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AN ARCTIC MEAL.

Getting Supper For Men and Dog

on the Polar Ice Sheet. Dogs were unhitched and fastened, as usual, and then each of the Eskimos climbed over the ice foot with his snow knife and disappeared behind the parapet, where the other two were already cutting snow blocks. I fastened my dogs, got out their ration of pemmican. cut it up and fed them, standing by with whip in hand to see that there was no bullying, and that each dog got his share. Then I unpacked the cooker. oil can and kitchen box, passing them up the ice foot as high as I could reach. igloo to commence my preparations for pan." As a matter of fact, the Japansupper, but with a few strokes of the spade excavated a niche in the snowbank, put the cooker in out of the wind. filled the lamp with oil and the boiler with ice, placed a few snow blocks around it for still better shelter and lighted up. By the time the igloo was completed I had enough water melted for our tea, and supper was entirely ready by the time my men had fed the dogs, and they lost no time in freeing their clothing of snow and joining me in the igloo. Still less time was consumed in putting away the tea and biscuit and pemmican, and less again in falling off to dreamless slumber.-Commander Robert E. Peary in Outing.

The rate of pulsation depends entirely on the movements of the heart, each beat representing a contraction of the left ventricle. The normal pulse of the adult male varies from sixty to eighty beats in the minute. The range of the individual variation is, however, very great. The range in females is even greater, some having a pulse rate of over eighty, others less than sixty, the majority showing a higher rate than

In children the rate is more frequent At birth, 128 to 144; first year, 120 to 130; at sixteen years, ninety. In old age the pulse is usually above seventytwo, but often also between fifty and sixty. The pulse rate is higher in short than tall persons and also varies somewhat with the time of day, independent of meals and movement, diminishing in the forenoon, rising in the afterpoon, sinking during the night and rising in the morning. Habitual pulse rates below fifty-six and as low as forty-six have been observed in healthy adults, but they are rare exceptions. We know of no case on record of a healthy pulse so low as thirty.

"I had a law partner once in Mississippi," said a southern lawyer, "who began to feel the effects of long years of hard work at his profession, and he was advised by his physician to go to the Arkansas hot springs and take the baths. The day of his arrival an attendant shut him up in a bathroom and, giving him a thermometer, told him to let the hot water run until it had reached a certain temperature and

"The old fellow had more clear grit than any man I ever knew. When the boiling hot water. The skin was fairly cooked off his feet, but he vowed he wouldn't get out until the specified temperature had been registered. He was holding the thermometer up in front of his face instead of putting it

in the water."

Plants That Wear Overcoats. Plants have developed almost as many dodges for perpetuating their existence as animals, only we don't so easily rec ognize them. Did it ever strike you that every seed, bulb or tuber is not merely a reservoir of material for the plant that is to grow out of it, but also a mass of fuel for supplying heat necessary to the sprouting seedlet? More than this. If you look at the early spring buds and flowers, you will notice that those which are likely to be exposed to frost, such as catkins or willow and hazel, are well protected by a thick covering of soft material, a regular plant overcoat.

"It does not always pay to be too smart," said a lawyer. "At our boarding house a new waitress was employed, and a young chap asked her what he should call her.

"'Call me Pearl,' she said. "'Are you the pearl of great price?'

he asked. "'No,' answered the girl. 'I guess am the pearl that was cast before

swine." -- New York Times.

Wanted to Pay. Very much indebted customer enters butcher's shop, remarking, "I'll take a leg of mutton, and I want to pay for

"All right," replies the butcher, handing forth the meat, which customer takes and starts to go. "Look here," cries the butcher, "I thought you said

you wanted to pay for it?". "So I do," was the reply, "but I can't."-London Telegraph.

Disinterested Friendship.

The majority of men recognize nothing in human affairs as good unless it yields some return, and they love those friends most—as they do their cattle from whom they hope to obtain the most profit. Thus they lack that lovellest and most natural form of friendship which is sought for its own sake only, nor do they know from experience how beautiful and how lofty such friendship is.

Happy Day. "What are you writing?" asked the

"Just dropping a line to my governor, wishing him many happy returns of

the day," replied the sophomore. "Why, is this his birthday?" "No; pay day. He sent me a check this morning."-Philadelphia Press.

THE TARTAR CUE.

Said to Be Worn Out of Gratitude to the Horse.

Herbert Allen Giles in "China and the Chinese" says that there are strange misconceptions as to the meaning of the Chinese cue, which has really been worn by that nation for only about 250 years.

It was imposed by the Mantchoo Tartars, the present rulers of China, as a badge of conquest. Previous to 1641 the Chinese clothed themselves and dressed their hair like the modern Japanese-that is, like the Japanese who still wear what is incorrectly known I did not wait for the completion of the as the "beautiful native dress of Ji. ese borrowed their dress as well as their literature, philosophy and early art from the Chinese. The Japanese dress is that of the Ming period in

China, 1368 to 1644. But where did the Mantchoo Tartars get the cue? They depended as a race almost for their existence upon the horse. The accepted theory is that out of gratitude and respect for his noble ally the Tartar, so far as he could, took on himself the equine form and grew a cue in imitation of a horse's tail. This somewhat grotesque theory might fall to the ground save that it is supported by striking evi-

present day are made with peculiar sleeves, shaped like of sleeves, shaped like a horse's leg and ending in an unmistakable hoof, covering the hand, which are known as "horseshoe sleeves." Incased therein a Chinaman's arms look much like a horse's fore legs. The tail completes the picture.

"Coffee chewing," says a doctor, "Is a habit easily contracted, for the taste of the crisp roasted berries is not unpleasant, and the exhilaration, the stimulus, that the berries give is quite as marked as that which would be obtained from a glass or two of beer or from a drink of whisky.

"It is this exhilaration, I am convinced, that causes the habit to be formed and that makes it a hard habit to break away from. It should be broken away from. Its effects are highly injurious. They are more injurious than those of tobacco chewing.

"The coffee chewing habit wrecks the nerves, it makes the skin sallow and it destroys the appetite. I have had occasion to treat a number of men for it. I always advise such men to break off by imperceptible degrees; to give three or four months to the task. Some succeed and some do not. Men who work in coffee plants find it almost impossible to succeed."-New York Tribune.

When Ice Covered Europe.

During the long tertiary epoch, when opossums disported themselves on the site of Paris and mastodons tramped along the valley of the Thames, the earth was in the throes of mountain making. The Alps, the Himalayas, the Alleghanies, the Andes, attest the power of her activity in those days. At their termination our continents stood attendant went back an hour later, my greafly higher than they do now, and partner was standing up in a tub of this aided their glaciation, although it does not fully account for it.

But as they became loaded with ice Europe and America gradually, and we may venture to say contemporaneously, sank. This was inevitable. Owing to the extreme heat and pressure prevail-ing in its interfor the earth is an eminently elastic body. Its surface actually bulges in or out with a very slight increase or decrease of the load upon it.-Edinburgh Review.

Not In His Seat.

A certain congressman was very busy at his desk in the house one morning when a page announced, "A gentleman in the lobby to see you, sir." "Tell him I'm not in my seat," said the congressman after looking at the card. The boy, a sturdy looking chap, did not move. "But you are in your seat, sir," he answered in matter of fact tones, "and I can't say you are not." The congressman looked at the lad angrily, but, seeing that he was in earnest, moved into the vacant chair of his neighbor. "Now tell him I'm not in my seat." "Yes, sir," said the boy briskly and went'to deliver the message.

Effect of Chloroform on Chinamen It takes a very large dose of chloroform to anæsthetize the Chinaman. He passes under its influence more slowly and rarely shows the excitement often characteristic of the initial stage of anæsthesia. Still more rarely does he suffer from sickness on his return to consciousness. This greater apathy of nature helps to recovery from severe accidents and operations.-London Hos-

A Horned Snake.

A very handsome species of snake is the rhinoceros viper, which bears, as its name suggests, horns on its nose. It is most beautifully colored when freshly emerging from its cast skin, but its form is by no means elegant, being very thick in body, with a bulldoglike head. It may attain a length of more than six feet and is a very deadly animal.-Quarterly Review.

Unsympathetic. "This is a cold, unfeeling world," he

remarked bitterly. "Ha!" returned his companion. "You, too, have heard the ribald laugh when you slipped on a banana skin, have

Ethel-A sixteen page letter from

George! Why, what on earth does he

Mabel-He says he loves me.-Pitts burg Gazette.

Organ grinders in Vienna are not allowed to play in the morning or evening-only between midday and sunset.

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