

LEISURELY BICYCLE RIDING.

The Only Way to Get Enjoyment out of the Exercise.

The easy, graceful, moderate, leisurely style of bicycle riding is coming into vogue and practice, particularly with ladies. On the most popular cycling roads in this city and county may now be seen, any fair day, numbers of ladies, alone or accompanied, riding along easily, at a pace of six or eight miles an hour, and either enjoying the landscape or chatting pleasantly. This fact is really a matter of great importance, and from the standpoint of good health and reasonable physical exercise it is both noteworthy and a source of satisfaction.

Bicycling is comparatively a new exercise. Although there have been wheels and wheelmen for a quarter of a century, it is only within four or five years that the pastime has become so popular as to be almost universal. And like every new exercise, it has been done to excess, and is only now beginning to be properly utilized and made a reasonable pleasure. The little child that has just learned to walk cannot make his little legs go fast enough to keep up with his desire to go over space but by and by he learns to walk with easy grace, and to take such exercise as is both healthful and pleasant. Bicycle exercise has scarcely passed the childish, rushing, the scorching era, but it is approaching the more graceful and less impulsive stage. The impulse to spin over the ground as the toddlers desire to fairly leap from one point to another, and everything is forgotten but the exhilaration and new excitement. It must be something like the sensations of a little bird the first time he tries his wings. But, as already suggested, ladies and gentlemen who ride the wheel are learning that there is a keen delight in riding easily, gracefully and leisurely. It affords pleasure which "scorching" can never give. It permits conversation, it shows observation of and appreciation of beautiful scenery. It develops love of nature as well as both muscle and lung power. It does more; it prevents redness of face, shortness of breath and superfluous perspiration. The leisurely rider does not get tired; for a nice, easy pace may be continued hour after hour without fatigue, and after a ride of this kind the rider is refreshed and feels that the exercise could be continued indefinitely.

There can be no doubt of all this, for ladies and gentlemen who are fully competent to speak testify to the pleasure of riding at a moderate pace. Moreover, having overcome their early impulses to rush from one town to another or to "chase miles" in order to establish a record of no avail to them after it is made.

There will always be "scorchers" and young beginners, and these will continue to ride as if a cyclone were after them; but ladies and gentlemen generally are surely adopting the leisurely pace and are enjoying it to the fullest extent.—Elizabeth (N. J.) Journal.

The Pomaks of Rhodope.

Who on earth, or what on earth, are the Pomaks? Is the question which will suggest itself to most of those who glance at the heading of this article. The Pomaks are Bulgarians who have adopted the creed of Islam, but retained their own language. With their native speech they have preserved certain usages and customs of their own race, thus affording to the ethnologist admirable field for speculation as to the extent to which a change of religion, unaccompanied by other influences, can modify the ingrained characteristics of a nation.

There are Pomaks in many parts of Bulgaria, but the Pomak territory par excellence lies in the wildest, remotest region of the Balkan peninsula, in the heart of Rhodope, a terra incognita to the European traveler, and known only by report to the neighboring races; in ancient days the haunt of the frenzied Bacchantes.

Of that wild road that tore the Thracian band in Rhodope, when woods and rocks had ears To capture, till the savage clamor drowned Both harp and voice—

and in later times the inaccessible retreat of fierce, fanatical mountaineers, who scorned for centuries the rule of Turk and Christian alike, and bravely resisted every effort to bring them into subjection. It was only quite recently that a Bulgarian force succeeded in occupying the remote portion of the Pomak territory assigned seven years ago by the convention of Topkane to Eastern Roumelia.—Fortnightly Review.

A \$15,000 "PEBBLE."

The largest block of stone ever quarried is probably the one just obtained at Fourmies, Belgium, by a civil engineer named Lafitte. This block measures about 10,800 cubic feet, and its weight is over 7,900,000 pounds, or 3500 tons. As it stands now in the quarry this "pebble" is worth about \$15,000. After it has been cut up it all represent a considerably larger sum, and is sure to furnish work for about forty stonecutters for the next three months. It was quarried by means of a hand saw worked by a twenty-horsepower engine, and was broken from the solid rock by a charge of 112 pounds of powder, which was allowed to drop into the crack made by the saw. It is stated that this block of stone now holds the record, as far as size and weight are concerned, and will probably continue to hold it for some time to come.

A Little Misunderstanding.

"Sir, your son's performance on the French horn is execrable. It will drive every body from my house. You told me he was a teacher."

"I did not. I said he was a tooter."

Consumption and lung troubles are the cause of fully one-third of the mortality in America. Prevention is better than cure. If you catch a cold take at once some of Hawker's balsam of tolu and wild cherry. It is a sure cough cure.

The eight or smell of food sometimes sicken you, that's because your bilious. Hawker's liver pills cure biliousness and all bilious life.

Not what we say, but what the people say, that Hawker's Catarrh cure, cures.

ADAMS' Ginger Beer

FOR MAKING A DELICIOUS HEALTHY DRINK AT SMALL COST.

RECIPE.

Adams' Ginger Beer Extract, - one bottle
Fleischman's yeast, - one-half to one cake
Sugar - - - - - two pounds
Cream of tartar, - - - one half ounce
Lukewarm water - - - - - two gallons

Dissolve the sugar, cream of tartar and yeast in the water, add the extract, and bottle; place in a warm place for twenty-four hours until it ferments, then place on ice, when it will open sparkling, cool and delicious.

The ginger beer can be obtained in all drug and grocery stores in 10 cent bottles to make two gallons.

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Cures Sick Headache

HERBINE BITTERS

Purifies the Blood

HERBINE BITTERS

Cures Indigestion

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The Ladies' Friend

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For Biliousness

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KINSHIP OF PEARS AND APPLES.

Both Have Flourished in Many Nations and Since Early Times.

An observing fruit dealer of South Water street, says the Chicago Record, is partly of the opinion that the pear and apple are related. The main thing that has a tendency to make him believe that the two are kin is that each has essentially the same structure.

His study brought to light that the form of the pear and of the apple, although characteristic enough, was not by itself sufficient to distinguish them, for there are pears which cannot by form be distinguished from apples, and apples which cannot by superficial appearance be recognized from pears.

The chief distinction between the two fruits, however, and one which has more than a little to do toward making him think that the two fruits are of separate families is the occurrence in the tissue of the pear fruit, or beneath the rind, of clusters of cells, filled with hard, woody deposits, constituting the "grit." No such formation of woody cells takes place in the apple.

It is thought that the pear was derived from one or two wild species widely distributed throughout Europe and Western Asia. In England, however, where the pear is sometimes considered wild, there is always a doubt about the matter. Some think that the pears which are considered wild are but the produce of some seed deposited by birds or otherwise, which has degenerated into the wild, spine-bearing tree known as the "pyrus communis." The cultivation of this pear extends into the remotest antiquity. Traces of it have been found in the Swiss lake dwellings; it is mentioned in the oldest Greek writings, and it was a common thing with the early Romans.

The apple, according to pomologists, is the most widely known, most extensively cultivated and most generally appreciated fruit. It is now being cultivated in countries where, 20 years ago, the thought of raising it would have been an absurdity. It now is common in Cape of Good Hope, Northern India, China and New Zealand. It has established itself in the extreme northern part of frigid Norway and the hottest countries of South America. In Norway and other cold countries the fruit takes the form of crabs, small, knotty and good for nothing in particular.

The cultivation of the apple extends from the period of Roman occupation in Great Britain, but the names of many varieties indicate a French or Dutch origin of much earlier time. In 1688 Ray enumerated 78 varieties in cultivation in the vicinity of London, but since that time the number has grown to more than 2000.

Electric Light and Colors.

Storekeepers know that the electric light is almost as good for matching colors as daylight, but they generally use the arc light. The light given by an incandescent lamp is often little less yellow than a gas flame, and this leads some people into error. A daily paper complains that yellow and pink cannot be distinguished by electric light that heliotrope assumes a pinky hue, and that many delicate gradations of shade are quite lost under the light of the modern illuminant. Pale blue also loses some of its glory, but green is vastly improved. Bright crimson looks well if artistically and effectively toned down, and some shades of primrose are especially beautiful. Wrinkles, it is said, are mercilessly shown up, and the complexion that is not of nature's making becomes flat and ghastly in the truthful light. For this reason the electric light is not popular with many people, but the knowing hostess secures all its beautiful effects and makes everlasting friends of her lady guests by covering every lamp with a shade of yellow silk.—Chicago Record.

Then the Audience Smiled.

"Yes," said the irrepressible interviewer to a little lot of admirers, "I have been nobbled with most of the celebrities of the city. I have shaken hands with Mr. Gladstone, dined with the Marquis of Salisbury, taken wine with the Duke of Devonshire and chatted with Mr. Chamberlain about his orchids. I have met some royal dukes at garden parties. I have exchanged opinions of the weather with dozens of M. P.'s. I have interviewed most of the celebrated divines, statesmen, scholars and athletes." "But you have omitted to mention," said a quiet voice somewhere behind the crowd, "that you have had the extreme honor of being kicked out of his house by a certain noble boxing man!" And then the audience—but see heading.—Judy.

The World's Beer Mug.

A French statistician has become interested in the question whether more wine than beer is drunk on the globe. He figures out the annual production of wine in the whole world at 3,510,000,000 gallons, while 4,860,000,000 gallons of beer are annually brewed. The consumption of beer is, therefore, 1,350,000,000 gallons larger than the consumption of wine. The largest beer consumers are Germany, with 1,296,000,000 gallons of beer, and England with 1,269,000,000 gallons. Then comes the United States with 999,000,000 gallons, Austria with 378,000,000, and France with 270,000,000 gallons. Curiously enough, little Belgium consumes almost as much beer as France and is next in order.

Don't Blame the Girls.

There has been a deal of worrying about the fact that the young women of this country prefer single to married life, but perhaps the dear girls are not so much to blame after all. There are 3,000,000 men over 30 years of age in the United States who have never married, and, as man proposes, the preference of so many men for bachelor life has much to do with the number of single women.—Rochester Herald.

And He Followed It.

"One kiss," he said, before I go?" This girl knew what she was about, and said to him, "the rule, you know. In kissing is, 'three times and out.'"

If?

If you want to preserve apples, don't cause a break in the skin. The germs of decay thrive rapidly there. So the germs of consumption find good soil for work when the lining of the throat and lungs is bruised, made raw, or injured by colds and coughs. Scott's Emulsion, with hypophosphites, will heal inflamed mucous membranes. The time to take it is before serious damage has been done. A 50-cent bottle is enough for an ordinary cold.

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AMERICAN RAILROAD BUILDERS.

The Railroad Development of China Attracts the Attention of Capitalists.

Charles Denby, United States Minister at Peking, the capital of China, reports to his government that the close of the war with Japan was looked forward to by foreigners as the date from which China was to depart from her traditional policy as to internal improvement and development. It was anticipated that this government would enter upon railroad construction, mining and naval and military systems of great magnitude. While the views of the most enthusiastic have not been realized, and China has shown a cautious conservatism, there has been no want of progress. The railroad from Tien-Tsin to the vicinity of Peking has been authorized, and is now being rapidly constructed. Great extensions of the line from Tien-Tsin northward into Manchuria have been determined on, and will doubtless soon be undertaken.

As to the general problem of railroad construction, the Chinese Government stands committed to the policy of using Chinese money only. An imperial decree has authorized the formation of native companies for the construction of lines in the south. It is not believed, however, that this policy will avail for lines of any great extent, and it may be predicted that China will resort, eventually, to the aid of foreign syndicates.

The railroad development of China has attracted the attention of American financiers and builders of rolling stock and equipment. Many agents of American firms are now in this country awaiting the adoption of some definite plan by the Imperial Government. At least two combinations of American capitalists, represented at Peking, are prepared to build and equip from beginning to end any railroad system which China may desire.

Heard None of His Own Operas.

The great French composer Auber, the writer of "Fra Diavolo," "Crown Diamonds," and about fifty other first-class operas, was a peculiar genius in more than one respect. He never heard a performance of one of his own operas, which, of itself, is a thing without parallel in musical history. He would never allow anyone in his presence to mention death, or allude in any way to matters that might recall what to him was the most awful of all subjects. He was wealthy and lived in the utmost luxury in Paris, and when at last he died, while the city was in the throes of the war with the commune, preparations were made to give him an elegant funeral. But a mob came along during the ceremony, scattered the mourners, took the body out of the hearse, threw it into the ditch, and led off the horses to draw cannon. It was a singular end to a life of luxury and aesthetic ease.—St. Louis Globe-Democrat.

Australia's Orphans.

Australia has no orphan asylums. Every homeless child is a ward of the state. The Charities Commission organized in behalf of homeless children maintains a temporary home in which children are sheltered until homes in private families can be found for them. The state pays the board of the child and clothes it, and a Committee of Inspection keeps an eye on the child. The child is sent to school by its foster parents, and from the time he is 18 years of age a