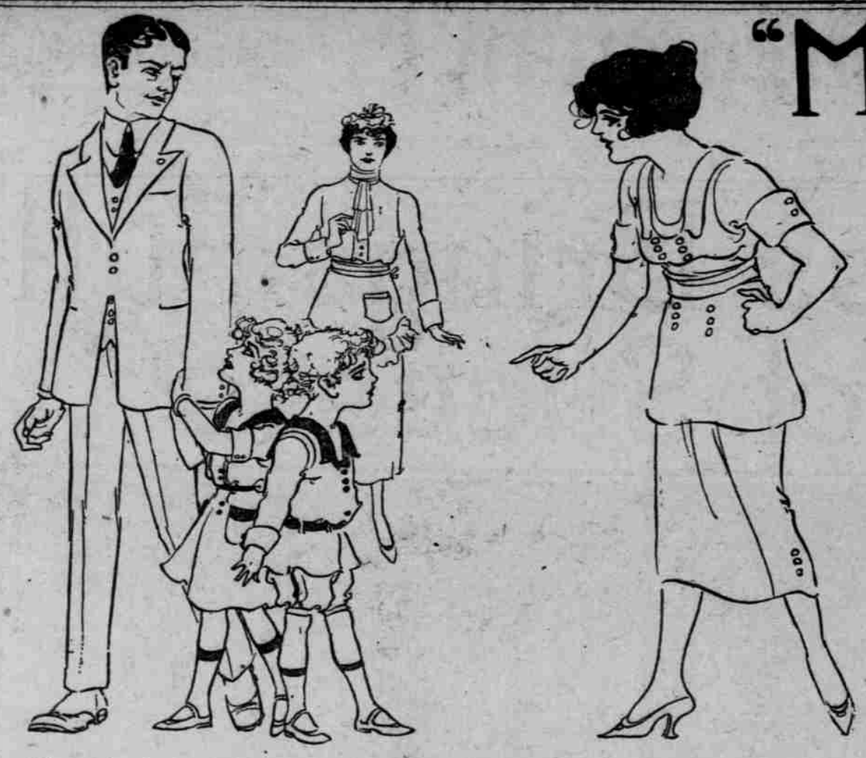
"More Discipline for Women!"-

And Colonel Helen Bastedo Adds: "We Need It to Develop Our Souls"



"Servants, husbands and children stand in terror of the undisciplined woman."

Fencing Master Martin Capdevielle drilling a company of recruits for the Women's Guard at the Seventh Regiment Armory, New York City.

Recruits being enrolled in the new women's guard at the New York headquarters.

"In the military drills women get the personal contact with other women that they need for soul and mind expansion."

Major Jennie C. B. Gay (at the left) and Colonel Bastedo, organizers of the National Guard for Women.

Pistol practice by members of Colonel Bastedo's Motor Corps.

How the Energetic Organizer of the Women's Motor Corps Is Gathering and Drilling Recruits for the New Women's National Guard Which, She Declares, Will Demonstrate the Advantage of Military Training Even in Private Homes.

BY ETHEL THURSTON.

"THE American woman needs a new soul. New conditions and new problems are knocking today at her door. How shall she meet them? Can the old mind, the old life square with the new? They cannot!"

With the emphasis on the "not," Colonel Helen Bastedo, who organized more than 700 women into a highly disciplined and most efficient motor corps for war and post war work, of both a military and a civilian nature, stamped her foot and then proceeded to tell of her plans in connection with the organization of a national guard for the women of this country, and also of the great amount of benefit women may gain from military discipline.

There may be those who disagree with Colonel Bastedo concerning this stated deficiency in the American woman's make-up; but whether or not they share her views on the subject, no one who is familiar with this energetic little officer's work and achievement will question, for a moment, her sincerity and her practical commonsense and successful organizing ability.

Recently, acting upon her own suggestion, for with Colonel Bastedo a constructive thought means action, she decided to perfect a peace-time organization of women, the "women's national guard," as it is known, patterned in a fashion after the national guard. The preliminary work is being done in New York city, where women recruits are being enrolled and drilled at the Seventh regiment armory. They are being trained in military tactics, sword practice and shooting, in addition to the ordinary routine of soldiering.

"The women's guard will be a national organization, with branches in every state of the union," Colonel Bastedo pointed out in describing the purposes of this new work for women.

"We will co-operate with the police and fire departments, as we have done and are still doing in our motor corps work. Just as both these bodies of men are trained for emergencies that may arise, we shall train the members of the women's guard so that they may act quickly and efficiently whenever any occasion may arise requiring their aid. Trained workers can render more efficient aid than those who may appear on the scene with no previous experience to teach them how to administer to this need.

"It is a well-known fact that being occupied in the service of others helps to develop one's soul, and so a movement of this sort is certain to create a favorable impression on the women who are enrolled in it.

"In this rapidly moving age we either progress or stagnate. It is dangerous to stagnate, else we may get run over by one of the many destructive influences at work today in the world. Every human being must not only work, but must fight for what he has and wishes to maintain. This is the law of nature."

Colonel Bastedo, it is interesting to note, is the mother of three handsome children. Her husband is a well-known member of the medical profession in New York, and Colonel Bastedo, besides her public work, is the splendid housewife.

"Scores of women," she continued, "returned from overseas work each with a new soul, and it was all due to the excellent military training and discipline they had been subjected to. These women who had worked long hours in hospitals in France and England caring for the American boys and doing other work which helped to win the war came back with a new vision of life. They had seen the great uselessness of being mere social butterflies. Scores of these women now have turned their backs on the old life, and, have gone into business or social service or public work of some sort. Idleness to them means tragedy, stagnation.

"War work taught many women the great importance of organization. It is unfortunate that this truth could not have been borne in on every American woman.

"Now that women have the vote, added to the other responsibilities that modern life has produced, woman's influence in the community, in the nation, will not be felt until she realizes the power of organized effort. And once having learned this, she must know that in self-control and better discipline and the patience to hear another's point of view expressed without losing her temper, lies the secret of successful team work.

"These are the chief reasons why I first planned the military drills and the other exercises for women, which are meeting with success at the Seventh regiment armory, New York, and upon which the idea for the women's national guard was based.

"There is nothing finer for women's health than vigorous exercise. It stimulates the circulation and brings into play muscles that would never otherwise be used. Fencing and jiu-jitsu, which are practiced in conjunction with the drill, are enormously beneficial to women. These strengthen the nerves and will quicken the mental processes.

"The war showed in the physical examinations made that we as a people were getting soft; it showed the need of universal training for men.

"The fine healthy boys who found their way into the army and navy were to a large extent boys who came from the ranches and farms of the great outdoor life of the various states that go in for these things.

"Now isn't it just as natural and important that women, especially those who lead sedentary lives in offices and homes, be equipped physically and mentally as well as men? Doing things for oneself teaches one to do things for others. And this should be the spirit of the day.

"We are flourishing around with political futures, but with little sense of civic and national duty.

"In these military drills women get the personal contact with other women that they need for soul and mind expansion. In their attitude toward life and in their manner of meeting others one can readily distinguish between the woman who has led a narrow, selfish life and the broader visioned woman whose selfishness and whose poise and happy frame of mind make all things glad.

"Now, if you meet a woman who is easily offended, who can brook no criticism of her objections or plans of work, you know at once how to label her. She is, you will doubtless find, the boss of her household. Her servants, husband and children stand in terror of the undisciplined woman, for they know, if she does not have her way, she will flood the house with her tears and her scoldings. In organization work she at least gets the lesson she needs. She finds that she has much to learn by such association, and that only by subjecting her own nature to a thorough course of discipline can she hope to accomplish the things she would like to do.

"Nothing brings out the fine gold of a woman's nature more quickly than working with large groups of men and women of all classes. She begins to perceive that she has a social consciousness, of which she had not been aware.

"We believe the business woman is the woman of tomorrow. She has learned in life's school those lessons that make for character development of the highest order. Her business training gives her, too, that broader comprehension of affairs which comes to men through contact with diversified problems of far-reaching importance to the state and nation.

"The business woman is democratic in the finest sense of the term. She knows how to mingle and work with others.

"By business women, I do not necessarily mean unmarried women, for today we find scores of married women in the professions as well as in business careers. And during the war the work done by married women was most excellent. In fact, many military authorities were disposed to say that the work of the married woman showed a deeper and more intelligent grasp than that of the single woman.

"If we desire a strong, virile nation, we must develop our women to work in concert. The problem of every nation from generation to generation is the problem of improving the quality of its mothers. A nation rises in importance and achievement according to the quality of its motherhood, the moulders of the race. Women find the freest expression of their talents and abilities through team work, that is to say, with groups of men and women."

SCIENCE FINDS ADMIRATION FOR POISON IVY'S DEFENSE

Three Leaves Spell "Foe" and Five Leaves "Friend," Rule for Distinguishing From Virginia Creeper.

WASHINGTON, July 24.—"Look out for that poison ivy," is an oft-repeated cry these picnic days.

"To know the poison ivy is to avoid it, yet to admire it, for its sturdy self-defense," says a communication to the National Geographic society.

"The poison ivy is a member of the sumac family, having as relatives the vinegar tree, the smooth sumac and the smoke-bush. Its range reaches as far north as Nova Scotia, as far south as Florida and Texas, and as far west as Utah and British Columbia.

"Many people confuse the Virginia creeper with the rascally poison ivy, a confusion which nothing but carelessness in remembering the characteristics of plants could bring about; for the Virginia creeper is careful always to put forth five leaves where the poison ivy has only three.

"The Virginia creeper is condemned as being poison ivy oftener than poison ivy is accredited with being a Virginia creeper. Many a Virginia creeper has reached the untimely end of mattock execution by the error, and not a few people have received a painful reminder of their mistake when they have failed to observe that three leaves spell 'foe' in the ivy and five leaves 'friend.'

"The poison ivy, or poison oak, as some call it, is a prodigal climber, inclined to run over everything in sight. Even the oak sometimes is almost smothered when the poison ivy reaches its topmost branches and spreads its dense foliage over them.

"It begins to blossom in May and June, its flowers being small, fragrant, yellowish green and arranged in densely clustered spikes. Toward fall these develop into smooth, white, wax-like berries that often hold fast the winter through. The three leaves are shining green, short-stemmed and oval-pointed.

"The poison of this ivy is a powerful, non-volatile oil which penetrates the pores of the human skin and develops hosts of tiny itching blisters, followed by a burning swelling of the affected parts.

"While we very naturally dislike a plant that poisons us when we touch it, yet if we investigate the reason for its poison we discover that a vast number of plants develop poisons and near-poisons, and when we look over the list we find that we would be rather badly off without them. It is true that most of them are poisonous only when eaten, and that few are poisonous to the touch, but they have all developed these qualities in self-defense.

"Some of them store their poison in their seeds, others in their root-stocks, and others in their roots to protect their progeny from harm. They do not go about looking for trouble or seeking, like the devil, whom they may destroy; but they are prepared to resist invasion of the rights of their children. Nux vomica and aconite are two of many such illustrations that might be cited.

"Others develop alkaloids, like the nicotine of tobacco, the quinine of the cinchona tree, and the theine of tea, to protect themselves. Strychnine, digitalis and a hundred and one indispensable drugs that are poisonous in overdoses are the gift of the plant world to man as a by-product of plant preparations for self-defense.

"And so, when the poison ivy learned to give off its poison by contact rather than through its own destruction, it simply went a step further than its neighbors. It has arranged its plans of defense so that it can wage war without first being eaten. In that respect it meets the problem in the same way as the thistle and the thorn, although it fights by subtle stealth rather than open warfare."