

WORLD'S NOTABLES SNAPPED ON FILMS OF NEWS CAMERAS

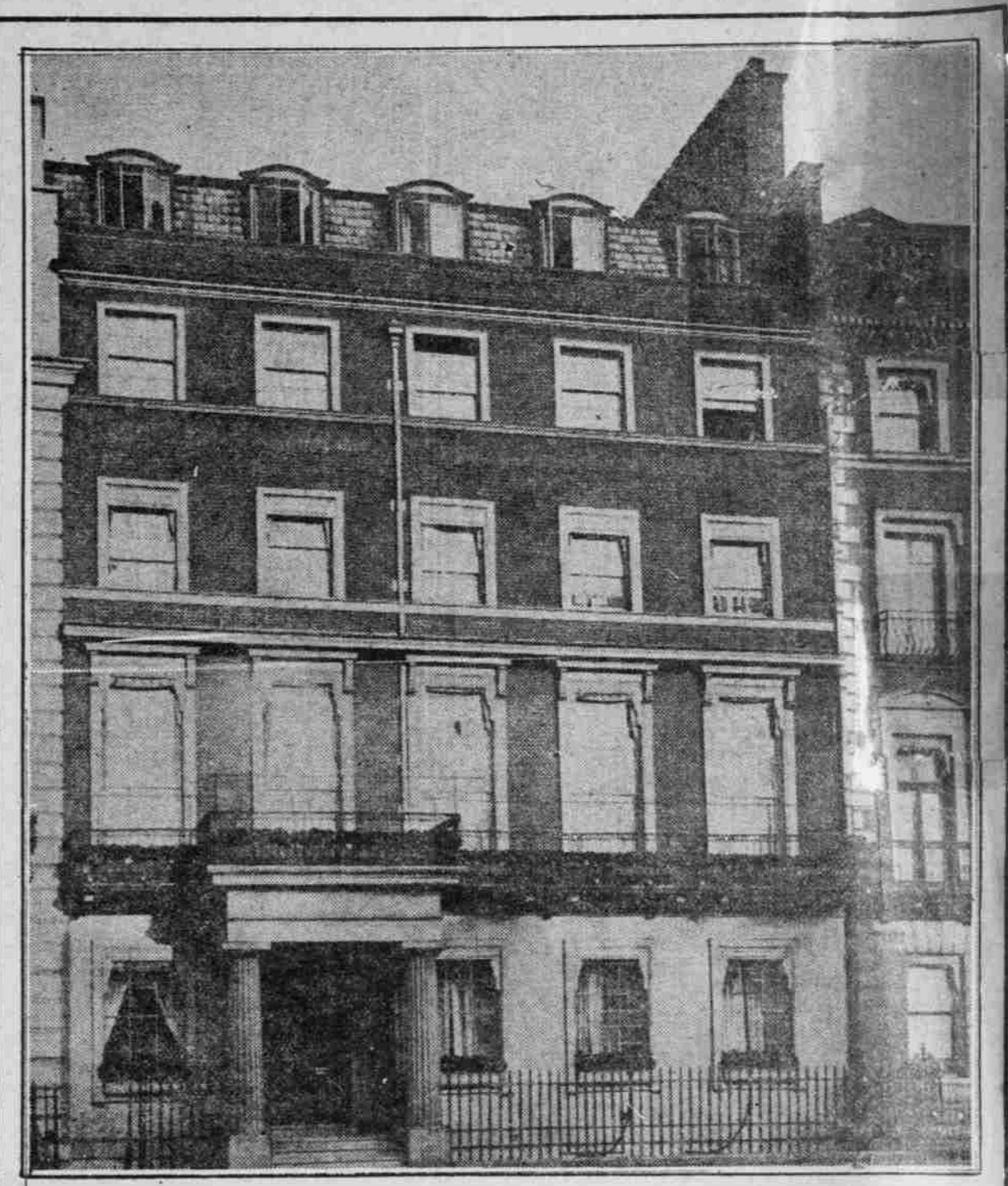
Prominent Actors on Everyday Stage Caught in Typical Poses.



Left to Right, Lady Sackville West, Miss Grosvenor, Mrs. Nicholson, Miss Ruben, Harold Nicholson.



Mrs. Harold Nicholson. Photo by Baird.



London Home of American Ambassador To England



Royal Family of Russia.

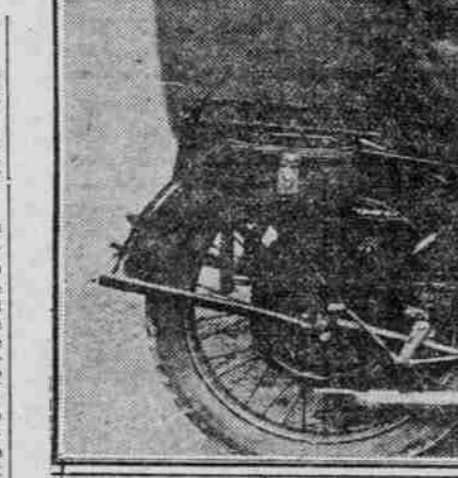
NEW YORK, Nov. 1.—(Special.)—A recent wedding in England that attracted much attention was that of Miss Victoria Sackville-West and Harold Nicholson of the Foreign Office. The bride is a daughter of Lady Sackville-West, who recently established her rights, in a sensational lawsuit before the London courts, to a large part of the fortune left by the late Sir John Murray Scott and whose amazing career reads like a fairy story. Lady Sackville-West opposed the marriage of her daughter to young Nicholson, for she had planned a brilliant marriage for her daughter. Miss Victoria, however, was determined to marry Nicholson, and Lady Sackville-West was forced to give in. She was not present at the wedding, but it was declared the reason for this was the state of her health. Although Lady Sackville-West was not well enough to be present at the marriage of her daughter, Miss Victoria Sackville-West, to Harold Nicholson, she appeared with the young couple in public and thus showed that although she was much disappointed in her daughter's choice of a husband, she had given her consent to the wedding and was trying to make the best of it. Her gifts to her daughter were unique in value and beauty and she took infinite care and trouble in arranging the marriage ceremony. Nicholson is a son of Sir Arthur Nicholson. He is connected

with the British Foreign Office and will be stationed at Constantinople.

Dr. Walter H. Page, the American Ambassador to England, has rented the house at 4 Grosvenor Square, one of the fashionable quarters of London. Dr. Page and his wife were guests at the wedding October 15 of Prince Arthur of Connaught to the Duchess of Fife.

In Paris, where the automobile was popular before the American manufacturer ever thought of bringing it to the perfection of its present state, the street cleaning department has started an innovation in the removal of the garbage and accumulation of its refuse by using a specially constructed motor truck for this purpose. The body of the car is built of galvanized iron with covers of the same material so arranged that they slip over one another, thereby hermetically sealing the car when loaded. Covered over as it is, the usual spectacle of an army of files following in the wake of the garbage wagon, so familiar to the sight of Americans, is eliminated, and the odors which ordinarily arise from a wagonload of garbage are not forced upon the people as in our own big cities.

The latest and most useful novelty in the motorcycle line is the product of the Williamson people of Coventry, England. It is a three-wheeled motorcycle with side carriage capable of holding two passengers comfortably.



Latest Idea in Motor Cycles Seen in London.

The top of the side car is collapsible. The cycle is equipped with a light horsepower water-cooled motor. The diminutive size of the whole car is what will appeal to those who have little space, yet wish for something larger than the ordinary motorcycle and yet not so large as the regulation motor car. As the poor man's

car this will probably fill a long-felt want.

This is a recent photograph of the royal family of Russia. It is rumored that a visit of the stork is expected in the royal household. The rumor originates in the departure of the Czarina's physician for Livadia to join

the Imperial family. The Czar and Czarina now have five children, as follows: Grand Duchess Olga, born November 15, 1895; Grand Duchess Tatiana, born June 10, 1897; Grand Duchess Marie, born June 26, 1899; Grand Duchess Anastasia, born June 18, 1901, and the Grand Duke Alexis, born August 12, 1904.

PURE AIR, PROPER BREATHING, DIET, CLOTHES NECESSARY TO GOOD VOICE

Women Born to Breathe Like Men, Says Physician, but Corsets and Mode of Life Change Plans of Nature. Tobacco and Alcohol Also Have Noticeable Effects on Tones.

BY DR. FREDERICK M. ROSSITER.

If a few minutes were devoted each day to keeping the voice in tune, the world would be full of melodious tones and beautiful voices, and we should be spared the almost universally harsh, rasping sounds that now greet our ears on every side. The human voice is the most wonderful musical instrument in the world. The tremulous, subdued tones of the pipe organ, or the sweet, delicate obbligato of the violin, appeal to the inmost emotions; but the cultivated human voice with strength, virility and sympathy in its utterance, appeals to the deepest heart of man and affects his entire life.

A rich, musical voice, which some have by nature, is a priceless gift, but any voice, however defective the placing of sounds may be, can be wonderfully improved. Considerable more responsive the vocal organs are to right efforts for improvement, it is surprising that so few have attractive voices either in conversation or in public speaking.

The voice, above all instruments, should receive care and attention. We can lay it down as a broad and general rule that whatever promotes the maintenance of robust health serves as an invaluable agent in promoting the health of the vocal organs.

The first thing necessary to the hygiene of the voice is correct breathing. In this respect young girls and women are more at fault than are men. All tight bands, constrictions and tight clothing about the waist are always unhygienic, and particularly so when it comes to developing strong and musical vocal cords. There should be an unob-

structed passage for air from the diaphragm.

How shall one breathe? What is the correct way of breathing? These are questions that many are asking and over which there has been considerable controversy for many years. Some physiologists have tried to make us believe that civilized woman has a normal way of breathing that is different from that of a man. Then some physiologists say the reason women in civilized countries breathe differently from men is because they have for years worn tight corsets which have restricted the action of the abdominal muscles in breathing, and have made more prominent upper chest breathing. Facts show that uncivilized women breathe just exactly as do their brothers and husbands, and so do women in all civilized lands when they dress properly and hygienically.

Because of differences of opinion on this matter we hear much about chest breathing, diaphragmatic breathing and

abdominal breathing; but none of these methods is correct; all are incomplete, and any one of them if practiced alone will result in harm. If those who are in doubt as to the natural method of breathing will watch a little child breathe, the question can be settled beyond controversy. The entire front of the body moves forward, and there is also a slight lateral movement. It is a stamped envelope with address included. No questions will be considered without the name and address of the sender. No diagnosis will be made in this column.

The base of the lung should fill with air first, as a result of the contraction of the diaphragm, which is a cone-shaped muscle forming a separation between the chest and abdominal cavities. This muscle flattens out during inspiration because of the contraction of its muscular fibers at the same time the ribs, to which it is attached, rotate outward and a little forward. The latter action tends still further to flatten this muscle. The downward movement of the diaphragm presses on the stomach and liver, and produces a slight forward movement of the abdomen. As the lungs fill with air, there is a gradual expansion of the chest forward and laterally, which completes the movement of inspiration. Thus, during the entire movement of breathing in, there is a rhythmical movement of the front of the body, beginning with the abdomen, and quickly passing up to the top of the chest. In inspiration the abdominal

muscles are perfectly passive, but they are active in expiration.

This latter action of the abdominal muscles is an important factor in voice production. Also this same principle holds good in reference to the breathing of the lower animals. When a cat meows, a dog barks, a cow bawls, or horse neighs, the abdominal muscles contract and become tense, the diaphragm slowly relaxes, and some of the little muscles between the ribs contract.

Speaking or singing from the throat not only produces an irritating tone, but also a chronic state of irritation of the larynx, and pharynx, causing some of the most aggravating forms of catarrh. These parts often are kept in a continual state of disease by the habit of speaking rapidly and in a high-pitched, unnatural tone of voice. Such use of the voice injures the speaker and hurts those who have to listen.

Since tone is the result of vibration of air and cannot be produced without it, one should see to it that there is abundant pure air. Rooms should be thoroughly ventilated night and day. Pure air has much to do with a good voice. The voice is quickly affected by a vitiated atmosphere such as is found in poorly ventilated churches, houses and public halls, and many theater buildings. The air which is laden with the poisonous exhalations of the lungs, organic and carbon dioxide gas, together with the germs that are floating about, affects the vocal organs, and also poisons the body. Singing in poorly ventilated rooms will rob the voice of its freshness and purity of tone. Bad air depresses the mind, and such a state of mind reacts on the voice. Moreover, a heavy atmosphere is a poor conductor of tones. It interferes with the purity of tone.

Climatic Conditions Count.

Climate has much to do with the voice. No doubt the peculiarities of the language combined with the favorable climate make the Italian voices sweet and smooth. An extremely cold climate or a hot climate is not conducive to a clear, musical voice.

It is not a good practice to sing out of doors when the air is cold and damp. If the voice is used much the entire

larynx is filled with blood from the exercise. If cold, damp air then is breathed in, and especially through the mouth, there is likely to be more or less catarrh of the vocal cords. After such exercise the throat should be well protected before going out into the cold night.

All judicious forms of exercise are good for the voice. A cold sponge bath every morning, particularly of the throat and chest, is excellent, as it relieves the congestion of the membrane of the throat, and stimulates every activity of the body. The cool sponge bath gives tone to the entire system. Hot baths and long continued local steam applications before singing should be avoided, as this treatment is not likely to put the vocal cords in the best conditions for singing.

No mouth breather can ever expect to have a musical voice. Adults who breathe through the mouth, the mucous membrane becomes dry and irritated because of the absence of the normal secretions and the presence of dust and germs. It is just as impossible to produce good tones with a dry mucous membrane as it is to whistle with dry lips. The obstruction of nasal passages not only is a cause of mouth breathing, but gives rise to nasal sounds that do not add to the quality of the voice. The nasal chambers act as sounding boards in tone production and if they are filled up with enlarged structures no tone can be musical.

Attention to diet should have an important place in the hygiene of the voice. A heavy diet with an excess of protein is not going to add flexibility to the voice. A diet that affords an abundance of ripe fruits is beyond all question the best food for singers. Oily foods and much fat are not good for the voice or the throat. They produce more or less irritation.

Singer Should Guard Diet.

It is well for a singer to be careful about the diet for no singer can do good work and be troubled with indigestion. How can the tones be sustained when the stomach is ballooned

with gas, or disturbed with fermentation? Constipation is sure to cause more or less trouble with the throat. The vocal cords are likely to become congested, and the person is more subject to frequent colds because of the local irritation. An intimate relation exists between the different portions of the alimentary canal. Congestion of the lower end of the bowel is sure to aggravate and increase any catarrhal condition of the mucous membrane of the throat and larynx.

If one desires to keep the voice soft, flexible and sweet, among other things he should avoid all condiments, much candy, fried foods, fatty, greasy foods, coarse vegetables. No difficult singing should be attempted after eating a full meal; however, many singers take a light lunch one or two hours before singing.

The "alcohol voice" and the "smoker's voice" are well known among physicians. Alcohol irritates the laryngeal membrane of the mouth and throat, and causes congestion; in time these surfaces become hardened. The vocal cords are thickened, and lose their flexibility. Smoking causes muscular relaxation, and keeps the vocal cords in a state of irritation. It becomes more harsh, it loses its sweet resonance.

The "clergyman's sore throat" is an affection commonly found among public speakers. The voice can not hold up a number of conditions, such as speaking in cold, damp air, speaking in poorly ventilated rooms, but the most common cause is a faulty use of the voice while speaking, and improper breathing. Some ministers and some singers are good performers on the larynx. Judging from the effort made one would think that all their power of voice was produced by the muscles of the throat and chest, as is the case with not only does injury to the delicate structures of the "voice box," but it lacerates the cords of those who have to listen. The voice can not hold up long under such strain. At the end of an hour a speaker or singer is exhausted, and the voice is husky.

The delicate little muscles in the larynx are there for the purpose of

regulating the tension of the vocal cords and not for producing the power to use the voice. The power for speaking or singing should come from the large muscles at the waist, and the most important one is the diaphragm. No sustaining qualities of tone can ever be produced by the little muscles in the throat. Massage to the throat at the waist are used to deliver the air over the vocal cords ought to be able to speak or sing for hours with fatigue only in proportion to the nervous energy consumed.

When there is an acute inflammation of the larynx the voice should not be used. If there is hoarseness from a cold without any soreness or pain this may be gradually overcome by practicing on the low tones of the scale and gradually increasing the pitch, but all should be done with soft tones. In this way the entire scale can be taken without effort and the hoarseness will gradually disappear. Massage to the throat and a cold, wet compress well-covered so that no wet edge is exposed will do more for these throat troubles than anything else.

A proper use of the voice in speaking or in singing, or voice culture or preparation of the vocal cords, with correct breathing, will do much to promote health. It is said that a song in the voice will produce one in the heart.

Mother Goose on Health.

I had four doctors from over the sea. And each one declared he could cure me. The first one made me pound at a great pile of stone.

The second said my need was a bone of the third prescribed a diet of plain dry bread.

The fourth ordered gruffly, "Go stand on your head!"

Now why should I pound at a great pile of stone, and why should I need a bone of my own?

And what was the good of eating plain dry bread?

And to stand on heaven, should I stand on my head?

It is good for your liver to pound on stone, and good for your heart to eat a bone of your own.

And good for your stomach to eat plain dry bread.

And good for your brain to get the blood in your head.

—MARY HENRY ROBERTS.

OLD SOLDIER, 94, TELLS OF DAYS OF CIVIL WAR

Nonagenarian Stamps Cheerily About Station and Tells of Experiences at Andersonville, Where He Stayed Until Paroled.

WITH a bullet in his knee, received while escaping from Andersonville, the prison of Nicholas Lamb, 94 years old, sauntered about the Union Station yesterday, walking without a limp and taking such a vivid interest in all he saw that casual acquaintances doubted his statement he was a nonagenarian. But Lamb had documents to prove he was 42 when he joined the Ninth Massachusetts Infantry in 1861. He has been visiting his son, Nicholas H. Lamb, in Idaho, and is on his way to Los Angeles for the winter.

"When I left the service I settled in Idaho," said the veteran, "but I made a trip down to the Soldiers' Home over in Winter to fight the Civil War battles over again with some of the vets there.

"When one is 94, there are so many things to remember that it is always difficult to tell just what event was the most momentous," he continued.

"Now, I remember clearly many events of the Civil War.

"Andersonville" repeated Mr. Lamb when he was asked about that prison.

"Well, it was so bad that a lot of us risked our lives trying to get away. I can't remember how many were shot down as they ran, but a twinge now and then won't let me forget that I got a bullet in the right knee. It was a dark night when we made the dash, but the first volley was sent after us by the guards at such short range that the flash from their guns seemed to illuminate the ground in front of us. I ran until I dropped unconscious. The next morning, weak, hungry and cold, I hobbled across a field to a house where a negro was up on a ladder painting.

"Please come down and help me

over the fence, good Mr. Nigger," said I. "Don't trust no Yanks, but yo' all come on in de yahd," he replied.

"So I managed to crawl over the fence and the negro struck his head in a window and called his master.

"The master was a Confederate officer and when I caught sight of his uniform I thought my time had come, but he took me into the house, gave me a good dinner, some clean clothes and then said: 'I must take you back to the prison. Will you give your word of honor to make no resistance if I take you back in my buggy, or shall I have you taken back by force?'

"I promised, of course, and back I went to Andersonville to stay until paroled. They told me the officer was General Wade Hampton, and I have always believed it was he.

"When the prison doctor came along next day he said: 'Yank, that's a bad wound. Your leg will have to come off.'

"I'd rather die,' I answered.

"'All right; give me your name so I can enter it on the death register.'

"'Nicholas Lamb,' I answered.

"'Who said Nicholas Lamb?' inquired a soft, drawing Southern voice, and when I cried out that was my name, came Dr. O'Brien with whom I had argued bitterly about secession and slavery when we were both up in Massachusetts.

"'I'm afraid I'll have to save that for Lamb,' said Dr. O'Brien to the surgeon.

"And he'll use it fighting with the other.'

"I sure will if I ever see you again," said Dr. O'Brien saved me. I had been about as used to the 'ole leg," concluded Mr. Lamb, ready to take his train.