

MAN'S first duty," said an eminent English scientist, "is to find a way to support himself, thereby relieving other people of the necessity of supporting him." That I consider a shrewd observation.

Whatever may be your nature, whether you feel yourself to be an

artist, or experience within yourself the movings of poesy, it is well to learn to do something that will enable you to exist with self-respect by taking yourself off other people's backs.

The one work to take up is some kind of work the world is willing to pay for.

You may be created to do something wonderful or beautiful or wise, but primarily you are created to do something for men that will persuade them to feed and clothe you.

First earn your salt, then come on with your message.

In the olden days the Jews taught every child a trade. The youth might grow up to be a learned rabbi, but on a pinch he could mend chairs. Saint Paul was a tent maker. He discharged his debt to the race by

making tents; he threw in his gospel as boot. It is what you do to boot that brings you glory and honor, praise and

power. But don't forget your main duty, which is to earn your wage. If you don't have to work for a living it is too bad. You may amount

to something, but the chances are against you. A few endowed gentlemen and ladies have helped the world along

a little, in the course of history, but no enough to matter.

Most people look upon a condition where they would be freed from the struggle for bread and butter and house rent as a heaven devoutly to be wished.

Hence we have erected universities and scholarships and endowments so that superior folk might devote all their energies to higher things. For the most part those segregated and sheltered classes have done nothing much but maintain old ideas long after they are dead and should have been buried, or contribute to the already endless bric-a-brac of learned uselessness

Wage labor is work. What you do after you work is play.

Your play is the best thing you do. All true art, philosophy and religion is the soul's play. There's no wage for it, and there never can be. If you work all the time you become stupid, like the huge money

getters. If you play all the time, like the endowed folk, you become silly, prob-

ably also vicious.

If therefore you would be normal, healthy and happy, do something each day that mankind is willing to pay money for, put forth some effort reducible to the common denominator of human activity-money; do that first, then do something that cannot be paid for.

Perhaps you can do both at the same time.



Connoisseurs say that fish living lazily in deep pools where existence is easy are poor in quality, whereas those in running water where food is hard to get and dangers are all around to be guarded against have the finest, the real exquisite flavor.

So it would seem that nature favors the strenuous life-not that purposeless, resultless buzzing about in the squirrel cage which some people call life, any more than the eternal sitting with folded hands and empty brain, but the great common lat, that of hustling for a living for self and loved ones.

Plenty of love, work and play are what are good for us-play to build us up when we are weary, work to keep us from getting into mischief, love to make work worth while.

And if we are unhappy, most likely there is something wrong with that great life trinity. The ideal lot would be congenial work-that into which one could put one's very best, loving and being loved by delightful people, and having the means of real recreation-that which verily recreates-always at hand.

But in this very practical world, which is only a training school anyhow, it would seem that it is enough for the average man if these three are present, even in imperfection.

Most of us must love very ordinary folks, for we are ourselves of the ordinary sort; most of us haven't had the time or means to develop all that may be in us, much less find the round or square holes that exactly fit our round or square shapes; most of us can't choose between golf, automobiling, tennis, horseback riding and fancy gymnastics at the athletic club, but must content ourselves with walking home from business or a game of ball with the boys in the back yard.

But only when we love heartily and work well and play whenever we

HISTORY OF PANAMA

Spaniards in 15th Century Landed at Site of Canal.

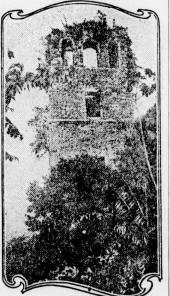
Tales of Rich Gold Deposits Were Responsible for Many Adventurers Leaving Home to Seek the El Dorado in the New World.

Colon, Panama .- It was lust for gold that brought the Spaniards to America that brought the Spaniards to America in the fifteenth century. It was the same lust that led them to make many daring trips of exploration into the interior. An expedition set out from the island of Haiti one day in the year 1513. When the vessel was well out to the sea, and the wooded shores of the Island had grown dim in the distance the adventurers were amagdistance, the adventurers were amaz-to hear muffled shouting from the hold and a noise of knocking. The sound was coming from one of a num-hor of great cash, support ber of great casks, supposed to con-tain dried beef, and when the noisy cask was discovered and the end knocked off, a well-built young man, clad in the velvet garments gentlefolk wore at that time, sprang out. Sev-eral of the adventurers recognized eral of the adventurers recognized him as Vasco Nunezele Balboa, a young man known to many of the colonists of Haiti.

Balboa explained that he had chosen this way of coming aboard because his creditors were watching him so closely that he knew they would never have permitted him to leave the island openly, but would have caused him to be seized and cast into debtors' prison. The destination of this party of ad-

venture was Darien, near the site of the Panama canal. No man knew what lay across the isthmus, and indeed most Spaniards believed at that time that the West Indies were

islands off the coast of Asia. When the vessel which Balboa had boarded so unceremoniously reached the mainland of Central America members of the little Spanish colony already there refused to allow the captain of the vessel to come ashore, for he had an evil reputation. The other men, however, went ashore un-der the leadership of Balboa and at once began a trip of exploration. Balboa made an alliance with a powerful Indian chief who ruled that portion of the land, and married the chief's daughter. At the wedding feast the Indians brought rich gifts of slaves and gold, and were amazed to see



Tower of the Castle of the Old City of Panama.

how the eyes of the Spaniards glittered at sight of the yellow metal and how they quarreled over it.

At once Balboa fitted up an expedition to cross the mountains to the land of gold. With him he took 200 men and a pack of savage dogs, which should attack unfriendly Indians. Balboa called the new ocean

South sea, because he was looking toward the south when first he saw it. But he and his followers, though

GOTHAM CHURCH IS RICHEST Trinity in Manhattan, N. Y., Said to Have \$75,000,000 Invested in Property.

New York:-Interest has always been evinced in the workings of Trin-ity church, in Manhattan, New York; that church, whose spire marks the heart of the greatest financial district on the continent, though it no longer can show above the surrounding buildings; that church under whose eaves rest the forms of the most distinguished of statesmen and citizens of earlier days, occupying ground that is worth almost inestimable sums, yet safe from the encroachments of the business world,

One need not go to Europe to find wealthy churches, for in all the world



Wall Street, Old Trinity in Distance.

the richest Christian Trinity church. Richer, indeed, than many of the great corporations of the land which have been stamped as predatory land institutions.

Heretofore it has been said of Trinity that its invariable policy was "ad-dition, division and silence," but since Dr. William T. Manning became the rector of the church things have changed. Dr. Manning maintains that there is a legitimate public interest in the details of the wealth and management of the institution. Otherwise we wouldn't know that Trinity's wealth amounts to \$75,000,000. Of course this isn't all in churches,

chapels and cemeteries, though probchapels and cometeries, though prob-ably such property would bring \$45, 000,000 in open market. The church and its neighboring cemetery together with St. Paul's chapel a little distant on Nassau street are put down on the city's rolls as valued at \$20,500,000, exempt of course, from taxation.

St. Agnes cost \$1,900,000. Interces-sion cost \$600,000. Both of these properties, as well as many others which are unproductive because used for re ligious purposes, are owned by Trinity. It is upon these many plots and structures that, taking the city's own estimation of the value, the estimate of an unproductive wealth of \$45,000, 000 is made. Recently Dr. Manning had the hold-

ings of Trinity announced in its nine chapels; and the figures revealed that the city assesses the property which is held for investment at \$15,000,000. This assessment is scarcely two-thirds of the real value of the property. In addition there is enough other productive property to bring the total of \$30,-

NEWSGIRL HAS A ROMANCE

Married to Wealthy Man Who Bought a Book of Her in New York Hotel.

New York .- When Nan Corrigan until a few days ago newsgirl at the Hotel Vanderbilt periodical stand, sold the first book to young Frank M. Bates of Attleboro, Mass., there bud-ded the romance which culminated in their marriage at Danielson, Conn. The wooing, though of short duration, is said to have been complicated by the attentions of a wealthy Buffalo widower, who had met Miss Corrigan



First Medal of Honor Awarded to Julian Scott, Fifteen Years Old,

The first soldier to win the coveted medal of honor was Julian Scott, a fifteen-year-old drummer boy in the Third Vermont infantry in 1862. The act which gained him the medal was performed several months before the congressional act instituting the re-

of Vermont

ward was passed. The medal of honor is the highest decoration for personal valor awarded to the soldiers and sailors of the Unit-ed States. It is to Americans what the Victoria Cross is to the English or the Iron Cross to the Germans. The act of congress ordering 2,000

of these medals to be prepared was ap proved by President Lincoln July 12, 1862, and the first medal was issued the following year. It was a five-point-ed star of gun metal, tipped with tre-foil, each point containing a victor's

crown of oak and laurel. On official occasions, says Uncle Sam's Magazine, it was worn suspended around the neck and under the cen-ter line of the chin by order of the president. A bowknot of ribbon is worn in the lapel of the coat in the absence of the medal.

In 1868 the Grand Army of the Re-public organization adopted a design so similar that it was misleading and steps were taken by the Medal of Honor Legion to have a new design issued to replace the old one. Con-gress in 1904 adopted the new medal. It is of silver, heavily electroplated in

The five-pointed star has been re-tained and in its center appears the head of the heroic Minerva, the high-est symbol of wisdom and righteous war

It was on the morning of April 16 that the afterward famous Vermont brigade—Third, Fourth, Fifth and Sixth regiments-was ordered to advance and to attack a strong fortification masked in a forest near Lee's Mills, or Burnt Chimneys, on the right bank or Burnt Chinneys, on the right bank of Warwick river. When the command reached the bank of the river under cover of the fire of a light battery four companies of the Third regiment, in one of which Julian Scott was serv-



sistance by the enemy, hidden among trees and a dense underbrush on the opposite side, succeeded in wading

The water midstream was breast high and soaked the paper cartridges carried in little leather boxes on the back. The rest of the brigade failed to come up, but the plucky advance guard drove the Confederates from their position and had pursued them some distance before they rallied. Then, unsupported and with worthless ammunition, the Vermonters fell back.



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When in need of a good laxative give Gar-field Tea a trial and be convinced of its merits. It is made entirely from pure herbs.

Modern Miracle. "Do you believe in miracles?" asked

Dobkins. "You bet I do," said Snobkins." Why, only the other day my wife bought me a box of cigars, and by George, Dobky, I could smoke 'em."-Harper's Weekly.

AN APT SCHOLAR.



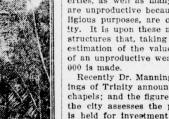
Mrs. Beacon Streete-I'm glad your uncle left you some money, but please, Norah, don't call it a legacy. Say limbacy. It is very improper to

say leg; always say limb! Norah—Yis, ma'am, an' shall I warrum oop thot limb o' mutton for dinner, or will yez hev it cowid?

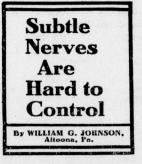
GOOD NIGHT'S SLEEP No Medicine So Beneficial to Brain and Nerves.

Lying awake nights makes it hard to keep awake and do things in day time. To take "tonics and stimulants" under such circumstances is like setting the house on fire to see if you

can put it out. The right kind of food promotes re-



get a chance will life be wholesome, human, real.



In a railway or other accident a man may be scared within an inch, or even within half an inch, of his life; he may get such a fright as will all but kill him, but unless the fear leaves permanent and painful physical effects, he has no redress in a suit for damages. A decision handed down by a North Carolina court says that "mere fright is not actionable." A person must suffer both in body and in mind and be made sick in order to recover damages. That sounds like good common sense, and it is doubtless good law, but can a general rule be applied in all cases? Suppose

two persons occupy a seat in a railway car that is wrecked, but neither is injured physically in the least. Suppose also that one of the two is hardy. robust, courageous, with a strong nervous organization, while the other is weak, timid, with shattered nerves. The shock might easily cause the nervous person to suffer both in mind and in body and be made sick, while the other escaped with no unpleasant permanent effects whatever.

Would the fright in one case be actionable, and not actionable in the other? Would the railway company be held responsible for the nervous condition of all the passengers? In that case it might be necessary to have specialist to examine passengers before they board the trains or trolley cars, in order that the company might not be liable. Such delicate and subtle things as nerves are hard to control, even by profound and well-established principles of law.

they had discovered a new ocean. to find the land of gold for which they had set out. He then returned to Darien and sent word to the Spanish king of the great discoverv which he had made. Then he caused for small ships to be taken apart and carried across the mountains, believing that somewhere on the other side of the new ocean lay the El Dorado. These vessels were set up again and launched, the first European ships to dip keel in the great South But before Balboa had equipped sea. them fully and put out to sea his ene-mies, hurrying across the isthmus, captured him, accusing him of plots against the king. There was no evi-dence of any such plotting on Balobo's part, but those were lawless times, and the men of Darien were jealous of Balboa. In less than 24 hours he was tried, found guilty, condemned to death and beheaded.

Turk Blows Up House.

Pottsville, Pa.—John Turk Tuscarora was informed that a of violent shock would exterminate the bedbuss which recently have been bother-ing his sleep. Taking the advice at face value Turk secured a quantity of dynamics, placed if under the bed and exploded it. The shock exterminated the insects, also the bed and the house in which the bed once was. When Turk came to be was sitting in the middle of the road.

while she was employed last year at the Hotel Belmont.

When the news girl took up her place behind the stand at the new hotel last January the Buffalo man fol-lowed, but he soca lost prestige after the appearance of Mr. Bates. Monday evening the former newsgirl packed her trousseau and quietly slipped away from her home without telling anyone anything about it. Frank M. Gates is widely known in

New England, where he has been making free use of a large fortune left him by his father, Joseph M. Bates, a manufacturer of jewelry at Attleboro. He had been married twice before.

Burglary As a Rest Cure.

Danville, Pa .-- To break into bouse simply to find a good place for rest is a Danville novelty. Daniel rest is a Danville novelty. Daniel Miller and Edward Kingston, under the influence of liquor, arrived at the former's boardinghouse, kept by George Swank, and were refused admittance.

They talked the matter over, then made their way to a house near by, the owner of which is out of town with his family, and coolly forced an entrance and went to bed. Late at night their act was dis-

covered and the police were notified. They found the two fast asleep, and in their possession a revolver and a bottle of whisky.

As soon as the enemy realized that freshing sleep at night and a the retreating companies had no de-fence but bayonets they subjected them to a merciless fire.

The climax to the catastrophe came when the Vermont companies reached the stream they had forded an hour earlier and found it a roaring flood. While the fighting had been going on the Confederates had opened the flood-gates at the mills above and had cut off their assailants. Many of the Ver-

monters tried to swim the stream, but were drowned. Others were shot as they hesitated on the bank. Young Scott plunged into the water and struck out for the opposite shore. In midstream he stopped to rescue a In midstream he stopped to rescue a wounded comrade who was shot through the neck while swimming be-side him. Scott pulled him to shore and laid him on the bank out of dan-ger and again and again returned to the stream, rescuing wounded and ex-hausted men until he had drawn 11 of his comrades to safety. Even then, faint from the long struggle and suffering intensely from a bad wound in his head, he went back ance

more to have a twelfth man, also wounded, from being carried down with the flood. The man died as Scott laid him on the bank. It was by such service that the first medal of honor

was won. Julian Scott lived not only through the war, but for many years after it, and is buried now 'a a Plain-field, N. J., cemetery.

wide awake individual during the day. A lady changed from her old way of

eating Grape-Nuts, and says: "For about three years I had been a great sufferer indigestion. from After trying several kinds of medicine, the doctor would ask me to drop off potatoes, then meat, and so on, but in few days that craving, gnawing feeling would start up, and I would vomit

everything I ate and drank. "When I started on Grape-Nuts, vomiting stopped, and the bloated feeling which was so distressing disappeared entirely.

"My mother was very much bothered with diarrhoea before commencing the Grape-Nuts, because her stomach so weak she could not digest her food. Since using Grape-Nuts food she is well, and says she don't think she could do without it. "It is a great brain restorer and

nerve builder, for I can sleep as sound and und:sturbed after a supper of Grane-Nuts as in the old days when I could not realize what they meant by a 'bad stomac.' There is no medi-cine so beneficial to nerves and brain cine so beneficial to nerves and brain as a good night's sleep, such as you can enjoy after eating Grape-Nuts." Name given by Postum Co., Battle Creek, Mich. Look in pkgs. for the famous little

book in page to wellville." Ever read the above letterf A new one appears from time to time. They are genuine, true, and full of human interest.