Cigarette Smoking It Leads to Other Excesses Even More Deleterious

By Prof. Jenks, the Sociologist, of Cornell University 2 Million and

> 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 centrol for the purpose of the attainment of a higher degree of efficiency, personally and socially,

Ø ----Savages and Maps They Are Wont to Trace Courses with Accuracy By Favey Clarke

Commenta

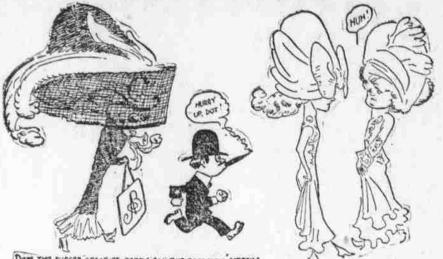
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N view of the controverzy as to the ability of the two young Eskimos who accompanied Dr. Cook in his quest for the pole to trace their wanderings on a map when shown them, an incident which occurred to me in Alaska may be of interest. Having left Copper City at the juncture of the Klutina and Copper Rivers we had drifted and rowed down the latter 00000000 until we came to an Indian encampment, where we stopped for the night. That there were copper deposits in or near the 0000000000 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 foreinger 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.

WHY DO THEY DRESS SO?



DOES THE SUPPORT CREATURE CAREY ALL THIS SCENERY MERELY, TO LOOK GOOD TO A SHOUMP LIKE THAT !

CR DO THEY BOLL UP THE WAY THEY] DO WUST TO GET EACH OTHERS GOATS P



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 | his State are not profiting by the high the views of the Governors now here price of cotton. in conference, the high cost of Hving is a mos. acute question throughout

the entire country. In some States investigations to ascertain the cause already are in progress. Governor Harmon of Ohio is inves-

tigating 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 recognized the injury done by great combinations.

"Out our way," said Governor Had-'we are agitating a 'back to the fruit

The Governor says he keeps three products. cows now

"I had chickens, but I had to give them up when I became Governor; I always have had a garden. Everyand make a garden. That would help amazingly. Governor Weeks of Connecticut be-

themselves. "The luxuries of a few years ago blame."

"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 Willson 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 the high cost of living is, but he 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 exsoil' movement that will bear good orbitant cost of living, because they are getting high prices for their farm

> The Beef Trust is rapped on all hands.

"I live comfortably, and I know that it costs me forty per cent. more body who can should keep chickens 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 lieves that conditions have been has been going up steadily for fifteen brought about largely by the people | years, and it is the maladministration of the Republican party that is to

> Fitzge rald's outburst was made trary, indulge considerably in personwhen the \$1,250,000 item in the Urgent Deficiency bill for the Commis-



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 Adamkiewitz, of Vienna, says so. At the eighty-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

As a matter of fact, there is little or no variety. "At present," says a philosophical student of the sex,

Cut-out Recipe Scrap-Your 5 Paste Our

ject-the purely personal." But in to suede.

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 con-

"I have enjoyed my candles all winter and took great delight in sending them to my friends on New Year's. all to be burned at exactly 7 o'clock, when I lighted mine; and, as the tradition goes, they must not be blown out, but allowed to burn to the very end, to bring good luck.

"I felt as I sat alone watching my candle burn out that I was spending the evening with all my scattered friends whom I knew were burning theirs and breathing the same entrancing odor that we had enjoyed together for many summers at the seashore, and my morning mail brought notes from them all, proving that my simple gift had been a success in bringing us together in spirit for that evening.

"It is amusing to note what a fad bayberry candles are getting to be and what an inexpensive one, when we recall that our grandmothers made them only to save their precious tallow and considered them far inferior to ordinary candles."-New York Mail.



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

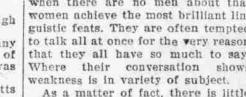
Tomato Rabbit .--- Select four or five medium-sized tomatoes, cut them in half crosswise and broil them over a brisk fire. Scald one-third of a cupful of cream (or milk) and add one cupful of ordinary American cheese cut in small pieces, stirring constantly until it is melted. Remove this to the back 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 sub- | chan laced ones, and kid is preferred

Colored plumes are worn again on black hats, being chosen, of course, to match the gown.

Short coats will not have many butons. 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 Fancy buttons of metal or jet are used for fastering the long fur coats. Usually there are four large buttons, none of them more than fifteen inches below the waistline. One of the fashionable tailor stocks for the coming season is a starp 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 "The berries must be gathered in of the tailored garments have this



Boak

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?

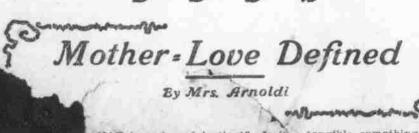
Ð [] Annon an som Reform or Abolish mm Football-m By R. W. Earkley E Romanne 2003

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 top 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 foolball 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.



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? Suns rise and set just for baby. Con-versation on other subjects is throo in the house where a new monarch reigns. The four wills of the home are sid-denly glorified with the presence of the little newcomer the bition of both father and mother reaches its z indulge in a

for the rice em to-da cessities of the wage earner," he declared.

Governor Ansel of South Carolina sary Department of the army was thinks the problem too deep for ready solution. haven't felt the pressure as keenly as gone up from nineteen to twenty-two in the North, he believes, but "with cents. 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 Food Trust League. At the first ooks upon the operations of combinations as largely responsible for the trouble.

lina recognizes that there are thousands of contributing causes for the high cost of llving, but the tariff is the Governor's chief objection.

the league the union's application was accepted. So also was the appli-Governor Kitchin of North Caro- cation 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 Governor Cromer of Alabama Oliver and Mrs. Robert M. La Fol-

from eating meat for at least thirty

days, and it is believed that fully

100,000 people in this city and sub-

urbs will be in the vegetarian class before the week ends. Other cities

of the State are following the idea,

and Senator Williams' suggestion that

the entire State boycott meat till

Easter Sunday is being taken up with

an earnestness that means business.

of the packers say if the boycott

reaches New York City it will surely

force a decided drop in meat prices

throughout the entire Central and At-

Over New Hampshire Mountains.

Nashua, N. H .- Hounds running in

packs like wolves have exterminated

Game Commissioner Nathaniel Went-

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Dogs Run in Packs Like Wolves

kick at the high price of food stuffs.

points out that the cotton growers of 'lette, 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 | Cleveland factories has spread so fast, calling upon the people of the State to not only in this city but throughout abstain from meat for the next sixty days and to subsist entirely on a diet of vegetables, nuts and fruit for that two cents on certain kinds of meat, time was introduced into the House by Representative Tidrick.

Chairman Willlams, 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 wenty-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 con-

ference with the Attorney-General regarding the situation. Cleveland, Ohio. - The anti-meat movement that started here a few days ago among the workmen in lantic States,

President Taft Proclaims

Minimum Tariff Nations. Washington, D. C .- The President usued his proclamation in which it is declared that under the new Tariff the deer in the central part of Hillslaw the countries of hinly. Great Bri-tain. Russia. Spain. Turkey and Switzerland are entited to the mini-pum rates imported by That act.

the most im- worth. Int Ludy of Europe to Es, Inasmuch Bindere

alities, though their treatment of such themes may differ from women's. But they have other subjects reached. Chairman Tawney had ex-The people of his State plained that the soldier's ration had that interest them quite as deeply, and it is here that women fail to

meet them. If women wish to re-The House laughed when Francis main on a conversational footing Burton Harrison, of New York, a with their husbands they must bemulti-millionaire, got up and took his come familiar with matters supposed to be foreign to the feminine mind, The Central Labor Union, of Washington, 35,000 strong, has sought alsuch as business, politics, machinery, and invention, including the latest liance with the new National Antidevices for the improvement of automeeting of the Board of Directors of mobiles. The last subject opens up evenly. 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 of linen buttonholed on each edge for less than it costs to burn tallow ones," said a young woman as she ighted a pair on her tea table. "I got my receipt from an old woman who used to make them to save tallow.

November after the frost comes or underarm trimming of fur. they are not waxy. It takes nearly a

uart to make one long candle. Ohio, that the first effect came in the "I went down to the shore one announcement of a straight cut of morning last fall and gathered and bought enough to make fifty; then I Further reductions are expected. The opened up my cottage for the day and meat dealers are alarmed, and a seset to work. I bolled the berries cret meeting of the Butchers' Protective Association was held to devise with water and then let them cool till the wax rose; then boiled it again means of combating a movement that threatens to become national in scope. with more water to clear it; then Many of the dealers say their orskimmed the wax and heated it. I ders have been cut in half in the past ut in just a wee bit of tallow. This two days, and they fear some will be makes them a little firmer than the forced out of business. Over 10,000 pure bayberry and makes almost no men in Cleveland factories have already pledged themselves to abstain

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

"While the wax was hot I poured lt into the paper forms. My molds gave out before I used up my wax, and then Big meat dealers here and the agents, I was forced to dip my last dozen. So ou see I have some real dip candles.

"To do this you make a little loop n one end of the wick and arrange a duce to hang the candles s , that they tangle in the air to cool. You leave the waz on the fire and dip in a wick, ang it up and dip the next; when you ave dipped the last, your first is early for a second round, and so you epent several times until your candle s as thick as you want it.

"When my first candles were pereetly cold I pecied off the paper, and was that you see are the result. The d tin candie forms of our grand intherance transures, if one is lucky sough to uppress one, but otherwise to jetter threas are very practical.



A striking gown of grey pana- velves s sleeves and yoke of silver lace, which is used on the saint tool.

The model shown here was also trisomed in hands, very narrow ones of gray fur. Gathered chiffon may be used instead of

ens ans vers pracelent. | Co for if a lighter effect is desired.