

**THE INSTINCT OF MIGRATION**

Shown in Fall Flight of the Bobolink Toward the Southland.

The instinct of migration is one of the most wonderful in the world, says C. William Beebe, in Recreation. A young bobwhite and a bobolink are hatched in the same New England field. The former grows up and during the fall and winter forms one of the coveys which is content to wander a mile or two, here and there, in search of good feeding grounds. Hardly has the bobolink donned his first full dress before an irresistible impulse seizes him. One night he rises up and up, ever higher, on fluttering wings, sets his course southward, gives you a glimpse of him athwart the moon, and keeps on through Virginia to Florida, across seas, over tropical islands, far into South America, never content until he has put the great Amazon between him and his far-distant birthplace.

I do not believe Plac's Cure for Consumption has an equal for coughs and colds.—JAMES F. BOWEN, Trinity Springs, Ind., Feb. 15, 1900.

**Popularity of Yiddish.**

Yiddish is an archaic and corrupt form of German extensively spoken by Jews in many countries besides Germany itself. A startling instance of its popularity is given by a writer in Jerusalem he met "a worthy man who denounced me for being unable to converse with him in Yiddish. 'You are no Jew,' he protested, 'for you do not know the Jewish language.' I answered that Hebrew was the Jewish language and that I was quite willing to try to speak to him in it. His rejoinder was: 'I have no patience with this new-fangled idea of speaking Hebrew in Jerusalem.'"

**DON'T FORGET**

A large 50-cent package Red Cross Mail Blue, only 5 cents. The Ross Company, South Bend, Ind.

**Courtship in Siam.**

A Siamese lover must announce his first visit to his lady love four months in advance, and when the day arrives and he proposes the maiden must wait decorously for two hours before giving him her answer, although she surely has decided before his arrival. What would impetuous American lovers think of such proceedings?

The Salt Lake Route will at once place in service a through limited electric lighted, steam heated train between Los Angeles and Chicago. It will take nine complete trains to make up the service and the cost of each train will represent \$100,000, or \$900,000 for the whole. These trains will run via Milford, Lynn and Tintic, but arrangements will be made to have good connections from Sanpete, Valley points and the Provo and Nephi line.

**The One General Mistake.**

People are never so near playing the fool as when they think themselves wise.—Lady Mary Wortley Montagu.

**TEA**

Good dealing goes with good tea; good tea with good dealing.

And bad with bad.

Your grocer returns your money if you don't like Schilling's Tea.

**World of Women.**

The world of women, according to Vanity Fair, may be divided into two halves—the half that dresses and the half that merely wears clothes.

**TEA**

It is a companion in pleasure or misery, one or the other; and some of us don't know one from the other.

Sheep's wool as Barometers. Shepherds believe the wool on a sheep's back is an unfailing barometer. The curlier the wool the finer will be the weather.

**TORTURING HUMOUR.**

Body a Mass of Sores—Treated by Three Doctors but Grew Worse—Cured by Cuticura for 75c.

"My little daughter was a mass of sores all over her body. Her face was eaten away, and her ears looked as if they would drop off. I called in three doctors, but she grew worse. Neighbors advised Cuticura, and before I had used half of the cake of soap and box of ointment the sores had all healed, and my little one's skin was as clear as a newborn babe's. I would not be without Cuticura again if it cost five dollars, which is all it cost us to cure our baby. Mrs. G. J. Steese, 701 Coburn St., Akron Ohio."

**Devil's Currency.**

The name "Devil's currency" was given by the New Englanders to the wampum which the Dutch settlers in Manhattan and New Netherlands adopted as their currency from the Indians.

**TEA**

Anti-nervous prostration. A little more tea; take a little more time with your tea.

Tuberculosis in England. The number of deaths from tubercularis in England is 60,000 a year; yet there are only seventy sanatoriums, with room for 2,760 patients.

**THE JOKER'S CORNER.**

**WITTY SALLIES TURNED OUT BY THE HUMORISTS.**

**Mr. Jiggs Knew Worse Trials Than Stretching the Truth—Misfortune, Not Amfiction—Another Peace Conference of Considerable Importance.**

**Putting a Good Face On It.** Young William Makepeace Thackeray had broken his nose by jamming it carelessly against another boy's fist.

"Well," he said, as he looked at himself in the mirror, "I'd rather have a nose of that kind that one like J. Pierpont Morgan's."

At a subsequent period, however, he avenged himself by making faces at the entire aggregation of English society.

Just So.



Higgs—There are times when a man has to lie to his wife.

Jiggs—And worse than that, there are times when he has to tell the truth.

**The Cause of His Going.**

"Wow!" growled the old man, returning to the bedroom, "I stabbed my toe."

"Well," replied his wife, "that's what you get for going down stairs in your stocking feet."

"That's so. If I hadn't gone down in my stocking feet that young man of Edith's might have heard me and got away before I reached him."

**A Man of His Word.**

"I've been trying that physician you recommended so highly to me."

"Ah! And you found him all that I said—reliable in every respect, eh?"

"Well, he assured me he would put me on my feet inside of two months."

"And did he do it?"

"That's what he did. I've just sold my automobile in order to pay his bill!"

**Accident on Uganda Railroad.**

The following is an official report sent to his superior by the station master at Nimba, on the Uganda railway:

"To station Nairobi, from station Venani. From station master. Guard No. 2 reports struck giraffe at mile 158. No damage to permanent way or train. Driver states giraffe ran off uninjured."

**Another Peace Conference.**

The Rich Father—"So you want to marry my daughter, young man?"

The Young Man—"That's the idea, sir."

"Well, I consent. That's settled."

"Yes, sir; now we will consider the proposition for a concession of lands and a money indemnity."

**Papa Made the Roof.**

Little Pauline, after questioning her aunt as to who had made their house and being informed that Jim Welch had done so, replied:

"Why, auntie, God made our house. God made our front room and our hall and our kitchen, but papa made the roof." (Her father is a tinner).—Magazine of Fun.

**The Dealer Was Wise.**



Purchaser—When you sold me this horse you said he was without faults. Now I find he's lame.

Horse Dealer—Well, lameness ain't a fault—it's an affliction.

**Avoiding a Greater Expense.**

Giffie—Jiggins must think a good bit of his wife.

Spinks—Why So?

Giffie—He gives her an allowance of \$20 a week.

Spinks—Oh, he's foxy. He knows she could get at least \$50 alimony.

**Wouldn't Stand for It.**

"Heard there was a big split-up in Ebenezer church last Sunday."

"Yep."

"What was the trouble?"

"Preacher said somethin' ag'in to-backer an' Grandma Panks, Betsy Haskett, Aunt Prudy Williams an' Granny Stubbs took their pipes an' went over to the other church."—Detroit Tribune.

**PRACTICAL HYGIENE**  
The Proper Care of the Body

**Healthiest Region in the United States.**

In looking about for a site for the projected Michigan state sanitarium for consumptives, the discovery has been made that the northern part of the lower peninsula of Michigan is the healthiest part of the United States. This is not guess work by interested parties, but the verdict of the United States census. It will astonish many who have heard the claims made for the Maine woods, the Adirondacks, the mountain regions of North Carolina and Georgia, for Colorado, California, Arizona, New Mexico, to hear that the tables of the census bureau demonstrate that the palm belongs to Michigan. Freedom from consumption being the first consideration, the board having the inquiry in charge found that of the nine registration states (where registration of deaths with the cause is obligatory), Michigan stands lowest on the list, with a death rate for consumption of 107.; New Hampshire, the next lowest on the list, stands 152.3; Massachusetts, 186.2, and New York, 134.1. Rural Michigan stands 94.1. An examination of the chart for Michigan shows no less than thirty-nine counties with a lower rate than 95 (which are shown in white). There are only five such counties in New York state. Compared with other parts of the country the low rate for northern Michigan is most remarkable. The consumption death rate for cities in the New England states is 244; for cities in the middle states 259, lake states 156, southern states 277, San Francisco 304. Thus it is seen that even the cities of the lake region compare most favorably with cities of the rest of the country in the matter of exemption from pulmonary tuberculosis. Having found that the lake region appears to be most favorable, the board stuck a pin in the center of this region on the map, in the upper part of the lower peninsula of Michigan. Here are the great lakes to the north, the east and the west. Here are pine and hemlock forests, filling the air with balsam. Here is a porous soil of gravel and glacial drift, with good water uncontaminated by cities. And here is abundance of sunshine, with absence of fog. So the board reasoned. Examining the vital statistics of the state, it was found that the four counties of Otsego, Crawford, Roscommon and Gladwin show an average death rate for all forms of tuberculosis for the past five years of only 58.6. Hamilton county, New York, the Adirondack county making the best showing, has a consumption death rate, according to the census, twice as large as the first three Michigan counties named above, while the cancer, pneumonia and diphtheria charts left comparison entirely out of the question and show a clear white record for northern Michigan. It will be little wonder, therefore, if the state sanitarium is located in one of the counties above named, distant from any large city, and where the pine scented air will continually blow through the open country of the consumptives' camp, for the sanitarium will be of the camp character, rather than a large building, and will be as open to the sun and air as possible. Here the campers will be encouraged to take moderate exercise, to eat nourishing food, rich in vegetable fats, and to get tanned and toughened in the open air. By this means it is hoped that the consumption death list of Michigan, 2,500 per year, will be materially reduced, and that a large proportion of the campers will be returned to their homes strengthened and cured.

**Out of Door Nurseries.** One of New York's most famous specialists for children has lately made a plea for roof playgrounds. On one of the roof playgrounds established for the use of the children of the poor, the average attendance is 2,000 per night. Three or four teachers maintain order, and there are bands for music and dancing. In the city the roof can be utilized for an outdoor nursery, which will greatly promote the health and happiness of the children. The roof should be floored over for a certain space, and partitions built to protect the children from the wind, and railings or fences put up to keep them from falling off. Awnings are necessary to protect them from too much sun and from rain.

Here the children can play nearly every day, winter or summer. In these private outdoor nurseries the mother can keep an eye on the children who are removed from the undesirable conditions and contacts of the city streets and parks.

**Useful Work Most Healthful Exercise.** Children of both sexes should be early taught to be useful. In many kinds of useful work they find the most healthful of all exercise. The various movements required in the process of "putting a room in order" clearing the table, washing or wiping dishes, running errands, replenishing the fire, and in other household duties afford almost as good an opportunity for the exercise and development of the muscles as the most complicated maneuvers of systematic exercise in a gymnasium. Children should be taught the dignity of work, and made to understand that their lives, if successful, must be lives of usefulness.

**Breeding Ground for Tuberculosis.**

A New York physician has given a forcible description of the three great enemies of the woman of the tenement, naming them as ignorance, alcohol and tuberculosis. "If I should be asked," he says, "what conditions are most conducive to the propagation of tuberculosis, and especially pulmonary consumption, I would have to reply: The conditions that prevail in the old-fashioned tenement houses as they still exist by the thousand in this and other large cities. In these tenements there are not only a far greater number of consumptives than in the same area elsewhere, but the proportion is actually greater per number of inhabitants. Thus they not only contain countless centers of infection for old and young, but these dwellings, with their bad air, darkness and filth, make a cure of the disease impossible and a lingering death for all those infected by the germ of tuberculosis a certainty.

"If any one thinks me an alarmist, let him glance at the charts prepared by the tenement house commission. There he will see that there are houses in which can be counted as many as twenty consecutive cases of tuberculosis during four years. This number represents, however, only the cases reported to the board of health. But how many of the moderately advanced cases are made known to either physician or board of health? I venture to say those not reported are more numerous than the reported ones. Darkness, filth and dampness are favorable to the growth of the bacilli of tuberculosis, and these conditions prevail in the tenements.

"The crowded quarters in which our tenement population lives facilitates the propagation of tuberculous diseases to a truly alarming extent. To have six and sometimes ten people living in three rooms, of which only one receives direct light and air, is nothing unusual. Should one of the members be tuberculous and careless in the disposal of his sputum, it is evident that the majority of the members of such a family are in the greatest danger of contracting the disease."

Disease is not to be successfully combated by fighting symptoms, but by the removal of causes.

"And still we love the evil cause. And of the just effect complain; We tread upon life's broken laws. And murmur at our self-inflicted pain."—Whittier.

**The Outdoor Gymnasium.**

The nucleus of the out door gymnasium is the swimming pool. Swimming was meant to be not merely an occasional and precarious pleasure, but an inseparable accompaniment of bathing, cleanliness being achieved incidentally. A swimming pool, therefore, is a fundamental need for those who have not access to a convenient stream or body of water suitable for this purpose. Those accustomed to the delightfully invigorating effects of the morning swim consider it as much of a necessity as their breakfast, or even more.

Most artificial swimming pools are unfortunately built indoors. An indoor pool not only lacks the fascination of the outdoor adaptation of "the old swimin' hole," but it also robs one of the natural accompaniments of outdoor bathing—fresh air and sunshine. Bathers often spend considerable time lying about on the banks of the stream or on the sandy beach, alternately basking in the rays of the sun and dipping beneath the cooling waves. Powerful impressions are made upon the body by the contact of the skin with the cool outdoor air and sunshine.

The outdoor gymnasium provides a combination of the healing agencies of nature,—abundance of pure air for breathing, facilities for exercise, sun baths, air bath, earth baths, and water baths. Here one can enjoy all the pleasure and obtain all the benefits and at the same time escape the publicity of sea or river bathing.

Public outdoor gymnasiums are provided in some of the large cities, and are built by sanitariums, hotels, factories, etc. They should be introduced into all hospitals and children's homes, and no public institution should be considered complete without one. In the heart of our large cities, conducted in connection with the parks, they would be a powerful means of antagonizing the deteriorating influences of city life.

**Prevention of Lead Poisoning.**

An invention of exceeding value to painters, whitewashers, varnishers, and all workmen who handle compositions of which lead is an ingredient, is noticed in the Scientific American. Such persons sooner or later suffer from lead poisoning, for despite the most scrupulous cleaning, the hand will retain some particles of the lead, the mouth in eating, drinking, or smoking. Ordinary soap may, by the which ultimately find their way to chemical combination to which it gives rise, even increase the amount of lead adhering to the skin. A German chemist has invented a soap for the purpose of so acting upon the lead adhering to the skin as to render it quite harmless. The particles of lead are changed into a non-poisonous compound (sulphid of lead) by the simple process of washing with this soap.

**GREAT PREACHER'S FINE TAG.**

Henry Ward Beecher Drew Lesson From Numerous Incident.

A very little girl was taken by her parents to a prayer meeting at Plymouth church presided over by Mr. Beecher. In giving out a hymn Mr. Beecher requested every person present who could sing to do so.

The response not having been sufficiently hearty during the first verse, Mr. Beecher before the second again exhorted all to sing.

"Come, brethren, if you have the grace of God in your hearts, let it come out in your voices. Sing! All together now! Sing!"

The little girl took this as personal appeal and hastily bethought herself of the song dearest to the heart; the cry of a fruit vender who often brought fruit to her home. Accordingly, when the verse began she let forth her voice in a shrill cry of "Straw-ber-ries! Straw-ber-ries! Straw-ber-ries!" The congregation faltered, stopped and laughed, but Mr. Beecher, not at all disconcerted, called out, "that's right, little girl. That's right. If you can't praise God in anything but Strawberries, then sing strawberries."

**Good News for All.**

Bradford, Tenn., Oct. 23d.—(Special).—Scientific research shows Kidney Trouble to be the father of so many diseases that news of a discovery of a sure cure for it cannot fail to be welcomed all over the country. And according to Mr. J. A. Davis of this place just such a cure is found in Dodd's Kidney Pills. Mr. Davis says: "Dodd's Kidney Pills are all that is claimed for them. They have done me more good than anything I have ever taken. I had Kidney Trouble very bad and after taking a few boxes of Dodd's Kidney Pills I am completely cured. I cannot praise them too much."

Kidney Complaint develops into Bright's Disease, Dropsy, Diabetes, Rheumatism and other painful and fatal diseases. The safeguard is to cure your kidneys with Dodd's Kidney Pills when they show the first symptom of disease.

**DEMAND FOR CHANGE OF DIET.**

Constant Familiarity With One Form of Food Brings Loathing.

Familiarity breeds contempt, and enforced familiarity is apt to induce repugnance. But few are aware how intense such repugnance may become in the case of people condemned to spend the greater portion of their lives in the manufacture or preparation of some one particular article. It is as attested, for instance, that the salmon curers of Alaska, after several months' steady diet of freshly-caught fish, grow to so loathe the succulent meat that they will devour almost any substance that will sustain life in preference to it. The oyster women of Arcachon, in France, again, never by any chance eat oysters, regarding them as food fit only for pigs; while it is a fact well known to every deep-sea sailor that the cod-fishers of the Newfoundland banks will suffer the extremest pangs of hunger rather than touch cod, and are invariably willing to exchange the finest of their fish for a modicum of flesh, no matter how rancid and unappetizing the latter may be. Similarly, the girls employed in cocoa factories quickly grow to loathe cocoa in any shape or form. Even the choicest of chocolate confections, such as would cause to water the mouths of the daintiest society dames, have no attractions, but quite the reverse, for these otherwise well-nigh omnivorous young women.—"T. A. T."

**New Praise for Victor Hugo.**

A Pennsylvania woman who was called upon to write a paper at a suburban current topics club on Victor Hugo went to the local Carnegie library and collated her facts from a number of encyclopedias. When she had finished, having a quarter inch of space at the end of her paper, she thought she would add something original, and wrote: "Whatever we and succeeding generations may think of Victor Hugo, we must agree on one thing, that he wrote good English."

**THE SECRET OF YOUTH.**

De Soto looked for the secret of youth in a spring of gushing, life-giving waters, which he was sure he would find in the New World. Alchemists and sages (thousands of them), have spent their lives in quest for it, but it is only found by those happy people who can digest and assimilate the right food which keeps the physical body perfect that peace and comfort are the sure results. A remarkable man of 94 says: "For many long years I suffered more or less with chronic constiveness and painful indigestion. This condition made life a great burden to me, as you may well imagine. Two years ago I began to use Grape-Nuts as food, and am thankful that I did. It has been a blessing to me in every way. I first noticed that it had restored my digestion. This was a great gain but was nothing to compare in importance with the fact that in a short time my bowels were restored to free and normal action. The cure seemed to be complete; for two years I had had none of the old trouble I use the Grape-Nuts food every morning for breakfast and frequently eat nothing else. The use has made me comfortable and happy, and although I will be 94 years old next fall, I have become strong and supple again, erect in figure and can walk with anybody and enjoy it. Name given by Postum Co., Battle Creek, Mich. 'There's a reason.'" Read the little book, "The Road to Wellville," in every pkg.

**GREAT SONG WRITER.**

Paul Dresser, the Popular Composer, Cured by Doan's Kidney Pills.

Paul Dresser of New York, author of "Banks of the Wabash" and many other great song hits, writes:

Gentlemen: I wish to recommend Doan's Kidney Pills, in the hope that my endorsement will be read by some of the many thousands of sufferers from kidney complaint. I was so wretched from this malady that I could not sleep, rest nor eat, and had a weak and aching back. Doan's Kidney Pills effectually cured me, and I wish that others may know.

(Signed) PAUL DRESSER.

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

**Place for Woman Haters.** Woman haters should find the content of St. Catherine, on Mount Sinai, much to their liking. No woman has entered the place in fourteen hundred years.

**TEA**

We don't know how good it can be, nor how bad it is—some of us.

**Stale Canned Fruit.**

In the course of the trial of a case in a London court recently it came out that imported canned fruit is often stored in London warehouses for ten years.

**TEA**

A tired woman; a fresh pot of tea; there is joy all over her face.

**The Opportunity Lacking.**

The man who has never been able to participate in a good deal is usually loudest in his expressions of joy when the other fellow is caught.—Washington Post.

**W. J. BLACK.**

New Passenger Traffic Manager for the Santa Fe Road.



William J. Black, who has just been promoted by the Santa Fe railroad to be passenger traffic manager of the entire system, with headquarters in Chicago, was born Oct. 3, 1864, in St. Louis, and has been in the railway service since 1879, beginning as an office boy with the Vandavia at the age of 15 years. He retained his first position five years, when he became rate clerk in the passenger department of the Missouri Pacific. In March, 1886, he was given a similar position by the Santa Fe. He was promoted to chief clerk in the passenger department in April, 1887, and to assistant general passenger agent Jan. 1, 1892. He has been general passenger agent, with headquarters at Topeka, Kan., since Feb. 1, 1897.

**Spurious Articles in Museums.**

It has been said by more than one authority that, if all the articles in our museums and some of the great private collections were examined and thoroughly overhauled by experts, it would be found that a great proportion were spurious.

**TEA**

There is scarcely anything less substantial; and almost nothing more substantial.

**Misfortune in the Sneeze.**

Throughout Oriental countries, no matter what the religion, the sneeze has always been regarded as portending misfortune and as resulting from the influence of the spirit of evil.

**TEA**

Never tried Schilling's Best, and been buying tea for the past ten years?

You've lost a good deal of what you drink tea for.

Your grocer returns your money if you don't like it.

Coins are said to have been invented by the Lydians and were first used in 700 B. C.