

STORIES OF ANIMAL LIFE.

LEGENDS OF FISH.

The Japanese have a legend that fish are the embodiment of the souls of naval officers, and the African negroes believe that magicians assume the shape of fish and come to their nets to work evil.

An amusing story is told of the skate. It seems, that, in years gone by, when the fish assembled to select for themselves a king, the skate was behind hand, and his mouth is now one-sided from his not being chosen king.

According to a popular notion once credited, the plaice was produced from a small crustacean animal of the shrimp kind. But this vulgar error has been explained by the fact that the ova is deposited in localities frequented by shrimps.

There was an old Highland tradition that the herrings quitted the coasts where blood had been shed, and it seems that this notion was revived after the battle of Copenhagen, "when it was said that they had deserted the Baltic on account of the noise of the guns."

A story is related of St. Corentin of Brittany that every morning a little fish was seen in a fountain near the hermitage. The saint caught it, cut off a sufficient quantity for his repast, then threw the rest in the water, when the fish became whole again, and on the following morning was ready for another quartering.

"An author" writes Miss Phipson, in her "Animal Lore of Shakespeare's Time," "actually affirms that the whale was designed by Providence for the special purpose of, at certain seasons of the year, frightening the herring away from its native shores into those regions where it would be obtainable with greater ease by man."

A popular nickname for the beam in Cornwall is "choke-children." The story runs that one day St. Leven was fishing, when he caught two of these fish on one hook three times in succession. He took them home to his sister, but the result was unfortunate, for "the fish were cooked and, the children being hungry, were choked by eating the bones."

"In Normandy," writes Hoare, in his "Giraldus," "a few days before the death of Henry II., the fish of a certain pool fought so furiously with each other that the neighboring people were attracted to the spot by the noise. So desperate was the conflict that scarcely a fish was found alive in the morning, thus by a wonderful prognostic foretelling the death of one by that of many."

The fishermen in Scotland declare that the salmon's tail is pointed "since Loki became a salmon, and was caught by that appendage while slipping through a net set for him by the gods." Curious to say, in some parts of Scotland the salmon is held in great aversion, its name not even being mentioned. Thus, in certain districts, it is known as the "So-and-so's fish," and in others as the "beast."

The pike is an important fish in folk-lore. In Russian fairy-tales the pike is a form assumed by the devil in order to eat the young hero, who was become a little perch. Some old naturalists have accounted for the sudden and mysterious appearance of the pike in ponds far from other water by the theory that they were produced by the heat of the sun from a weed known as pickerel-weed.

A curious legend is related by an eastern traveler who, describing a river which flows from the Caucasus into the Black sea, says: "Every year there arrives in this part of the river a great quantity of fish. The people cut off the flesh on one side of them, eat it, and let the fish go. The next year the fish return again and offer the other side, which they had preserved untouched. It is then discovered that new fish have replaced the old."

THE MOCKING BIRD.

All along the charming gulf coast from Mobile to Bay St. Louis, or, in the other direction to St. Mark's and Tallahassee, there is not a cot, no matter how lonely or lowly, provided it has a fig tree, that there is not a pair of mocking birds to do it honor. The scupper vineyards, too, are the concert halls of this famous singer. Near the home of Mr. Jefferson Davis, and, I believe, upon the estate of the ex Confederate chieftain, I sat in the shade of a water oak and heard a mocking bird sing in a thrifty vineyard, the rare dropping song of which naturalists appear to have taken no notice. It was a balmy day in March; the sky, the gulf, the air all hazy and shimmering, the whole world swimming in a purple mist of dream, and I felt that the song was the expression of some such sweet, passionate longing as exhale from Keat's "Ode to the Nightingale." Under the low-hanging boughs and over the level, daisy-sprinkled ground, I gazed upon the sheeny mist of water, half convinced that I was looking through

"Magic cascades, opening on the foam Of perilous seas in fairy lands forlorn" And the very tone of the bird's voice accorded with the feelings in which the day was steeped.

Genuine bird-song is simply the highest form of avian vocalization, by which instinctively, if not premeditatedly, the bird finds expression of pleasure. The absence of true rhythm probably is significant of a want of power to appreciate genuine music, the birds' comprehension compassing no more than the value of sweet sounds merely as such.—[Maurice Thompson in Scribner, Sept.

Mme. de Stael was never beautiful in any strict sense of the word yet in her later years she charmed all who approached her, as well as in her youth, by her vivacity, her wit, and her unflinching resources of mind. Harriet Mary, Lady Ashburton, who so vexed Mrs. Carlyle's jealous soul, was neither young nor beautiful, yet "Jeanie," before she had learned to hate her, calls her "the most amusing and most graceful woman of her time!" Whether or not the charms of this grande dame proved dangerous to the heart of the Sage of Chelsea, she played well her role of precieuse, according to Mr. Greville, inspiring ardent admiration in the minds of such men as Charles Buller and John Stuart Mills. The husband of this precieuse, who figures so often in the Carlyle "Life and Letters," was the grandson of the once celebrated Philadelphia beauty, Mrs. William Bingham. Her daughter, Anne Bingham, married the first Lord Ashburton, and this William Bingham Baring was their son.

Studying a Baby.

Professor Preyer, a European scientist of considerable note, has published a book in which he has recorded the results of his work in a new branch of research. He has devoted himself to studying the growth of intelligence and observation in his own child, beginning with the day of its birth, and observing its development rather with the eyes of a scientist than with those of a parent. He has noted the precise moment in which it first seemed to see things, and the circumstances under which it appeared to begin its thinking—the intelligent putting of one thing with another.

"I took my baby," says the professor in his book, "so the window five minutes after he was born, and just as the sun was rising. His perception of the light did not seem at all keen. He opened and closed his eyes alternately, the lids parting about an eighth of an inch. Somewhat later, the light having become much brighter, the baby opened his eyes quite wide, and in opening them wrinkled his forehead."

During the earliest days of its life, an infant, Professor Preyer ascertained, rarely keeps its eyes open. Even when awake, it is quite as likely to keep its eyes closed as open; and when it opens them, it is never by one and the same movement, at first. One lid lifts and then the other, and sometimes the two are held open at an unequal width. This state of things usually lasts until the eleventh day.

Prof. Preyer observed his baby's first wink. For fifteen days he shook his hand each day before the child's open eyes, as he lay on the pillow, without causing him, seemingly, any fear or astonishment. On the sixteenth day after his birth, however, the baby winked quickly when the same movement was made, opening the eyes again together, and quickly.

At the end of the seventh month, the professor found the boy quite capable of feeling and expressing astonishment at any act which he did not understand.

But as early as the twenty-third day of his life the baby "noticed," as the nurse puts it; that is to say, discovered that there was such a thing as movement in the world about him.

This discovery Professor Preyer reached by experimenting with him from day to day with moving candles. The child at last, on the day mentioned, followed the movement of the candles, up or down or right or left, by moving his head. The child wore, at the same time, an expression of intelligence, as if he had made a discovery.

It was only on the hundredth day that the baby followed exactly, and with an instant movement as precise as a machine, the swinging of a large pendulum, and only in the twenty-ninth month of his life that he followed, with quickness and certainty, the flight of a swallow.

Professor Preyer's experiments with the child's perception of color were extremely interesting, but too long to be repeated here; but we may see that the result of them was to convince him that the eye is especially affected by the color red, and that at first we have but two color impressions—first of that which is red, and second of all that is not red.

Mr. Preyer declares that it is a great mistake to suppose that a baby is able to smile soon after its birth. It was on his twenty-sixth day that his baby first smiled; and the double joy of the father, which was both parental and scientific, was unquestionably very great. It is easy to believe that for the moment the man of science was lost in the father.

The excavations proceeding in Piccadilly, London, Eng., on the site of the new premises of the Junior Travellers' Club, have brought to light many interesting objects. The houses which are built on that portion of the thoroughfare have for their foundations a series of well-formed arches at a depth of about sixteen feet from the surface. In piercing some of these great difficulty was experienced on account of the toughness of the substance of which they are constructed. This having been overcome, a series of subterranean passages, apparently connected were discovered. These were full of foul gases and contained a vast quantity of rubbish, among which numerous articles of interest have been found. Among the most remarkable are a red granite tomb dated 1509, some bronze armour, several fowling pieces richly embossed, a lamp and a large quantity of vellum manuscripts. The vaults have been only partly explored and further discoveries are anticipated.

Considering the unfortunate disclosures of the *Figaro*, which evinced much more journalistic enterprise than patriotism, the newspapers of Paris show a very kindly disposition in pronouncing the French experiment at army mobilization a success. Still, the interval was not long between the *Figaro's* premature announcement that the Seventeenth Corps had been chosen and the issue of the official orders. Doubtless an equivalent period for preparation could be counted upon in actual hostilities both by the troops and the railroads. Thus it may be assumed that the capabilities of transportation received after all a fair average test. The region around Toulouse cannot be considered the most commercially active in France, but offered sufficient advantages to the Government for seizing upon the current means of subsistence and conveyance for the troops. One thing clearly shown is the absurdity of the rumours started when the experiment was first proposed to the effect that it was a hostile demonstration against Germany. Some of the German papers were even considering under what circumstances it might be construed as a declaration of war.

It is announced that Captain Renard, Chief of the military balloon service at the camp of Chalons, has invented a mechanism for balloon steering and propelling. The balloon made by him two years ago could not make headway against a current of the velocity of more than five meters a second, that is to say, against a light wind. It is affirmed that with his invention the balloon will be able to resist a current of double the strength. If it is true it is a step forward which may render balloons really useful in time of war. Captain Renard is so confident of the success of his new propelling mechanism that, in order to prevent the secret being discovered, he is having each piece of the machine made in a different establishment and in various parts of France. When they are all finished they will be sent to him and he himself will put them together. It is said that the machine will be completed by about the end of next month, when the invention will be put to a test without delay.

HEALTH.

FISH AND BRAIN FOOD.

In one of his articles on food, in the *Century Magazine*, Professor Atwater discusses in the following manner of the popular theories that thought is especially dependent upon phosphorus and that fish is particularly a brain food. Even if fish were richer in phosphorus than meats or other food-materials, this would not establish its superiority for the nutrition of the brain or the production of intellectual energy. But there is no proof of any special abundance of phosphorus in fish. On the contrary, an extended series of analyses in this laboratory have revealed proportions of phosphorus in the flesh of our ordinary food fishes differing in no important degree from those which have been found to occur in the flesh of other animals used for the food of man.

Physiologists tell us that the way to provide for the we fare of the brain is to see that the rest of the body is in good order, that, in other words, the old proverb of "a sound mind in a sound body" is sound doctrine. And they are getting to tell us further that one way in which brain-work is hindered is by bad dietary habits, as, for instance, overloading the digestive organs by taking too much food. Of the vice of over-eating (a vice which we Americans by no means monopolize), a considerable part, in this country at least, and I think in England and among well-to-do people on the Continent of Europe also, is the vice of fat eating. We are a race of fat eaters. If anyone doubts this, I think the statistics to be shown in a succeeding article will convince him, unless he is ready to deny the practically unanimous testimony of such facts as I have been able to gather. It comes about very naturally, and is really due to the fertility of our soil, the consequent abundance of food, and the tooth-someness of food materials rich in fatty matters. The result of this is that the quantity of fat in the average American's dietary is very large indeed, mainly because of the large amounts of meats, butter and lard consumed, and is far in excess of the demands of his body, unless he is engaged in very severe muscular work or exposed to extreme cold, or both. For people with sedentary occupations, including the majority of brain-workers, this simply means changing the organism with the burden of getting rid of an excess of material. This excess, the physiologists and physician assure us, is detrimental.

Now it seems to me very reasonable to assume that brain-workers and other people who do not have a great deal of muscular exercise may very advantageously substitute fish in the place of a portion of the meat they would otherwise consume. I am very well aware that such hygienic advice might come more appropriately from a physician than from a chemist, and am therefore glad to be able to quote from no less an authority than Sir Henry Thompson, who urges "the value of fish to the brain-worker" on the ground that it "contains, in smaller proportions than meat, those materials which taken abundantly, demand much physical labor for their complete consumption, and which, without this, produce an unhealthy condition of body, more or less incompatible with the easy and active exercise of the functions of the brain."

FRUIT DIET IN SUMMER.

No reasonable amount of fruit, if eaten when ripe and during proper seasons, will induce diarrhea in healthy subjects. Many erroneously attribute summer dysentery or persistent diarrhea to excessive indulgence in fruit. This doctrine we have always held to be an exaggeration. To the over-abused stomach, indeed, fruit may possibly prove inconvenient, for the digestive system may be so far impaired as to assimilate only with the greatest difficulty the most natural and wholesome of foods. With children and robust and healthy people generally, however, this does not apply, and a fruit diet, so far from being noxious, will, on the contrary, prove highly beneficial. Its cooling and antiscorbutic properties are eminently calculated to purify the blood, cleanse the tongue, palate, and stomach, cause gentle and regular laxation, and, as a necessary corollary, induce a clear and fresh complexion. A person who indulges in fruit diet during summer will rarely feel that oppressive heaviness after meals, which is so commonly complained of, or be inconvenienced by heat rash. A heavy meal of animal food conduces to oppression, excessive heat, slow and irregular digestion, accumulation of the products of decomposition. For a diet during hot weather we would recommend a liberal amount of fruit, either directly before or at breakfast, banishing from the table the customary bacon and salt or cured fish. From the middle meal of people who dine late we would eliminate entirely every particle of flesh, and substitute either solely composed of uncooked fruit and dry bread, brown or whole meal being preferable, or fruit and farinaceous puddings with milk. Great numbers of people, invalids and strong, active workers alike, would find such a change improve their health materially and increase their enjoyment of life to an extent of which they can hardly conceive without a trial.

Fruit is of great medicinal value, for the free acid contained in it (in the case of the strawberry and gooseberry about one-and-a-half per cent., in that of the raspberry and currant rather more), besides being an effective antiscorbutic, acts as a calcareous solvent. Free fruit diet, if persevered in more generally, would mean less gout, less gravel, less urinary calculi, and other more or less kindred diseases. In most cases an orange or lemon would be a far better "eye opener" than the matutinal cup of tea or somewhat bilious rum and milk which certain of the public so delight in.

With regard to children, we consider that an unlimited diet of fruit would do no harm, always provided it was indulged in during the day, and not after a heavy meal, near or late at night. Strawberries, gooseberries, plums, cherries, etc., are not only nourishing, but their use does away with the oppressive feeling so often suffered by children after meals, keep them cool, and out of mischief. Almost invariably, when we trace inconvenience from fruit-eating in children, we find that the feast has been a clandestine one, and the distressing symptoms are probably due to over-indulgence in unripe or hot fruit. Proper supervision in the distribution of fruit to the juveniles is all that is required. Fruit should be ripe and cool; hot from the rays of the sun, it becomes less digestible and more likely to do harm, often inducing more or less acute febrile symptoms, together with evidence of gastric disturbance.

Provide for Your Daughters

E. Shuster in the *North American Review*, makes the suggestion that if parents would lay by some money for their daughters the endless complaint about the helpless young woman who does not know how to do anything and has no money to live on or to start a business with would be ended. He says: "My proposition is meant, not for working women only, but includes every family of moderate means blessed with daughters."

"All over Germany exist what are called 'Sparcassen' (savings banks), which correspond in a measure to the endowment plan of the American assurance companies. The best known is the 'Wilhelmssche', named after the Emperor, who is its patron. At the birth of a girl the father and mother insure her (kanfen sie ein) in such a case for as they are able to bestow on the future of their new-born baby girl. The amount is paid annually. The case lays out the money in behalf of the insured, at interest, chiefly in real estate. In this way the money accumulates, and at 18, on her majority, the girl is the possessor of a snug little capital. This will serve her to study any favored profession, go to some good conservatory, or start in business; and last, but not least, buy her trousseau, if she has a chance to follow woman's truest mission. Now, why can not well-to-do American women establish such a way of providing for their less fortunate sisters. What a blessed gift from a godmother to a poor little girl such an insurance would be. I truly believe it would give zeal and encouragement to many true, poor parents, if by this small economy they could help to provide for their dear ones. It is better than a life assurance, for it takes away the "sting of death"—all may live and enjoy the fruit of their economy. How much better a yearly outlay would be, for people in moderate circumstances, than in costly toys and extravagant dress, by which children are brought up to expectations."

A Prevalent Mistake

The mistake of my life, says an American mother, was bringing my daughters to Europe to be educated. One is married in Germany and one in Italy, and as I prefer living in my own country, I must leave them and go home alone, burdened with the anxiety that sooner or later my daughters may also feel the same yearning for their native land and early associates, and find when too late that wedding foreigners is a grave mistake. The broad difference in National habits, tastes, and opinions are not readily harmonized.

Some say they come here to live more cheaply, as house rent, clothes, servants, amusements, can be obtained for less money here than in the United States. If these European Americans were as rational in their expenditure at home as here, the difference would be trifling. In America they live in large houses, keep horses and carriages, entertain company. Here they keep modest apartments, drive in cabs, and give a few dinner parties.

The present difference in price in all kinds of clothing enables some travellers to almost pay for their voyage. No doubt our distinguished statesmen, both Republicans and Democrats, who are now in Europe, and who have advocated protection in the halls of Congress, will lay in a supply of clothes for some time to come, while the laboring masses at home will go on paying high prices for similar articles.

It is a grave mistake for the multitudes of poor students of both sexes to crowd to Paris in search of the rudiments of education in the art and science. Most of these might have learned their incapacity by studying a few years at home. The craze for art is beyond all comprehension. Young girls by the dozens, without parents or guardians, and women of mature age, leaving husbands and children, struggle here during long years, in a vain effort to win distinction in the arts, only in the end to be doomed for the most part, to positive failure.

False Modesty.

"One who knows," says that in the matter of dress ladies will do well to pay quite as much attention to what it is supposed will remain unseen by the general run of her friends and acquaintances as they do to the outward and visible parts of their toilette. A handsome dress and stylish hat are all very well as far as they go, but they may go a very little way if the skirts are of a doubtful whiteness or if the wearer feels afraid to lift them when crossing a muddy street for fear of betraying the condition of her stockings. Besides an accident may happen, and then picture the confusion of a woman who recovers from a fainting fit to find herself with her dress open and has a dozen strangers contemplating a soiled corset the while bones of which project from their seams, or a coarse chemise that has been worn a week.

It would be well if young women were taught early in life that there is a false shame and an affectation of modesty as unlovely as any coarseness and which disgusts and repels as effectively as brazenness. To be on the qui vive for inane does, to have a smart faculty for extracting the bitters of evil from any good, is all wrong and all immodest. To see harm where harm is not intended is immodest. The young woman who thought she should die of shame because some gentlemen came into the gallery where she was alone with the statue of the Venus of Milo, who fell into confusion and blushed mightily, advertised a modesty that was possibly only skin deep. A blush is something sacred to pure womanhood, and it is a sad spectacle for thoughtful eyes to note a young woman so far gone in the improprieties that she pretends to be shocked at things which simple, unaffected candor is far from thinking on at all.—Catharine Cole.

A pretty story is told by a newspaper correspondent of a little Italian child sent out from Boston for a week in the country. When the time approached for her coming back to town she asked the woman having charge of the party if she could not take some grass home. She said there was so much grass in the country she thought perhaps somebody would spare her a bit, and she had reasoned out in her wise little head that a turf would be more sure to live than a flower; "because," she explained, "it has so many roots they'd be sure not to all die." A turf was given her, set into a square tin box, and all winter it was carefully tended in the dingy attic where the child's family lived. And the prettiest part of it all was that in Christmas week a little pimpinella that had sprung in the midst of the turf put out two tiny red blossoms. The child was happier over her flowers than many people are over a whole conservatory of splendid blooms.

SCIENTIFIC.

POISONOUS BAKERY ADULTERATIONS.

Concerning the use of poisonous adulterants in bakeries, the *Philadelphia Record* says:

Notwithstanding all that has been published relative to the poisonous character of chrome yellow as a coloring matter for buns, cakes and pastry, President Amerling, of the Society for the Prevention of the Adulteration of Food, states that a large number of bakers are still using the stuff. Recently he visited five bakeries, each of which does a large business, and in every case chrome yellow was found in use. The proprietor of one of these, a prominent uptown baker, was exceedingly indignant at the appearance of President Amerling, and stoutly denied using the poison. "Well, what do you use?" asked the president. "Why, canary yellow, and that's not poison. I'm not afraid to eat it myself."

The matter, when shown, proved to be nothing else than chrome yellow. The baker was cautioned not to use it again under pain of prosecution. He had been reported to the society by a gentleman who stated in a letter that his own family and a number of neighbors had been made sick by eating buns purchased at his bakery. Letters are beginning to pour into the office of the society at No. 142 South Sixth Street, giving information as to bakeries that are using the poison, and President Amerling is accumulating a mass of evidence against offending parties. The aim of the society, however, is to improve and educate, not to prosecute, and the evidence will only be used against those who, after being warned, continue to use the poison. It is estimated by the coroner that fully 50 per cent. of the bakeries in Philadelphia have been constantly using chrome yellow.

The following circular has been sent out by the Society for the Prevention of Adulteration of Food to the bakers and confectioners:

You are hereby notified that the enumerated colors herein are poisonous, and if you persist in the use of any of them after receipt of this notice, you will be prosecuted to the full extent of the present law:

COMMON AND POISONOUS COLORS

Common Name.	Chemical Name.
YELLOW.	
King's yellow.	Sulphide of arsenic.
Cadmium yellow.	Sulphide of cadmium.
Turner's yellow.	Oxide of lead.
Turpentine mineral.	(Basic sulphate of mercury).
Chrome yellow.	Chromate of lead.
Chrome zinc.	Chromate of zinc.
Citron yellow.	(Chromate of barium).
Naples yellow.	(Chromate of strontia).
Yellow ochre.	(Oxides of lead and of antimony).
Mossie gold.	(Clay and hydrated ferric oxide).
RED.	
Minium.	Oxide of lead.
Vermilion.	Sulphide of mercury.
Purple red.	(Basic chromate of mercury).
Iodine scarlet.	Mercuric oxide.
Realgar.	Sulphide of arsenic.
Red ochre.	Ferric oxide.
Cochin.	Ferric oxide.
GREEN.	
Chrome green.	Chromate of zinc.
Cobalt green (Rimman).	(Oxides of cobalt and of zinc).
Mountain green.	Malachite green.
Scheele's green.	Arsenite of copper.
Verdigris.	Basic acetate of copper.
Emerald green.	Acetate of arsenite of copper.
BLUE.	
Ultramarine.	(Silicate of alumina and soda with sulphide of sodium).
Mountain blue.	Malachite blue.
Smalts.	Silicate of cobalt and potassium.
Antwerp blue.	Ferric ferrocyanide.
Insoluble Prussian blue.	Ferro prussic ferrocyanide.
Indigo.	Indigo.
BROWN.	
Manganese brown.	Binoxide of manganese.
Vandyke brown.	Ferric oxide.
Burned sienna.	Clay colored with oxide of iron and manganese.
Burned umber.	Iron and manganese.
ORANGE.	
Chrome orange.	Basic chromate of lead.

One hears a good deal about the "kitchen mothers" and the "parlor daughters." Many times this is the fault of the mother herself. She loves her girl and wishes her young life to be free from care and work. She looks back herself, perhaps, to the time when she was a happy, free-hearted girl as the happiest time of her life and she wishes her daughter to enjoy her home and remember it in after days as the one pleasant place on earth. She is proud of her child's white hands and does not wish them to get rough and brown in such homely domestic service as making bread and washing dishes. The mother may be a plain, sensible mother on all other subjects; but this, here the "mother love," which is truly wonderful, comes in and makes too unselfish and too generous. She likes to hear her Lizzie play on the piano. She herself gave up her music when they moved on to the farm and the children came fast and thick, but she is fond of hearing the new songs, and Lizzie sings them "so pretty," everyone says. She remembers how her young friends used to come and sing with her, and Lizzie looks like her, is stylish and pretty, and is always in demand for church socials and picnics. She belongs to a literary club and her essays are talked about as being more than good. She paints a little, embroiders a good deal, and the parlor is brightened up with her work and taste. Somebody must be ready to see company and who can do the honors so well as Lizzie. So Lizzie is kept out of the kitchen, no matter how anxious she may be to help mother to do the cooking, and, feeling in her secret soul that work ennobs rather than degrades, she becomes a "parlor ornament" while the mother toils on in the kitchen.

"The Roman soldiers," says the *Scientific American*, who built such wonderful roads and carried a weight of armor and luggage that would crush the average farm hand, lived on coarse brown bread and sour wine. They were temperate in diet and regular and constant in exercise. The Spanish peasant works every day and dances half the night, yet eats only his black bread, onion and watermelon. The Smyrna porter eats only fruit and some olives, yet he walks off with his load of 100 pounds. The coolie, fed on rice, is more active and can endure more than the negro fed on fat meat. The heavy work of the world is not done by men who eat the greatest quantity. Moderation in diet seems to be the pre-requisite of endurance.

Frescuelo, the bull fighter, has been offered \$50,000 for four performances in the City of Mexico, and he has accepted.