

Some Diet Follies

By Woods Hutchinson, A. M., M. D.

SOME diet delusions are of most modern date, like the fad which is now devastating our breakfast tables, while others are of most respectable antiquity. Among the latter is that very ancient survival, the notion that particular foods are "good" for particular things or effects. This is an almost direct descendant of the notion, held with greater or less unanimity by nearly all savage and barbarous tribes, that the flesh or viscera of birds and animals possessing particular qualities will be likely to produce the same qualities in those who eat them. Thus Nero used to banquet on nightingales in the hope of improving his voice, and the Ojibwa cut out and devoured the heart of a bear, the liver of a buffalo, etc., believing that the strength and courage of these animals would thereby be transferred to himself. It is probable that the most ghoulish of ancestral rites—cannibalism—was largely due to the same belief, although, of course, in Neanderthal days primitive man would have no more hesitancy about eating his enemy after he had killed him than he would in devouring a bear or a deer. In fact, the early converts of the missionaries in the South Sea Islands referred to their favorite dish as "long pig." Every known race has at some time been cannibal.

There certainly was a childlike logicity and naivete about the conception of the Maori warrior who rounded and completed his conquest of his enemy by eating him afterwards, and thus acquiring all the vigor and energy which had been wont to oppose him. The story told of the old Maori chief who, upon his death-bed, when urged by the missionary and his favorite wife to a death-bed repentance, and told that in order to do so he must first forgive his enemies, proudly lifted his dying head and exclaimed, "I have no enemies; I have eaten them all," appeals to a slumbering chord in us even yet. While certain most intelligent people to-day would indignantly resent the accusation of reverting to such days and ideas, they will vigorously denounce the eating of pork as an unholy thing, on the ground that "he who eats pork thinks pork," and the more orthodox of them will even declare that while Scripture records that the devils entered into swine, we have no assurance that they ever came out of them.—From McClure's Magazine.

How Mineral Deposits Affect Population

By Professor A. G. Keller.

THE history of American mining-towns presents many examples of the determining effect of mineral deposits. Butte, Montana, is a city of 26,000 inhabitants supported by copper underlying about one square mile of land surface. The metal forms the sole raison d'être of this considerable settlement, for in other respects the region is unproductive and unattractive; without the mines the locality would support with difficulty a population of one hundred souls. The mineral deposits of Nevada occur beneath strips of land a few hundred feet in width and in the midst of a hopeless desert, but they have formed plausible pretext for adding a State to the Union and two Senators to Congress. The decline of the lodes has now reduced Virginia City to a population of 2500, as against 11,000 in 1880, when it was one of the busiest cities in America, in the midst of a superlatively "booming" State. In 1900 Nevada was credited with a population of 42,335—a figure somewhat under that for 1870; thus this State, with an area twice that of New England, has less population than Waterbury, Connecticut. Through the existence of mineral products in close proximity, Pittsburg has become the emporium for coal, petroleum, and iron. Its case differs, however, from the above, for its development was far less artificial, and its destiny could never be that of the regions already mentioned. Three navigable rivers converge at this point; valleys sunk in a plateau provide natural routes for approaching railways. Natural and unnatural access, it may be added, are contrasted at Pittsburg by the fact that one railroad has recently been forced to expend \$35,000,000 to effect an entrance to the city by overcoming a minor geographic obstacle.—Harper's Magazine.

Something New—Christian Psychology

By Right Rev. Samuel Fallows, of Chicago.

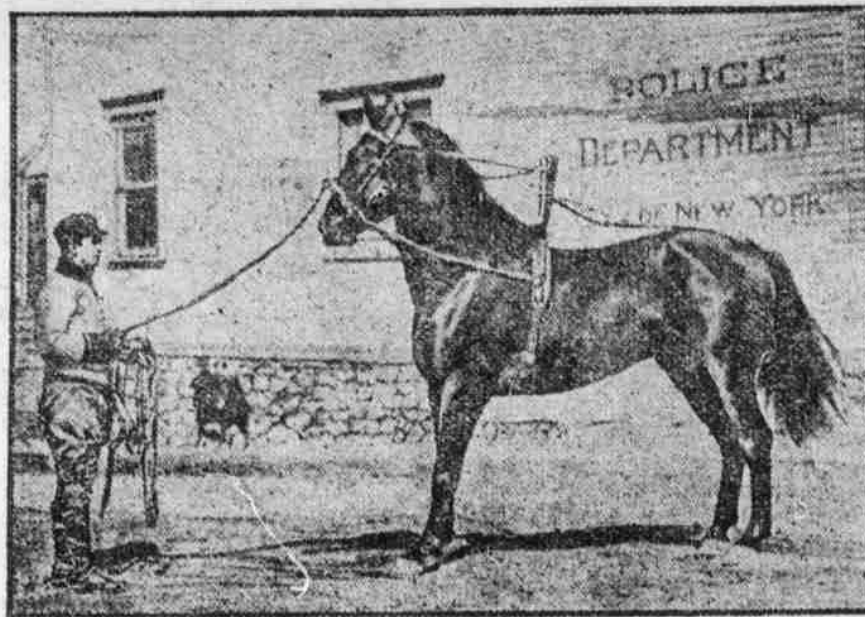
I WOULDN'T agree to cure a case of grip without the assistance of a physician. I want to make it plain that I expect to work hand in hand with physicians. By giving you good suggestions, however, I would do much toward curing the disease and probably would banish it entirely. Just how shall I go about putting my theories to practical use? As is being done in Emmanuel Church, Boston, I shall address myself to the subconscious minds of those who desire to be cured, and will give them such suggestions as may be beneficial to them. To cure a person who is suffering from nervous breakdown or a mental ailment, I shall use two methods. The first method is to seek for the root of the evil—the patient's cause for worry or despondency. If that is removable it should immediately be removed, and the cure is effected. The second method is to give such suggestions as will lodge themselves in the subconscious mind and direct the actions and deeds of the patient upon another and more beneficial plane. There are thousands of cases which would be wonderfully benefited in this manner. Neurasthenia, an ailment of the mind, is the commonest and worst disease of the present day. It is a disease that certainly can be cured by this means. It is being done in Boston every day, and it may be done in Chicago.

What is the Best Fiction?

By H. M. Alden.

THE best fiction of to-day has really more of constructive art than that which preceded it, though this art, following the lines of life rather than an arranged scheme, is not manifest in obvious features. It has more varied traits, instead of a few emphatically pronounced or merely typical features. It has a deeper dramatic interest, intellectually and emotionally, though the drama itself is so changed to follow the pattern which life itself makes, yet in its course unfolding novel surprises. Above all, it has more spontaneous play of human activities and a finer and more vital humor—not the specific humor which excites to laughter or even suppressed merriment, but which, like every other quality of the modern art of expression, is pervasive, without losing articulate distinction, concurrent with the ever-varying course of the writer's thought and feeling. Humor, in this sense, is the most distinctive quality of life—the index of its flexibility, of its tenderness, mercy, and forgiveness.—Harper's Magazine.

Mounts For New York's Police.



BREAKING A NEW POLICE HORSE TO THE USE OF SADDLE AND HEAD-GEAR.

BURMESE BUDDHISTS.

Worship of the image of Buddha as practiced in Burma is vividly delineated in the photograph on this page. It is the boast of the Burmese that nowhere, unless possibly in Ceylon are the teachings of the great Gautama preserved and followed with the purity that they are in Burma. Yet taking the teachings as they have come down to us, no one can conceive of the teacher accepting or in any sense approving the rites practiced by his followers of this generation; they are so utterly alien to his doctrine as we conceive it. The Buddhists priests have their own way of reconciling the formality, the rites and ceremonies of the worship in their temples with the Buddhism that Gautama taught, but to us it seems that it is removed from it as far as a pontifical mass in St. Peter's is from the simplicity of a Quaker meeting. The extraordinary fact is that Gautama, born as is supposed in 540 B.

A Feat of Communication.

The story of what may be called a remarkable feat of communication is told in Harper's Weekly. Thirty-seven years ago, it is recalled by the writer, it took Stanley nine months of travel through the vast equatorial forests of Africa to reach Ujiji and find Livingstone. During almost his entire journey he was lost to communication with the outside world. At 12.30 p. m. on Wednesday, March 29, a cable despatch was sent through the Western Union Telegraph Company from New York to Nairobi, in British East Africa, a station thirty days' march from Livingstone's headquarters; and a reply was received through the Postal Telegraph Cable Company shortly after noon on the following Friday, an interval of less than fifty hours. The cable despatch was transmitted first to the Azore Islands, and thence to Lisbon, Gibraltar, Malta, Alexandria, Port Said, Suez, Aden, Zanzibar and Mombasa, on the East



BURMESE GIRLS WORSHIPPING BUDDHA IN THE CAVES OF BIRGYL.

C.—about the time that Ezra and Nehemiah were gathering their people to return to the Holy Land by permission of Cyrus—began to declare his faith in opposition to the Brahmanism which had dominated the thought of India for more than a thousand years, should have been able to establish it single-handed, and that in our time, twenty-five centuries later, it survives and is the creed of five hundred million human beings. As far as we can gather from the traditions that have come down to us, Gautama revolted from Brahmanism, and like Ecclesiastes, sought spiritual peace by various means. He first tried philosophy, and then bodily austerities by which he nearly lost his life. At last he made his great discovery, as he states in his sacred writings, that "To cease from sin, to get virtue, to cleanse one's own heart, is the only way to peace. This," he said, "is the doctrine of Buddha." To die to desire, to make absolute self-surrender to God, to be utterly indifferent to the world, sustained by the inward life, "to be nothing," until finally individuality was swallowed up in the Nirvana, that was Buddha's idea as it appears to the modern student. It is difficult to understand how such a doctrine could have become corrupted into the Buddhism that kissed the toe of an image, if we had not seen men prostrating themselves before a crucifix and praying before a relic.—Christian Herald.

A Tree 1200 Years Old.

Whatever the age of the trees in this country, the Prince of Wales can assert that he has seen one in Japan twelve hundred years old. A giant pine, with its branches supported by stout props, it is a permanent sacrifice to Buddha. Kobo Daishi built a pagoda in honor of Buddha twelve centuries ago, and in front of it he set his pine as a perpetual offering, in place of flowers, which should in the ordinary course be offered. Twelve hundred years is a long period in which to trace the history of a tree, but it is only half the age of the present dynasty, and they were able to tell the prince as plain a tale of the pine tree's growth as of the descent of their present emperor.—London Globe.

Life of the Railwayman.

Trainmen are the class of workers most subject to long, irregular hours of duty, and there is nothing so likely to make a man unnerfed and unfit for dangerous work as this. The strain of long hours and the restlessness of irregularity soon find out the strongest and most robust of men. Little wonder, then, that we find them with prematurely gray heads.—Railway Review.

African coast. Thence it was sent inland to Nairobi by telegraph, and from that point was conveyed thirty miles to the house of the recipient, the total approximate distance being slightly more than 10,000 miles. Owing to the difference in time between New York and Nairobi, the message lost eight hours in transmission, and consequently was not received till Thursday—otherwise the two days occupied by its journey and the return of the answer might have been shortened considerably.

Unique Bath Apparatus.

A novel bathing apparatus, the invention of an Oregon man, is shown in the illustration below. This portable apparatus was designed to be utilized for encasing all of the human body, applying a vacuum about it and supplying oxygen to the body from the lungs only. By this method poison can be driven out of the system. It is also designed for use as a thermal or sweat bath and for impregnating the body with medicaments. The receptacle is in the form of a huge glass bowl, sufficiently large to entirely encase the human body when sitting and all of the body except the head when standing. It is made in two airtight sections.—Washington Star.



Glass Bathing Globe.

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Women Workers.

It is desirable that women of all classes of society should work, and as in the poor households the wages of the husband do not suffice to all the common needs, we must resign ourselves to see the women add to their absorbing household cares industrial occupations in order to eke out the all too small earnings of the head of the household.—Jules Simon, in L'Ouvriere.

WOMEN WHAT ARE WEARING

New York City.—Every style of blouse that gives the continuous line over the shoulders is in vogue and a



great many charming effects are the result. This one, designed for young girls, is exceedingly attractive and becoming, while the result is obtained

Meteor Silk.
Meteor silk makes some of the prettiest robes for evening wear. The fabric is soft, clinging and the coloring is wonderful.

Parasol in New Design.

One of the newest parasols to finish a charming summer costume is of white china silk embroidered all around the edge with sprays of thistle done in lightest mauve and palest greens.

Dressing Jacket.

Such a pretty little dressing jacket as this one cannot fail to find its welcome. It is dainty and attractive, it is absolutely simple and it is peculiarly well adapted to the incoming season. In the illustration it is made of white batiste trimmed with embroidery, but it would be charming if the material chosen were flowered lawn, cross-barred dimity or anything similar, and if something a little handsomer is wanted, Japanese silks will be found desirable.

The jacket is made with the fronts, the back and the centre-front. The sleeves are cut in one with the front and back portions and are joined over the shoulders. The centre-front is tucked and the back is laid in a box pleat at the centre. The closing is made invisibly at the left of the front. The quantity of material required



by very simple means, as the trimming portion, which gives the continuous line, is cut all in one and arranged over the blouse after it is made. In this instance sheer white batiste is combined with embroidery.

The blouse is made with the tucked fronts and backs, which are joined to the yoke portions, and is trimmed between the groups of tucks. The sleeves are inserted in the armholes, after which the garniture is arranged over the whole. The lower edge is joined to a belt, and in this instance the belt is of lace insertion.

The quantity of material required for the sixteen-year size is three and one-eighth yards twenty-four, two yards thirty-two or one and one-half yards forty-four inches wide, with one and one-half yards eighteen inches wide for the garniture, eight and one-half yards of banding.

The New Shoe.

The tip is more pointed.
The vamp is shorter.
The wing tip is ubiquitous.
The Cuban heel is seen most frequently.
Tan is the most popular for young people.
Gun metal is the selection of older ones.
Goose is the newest leather.
As its name suggests, it is porous looking.
Dull gray suede holds its own.

The Slender Figure.

Some one has discovered that the slender figure of fashion swathed with clothes that outline it does not harmonize perfectly with the rosy cheek; that the woman without hips must have a pale face in order to be fashionable.

Coat Front Finishing.

The front of the coat is finished with a rose-shaped chou of velvet of a darker red than the costume.



forty-four inches wide, with seven and one-eighth yards of banding, three and one-eighth yards of edging.

Hatpin Trimmings Are New.

Hatpin trimmings figure prominently among the modish eccentricities of French women. The fad has grown to such an extent that the hatpin outfit is a real necessity to the wardrobe. This consists of cardboard boxes in which repose rows of hatpins as solid as dead soldiers.

Linen Hats.

Linen hats will be worn as much as ever this summer.