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RULES FOR LONG LIFE

Simple Habits Undoubtedly Tend to That End, But Cannot Be Relied On

The majority of the centenarians have been poor people who led a very simple life. A few rich men, as Sir Moses Monefiore, who lived to be 101, have reached a very high age, but they are very exceptional. In comparison the enormous difference in numbers of the rich and which makes comparison difficult, one may nevertheless affirm that wealth does not tend to promote a long life. Poverty carries with it sobriety, especially in the past, and has been settled that sobriety tends to prolong life, and that most centenarians have been men of very sober habits. Pitt, they have not followed the example of the Roman Cornaro, who ended by consuming only 12 ounces of solid nourishment and 14 ounces of wine, and that in spite of his poor health lived to the 100 years old. A number of centenarians are known to have died from drunkards, as the Surgeon Pollman, who died 110 years old 1792, and who "was in the habit of being drunk every night after consuming the day performing difficult surgical operations." Another example is the Irishman Brown, who lived 120 years and who had the inscription placed on his tombstone that "he was an Irish drunk, and while in this state looked on terrible that even death was afraid of him." From all this it is seen that when you are tempted to another long life to be careful not to cover you discover your mistake as soon as you look into a sufficient number of cases. It is nevertheless, certain that a good constitution, sober habits promote long life, but there is besides these some mysterious hidden factor.

Michael Bruce.

A descendant of Michael Bruce is wanted to appear at the Poetical dinner. Michael Bruce, Yea, he was the poet who nearly lost his immortality at the hands of a publisher who, when dead, was saved from oblivion by John Bright. Bright had recited the "Ode to the Cuckoo" at a literary gathering and spoke of one Logan as the author. In the report of the venue, further followed, and in 1872 Bright paid a pilgrimage of pentitence to the grave of Bruce.

Michael died at his twenty-first year, and soon after Pastor Logan of Leith, under the mask of friendship, obtained and the poet's unpublished manuscripts from the bereaved parents, promising to publish a memorial edition for their benefit. After years of delay a miscellaneous collection appeared, of which the old folk received six copies say their "benefit." In due course Logan published the bulk of the remainder as his own, and people, for a time believed in him!—London Chronicle.

Not Washington's Legs.

"Apropos of nothing," as the poet says, Chauncey Depew with his hook up against a desk in the house and facing a full-length portrait of Washington, painted by John Vanderlyn, which covers half the length of the speaker's chair, said: "Sims, do you know that the legs in that picture are not Washington's legs?" Sims, a Tennessee congressman, did not know. Sims doesn't assume to be an authority on either art or history—especially the history of Washington's legs. Continued Clark: "Those legs belonged to Gen. Smith of Maryland. Washington didn't have very good legs, so when the artist came to that part of the picture he used Gen. Smith's. The picture shows Washington in knee breeches and stockings, with gold buckles on his pumps, as was the habit of the day. It was the first time the men in the group where Washington was taking had heard that the Father of His Country ever had to borrow a pair of legs.

Hoping for the Best.

"What is it, Jones?" asked the wife of the multi-millionaire, when he had disembarked the telegram.

"Nothing serious. Wife has run away from school and married a girl who is six years older than him."

"Merciful heavens! What will we do?"

"I dunno. Let's wait till they get married. Maybe she'll be scared when she sees that lots of children run in our family."

A Stupid Man Servant.

"Chawles," he drawled to his new man servant, as he settled himself comfortably in the smoking armchair for an after-dinner siesta, "you are to waken me whenever I begin to snore, understand, a Scotch highball as he spoke.

"But how, sir, sir, when you are thirsty?"

"I shall be thirsty whenever I am roused, of course," with a look of good natured pity for the new man's stupidity.

A Mark of Importance.

"Our friend Ian's making the silly statesmanship mistake of expected" "No," said Senator Sorghum, "he hasn't even made enough enemies to have the syllable 'hist' tacked to his name to provide a synonym for all his mean bitterness."

Which is Entirely Different.

It is true, as the Richmond Virginian says, that it is a better job to be stenographer, but often he becomes her husband.—Charleston News and Courier.

PRESIDENT TAFT ON THE OFFENSIVE

He Will Aggressively Defend His Administration Before the People.

LIVELY SPEECHES EXPECTED

Washington Wants Exposition Marking Opening of Panama Canal—Annual Appropriation for improvement of Inland Waterways is Feasible.

Washington.—President Taft has been told bluntly by his advisers that it is time that he took the offensive against the critics of his administration. The president has been told further that he has made too many speeches which are simply explanatory of his acts and that they would have had more hammer blows in them directed at the heads of the opposition in and out of the party. It seems now to be Mr. Taft's final intention "tiptoeing to defend his administration" before the people.

Apparently it has seemed to the advisers of the president—his cabinet officers as well as his personal friends—that the administration's belief has been simply that all it was necessary for it to do was to be firm in a general way that the so-called progressive policies were to be put into effect by the aid of congress and that nothing more was needed speaking on the part of Republicans who fear the results of the next elections. They have already been shown that the people have had his proposed and so-called progressive policies are to be carried out, but that he has not met in the minds of the people the charges made by the insurgents to the effect that while the measures in question have been the expression of progress as analysis shows that in reality they are reactionary.

It can now be said on sufficient authority that when the president goes to his own home town, Cincinnati, early in May, and to Lake Erie later, he will make some speeches which will be far in advance in the matter of aggressiveness of anything that he has delivered himself of in the past. It is understood that Mr. Taft will challenge his critics within the party to prove that any act of his has been counter to the pledges of progression which he made to the people prior to his nomination.

President's Error Pointed Out.

Republicans who see the president frequently and who are prominent members of congress nor of the cabinet, are telling him with the greatest friendship makes possible that he made a mistake when he made definite his legislation in not calling into conference more of the insurgents. The attitude that led to the debate made on the interstate commerce bill, the president's friends could have been averted if prior to the introduction of the bill there had been taken from both houses had been called into conference and there had been adjusted on what they considered the weak points in the bill from the progressive Republican standpoint.

When the president had the interstate commerce measure under consideration it is perfectly true that he did send for Senator Cummins. It is said that the insurgent senator and the president met each other in a spirit of mutual good fellowship and that a proper kind of conference was arranged. It is now said by some outspoken Republicans that if Mr. Taft had taken it for granted that because Senator Cummins was in opposition all other insurgents would be with him the railroad bill already would have passed both houses and had the presidential signature affixed.

Washington Wants Exposition.

Washington, as the capital of the Union, thinks that it should be chosen as the site of a great exposition in its nature largely representative of the commercial interests of the country, to mark the time of the opening of the Panama canal. New Orleans, which is at the mouth of the Father of Waters, thinks it should be chosen for exposition because it is like for long and deeply exists in San Francisco and San Diego. It is probable that there may be several expositions, but the chances are that one only will be held. The Washington business interests are hard at work in the endeavor to secure recognition of the claims of the city on the Potomac.

From the standpoint of the engineers took charge of the work on the isthmus no one has doubted that the canal would be finished on time. The national administration expects "neated" for canal zone. Both civil engineers and finally came to the conclusion that the men who have so called upon to carry the work through to completion were men who are ordered to the job would stay "put."

It makes no difference to the army officer whether or not he is assigned by fever and battle dangers, for he is expected to stay at his post and his duty, and the whole history of the army shows that the American soldier obeys orders, and does his work according to the best ability that is him.

Work is Being Pushed.

Unless some calamity such as which he ture is responsible shall overtake the work on the Isthmus, the Panama canal will be opened for traffic by the year 1915, and possibly earlier. The start report from the Isthmus is contained in the Canal Record, which follows the work is pushed with the same spirit and at the same rapid pace that have marked the digging operations since Col. George W. Goethals and Lieut. Cols. David Du B. Gaillard and William L. Sibert were ordered south to take charge nearly three years ago.

William Howard Taft was secretary of war when the law was passed for the Panama canal service. President Roosevelt sent for his secretary of war and talked matters over. The president said that the army stood ready and willing to go to the isthmus to take the entire responsibility of the work ana, good as that of the army does as well under army as under civilian auspices.

The result was that Col. George W. Goethals was selected to go to the isthmus to take charge of the canal. He was consulted as to his assistants and Lieutenant Gaillard and Sibert, who were then majors, but who since have been promoted to the rank of lieutenant colonel. After the army engineers had been at the isthmus for some little time and had looked over the situation they said that the work could be completed by the year 1915. Their time limit estimate was scoffed at by many, but the work has gone ahead in a way to prove that the predictions of the army engineers, based on reason and a thorough knowledge of conditions.

Charge for Water Ways.

It seems to have been finally determined that the work on the annual river and harbor bill is necessary to the improvement of inland water ways that eventually they may be in condition to be a real competitor with the railroads in carrying the rapidly increasing commerce between the states of the Union. If an annual appropriation bill for the water ways is made it is thought congressional leaders will no longer be looked on as the "pork barrel" bill they have been looked on, as a "pork barrel measure."

The term "pork barrel" was first applied in the public buildings bill by a member of the house of representatives, but the name caught and together with the contempt of representatives who, speaking privately and publicly are opposed to public buildings do not use the expression as though it were one not only of current but of general acceptance. In the past appropriations for rivers and harbors have been made in connection with their nature, and for this reason it is thought it would be necessary to be necessary that every member who had any kind of a show of getting a job in the bill should be given recognition in the bill.

Public Building Methods.

The same conditions held in regard to public buildings. Usually if a representative in congress succeeded in getting the appropriation for a new federal court house, a custom house, or a postoffice, he was satisfied. It was then when he sought reelection. It is perfectly true that the people of the United States which have public buildings, which they think are not in keeping with the volume of business transacted within their walls. It is also true that the bill for the annual appropriations have been made for the improvement of rivers and harbors, and for the improvement of parts of rivers and harbors, the value of a mean boat seldom is heard

In order to escape concerted strength of opposition to public buildings and rivers and harbors measures, the leaders have made a point for the majority in congress to give just enough of the appropriations in these appropriation bills to the requests of minority members to keep the support of the majority members. This appears to be a perfectly fair proposition on the face. But sometimes conditions were made to the minority, and by the majority members to the majority, concessions which the public generally and effectively making at all.

Learned Much From Europe.

Not long ago a congressional committee which was appointed to study the waterways subject, returned from Europe. It had acquired some new views on the subject of internal commerce.

It was the agitation on behalf of the deep water ways which has taken to the gulf that was responsible for the appointment of the congressional committee. Senator Newlands of Nevada, Burton of Ohio, now the United States senator elected to succeed Joseph B. Foraker, was one of the men who believed that the Mississippi valley over-shadowed all other parts of the 3 foot channel down the river. For a long time Mr. Burton was chairman of the house committee on rivers and harbors, and for that reason he exercised a tremendous influence. He was able to check the ride of demand for the improvement of rivers, and for bond issues on behalf of interior water ways. Finally the president of the senate, Senator Frye, the matter was turned over to a committee of senate and house representatives. Mr. Burton was made chairman. In his committee, however, was one of the strongest advocates of the Mississippi valley plan.

It seems possible that an appropriation of $50,000,000 annually may be shortened for ten years so that the work of interior water way improvement may be taken up and carried on consistently. In order to do this it is thought a bond issue will be necessary, but as there is considerable opposition to the issuance of bonds for purpose it may be some time before the plan will be in actual operation.

GEORGE CLINTON.

A Minister's Indigestion

Rev. Fletcher of Tennessee Suggests a Remedy Based on Personal Experience—You Can Get It Free.

There is nothing that is so much sought after as a remedy which will relieve indigestion. You will be interested to know what Rev. J. A. Fletcher of Rutherford, Tenn., whose address is Box 1, Rutherford, Tenn., says about his indigestion. To use his own words, he says, in part:

"I am writing the Caldwell's Syrup Pepsin Co. to tell you what a wonderful medicine it is for all stomach troubles and indigestion. I have suffered for about sixty years, and have taken many remedies, but Dr. Caldwell's Syrup Pepsin has given me good relief in a short time. I am 80 years old.

Rev. A. J. Fletcher

My Caldwell's Syrup Pepsin has been a blessing to me and my family. I am 80 years old and have suffered from indigestion. I am especially adapted to the uses of ministers, public speakers and folks, who ought to be in the discussion, and I have found Dr. Caldwell's Syrup Pepsin to be the best medicine I have ever taken. Address for a free trial bottle, which will be sent to any reader of this paper, address Dr. W. B. Caldwell, Sept. 1, Caldwell Building, Monticello, Ill.

Dyspepsia, Indigestion, Constipation, Headache, Nervousness, Sleeplessness, Bad Blood, Malaria, Kidney Troubles, Bowel Troubles, Liver Troubles, Nervous Troubles, Bad Breath, Pimples, Eczema, Rheumatism, Neuralgia, Sick Headache, Heart Troubles