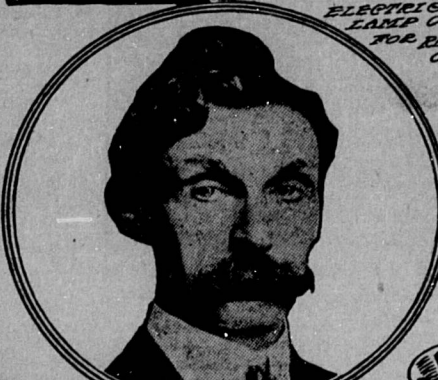


The GREAT MINE RESCUE TOURNAMENT

UNCLE SAM is going to stand sponsor this autumn for one of the most novel and most interesting competitive contests ever conducted. So far as known no other government in the world has ever conducted such a tournament and it is bound to attract attention far and wide. Moreover this unique event is all the more interesting and all the more commendable from the fact that its purpose is not merely the exploiting of athletic prowess after the fashion of the average "field day." On the contrary its aim and object is the saving of human life and the relief of suffering. It is because of its high purpose, combined with the fact that it is under government auspices, that President Taft, the secretary of the interior, and other high officials and prominent men will be present. This innovation which promises to win a permanent place on our calendar of public events has a rather long name. It is designated officially as a National First-Aid-to-the-Injured Field Meet, and it is to concern itself primarily with "first aid" work and relief work as conducted in coal mines where, as every reader knows, there is most urgent need for such humanitarian measures owing to the frightful disasters which occur all too frequently in our coal mines, due to explosions, fires, and cave-ins of rock and earth. The field meet will be held at a place known as Arsenal Park near Pittsburg, Pa. This site has been chosen because it will be convenient of access for the miners and mine rescue workers who will compete in the contests, and because, furthermore, the United States government has at this place an experimental station with all the facilities and equipment at hand for giving exhibitions and con-



ADJUSTING OXYGEN HELMET



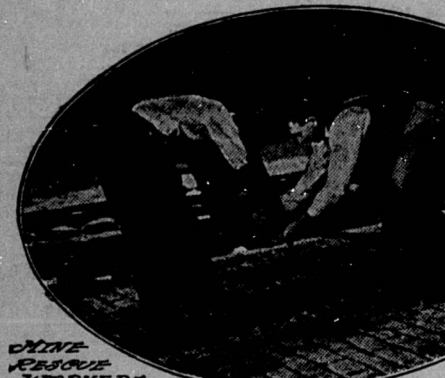
ELECTRIC LAMP OUTFIT FOR RESCUE OUTFIT



THE PULMOTOR, A RESUSCITATING APPARATUS



DR. WILLIAM C. MILLER, CHIEF OF THE U.S. BUREAU OF MINES



MINE RESCUE WORKERS EMPLOYING A STRETCHER

ducting contests in mine rescue work under approximately the same conditions that would prevail after an actual mine disaster. This inaugural tournament is to be conducted by the U. S. Bureau of Mines,—the newest branch of our national government and an institution which congress recently established under the interior department, especially for the purpose of studying and finding remedies for the mine disasters which have been giving the United States a bad name all over the world for these many years past. However, the Bureau of Mines is going to have influential help in the conduct of its first national Field Meet. For one thing the American Red Cross is going to co-operate.



ADJUSTING OXYGEN TANK UNLADDED

Now the Red Cross has been called on very frequently of late years to lend a hand after some great mine disaster, and it is today instrumental in supporting and educating many children whose fathers were killed in the disasters of the past few years. Thus the Red Cross officials have had brought home to them the need of doing everything possible to save lives in mines and to reduce the number and seriousness of mine accidents. And anyway the Red Cross has become deeply interested of late years in first-aid-to-the-injured work of all kinds,—so much so that it is now distributing "first aid cabinets" all over the country and has on the road all the while a special car with instructors who travel from town to town enrolling workmen as volunteer Red Cross workers and instructing them in "first aid" work. So that, in view of all this, it is but natural that the Red Cross should want to have a hand in the first field meet to stimulate interest in the cause. And finally the coal operators, who have much at stake, have through their general organization volunteered to help make the tournament a success.

how to carry on rescue and relief work if a disaster does occur.

The result of this plan of Uncle Sam for having these "missionaries" of the First Aid crusade constantly traveling up and down the mining regions showing the once-ignorant miners what to do in an emergency and how to do it, has been that a considerable proportion of the underground workers are coming to have some knowledge of what to do to relieve the suffering of one another in time of accident when doctors and nurses are not at hand. Better still, a feature of the government plan and the Red Cross plan to organize at each mine a volunteer corps of "first aid" workers. These volunteers agree to devote enough time to the work to gain more than a superficial knowledge such as is acquired by the rank and file of the miners. Uncle Sam's experts devote any necessary amount of time to instructing these volunteers and the Red Cross and the mine operators have shown a disposition to provide them with all the necessary equipment,—expensive though it be.

The result of this development of a humanitarian militia in the coal mines has been that we now find at many a mine a volunteer corps of "first aid" workers who are thoroughly qualified for their work and who can do just as much for their entombed fellow-workmen or for miners overcome by poisonous gases as could the experts on any of the government mine rescue cars and who are on hand to act immediately without waiting for the arrival of a government car. It is these volunteers who are expected to give zest to the competitions in rescue work at the big gathering in Western Pennsylvania. "Teams" made up of volunteer workers at various mines have been in training for months for the event, working to be able to do each stunt in the shortest possible

space of time,—for in these contests as in hook and ladder races and hose laying contests, a second or two may mark the difference between victory and defeat.

The "first aid" tournament is going to have some very realistic features. For one thing there will be provided a "make believe" coal mine, open at one side to the view of the spectators, and in this will occur on signal an explosion just like that which occurs in a real mine except that there will be no actual loss of life. However, men will be apparently injured by the shock and overcome by the fumes and will fall in supposedly perilous positions from which they will be rescued by "first aid" men working in double quick time just as they would do under the stress of a genuine disaster. These rescue workers will be called upon to improvise stretchers from their jackets and mine drills; to hurriedly bring to the scene mine hospital cars; and do the other things they would do in time of serious trouble. Of course, all their operations will have to be carried on by means of what illumination can be gained from the new pattern of electric safety lamps for it is out of the question to carry into a mine filled with explosive gases any ordinary lantern or lamp with an exposed flame of any kind.

Easily one of the most interesting phases of the contests will be the competitions involving the use of the oxygen helmets so called. A helmet of this kind, which may cost as much as \$200, may be described as an air-tight, armor-like covering for the head and shoulders which enables a rescue worker to penetrate into mines filled with noxious fumes just as a driver's suit enables its wearer to live and work under water. The air-tight helmet not only excludes the deadly gases of the mine but it supplies its wearer with necessary flow of life-giving oxygen, drawn as needed from metal cylinders of compressed oxygen worn on the back, like a knapsack. The competitors at Pittsburg will include tests as to how long a man can work effectively in such a suit of armor and tests as to the ability of the respective wearers of the helmets to detach empty oxygen cylinders from their backs and replace them with fresh cylinders. This is highly important because in mine rescue work it may happen that there is no second rescue worker at hand to assist in changing cylinders and unless a "first aid" man can do this for himself he must leave his work and hurry back to the mouth of the mine for fresh air.

Another form of apparatus, and it is a new one, which will be demonstrated is the Pulmotor. The Pulmotor is a German invention, and for all that it would almost fit into an ordinary suit case, it is so delicate and remarkable in its mechanism that it costs \$800. The Pulmotor is, in effect, an automatic breathing machine. It will compel an unconscious man to breathe whether he wants to or not and it mechanically draws poisonous gases out of the lungs with one operation and forces in the life-giving oxygen with the other. That it is capable of well nigh performing miracles may be appreciated when it is explained that with this agent for mechanical resuscitation the experts of the U. S. Government have brought back to life, miners who had remained unconscious in mines for 26 hours and who had been abandoned as dead.

The Danger of the Inferior

We are often told that one reason why we should not go down to the inferior things is that they can never satisfy us. But the danger is that they may satisfy us. A boy at school may come to like evil talk and unworthy stories. When he left home such things were unnatural and distasteful to him, but he let himself down to them little by little until anything else is uncongenial to him. The inferior things have come to satisfy him. A popular lecturer told recently of having heard one woman say to another as they came away from an Ibsen play, "I do not like Ibsen. He takes the hope out of life." If she spoke sincerely, it was only because she had brought herself to such an unnatural philosophy. She did not begin life with so unwholesome and untrue a view. In the days that were real and worthy it was hope which made life beautiful. If now she preferred hopelessness it was because her preferences had degenerated, and that had begun to satisfy her which formerly would have been the very depth of darkness to her.

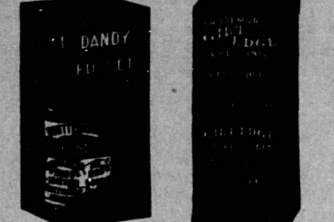
This is the peril of the soul's freedom. The very capacity to rise involves the capacity to descend. Just as we can go forward from any attainment, discontented with it, to higher things which alone can satisfy us, so we can go backward and downward into tastes, experiences, and

character which would once have been utterly repugnant to us, but which have the dreadful power of becoming the soul's desired aim, so that we are satisfied. The soul can shrivel as well as expand. And we must beware of those who tell us that we can go down to anything we wish without fear, that we can throw off the inferior things whenever we wish and return to our native place. We cannot. The soul adapts itself to its environment, and we may become so satisfied on the low planes that we shall never wake to discontent. Then our birthright will be gone, and we shall not care to have it back again. The danger of all sin and surrender is that they may stupefy the taste and satisfy it.

HUMAN HANDICAPS.

We do not require the same attainments from all. Some are well taught, some are ill taught, some are not taught at all. Some have naturally good dispositions. Not one has had power to fulfill the law completely. Therefore it is no crime in him if he falls. We reckon as faults those only which arise from idleness, wilfulness, selfishness and deliberate preference of evil to good. Each is judged according to what he has received.—James Anthony Froude.

Whittemore's Shoe Polishes



Finest in Quality, Largest in Variety, They meet every requirement for cleaning and polishing shoes of all kinds and colors.

GILT EDGE the only ladies shoe dressing that positively contains Oil, Blacks and Polishers alike and children's boots and shoes, shines without rubbing, 25c. "French Gloss," 10c. DANDY combination for cleaning and polishing all kinds of russet or tan shoes, 25c. "Star" size, 10c. QUICK WHITE makes dirty canvas shoes clean and white. In liquid form so it can be quickly and easily applied. A sponge in every package, so always ready for use. Two sizes, 10 and 25 cents.

If your dealer does not keep the kind you want, send us his address and the price in stamps for a full size package.

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Distressing.
"Here is the account of a poor woman who lost both arms in a railroad wreck."
"It must be dreadful to go through life without any arms."
"Yes, indeed. And much worse for a woman than for a man."
"How is that?"
"Well, a woman without any arms can't reach around to feel if the back of her collar and the back of her belt are all right."

Important to Mothers
Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Fletcher* In Use For Over 30 Years. Children Cry for Fletcher's Castoria

Leaving Him at Sea.
"Could you do something for a poor old sailor?" asked the seedy-looking wanderer at the gate.
"Poor old sailor," echoed the lady at work at the tub.
"Yes'm, I follered the wotter for 16 years."
"Well," said the woman, after a critical look, "you certainly don't look as if you ever caught up with it."
Then she resumed her labors.

Held the Records.
Two ladies seated at afternoon tea fell to discussing the prowess of their respective hubbies.
After each had related several feats of endurance and hardihood, one of them remarked that her husband had on one occasion dived under the water and remained down for fully two minutes, without coming up to take breath.
"Oh," said the other, "that is nothing. My first husband dived below the water five years ago, and has not yet come up to breathe."

Sufficient Evidence.
Having vouched for the honesty of the woman who wished a situation as scrub-woman, the good-natured man was subjected to a severe examination by the superintendent of the building.
"There are degrees of honesty," said the superintendent. "How honest is she?"
The good-natured man reflected.
"Well," said he, "I'll tell you. She is so honest that if you throw anything that looks to be worth a copper into the waste basket you have to tag it 'Destroy this,' or she will fish it out and put it back on your desk night after night, no matter how badly you want to get rid of it. I don't know that I can say anything more."
"No more is necessary," said the superintendent, and he proceeded to hire the woman.

STRONGER THAN MEAT

A Judge's Opinion of Grape-Nuts.

A gentleman who has acquired a judicial turn of mind from experience on the bench out in the Sunflower State writes a carefully considered opinion as to the value of Grape-Nuts as food. He says:
"For the past 5 years Grape-Nuts has been a prominent feature in our bill of fare.
"The crisp food with the delicious, nutty flavor has become an indispensable necessity in my family's everyday life.
"It has proved to be most healthful and beneficial, and has enabled us to practically abolish pastry and pies from our table, for the children prefer Grape-Nuts, and do not crave rich and unwholesome food.
"Grape-Nuts keeps us all in perfect physical condition—as a preventive of disease it is beyond value. I have been particularly impressed by the beneficial effects of Grape-Nuts when used by ladies who are troubled with face blemishes, skin eruptions, etc. It clears up the complexion wonderfully.
"As to its nutritive qualities, my experience is that one small dish of Grape-Nuts is superior to a pound of meat for breakfast, which is an important consideration for anyone. It satisfies the appetite and strengthens the power of resisting fatigue, while its use involves none of the disagreeable consequences that sometimes follow a meat breakfast." Name given by Postum Co., Battle Creek, Mich.

Read the little book, "The Road to Wellville," in pkgs. "There's a reason." Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

Fair Question.
Willie—Pa?
Pa—Yes.
Willie—Teacher says that we're here to help others.
Pa—Of course we are.
Willie—Well, what are the others here for?"

Oh, So Suspicious.
"Very suspicious man, they say."
"Very. Bought a dictionary last week and now he's counting the words to see if it contains as many as the publishers claim."

He Had Experience.
"I'll call up my wife and tell her I'm detained at the office."
"Be sure to shut the door of the telephone booth. Last time I called my wife up from this cafe she heard the orchestra playing."

The Real Reason.
"What has become of that man who used to say he was a servant of the people?"
"The people had to let him go," replied Farmer Cornstossel. "He got to be one of these hired men who stand around talkin' when they ought to be at work."

Had the Proper Yell.
The baby across the car aisle caught sight of the bibulous individual opposite and let out a shrill yell of alarm.
The bibulous person leaned forward.
"Baby attendin' college, ma'am?" he asked.
"No, sir," the mother sharply replied, and the baby yelled again.
"Thass ver' funny," said the inebriated one. "There's cert'nly some class to that yell."
Then he gave the child an atrocious wink and fell asleep.—Cleveland Plain Dealer.

Answered.
"You, there, in the overalls," shouted the cross-examining lawyer, "how much are you paid for telling untruths?"
"Less than you are," retorted the witness, "or you'd be in overalls, too."

Turning Night into Day.
When the doors opened in the little Indiana theatre a farmer wandered in and looked around.
"Ticket, please," said the doorkeeper.
"The only thing I've got agin' these here op'rys," said the Hoosier as he walked away, "is that they don't begin till bedtime."

Only a Husband.
"What was the worst knock you ever got?" we asked a little group of young married men the other day.
"I can tell mine and skin the other fellows before they start," replied one who shall be nameless, for his wife's sake. "My wife hit me in the vanity harder than anyone else ever did."
"That's nothing," chorused the rest. "That's everybody's experience."
"I suppose so. But listen. The other night I woke up suddenly, hearing a noise downstairs. 'What's the matter?' asked by wife drowsily. 'I think there's a man in the house,' I said. 'My dear,' she murmured, 'you flatter yourself.'"

Had Nothing on Him.
Rabbi Joseph Silverman, the noted pastor of New York, tells an amusing anecdote of an Englishman and a Scotchman, who were bragging in loud tones.
"Me man," said the Britisher, "tain't hoffer a person is tooken fer royalty, but I've been mistook for th' prince of Wales in me young days."
"Hoot, mon," said the Scot, "I, myself, have been called th' duke of Argyll."
The man selling collar buttons paused to listen. "Dat's nuttin'," said he with a deprecatory gesture, "I was meetin' an friend in Ravington 'srit in he shouted: 'Oh, Holy Moses! Is it you?'—Washington Star.

HOMESEEKERS' EXCURSION RATES TO TEXAS AND NEW MEXICO POINTS DURING 1911.

On the first and third Tuesdays of each month during the entire year the Colorado and Southern Railway will sell round trip home-seekers' excursion tickets to a great many points in New Mexico and Texas at greatly reduced rates. Final limit 25 days allowing liberal stop-over privileges. For detailed information, rates, etc., call on your nearest Colorado and Southern agent or address T. E. Fisher, General Passenger Agent, Denver, Colo.

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