

TOWN BEING MOVED TO MAKE WAY FOR WATERS OF CANAL

Cabaret Veil to Be Used by Society Women Who Desire to Dance "Tango," "Turkey Trot" and "Grizzly Bear."



The Cabaret Veil.



Prince Engelshoff and Wife

Lord Camoy's, His American Bride, The Former Mildred Sherman, and Their Baby



Princess August-Wilhelmina of Prussia

Mexican Emigrating To United States.

NEW YORK, Sept. 20.—(Special.)—The town of Gorgona, the largest in the Canal Zone, is being moved in anticipation of the flooding of the townsite by the rising waters of Gatun Lake. The buildings, which are rapidly being demolished to make way for the waters of the canal, are being shipped to other points along the zone, Empire and Balboa, where the Government will re-erect them with little expense, as the structures are being demolished in sections. The railroad tracks will be taken up as soon as all the buildings have been removed, and then, when Gatun Lake is opened, the town of Gorgona that was will be covered by the waters of the lake to a depth of 20 feet.

The Americans are not the only persons emigrating from Mexico. Some of the natives are crossing into the United States for safety. The accompanying photograph shows a Mexican ready to cross the border.

Prince Nicholas Engelshoff of Russia and his wife have returned to Europe after a visit to Chicago. The Princess was the daughter of C. W. Partridge, of Chicago. The Prince was

for some time Consul-General of Russia at Chicago. Before departing he paid a high tribute to the statesmanship of President Wilson.

As a result of the desire to dance the "Tango," the "Turkey Trot" and the "Grizzly Bear" by those who will attend society's afternoon tea dances to be given this winter, the "cabaret veil," a creation to hide the identity of the fair dancer, has been designed, and has already found much favor with the ladies. It is patterned after the veil worn by women of Oriental countries, concealing the lower part of the face and permitting only a glimpse at the eyes and upper part of the face.

Typical old English scenes were witnessed at the little village of Stoner, near Henley-on-Thames, when Lord Camoy took his American bride for the first time since their marriage nearly two years ago to his ancestral home at Stoner Park. The villagers cheered to the echo when they saw the coming of their Lord and his Lady and the 3-week-old baby of the titled pair. Lady Camoy was the former Mildred Sherman, daughter of Mr. and Mrs. W. Watts Sherman, well known in New York and Newport society, and was bridesmaid at the wedding of Miss Gould to Lord Decies. Lord Camoy, the best man at the wedding, was charmed by the beautiful bridesmaid,

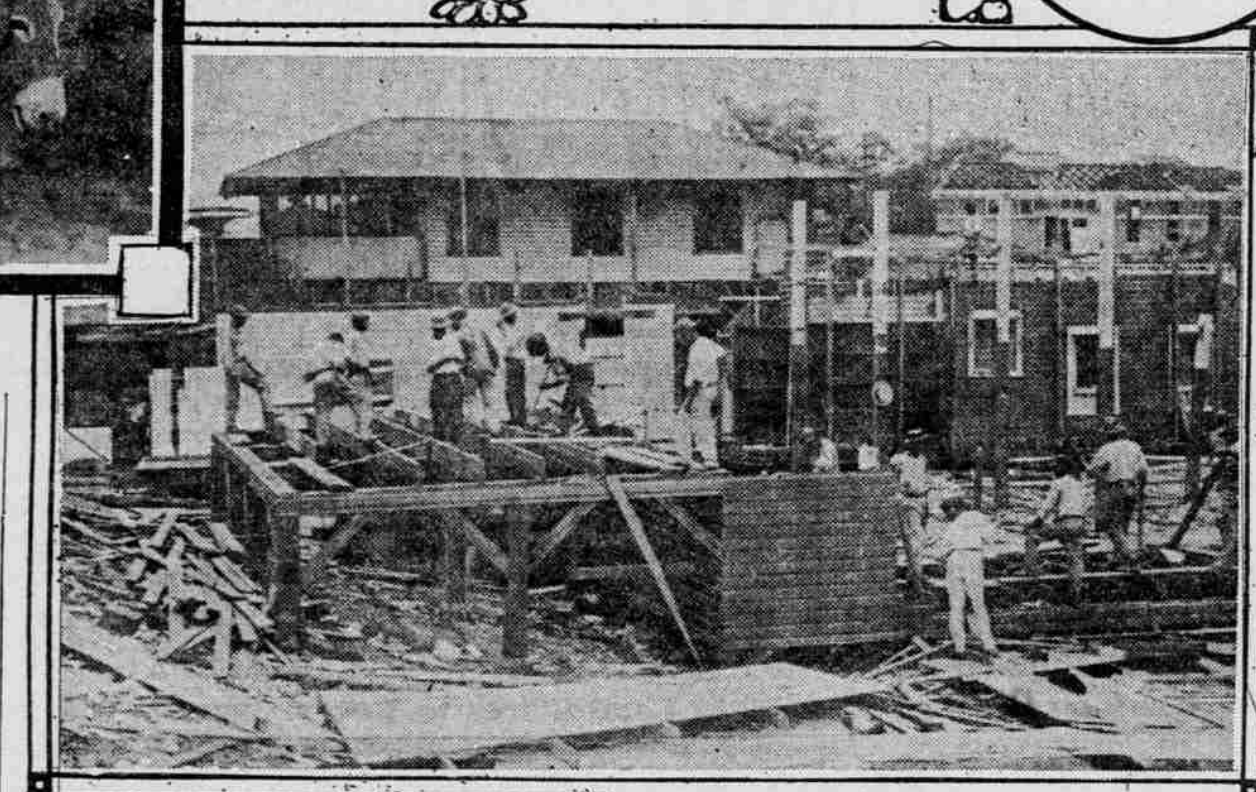


Photo © Underwood & Moving A Panama Town To Make Way for Canal

and the romance started then culminated later in their marriage. Stoner Park is an immense estate, comprising 3400 acres, with gardens full of old-fashioned English flowers, sweet peas, foxgloves, hollyhocks and marigolds.

Princess August-Wilhelmina of Prussia has adopted a novel way of showing her gratitude for the birth of her first

child after four years of marriage. She is starting an organization, the object of which is to provide for young mothers and infants of the poorer classes. Every well-to-do young mother who has just been blessed with an infant is expected to help.

Instead, however, of appealing to the rich mothers, the Princess' organization proposes to appeal to their

babies. At all houses where the stork has arrived a letter will be delivered beginning "Dear Little One." The letter will congratulate the "Dear Little One" on its good fortune in being born among the rich, and proceed:

"There are thousands of others of thy age and size who have not thy advantage," and so on. The end will be an appeal for money.

Within four hours. That amount of tobacco would not make a chew for many men.

The power of the liver cells to destroy poison constantly is recognized by physicians. A drug injected under the skin passes directly to the brain and nervous system and hence produces a much more rapid and powerful action. The same drug given by mouth is much slower in action, and a larger dose is required, for the liver will destroy a certain portion of it. In South America the native Indians use a poison on their arrow-heads called curare, which will produce almost instant paralysis if shot into the body of a man or an animal. Large doses of curare taken by mouth have but little or no effect, for the liver breaks it up into less harmful substances.

Capacity Is Limited. However, there is a limit to the poison-destroying capacity of the liver. Most livers are overworked, for most people eat more than is necessary to good health. These microscopic food inspectors have more than they can do, so many things slip through into the blood without being passed on. The liver becomes tired from constant overwork and gets behind, and so things are upset generally.

Why should the body be abused simply because the organs of the body are made with reserve forces and hence will stand a large amount of abuse? Morphine is a deadly poison and yet the body will accommodate its forces to stand a large amount of it. Likewise with alcohol and many lesser poisons, but it stands to reason the body does its best work when the reserve powers are held intact for emergency, and for times when the vital forces may be especially called into action. It is said that even a worm will turn on its tormentors, and so the organs of the body will stand much abuse, but in time they either get so they cannot work, or organic changes interfere with the functioning of the liver.

The liver cells when constantly irritated by poisons, as brandy, whiskey, strong wines, nicotine, poisons from the stomach and intestines, and mineral poisons, are likely to suffer from organic changes sooner or later.

Prodding Is Not Required. Patients frequently consult physicians in reference to their overworked livers.

"Can you give me something that will make my liver do better work?" "Doctor, I believe that I need something to stir my liver up a little."

Now, no liver requires to be stirred up or prodded in order to get more work out of it. It already has done too much

work. It needs to have rest. It needs to have the hindrances removed, then it will co-operate faithfully with all the body forces.

Drinking abundance of water is one way of helping matters. All water taken into the stomach and intestines must pass through the liver, hence it is evident that free water drinking must exercise a wholesome influence upon this organ. No less an authority than Sir Lauder Brunton, of London, makes the statement that if people drank abundance of water daily, it is doubtful if any one would have gall-stones. Lemonade, because of the salts it contains, is especially favorable in its action on the liver. This is no doubt due to the phosphates.

Few Medicines Effective. The liver is a part of the vital economy, and so anything that promotes health will enable it to do its work properly. Moderate eating, moderate exercise, plenty of water drinking, plenty of fruit, not too much protein in the diet, and a temperate life in general is all that any organ of the body requires to make for health. Constipation especially throws extra burdens on the liver. The worst thing that any one can do, if he thinks his liver is in especial need of attention, is to begin to swallow patent "Liver Medicines," and drugs in general. This only adds fuel to the fire. When the liver reaches the point that it needs "regulating," something more than taking medicine is necessary. No drug possesses the magic charm or power to regulate the liver, in fact, it is a truth of materia medica that few medicines have any favorable action on the liver at all.

The amount of pills and nauseating decoctions that are on the market as cure-alls for all the ills of the poor liver, and are swallowed with the hope that de-liverance will come, would fill several freight trains. Nature has so arranged things in the body that years of abuse cannot be atoned for by swallowing any number of pills. The liver, in fact, it is a truth of materia medica that few medicines have any favorable action on the liver at all.

Living in harmony with Nature's laws is the only way to have abiding health. Those who adopt the method of climbing up over the wall instead of going through the gate, will find that short-cut method to be only a thief or robber.

Answers to Correspondents. Wilson, Or.—Dear Doctor: Your article on "Dirty Hands" taught me many new things. You told us the danger but not the remedy. How can a busy housekeeper clean her hands quickly—medically clean?

I am only a farmer's wife but I have raised ten healthy children. Every one has been taught from babyhood to wash thoroughly after eating, after touching anything that a dog, or any animal, for these animals harbor tape-worm germs we are told by the Department of Agriculture.

Since reading your article I have been more careful than ever when cooking to have my hands as clean as possible, and am even using a solution for the fingers of three bichloride tablets in a glass of water, which I keep on the shelf in the bathroom. Do you think that this will help to make them clean? We all wash in running water, but many families do not have it.

MRS. R. Answer—In the article on "Dirty Hands" the dangers were briefly set forth and the remedy was emphasized, namely: to never neglect to wash the hands at the most necessary times, and to everlastingly keep the hands clean.

When the governor's cottage was passing through a village Natalie Katerinich, aged 5, was seated by the roadside musing mope. The narrative says that "the devil entered the little body, she took up some dirty earth and threw it at the automobile and it fell on the governor's coat."

Natalie, aged 5, now terrified and screaming, was pursued and captured. Her mother was arrested and made to walk under armed guard for eight miles to the chief police depot. The father was arrested and marched the eight miles to the police office; he was released at 2 A. M. to march back and find all the villagers in meeting. After the presentation of the general petition and special petitions by the mother, father and grandfather, praying that Natalie might be forgiven, the villagers were allowed to depart with a severe admonition. But the mother was sent to prison for 15 days.

ET the greatest athlete have dyspepsia and his strength will soon fail. One's stamina—forcefulness and strength of mind or muscle depend upon the blood, and the blood in turn, requires a healthy stomach, for the stomach is the laboratory where the food is digested and such elements are taken up—or assimilated—which make blood. In consequence all the organs of the body, such as heart, lungs, liver and kidneys, as well as the nervous system, feel the bad effect if the stomach is deranged.

Dr. Pierce's Golden Medical Discovery helps the stomach to digest food properly, starts the liver on new activity, removing the poisons from the blood, and the various organs get rich, red blood, instead of being illly nourished. The refreshing influence of this extract of native medicinal plants has been favorably known for over 40 years. Everywhere some neighbor can tell you of the good it has done.

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clean, and particularly should those who cook do this.

Dipping the fingers into a bichloride solution after washing, such as you mention, is not necessary nor does it do much good. Mechanical washing of the hands in running water, using a common nail brush and ordinary soap will make the hands clean enough to do a surgical operation, providing it is done thoroughly enough. No disinfectant is necessary to keep the hands even surgically clean.

It is an easy matter to keep the ends of the fingers clean if the nails are trimmed closely. A long finger nail is insidious for it furnishes a place for all kinds of filth and innumerable germs, moreover it is very difficult to clean or keep clean nails that are allowed to grow long.

Those who live in the country and do not have running water to wash in can easily remedy this matter. Most farmers wash outside of the house. If a 10 or 20-gallon keg were put on a shelf over the wash basin or over a trough to carry off the waste water, running water could be had to wash the hands and face in, either by putting an iron or a wooden faucet near the bottom of the keg and just turn it on a little when washing. It would be an easy matter to keep the keg filled with fresh water. This simple device would do away with the family wash-basin which is a filthy and insidious utensil.

NATALIE, 5, THROWS MUD

Enormity of Russian Officialdom Seen in Mother's Imprisonment.

ST. PETERSBURG, Sept. 20.—(Special.)—The enormity of Russian officialdom is well illustrated in the report of an event which has occurred at Kharkoff, where, owing to a piece of harmless, childish mischief, a whole village was penalized, and a mother sentenced to 15 days' imprisonment.

Katerinich, the governor of the province, started from Kharkoff in a handsome automobile, accompanied by a mounted escort of the district chiefs of police; an authorized public report tells what befell him.

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LIVER IS GATEWAY TO BODY; ALSO FOOD INSPECTOR, POISON DETECTOR

Organ Is Only One in Body Which Is Always Necessary, and It Will Protect Life if Given Half a Chance by Human Being, Says Doctor Rossiter.

BY DR. FREDERICK M. ROSSITER.

ALMOST every one knows he has a liver, but the majority of people have a rather vague conception of what the liver really does, and how vital it is to their happiness and existence. A few days ago a surgeon demonstrated a patient from whom he had removed an entire lung, and the "one-lung" apparently was none the worse. Today there are many people living and enjoying good health who are minus a stomach, or a kidney, or a spleen, or some other important part of their anatomy. Quite recently a Portland surgeon removed 8½ feet of a young man's small intestine and so saved him from an untimely death. There are people living who have had the entire large intestine put out of commission. All of these operations have been necessary, and lifesavers, for many years of comfortable living have been added to the lives of the persons concerned.

While all this is true, there is no one going about without a liver. We have not yet learned how to de-liver a person and have him continue to enjoy living.

Liver Always Necessary. This organ stands between man and death every day. If it should completely cease action for from 24 to 36 hours, death would be inevitable. Man can live for years without a stomach, with one kidney or minus half his alimentary canal, but he cannot live a moment without a liver. When it fails, life goes with it.

The liver is the largest gland in the body, weighing in the adult about 3½ pounds. The size of the liver in living animals varies somewhat with the function of the animal. For instance, the liver of the oyster occupies about half of the organism because the oyster primarily is a scavenger and so needs a large liver to destroy the large amount of poison and filth that go through its body.

The liver seems to belong to the pentad family, for it has five lobes, separated by five fissures, held in

HEALTH AND EFFICIENCY, HOW TO MAINTAIN BOTH.

By Frederick M. Rossiter, B. S., M. D.

Questions pertaining to health, hygiene and the prevention of disease will be answered in this column. When for lack of space and when questions are not suitable, answers will be made by mail, providing a stamped envelope with address is inclosed. No questions will be considered without the name and address of the sender. No diagnosis will be made in this column.

place by five ligaments, permeated by five sets of vessels, and has at least five functions, and more likely 15. The liver is still more interesting, the substance of the liver is divided into five-sided little lobules about 1-25 of an inch in diameter, and these in turn are composed of liver cells which appear under the microscope, when in a state of rest, as five sided.

Liver Gateway of Body. The ancient Greeks recognized that this organ was the gateway to the body, for they named the large vein that collects the venous blood from the digestive organs the porta (fortified gate) or the gate vein, and so now we call it the portal vein. This name holds absolutely true to fact today, for the liver is the gate to the body. Nothing that one eats or drinks excepting a little fat can get into the blood without passing through the liver.

As the portal vein enters the liver it divides and subdivides into innumerable almost microscopic divisions among the cells. Here there is a sort of clearance house action going on. Or the cells may be called food inspectors, for the things brought by the blood that are suitable for the body are allowed to pass on, while the poisons and waste materials are destroyed, and carried out through the

bile ducts and eventually are cast out of the body.

The liver is a faithful porter, receiving food for the needs of the body, and each portion most critically inspected. If city food inspectors were as careful and as particular as the liver cells are in selecting wholesome food, much that is now bought and consumed as food would find its way in short order to the garbage can.

Aid Is Given Digestion. Bile, while it is a waste product, is formed by the liver cells to aid in the process of digestion. The manufacturer who can find means for utilizing the waste of his factory makes the largest gain and the best showing at the end of the year. So the body takes a fluid, which would poison it if carried into the general circulation, and uses it in preparing material for repairing and building tissues. Sometimes the bile is absorbed again and again from the intestines until it becomes very dark green, and "bitter as gall." It goes in a small circle, a vicious circle, a regular merry-go-round, and then one does not feel well. The poison gets into the blood and one "feels heavy" and there is more or less depression. It is doubtless at these times that some people think the liver needs "toning up." The liver is not at fault, but it is more like a tired horse that has been overworked and is in need of rest.

More than 2000 years ago the Greeks connected great depression of spirits with disorders of the liver; hence the term melancholia, which means black bile. Overburdened livers have been the cause of many sudden deaths, having produced the desire for self-destruction, and there is no doubt that overworked livers have sent more than one man to the gallows.

Rest Will Aid Liver. Overloading the stomach makes the liver carry extra burdens. The man who partakes of a late supper, filling up on boiled lobster, wallops rabbit, rich foods and wine, is more than likely to get up in the morning thinking that his wife is ~~going~~ ~~the~~ ~~that~~ ~~financial~~

ruin stares him in the face: that his business is going all to pieces; that his friends are conspiring against him; that the weather is horrible—what is the use of trying to keep in the game? His poor liver is fairly groaning under the burdens. It does not need a whip, or something "to stir it up." It needs rest and a chance to rest. Drop out a few meals. A bread and water diet for a few days is all that is necessary.

We have another term in our language that indicates somewhat the influence the liver has on the mental state. That word is hypochondriac. This large word in simple language means under the ribs, or one who lives under the ribs in his mind. The liver is under the ribs and a disordered liver acting reflexly through the sympathetic nervous system effects the mind gives rise to many morbid feelings and impressions.

Liver Is Storehouse; Steward. The liver serves as an important storehouse, where food is held for an emergency. Reserves are kept for the muscles and for every organ of the body. The liver acts as a commissariat for the muscles. Every time a muscle contracts, the liver does out to it a certain amount of liver starch, in the form of sugar. Hence it is obvious that a certain amount of exercise is absolutely necessary to a healthy, active liver. The liver starch is stored up there as a reserve supply, a sort of coal-bunkers for a "rainy day."

Enough food is always stored away in the body to maintain all the functions for several days, so there is no danger of starving to death in case the evening meal is omitted or cannot be had.

Chemist; Diviner of Poisons. In olden times certain royal cups, called divining cups, were supposed to have the power to detect poisons. This no doubt was delusion, but the liver cells cannot be deluded nor deceived, however subtle the poison may be. These cells are on the alert for every substance that could injure or destroy the body. The liver cells regard every harmful substance as an enemy. They do their best to keep it out of the body, or to break it up into substances less dangerous. The man who chews tobacco, or who smokes immoderately, does so with apparent impunity, for the liver stands between him and death every day. If the nicotine of the tobacco could get past the liver without being held back or without being altered, death would be sudden. A few weeks ago a woman gave her child an enema, using a teaspoonful and a half of ground tobacco. The child was dead