

FAT WOMEN OF NEW YORK CLAMOR TO JOIN CLASS THAT BY DIET AND EXERCISE WILL RID THEM OF MANY POUNDS

Health Commissioner Demonstrates Idea That Science Can Restore Girlish Figures if Women Will Follow Instructions and Many Seek Opportunity to Regain Their Sylph-like Appearance—Monotony in Foods is Avoided by Menus That Will Be Attractive to Most Fastidious Appetite.



Both in the Near 300 Pound Class.

Looks Easy But if You Weighed 300 Pounds Would You Think So?



Fat Women Find This a Splendid Method of Reducing.

N OBODY loves a fat man. It has been said time and time again, but if this be true, what opportunity has a female of the species who totters around a great deal of excessive avoirdupois? Not a chance in the world, is the general verdict. But cease to worry, mildred of unnecessary flesh; you can all be sylph-like, fair-like and beautiful if you put your mind to it. Science has established that almost any fat woman, or man, for that matter, can get started in that general direction by right adherence to certain rules of diet and exercise.

To prove to the inhabitants of the country at large that the science of hygiene has the right idea, Health Commissioner Copeland of New York city is now leading to it that every woman in the metropolis may have the opportunity of carving her figure down to a perfect 14. For the metropolis at present is in the midst of one of the most unique and interesting experiments that has ever fallen to any municipality.

Reducing Class Formed. Dr. Copeland has formed a reducing class for fat women, and of late his offices have been stormed by a great medley of the fair sex, all clamoring loudly for an opportunity to win back their girlish figures and avoirdupois. He has taken a group of 50 of them for experimental purposes, and in Philadelphia, Dr. O'Brien's Institute of Physical Culture in Madison Square Garden they are at present being put through the paces that will enable them once more to get back into the good graces of their husbands as well as numerous subway voyagers.

"Reduce, ye women," is the slogan in New York, and the fat damsels are going to it with vengeance. At the end of the first few days Dr. Copeland has already shown them that they can reduce. Broad, short, pudgy women, who have been the laughing stock of the city, are now being reduced to slim, lithe figures, and their efforts to get off the hated extra pounds are being watched with the keenest interest by every other woman in the city who

laughs audibly every time she gets upon a weighing machine. The fat-reducing experiment was tried out on a small scale in Chicago recently, but never before has it been attempted by any municipality on such a scale as is now being tried in New York, the whole town being stirred up over it.

New York's was on fat is one that should strike a note of interest not only in the metropolis, but in every part of the country. There is no section of the world in which there are not some women who bemoan the fact that they have to toddle instead of walk; have to squeeze and suffer and squeeze some more to squeeze themselves in their harness, and have to mend a fortune on massage creams as a means of trying to cut down a double chin.

It is estimated that in the United States alone there are about 200,000,000 of pounds of excess fat. And that this excess avoirdupois is not only useless but harmful is the general consensus of all scientific and medical men. And so the health commissioner of New York is out to prove that it can be done. The manner in which it can be done is what makes the metropolitan experiment so extremely interesting.

Husbands Regret Woods. Husbands of those fat women who are taking the cure now wish that they never had upbraided their better halves for being too bulky. These men's husbands of the fat women are learning that there is something worse than fat about a corpulent wife, especially one who goes at reducing in such a slim-hang, enthusiastic manner as is the group under the direction of Dr. Copeland.

Fifty of them started out on a hike through Central park the other Sunday afternoon and before they had gone far their ranks were reinforced by a mob of shimmering, panting, indolent meddlers of all ages, all anxious to be added starters in the anti-avoirdupois campaign.

Talk about running. In the park they outfooted so many slender and athletic policemen that the lawns were covered with uniform caps. Then that he came to me and told me that heretofore he had confined himself to his home because he was ashamed of his disease," Dr. Honyoshima stated. "But on the preceding day the result of the treatment had been such that he was no longer ashamed to go out, so he went to a barber and had his hair cut."

JAPAN CHECKS DISEASE

REMARKABLE RESULTS HARD IN CHALMOOGRA OIL.

Doctor Makes Estimate That 100,000 Persons in Empires Realm Are Afflicted With Leprosy.

HONOLULU, T. H.—The chaulmoogra oil treatment for leprosy, evolved by Dr. A. L. Dean, president of the University of Hawaii, has produced "remarkable results" in checking the disease in Japan, according to Dr. R. Honyoshima, director of the medical college of the Imperial university of Kyoto, Japan, in an address here to leading members of the Japanese community.

Dr. Honyoshima, who is here studying the latest developments in the Dean specific, said that when she report of Dr. Dean's discovery reached Japan, chaulmoogra oil was prepared at the medical department of the university immediately and experiments were made on 13 lepers. Two months of treatment was so effective, Dr. Honyoshima said, that it was not possible for a layman to recognize that the patients ever had been afflicted with leprosy.

"One of the patients was so glad

"Our experiments with the treatment resulted so favorably that the medical department of Kyoto university has received innumerable requests from leprosy patients to have the treatment administered to them, but our department has been unable to meet the demand. A large number of leprosy patients are waiting eagerly to receive the treatment, but this very day a great many of them are waiting my return."

Dr. Honyoshima estimated that there are 100,000 persons in Japan afflicted with leprosy. The fact that chaulmoogra oil is a curative for leprosy was known in Japan before Dr. Dean's discovery, Dr. Honyoshima said, but the effect of taking the oil prior to Dr. Dean's experiments was so terrible that many persons preferred to suffer with leprosy rather than submit to the treatment.

New Cabinet Post Created.

MEXICO CITY.—Jose Vasconcelos, former rector of the National university, has been named secretary of public education, a new cabinet post recently created by an act of congress.

Two of the fattest in the group, after a run of about 50 yards, flopped exhausted near the base of one of the park monuments, almost pushing it off its base. The only thing that saved the pile was that another woman, who tips the beam at 250 pounds without her socks, bag parson, stockings, put up against the other side of the monument and held it in place.

In the group being trained by Dr. Copeland there are women of all walks and conditions of life. Women of high society who have spent fortunes to shed their trouble-making avoirdupois rub shoulders with fat sisters of the ghetto. One of the most interesting in the group is an ex-avoirdupois who has been reduced to a normal weight and is now a model for the other women.

Doctor Is Optimist. According to Dr. Copeland, all of the women who follow his directions will be rewarded. He claims fat is unnecessary, and of no particular use. "I assume," he said just after his first talk to the fat women, "that since they have taken the trouble to come to us, that they really want to get rid of some of their superfluous flesh."

"It can be done. It's up to them. Every one of them will lose weight. If every one of them co-operates with us and does exactly as we tell them, things are necessary—dieting and exercise. Some people fear to adopt any dieting system, thinking it would be necessary to eat the same thing day after day and week after week. As far as our course is concerned, such fear is groundless, for almost

endless variety may be secured in several different ways. "If you do not care for one thing it is easy to substitute something more to your liking, provided that it has not a fat-forming value. There is always a choice of foods even for those on the most extreme diet."

Fruits Are Valuable. In a reducing diet, he said, fruits are valuable because they furnish a bulk of pleasant and delightful food substances without adding materially to the calorie count. He explained, however, that they should be eaten uncooked as far as possible, because cooked fruits offer a greater temptation to sprinkle freely with sugar, and sugar is one of the things that must be strictly guarded against if one is desirous of losing flesh.

Bananas, being starchy, constitute one form of fruit that is taboo in a reducing diet. Oranges, grapefruit, stewed prunes, peaches and pears may be eaten by the fattest of persons without increasing their avoirdupois, provided that these fruits are not preserved in sugar.

Dr. Copeland said that a small portion of such food at breakfast is not in itself fattening. Even a little sugar might be taken with it, although in the course of dieting it would be better to dispense with this sweetener. However, in taking any form of cereal for breakfast, he said, the cream was ruined and deadly to fat persons, and suggested that they add to the cereal a little prepared bran. Skimmed milk, being composed of water and protein is not harmful, he continued, and then went on to name some of the foods which must be avoided by his reducing pupils.

Among these are bacon, all articles of meat which are fried in fat, butter, and fish white bread. He added that the yolk of an egg is fat, but that the white is protein, and that a fat person might eat all of the white desired without being affected as far as added avoirdupois was concerned. Water, while all right between meals, should be absolutely avoided at meals by persons inclined to fatness, as the more water one drinks at meals the more food one desires.

Tea Improves Methods. A year ago the thieves would have been a good deal more cautious in this work. It just shows how everything improves with practice. Meanwhile, the Spanish Scoundrel has arrived via the express, and it is not nearly so hard to do as to pronounce. There is \$1,000,000 worth of goods and jewelry worth on French docks in this state. After only a few days in this town, he said, he had seen a lot of things that he had never seen before.

Both sides in the controversy finally agreed upon Father Lawrence J. Kenny, professor of history at St. Louis university, as arbiter in the matter. Father Kenny, in his findings, verified the position of the society and said authentic records show that Henri Chouteau was born in 1744 and that if Chouteau was born in 1744 as mentioned by his descendants, his mother would have been only 17 years old when he was born. The arbiters suggested that Chouteau be credited as a co-worker of Laclède.

Records of the society show that Laclède directed Auguste Chouteau, 14 years old, to land on the site of the city. Chouteau took a party set foot here February 14, 1764, according to the records and Laclède arrived later but was recognized as the founder. Recently a proposition to erect a memorial for Chouteau was discussed. The historical society announced that Henri Chouteau, a direct descendant of Chouteau and a member of the society, offered to pay the cost of the memorial provided the monument would name Chouteau as the founder of the city. The offer was declined.

Then the descendant had an inscription on the tombstone of Chouteau.

Phone your want ads to The Oregonian, Main 7876. Automatic 666-25.

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TRILLS NEW YORK

Harding's Armistice Speech Halts Multitudes.

ELECTION FRAYS NERVES

Capture of Women's Vote by Tammany Disappointment to Reform Element.

BY JESSIE HENDERSON.

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NEW YORK, Nov. 12.—(Special.)—Suddenly, as you hurry through Madison Square, a big, calm voice speaks into your ear, uttering grave words that make you halt in your tracks.

There's nobody at your elbow, but the calm voice goes steadily on speaking of lofty things which, even in the midst of traffic, somehow you pause and think upon.

After a bewildered moment you notice that other people have halted and checked by that voice at their elbows. And then, of course, you realize that the voice proceeds from the great megaphones on the roof of Madison Square Garden, and that it is the president in Washington talking about Armistice day.

There is something indescribably dramatic about a disembodied voice speaking solemn thoughts in tones which, measured and low, yet penetrating the utmost recesses of the mind, maddens of commercialism, the loudest thrills of careless mirth.

Thrill Is Experienced. "Why so hot, little men?" it seems to quail, "the big things after all, are not those which you grasp with your silly hands."

It gives you a thrill, this mention of death and vision in the midst of life and bustling rush. It gives you the creeps, and you wish you had 'em other.

On the whole, it has been a nerve-racking week. The emotional stress of Armistice day, recalling all that ought to be as well as the triumphs of the war, was equalled by the emotional stress of the election day which preceded it. Elections in the present civic development of this town may not be an ennobling spectacle, but they yield to no other event in their ability to fray the feelings.

This election was especially filled with excitement and exhaustion. The woman's vote—the woman's vote that was to clean up the city, smother the tiger in the jaw, everlastingly tie the can to graft and bad government—this new woman's vote, which Tammany the nicest majority of all its years, and the Women's Reform association is still asking what happened.

Women Follow Men's Lead. "Oh, dear women, dear women!" the republican women leaders sadly uttered next day. And every woman knows you can't depend on people to be "different" from the ennobling fact gleaned from this contest is that women's vote follows the lead of men.

And this, too, with as much docility as if the word emancipation had never been coined. "Wait until next election," say the women reformers. "Business of waiting—four years."

Meanwhile all women have cause for joy. A woman will be the next Mayor of New York City. And she will be elected by a vote of 121,000, the most important fact to which New York has ever elected a woman.

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SON OF PARSEE HIGH PRIEST COMES TO FINISH EDUCATION

Columbia Student Represents Strange Cult That Outcasts Founded in India Early in Eighth Century and Still Flourishes.

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CHICAGO DEFEATS ILLINOIS

Score of 14 to 6 Is Made in Driving Game of Straight Football.

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