

Fundamental Principles of Health

By ALBERT S. GRAY, M.D.

CAUSES OF CONSTIPATION.

Constipation or chronic intestinal stasis, as it is now officially designated, with its attendant poisoned state of the blood from time immemorial has been held responsible for most of the ills of humanity.

In the past constipated patients were piled with pill and powder, oils, salts, waters and other laxative compounds, both natural and manufactured. One after the other invariably they all failed in the end and the doctor had to be again consulted.

Generally he only varied the dose of this or that or prescribed another drug, without any attempt at a thorough investigation, and generally, too, without even so much as a cursory examination. Finally the public caught the idea and ceased going to the doctor for such a minor ailment and experimented with various pills, powders and waters, such as the ingenuity of the manufacturer could devise or the druggist could suggest.

Aided and abetted by the artistic lithographer and the circus bill poster, an educational campaign for instruction on how every man may become his own physician now forms a highly suggestive background to the general landscape throughout the country. As the result of clever advertising campaigns the carrying of a box of laxative tablets, pills or candy in the pocket in order to facilitate the regular daily dose of the remedy has become habitual with a large percentage of our people.

Constipation unfortunately is not an insignificant local affair that may easily be overcome by some simple remedy but, on the contrary, it is generally a symptom of a slowly developing constitutional condition, the specific name of which will appear in the death certificate of the victim.

It is only of late years that we really have begun to understand the relations existing between constipation and the rest of the body; to comprehend that functional inactivity in the gastric tract is perhaps but a part of a general functional derangement certain to end disastrously if not corrected by a comprehensive readjustment of individual habits and relations.

By far the most important factor in the maintenance of health is food. To the average individual food means something edible and palatable, which will satisfy the demands of hunger and thirst and enable him to maintain normal strength of body and mind.

Up to a very recent time textbooks on physiology taught that the three chief foods of men were proteins, fats and carbohydrates. Tucked away in an obscure corner, if indeed they were at all mentioned, under the name of ash the mineral salts received a bare mention, the author usually explaining that little or nothing was known of their action in physiology.

Recently we have come to understand that not only are there many proteins and that some proteins do not alone suffice to sustain human life, but we have come to understand also that proteins, fats and carbohydrates are not the three chief foods of man.

Going back through millions of years to the single cell, to the ameba state of existence, we find that the primary food elements were, and still are, air, water and mineral salts. Coming up the long ladder of progressive animal evolution, we finally come to a period where proteins, fats and carbohydrates, in fixed definiteness and proportion, became necessary to us as vertebrates; and, while these three classes of foods are absolutely vital to our existence as higher animals, we are beginning to comprehend that they are still subsidiary to the first three—exactly as our more recently acquired brain, superimposed on our primitive sympathetic system, has recently been demonstrated to be subsidiary to the ductless gland system comprising our primordial nervous system.

The individual workers of the body, the cells composing our bodies, are nourished by the blood stream, and the most valuable components of that wonderful fluid are known to be the mineral salts, and these are absolutely necessary to maintain the normal composition and activity of the individual cell; hence the same must be true of the complete organism, because the organism is constructed out of the blood stream.

gradual recovery," was the meek reply. The lunatic stopped and eyed the minister. "You're a parson, ain't you, and know the Bible through and through?" The clergyman acquiesced.

"Well," exclaimed the weak-minded one with a grin, "all I've got to say is that you can give Ananias 20 years start and—win easily!"

Only Fossilized Fleas. The history of the flea would seem to go back many centuries, but the only fossil remains of a flea that have, so far, been discovered are a single flea in a piece of Baltic amber. The flea, according to Mr. Russell, is admirably preserved by its semitransparent surroundings, and is in the collection of Professor Klebs. "When we consider," says Mr. Russell, "how remote are the chances that a flea should get imbedded in amber and should subsequently be detected and described by a naturalist, we may well understand that the owner has asked (but without success) \$1,200 for it."

Any blood which is formed from improper food, or from proper food improperly prepared or badly cooked, is chemically of a poor quality and can not furnish the right material for the upbuilding and normal functioning of the individual. Constipation is positive evidence of defective metabolism resulting from inadequate food elements, and only will be corrected by the correction of one's personal food intake and general habits. The habitual use of laxatives is useless and dangerous.

CAUSES OF CONSTIPATION.

Habitual use of laxatives is useless and dangerous. That positive statement is made in the light of 25 years' observation of cases that have persistently followed the laxative habit because it appeared to be vastly easier to take a simple little pill, guaranteed to produce satisfactory results, than it was to follow an intelligently planned but necessarily prolonged dietetic regime. Herein lies the prestige and the charm of the purgative habit: It is the can opener principle. You buy physiological activity instead of making it yourself according to the laws of nature, and thereby beat nature at her own game. It is quick and easy; results are "guaranteed."

What constitutes constipation? As a rule few seek to analyze this question, but content themselves with the bare fact that there seems to be some lack of activity along the 35 feet of intestinal canal which appears to require correction. Then, without the least thought as to the ultimate results, one or more of the 60 odd traditional remedies are blindly recommended, or perhaps a supposed remedy may even be used solely on hearsay evidence by and from one absolutely without knowledge concerning the functional requirements of the human machine. In this connection there is food for thought in the following authorities: "Drugs of unknown toxicity be set to act upon bodily tissues in disease in which we are ignorant of deviations from the normal."

What are the deviations from the normal in constipation? Contributions from the experimental physiologists, from the clinician, the radiographer and the surgeon have only very recently enabled us to begin to understand the probable causes of constipation. We are finding that there are many causes and that very often the constipation is only a symptom of graver conditions than a "simple intestinal inactivity." Von Noorden, Boas, Straubinger and, most of all, Adolph Schmidt have added enormously to our fund of knowledge as to the physiology, mechanics and pathology of the alimentary tract.

Microscopic investigation of the feces under such conditions frequently discloses the fact that many cases of chronic constipation are due to the fact that the digestion is too good. Starling and Baylis proved that intestinal stasis, or constipation, is due to a diminution of an internal secretion, to a lack of the "hormones."

The radiographer by means of the bismuth test meal is able to show to the naked eye the actual waves and contortions of the intestinal canal, and has disclosed dilated and kinked canals unsuspected by earlier clinic methods. The surgeon uncovers adhesions, ulcers and similar conditions often unsuspected from any definite symptoms.

In addition to all the above conditions which may easily account for constipation, there is another cause not generally considered. Physiology teaches us that the expulsion of fecal matter from the intestines takes place in such a manner that the contents therein act as a kind of independent body with stimulating action upon the walls of the intestines and the plexus myentericus, a network of sympathetic nerves situated between the longitudinal and the circular muscular layers of the intestinal tract. As a result there follows a contraction of the walls of the intestines and their contents are expelled.

All nerves, the plexus myentericus included, are under the control of the central nervous system, which creates motor impulses through the medium motor impulses through the medium of the pneumogastric nerve (vagus), so that strong emotions, mental shock and the like may by reason of the irritation of the pneumogastric nerve, produce a movement of the bowels, or an inhibitory or restraining influence, through the intervention of the splanchnic (visceral) nerves may cause a check to the peristaltic movements. Obviously, then, mental states may also be at the bottom of some cases of constipation. But without any discrimination whatever the amateur, ignorant of the possible conditions, takes and recommends remedies promiscuously. And society stands aghast and puzzled at the increase of crime and disease.

What is required more than all else is the practice of sane personal hygiene.

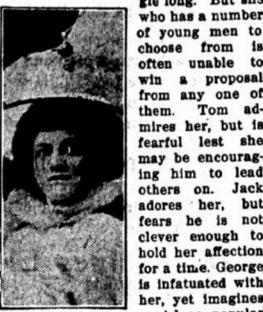
Laura Jean Libbey's Talks on Heart Topics

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THE GIRL WHO WAITS TOO LONG.

I cannot love as I have loved And yet I know not why. It is the one great love of life To feel all feeling die.

The girl who has plenty of beaux is the one you think will not remain single long. But she who has a number of young men to choose from is often unable to win a proposal from any one of them.



Tom admires her, but is fearful lest she may be encouraging him to lead others on. Jack adores her, but fears he is not clever enough to hold her affection for a time. George is infatuated with her, yet imagines a girl so popular would not be content to settle down and accept cheerfully of the few pleasures which his purse would allow him to bestow upon her.

Like moths they hover around the bright flame, careful not to approach too near. Four or five years slip by before the popular girl realizes it. She sees this chum and that one brides at the altar, but finds that there is no good prospect for her.

Her suitors at first came singly to call upon her. After awhile she entertained them without partiality, amused when the quartet took leave together. In that way, not one of them had an opportunity to whisper love words at parting. When they departed in a group, how could she show partiality by inviting one to call soon without giving an equally cordial invitation to the rest? At length, from constant companionship in meeting so often in her home, the young men become excellent friends—in fact, boon companions. It becomes so at last that if she offends one in any way she may lose all.

There are popular girls who flatter away the best, popular years in their lives by being amiable to many suitors when they should in duty to themselves, as well as the others, choose the one they care most for and let the others know of it that they may drop gracefully out of the love race. The young man thus selected will be so gratified over her preference that he will press his suit with ardor. She will soon be able to name the wedding day. A year, under ordinary circumstances, is quite long enough for a girl to decide regarding one or many who would be courting her.

Delays are dangerous. Being fearful of losing her hold upon any one of them she clings firmly to them all and is sweetheart to none. Gradually, the visits of each drop off. She finds this to be a disastrous state of affairs. The last lover, looking upon the matter from his own viewpoint, is not quite sure that he wants her. It was quite different when he had plenty of rivals for her hand and he was by no means sure of her. The popular girl who marries the last beau on her list may find she has chosen the most undesirable one of the lot.

Girls who have no beaux sigh to be popular with the young men. They are better off if they but knew it, to get one only and that one the right one. The girl who has many beaux has a good time of it in the beginning, but it is usually a setback to matrimony.

WHEN PEOPLE ARE SINGLE.

Here's to thy health, my bonnie lass! 'Guld time, and joy be w' thee! Till come me mair to thy bowen door To tell thee that I lo'e thee! Oh, dinna think, my pretty pink! But I can live without thee; I vow and swear, I dinna care How long ye look about ye.

People who are happily married are wont to feel a secret pity for those who are single. They are quite sure that their lives must be lonely and valuable time is flitting by.

If these people but knew it, those who are single are happy as the day is long. When they are heart whole, they are care free. The lamp of hope is always burning brightly in their bosoms. Unlike some disappointed married folks, their future holds promise of happiness yet to come. From the time they rise in the morning until they go to bed at night expectancy is theirs of meeting their mate; for who knows what a day may bring forth?

When people are single, there is an impelling power which draws them hither and thither among friends to dance and make merry. There they see and are seen. Single women have no spendthrift husbands to worry over, and single men no load of household bills to stagger under. They know nothing of matrimonial cares. There is nothing to put their tempers on edge and to sour their dispositions.

When a girl is single her lover does everything in his power to please and win her. After she's his wife, well—er—that's another story. It's the single people who rule homes, dances and most every form of amusement. When a woman is single, she can coquette with a dozen beaux and people think it's "cute" of her. If the young man smiles behind her fan at an old-time friend, and enjoys a few dances with him, as she did in other days, the tongues of the gossips are set wagging and, unless her husband is a man of sense and understands the situation, she may find a suit for divorce upon her hands. Single people in a household are the ones who have all

the partiality shows them. The married daughter, with a husband and baby, cannot monopolize the parlor evenings. That is given over to her sister Susie, to receive her company. All evenings are hers for the possible beau who might drop in. The married sister has to sew for her and feel it her duty to make her a present of her prettiest ornaments, and spend all her pin money on her. She advises with her when she has a tiff with the beau or that one, giving her the benefit of her own experience with would-be lovers. The old folks are drawn out of their shell to accompany her here and there whether they would or no. Being single, they know she must have her fling of pleasure. It's quite the same with the young man. Everything is done to make his home pleasant. He won't be with them always. They never know what day he will win across a dearie to love and wed. Single people live in a romantic world of their own.

A ONE-TIME ADMIRER.

Time found our tired love sleeping, And kissed away his breath; But what should we do weeping, Though light love sleep to death? We have drained his lips at leisure, 'Till there's not left to drain A single drop of pleasure, A single pulse of pain.

Because a man may fancy a girl at one time it does not follow that his regard for her will be lasting. He may talk love ardently to her, write it in letters a year or more. But that is not proof that his ardor will not cool. Long after a man has forgotten one of these love episodes in his life the girl in the case will remember and cling fondly to the belief that he still thinks of her no matter where he may be.

The heart of man is changeable. When his interest in a particular woman dies out, that is the end of it, so far as he is concerned. In his arduous pursuit of a new love he has no time to fritter away in day dreaming over the past. In the course of events he may be brought, in after years, face to face with the girl whose personal acquaintance once so appealed to him. But he can clasp her hand once more and look into her eyes without experiencing one extravagant heart throb.

Not so a woman. The mention of her one-time admirer's name thrills her. The memory is sweet to her. She deludes herself into believing that she sees the old-time brightness in him; notes the old-time tenderness when he speaks her name. She may not have cared overmuch for him at first, but time has mellowed her objections. Her appreciation of him now dominates. To tell her that her one-time admirer had lost all interest in her would be to destroy one of the tenderest illusions of her girlhood. Even though she is wedded to another she likes to believe her one-time admirer regrets losing her. Her first question if they meet is: "Are you still single?" If he answers "No!" she is consumed with curiosity to behold the woman who has had the power to win him, to know if he has told her of his early love affair, and if the wife is imbued with as deep an interest to see her. Women of practical, sound sense cast aside these early, youthful fancies, knowing them to be like frail castles in the air tumbled down years ago. She knows that it is simply because her one-time admirer has not happened to come across the one woman in the world who awakened a responsive chord in his heart that he has remained single, if he is unwedded. Her husband looks complacently on at the meeting of his wife and the one-time admirer. Jealous? Not a bit of it. He knows the heart of a man too well; when he resigned her to single blessedness or to another, he was indifferent to her. He found the happiness the one-time admirer lost.

Universal Fairy Tale.

"The Sleeping Beauty" may be called one of the stories of the whole world; for there is hardly a people which has not its tale of magic slumber and awakening. It has been conjectured with some probability that the origin of these stories is to be sought in hypnotism. Certainly it is a striking point that wands, pins, rings or similar objects that would assist in the hypnotist's suggestions commonly figure in them. In many eastern versions the girl goes to sleep, or dies, when a magic rod is laid near her head; she rises from sleep or death when another is placed at her feet. In Grimm's "Briar Rose" the heroine pricks herself with her spindle. In Scandinavian and Celtic versions it is a sleep thorn.

Moth-Proof Box.

A most excellent moth-proof box for storing clothing can be made at home, if a cedar chest is impossible because of cost. Make a wooden box four feet deep, two feet wide, and two feet deep, having a lid with three pairs of hinges which can be hooked down firmly when closed. Inside, on the bottom, sides and lid, tarpaper should be tacked carefully. Over this, put a bleached cotton, so that no garment will come in contact with the tarpaper. Every article should be well brushed and aired before being put away, to make sure that no moths are in it, or other precautions are useless.

Weak on Geography.

Geography floors most of us occasionally, and Dean Hole has recorded an instance when even a bishop nodded. Hole and Dean Spence were staying with Dean Pigou at Chichester, and their host began to talk about Korea. Suspecting some ignorance, he asked if they knew where it was. Hole said he thought you booked for Charing Cross, and Spence that you got out at Baker Street. There was laughter, and a bishop who had been listening asked in perplexity wherein lay the joke!—London Chronicle.

One Thing He Was Sure Of.

"As a matter of fact," said the lawyer for the defendant, trying to be sarcastic, "you were scared half to death, and don't know whether he was a motor-car or something resembling a motor-car that hit you." It pleased the plaintiff to answer, "I was sorely struck by the resemblance."

Mutton Sandwiches With Peas.

Butter slices of white bread and put over one-half a lettuce leaf, then thin slices of cold mutton. Mix to gether half a pint of peas that have been seasoned with salt, pepper and a little butter; then a spoonful of salad dressing, another leaf of lettuce, then another slice of buttered bread.

Splach the New Way.

Wash the spinach thoroughly, but do not drain too dry. Put into the kettle and cover. Do not add any water, as the water left from cleansing will generate steam enough to cook the vegetable, and in this way you will find it much improved in flavor.

Lacing the Fowl.

Instead of sewing up turkey, duck, etc., after stuffing, run some toothpicks across the opening and lace up with string. When the fowl is done, first pull the toothpicks out and the string falls off.

THINGS WORTH TRYING

ALL GOOD AND JUST A LITTLE "DIFFERENT."

Effective Touches That Will Not Add to the Cost of the Dishes but Will Add Materially to Their Flavor.

Oh, you housekeepers who hanker after something a little different that will not add to the "cost of living," have you ever tried:

Tiny red peppers to garnish your salad plates and give the touch of desired color, when tomatoes are not to be had, or are prohibitive in price?

A center of yellow cheese for the tomato salad that is arranged to represent a poinsettia?

Halves of canned pears, piled up with white grapes and nuts for a salad in the pale yellow tones?

Or asparagus tips on white lettuce leaves if to get that special coloring you prefer not to use fruit?

Rings of green peppers on greenlettuce, with a garnishing of French peas when an all-green salad is desired?

Roquefort cheese, grated, or chopped onion in your French dressing?

Cheese balls molded from a paste made of cream, chopped nuts and parsley, and seasoned with salt, pepper, a dash of paprika and Worcestershire sauce?

Or this same paste used as a filling for sandwiches? Thin bread and butter sandwiches of brown bread to be served with your salad in place of the more orthodox wafers?

A sprinkling of paprika on top of the regulation stuffed potatoes?

Small white heads of cabbage, boiled and adorned with a cream dressing, instead of the more aristocratic and costly cauliflower?

Cabbage or turnips au gratin in place of potatoes cooked in the same fashion?

A sauerkraut stuffing for goose or duck if you have any hankering after "Dutch" dishes?

A boiled dressing made with cream instead of oil and seasoned with a double quantity of mustard with your Dutch suppers?

Tripe with a very thick seasoned cream gravy, or chicken livers broiled with bacon, when you are at your wits' end for something new and not too expensive in the way of meats?

Ripe bananas peeled, laid in earthen dish, water to cover, sprinkled with brown sugar and a few drops of lemon juice and baked slowly for about half an hour? If a few chopped nuts or dot of apple jelly are added to each portion the effect is prettier.

Use Mild Soap.

No strong washing powders or kitchen soaps should be used on linoleum, as they slowly fade the pattern, destroy the dressing, and so make the linoleum look old and grimy, says a Country Gentleman writer.

Clear water may be used and mild soaps which are really mild enough to be used as toilet soaps.

Wiping up the linoleum with milk has more disadvantages than advantages. The sugar and the fat in the milk seem to glaze the linoleum, but the stickiness of it will in time make the linoleum hold more dirt and in the end give a grimy appearance.

A thin coating of the best varnish twice a year will do much toward keeping the linoleum bright and shiny and preventing wear.

New Luncheon Dish.

Poach an egg carefully in boiling water to which a squeeze of lemon juice has been added, trim it neatly with a round cutter, mask it with some thick, nicely flavored white sauce, which is still warm, and put it aside to get cold. Dust the egg lightly with flour, brush it over with beaten egg, cover thickly with dried bread crumbs, seasoned with salt and pepper, and fry it quickly (one and a half minutes should be sufficient) in a bath of boiling fat. Serve the egg on a round of buttered toast and garnish the plate with watercress.

Veal Croquettes.

Put two cupsful of finely chopped veal in a saucepan, add two tablespoonfuls of fine bread crumbs, one teaspoonful of butter, the beaten yolks of two eggs, one teaspoonful of onion juice, quarter teaspoonful of salt, one saltspoonful paprika and a speck of mace. Stir the mixture over the fire until thoroughly heated, then set aside to cool. Shape into croquettes, dip in beaten egg, roll in fine crumbs, let stand one or more hours, and fry until well browned. Serve with tomato sauce.

Beans Spanish.

Soak overnight two cupsful of pink beans, then boil them until tender. Boil three sweet red peppers and put them through a sieve. Fry three slices of bacon until brown, then add the pepper pulp and one green pepper which has been minced fine and one shredded onion. Then put in the beans, adding plenty of juice, a little salt and some grated cheese. Cook together thoroughly.

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HITS FROM SHARP WITS

Some people aim to attract attention; others to get something done.—Pittsburgh Sun.

Neutrality is all right if it does nothing more than keep men who can't sing from trying.—Toledo Blade.

Red eyes are a sign that a man ought to have glasses or that he has had too many of 'em.—Columbia State.

Some men, when they are not permitted to be as mean as they please, think they are being robbed of their freedom.

A clever man can make his silence appear dignified even when it's because he is at a loss for something to say.—Albany Journal.

Men talk about what they will do tomorrow, but not a word about what they are going to say tomorrow. Most talk is unpremeditated.

Some people surely make a bad guess when they judge the width of the world by the size of their own back yard.—Philadelphia Telegraph.

"The fellow who doesn't believe in the influence of environment," remarked the man on the car, "never lived close to a glue factory."—Toledo Blade.

Half the time the man you praise for being silent is only waiting for some calamity to touch the spring that controls his vocabulary.—Houston Post.

You may have noticed that there are only a few people who take a chance on spraining their arm in lending a helping hand.—Philadelphia Telegraph.

A near-philosopher says it is better to be good-natured and imposed upon than to be a grouch, which may be all right, generally speaking, but better for whom?—Philadelphia Inquirer.

INFORMATION

Rubbing with unsalted butter, followed by bleaching in the sun, will cleanse ivory ornaments.

A Spanish syndicate is considering building a railroad across northern Africa 1,864 miles long.

To teach rifle shooting a Japanese has invented a cross bow with rifle stock, trigger and sights.

Massachusetts has the largest Portuguese population of any state, Rhode Island ranking next.

Mechanism operated by a lever from the driver's seat has been invented for opening automobile doors.

Scientists have estimated that more than 15 per cent of the earth's crust is composed of aluminum.

In normal times the spice islands of Zanzibar produce about 90 per cent of the world's supply of cloves, an average crop approximating 16,000,000 pounds.

CONDENSATIONS

The eight-hour movement in the United States began in 1868.

The German merchant marine, in 1913, had a tonnage of 4,576,355.

Chicago will spend \$400,000 in improvement at Grant park.

Los Angeles is canning Lima beans with much success. The enterprise was initiated last year.

According to an English scientist the light of the sun exerts a pressure of 70,000 tons on the earth.

California products, consisting of canned fruit, dried fruit, wine, etc., are now arriving in the eastern markets via the Panama canal.

The municipal board of health of Manila has passed an ordinance requiring that all buildings erected in future in the city must be fireproof.

Government figures recently compiled show that the salt production of the United States last year reached the record-breaking total of 4,815,903 short tons.

Kukui nut oil is a valuable Hawaiian product and is in demand in the paint and varnish trade. It has been shipped to the United States from various Pacific islands for the last 25 years.

IN-SHOOTS

The kitchen girl frequently has claws of the old cat.

We may tell our troubles, but we can never laugh them.

Platonic love and the soul kiss never travel in the same company.

Natural cussedness makes criminals of some men; others run for office.

Ability to escape from the fool-killer has often put a man in the hero class.

We often suspect that many of these convenient headaches are due to laziness.

If the married woman does not succeed in reforming her husband, she can at least punish him.

The man who suffers in silence sometimes bears more pain than the fellow who bellows. But not often.

Much of the advice that we receive, if followed, would cause us to engage in a lot of ground and lofty tumbling.

POINTED PARAGRAPHS

Fish are wise. They begin business on a small scale.

Gossip is a deadly gas that is often fatal to friendships.

A man's wisdom isn't as interesting as a woman's intuition.

If the world doesn't understand a man it calls him a crank.

Any girl who thinks as much of a man as she does of herself will do little to.

Even after a man sees where he made a mistake, he keeps right on making more.

After a girl gives her hand in marriage she may discover later that she put her foot in it.

These ultra modern skirts are evidently built for deep snows, as they are about knee deep.

When a man tells a joke to half a dozen women and they all laugh but one that one is his wife.

Most people would rather blame a man for what he doesn't do than give him credit for what he does.

A woman may not accept a proposal of marriage, but she always admires the good judgment of the man who made it.

It is always more or less of a shock to a woman when she discovers later in the game that her husband really did know what he was talking about.—Chicago News.

ACTIVITIES OF WOMEN

Pennsylvania suffragists will receive a donation of \$50,000 provided that they can raise \$20,000.

The Montana legislature has rejected the petition asking that women employees of the state have pensions.

Women are now eligible to appointment to the faculty of the College of Arts and Sciences at Cornell university.

Mrs. L. Mercer is a candidate for mayor in Centralia, Ill., having received the indorsement of the "dry" forces.

When she is not studying a sketch or a new song, Grace Tyson, the actress, passes her time cutting cameos.

Women have been refused their request that one of their sex be appointed to the Paterson (N. J.) board of education.

Mrs. Margaret B. Laird, the wife of a Newark (N. J.) druggist, has been appointed a member of the board of health in that city.

FEMIGRAMS

Virtue—Something we ask of others.

Fatted calf—Food for the prodigal son.