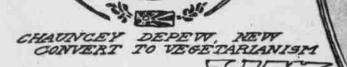
PROMINENT PEOPLE WHO HAVE BEEN CONVERTED TO VEGETARIANISM AND FASTING

DR. H.W. WILEY, WHO EATS MEAT BUT ONCE A DAY, AND ESCHEWS TOBAC-



- A. -

BY JOHN ELFRETH WATKINS. HE fads of the famous for keeping young and vigorous are many and varied.

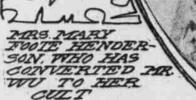
Mr. Wu Ting Fang, the Chinese Minister, says he expects to reach 300 by living up to the tenets of vegetarianism and tectotalism, to which he has just been converted.

"Champagne is poleonous; it makes one dizzy in the head," said Mr. Wu the other day. "It is good to the palate, but detrimental to one's system. When I gave up meat, for awhile I began to oubt the theories of the vegetarians. I had always had a close feeling for chicken, especially fried chicken; but that luxury, too, has had to go. I now see the value of vegetarianism and intend to be a missionary to my people on my return home, and will scatter its principles broadcast. People must in the near future see its benefits. Life and youth have come back to me, and I believe that I will live to be 200 years

old because of the practice." Mr. Wu is a convert to the cult of Mrs. Mary Foote Henderson, wife of the form-er Senator from Missouri and chatelaine

of Henderson Castle, most imposing of the capital's palatial residences, which overlooks the city from the crest of Meridian Hill, highest point in the Dis-

trict of Columbia. Some time ago, when residents at the foot of the hill were startled by a descending tidal wave of pungent liquid, they flocked out to dis-



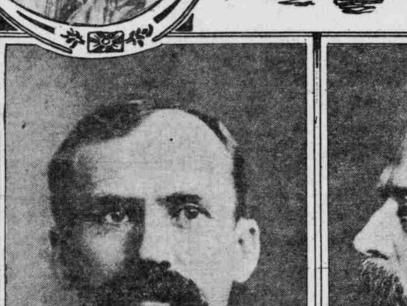
from my experience, the hospital and the graveyard would be largely out of busi-

Mark Twain Has Fasting Fad. Mark Twain confesses to the fasting

fad. "A little starvation can really do more for the average sick man than can th best of medicines and the best of doc the tors," says he. "I do not mean a re-stricted diet; I mean total abstention from food for one or two days. I speak from experience. Starvation has been my cold and fever doctor for 15 years and has accomplished a cure in all instances." Another who cures his ills by fasting is Professor James H. Hyslop, head of the American Society for Psychical Research, and his principal colaborator, Mr. Here-ward Carrington, has just finished a book undertaking to prove that the body does not derive its energy from food but from an external, all-pervading cosmic energy.

Edison a Disciple of Cornaro.

Edison says that for 40 years he has carried out the ideas of Cornare and that his forefathers who did the same lived beyond the century mark. Cornaro, of whom Senator Depew is also a disciple was a Venetian who lived to be over 103, He was a sport and roue until middle life, when finding his system wrecked and the grave yawning for him, he commenced to restrict himself to a daily allowance of 12 ounces of solid food and 14 ounces of winc. As he grew older he gradually re-duced this fare until he accustomed himself to subsist on no more solid meat than an egg a day. At the same time he avoided extremes of temperature, weariness hatred and melancholy. Edison helleves that we can live and work as long as we want to. "Medicine is played out." says he. "Every new discovery of bacteria shows us all the more convincingly that we have been wrong, and that the millions have been wrong, and that the millions of tons of stuff we have taken were all uncless. The doctor of the future will give no medicine, but will instruct his patient in the care of the human frame; in diet and the cause of prevention of disease. Surgery, quiet and antiseptics—these three are the vital things of the future. In the preservation of the health of humanity ATT. SOCIETY OF PSYCHICAL RESEARCH, WHO CURES ALL preservation of the health of humanity. There were never so many able, active minds at work on the problem of disease as now, and all their discoveries are end-ing in the simple truth-that you can't improve on nature."



ふ 201 法 MR. WU, THE CHINESE MINISTER PROF OTIS T. MASON WHO SAYS THE SUN'S BLUE RAY VIVI-

SH- 200%

of "The Music Master"; Richard Carle, the comedian; Robert C. Clowry, presi-dent of the Western Union Telegraph Company, and Bichard F. Outcault, comic artist-the creator of "Buster Brown." and Howard Chandler Christy, the art-ist of schemers Christy, the artst, all of whom are Christian Scientists.

Fletcherism's Founder a Cornaroist.

Horace Fietcher, founder of "Fletcherism" and "Menticulture," also author and lecturer, is, like Sonator Depew and Edison, a disciple of Cornaro. He found himself a physical wreck at ten years before the age when the Venetian cen-tenarian changed his mode of living, and Professor Otis Mason, the well-known etimologist, who is the happlest man in scientific circles, confessed to a strict regiman of life to which he attributes at this period had three chronic diseases, no life insurance company being willing to accept him as a risk. By eating and of accept thin is a task by taking and drinking less than the ordinary person would consider a bare sufficiency of life, Mr. Fletcher says he had so built him-self up inside of five years that he was able to cycle 200 miles in a day, at the same time astounding the head of the yate eventsetum by taking with ease his remarkable recovery from a stroke of paralysis brought on by overwork ten years ago, since when he has accom-plished his most noted scientific work. This regimen includes deep and rhythmic breathing, one breath to so many pulsa-tions of the heart: the drinking of water five times a day, six swallows at a time, same time assounding the head of the Yale gymnasium by taking with ease the severe course of exercise prescribed for the varsity crew. "Chew your food -not only your solid food, but milk, tes, coffee, wine, soup-anything that has taste." is one of Mr. Fletcher's maxims. five times a day, six swallows at a time, and never at meals; eating but twice a day, always "with attention, apprecia-tion and pleasure." and never swallow-ing a particle of solid food without sa-liva; bathing regularly in tepid water at the body's own temperature and never stimulating the skin with extreme tem-peratures; purifying himself with not only fresh air but, quite as regularly with the blue ray of the sun, "the vivify-ing element of health": resting daily with

Reduced His Food One-third.

Professor R. H. Chittenden, director of the Sheffield Scientific School at Yale, claims to have proven upon himself, and later upon 13 soldiers and eight athletes, ing element of health'; resting daily with seven hours of sleep and one hour with-out sleep; exercising daily those muscles all doing active work, that the body sus-tains its weight and increases its vitality upon one-third the proteid food generally nsidered as necessary for the healthy man-and by proteid food is meant the

a little persistence can change his habits of life, change the whole order of crav-

ings, thus demonstrating that the latter are purely artificial, and that they have

no necessary connection with the wel-fare or needs of the body."

Eats Curdled Milk for Longevity.

But the very latest food som which we have imported is Metchnikoffism. The founder, Professor Elle Metchnikoff, of the Pasteur Institute, Parls, lives strict-ly in accordance with his discovery and eats curdled milk every day, as a resu-

But the very latest food ism which we

just converted to tectotalism-were, amid ceremony, emptying their wine cellar of its ancient and costly stock. Mrs. Henderson, aside from her work as woman's suffragist and social reformer, has devoted considerable time to dietettes, having written a work on dinner-giving. Her vegetarian and total absti-nence dinners have been among the social curiosities of the past season, and whe has made many converts to her cult, which eschews even tea. Recently, when it was announced that Mr. Wu, while at a banquet in Philadelphia, had "failen off the water wagon," Mrs. Henderson had the Celestial envoy promptly called before a meeting entertained by Miss Janet Richards, the lecturer who period-ically explains to the wives of the offi-cial set what their hushands are doing cial set what their husbands are doing tatecraft. Miss Richards called upon Mr. Wu for an emphatic denial of the corrifying rumor from the Quaker City, and this he made forthwith

Depew Becomes Vegetarian.

Senator Chauncey Depew is another convert to vegetarianism, but not through the charms of Mrs. Henderson.

"I notice that when the newspapers speak of giving up beef because of the rising price there is universal ridicule," he said a few days ago. "I date my free-dom from almost chronic rheumatiam to the day when I stopped cating beef; and sleep, digestion and clarified vision such

as I have never known before have kept increasing as I have dismissed flesh and fowl for vegetables. With nine-

Sleeps Outdoors Year Around.

far the healthiest and most vigorous-look-ing official of the capital's scientific co-Charles D. Walcott, secretary of the terle. Smithsonian, sleeps out of doors nightly. Winter and Summer, not for the cure of John D. Rockefeller has tried more health fads than perhaps any other man now in the public eye. At first it was the bread and milk diet and then strenuous any constitutional aliment, but because his early life as an active geologist camp-ing in the West proved to him that this walking through grass of early morn-ings in his bare feet. Another who golfs enths of the world the greatest happi-ness in life is the table piled with the hings one loves to eat and drink and the pleasure of a gorge. But for that,

ILLS BY FASTING

mountain-climber, a pedestrian and by

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and that in the course of a few short and

therefore 75. Andrew Carnegie, in spite of his 71 years is another enthusiastic golfist. James Bryce, the British Ambassador, now at the age of 70 owes his present wonderful vigor to the fact that he walks anywhere from five to ten miles a day, He is also a mountain climber. Another enthusiastic pedestrian of the capital is Ambassador Jusserand, of France, while Alvey Augustus Adee, Assistant Secretary of State, despite his 65 years, will this Summer continue his fad for cycling through Europe, by way of exercise and recreation. Edward Everett Hale, who still pre

SECRETARY WALCOTT SLEEPS

OUTDOORS YEAR AROUND

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not used in the routine of work; working with the avoidance of all strain or fa-tigue; regarding all contentions among his associates with a sense of humor and exercising the patience to create as cor-rect a thought in the mind of a child asking a foolish question as in that of a principal constituent of meat, milk and eggs-that which supplies nitrogen to the body. On this diet he says he and his subjects showed increased strength and improved responsiveness of mind, while almost every man stored nitrogen rather than lost it. scholar seeking the solution of a proscholar secking the solution of a pro-found problem: dressing by the thermom-eter absolutely and not by the sames and therefore not wearing a zero weather shirt in a 90-degree room in Winter, Pro-fessor Mason added that he varies his outside garments rather than his under-clothing to differences in temperature and thus here always at head what he calls "The so-called cravings of appetite are purely the result of habit," he says. "A habit once acquired and persistently followed soon has us in its grip, and then any deviation therefrom disturbs our physiological equilibrium. Anyone with thus keeps always at hand what he calls his "50 coat," "50 coat," and "90 coat."

FIES

istant at a deak close by his own and

with the elasticity of a man of 50, rose quickly from his chair, walked briskly and as straight as a ram rod into the adjoining room to get what I asked for.

Wiley Eats Meat Once a Day.

Dr. H. W. Wiley, father of the pure food law, eats meat but once a day in warm weather and eschews tobacco. He has no other hobby beyond keeping eternally happy. "We will yet see profes-sorships of amusement in our colleges and universities," he told me. "The rec reations of men are of quite as much im portance as their vocations. It is quite important to know how to amuse one's self as to have the leisure and op-

har diet, in order to fill his intestinal canal with bacteria, which he believes to be the deadly enemies of the microbes portunity to do so." The President is another nonsmoker. He is also said to observe a dist for the reduction of his weight and to have conbe the deadly enemies of the microbes causing old age. This savant declares that the average man should live [20] years, and he advocates cutting out the large intestine, as a further means of prolonging life. Perhaps this latter ope-ration may become as fushionable among us as that for the removal of the vermi-form appendix, but as yet there has been no bulletin from Professor Metch-pikoff announcing that he has had it persuited the Government dietary specialists concerning it, but they are noncommittal as to this. Among big men who, like Mr. Wu, are teetotalers, are W. J. Bry-an, Vice-President Fairbanks. Senator Balley, General O. O. Howard and David B. Hill. And on the list of those who, like Edison, have given up drugs for the nikoff announcing that he has had it percure of disease, are Senator Clapp, Dr. J. W. Pewkes, the noted archaeologist; Charles Klein, the playwright, author upon himself.

formed upon himseir. Washington, D. C., June 20.



S EWING for the haby demands the neighbor's bables in cambric slips and daintiest of designs and a little lace, fine in quality and pattern.

neadlewoman. It calls for her tinicst stitches in seam and hem and tuck, her most exclusive taste in the selection of dainty trimmings and her best of served for "ceremonious" occasions, such as a christening. good sense in designing clothes with a single sense in designing clothes with a single sense in the sense is the sense is

To be overdressed is an acknowlodged breach of good taste, and an innocent baby, burdened with long and heavy clothes, which in their turn are ladened with elaborate and weighty trimmings, is an object worthy of the pitying consideration of those kindhearted people whose vocation it is to protect helpless infants from inhuman treatment.

I once knew a young and ardent mother who cut up her wedding gown of "stand alone" satin to make a cloak her first-born. The cloak was trimmed and the cap was made of the real lace which trimmed the wedding robe, and to the side of the cap was lish nainsook, and this material is robe, and to the side of the cap was attached a white ostrich plume, a relic of the trousseau. The baby from its Fine longcloth is sometimes used for simple surroundings (for the new household was a modest one in comparison to the parental home so re- robe is handkerchief left) looked forth with appeal-

Some babies-and this in the very best families-wear slips, to the exclusion of dresses, the latter being re-

holds a-plenty. Ten is a gool num-ber, and from two to four dresses will be sufficient, the number to be determined by the social proclivities of the wee one. There should be white petticoats to

wear with these dresses; the number should equat the number of dresses. A good alt-round material for bables' slips is English nainsook. It is toft and pliable, launders prettily and and pliable, launders prettily and wears well. A very good quality can be bought for 25 cents the yard (a wears trifle cheaper by the piece). There comes a finer quality, as well as a less expensive one, but the grade

Ideal material for the christening robe is handkerchief linen. Batiste is charming and so is French nainsook. ing gaze and sometimes with envy (pathetio in one so young) at the baby clothes is hand embroidery in the

fine in quality and pattern. Hemstitching or feather-stitching is sufficient adornment for the simple clothes. Join the seams with entre-deux when practical.

PROF. JAS. H. HYSLOP, HEAD OF

Flannel or outing flannel makes nice little "nightics" for cold nights. Silk and wool flannel is more satisfactory than all wool, as it does not shrink with the many necessary washings. French flannel or cashmere makes the useful little wrapper, while sacques may be made of the above-named materials or of challis or outing flannel.

Cashmere is good for the cloak, and silk may be used. For Summer there are lingerie cloaks with a lining of India silk to add warmth. These have the double advantage of being daintily attractive and at the same time washable

Caps may be of muslin or slik. Great care should be taken that the see baby is neither inconvenienced nor hurt by builtons or pins. One young mother kept her sewing basket beside the baby basket. Each morning she sewed Mr. Baby up in his clothes and each night she ripped him out.

Pursuit of the White Ball. New York Sun.

It pleased many persons last Summer to prophesy that the ancient and royal game of golf was in a state of decline,

pathetic years it would follow into innoc uous desuetude ping pong and whist un abridged. But the pursuit of the white ball continues with unabated interest, and indeed with some evidences of increased ardor. For a time it looked as if the open championship of the Metropollian open championship of the Metropollian Golf Association might go begging, but it has been placed and the contest will be played once more. This in itself is an ev-idence of keen interest in the game, be-cause the association has no funds ayail-able for the expenses of the tournament, which must therefore be voluntarily financed by some one of the constituent clubs. Furthermore, the social side of the game has been greatly developed. Golf clubhouses are gradually increasing their caubiouses are gradually increasing their accommodations so that they closely re-semble country clubs, and visiting be-tween members of different organizations was never more common than it is now.

Marriage Up To Date.

- Chicago Record Herald. Her name was Mrs. Panshaw when she moved into the fat. She was Mrs. William Bertram some six months siter that; It appears that she and William could not
- get along at all. So she married Mr. Fergus, and moved across the hall.

- across the hall. In a little while they parted, and, becom-ing Mrs. Snow. She had her goods and chattels taken to the floor below. But he and she discovered that it wasn't lasting love. So, becoming Mrs. Triscott, she secured a flat above.

THE ORIGINAL ELEVEN JOKES

reported: "In this midtake, however," I'm much of the youth's mind who, throwing a stone at a dog, hit his step-mother, adding: 'My throw is not lost, however,'" But what do you not find in Plutarch? The Rev. H.S. Lombard, of London, who stated recently that garrulity is the cause of many nervous discovering and the inservous discovering and diseases and the increasing amount of insanity, might well consult Plutarch on talkativeness. "The tautologizing

have been for years based on the moth er-In-law, the farmer and the Summer boarder, the city boarding-house, Spring cleaning (and the stovepipe played an important part), the greedy goat. The mother-in-law was natural-ly the victim of the first jocose son-in-law, while there could be no joke about ing Mrs. Snow.
She had her goods and chattels taken to the floor below.
But he and she discovered that it wasn't lasting love.
So, becoming Mrs. Triscott, she secured a flat above.
When she moved out of the building to live on the boulevard— Lippened.
And this happened two years after she had moved into the flat.
But in these days such a record's not a thing to marvel at.
old jest books—Joe Miller's, and before his, Poggilt and Eacon—show how our is flat above.
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old jest books—Joe Miller's, and before his, Poggilt and Eacon—show wo our the store jee before the existence of the Kings and Great Commanders." and moved into the flat.
But in these days such a record's not a thing to marvel at.
old jest books—Joe Miller's, and before his, Poggilt and Eacon—show wo our the store jee before the flood. What silence." Read "The Banquet of the wore the 11 that were preserved in the

MISS AGNES REPPLIER, lecturing on "The Mission of Humor," at the Colony Club, New York, said she had by some irreverent looker-on, who saw in the embarkation only food for mirth. Death by drowning was too good for bim. But what jokes did Noah and his sons take with them for daily recrea-tion? We can be sure of only one-the mother in-law jest. Will not Miss Reption? plier tell to the world the other 10 .-Boston Herald.

The Mud of H.

Some tragedies there are that teach How powerless is human speech To comfort or relieve When at some sudden stroke of fate, Hopelessly inarticulate,

The heavy hammer on the thumb

But, though for some brief moments dumb. In accidents like these The sufferer in time can turn From thoughts that breathe to words that

And find in language case.

But, ah: no adjectives avail. Verbs in all moods and tenses fail To soothe such grief as mine. Splashed, by a bansom passing by, With mud on cellar, shirt and tis, When driving out to dime.

What are these 11 original, funda-mental, basic jokes, not made for a parish, or an occasion, necessarily hu-man and universal? Look over the

that he was now sure there were 22 original jokes. Any man or woman who produces 11 original jokes in a lecture is a world wonder. With all due respect to Miss Repplier, we are inclined to think that Mr. Choate was

comic weeklies from the beginning of Punch and you will find the same lines of humorous thought, endless repetitions of a fool-born jest, ponderous elaboration of a triffe, changes of an old idea to suit time and place. The old jest books—Joe Miller's, and before

been informed that there were 11 original jokes in the world. After she had. said her allotted say, Joseph H. Choata arose and, gallant as ever, remarked

babbler," says Plutarch, "is everywhere drunk-in the market place, at the theater, in the public portfoos, or deam-hulatories, as well by night as by day." The favorite jokes in this country The favorite jokes on the moth-

in mute despair we grieve. Bitter is unrequited love: Grievous the split of new-bought glove; Cruel the broken gut That lets the biggest fish go free; The careless guip of scalding tes; The foosied six-inch putt;