

When Art Galleries Equal Saloons in Number

By SIR CASPER PURDON CLARKE,
Director of Metropolitan Museum of Art.



GOOD pictures and the beautiful in art have a prenatal effect on the beauty of a people, and if there were as many art galleries as there are saloons in a country there is no telling how superior a race might be developed.

The thought is not new and is really only recounted as the expression of a learned medical friend of mine who was dining with me recently, but it is a basis for a long drawn out line of thought if one cares to follow it up. The Norwegian writers are very fond of this argument in their work, and some very dramatic stories have as their basis the making of a mental man before he was born.

The careful observer will note that in an art gallery most women evince the greatest interest in pictures that are maternal or domestic in their theme, and I have had my attention called by students of the facial nature to the rapt look on the faces of women who sit before the pictures of mother and child.

It is a poor country that has not a wealth of pictures, good pictures, telling in their story something good, and crystallizing the idea always of the higher humanity and Christianity. We may have different views of what is called art, but some of the things that are counted in the low standards of critics as art are the most popular with those who only feel the story told in them.

Statuary of a proper heroic mould and natural in theme tends to stimulate spirit in youth, and I have had a young man who came to see me in London, and who passed an unusually well conceived statue of Nelson each time, say: "I always feel like making new efforts and putting on an extra spur every time I look at that statue."

The pictures and statues of a community may not be valuable from an art marketable viewpoint, but if they are telling a story that appeals to the best in us they are invaluable.

It is a good sign always to see the audience that any good work, with the Holy Family as its subject, attracts, and it is a good sign also that you can't get much sympathy for the things that depict ungodly humanity, no matter how high the standard of art is in it; this would be deplored if in making unusual things one could keep within the simple laws of life as we know them, but that is hard to do.

For the one who has the true artistic sense, and goes beyond the accepted things, the story is of lesser importance. It is the drawing that counts, and the other interests, and we have quite enough of those examples from time to time.

The commissions that are formed from time to time to tone up the art sentiment and matters of the same nature in a community make some odd mistakes, but we are of the opinion that they are all helping toward a good end and should be encouraged.

The Sin of Excess in Goodness

By DR. NEWELL DWIGHT HILLIS.

The world is full of examples of excess. Men over-emphasize a good thing until it becomes an essential evil. The wise man said even of goodness, "be not overmuch righteous."

Not less ruinous is over-intellectual development. Not all knowledge is of equal worth. Much culture, indeed, is over-culture and represents a mass of selfishness. We have no criticism for the scientist who spends his whole life studying grasshoppers and has discovered 3,841 species of these long-legged creatures—some day his knowledge may help us to destroy the locusts that threaten the cornfields.

But what we do object to is that form of selfish culture now found so frequently. How many scholars are now pulling down their blinds, closing their doors and withdrawing themselves from the vulgar crowd? One of them said to me the other day: "I only want a little handful of select friends." He sneered and scoffed at the ignorant multitudes. He has had travel, leisure and opportunity. He has old paintings and rare missals; he has marbles and curios, he prides himself on his first editions and rare bindings; but he has built a wall about his house that not a breath of the perfume from his garden may be permitted to go forth to bless any working man who passes by.

In riches also men need to listen to nature, who whispers: "Be not overmuch rich." Manhood means all-round character. But there are business men who have converted everything in life into gold. To get money they have denied worship on Sunday; to get money they have denied themselves friendship; to get money they have denied the eye color and the ear music; to get money they have even denied themselves justice and an approving conscience and converted their very sense of right into gold.

They know that an over-supply of food in the stomach means poison; they do not seem to know that an over-supply of undigested millions means death. Their spiritualized possessions and unassimilated millions are as hideous as a tumor on the body.

Meanwhile, by excess, the athlete ruins himself physically and comes to a hospital and a grave. Over-developing his intellect, the scholar becomes a mere intellectual dagger and sword. Over-developing the acquisitive faculty, the practical man ruins his life. The sin of the hour is excess. Women overdress, men overeat and overdrink. Automobileists overdrive. Orators speak too long and too often. One drop of aniline is believed to leave one speck of red in each drop of water in Lake Michigan, which is a figure full of suggestion. A little travel, a little conversation, a gentle friendship, a simple style, unobtrusive and quiet manners, a few books, a small house full of love, a song, a prayer—and the heart is full of peace. Too much—that excess stands for the tropics; too little—that excess stands for the arctic of poverty; somewhere between lies the temperate zone and the golden mean, where joy and peace have set up their tents. And, lo! all the happy ones who dwell therein have harkened to the words: "BE NOT ANYTHING OVERMUCH."



THE SCIENCE OF LIVING.

Dr. George F. Butler Tells How to Eat and How to Assimilate.

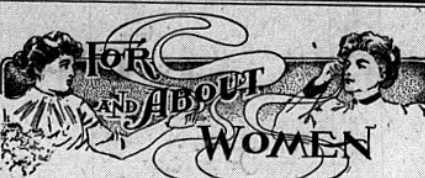
Dr. George F. Butler, medical superintendent of the Alma Springs Sanitarium, Alma, Mich., in the October number of "How to Live," gives some interesting as well as sensible rules for acquiring and keeping health. He says: "Without we eat and drink, we die! The prospect is to do both rests with the appetite, which, in process of time, becomes a very uncertain guide; for the palate will often induce a desire and relish for that which is most unwholesome and indigestible. The old saying of 'eat what you like' is now shunned by everybody of 30 years' experience. Still, without appetite, it is a very difficult affair to substitute for the pleasure dependent chiefly upon the relish. The relish may become, as has been stated, a vitiated one, but it is quite possible to make the stomach, by little reformation and practice, as enamored of what is wholesome and nutritious, as of that which is hurtful and not conceivably." "As a rule," he says, "the delicate should feed carefully, not abundantly; should not eat what is rich, but only that which assimilates."

"Be careful of your digestion!" is the keynote of the doctor's argument. He says: "Health in man, as in other animals, depends upon the proper performance of all functions. These functions may be shortly said to be three: (1) tissue change; (2) removal of waste; (3) supply of new material. For the activity of man, like the heat of the fire by which he cooks his food, is maintained by combustion; and just as the fire may be prevented from burning brightly by improper disposition of the fuel, or imperfect supply of air, and as it will continually go out if fresh fuel is not supplied, and may be choked by its own ashes, so man's activity may be lessened by imperfect tissue change or by an excess of waste, or by an insufficient supply of new material and imperfect removal of waste products. "We should see to it that free elimination is maintained, for the ashes must be kept out of the system in order to have good health. The skin, kidneys and bowels must do their eliminative work properly. If the bowels are constipated, it is difficult to regulate them with exercise and proper food, such as fruits, green vegetables, salads, cereals, corn, whole wheat or Graham bread, fish, poultry, light soups, etc. Plenty of water is also valuable, and a glass full of cold or hot water the first thing upon rising in the morning will aid much in overcoming constipation. Regular habit, cold baths, and massage are very efficacious. In case the constipation does not yield to these hygienic measures, some simple, harmless laxative may be resorted to, such as California Syrup of Figs—a non-irritating preparation of senna in fig syrup. Laxative mineral waters are beneficial in some cases, but not to be employed continually. "Above all be an optimist, keep the heart young. Cultivate kindness, cheerfulness and love, and do not forget that we shall never be strong until we are good. Any good thing, therefore, that we do, or any kindness that we show to any human being, let us do it now. Let us not defer it, or neglect it, for we shall not pass this way again."

BY THE GENTLE CYNIC.
Oratory is merely talk with a frock coat on. It's a poor fool that can't be worked both ways. If at first you don't succeed, do it over; but don't overdo it. The fellow who falls in love at first sight deserves another look. Putting up a sign "Post No Bills" won't keep them from coming through the mails. What is the good of a cookbook when it doesn't tell us how to keep a cook? The choir may sing "Peace on Earth," but that doesn't mean peace in the choir. God created the first woman, but the devil was hanging around and stole the pattern. Some men are born great, some shrink, and others never find out how small they really are. A girl's first proposal always convinces her that it will be necessary to establish a waiting list.

Attractive Colorado Booklet.
One of the most attractive of the summer vacation booklets that have been issued is "A Colorado Summer" put out by the passenger department of the Santa Fe Railway. The picturesque mountain scenery and the descriptions of it which the booklet gives impress one reader with a new idea of the grandeur of the mountain crags of Colorado, and will start one day-dreaming of the time when he can view for himself the magnificences which the booklet describes. After reading the booklet one must certainly be convinced that Colorado offers both pleasure and health for every summer tourist. "A Colorado Summer" may be secured from Mr. W. J. Black, Pass. Traffic Manager, Santa Fe Railway, Chicago.

Has Served Country Sixty Years.
Henry P. Adams, the veteran cashier of the Boston post office, has just completed 60 years in the United States service. The up-to-date girl does all her blushing for the mistakes of her friends. Smokers appreciate the quality value of the "Big Boy" pipe, which is made by Lewis' Factory, Peoria, Ill. Hostesses widows cut off a sage joint when they reappear.



The Over-Ambitious Girl

BY MARGARET E. SANBOSTER.
(Copyright, 1904 by Joseph B. Bowles)

It is there such a thing as useless knowledge, knowledge which is in itself rubbish, only fit to be stowed away in the lumber room of the mind? I suppose teachers will take exception to this statement, but I am more and more inclined to think that a great deal that they laboriously teach, and schoolgirls laboriously learn, might as well be dropped wholly out of the curriculum as mere waste matter that what remains to us a few years after we have finished our school education, is so far as facts are concerned, is essentially small. What the school have done, if they have wrought well, has been to give us mental facility and disciplined powers. The question is pertinent whether for girls they do this in the school or at home. What ought you, a schoolgirl, to acquire in order to be prepared for your work in life? It depends, of course, somewhat on your future. If you are to earn your bread by the toil of hands or brain, you must be taught application, concentration, perseverance and punctuality. Without these good working qualities, no girl will succeed in any trade, from dressmaking to novel-writing. Woman's great weakness lies in the direction of inattention, incoherence, and irresponsibility, and these defects hamper her in the world of business and fatally retard her progress.

The schools should cultivate in girls these forceful and indispensable qualities, as part of the equipment for fighting the world-battle. If arithmetic, algebra and geometry, or Latin and French or physics and economics are best calculated to promote this sort of mental and moral growth, by all means let our young girls study them. But when the school is asked to have to spend all her time and all her strength during the golden years of school and college work in mastering them all. For the practical purposes of life, the school should teach and crowd it into too short a time, in the education of girls.

Schoolgirls are naturally aspiring and ambitious. They respond swiftly to the spur of an enthusiastic teacher's desires. They are always ready to undertake anything that is suggested, and to work until the point of exhaustion. I am not speaking of the idle or the inert or the apathetic type of girlhood, but of girlhood in the mass, which I assert that it does not hold back from the present time. Boys cannot easily be pressed beyond a certain mark. Girls see the mark and try to go beyond it. And in so doing they accumulate a lot of useless and worthless knowledge which never does them or anyone else a particle of good, and which might better be left alone, especially as it gathers dust and rust in forgotten pigeon-holes.

If a girl is to spend her maturity as a home-maker, as a home daughter, or later as a wife or a mother, she requires not so much an enormous amount of erudition as whatever tends to promote common sense, self-restraint and genuine kindness, and to give her character of strong and simple lines and to give her courage as well as sweetness, they do more for her than if they enable her to pass through examinations on multifarious difficult subjects.

One thousand nine hundred and six or the words, at home on rainy days, may be used in the lower left hand corner, and the date of birth left entirely out. The latter is most used for baby girl's cards; it is not always permissible to have a definite indication of her birth-date, after years have passed. These cards are attached by tiny ribbon bows at top and center of the larger card, which should always be engraved with the names of both father and mother. The address is added, written out in full. For a boy pink ribbon and blue for the girl is chosen.

New Gloves.
The new chamela finished little thread gloves are such a good imitation that they look like the real skin. They are quite reasonable in price.

Proper Style For Baby's Card.
The Size of the Card Announcing Baby's Arrival and the Inscription Thereon.
For the announcement of his birth, the ribbons should about two and one-fourth inches in length by one and one-half inches in width. His full name is engraved directly in the center, either early English, plain English, or French script, being selected, in accordance with that used on the cards of the parents, with which it is enclosed. Written in the left-hand corner is down out in full: Master William Thomas Carlyle, July the fifteenth.

Danger From His Own Bayonet.
The report of disaffection in the Russian army is plausible and very ominous. In the last analysis the stability of the ruling dynasty depends upon the loyalty of the troops and there has been no display of leadership that could make one welcome the revolution. The bayonets are turned against him. The onsets of the assaulting gun accidentally loaded with grape-shot is worth remembering.

Par be it from me to blame either girls or their preceptors for the great and foolish waste that is forever taking place in matters educational. Milliparty parents are the people most in fault.

The other day an advertisement appeared in a widely read weekly periodical, which ran to the following effect. The words are not precisely quoted, but here is the gist of the advertiser's "wanted": "To take entire charge of a little girl of ten, a young woman who is a college graduate. She must be fond of children, in robust health, and between the ages of 25 and 30. Must have had experience in similar positions and be able to furnish the highest references. She must be familiar with modern methods of teaching, and besides the usual branches, her work will include music, drawing and nature study."

The mother of the little maid of ten evidently expected that her child was to tackle music, drawing and nature study in addition to the "usual branches." These, at a rough guess, may have been history, geography, English grammar, spelling, reading, penmanship, and possibly French or German. I was surprised that so grasping a mother did not require the college graduate who should apply for the vacancy as her fiancée's governess to be an accomplished cook and an adept in manual training, so that her child might receive initiation in these mysterious tasks.

The mother who advertised was laying out too wide a plan for her daughter, and was demanding an impossibility. Of some unfortunate young woman of 25, the average age of the college alumna is 22. To have gone over the work prescribed in an ordinary college course, likewise to have attained distinction enough in music and art to instruct in these exacting departments, and to have learned the alphabet of nature study would be feats of heroic achievement, that would send a girl to sanitarium or her grave. To look for robust health after all that effort would be absurd, and as for the experience in actual teaching, where do we see the time for it? The advertisement is a straw that shows where the wind blows to.

Girls, what you need and must have, at any cost, is a good working knowledge of reading, writing and arithmetic; some love for and acquaintance with good literature, and this springs from good reading; the accuracy and clearness of mind that comes of a good hand, and the honesty which is the product of fair mindedness and well balanced arithmetic. Don't be persuaded to spend precious hours on studying when you do not utilize you, and annexing to memory vocabularies which signify nothing to you. But for a girl's sake learn to spell, learn to write a decent, straightforward letter, and learn to converse not only fluently, but correctly, in clear, well-constructed English.

Avoid useless learning. Life is too full to be handicapped by needless impediments. Time is too brief to be mortgaged to ambition. Health is too precious to be ruthlessly sacrificed. One or two subjects thoroughly assimilated are worth far more to a home than a mere smattering of a dozen, and the effect of the first on character is much more enduring than that of the second. I wish you could convince every schoolgirl that thoroughness in little is a higher virtue than diffuseness spread loosely over large things. Attempt less and gain more should be your rule.

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BAD COMPLEXIONS

Depraved Food Causes Pimples and Boils—Dr. Williams' Pink Pills New Blood and Cure Follows.

"I abused my stomach, my blood got out of order and then my face broke out with pimples and boils," says T. E. Robertson, of 197 Addison street, Washington, Pa. "This was over two years ago. My stomach was in bad shape. After eating I would have to rest awhile or I would suffer from the most severe pains in my stomach. On arising I would often be so dizzy that I could hardly stand up. The slightest exertion would start my back aching so that I often had to sit down and rest awhile. At times I experienced a pain around the heart which alarmed me but which I suppose came from my stomach trouble."

"I began to break out on the face with pimples and later with boils which continued to the house a week or more at a time. One day I saw Dr. Williams' Pink Pills for Pale People advertised in a pamphlet which was left at the door and thought I would give them a trial. I took a box of the pills before all the pimples and boils left me, but I am now glad to say that my blood is good. I do not suffer any eruptions and I no longer have the bad stomach troubles I have described. I am very grateful to Dr. Williams' Pink Pills for having done for me what I could not do myself. I am now able to do all my work and I feel as good as new. If you want good health you must have good blood. Bad blood is the root of most common ailments, such as anemia, rheumatism, sciatica, neuralgia, St. Vitus' dance, nervousness, indigestion, debility, paralytic paralysis, and other forms of blood poisoning. Dr. Williams' Pink Pills are sold by all druggists or sent, postpaid, on receipt of the name and address for \$2.50, by the Dr. Williams Medical Co., Schenectady, N. Y."

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BADGER PHILOSOPHY.

A man can't be unusually polite without being looked upon with suspicion.

When the real nature of a man's business is in doubt, it is often hinted that he is a gambler.

A woman is never satisfied with herself until she has outdone her neighbor in some respect.

It's hard to understand why actors with such fabulous salaries always stop at such modest hotels.

Lots of people think they have been cheated unless they get more than their money's worth.—Milwaukee Sentinel.

REFLECTIONS OF A BACHELOR.

The thing that makes a pretty hat is the face underneath it.

People may love their children for their faults, but mighty few others. Singing in a choir is the very best way not to make friends of the rest of it.

Hardly anybody would like to get the causing a millionaire has without his money.

There is hardly anything that makes a woman madder than to have her photograph look like her.

The meanest man is the one who won't kiss a doll for a child when she thinks it has been.

When you see a man looking pretty cheerful in town it's a sign his family is away for the summer.

A very useful thing about an amateur garden is it's such a nice place for the dog to bury his bones.

Girls don't get much fun out of going in swimming unless there is some man around to show them how.

Even if a baby understands the language the women talk to it he'd be ashamed to admit it by answering.

A man can make a good deal of money in stocks by being careful not to have anything to do with them.

When a man lets a collar button fall and he notices that he didn't roll under the bureau it's a sign he is a perjurer.

One of the meanest things a man can do with his wife has a point in an argument that can't be beaten to agree with her.—N. Y. Press.

OUTDOOR LIFE Will Not Offset the Ill Effects of Coffee When One Cannot Digest It.

A farmer says: "It was not from liquor or tobacco that for ten years or more I suffered from indigestion and stomach trouble, they were caused by the use of coffee until I got so bad I had to give up coffee entirely and almost give up eating. There were times when I could eat only boiled milk and bread and when I went to the field to work I had to take some bread and butter along to give me strength."

"I don't know what you doctors and look almost everything I could get for my stomach in the way of medicine, but if I got any better it only lasted a little while until I was almost a walking skeleton."

"One day I read an ad for Postum and told my wife I would try it, and as to the following facts I will make affidavit before any judge: "I quit coffee entirely and used Postum in its place. I have regained my health entirely and can eat anything that is cooked or not. I have increased in weight until now I weigh more than I ever did; I have not taken any medicine for my stomach since I began using Postum. Why, I believe Postum will almost digest an iron wedge."

"My family would stick to coffee at first, but they saw the effects it had on me, and when they were seeing bad they began to use Postum, one at a time, until now we all use Postum. Name given by Postum Co., Battle Creek, Mich."

Ten days' trial of Postum in place of coffee proves the truth, an easy and pleasant way. "There's a reason."

Look in page for a copy of the famous little book, "The Road to Well-Via."