

BRINGING THE HOLIDAY SPIRIT TO THE POOR

IT IS a question whether the families helped or the workers helping them get most joy out of the Christmas distribution. A real settlement worker, one imbued with the right spirit, will tell you that only one who has visited the homes of the poor and the suffering on Christmas eve can realize the pleasure of bringing happiness and sunshine into these homes. Many settlement workers, who have given up the work for some reason or another, but who return to assist with the Christmas distributions, give generously from their own purses that the baskets may be larger and more families aided.

Wealthy women, who have never done a settlement work, enter into the Santa Claus spirit and visit the alley and tenement districts of the large cities on the night before Christmas, their automobiles heavily laden with toys, turkeys and good things to eat. They employ investigators to canvass the section in which they are interested a week before the holidays, and the distribution is made according to their reports. Oftentimes small trees are sent to the homes, with glass balls, trimmings and candy toys, and the donors, with the aid of their chauffeurs and the parents of the children, fix the tree while the little tots are asleep.

Though little known, Santa Claus' work in the slums of the big cities is carried on along systematic lines to overcome any overlapping of the multitude of good intentions. In days gone by, charitably inclined women would leave a large basket of provisions in a house in ignorance of another basket hidden in the closet. And it was not unusual for two or three workers to meet in the same kitchen at the one time, each burdened with good things for the one family.

This is an error of the past; for now the Christmas giving has been systematized. Settlement workers of the various societies and representatives of the wealthy private givers compile a list of those they will assist, and all go over their lists carefully together.

Although the Christmas giving is all out and dried a few days before the time, Santa Claus' secret is not given away. Half of the pleasure would be gone if the families knew that the visitors were coming with food and toys in abundance. It is true that those who are visited and quizzed by the private workers have a shrewd suspicion, after they have told their tale of woe and received the sympathy of the visitor, that something substantial is to follow. The regular settlement workers know their ground pretty well; they know which families have had a hard road to travel and are putting up a good battle against the tide of misfortune.

The settlement workers have little investigating to do before the holidays; their entrance into a home or tenement is always greeted with surprise, for they generally make it a point to go where they are least expected.

"The poor are always with us" is doubly true at Christmas-time. Families who can barely exist, who do not know where the next day's bread is coming from, can certainly not afford any extras for the holiday season. They consider themselves fortunate if they have a loaf of two of bread and a small piece of meat for the Christmas dinner and coal for the kitchen fire.

No one appreciates this seamy side of the bright Christmas story more than the charity worker. She knows that tribulations exist at Christmas time as during any other part of the year. Years of experience have shown her how to use tact and good judgment on her travels and where she cannot leave good cheer, she can at least make the sorrows and troubles easier to bear. The "Angel of the Settlement" knows more than any one else, that there are many cases when the word "Merry Christmas" would sound like a mockery; where the hand of death, for instance, has been heavily felt when it takes away the chief provider of a large family.

She knows, also, that the Christmas spirit is cherished by the poor as well as the wealthy. While they cannot spend the day in feasting and merry-making, they can at least forget old



AN UNEXPECTED SANTA CLAUS



A REAL CHRISTMAS REUNION

grudges and let bygones be bygones, shake hands with their enemies and wish one another good luck.

How many reunions and reconciliations take place then is known only to these good women. The hearts of many men who have been separated from their wives and families become softened as the holidays draw near, and it isn't uncommon for the settlement worker to find them together when she comes with the Christmas basket.

Many prodigal sons return on Christmas eve. A striking case of this kind that occurred two years ago was run across by a settlement worker in Philadelphia. She said that she had never witnessed a scene on any stage that could equal it. It was a real case of where the Christmas prayer of a broken-hearted mother was answered by the return of her boy.

The son ran away from home seven years earlier, when a youth of sixteen years. He had a good home and the family consisted of his parents, an older brother and a sister. His father was a hard-working man and used all his earnings for his home. The younger boy, being the baby of the family, was the pet of all; but he had a wild disposition, and he wanted to see something of life. He decided to run away from home and go West.

When he reached the ranches of Arizona he found that the cowboy life wasn't as bright as it was painted. He longed for home many a time, but vowed that he would not return a failure. He persevered until he had made good, though it took seven years for him to do it. His fearlessness and daring attracted the attention of the owner of the ranch, and he placed him in charge of another place. When the young man had a goodly wad of bills accumulated he decided to return in time for Christmas.

He reached the old house to find that another family was living there, and he learned from neighbors that his father was dead; that his sister had died shortly after he had left, and that his brother had been killed in an accident. The mother, doubly aged with grief, had been left alone and was subsisting as best she could in a third-story room. The son lost no time and arrived in the room just after the settlement worker had reached there with her basket of provisions. The mother had just finished telling her story to the sympathetic listener when this latest prodigal returned.

"So one can really appreciate," said a settlement worker in another city, "how happy one feels after visiting the homes of the poor on Christmas eve. The gratitude of one woman alone last year was enough to recompense me for the work I did. This woman's husband was in the penitentiary serving an 18-year term for murder. It appears that he and a companion were working in the cranberry bogs. They quarreled, and in a scuffle this man stabbed his opponent. He made his wife promise she would never allow the family of six to be separated. She not only kept them together by taking in washing and working until all hours of the night, but she refused to accept outside aid in any shape or form. There would have been no Christmas celebration



THE CHRISTMAS PRAYER ANSWERED

In this home, and it was a delicate undertaking to bring a woman like this any provisions. But I explained to her that it was a present and her joy was only equalled by that of her children, who were more than delighted with their new toys.

"I have been in homes where the children never had toys, and I have brought them their first playthings. In one case there were two children, a boy and a girl, Pepino and Mechalmo. Their father died when they were babies, and the mother supported them. She had come to this country a bride and was not well versed with the American way of doing things. She did not even know how to make a rag doll for the children. We brought those children a small tree, decorated it, and gave them plenty of toys. Words couldn't tell the happiness of those little ones.

"There is more pleasure in the work than you would imagine. We see many sad scenes, sorrow and joy mingled together, but we also find much to amuse us. Last year we took a basket to an old colored woman. Her husband was a paralytic and she had Christmas to her was to be the same as any other day until we arrived with the provisions and toys. She glanced at us as we entered the room, and when we put the basket on the table, she stared at it and pointed to herself, as much as to say, 'For me?' I said, 'Yes, Liza, that's for you.' You could see nothing but the whites of her eyes, and she raised both of her hands above her head, clasped them together and said, 'De Lord be praised.' That was all she said; but she repeated it time and again. One time her eyes would be as large as dollars and she would joyously sing the 'De Lord be praised' and again she would be sad and mournful and moan 'De Lord be praised.'

"Finally her husband, who was unable to leave his chair, lost his patience and he shouted, 'Liza, good Lord, woman, has you done lost your head altogether? Why don't you thank the ladies? Then, as a sort of apology to us, he said: 'You'll have to excuse her, ladies, for she has surely done lost her head altogether.' As we left the room and glanced back, poor Liza was still standing there, looking at us with her hands clasped before her and slowly nodding her head saying: 'De Lord be praised.' We concluded Liza knew better than her husband. She was thanking the right one.

"I have witnessed many reconciliations of families of foreigners on Christmas eve. The afternoon that I spent at the immigration station last year was one of the pleasantest of my life. It was interesting to note the expression of gladness on the faces of the children in the costumes of their various fatherlands. They couldn't speak a word of English, but they could show you that they were grateful for the playthings.

"I will never forgive my first Christmas visitation. It was my initial experience with social service work. One of the first places we visited was in a court, a poor German family. When we arrived at the house the mother was telling the three children Christmas legends. She had gilded apples, and that was their only reminder that the morrow was a great festival. She had no meat nor vegetables in the house for the next day's meals, and there was no coal in the bin. But the place was as clean and neat as a new pin.

"The mother was an educated woman, and you could tell at a glance that she had been better days. She had married against the wishes of her family and she was so proud to let them know of her poverty. Her husband had gone West to try to better his condition, but was unable to get work there and became stranded. The wife kept the wool away from the door as best she could by sewing. We brought her a turkey, vegetables, fruits and cranberries, then went out and got a tree and a doll for the children and left an order to have coal sent there immediately. It is impossible to tell how grateful that poor woman was."

Fundamental Principles of Health

By ALBERT S. GRAY, M. D.

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CANCER AND THE RADIANT RAYS.

It is exceedingly difficult for most of us to grasp offhand a clear understanding of anything we cannot see with our own eyes, hold in our hands, touch, taste, smell or hear; but with a very little effort we can achieve the seemingly impossible and secure an understanding of phenomena beyond the reach of our personal senses. And this is well worth while because a comprehension of natural forces enables us to live sane, wholesome and therefore happy lives.

An emanation is anything flowing or radiating out from something. For example, we speak of light emanating or radiating from the sun. In the evolution of our modern views of the constitution of matter the study of the radiations has furnished some of the most significant clues in connection with both the undulatory or wave radiations of which light is the characteristic example, and also of the corpuscular radiations, which are proved beyond all question to consist of particles of matter or electricity. These particles are proved to be traveling at speeds varying from one millimeter a second to approximately the velocity of light, which is as we all know, 186,000 miles a second.

When ordinary bodies are heated to about 500 degrees Centigrade (932 degrees Fahrenheit) they begin to emit visible light, no matter what the substance may be, and the radiations appear to be due to this definite temperature and are referred to as temperature radiations. But in certain cases light is found to be emitted at a temperature far below that at which temperature radiations set in, and these phenomena we know as luminescence, phosphorescence and the like—light without heat, we call it. But one kind all are due to the interchange of some form of energy and most of it is beyond the border line of our ability to perceive without external assistance to our limited senses.

Light wave radiations are propagated exactly like waves in water or sound in air, without the transfer of any matter along the path of propagation, but corpuscular radiations consist of streams of fine particles projected at various degrees of high velocities and may, perhaps, best be illustrated by imagining a stream of fine gravel. Probably all are familiar with the sand blast and how it will cut away the hardest surface and not injure the softest fabric. There is a close relationship between the two types of radiation, just as there is between the air and the sand, and the principals involved are undoubtedly those which will be found to account for the many marvelous effects of both the direct and indirect sunlight on human diseases and on life in general.

We have noted the effects of direct sunlight in a general way and now come to the matter of indirect sunlight, for we should not for a minute forget that all forms of energy on this earth are but converted sun energy. But before considering the subject of radiations in general perhaps it would be best to survey very briefly the field of their application to our needs in order to get the connection and show that the matter is worth considering.

Shortly after the X-rays were discovered it was found that they exerted a destructive influence on living tissues, which became more marked the longer animal structures were exposed to them, and immediately it was suggested that here we had the long hoped for remedy for the destruction of cancer. But soon it was learned that it was a very dangerous power.

In Germany a few careful, conscientious workers have very persistently developed the technique and apparatus, as all human experience proves must be done in every department, and have slowly evolved a method that is showing most encouraging results in cancerous conditions and in some forms of sepsis.

Kroenig's clinic at Freiburg is equipped with modern apparatus and with some 1,700 milligrams of mesothorium and radium. Mesothorium is some 200 times as concentrated as radium, but gives similar results in shorter time. At the clinic, where for cancer only a slight operation is required, the operation is performed and then the ray is used; where a severe operation ordinarily would be required the ray alone is employed.

and apparently in the most intense agony. The long hours of the night were terrible to his family, who sat by his bedside expecting the struggle to end at any moment.

As he was a man of strong constitution, he became better in the morning, finally returning to entire consciousness, and upon being asked how he felt, declared to the amazement of all that he had passed the most comfortable night.

In citing this case, the English editor acknowledges that it is really not needed to strengthen the scientific assurance that dying is practically painless, although the problem is of such engrossing interest to every human being that any incident which serves to illuminate it is well worth publicity.

Grateful Suburbanites.

Towne—"Do you make your cook pay for what she breaks?" Suburban (in amazement)—"Make her pay? I should say not! Why, every month, besides paying her salary, we reward her liberally for what she didn't break!"

Results had in these cases were considered not due to any bactericidal action that the ray may possess, but rather to a change in the blood itself, which makes it untenable to these bacteria. It is considered to bear out the vaccination theory of the X ray, this being that there is a rapid manufacture of the antibodies. This theory and these results are exceedingly suggestive in connection with the results we have recently considered from the use of the direct rays of the sun in the matter of surgical tuberculosis cases and of heliotherapy in general.

THE X-RAY.

The discovery of the X-ray burst upon the world without the slightest warning and completely astounded even the most astute and learned scientists of the time. But we can now see that it was the perfectly logical sequence of a long series of discoveries, following numerous experiments by many individuals with a scientific tube known as the Geissler tube. Geissler had demonstrated the peculiar behavior of electric discharges through different gases confined in a sealed tube and under various degrees of vacuum, whereby the spark became a more or less steady stream.

Following Geissler, Sir William Crookes became the chief investigator along these lines, and by means of miniature wind-wheels and turbines in his improved tubes, now known as Crookes tubes, demonstrated that the current of electricity flowing from the negative pole and known as the cathode stream could be transformed into kinetic energy. "Radiant matter" was the term used by Crookes to describe the highly rarefied gas, or "ultra gaseous matter," which he found to produce certain peculiar mechanical and luminous effects when a charge of high potential electricity was passed through it.

As with all new thoughts, the idea was fiercely attacked by many of the scientific men of the time, who strenuously argued against it and endeavored to prove that both the theory and the demonstrations amounted to nothing. But a few choice spirits pressed on.

Lenard demonstrated that the cathode stream could be detected outside the tube as well as within it and that it could be deflected or attracted by a magnet. A professor of physics in the University of Wurzburg, in Bavaria, W. K. Roentgen, noted in 1895 that substances such as potassium platino-cyanide became luminous when brought near to a tube exhausted to a vacuum so that the glass was brightly phosphorescent. About this time also he noticed that a large number of photographic plates placed within range of a Crookes tube with which he was experimenting were fogged, although they were simply protected from light by the usual light-tight plate holders, and he began to suspect a connection between the two phenomena. A few more experiments and the idea crystallized—he viewed his own bones through the flesh of his hand and knowledge of the new ray was born November 8, 1895.

Because the ray which produced fluorescence showed him the bones in the living human body, affected photographic plates while inclosed in light-tight boxes and could not be reflected, refracted nor deflected by a magnet, Roentgen knew that he had discovered a new and unbroken ray and he therefore called it the X-ray.

It may be asked how it is possible to distinguish between such radiations of different wave lengths. This is achieved through demonstrating by means of photography, or a fluorescent screen, or the electroscope, the "penetrating power" or "hardness" of the short wave emanations after traversing various thicknesses of a medium which absorbs X-rays, such as, for example, aluminum. The shorter the wave length the "harder" the ray, and the "harder" the ray the greater its penetrating power. Sody has demonstrated the penetration of one-half inch steel. This discovery of the complex character of the X-ray tube emanations and those from radiant substances in general created the need of a system for designating the different rays, and they have therefore been named alpha, beta, gamma from the Greek alphabet corresponding with our a, b and c.

The original X-ray tube shot the rays from the cathode directly against the glass at the opposite end; subsequently a metal target known as the anode was introduced to receive the rays, but the bombardment from the stream of corpuscles or electrons was so intense that the target was soon raised to a white heat, and it would become necessary to stop the action. For these and other reasons which we will discover later radium with its gamma rays seemed to offer certain advantages over the X-ray tube, but recently Dessauer of Frankfurt-on-Main has perfected a tube by which he can produce rays practically identical with the gamma ray from radium or mesothorium, the ratio of hardness being as 1 to 1.2. These results were obtained by employing a special and highly efficient water cooling device in the anti-cathode.

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TESTIMONY THAT TENDS TO PROVE SCIENTIFIC INVESTIGATORS RIGHT IN THEIR CONTENTIONS.

An English scientific publication has recently given much space to a discussion of the old, but very absorbing, question as to whether the process of dying is accompanied by conscious physical pain.

The conclusion arrived at is the same to which the scientific investigator has always adhered, viz. that a merciful Nature so numbs the senses as the body is losing its hold upon physical life that the dying person is entirely unconscious of pain.

Among the many incidents which apparently shed light upon the matter one is mentioned which occurred only the other day. It is the case of a man in his eightieth year who was suddenly prostrated by a very severe influenza.

The malady progressed until all hope of his life was abandoned by the physicians. He lay gasping for breath

In the PUBLIC EYE

BRITAIN'S WAR CENSOR



Sir Stanley Owen Buckmaster, K. C. M. P., who is censor of war news for the British government, is practically unknown to this country, and is not yet a very familiar figure to the public in England. But he has a great reputation in the courts, where he has been a leader in chancery for many years. Whereas Mr. Smith at forty-two would be called young by all men, Sir Stanley Buckmaster, who is fifty-three, would only be called young by some men. His great gift is lucid exposition and directness in thought and speech. He can clothe the dry bones of chancery law with such interest and fascination that it is a recreation for a layman to hear him argue. A case the presenting of which by the average lawyer would be a painful punishment to hear, when argued by Sir Stanley becomes almost romantic.

For many years he has been what lawyers call a "special," a rank which has been created by lawyers in obedience to the injunction that to him that hath shall be given. It means that upon every brief delivered to his law chambers there must be marked, in addition to all ordinary fees, a special sum of 50 guineas, about \$260.

His parliamentary reputation has grown very markedly since he was appointed solicitor-general last year. As a busy lawyer in private practice it was not possible for him to make more than an occasional contribution to debate, though whenever he did it was on such a high level that the house heard him with a sense of profit and pleasure. Now that he has retired from private practice and occupies a ministerial position with a seat on the treasury bench as an active lieutenant of Mr. Asquith in the passing of legislation, he is steadily growing to the place and power that all who have known him and watched his career had prophesied and expected.

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WOULD PREPARE FOR WAR

In the discussions of the lessons of the European war as applied to the military problems of the United States no man in congress has a larger part than Representative Julius Kahn of California. Mr. Kahn, as president of the National Defense League of the United States, is an earnest advocate of peace, but he holds that for the United States, at least, preparedness for war is the only insurance against war.

"Militarist," his very good friend, Representative Richard Bartholdt of Missouri, calls him, in their debates on the subject. "Facilitator," retorts Mr. Kahn, for Mr. Bartholdt is committed to the cause of peace, and is one of the country's most noted advocates of arbitration as a cure for war.

Both of German nativity, both of long service in congress, both leaders of thought on their respective sides, Messrs. Kahn and Bartholdt are at opposite points of the pole on military subjects. Mr. Kahn, personally gentle and kind of manner, fair and liberal in debate, philosophical in his habits of mind, never comes so near losing his patience as when he hears pacifist arguments, and especially when he hears them in these days of the European war.

"Yes, yes," said he, almost impatiently, when some of the recent publications were brought to him in which appeared articles arguing that preparation for war inevitably is an invitation for war. "Yes, yes; I have seen all that stuff. How silly and futile it appears in the light of what is going on in Europe!

"What comes to a nation that attempts, by power of its peaceful example, to lead the nations of the world into the paths of peace and concord and to avoid all war? China, with her four hundred millions of population, furnishes the answer!"



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MRS. DAISY OWEN



"Fancy names, abbreviations, or pet names do not claim much favor in these times," remarked Mrs. Owen, wife of the Oklahoma statesman. "I am frequently asked why I do not call myself Margaret, and I reply promptly because I have no right to the name. I was born when the fields of my native health, then Indian Territory, now the growing state of Oklahoma, were abloom with the stately flowers we called the daisies. My mother had gone to the new land with my father from among her kindred and beloved friends in North Carolina, and naturally she was homesick. The daisies reminded her of the old place back in Carolina, for there, too, thousands of snowy blossoms dot the fields, and she called me Daisy Deane. The latter is a family name, and also the words of the plaintive old song 'Daisy Deane,' very popular in the times of romantic ballads and before the era of ragtime and the coon song. I never see one of the lovely little flowers without thinking of my mother, and I cling to the rather infantile name without the least desire to make it more dignified or sedate. I like names with meaning, so we called our only daughter Dorothea, gift of God, for she was the only grandchild on both sides of the house, and her coming meant so much to us all."

Senator and Mrs. Owen are among the adaptable members of official society, and have affiliated with many active organizations. They belong to the Chevy Chase club, and enliven the tedium of the summer by al fresco dinners there and by teas and afternoon dances. They are both members of the Columbia Golf club, and may be seen constantly during the heated term following the elusive ball over the hills and dales of the course.

SIMEON E. BALDWIN, WALKER

Gov. Simeon E. Baldwin of Connecticut, defeated for the United States senate at the recent election, is seventy-five years old, but a great walker. He believes in walking. He was in Washington while the American Bar association was in session, and he and ex-President Taft, among others, were named to go to the White House and escort President Wilson to the station. They rode across Washington in an automobile and the governor explained their purpose to the president.

"I hear, governor," the ex-president said, "that you are fond of walking."

"I take a daily constitutional," was the reply of the tall, spare, wonderfully active executive.

"Good," said the president. "In that case we'll foot it to the meeting."

"And off the party started." The governor acted as pacesetter and the ex-president had hard work to keep up with the procession. Last summer, at Stonington, the governor made an eight-mile through the country in the morning, and in the afternoon refused to ride in the parade, which was a part of the celebration he was attending. "No, I'll walk," he said. And walk he did, right behind the band.



C. HARRIS & EWING

'TELEGRAPHESE' BEST TO USE

Correspondent Finds English Language to Be the Tersest in Europe.

Which language makes the best telegraphese? At so much a word one might hasten to say German, because of its purely typographical device of sticking a number of words together to look like one compound word. We really do exactly the same thing in English, only we print the elements of

the compound as separate words. But in international telegraphing there is a word length limit (or, as the Germans would phrase it, a wordlengthlimit). Letters are the maximum allowed in a single word. Any word longer than that counts as two; or as three if it goes beyond the second ten, as German words do.

When it comes to counting letters, sticking up intelligible telegraphese, English, it seems, is the tersest language in Europe. An Italian newspaper correspondent has lately discovered this in telegraphing news from London to his paper in Italy. At the beginning of the war he used Italian. Then when all languages except English and French were forbidden he took French. Later, finding that French, though accepted by the post office, seemed to cause delay, he changed to English, and to his surprise he finds that he is saving quite a lot of money in telegraph fees owing to the superior brevity of the English language as compared with French or Italian.

BELGIAN CITY OF THE PAST

Ypres Ranked in Greatness One Time With Chicago and Other Centers of Trade.

Doubtless there are millions and millions of Americans to whom the name of the little Belgian town of Ypres comes as an absolute stranger and without significance, remarks the Philadelphia Record. Still, in the heyday of its greatness and prosperity Ypres ranked as large in the

civilized world as Philadelphia, Chicago, Berlin and other cities of today. Indeed it was a splendid city when Berlin was a mere hamlet of half-civilized Slavs.

It was in the days of the commercial greatness of Venice that Ypres attained the summit of its prosperity. It was an important distributing center for the traffic which came up through the Adriatic by boat, was carried overland and then scattered from Belgium to England, France, Holland, Germany and other countries. It also has great

manufactures, and in the fourteenth century its population exceeded two hundred thousand, making it one of the largest cities in Europe. Ghent and Bruges, its nearest neighbors, were no less prosperous. With the changing of the trade routes of Europe the wealth and population of Ypres disappeared, until it had now less than twenty thousand people.

But the young fool is not excusable on the ground that there is no fool like an old fool.