

States in Washington

Finding Your State Puzzle Capital Offers Free to Visitors.

Washington.—Finding your state in Washington, a puzzle contest the capital offers free to visitors. Each state represented in the senate and the house is represented many more times in the highways and byways of the District of Columbia.

"Somewhere in the federal reservation a broad avenue honors every state except one," says a bulletin from the headquarters of the National Geographic society.

Avenues at Angles.

"Only native sons of the state of Washington seek vainly for their avenue. There is a Washington street, but that does not count, for in the capital avenues are the macadam patrician and never run on line with the streets. Famous Pennsylvania avenue runs 'west nor' west' from the capitol toward the White House and all its forty-six brother avenues named for states proclaim their special station by cutting angles among the staid streets which have to hew to north-south or east-west lines.

"What secret diplomacy gave Pennsylvania's name to 'The Avenue,' as the capital calls it? That is still secret. The map of L'Enfant, the French engineer and father of city planning in America, names the streets but not the avenues. Some say geography gave it to Pennsylvania. It is the middle avenue of three great parallel boulevards just as Pennsylvania was the middle state of the original thirteen. South of Pennsylvania avenue is Virginia avenue and north of it is Massachusetts avenue. White Pennsylvania avenue is more famous, Massachusetts is more beautiful, for the latter is bordered by handsome buildings and by far more lindens than Unter den Linden, Berlin's famous boulevard.

New England States.

"Avenues named for southern states usually are southwest of the capitol, where the original planners expected the greatest development. However, like all American cities, Washington has moved with glacial slowness to a new axis. Now the busiest avenues are those northwest of the White House, carrying the names of the New England states; Connecticut, Vermont, New Hampshire, and Rhode Island. States entering the Union more recently are honored by avenues on

the fringe of the district. Florida avenue is an exception to all these highway rules; it was once Boundary avenue, postroad to Baltimore, and the limit of the original city.

"Mathematical sharks can have a feast on the enigma presented by state names on the Lincoln memorial. Two files of state names crown the classic temple; the lower lists the thirty-six states of the Union at the time of Lincoln's death, the upper lists the forty-eight states of the United States today. In both tabulations the states appear in the order of admittance to the Union.

"At the end of the Mirror basin, opposite the Lincoln memorial, the visitor may again find his state memorialized within the shaft of Washington monument. Inscribed stone blocks bearing the names of forty states, some of which were territories at the time the tablets were placed, can be seen as the elevator climbs to the top. To see them in detail one must undertake the capital's supreme test of youthfulness, climb the monument's 898 steps!

"At least once a year the big white

inner court of the gray stone Post-Office department buildings, about midway on Pennsylvania avenue between the capitol and the White House, blazes with color contributed by state flags. Since 1908, Flag day, June 14, has been celebrated annually there by the display of a nearly complete collection of state flags. Governors and private citizens, organizations of postmasters and postal employees, a chapter of the D. A. R., and numerous other societies and individuals have added to the department's set. It has no flags of Kansas, Nevada, New Mexico, North Dakota and Wyoming.

State Flag Collection.

"The Hawaiian flag's arrival at the Post-Office department tied together some loose ends of history. On the field of the territorial emblem appears the British design crosses of St. George, St. Andrew and St. Patrick, which was the flag Benjamin Franklin served under as colonial postmaster general. He later became the first postmaster general under the Stars and Stripes. Another English flag in the collection is Maryland's, the brilliant old banner of the Calvert's, which that state adopted.

"In the capitol itself, the original house chamber, called the 'oven,' both for its temperature and shape, has been converted into a hall of fame for state heroes. Enough states have filled half or all of their quota of two, to give Statuary hall a forest of marble figures.

Forbidden City Seen by Woman

Disguised as Beggar, Mme. David Lives Four Months in Lhasa.

Paris.—A fascinating tale of adventure will be told one day by a French woman, Mme. Alexandre David, who has returned to western civilization after fourteen years' voluntary exile in the mysterious Far East, most of them passed in patient efforts to reach Lhasa, the "Forbidden city." She eventually attained her goal and lived for some time in the capital of Tibet, hiding her real identity under the rags of a beggar woman.

Mme. David had no thought of Lhasa when she left France in 1911 on an official mission to India and Burma, the French government having asked her to make a survey of certain aspects of the old Buddhist philosophy as revealed by newly discovered docu-

ments. Quite by accident, however, she met the dalai lama, who had been driven from Lhasa by the Chinese.

Decides Upon Journey.

From that moment she had but one idea: visit the Forbidden city. She says her imagination was so fired by the thought that she could not sleep at nights.

From the outset Mme. David decided that the only way to make success a reasonable certainty was to travel through Tibet as a native, living the life of a native. For this purpose she started patiently to learn the language and study the habits of the people.

For two years she lived in a cavern, hewn out of rocks 12,000 feet up on the "roof of the world." Her neighbor was an old hermit who taught her the language and expounded the meaning of old manuscripts.

It was only after a three-years' sojourn at the monastery of Koum Boum (from 1918) that Mme. David decided she was ready to start out on the conquest of Lhasa.

"I crossed the great virgin forests of Ouda," relates Mme. David. "I lived among wandering tribes. But directly I entered more populous regions, traversed by caravan tracks, I was turned back relentlessly by messengers obeying the orders of mysterious chiefs. And on the journey back my carriers, men and beasts, perished of hunger and cold."

Several attempts to cross the zone of obstacles having failed, Mme. David realized it was hopeless to try again in the same conditions. So she resolved to go alone, accompanied by only one servant. She crossed snow-blocked passes, sometimes having to carve steps in the perpendicular mountain sides. Eventually she reached the Upper Salouen, but there again she found herself gripped by the same mysterious hands. Wherever she tried to pass she was stopped by unexpected obstacles or accidents, and after wandering helplessly over the unending desert she was obliged to return to Kou-Kou-Nor.

Determined to succeed at all costs, the venturesome woman made another attempt, crossing China, from the frontier of Mongolia to the Yunnan, then setting out afoot for the unknown with her adopted son, a Tibetan boy whom she had educated and raised almost from his babyhood. Both were disguised as pilgrims and begged their way from place to place. They journeyed by night, encountering many dangers, and finally reached Lhasa, the Forbidden city, with its narrow streets, its temples, its market places, its picturesque ceremonies.

Mme. David and her adopted son stayed there two months.

its kind in the world, which for almost eighty years stood at the corner of Peachtree street and Porter place—is now reduced to a pile of logs. Recently the veteran tree was cut down and sawed up to make way for progress.

It stood on the lawn of the First Methodist Episcopal church, South, and, according to Rev. C. J. Harrell, pastor, the tree has been dead for about two years.

The tree was about 65 feet high and nine feet in circumference. Judging from the number of rings, which Doctor Harrell said he had counted himself, it was seventy-eight years old. No definite plans for disposition of the logs have been made as yet, but there is a possibility that they will either be used to make furniture for the church or that they will be cut up in some form for souvenirs.

Object to Crown Prince

Vienna.—A report that former Crown Prince Frederick William of Germany is at Gmunden, a fashionable resort in northern Austria, has created considerable excitement among the workmen here.

Famous Tree in Atlanta Is Reduced to Log Pile

Atlanta, Ga.—Atlanta's famous sassafras tree—classified by the National Geographic society as the largest of

HOW TO KEEP WELL

DR. FREDERICK R. GREEN
Editor of "HEALTH"

HOUSEHOLD INSECTS AND DISEASE

PUDDIN' HEAD WILSON may have been right when he said that a certain amount of fleas was good for a dog. But no one will claim that any amount of fleas or of any of the other common household insects are good for a human being. If they do anything worse, flies, mosquitoes, cockroaches, fleas, bedbugs, and various kinds of lice are the cause of a great deal of personal discomfort and irritation and no normal person cares to have them around. When in addition they are shown to be a positive danger to health and in many cases to carry disease, there remains no reason why every intelligent person should not use every possible means to exterminate them.

The common house fly is found everywhere. It lays its eggs in manure and other filth and refuse commonly found around human habitations.

Flies carry, either in their bodies or on their feet, the germs which cause typhoid fever, tuberculosis, summer diarrhea, and diphtheria. They may also carry erysipelas, conjunctivitis, anthrax and gangrene. The clearest case against the fly is that of transmitting typhoid by crawling over and contaminating food, especially milk. It is not entirely responsible for any one disease but its known filthy habits and the number of germs found on it ought to bar it from any clean and respectable household.

Those insects which, on account of their habits, have long been associated with men have always been regarded with more or less dislike and in some cases with positive abhorrence. Naturally, when our present-day knowledge of disease began to develop, they fell under grave suspicion as possible disease carriers. All the facts on that subject have not yet been obtained. In some cases their guilt has been positively proven. In others, the best we can do at present is to follow the Scotch verdict of "Not proven." Just what do we know on the subject?

Our present knowledge is admirably summed up in a recent number of the bulletin of the New Jersey state board of health, in which H. B. Weiss tells what we know and what we suspect.

Mosquitoes, as is now generally known, are direct carriers of malarial and yellow fever, as well as some tropical diseases which practically are never found in this country.

Fleas, especially the rat flea, carry typhoid plague. Bedbugs, the most disagreeable of all household insects, have long been under suspicion but so far have not been completed. Cockroaches, the commonest of kitchen pests, are known to carry several germs but there is no evidence that they are actual carriers of any disease. Lice are the cause of a number of skin diseases and the body louse is the direct carrier of typhus and spotted fevers.

So while these insects may not be guilty of everything of which they are suspected, they have been convicted of enough crimes to make them undesirable citizens.

FORMING GOOD HABITS

HABIT is one of the strongest influences in our lives. Whether good or bad, they largely determine our success or failure. Each of us forms his own habits. These are not inherited from our parents. A newborn babe has no habits, and a very young infant acquires his habits. In fact, the first year of a year is largely ruled by habit. It inherits and habits which it acquires. If it early forms a habit of regularity and self-control, it grows a happy and tranquil life. If it is allowed to be governed by its whims and desires, it will be a source of annoyance to others and of unhappiness to itself. So it is too much to say that a child's whole future is easily be determined by the habits which it is allowed to form in the first year of life.

So important is this matter of habits, regarded by experts as the training that a child should receive, that it has been established in Boston, where parents are given advice about their children, how to correct bad habits and how to aid them in forming good habits. Doctor Thom, the director of the clinic, has written a pamphlet for mothers and nurses which contains much valuable advice on child management and which is regarded as so important for those interested in the training of children that the Children's Bureau of the United States government has issued it as an official bulletin.

The health, happiness and efficiency of the adult men and women, says Doctor Thom, depends to a large extent on the habits they form during early life. Far more than we realize, we are creatures of habit, which is after all only the tendency which we all have, in common with all animals, to repeat what we have done before, until we do it unconsciously and involuntarily. Our everyday acts, our manners and our opinions are largely a matter of habit and the ease and accuracy with which we do most of the acts of life depend on whether in early life we have formed good or bad habits.

Bride Was a Nun for Thirteen Years



Thirteen years ago Miss Maria Hirst of Philadelphia decided to become a nun. She entered the monastery of the Congregation of the Sacred Heart. Failing health induced her to ask her release from her vows by a petition to Pope Pius XI, through the archdiocese of Philadelphia, which was granted. Now she has just become the wife of Webb Lovering, a member of a well-known family in the Quaker City.

IS CHAMPION WALL PAPER HANGER, ALTHOUGH 83

Maine Workman Is Still Doing Big Jobs—Has Been a Lifelong Smoker.

Waterville, Maine.—A little tobacco a day adds years to one's life in the opinion of William Peterson, eighty-three, of this city, who lays claim to being the champion paperhanger of this section.

Although Peterson is an ardent booster of Maine's Three-Quarter Century club and hopes to become a charter member of it early in September, there's nothing antique about him. He works every day, and has just completed a job of hanging 600 rolls of paper. He's ready to hang paper with the best of them or the youngest, he says.

For years he has been passing for "about sixty-five." "You see, if folks thought I was eighty-three they might not believe I was capable," Peterson

explained. "But I go ahead and do the job for them as well as the youngsters at the business."

It isn't total abstinence of either intoxicating liquors or tobaccos which have kept him in good health, he declares. "I smoke all the time and I drank in the days when it was possible to," he said with a twinkle in his eyes.

"But I get plenty of sleep and I eat very little food. Folks nowadays are killing themselves by overeating, particularly by indulging in rich foods," he declared. "What's more, I never need a doctor and I am not bothered by deafness at all," he added.

Famous Tree in Atlanta Is Reduced to Log Pile

Atlanta, Ga.—Atlanta's famous sassafras tree—classified by the National Geographic society as the largest of