

they point to the necessity of protecting through wise use a mountain region whose influence flows far beyond its borders with the waters of the rivers to which it gives rise.

Among the elevations of the eastern half of the United States, the Southern Appalachians are of paramount interest for geographic, hydrographic, and forest reasons, and, as a consequence, for economic reasons as well. These great mountains are old in the history of the continent which has grown up about them. The hardwood forests were born on their slopes and have spread thence over the eastern half of the continent. More than once in the remote geologic past they have disappeared before the sea on the east, south, and west, and before the ice on the north; but here in this Southern Appalachian region they have lived on to the present day.

Under the varying conditions of soil, elevation, and climate many of the Appalachian tree species have developed. Hence it is that in this region occur that marvelous variety and richness of plant growth which have led our ablest business men and scientists to ask for its preservation by the Government for the advancement of science and for the instruction and pleasure of the people of our own and of future generations.

The conclusions of the Secretary of Agriculture are summarized as follows in his report:

The Southern Appalachian region

be protected and preserved. To that end the preservation of the forests is an indispensable condition, which will lead not to the reduction, but to the increase of the yield of agricultural products.

**We are Losing Millions of Dollars Annually.**

The floods in these mountain-born streams, if this forest destruction continues, will increase in frequency and violence, and in the extent of their damages, both within this region and across the bordering States. The extent of these damages, like those from the washing of the mountain fields and roads, can not be estimated with perfect accuracy, but during the present year alone the total has approximated \$10,000,000, a sum sufficient to purchase the entire area recommended for the proposed reserve during the past year the flood loss was probably twenty million dollars. But this loss can not be estimated in money value alone. Its continuance means the early destruction of conditions most valuable to the nation, and which neither skill nor wealth can restore.

The preservation of the forests, of the streams, and of the agricultural interests here described can be successfully accomplished only by the purchase and creation of a National Forest Reserve. The States of the Southern Appalachian region own little or no land, and their revenues are inadequate to carry out this plan.

#### IRVING AND BOOTH.

**Great Actors Who Sought to Elevate the Drama.**

England's tribute to Henry Irving was worthy of his great powers and his great performances. It was recalled, too, with appropriate feelings, that he had made great sacrifices for his high ideals. He spent large sums in an effort to keep his London theater up to a lofty standard, but the times would not sustain him, and in his old age he was forced to take to



SIR HENRY IRVING

the road again, and even to present plays of only medium merit, unworthy of his gifts, to keep his head above water. Music hall juggle and horse play, cheap but stirring melodrama, and problem plays foul with snuff, had overthrown in his own capital the first actor of his day.

Our own Edwin Booth, we should all remember, trod this same hard road. After he had reached the top with us, and was rich, he established, and sought to maintain, a temple where the drama in its best estate could be enjoyed by all who held the playhouse in veneration and affection. The structure was the finest of its kind in New York, and beautifully furnished. He opened it himself, with a supporting company of unusual excellence. For a time—a time all too brief—he prospered. His till was filled every night, and praise of his enterprise and devotion to art was general and generous.

But he could not hold the public to his splendid endeavor. Taste underwent a change. What has since come to be known as the commercialization of the theatre set in, and in time Booth's venture failed. The "shows" triumphed, and the temple devoted to real dramatic art was razed to make room for a business block. Stripped of his fortune, Booth, as more recently Irving, had to return to the road and resume the habits of a wanderer. He prospered, of course, but never, as his friends believed, recovered from this blow to his professional hopes.

The subject is much discussed, and some interesting things are said on either side. But, however the public may feel, it is to the glory of these two great actors that they resisted with all their means, and influence what they conceived to be the decay

# You Can't Expect Long Life and Prosperity

If you persist in drugging your body to cover up aches and ills. You feel bad—then try to smother your feelings (nature's warnings) with tobacco, whiskey or coffee—

The most dangerous "friends" one can mix with. They cajole, and then kill.

## RENEW YOUR LEASE OF LIFE

Stop the food and drink that does not nourish.

Go on Grape-Nuts and cream and a simple diet. Quit coffee and let old Mother Nature put you well again.

You can call in the help of a powerful friend—the food beverage.

# POSTUM

## "There's a Reason"

Be sure to read "The Road to Wellville" in Packages

Suggestion for an Epitaph.

Beneath these monumental stones Lies all that's left of Susan Jones. Her name was Chase and was not Jones But Jones is used to rhyme with stones.

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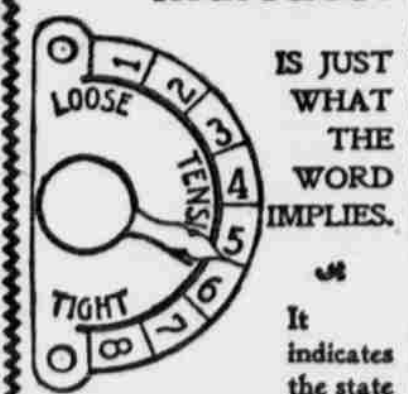
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IRVING'S LAST RESTING PLACE IN WESTMINSTER ABBEY. The remains of the great actor rest beside the grave of Garrick and close to that of Charles Dickens.

of taste in the line of their endeavor, and stood up to the end for the best, and presented it with undiminished zeal and strength.

**Pay of Russian Officialdom.**

Those who keep track of affairs in Russia note the prominence of the Grand Dukes. These gentlemen of the people enjoy a sinecure unlike any other on earth. There are over fifty of them, and each is possessed of an annual income or salary of \$2,000,000, all combined imposing a burden of \$100,000,000 a year on the Russian people, as members or offshoots of the Royal Family. Their property, like that of the Czar, amounting to a vast sum is untaxed. The question may well suggest itself, why should Russia want to borrow war funds in Paris when she has her Grand Dukes untapped—and even untaxed? There is a chance now on the part of these titled mendicants to display a little patriotism, by opening their cash boxes. One of them, it is true, went to the front in the Japanese War, but made such a mess of himself that he was called home in disgrace.

**Everything Ready.**

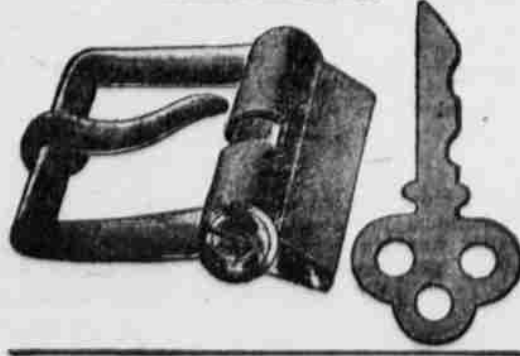
Uncle John, whose death was hourly expected, was asked by his weeping wife if he couldn't take a little nourishment. He sniffed the air and said: "Mary, don't I smell ham cooking? I think I could enjoy a few slices." "Oh, no, John," she answered, "that you know is for the funeral."

How long does it take to fight a duel? Two seconds.

**Painful Ambiguity.**

Secretary Shaw was telling an audience, which was largely composed of G. A. R. men of his State, how the world was growing better. He pictured the conditions when he was a boy and now. He told of the advance in the last few years in industrial conditions, and ended by saying: "Veterans, the world is much better now than it was when you were born, and everyone of the veterans applauded loudly. "And it will be better when you have passed to the beyond," he continued. For a few minutes the audience did not know just how to take the remark, but finally they decided to give the speaker the benefit of the doubt and applauded with spirit.

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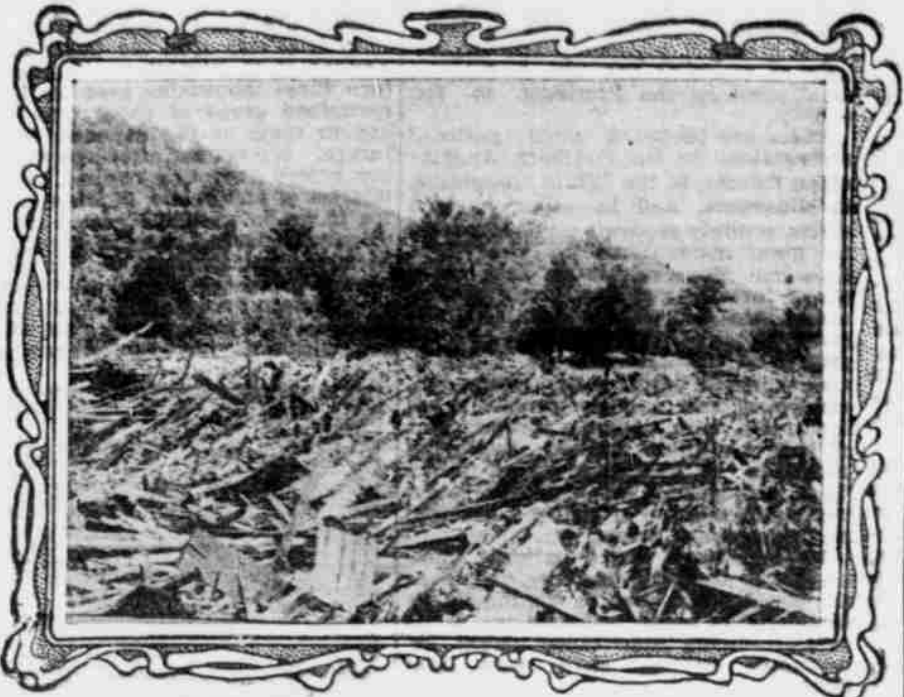


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DEBRIS FROM FLOODS ON NOLICHUCKY RIVER, MAY 21, 1901.

This mass consisted of the wreck of farmhouses, furniture, bridges and probably several human bodies, and covered 6 acres of fertile farm land near Erwin, Tenn. The Southern Appalachian region is one with an exceedingly heavy rainfall. The preservation of the forests on the mountain slopes will minimize the flood damage.

embraces the highest peaks and largest mountain masses east of the Rockies. It is the great physiographic feature of the eastern half of the continent, and no other such lofty mountains are covered with hardwood forests in all North America.

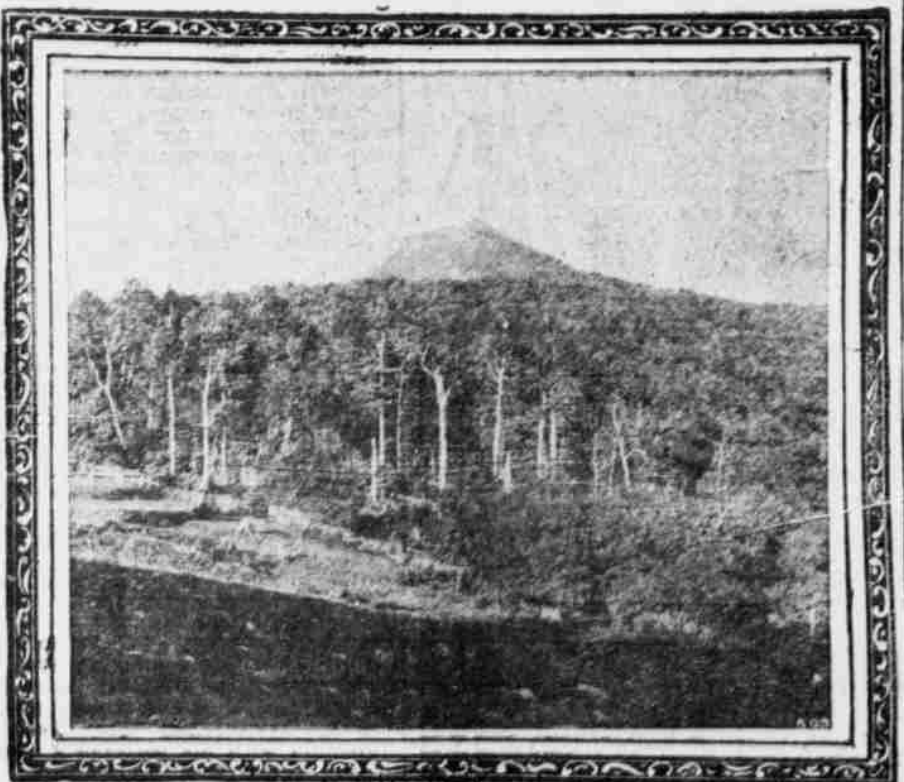
Upon these mountains descends the heaviest rainfall of the United States, except that of the North Pacific Coast. It is often of extreme violence, as much as 8 inches having fallen in seven hours, 31 inches in one month, and 105 inches in a year.

**Vast Waste of Farm Soil.**

The soil, once denuded of its forests and swept by torrential rains, rapidly loses first its humus, then its rich upper strata, and finally is washed in enormous volume into the streams, to bury such of the fertile lowlands as are not eroded by the floods, to obstruct the rivers, and to fill up the harbors on the coast. More good soil is now washed from these cleared mountain-side fields during a single heavy rain than during centuries under forest cover.

The rivers which originate in the Southern Appalachian flow into or along the edges of every State from Ohio to the Gulf and from the Atlantic to the Mississippi. Along their courses are agricultural, water-power, and navigation interests whose preservation is absolutely essential to the well-being of the nation. The regulation of the flow of these rivers can be accomplished only by the conservation of the forests.

These are the heaviest and most beautiful hardwood forests of the



ON THE TOP OF THE APPALACHIANS  
Old Grandfather Mountain.

continent. In them species from east and west, from north and south, mingle in a growth of unparalleled richness and variety. They contain many species of the first commercial value, and furnish important supplies which can not be obtained from any other region.

**A Self Supporting Scheme.**

Maintained in productive condition they will supply indispensable materials, which must fall without them. Their management under practical and conservative forestry will sustain and increase the resources of this region and of the nation at large, will serve as an invaluable object lesson in the advantages and practicability of forest preservation by use, and will soon be self-supporting from the sale of timber.

The agricultural resources of the Southern Appalachian region must

garlic and a large cupful of ripe tomatoes, chopped. Cover and simmer until the vegetables are thoroughly done. Salt to taste.

**Too Much For Human Belief.**

He was much pleased with the place, but was quite bored by his host, who would eulogize everything that was brought to the table. "Try some of this," he would say, "it is some of our own raising," or "this is some of our own milk," and that lettuce is from the cold-frame you saw," or "these peas are from vines I planted just four weeks ago today." All of this was endured quite patiently until the host remarked, "Now try some of this chicken, I raised it myself."

"No, no, I can never believe that," said the visitor. "You've only been here a little over two years."