Less Miserable" turn to the census bureau. Some who apply are gentlemen of middle age who have passed a civil service examination, because when they were young, girls were taught to be housewives, and no provision was made for a widowhood of adversity circumstances when they would be forced to earn their own and their children's bread. Mr. Porter, the superintendent, says there is always one question that is forced to put to applicants, and that is through them like a knife. It is the simple and legitimate question, "What can you do?" Marvellous it is when the honest man, who has no definite idea of their own capabilities. When the question does not bring tears, it is usually followed by a wringing of the hands, and a helpless "I cannot tell," but rarely by a direct confident answer. One of these cases is unmatched in pathos. Mr. Porter boarded for a time after coming to the capital at a hotel where he noticed that his waiter was unusually attentive. The man did not seem to be a waiter, but he asked many things for himself. For a month or two this dumb admiration was carried on until finally Mr. Porter said: "What can you do, Wallace? You seem to have something on your mind."

"Yes, sah; I been studyin', sah, as how like nuff dey must be some place in the census for my young missus to work, but I ain't got no money to ask for anything. I been studyin' nigh a year how Wallace could get somethin' for de missus, and when I heard de nigger say, 'You must be a nigger, I jest said, de Lawd will provide.'"

"Who is the woman, Wallace?" Mr. Porter asked.

"She's de only child of my ole massa to de wah. Massa was killed and missus ar de chile come norf when dey was a boy. Dey live above Great Falls, an' deah tell me, sah, but they's very poor."

As Wallace finished, some one came up to talk with Mr. Porter, and the matter was forgotten. Wallace knew that the superintendent would see the other fortnight that he said, hopefully:

"My young missus, sah, I forgot to say de 'ver' intellectual an' do ev'rything comin' for her."

Wallace had the dorky's aptitude for sounding words and passed among his colleagues as that mysterious Italian, "a dorky and a dorky." Mr. Porter received further confidences from the honest fellow, who could do what few white men could do in this world—work. He asked a favor for some one else before himself, and in this case, for the daughter of the man under whom he had suffered. Promising to remember the "young missus," Mr. Porter left and might have forgotten her had it not been for the one Saturday night.

"Well, Wallace, I have something for your young mistress. Tell her to come around to the census bureau next week and I will see that she gets a job."

Later he learned from the lips of the "young missus" that Wallace had walked fourteen miles through the rain that day to get to the census bureau, and to tell her of the goodness of her appointment. She had not known that he was seeking the place for her, although for some weeks he had remarked mysteriously "the nigger will provide."

**Fast Trains and Wrecked Nerves.**

Many persons who travel much on the fast trains between Jersey City and Philadelphia have noticed that the engineers on those trains are, as a general rule, young men, and that there are many new faces seen from time to time in the course of a year. I asked an old railroad man the reason of this. He said: "It is because old men do not have the nerve to stand the strain of the terrific speed of these trains, and even the nervous young men gets afraid of them after a while. Then they get to getting up a little more table and see the train that time, the engineers are given other runs and new men are put on in their places. Likely enough you never noticed how fast those trains go. It is Philadelphia. All the trains stop at Trenton. Some of them stop at other places. It is slow work getting out of the Jersey City, but over the numerous switches and crossings, across the bridges at Newark and Trenton, and again getting into Philadelphia. Now, take a time to get into Jersey City at 10.10, making the 91 miles in 117 minutes. That's 47 miles an hour, including the stops and delays. Between Trenton and Philadelphia, the distance is 112 miles. That's 49 miles an hour, including the stops and delays. Between Trenton and Philadelphia, the distance is 112 miles. That's 49 miles an hour, including the stops and delays."

**Ugly Things.**

What are ugly things? Here are a few:

- 1. Inflation furs and jewels.
- 2. Women who paint their eyes.
- 3. People who push.
- 4. Men who are effeminate.
- 5. Girls who are effeminate.
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**A Dutch physician declares that a close connection exists between the exercise of mental faculties and disorders of the nose. He says that he was recently called to attend a case of chronic headache, of inability to learn or to perform mental work, where due to chronic disease of the nose, many of them would be easily cured.**

## TRAINING FOR A FOOT RACE.

**How a Professional Sprinter Diets and Exercises While Preparing for a Run.**

In aiming at the removal of superfluous flesh—the training of which virtually reduces the weight which one must carry—I begin by adopting such a diet as will build strength, but not weight, to the body. With this object in view, I carefully avoid all fat meats, soups, butter, starchy foods, potatoes, etc. In fact, I eat a great deal of lean meat, and only the most easily digested at that, such as beef and mutton. Eggs—especially poached—poultry, fish, game, may be eaten plentifully, but such meats as veal and pork are to be avoided. Stewed vegetables are to be partaken of freely, as are all greens, such as lettuce, cresses, etc. Fruit is necessary, and is to be taken at breakfast.

Whatever bread is used should be either toasted or used when about forty degrees of heat. Fat is to be avoided, as it is probably better than anything else; but all pastries, such as pie, cake, and the like, together with all rich foods, are to be avoided. For beverages I use weak tea and coffee in small quantities, and but little water. Stimulants of all kinds, such as cigars, drinks, especially wine, are to be avoided. The diet of these and that of tobacco in any form whatever it is hard to decide which is the most injurious.

At the end of two weeks the entire distance at which you intend to compete may be run over at racing speed, and may be repeated as often as once every three or four days. On the day previous to this effort I would do no work whatever, and as I always run three times a week, I do nothing on the day following either. All the work will be found to have improved the "wind" also. With each day's work you will find that you breathe more freely, and as you run, in a very short time you may run a hard race with little or no discomfort to the breathing.

During the race can be acquired only by constant practice. Many races are lost by selecting at the start a pace which is either too fast or too slow. If the former be the case, the runner finds himself out of breath, and is exhausted to continue running, and is therefore beaten by a man who has, perhaps, not nearly his ability. If, on the other hand, the pace is too slow, there is danger of the other competitors acquiring a greater lead than he can overcome.

My device is to resort to study my pace, and to take one half or three-quarters of the distance at which I am to compete and run it at my regular racing gait. At regular intervals I do a few miles, and have timekeepers stationed, who inform me as I go by of the time which I am making. Suppose, for instance, I am able to run the distance in two minutes. Instead of running the full 280 yards, which would be very exhausting, I run three furlongs, and at the end of each furlong, or 220 yards, the timer there stationed gives me the time. If this be less than thirty seconds at the first furlong, I know that I am running too fast, and can decrease my pace until I reach the two-minute mark. If, on the other hand, I find myself slower, being again informed of how I am running, I can regulate my pace accordingly. Besides the excellent practice which this method affords, there is no better way of developing those qualities which are needed for success in racing.

**Historical Anecdotes of the Table.**

In the streets of Athens, were found not only public houses, but also taverns, which were sold hot water; cup of hot water cost the modest sum of three oboles; rare plants were infused in this water, and the mixture was sold in small quantities, very hot water and very cold wine which gave to the beverage a medium temperature, for in countries of this latitude, hot drinks are unobtainable, and the one or two cups of wine in the streets, and in all public places, there were many small cook shops, and itinerant pastry cooks who prepared the pastries which were frequented by the masses. Aristotle tells us of their calls between the sea, and how by degrees they worked their way even to the high mountains. In order to offer their merchandise to the spectators. According to the great philosopher, the success of a play, either tragedy or comedy, was in the hands of the delicacies. If the play was bad, many oaks were eaten, taste compensating for the ungratified curiosity; but if the play was good, wine to the unfortunate came vendors; the merit of his wares varied before the gaze of the poet. The Greeks, and particularly the Athenians, were lovers of the country; they invited there, their friends and their invitations always included the entire family. "I rest from work, today," says Euripides, "on account of my dear Pythaeon, to come to the festival that I have prepared for this occasion. Bring with you your wife, children and dog, the faithful guardian of your flocks, whose remembrance you keep all day long. He shall not be the worse for being our guest. In the house of Plato, Aristophanes causes a person who addresses a slave to say, "Go quickly, tell your master to come, also his wife and children and even his dog, to the festival of the poet Nicetas, of Soma." "It is not in the city, it is in the country that I desire my festivals to take place, where I can enjoy the fruits of the land. I bring wine and bread. Here are the leaves of the Agnus Castus, the most odorous tree of this earth, here is the olive, the antique crown of the victor; full of joy, made gay by the sweet fumes of the intoxicating liquor, I will sing to the Goddess of our island, the noble wife of Jupiter."

**Irrigation in California.**

Wherever the water comes from, it is usually conveyed into a tank or a reservoir, and from there it is distributed about over the farm wherever needed. A hand pump is a rarity in Southern California. A windmill pumps the water into a high tank, which gives it the pressure needed for sprinkling. Hydrants are placed at the house, at the barn, in the garden, in the orchard, and at other points. With plenty of hose the fire protection is admirable. The farmer's wife is as well off as her city cousin in the matter of water convenience.

Running through iron pipes near the surface of a blistering hot soil, the water gets warm, not to say hot, and so it does standing in the tank over the well. When wanted for drinking it is put into iron pipes, which are cooled by the evaporation of the large part which soaks through the jar cool the contents. Always in the morning, the farmer and his wife had a drink of water, and the water was so hot that it was almost unbearable to have. Sometimes a barrel, covered with a cloth kept wet, is used for the same purpose.

When the water comes to various points on the farm is sometimes carried from the hydrants through ditches which run along the highest parts of the rows. These ditches are the simplest possible in construction. They go winding about like natural streams. Sometimes a furrow of the large furrow answers every purpose. For the capillaries of the ground, the furrows made between the rows of vegetables in cultivating them are quite sufficient. When you have irrigated a row, you have irrigated the whole row, and then the dam is removed farther down the main stream, and more rows are irrigated in the same way.

A scientist states that medical science is keeping alive unhealthy people to whom it does not however, prevent

## A Kiss.

**Something made of nothing, tasting very sweet; a most delicious compound, with ingredients complete; it has no great significance; it loses half its value on occasion, the heart and mind are free.**

It is not a great significance; it loses half its value on occasion, the heart and mind are free. It is not a great significance; it loses half its value on occasion, the heart and mind are free. It is not a great significance; it loses half its value on occasion, the heart and mind are free.

**TRAIN ROBBERS.**

"Good-by, Connie. Be sure you write as soon as ever you get there. I don't like to hear of your going away alone. I shall have the horror until I hear that you have not been kidnapped or murdered."

My friend hugged and kissed me, and then let me go with great unwillingness. I had been spending a few days with an old schoolmate in the pretty little town of Redfield, on my way from Michigan to California. Her husband had been called away in the morning on urgent business. The latest baby was scarcely a week old, and she was in a state of great nervousness. I had been called away in the morning on urgent business. The latest baby was scarcely a week old, and she was in a state of great nervousness.

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## Somebody might put a job up on us.

**"I'll soon find out if she can hear," said the louder voice.**

"O, how I was beginning to repent my foolish act; the love of the fun that had brought me into this terrible situation. I dared not turn my head to see what the ruffian was about to do, for I was every drop of blood had left my face. I could hear the man leave his seat and come into the one directly behind me. I fancied I could feel his breath upon my neck, and the thought made my flesh creep. What would he do? Would he dare touch me? A thousand fears flashed through my brain like lightning. Should I rush to the door in search of the conductor? Should I scream and pull the rope?"

In spite of all my terror, one thought came to me: to move, to get away, if possible, I must hold every nerve under my control, and not betray myself; for the little I had heard, would surely make the men dangerous companions for a long time.

**TRAIN ROBBERS.**

"What's up here?" he shouted.

"Only a rabbit at a jack rabbit," was the reply, with which he was answered. I still leaned against the side of the car, faint and weak. My tormentor commenced to talk as soon as the brakeman closed the door behind me. "She's safe enough. That yell would have raised a man dead a week. Give us your plans and let's settle up."

The course of the road changing, the sun became somewhat annoying where possible I changed my seat so that I faced the speakers. I did this for the deliberate purpose of practicing the mean trick of cross-talking. "I'll give you a lesson in the art of cross-talking," he said. "I'll give you a lesson in the art of cross-talking," he said. "I'll give you a lesson in the art of cross-talking," he said.

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## responsibility with another, stronger

**When we reached the city, I left the car, and went into the lunch-room, ordering my lunch by my tablet, for I dared not give my name; for I might give a name of the conductor.**

Night was coming swiftly on. I grew cold as I reflected that the next few hours might bring. I dared not stay away, and I was fit to be carried to death at being there. Knowing myself that I had betrayed the ruffians, I was in deadly fear of their finding it out. They would not be so easily fooled. They would not be so easily fooled. They would not be so easily fooled.

I scanned every face near me for a sign. At last, the conductor entered. He looked at me, and then at the man who was sitting next to me. He looked at me, and then at the man who was sitting next to me. He looked at me, and then at the man who was sitting next to me.

I gave a long sigh of relief, sank back in my seat, and covered my face with my hands. It seemed as if the danger had passed. I gave a long sigh of relief, sank back in my seat, and covered my face with my hands. It seemed as if the danger had passed.

I could not tell how long we rumbled along in the darkness. I can not judge of the time, for to me it seemed an eternity. Then the speed of the train slackened, and we stopped. Then there was a rumble, and the train began to move. I gave a long sigh of relief, sank back in my seat, and covered my face with my hands. It seemed as if the danger had passed.

It was all over in a few minutes. The old ruffian and his companions had placed on the track were removed, and we were flying over the rails again. There was a great hubbub and confusion in the car, and questions flew about. As usual, the men were very non-committal, and very few of the passengers really knew what had happened.

By and by, my conductor (as I have often called him since) came in and sat down beside me. "Are you all right? Did you get away?" he asked. "I'm all right," I replied. "I'm all right," I replied. "I'm all right," I replied.

"Yes, they're caught! They've got the good taste of the ruffian's blood. The old ruffian and his companions had placed on the track were removed, and we were flying over the rails again. There was a great hubbub and confusion in the car, and questions flew about. As usual, the men were very non-committal, and very few of the passengers really knew what had happened.

I glanced rapidly over the group. There was the man who had lost the ticket. The man who had lost the ticket. The man who had lost the ticket. The man who had lost the ticket. The man who had lost the ticket.

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## NEWS IN BRIEF.

**Examining physicians say that alcohol and tobacco are largely responsible for the color blindness with which a large number of applicants for positions on railroads are affected.**

**It is known that the bellows were used in Egypt in the time of Tuthmosis III., one of the Pharaohs of the 18th century. A picture on a wall of the temple below made of leather bags, worked by men standing upon them, are shown.**

**A petrified apple was discovered at Burlington, Me., recently, by some boys. It had been changed to the color of marble. The stem and**