



A Macedonian Mountain Girl

Congo Atrocities Outdone in Europe



Bodies of Patriot Leaders Dropped through Streets as a Warning.



The Turkish Sentinel Guarding Macedonian House

How Unfortunate Macedonia is Given Over to Murder and Rapine

WHO would imagine that almost in the heart of civilized Europe the horrors of the Congo are being outdone; that rapine and murder, crimes of incredible atrocity prevail in a section of southeastern Europe, which all nations are watching, where the victims are not untutored savages but sorely oppressed Christians? Macedonia! Unhappy land where villages are razed and burned by despoiling bands of Turks and Greeks, where women are mistreated, tortured, burned at the stake, and men torn limb from limb. Unfortunate country, where there is no protection for the victims of savage invaders, where Christians go to martyrdom while Christendom never moves a hand!

A country which is regarded as the choicest of the Balkan provinces, viewed covetously by the rest of Europe, it remains in the hands of Turkey, with the approval of Germany and Austria. Macedonia is a buffer country about which Europe is ready to fight, but which no country dares, for reasons of personal policy, to aid, and where 300,000 Turkish soldiers conduct a pandemonium of barbarity, thievery and crime.

Bands of marauding Greeks devastate the country, encouraged and protected by the Turkish troops, who abet and surpass them in crime. Villages are pillaged, sacked and burned. No one is punished for the crimes. No authority seems to care. In devilish ingenuity the tortures contrived for the victims surpass those applied to the blacks in King Leopold's African inferno.

The men were attacked and tortured, a number of them being killed outright. Rushing into one house, a Turk brandished his sword, and at one blow severed the head of a little 7-year-old girl. A mother was found cowering in a bedroom, a babe at her breast. Two armed men seized her, and despite her piteous cries dragged her into the streets. Angered by her cries, they tore the baby from her arms and flung it brutally on the ground. Because she resisted the soldiers, they tied her to a stake. The baby was placed in the mother's arms and secured with ropes. A fire was built of oiled fagots. Soon the flames arose about her. At the sight of her agony the Turkish brutes danced about her in glee, shouting curses upon the Christians. The story of the outrages was told by two women who had been left on the ground for dead. Both the Seres and Menlik districts the traveler found to have been visited by the bands, and the day before his visit to one village there had been brutally murdered twenty-three women, children and old men. Unspeaking indignities had been perpetrated upon the women. When the traveler passed through the streets he saw mutilated bodies lying along the roadway. The journey, which he compares to a nightmare, took him through the heart of Macedonia. At the village of Vranja, the hulk of seven houses stood black against the sky, mutely telling of a visit of the brigands. Nine women had been killed—brutally lined up in the streets and deliberately shot. Three men, who had fought the intruders desperately, were bound hand and foot and locked in a house which was fired. Such things are of common occurrence. The atrocities committed were of such a nature that they cannot be described. Nothing more awful can be imagined than a raid upon the town of Karadjevo, in November, 1906. Most of the villages in Macedonia are small; the people live simply and peacefully and possess no arms. So when the Turks and their Greek brigand abettors broke into the houses the people had nothing with which to protect themselves. Houses were ransacked, women were assaulted. Bravely the men fought to protect their homes, their wives and children. But the bullets and swords of the pillagers cut a swath through the wall of human resistance, and the men who did not fall were caught and bound. Within sight of their wives seven men were disemboweled. When they had completed the awful work the band fell upon the women, many of whom already had been maltreated and injured, and ruthlessly killed them all. It is impossible to account for such utter cruelty unless one understands the fierce hatred which the Turk entertains for the Christian. And when he is let loose all the fanaticism of the ages, all the bitter warlike animosity of the old Mohammedan hordes arise—and alas for the poor victims! To cut off women's hands or burn their feet is a mere incidental torture which delights the hearts of these barbarians. At the village of Ghiliposte, in the Seres district, the traveler saw traces of a recent pillage. There the wretches had blown up ten houses with dynamite and had burned alive four men, two women and a baby.

A Macedonian Mayor Who Was Beaten till His Bones Were Broken.



After the Murderous Turks Have Passed, Women are Often Found Among Such Groups of Slain.

DESCRIPTIONS of atrocities in Macedonia, given by a traveler in his recently published book, almost beggar belief. The land, according to the writer, literally flows with blood; it is red with the stain of murder. Strained relations between Russia and Austria over the construction of the Novi Bazar Railroad serve only to complicate matters and accentuate, if possible, intolerable conditions. Back of the crimes in the unhappy country lies a network of European intrigues and greed. So, while the greater and supposed Christian nations lie crouching with greedy eyes, thousands of innocent persons are being tortured and killed. "That Macedonia is a hell I have seen with my own eyes," declares the traveler. And then he recounts the atrocities he witnessed. "I saw things that appalled me, and I am certain that if the reader had seen what I have, he would cry shame that such an awful state of things should be allowed to exist by any Christian power." He made his way to Florina, Kastoria, and sections

around the lakes of Presha and Ochrida, possibly the most terrorized districts, and, joining a band of Bulgarians, journeyed through various parts of the country, regions infested by pillaging Greeks and Turks. Ravines were lurking places for organized bands of murderers; behind rocks they entrenched themselves, dashing down on towns and despoiling them of valuables. Murders were almost of daily occurrence. A fortnight before his visit to the village of Caraja-Kiol, not far from Seres, a band of cutthroats assailed the place, killing nineteen persons. Most of these, according to the traveler, were old men. While the outrages were instigated by a Greek band, Turkish troops joined in them. It was night when they descended on the village. With wild shouts the band came dashing down the mountain side and rushed into the streets. Within an hour the buildings were burning. Women aroused from sleep, in terror sought places in which to hide, but were pursued by the ruthless mob. Valuables were carried from the houses, and while many of the marauders pursued the women,

Why Jack Spratt and His Wife Were Both Wrong

YOU have all heard, doubtless, the rhyme about Jack Spratt not being able to eat any fat and his wife not having any taste for meat that was lean. And perhaps among your family or friends are other Spratts, people with dislike of fat or lean meat. So now listen to the voice of science, proclaiming that Jack Spratt and his wife are both wrong, that the meat eater and the vegetarian are equally at fault. No less an authority than Dr. Charles J. MacAllister, of the University of Liverpool, England, declares that no hard-and-fast rule in diet can be observed, and that practically what is poison to one is food to another. He advises a varied diet.

enable old people to eat food from which they should abstain. That certain foods do not agree with all men can be observed in prisons, schools and hospitals. Particularly in industrial and reformatory schools is this evident. There, Dr. MacAllister says, the boys are all active, do similar work, physically and mentally, and eat practically the same food. Yet it is noticed that while the majority digest the food—and good food at that—many of the children suffer from headaches, biliousness, want of ambition and from chills in winter. The cause? The food. It has been found that by giving these children less meat and more vegetable foods and fats they immensely improve. In one school most of the boys were anemic and in ill health. An investigation showed that little meat was used. A revision of the diet, the giving of more meat, milk and fresh vegetables, improved their health and the boys thrived.



NEEDS VARY WITH INDIVIDUALS Chemistry of the bodies of various persons varies, and while some can assimilate a great deal of flesh, others can take only a limited quantity. Many persons suffer from mysterious ills—headaches, sleeplessness, lack of energy, it is because they do not eat the food demanded by their bodies. The reason is this: Combustion of the food is more rapid with some people than others; some require a great amount, others less; some require the elements of various foods, others thrive on one particular kind. Many persons become ill by taking what are generally considered highly nutritious foods; perhaps the vegetarian who is convinced of the evils of eating meat is actually starving for meat, while the meat eater remains thin, whereas he would grow strong and healthy on milk or vegetables. Even among infants the doctor finds surprising conditions.

Love of children for sweets, in the opinion of Dr. MacAllister, is perfectly natural and compensates for their dislike of fats. The organism of the child can more easily absorb sweets than fats, and thus the wants of children are often instinctively right. With old folks the same holds true. Many old people become ill because they eat foods which, while they are highly nutritious, cannot be assimilated. Unlike the carnivorous animals, man is a mixed feeder, and a constant balance should be maintained in every individual between the meat and vegetable foods required. Appendicitis, he believes, is often caused by the introduction into the body of unsuitable food. To live normally and healthfully a man should take foods containing constituents proportionate to his needs. Thus Jack Spratt might well benefit just by a little fat and his wife by a little lean meat.

ALTHOUGH the general principle holds good that given quantities of meat, bread, milk, butter, sugar, salts, are necessary for the average man," Dr. MacAllister recently declared before a large medical gathering, "yet the fact is being witnessed constantly that a large man may be a very small eater, and that a small man may require a huge amount of food to keep him going. "We cannot help observing that while one person may live mainly upon proteid-containing vegetables, together with starches and fats and but little meat, another regards beefsteak as the foundation of strength, and looks with compassion and concern upon his brother who cannot or does not take it. "Dr. MacAllister argues that certain systems demand certain kinds of food, that one should eat the food which is most readily absorbed; that the ills of young children are often due to the withholding from them of foods they desire, and the ills of old folk to the taking of foods which they have outgrown. The dentist, he says, is responsible for many of the maladies of the old, for by fixing teeth which naturally decay they

OTTOMAN AGAINST CHRISTIAN "The truth briefly is this," declares the writer, "the recent war between Russia and Japan, the question of Morocco, the perturbation in Europe by Russian defeats and revolution, on the one hand, and the weakness of the Macedonians, made greater by the rivalries between the Balkan nations, on the other, have of late diverted the attention of Europe from the near East. But this is only a lull before the storm—a storm that must break in the near future and which surely will have a world-wide significance. The storm will burst, in the opinion of the writer, within a year. Conversations with Eastern diplomats and men who are familiar with the situation, all convince him of this. And the remedy? he asks. "There is but one, the one advocated by the kings and princes of the Balkans, and the cabinet ministers with whom I chatted, namely, to change the present farcical so-called reforms into an administration under effectual European control by appointing a European governor general, responsible to the powers. The present situation of Macedonia is deplorable. Under the rule of the Turk it is the Ottoman against the Christian; it is robbery, murder, outrage. According to authorities, the troubles in Macedonia are the outcome of the Treaty of Berlin, whereby the Treaty of St. Stefano, which incorporated Macedonia in the Bulgarian principality, was annulled, leaving Macedonia under the dominion of Turkey, with a sort of autonomy under the control of the great powers. Reform in Macedonia has become a byword, a

national joke. It was first broached—as it has always been, on paper—in 1879, when Austria and Russia came in accord with the recognition of other European states as the countries most concerned, and the sultan, with the purpose of preventing any aggressive action, graciously drew up a program of reforms, appointing Hussein Hilmi Pasha Inspector general of the provinces. A second program of reforms was drawn up in 1903 by Count Lamdorff, the late Russian minister of foreign affairs, who had toured the provinces, and the Austro-Hungarian minister of foreign affairs. During his tour the Russian diplomat tried to persuade the Macedonians to peace—but in 1903 came the bloody insurrection which brought 200,000 Turkish troops into the land. The revolutionary movement in Macedonia began to organize in 1893; the entire country was covered by societies, headed by the central revolutionary committee. Fighting bands were formed, men were armed; the body was strong and formidable, but before the insurrection in 1903 intrigues and jealousies among the revolutionists resulted in internal disruption and weakness, so that the uprising of Monastir in 1903 was easily crushed. It was a splendid effort of the people, but a lamentable failure. Into Macedonia came armed bands from Greece on the south and Serbia on the north, who pillaged villages, killed the leaders, and, under the watching eye of the Turks, forced the Bulgarians to acknowledge their authority. And the outrages have continued. Following an agreement between the emperor of Austria and the czar of Russia, an attempt was made to intervene; two civil agents, a Russian and an Austrian, were appointed to control the action of the Turkish authorities, while a large number of foreign officers were appointed to serve with the Turkish consular staff. This plan did not work, and the sultan prevailed upon the powers to let their officers act as instructors in the schools. Investigations by the Russian and Austrian agents were frustrated by the fear of Macedonians to testify in the presence of Turkish functionaries; presents, it is said, were given to the foreign officers by the sultan, and the entire plan has proved a fiasco. As it is, the Russian-Austrian entente is said to be broken, and back of Russia, it is asserted, the nations face Germany, whose ambitions in the near East have long been known. In the last quarter of a century, it is asserted, Germany has fastened her hold greatly on the Turkish empire; the Turkish army has been reorganized upon Prussian lines, loans from Germany are increasing, and the finances of Turkey, it is said, are becoming a dependency upon the German banks. So the Christian powers, instead of demanding of the sultan protection of those of their faith and taking control of the unhappy country, are crouching, ready to spring, not upon the sultan, but upon one another. The man who stands to gain all and lose nothing by this wrangle is the wily head of the faithful at Constantinople. His cleverness at this juncture of his affairs is generally conceded. The moment that Russia and Austria are at loggerheads, all pressure on the sultan becomes impossible. So unhappy Macedonia may be doomed to lie longer under the iron heel of barbaric persecution.