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Ready This Week.

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Exercise for Obesity



It is not necessary to go into details what fatty tissue is, its formation, etc. What is really necessary to know is how best to avoid getting stout, the thing to do is to learn in as few words as

possible what to do, and if being practical, why not do it? Scarcely a day goes by but what we see some article in the paper that is really of interest to the man who is in search of health and strength. The great trouble is, the articles are read and with a remark, "That just fits my case to perfection;" but the fact is just this: After you have read the article it passes entirely out of your mind and is soon forgotten.

Nearly every day I am asked this question: What can I do to reduce my weight, as you see I am becoming corpulent? The real answer to this is, not to be so lazy, for laziness in many instances is the real cause of people growing stout, and the stouter they grow the more lazy they become. Laziness causes fat and fat causes one to be lazy. Now the best thing to do is to go to work, first find the kind of work you require and then make it a business. Call on R. A. Woods of the Woods Institute and he will give you the proper kind of work and with his bath treatment will make as good a man of you as ever. Phone Main 155.

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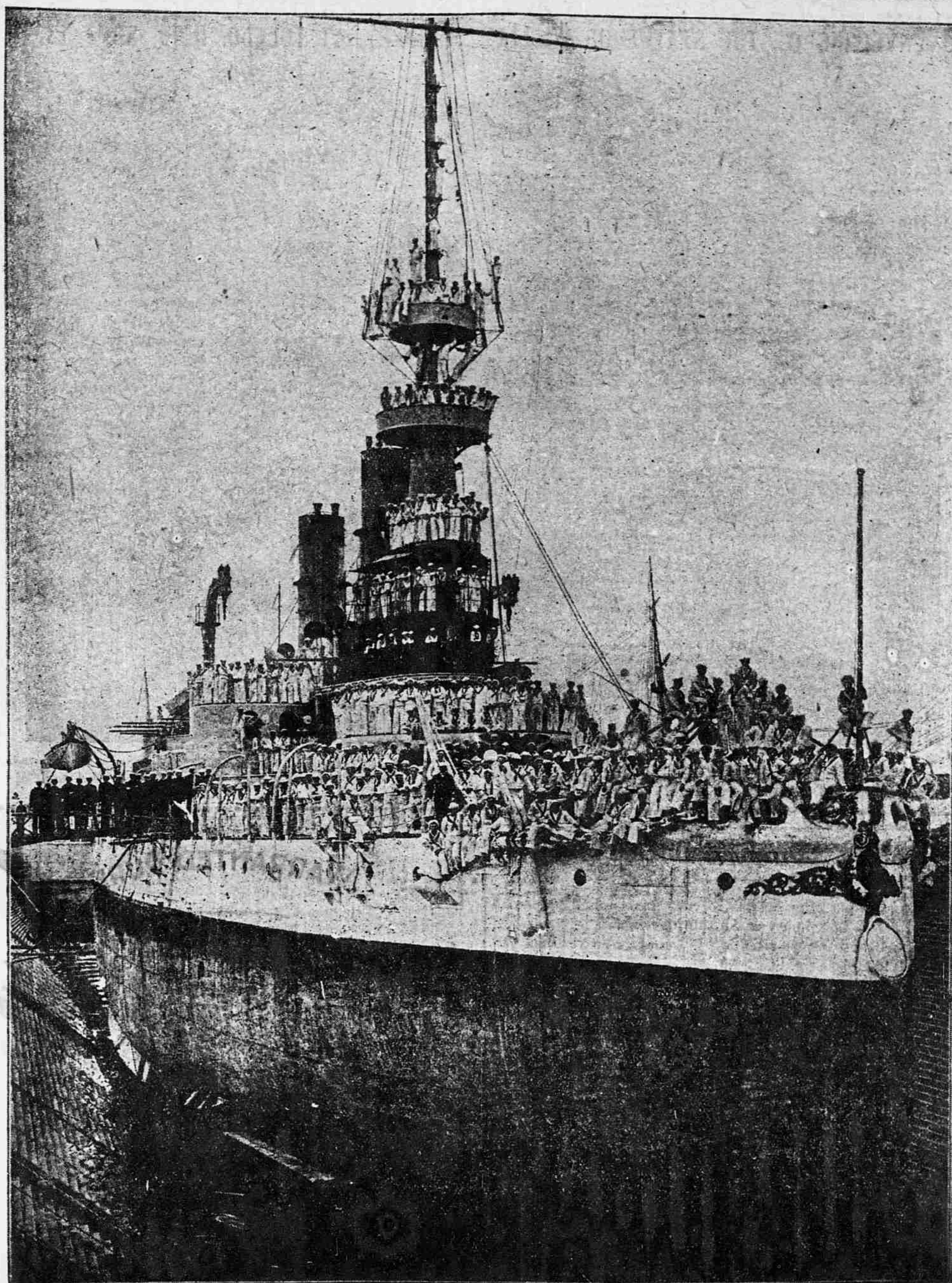
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THE BATTLESHIP MASSACHUSETTS IN DRYDOCK.

TREASURES OF THE HERMITAGE.

The Hermitage, the old home of General Andrew Jackson, has, through the efforts of the Ladies' Hermitage Association, been almost restored to the condition it was in at the time of the death of General Jackson. In 1856 the state of Tennessee purchased from Andrew Jackson, Jr., for \$48,000 the Hermitage farm, which then consisted of 500 acres of land; and it was intended to offer it to the United States government for a branch of West Point academy, but the civil war prevented the consummation of these plans. In 1889 the state legislature of Tennessee conveyed to the Ladies' Hermitage Association, through a board of trustees, the house, tomb, all outhouses and twenty-five acres of land to "preserve, beautify and adorn, throughout all coming years, in a manner most fitting the memory of the great man and commensurate with the gratitude of his countrymen."

The association has put forth untiring efforts to raise the funds necessary to purchase the furniture and relics that were in the house at the time of General Jackson's death. It has inaugurated all kinds of enterprises, lectures, balls, concerts, theatricals, etc., anything that would net money to its treasury. The work of sustentation is aided by the state's appropriation of \$50 a month, which pays the curator and does some little repair work. The association has succeeded in putting the place in its present good condition and in replacing these pieces or relic furniture now to be seen in the house, and it is its cherished plan to purchase all the relics and furniture and rehabilitate the house as it was in Jackson's life.

The original Hermitage was built in 1804. It was made of logs and part of it is still standing. Aaron Burr made his famous visit to the Hermitage in 1805, and was entertained in this log house. General Jackson was living in the log house when the battle of New Orleans was fought, 1815, and returned to this humble home the "conquering hero" and idol of the nation. The present site was selected and built upon in 1819, and was of brick made no the place. Lafayette was entertained there in 1825. This house was burned in 1835 and rebuilt in 1836 upon the same foundation as it now stands. General Jackson died in 1845, at the age of 78 years, and was buried by the side of his wife in the tomb in the garden.

In 1809 Andrew Jackson and his wife adopted the infant son of Severn Donelson, a brother of Mrs. Jackson, and named him Andrew Jackson, Jr., and he bore the name and became the heir to all the estates. His son, Colonel Andrew Jackson, after serving gallantly as colonel of artillery in the Confederate army, returned to the Hermitage and lived with his mother until the time of her death, and by her will inherited the household furniture, mementos and relics of the old hero. It was from Colonel Jackson that the Ladies' Hermitage Association purchased most of the relics.

The Hermitage is built in the old Colonial style of architecture, with large verandas in front and rear, a wide hallway with double rooms on either side, and wings supplementing these. The rooms are large and spacious, and are eleven in number, besides pantry, storeroom, kitchen, cellar, etc. On entering the hall which is large and commodious, one notes at first glance the pictorial wall paper, which was ordered from Paris, France, when the house was rebuilt in 1836. It came by way of New Orleans up the Mississippi and Cumberland rivers. It represents the legend of Telemachus,

and is that part of the story of the landing of Ulysses on the island of Calypso.

Although Colonel Jackson still has many valuable curios, that belonged to the "old hero," the Ladies' Hermitage Association has succeeded in acquiring, either by purchase or presentation, no less than 172 separate and distinct relics, varying in size and value from the celebrated Decatur silver service that General Jackson purchased from the widow of Commodore Decatur, down to the brass fender that has no value whatever, except that it was once the property of the general.—New Orleans Times Democrat.

BRITAIN'S CARTOON CAMPAIGN.

It is largely a campaign of cartoons in Great Britain. Chamberlain may plant and Balfour may water, but the cartoonists promise to give the larger portion of the increase on one side or the other. Here is Punch holding up Balfour as a jumping-jack, with Chamberlain pulling the string, and another cartoon represents statues of Sir Robert Peel and Chamberlain side by side, the former bearing on its pedestal the words "He gave the people cheap bread," and the latter, "He gave the people cheap consols." This cartoon was circulated among the members of the stock exchange, copies being pasted on the interior walls of the house. Then here is a Chamberlain organ with a picture of the British lion confined in a cage, the bars of which are labelled "hostile tariffs," and against which the king of beasts chafes with impotent rage, while the American eagle, the French poodle and the German dachshund run off with his food, labeled "British home markets."

PHARAOH THOTHMES IV'S CHARIOT.

The most interesting object found in the tomb of the Pharaoh Thothmes IV, by Theodore Davies, who has been excavating in the Valley of the Tombs at Thebes, is the chariot of the dead monarch. The body of it alone is preserved, but in a perfect condition. The wooden frame was first covered with papier mache made from papyrus, and this again with stucco, which had been carved both inside and out into scenes from the battles fought by the Pharaoh in Syria. The art is of a high order, every detail being exquisitely finished and the faces of Syrians being clearly portraits taken from captives at Thebes. The chariot is, in fact, one of the finest specimens of art that have come down to us from antiquity. Along with the chariot was found the leather gauntlet with which the king protected his hand and wrist when using the bow or reins.

A MUCH-DECORATED MAN.

The most decorated man in Paris is Municipal Councillor Deville. He was decorated this year by King Edward and the czar, and now, as the head of the municipal administration, by the King of Italy. The other town councillors refuse decorations in a spirit of republicanism, but Mr. Deville takes all he can get. He has more than twenty.

More than 8,000,000 of the 13,500,000 people in Mexico do not work. Counting out the children and aged there remain 3,774,148 possible producers who produce nothing absolutely. Then—and here is an astounding figure—there are in domestic service 1,488,024, as against 116,000 of dignified salary earners.



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