Health and Efficiency CONDUCTED FOR THE JOURNAL BY LORAC LITTLE.

ing in Philadelphia, and this was a dele- at one and the same time. gation of some 20 of them who had accepted Mulford & Co's invitation to see What Real Enjoyment Is, for themselves how the vaccine was produced which they used in immunizing the railroad men. Two of Mulford's people was a stranger to all the rest.

The first room visited was germ proof until the visitors entered, bringing fresh air and germs from outside. The day was hot. The windows were tightly closed. A dead calf lay on a table, legs up, head swathed in linen—obviously to conceal its death wound. On the tendent of the plant, Dr. Elgin, clad in white, tall, pale, cadaverous. By his white, tall, pale, cadaverous. side stood a young woman also in white, with dark circles under her eyes. where germs do not thrive human beings

confirmed the idea in one mind. From the dead calf, in that dead air, the vaccine was scraped by the white robed doctor and, by the young woman assistant, was deposited in a small carthen vessel which she held. But this is not a story of vaccine, only a recollection of a single experience in a germ free room. The millionaire is welcome to his microphobia. For me, I

y, "Give me germs or give me death." When the slow scientific world wakes us to the fact that germs are merely the released organic units of organic bodies—animals and plants—passing through their natural cycle, these paroxysms over germs will subside.

ONELY women on remote farms occasionally make desperate es-cape by way of the insane asylum or the suicide's grave. Both methods are so foolish and unnecessary that I wish I might reach all who affer from loneliness everywhere. I would say to them that it is not

physical isolation, not separation from their kind, that causes their desolation and despair. It is mental isolation, and that is a thing easily overcome wherever ncie Sam goes with his mailbag. Why not learn to read? Why not

reach out to your fellows by post? You have not really learned to read unless you can find good company in a good book or paper. At slight cost the lonely farm women can place themselves in touch with the world, can get and keep up to date in their information, can join with others in the concerted action today everywhere warms and

stimulates life. Inward turned minds are worse than ingrowing toenails. Such minds sore, and finally they shrivel and decay. Those solitary minds become slow, dull, cold, unfitted for social life. But they need not be solitary and socially disabled if they will make use of books, papers and letters; if they will connect nselves with the great common in-

Let yourself out, everyone of you sol-itary folks. Be more generous with yourself. The world needs you. It can have you, too, without your leaving your safe seclusion. The situation you think so distressing has its advantages. Look Then for them and you will find them. you will guit repining and loneliness will flee away. You will become even busier mentally than you are manually, and the day will be too short to measure you happiness.

an is the looking glass. She is inclined to neglect it, but she ought to spend some time prettying herself up every day. If each overworked housewife who suffers from monotony would slip on loose garment and lie down for a few minutes in the afternoon, and then change her dress for something fresh, she would find this little expedient efficacious in breaking up the deadly sameness. Body reacts on mind, and a fresh attractive outside stirs the mind to fuller life.

Self Help Esseptial.

is for the most part her own fault, and the remedy is nearly always within her little poison to derange the blood. Her husband cannot be so serious and therefore has come to jeer or keep silence. The children are naturally at odds in such an atmosphere and af-ford her little comfort. The cure for such a situation is for the woman to guit being so heavy. She must brightof her bear like compenies. of her bear like companion. She is asked me to go with her to a doctor not to imitate him, but to assume the for treatment. Of course, I went, particular kind of cheerfulness or levity though I did not believe she would get that will suit the occasion and break anything that would do her much good. up his unpleasant mental habit. Good The doctor examined the troublesome nature and good looks will win over ulcer and advised cauterizing. Mrs. the home atmosphere and her own posi- ahead and treated her. When it was tion. If she has settled despairingly done I looked at her mouth and sure

you catch cold, lose your quinine and eat an onion."

Mrs. Green is reported as making her breakfast daily of baked onions. If everybody would substitute baked onions for breakfast food, health would increase. Mrs. Green says onions keep her from taking cold. Excess of grain food brings on colds. Raw onions and bread and butter make an excellent late supper when such a meal is needed. One sleeps the better for eating raw onions. They are medicinal to blood and nerves. Those who cannot digest them do not digest other food well. The onion merely gives notice of slow digestion. Like the cool bath, vigor enough to take care of the onion is a measure of a decent condition. Nobody is healthy until he can take an occasional cool bath with benefit and comfort. Nobody has a healthy stomach until he can digest

Dr. Pearson is accomplishing tobacco reformation in his nineties in the truly philosophical and practical way. He uses a substitute. Raisins and candy take the place of tobacco. They occupy his mind, and there is where the tobacco habit is restored. There are other substis that would work well with other ole. The first essential to laying tobacco aside is the desire to do it. Then every man can find a substitute if he

About the same time and in the same ine comes Dr. Adelaide M. Abbott of line comes Dr. Adelaide M. Abbott of Beston, who declares that goat's milk is a "specific" for the drink habit. She recommends that Boston keep a herd of goats in Franklin park, Boston, to produce milk for the city's "soaks." Why not? If an inebriate would take a strik of goat's milk every time he

HE story of the New York mil-wants a drink of whiskey, he could un-lionaire's germ proof house with doubtedly cure himself. It is like the its sick resident owner, is both apple cure, and the orange cure, of suggestive and reminiscent. It which we have all heard. Every time takes me back to a June day in a man would drink, he eats an orange stray woman tourist inspected the vac- soon done. The apple or orange habit cine plant of H. K. Mulford & Co. at has supplanted the drink habit. In California, oranges are recommended; in The Baltimore & Ohlo railroad sur- Oregon, apples. Thus are home induscons were holding their annual meet- tries promoted and morals strengthened

But in addition to the effect of the substitute on the mind, the blood and from the city office escorted the party, nerves improve as the poison is withone being a young woman sent out of drawn and real food takes its place, consideration for the woman visitor who Here, as everywhere, ceasing to do evil and learning to do well works advantage in all directions. Fancied loss of enjoyment is more than compensated for by increase of genuine enjoyment. Dr. W. Hodge remarks, in the Medical

Century for October; "The frequent use of narcotic poisons inevitably leads to the formation of the drug habit, an artificial and acquired want which is itself a source of discomfort and distress, the temporary reunhealthy look of both suggested that lief from which is miscalled enjoyment. It is the enjoyment of the offending boy cannot. And the dead smell of the air after the whipping is over; of the prisoner released for a time from his dun-

> "You do not know what enjoyment you miss by not chewing, exclaimed a have granted equal suffrage, the num-rattle head fellow to his friend while ber in each state who are eligible to rattle head fellow to his friend while deliberately stowing away a quid of cavity. 'And you do not know what enjoyment you miss by chewing,' retorted his logical friend."

"A normal man," asserts Dr. Hodge, "has no craving for tobacco, any other narcotic poison. Both the odor and taste of tobacco are offensive to every natural appetite."

quit tobacco in old age, it is more a suffrage campaigners have such states matter for rejoicing when we see young men abandon the will weakening practice: In a young man entering the lists to win success, the tobacco habit looks like an unnecessary handicap. The youth says in effect: "I have more 18 states which have no form of sufbrains that I need, and will partially in these states have. These states are to women, there are many countries paralyze them so as not to be too successful.

But tobacco, alcohol and drugs generally are not the only will destroyers. Wrong life of all kinds creates habits that undermine the will. The only truly strong will is the will that is in harwith the divine purposes, that is seeking the life of use in all particu-

The victim of the worry habit, the doleful person and the censorious, are all cultivating mental habits that make into their government and their busi- after the manner of their forefathers. them slaves. We must take fair and ness. views on these matters or we stick close to home. They are always ings, have the impressiveness of rebecome fanatical and unjust.

arating tourists from their surplus or ness to be transacted the whole country-CCORDING to current medical begrinding out some small manufactures side gathers. The president is in the liefs, if a mosquito bite a yellow fever patient, that mosquito bein the seasons when travel is dull. center, often of a natural amphitheatre, comes a menace to the neighbors. Switzerland's foreign millions have front benches. Back of the officers are being able to inoculate the next turned their backs and gone home the the citizens at large of the community. fellow he bites. But this fails to expeasants return to the ways of their plain the action reported the other day fathers, and the famous Alpine guides No Show for Corruption. in Honolulu. A case came into port on a ship from Panama. The authorities, tarving that occupied their ancestors for removed the patient and carefully isogenerations." lated him. Now, according to the theory, the only isolation of yellow fever is to screen the patient from mosquitoes and the referendum, by which every at these assemblages. and this is easily done by means of householder is enabled to take an active A writer, telling of the annual gath- called and nands go up also. Or course, wire or cotton netting. Since this case part in the government. There are 22 ering at Appenzell, which commands a the majority decides. And in this simis said to be the first ever known in cantons or states in the country, and or magnificent Hawaii, the mosquitoes have never had these all except Fribourg have the interest, says: a chance to become infected, and the tlaive and referendum in actual operating imagined that community is perfectly safeguarded by tion. screening the case from mosquitoes. If he has not been screened it is rank carelessness of health officials. found the one and only survival of the Rathaus. First of all, his faithful fol-

But instead of taking these medically debtedness greatest, and the least per-other members of the government, and the peaceful and dignified procedure Swiss Scheme in America.

Guaranteed precautions and relying on sonal and industrial freedom.

Such is the government the Rathaus to the throughout. Of excitement or unseemly Such is the government the government the government of the gove guaranteed precautions and relying on them, the health board has planned a campaign to rid the island of mosquitoes, in order to prevent the spread of the fever. For prodigious effort and expense to accomplish a trifling task, commend us to the average health board.

The theory of yellow fever transmission by mosquitoes appears to have rea-son in it. The amount of virus inocu-lated by a mosquito is so infinitesimal, however, that it must be easily overcome by the disease resisting powers of A central grievance of the lonely a healthy body. But we know that the woman is the dullness of her house-inoculation of disease is not a very safe mates and their want of sympathy. This procedure, and in low states of vitality or high states of encumbrance, it takes

> ET one sound principle into your mind, and it lights up questions that were before dark as pitch. Here is a case, related by a

"A friend of mine, Mrs. M-, was complaining of a cankered mouth, and anybody in time. The woman makes M- consented and the dector went into a rut it is her fault, and she can enough the ulcer had disappeared. There climb out of it if she will exercise was only a little spot to show where it ingenuity and good feeling. But before we got home she was just as sick, and for a week HE onion is a royal vegetable and she had a terrible time with her stomnow appears to be coming into its ach and bowels. Everything she ate own. Mrs. Hetty Green and Dr. seeemed to upset her. Of course, hav-D. K. Pearson have both given it ing read Dr. Tilden, I understood why their distinguished approval. One it was. Cure cannot be effected from of the maxims of Dr. Pearson is, "If the outside."

MILLION WOMEN ELIGIBLE TO VOTE FOR PRESIDENT IN 1912



give the women a chance to vote for nicipal suffrage, etc. In 1889 Wyoming While we rejoice that Dr. Pearson has the presidential candidates, as the equal gave full suffrage to women, being the first state in the country to do so. as Nevada, Oregon, Kansas and Wis-School suffrage was granted to the consin marked as trembling in the bal-women of New Hampshire in 1878, by ance on the suffrage question. Massachusetts in 1879, by Con There are in the United States today in 1893, and Vermont in 1880. Massachusetts in 1879, by Connecticut

In addition to the six states in this

RECIPES FOR RICHES FROM THE SWISS

When there is busi-

(CONTINUED FROM THE FIRST PAGE OF THIS SECTION)

As one writer has put it, "The moment with the officers facing him on the and the avoidance of all evil."

Corruption hasn't a show at these

This same spirit it is that they infuse still preserve the open air parliaments,

satisfied with nothing but the initiative meeting as to "start anything" crooked

political boss. There, also, is the in- lowers wait upon the president, with

individual laws, as do our own states, been erected the previous day.

on the job, whether that consists in sep- ligious ceremonies.

was but one thing to do, and that was to show them from day to day holding hands or admiring each other as statesmen. Mason threatened me with many things, but none of them came off and he and I finally bridged the gap that had started to grow between us by a sort of copartnership. He was to cut his own hair down to the standard measure, and then I was to fall on Senator Spooner of Wisconsin with renewed energy.

West Australia and in 1902 full suffrage was granted the women of federated Australia and New South Wales.

In 1903 Tasmania gave full state suffrage to women. Queensland followed the next year. Finland gave full na-tional suffrage in 1966, and Norway the Nevada, Texas, Missouri, Arkansas, Mfs- which have given a modified form of following year. In 1908 Victoria gave sissippi, Indiana, Kentucky, Tennes- suffrage to women. Full suffrage has full state suffrage, and in 1911 both see, Alabama, Florida, Georgia, South been granted the women of the Isle of houses of the Iceland parliament gave Carolina, North Carolina, Virginia, Man, New Zealand, South Australia, full suffrage to women.

"In front of this the thousands of

liament met.

(Copyright, 1911, Homer Davenport Syndicate.) ENATOR, "BILL" MASON of Illinois was just as funny as he looked. He was as short as he was stout, and in beginning my first studies of him from the senate press gallery I conceived what I thought was a humorous idea without ever consulting Mason, or even Fair-banks, for that matter. As Fairbanks was the tallest and thinnest, and Ma-son the shortest and stoutest, I pfo-tured them always as hobnobbing, sometimes with Mason in Fairbank's lap, but never further away than walking at his side or standing by. Fairbanks never objected to this, but

Ex-Senator William E. Mason.

carry the fat just for the amusement it gives to other people. Mason himself was an artist, or rather a caricaturist There is a strange thing about the was an artist, or rather a caricaturist hair of the statesmen of Illinois. They of some ability, as I remember many of either have a fine mass or little at all. the letters or notes that he sent, threat-Lorimer has even finer hair than Mason, ening me if I showed him again in comyet Cuilom and Cannon seem to have pany with Fairbanks, were illustrated by the senator. It is true that while most "Billy" Mason was easy to make of these drawings he exhibited to me sketches of. There was no way to miss were sketches of blunt instruments and his features, and fat men are so funny stilettos, yet they all showed the talent that it would seem worth the while to for drawing.

LityandCountryJKetcher WRITTEN FOR THE JOURNAL BY A. BATCH.

XXV-A Girl Who Taught Her Father.

Mason became furious, for it appears that he was not an admirer of Fair-

banks. So when I discovered they were

not really friendly then of course there

By A. Batch 44 RTOW, that our pessimist is gone,

een overlooked.

burghers stand bareheaded in the sun-They waste nothing on show and These, with the picturesque surround- light as the venerable president opens we can do a good deal toward framing have given me for housekeeping and up the future to suit ourselves. Well, other purposes in the last three years, the parliament with a prayer and a modthe parliament with a prayer and a mod- in a word, we will not pay another since mother died. I have saved \$235. est speech. The men assembled before month's rent. I've given notice, and in Out of my own salary in the last year him take an oath to vote according to three weeks we move out to the suburb and a half I have saved as much. So I conscience, 'for the good of the land of Croftslope, where I have bought two could pay \$200 down on each of the

"Next a list of candidates for the cantonal government is handed up to the platform, and the members of the new body are elected simply by a show of "Ever since I've been old enough to hands. The old president reads out each understand anything, I have been hear-hold expenses." name and the question of 'Aye?' is put ing just what you and old Fossil Molson were talking tonight, the great said you was the smartest one of the gatherings. One would as soon think to the people, much as Moses himself Politically, their sturdiness would be of working a bunco game at a prayer must have done in ancient Biblical days. chances you had many years ago to get family; but I don't understand—\$70 for land and so have a home of your own a dwelling! You mustn't get excited and make a great deal of money beside; over your bargain; you must be prac-"Up go the hands of those who are in and the referendum, by which every at these assembleges.

favor of the candidate. Then 'Nay' is and make a great deal of money beside; over your bargain; you must be prachouseholder is enabled to take an active

A writer, telling of the annual gath—called and hands go up also. Of course, and how such chances are all gone, and tical. Of course we will have to wait it is now too late, unless one has a a while, a year or two, till you can save cantons or states in the country, and of magnificent panorama of Lake Con- ple way is this law-abiding and prosperlot of money, which a man like you can money enough for a house. ous community ruled. Then follow varinever get. All that talk has done some "No more interesting sight could be ous discussions about roads, laws and

"No more interesting sight could be new regulations—all of which matters imagined than the scene in the quaint have been freely discussed in the little is conducted with quiet self-possession In Fribourg, it may be noted, is to be old market square opposite the ancient local journals for weeks before the parthat many a magnificent senate might through onvy.

Most of the cantens, which have their platform on the big square which has fighting or insults there is absolutely not insults there is absolutely none. Every phase of the work in hand

10 states have already adopted the initlative and referendum-South Dakota, Oregon, Oklahoma, Colorado, Nevada, Oregon, Oklahoma, Colorado, Nevada, but"—and she went over and sat near Missouri, Montana, Arkansas. Maine and her father and put an arm around his California. And seven other states- neck and patted his cheek and-got his Washington, Wyoming, North Dakota, consent to everything, of course. Nebraska, Florida, Idaho and Wisconsin -will submit the suestion of the adoption of these same Swiss measures to a vote of the people.

This is the practical compliment that comes to a nation that buys and sells

And all this wonderful record is the result of nothing more or less than honest, consistent home work. Nothing couldn't help himself. goes to waste. The women of the country are not averse to doing their share A Clerk at 57 Years. of the agricultural labor. Dressed al- Ephraim Varnum was head freight most like men, as the illustration shows, they take care of cattle and do most anything that is required in the fields.

is doing, its people will be thought more than ever worth studying. An army of Americans, without exaggeration, goes there every year. But the sightseers pay more attention to the mountaint than to the people. Up to date that has never worried the Swiss in the least. They go right on garnering in the said. ing in the gold.

good, though; it set me to thinking first, then to planning, then to saving. I couldn't save very much, but out of your salary and mine I have saved enough to make A 25 per cent payment I want to tell you something, on two acres in Croftslope, one for you father, and it will be about and one for me. I got them for \$850 an looking forward, not backward.

The past can't be helped, but see in a few years. Out of money you acres and we will have \$70 left for a "But, Lottie," began her father, dwelling. O, you've been a dear old Ephriam Varnum, in an astonished tone, dad to be so generous with me, and be "No buts or ifs about it," interrupted satisfied with so little and never notice Charlotte Varnum, calmly but decidedly. that I was holding out some of the money and net using it all for house-

"No waiting about it, dad. No more

rent goes. We've worked our last month for Landlord Blair, who last summer with his family took an automobile tour we can add some to the \$70, making enough. I have already contracted for Swiss Scheme in America.

Such is the government that so great sides four feet high; there will be three Such is the government that so stake small rooms in it, and a small tent ad-a nation as America has begun to take small rooms in it, and a small tent adence was a 17-year-old brother and a high school pupil. "I know it will be a little hard on you at first, daddy dear,

month rent, and more; of things they would raise on the land, worth much more than the cost of raising them; of the delight of feeling that they had a home of their own, one constantly inabroad \$159 a year for every one of its creasing in value; of the benefit some farm work, evenings and Saturdays, would be to Clarence; of the nice house they could build before long out of their savings—it should be on his acre; she could wait; and, finally, that she had "gone and done it," anyhow, and he

She told him about saving the \$40 a

clerk in a big railroad office, where he was kept despite his 57 years because A hardy, healthy set of creatures they are, home loving and happy, troubled by nothing that worries women of our cities into nervous prostration.

When the rest of the world wakes up and realizes what the little republic solony, its people will be thought. of long service and unusual competency. getting, homes of their own. The mother had been dead three years, but not-withstending her household duties, Charlotte, unusually bright and energetic, had obtained a business education and for a year and a half had been bookkeeper in a telephone office. As she had said, her father, though not peevishly or whiningly, was always talking of the money that

talking of the money that he could have made if he had ever had money to in-vest years before in city lots, but he was the sort of man who always lived up his income and couldn't save enough to get a home, and, as his daughter re-marked, he always was looking back-ward at what might have been, never

forward to what might be.

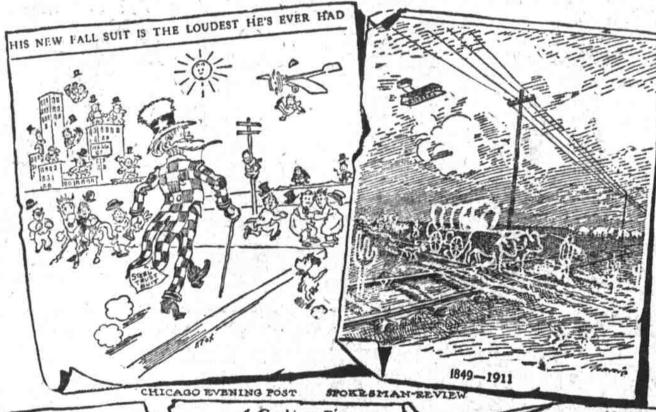
Ephriam Varnum, Charlotte and Clarence moved out to Croftslope early in April. They planted a garden, and the rest of the ground to potatoes, setting out many fruit trees and berry vines that spring and the next fall. They easily kept up the monthly payments, but could not save very much the first year for the new house. For four months during the winter they rented a small but comfortable house near by. Clarence was required to work out during the summer vacation and pool his carnings with the others'. The second fall a good house was built and mostly paid for. The third year the land and house were clear.

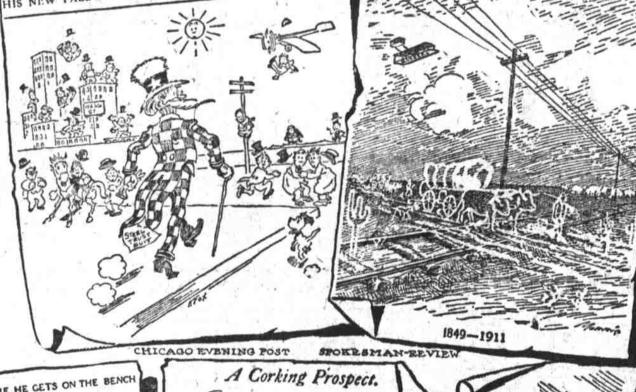
house were clear.

The move from rent bondage to diberty and home possession was made six years ago last spring. Since then Mr. Varnum has built three other houses on his acre, and sold the four quarter acres, bought another tract, and built a better house, and has land worth thousands to sell. Charlotte did likewise and though she has a nice home now provided by her husband, she has property and an income of her own sufficient to support her if necessary, and last summer she made an automobile tour of Europe herself. Europe herself.

Moral: If you have only a little money, get a piece of land that is grow-ing in value for a home. To get a little money, make some temporary sacrifices;

AS THE CARTOONISTS VIEW CURRENT EVENTS







REVIEWING THE FLEET.

MEW YORK WORLD