

## Evil of Cigarette Smoking

It Leads to Other Excesses Even More Deleterious

By Prof. Jenks, the Sociologist, of Cornell University

**T**HE evils of cigarette smoking from the physical side as illustrated by careful medical investigations in a large Eastern university during a period of nine years were made clear. It was shown that non users of cigarettes gained physically about 25 percent more than cigarette smokers.

The habit, especially in early years, leads to excesses in other directions that are even more deleterious. A similar effect seems to be felt on scholarship. As a rule, with of course individual exceptions, the all round scholars of the highest attainments, like the all round athletes of the highest grade, either abstain totally or are very temperate in the use of tobacco.

It was estimated by the committee of fifty that not less than a billion dollars a year was expended in the use of intoxicating liquors, a very considerable proportion of which, from the point of view of economic productivity, is absolutely lost, to say nothing of the direct diseases and the weakening influence which tends to increase the fatality of other diseases upon the public health.

Remedies for all these evils are in part the same. Legislation can do something in the way of preventing temptation being placed before the weak. Where the chief incentive to many of the worst forms of the evil are due to greed on the part of those actively promoting it, much can be done in legislation to make the business unprofitable and dangerous, and this should often be done. No mere sentiment regarding absolute right and absolute wrong should be allowed to stand in the way of effective checking of the evil. Measures should be encouraged which will be effective. The chief remedy, however, along all these lines must be education in early youth regarding the nature of the evils themselves, and especially the education which will lead toward habits of self denial and self control for the purpose of the attainment of a higher degree of efficiency, personally and socially.

## Savages and Maps

They Are Wont to Trace Courses with Accuracy

By Fahey Clarke

**I**N view of the controversy as to the ability of the two young Eskimos who accompanied Dr. Cook in his quest for the pole to trace their wanderings on a map when shown them, an incident which occurred to me in Alaska may be of interest.

Having left Copper City at the juncture of the Klutina and Copper Rivers we had drifted and rowed down the latter until we came to an Indian encampment, where we stopped for the night. That there were copper deposits in or near the Copper River Valley had been a persistent rumor, and more for our own entertainment than for any valuable information which we hoped to obtain, we spread out a large map that had been drawn for us by an engineer, who had been through this section of Alaska, and drew the attention of our Indian hosts to it. We had taken care that the indicated north of the map should agree with the true north, as we looked at it, so as to simplify matters, and then we pointed to the Copper River flowing silently beside us, and to its drawn counterpart upon the map. We watched them narrowly as they scanned the map, a light broke over their faces, they talked volubly together, pointed to a distant peak, then slowly found it on the map. Our supreme test was now to be made; taking a nugget of Peacock copper it was shown to them, then placed upon the map, and moved from point to point along the various mountain ranges; finally they pushed it aside, when the oldest Indian, with a long, lean forefinger traced down the Copper River to the mouth of another stream; up this the finger slowly traveled, stopping, then advancing. We seemed in the presence of a medium; finally the finger left the river course and followed a range of hills, then stopped at one of the higher levels, and, with a grunt of satisfaction, the Indian looked up and smiled.

Subsequently events proved the accuracy of his information, as copper deposits of vast value were found in this locality, and railroads are being built from Valdez, Alaska, to transport this copper to tidewater.

In all ages the untutored savages have recorded their doings by pictures and signs, so that it would seem to be a primitive instinct. What more natural, therefore, than that the Eskimos should be able to trace their marches with Dr. Cook upon a map?

## Reform or Abolish Football

By R. W. Earkley

**T**HE recent fatalities on the football field must lead either to such modification of the play as to render it "safe and sane" or to the total abolition of the "sport." "Butchered to make a Roman holiday" is the scornful comment of us "moderns" on the old gladiatorial shows, but wherein are we any better than the old Romans? Their age made no hypocritical pretenses to extra-goodness, but was frankly out to see men die. The trouble with our college "sports" is that they are in too many cases commercialized to the last degree and but thinly veil the expectation that life will be sacrificed for the dollar.

A friend was in Bermuda last February for several weeks and while there witnessed a real football game, and says that he never enjoyed a game so much as that one, where the individual had a show to display his skill and dexterity. The ball could not be touched by the hand or any part of the arm below the shoulder, and he tells me that the expertness with which those players would catch the ball on the head or the back of the neck and thus "kick" it was a sight to see. Of course, they also kicked it with their feet, but there was no tackling, no throwing of one another down, no front teeth eliminated, and no hard feelings.

Reform it or destroy it, say I.

## Mother-Love Defined

By Mrs. Arnoldi

**W**HAT is maternal instinct? Is it a tangible something or is it love, the desire to protect? This wonderful mother-love—what would it not do? Sun's rise and set just for baby. Conversation on other subjects is taboo in the house where a new monarch reigns. The four walls of the home are suddenly glorified with the presence of the little newcomer, the ambition of his father and mother reaches its zenith, the reasonable part of the world is in a state of confusion, and the world is in a state of confusion.

## WHY DO THEY DRESS SO?



—Cartoon by Triggs, in the New York Press.

## GOVERNORS ALIVE TO COST OF LIVING AS A PROBLEM

In Some States Investigations Already Are in Progress—Hadley Advocates "Back to the Soil" Movement—Anti-Food Trust League Growing.

Washington, D. C.—As reflected by the views of the Governors now here in conference, the high cost of living is a most acute question throughout the entire country. In some States investigations to ascertain the cause already are in progress.

Governor Harmon of Ohio is investigating the condition through a special commission. Governor Hadley of Missouri will take the subject up with the Legislature when it next meets.

Governor Harmon said he was not prepared to say what the direct cause of the high cost of living is, but he recognized the injury done by great combinations.

"Out our way," said Governor Hadley, "we are agitating a 'back to the soil' movement that will bear good fruit."

The Governor says he keeps three cows now.

"I had chickens, but I had to give them up when I became Governor; I always have had a garden. Everybody who can should keep chickens and make a garden. That would help amazingly."

Governor Weeks of Connecticut believes that conditions have been brought about largely by the people themselves.

"The luxuries of a few years ago for the rich seem to-day to be the necessities of the wage earner," he declared.

Governor Ansel of South Carolina thinks the problem too deep for ready solution. The people of his State haven't felt the pressure as keenly as in the North, he believes, but "with even the Governor paying fifty per cent. more for his living than several years ago, it has brought the subject very near to the head of the State."

Governor Curry of New Mexico says that the cost of living isn't affecting the Southwest "in the same proportion as the crowded East." He looks upon the operations of combinations as largely responsible for the trouble.

Governor Kitchin of North Carolina recognizes that there are thousands of contributing causes for the high cost of living, but the tariff is the Governor's chief objection.

Governor Cromer of Alabama points out that the cotton growers of

his State are not profiting by the high price of cotton.

"They sold their growth many months ago," he declared. "Some of the planters sold before the crop was ready to be picked."

Governor Draper of Massachusetts preferred not to discuss the matter.

Governor Wilson of Kentucky finds the situation acute in his State.

Governor Shafroth of Colorado said he had not given the subject much consideration. The same was the case with Governor Shallenberger of Nebraska, Governor Burke of North Dakota, and Governor Carroll of Iowa. The latter three being great agricultural States, the people are not complaining directly against the exorbitant cost of living, because they are getting high prices for their farm products.

The Beef Trust is rapped on all hands.

"I live comfortably, and I know that it costs me forty per cent. more to keep my family than it did three years ago," said Representative Fitzgerald, of New York, during a debate in the House. "The cost of living has been going up steadily for fifteen years, and it is the maladministration of the Republican party that is to blame."

Mr. Fitzgerald's outburst was made when the \$1,250,000 item in the Urgent Deficiency Bill for the Commissary Department of the army was reached. Chairman Tawney had explained that the soldier's ration had gone up from nineteen to twenty-two cents.

The House laughed when Francis Burton Harrison, of New York, a multi-millionaire, got up and took his kick at the high price of food stuffs.

The Central Labor Union of Washington, 35,000 strong, has sought a meeting of the Board of Directors of the league of the union's application was accepted. So also was the application of the League of Penwomen of America and the Householders' Alliance of this city, of which Ellen Marshall Rugg is president and Mrs. David J. Brewer, Mrs. Robert Shaw Oliver and Mrs. Robert M. La Follette, vice-presidents.

## BOYCOTT ON MEAT FORCES PRICES DOWN.

Cleveland Butchers Promptly Respond to Campaign Against High Cost of Living—Thousands Join Crusade—Adopting Scheme to Follow Vegetarian Diet Until Easter—National Boycott Plan Proving Popular.

Columbus, Ohio.—A resolution calling upon the people of the State to abstain from meat for the next sixty days and to subsist entirely on a diet of vegetables, nuts and fruit for that time was introduced into the House by Representative Tidrick.

Chairman Williams, of the High Price Committee, was fairly swamped with mail from all parts of the State containing suggestions as to possible remedies for the situation, many of which were deemed worthy of consideration.

One of the most popular ideas in the rural districts seemed to be that the millers had abandoned the old custom of taking one-eighth of the grain as toll and were now asking twenty-two out of every sixty pounds of wheat as the toll for grinding.

Many women representing women's clubs pointed out that lack of instruction in cooking among the young women of to-day is responsible for the added cost of living by waste and extravagance in many households.

Senator Williams held a long conference with the Attorney-General regarding the situation.

Cleveland, Ohio.—The anti-meat movement that started here a few days ago among the workmen in

President Taft Proclaims Minimum Tariff Nations.

Washington, D. C.—The President issued his proclamation in which it is declared that under the new Tariff law the countries of Italy, Great Britain, Russia, Spain, Turkey and Switzerland are entitled to the minimum rates imposed by that act.

Mr. Weir returned from Dodge, where he prosecuted two boys belonging to a pond in Dodge, S. D.

Dogs Run in Packs Like Wolves Over New Hampshire Mountains.

Nashua, N. H.—Hounds running in packs like wolves have exterminated the deer in the central part of Hillsborough County and particularly on Temple Mountain and Mount Monadnock. This statement was made by Game Commissioner Nathaniel Wentworth.

Mr. Weir returned from Dodge, where he prosecuted two boys belonging to a pond in Dodge, S. D.

## WOMEN; THEIR FADS.

THEIR FASHIONS. THEIR WORK. THEIR ART.

**PRINCESS JULIANA.**  
Princess Juliana, Holland's royal infant, has joined the ranks of the caravaners. The chariot in which she rides is a gorgeous and elaborate affair, beside which the ordinary baby carriage would look insignificant indeed. Queen Wilhelmina herself invented it. It is a sort of giant perambulator, containing, besides the bassinet for the baby, a stove and seats for the nurses, and is drawn by a horse.—New York Tribune.

**SUGAR STIRS AFFECTION.**  
It now appears that the swain who sends bonbons to the girl whose heart he wants to touch is acting strictly in accordance with scientific principles, though he may not know it. Sugar makes people affectionate. Professor Adamkewitz, of Vienna, says so. At the eight-first German Natural Science and Medical Congress, held a short time ago at Salzburg, the professor declared that the beating of the heart depended upon the amount of sugar in the food, and not at all, as commonly supposed, upon anatomical arrangements. The more sugar, the more beats, and consequently the more love.—New York Tribune.

**WOMEN TALKERS.**  
As a rule, women unquestionably outrank men in fluency of speech. In the society of women, men may be called the silent sex. But it is when there are no men about that women achieve the most brilliant linguistic feats. They are often tempted to talk all at once for the very reason that they all have so much to say. Where their conversation shows weakness is in variety of subject. As a matter of fact, there is little or no variety. "At present," says a philosophical student of the sex,

**Tomato Rabbit.**—Select four or five medium-sized tomatoes, cut them in half crosswise and broil them over a brisk fire. Scald one-third of a cupful of cream (or milk) and add one cupful of ordinary American cheese cut in small pieces, stirring constantly until it is melted. Remove this to the back of the stove; lightly beat the yolk only of one egg, add it to the cheese, then a few dashes of paprika to taste, and pour this over the tomatoes, serving immediately. Dry toast or crisp crackers may be served with this dish.

"women have just one kind of subject—the purely personal." But in the treatment of personalities some women develop genius. In spite of such apparently marked limitations, the talk of many women never lacks material. Who has ever seen two or more women dealing with personalities whose subjects of conversation have become exhausted?

Men, in spite of reports to the contrary, indulge considerably in personalities, though their treatment of such themes may differ from women's. But they have other subjects that interest them quite as deeply, and it is here that women fail to meet them. If women wish to remain on a conversational footing with their husbands they must become familiar with matters supposed to be foreign to the feminine mind, such as business, politics, machinery, and invention, including the latest devices for the improvement of automobiles. The last subject opens up a great world of conversation.—John Barry, in Harper's Bazar.

**FAD FOR BAYBERRY CANDLES.**  
If you are as fond of bayberry candles as I am and don't care to pay fifty cents a pair at a woman's exchange, you can make them yourself for less than it costs to burn tallow ones," said a young woman as she lighted a pair on her tea table. "I got my receipt from an old woman who used to make them to save tallow."

"The berries must be gathered in November after the frost comes or they are not waxy. It takes nearly a quart to make one long candle."

"I went down to the shore one morning last fall and gathered and bought enough to make fifty; then I opened up my cottage for the day and set to work. I boiled the berries with water and then let them cool till the wax rose; then boiled it again with more water to clear it; then skimmed the wax and heated it. I put in just a wee bit of tallow. This makes them a little firmer than the pure bayberry and makes almost no difference in their fragrance."

"While they were boiling I had prepared molds of paper on a cardboard base and drew the wicks up through each mold and fastened it with a long hatpin, thus making lines of six in a row."

"While the wax was hot I poured it into the paper forms. My molds gave out before I used up my wax, and then I was forced to dip my last dozen. So you see I have some real dip candles."

"To do this you make a little loop in one end of the wick and arrange a place to hang the candles so that they dangle in the air to cool. You leave the wax on the fire and dip in a wick, hang it up and dip the next; when you have dipped the last, your first is 'ready' for a second round, and so you repeat several times until your candle is as thick as you want it."

"When my first candles were perfectly cold I peeled off the paper, and here that you see are the result. The old tin candle forms of our grandmothers are treasures, if one is lucky enough to possess one, but otherwise they are very practical."



Light, flimsy chiffon muffs will be in style for evening affairs. The bolero is expected to be in great favor the coming season. Among the new handbags are those of black moire, beaded with jet. Gold or silver tissue is used as a lining to sheer net yokes and sleeves. Plumes on hats are trimmed from the back instead of from the front or side. Button shoes are more popular

chan laced ones, and kid is preferred to suede. Colored plumes are worn again on black hats, being chosen, of course, to match the gown. Short coats will not have many buttons. One, two, and three buttons are considered enough. It is now a great fad to have all gowns made of one's favorite and most becoming color. Cloth of silver gives a most effective touch to a turban of black velvet designed for a middle-aged woman. Rhinestone hatpins, ranging in size from a five-cent piece to half a dollar, are extremely well thought of and are used both for ornament and their utility. The dress of diaphanous weave is weighted with shot around the hem. Were it not for the weight tape many skirts of the period would never hang evenly. Fancy buttons of metal or jet are used for fastening the long fur coats. Usually there are four large buttons, none of them more than fifteen inches below the waistline. One of the fashionable tailors stocks for the coming season is a slip of linen buttonholed on each edge with a jabot pinned in front—the pin giving a touch of color. The underarm gusset, let in from the armpit to the hip, affords a new place for handsome trimming. Some of the tailored garments have this underarm trimming of fur.



A striking gown of grey pannes velvet has sleeves and yoke of silver lace, which is used on the skirt top. The model shown here was also trimmed in bands, very narrow ones of gray fur. Gathered chiffon may be used instead of tulle for a lighter effect is desired.