

CORY'S TIMELY CARTOON. ANOTHER GLANCE AHEAD.



The Cartoonist's Prophetic Vision of Himself in the Twentieth Century.

WOMEN SHOULD WALK. They May Read Here How to Do It; Also What to Wear for the Exercise.

THE desire to be well and strong seems to be considered a purely masculine prerogative, except by the athletic class. Women who have not the physical life of this world as they are accustomed to worrying about as best they may. Finally tired nature rebels, nervous prostration results, and the victim ascribes her illness to any but the right cause. Health is one of God's best gifts to man, and the means to its attainment are within the reach of every one. Wholesome food (it need not necessarily be expensive), plenty of sleep and regular exercise are three potent factors. The great stumbling block with most women is the regular exercise. The latter is connected with the idea of something which is both expensive and hard to do. On the contrary, the very healthiest form of physical exertion and the one which is the most common is walking. It may be indulged in by rich and poor alike, without a cent of pay. "Don't talk to me about walking," says the busy housekeeper. "Why, I am on my feet all day long. I do all my marketing and go shopping in the morning and attend three or four teas in the afternoon. By the time night comes I am thoroughly worn out." There is no need to doubt her assertion. The thin drawn look about the mouth and the tired eyes proclaim a body that is never rested. There are always two ways of doing a thing—a right and a wrong way. Think of the physical endurance it takes to spend a morning going from store to store, one hand clutching a heavy cloth skirt and the other filled with bundles. Add three teas to this, and the strain on the system would require the strength of a powerful man, could one be induced to undertake it. Now, as to the right way of walking. Choose, by preference, the early part of the day, but not too soon after breakfast. Dress yourself in light but warm clothing, and see that there is nothing to impede free circulation. A skirt of walking length, shoes with heavy soles and a hat light in weight—felt is very good—is the costume. Let your tramp be in the country, if possible, or if you live in the city and that is not practicable, board a car and start your walk from the outskirts. Anything so as to get away from the brick pavements, the smoke and noise of a large city. Take long swinging strides and let your arms hang naturally and move with the body. In that way every muscle is exercised. Under no circumstances fail to take a cold sponge, followed by a brisk rubbing and an entire change of the clothing which has been next to the skin. All the good effect of the walk is lost by sitting down in garments which have been soaked by perspiration, and a cold is more than likely to be the result. The above practice, systematically followed, cannot fail to produce a great change for the better in one's general condition. It has restored health to many invalids who were only able to walk a distance of two blocks when they first started. The distance was increased a little each day, until in one case ten miles was gone over with ease. Would it not be a good plan to supplant some of our numerous reading clubs for one that had a daily walk of an hour for its object?

BALDNESS THAT CAN BE CURED. Dr. Pusey, of the University of Illinois, Tells Which It Is of Four Kinds.

THERE are four varieties of common baldness—scalloped baldness, premature baldness, baldness due to constitutional disorders and baldness due to local diseases of the scalp. Scalloped baldness, like wrinkles and gray hair, is simply an expression of the normal changes in the skin that are produced by increasing years. Premature baldness is usually hereditary, and is simply scald baldness occurring too soon. The condition of the scalp in this form of baldness is identical with that in genuine scald baldness. Scald baldness and premature baldness are conditions entirely beyond the range of medical relief. Premature baldness is not an indication of serious changes in other tissues than the skin. It does not indicate lack of vigor, or furnish any indication as to the constitution or life expectancy of the individual. Partial or complete baldness is associated with disorder of the general health of various kinds; acute fevers, nervous disorders, many sorts of nutritional disturbances are all at times responsible for falling of the hair. A familiar example of baldness due to acute disease is the baldness that follows typhoid fever. This form of baldness, like all baldness due to constitutional diseases, usually rapidly disappears when health is restored. The form of baldness due to nervous strain is a rather common variety. It is frequently seen in overworked, nervous women; not so frequently in men. The prospect of recovery in this form of baldness is good, but by no means so certain as in baldness due to acute disease. Baldness is at times produced by overwork, long-continued mental strain, severe shock or other trials on the nervous system, but the grateful theory that baldness is commonly produced by overwork, great intellectual activity and excess of gray matter is not built upon solid facts; it belongs rather to that large group of opinions of which the wish is father to the thought. Of the local conditions that produce baldness the one that is of great practical importance is dandruff. Next to heredity and perhaps before heredity dandruff is the great cause of baldness. Dandruff in its several degrees is a disease known technically as seborrheic eczema; it is pretty generally accepted that the disease is due to a micro-organism, and its importance as a cause of baldness is widely recognized among experts. The baldness that results from dandruff is similar to that from scald causes, and after once complete is beyond repair. It may, perhaps, be seen from the foregoing that the prospect of recovery from baldness depends upon the kind of baldness. The individual who rapidly loses his hair from acute disease or from disfigurement of the general health may feel fairly sure that under the care of his physician his hair will return. The man or woman whose locks are thinning may still have hopes of retaining some of them. The head that has gotten shiny and smooth from gradually developing baldness is shiny and smooth for good, and the possessor of it may just as well make up his mind to accept it philosophically. Try to believe that it is an evidence of intellectuality, and that the bald headed man is the forerunner of that advanced stage of civilization when all mankind will be bald. There is probably no truth in either of these propositions, but there is no reason why one should not get as much comfort out of the situation as possible. No attendance was provided for the sick. No clothes were distributed to the naked. Such a thing as a bed was rarely seen. Many of the inmates passed years without washing themselves. Their hair grew long. Their clothing rotted from them and exposed bodies tormented with all manner of skin diseases. Just as the condition of our prisons and asylums to-day and the strong public sentiment against inhumanity there are sure tests of humane and ever more humane conditions among the masses of the people, so the toleration, the approval of these horrors of a hundred years ago by even the most enlightened people are proofs positive of a low state of humanity and therefore of civilization. Emerge now from these awful scenes of a hundred years ago into the fresh air and sparkling sunshine of to-day. And as you look about you, you get a new view of the meaning of that mighty word PROGRESS. Much remains to be done, and one quickly—so much that there is little time to look backward. But a glance backward now and then is inspiring. How we are going forward with our seven-league boots of Modern Progress!

LOVE'S PLATFORM.

WHAT'S the party? Call it Fate; Cupid is the candidate; Hymen is his running mate; Love the balance of the state. This our platform: We deplore any unwise lover's war; Annihilations are we, Hearts united, our decree. As for syndicates, we must say monopolies are just. For each lover will declare That exclusive love is fair. Yet in summer-seashore plan- fifteen maidens to every man. But we changed the ratio At the falling of the snow. Open door and open grate, Friendly ps, we advocate; Monot doctrines? Yes, we mean. Parents should not intervene. Cast your vote without delay, Balls are open every day, Open early, open late, Some elect our candidate.

Unwashed Fruit.

It is a common mistake to think that the fruit of the tree is clean. It is not. It is covered with germs. These germs are the cause of many diseases. They are especially dangerous when they get into the mouth. They are also dangerous when they get into the eyes. They are also dangerous when they get into the ears. They are also dangerous when they get into the nose. They are also dangerous when they get into the skin. They are also dangerous when they get into the hair. They are also dangerous when they get into the clothes. They are also dangerous when they get into the shoes. They are also dangerous when they get into the hands. They are also dangerous when they get into the feet. They are also dangerous when they get into the body. They are also dangerous when they get into the soul.

STITCHED BLACK SILK



QUERIES AND ANSWERS

No Difference. A bet there is seven minutes difference between New York and Brooklyn time. B bets there is not. Which wins? A. V. G. Clement C. Moore. Who was the author of the well-known child's poem, "The Night Before Christmas"? J. R. No. Can a citizen not born in the United States be its Vice-President? J. V. M. Outside. Which is proper when a young man is walking with two women, should he walk on the outside or in the center? M. E. I. B is Right. A says that the Governor cannot remove the Mayor from office. B says that he can. Who is right? MONTIMER ISAACS. 20th Century Begins Jan. 1, 1901. Is this the twentieth or the nineteenth century? FRANK ANDERSON. Thirty-eight. How old is Chauncey Olcott, the actor? C. J. K. 2-2 Miles of Glands. There are 2,000,000 sweat glands on the human body, each one-fiftieth of an inch long, and their aggregate length is two and a half miles!

The World.

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IF YOU DO NOT REALIZE HOW WE HAVE PROGRESSED.

We are thinking and talking a great deal about the significance of the current revelations of inhumanity and brutality.

And they are significant. They help us to measure the depth of our veneer of civilization. They help us to note at what distance below the surface lie the internal fires of barbarism, and how hot and how extensive those fires are.

They remind us how much there is to be done before even the most highly civilized country can justly claim title to real civilization.

But there is one more significant phase of these revelations of the brute in man, these demonstrations of the unfitnes of any man, whether educated West Pointer or ignorant Bellevue or Randall's Island nurse, to have arbitrary power over his fellow-man. Barbarism is significant. But universal, deep, sincere horror of barbarism is more significant far.

In the first chapter of his remarkable "History of the People of the United States" John Bach McMaster has compiled with caution and care the facts that enable us to compare the beginning of the nineteenth century with its end in this vital matter of humanity.

Humanity is the test of civilization. For humanity means the sense of human brotherhood.

Let us see what the people of the Republic thought was humane and decent treatment for their fellow-citizens at the birth of this dying century. Listen to this:

One hundred years ago the laborer who fell from a scaffold or lay sick of a fever was sure to be seized by the Sheriff the moment he recovered and carried to jail for the bill of a few dollars that had been run up during his illness.

Every poor man spent part of his life in jail. And not only was imprisonment for debt everywhere common, but also scores of offenses which we now regard as of no consequence, or punish with light fines, were then punished with ferocious savagery.

Read this paragraph: Into such pits and dungeons all classes of offenders were indiscriminately thrust. Men confined as witnesses were compelled to mingle with the criminal besmeared with the filth of the pillory, streaming with the blood of the whipping-post, while here and there among the throng were culprits whose ears had just been cropped, or whose arms, fresh from the branding-iron, emitted the stench of scorched flesh.

And here we have a picture of the sights and sounds familiar to and approved by our great-grandparents: The treadmill was always going. The pillory and the stocks were never empty. The shears, the branding-iron and the lash were never idle for a day. In Delaware twenty crimes were punished with loss of life. In Massachusetts ten crimes were declared by the General Court to be punishable with death. In Rhode Island a perpetual mark of shame was for many offenses judged to be a most fitting punishment.

Keepsers knew no other mode of silencing the ravings of a madman than trying him up by the thumbs and flogging him till he was too exhausted to utter a groan.

Add to this picture human slavery, with the power to punish lodged in private hands and exercised with the utmost license of caprice. What a picture of inhumanity! What a hideous contempt for the dignity of a human being!

And now let us look inside these prisons, still with McMaster as our guide: In Connecticut there was an underground prison in an old worked-out copper mine in the hills near Granby. The only entrance to it was by means of a ladder down a shaft to the caverns underground. There, in little pens of wood, from thirty to one hundred culprits were imprisoned, their feet made fast to iron bars and their necks chained to beams in the roof. The darkness was intense; vermin abounded, water trickled from the roof and oozed from the sides of the caverns; masses of earth were perpetually falling off.

McMaster says that this foul den where human beings rotted in the darkness was "perhaps" the worst in the country. But he goes on to give facts to prove that "in every county there were jails such as would now be thought unfit for the vilest and most loathsome of beasts."

And what of the lives of the thronging inmates, the most of them not offenders at all! No attendance was provided for the sick. No clothes were distributed to the naked. Such a thing as a bed was rarely seen. Many of the inmates passed years without washing themselves. Their hair grew long. Their clothing rotted from them and exposed bodies tormented with all manner of skin diseases.

Just as the condition of our prisons and asylums to-day and the strong public sentiment against inhumanity there are sure tests of humane and ever more humane conditions among the masses of the people, so the toleration, the approval of these horrors of a hundred years ago by even the most enlightened people are proofs positive of a low state of humanity and therefore of civilization.

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HE NEEDS A CYCLONE CELLAR.

By T. E. POWERS.



Dodging Dick Finds It Time to go Below.

IDENTIFICATION.



"Can you tell me where your father is, young man?" "He is down there, sir, with the pigs. You can tell him—he's the one with the hat on"—Polichinelle.

HIS CONCEPTION OF THEM.

Cholly—Ole Chappie, why don't you have a pair of these rubber heels put on your shoes? Fwedy—Baw Jove, it would be too doosed much trouble to keep them inflated, deah boy.

THREE GOOD RECIPES.

Oyster Salad. One pint of celery, one quart of oysters, one-third of a cupful of mayonnaise dressing, three tablespoonfuls of vinegar, one eighth of a teaspoonful of pepper, one tablespoonful of lemon juice. Let the oysters come to a boil in their own liquor. Skim well and drain. Season them with the oil, salt, pepper, vinegar and lemon juice. When cold, put in the ice-chest for at least two hours. Scrape and wash the whitest and tenderest part of the celery, and with a sharp knife cut in very thin slices. Put in a bowl with a large lump of ice and set in the ice-chest until serving time. When ready to serve drain the celery and mix with the oysters and half of the dressing. Arrange in a salad bowl, pour the remainder of the dressing over it and garnish with watercress.

HER PREROGATIVE. She was a woman and denied. The right to murmur what she thought; But she could sit there dreamy-eyed And utter sighs that told a lot.

HIS ANNUAL RESCUE. My wife asserts that she saves my life at least once every year. "How's that?" "She won't let me go hunting."

HOW HE LOOKED. "How did I look after the football game?" "You looked as if you had been chasing a calf in a blackberry patch."

CONTAGION OF MOOD. When you're feeling blue, please hide it—squell it, if you can; 'Tis a germ which—woe betide it! Skips from man to man.

CONSIDERATE.



Aunt Sophy—Why, Thomas, you selfish child; you've eaten all that cherry pie, when I told you to save some for your brother. Thomas—I did. I saved him the cherry stones to make a bean-bag.

HARRIET HUBBARD AYER: Answers to Seekers of Beauty. Plain Words in Aid of Plain Women.

Dear Mrs. Ayer: Please advise me what to do for gray hair that is very dry and wiry. Am troubled with dandruff. It comes right on again after shampooing. Is there any help for wrinkles around the eyes? What is the formula for liquid whitener? J. P. W.



HARRIET HUBBARD AYER.

PERHAPS you are using the wrong shampoo. Try this one: Egg Shampoo—Yolk of one egg, one pint of hot rain water, one ounce of spirit of rosemary; beat the mixture up thoroughly and use it warm, rubbing it well into the skin of the head. Rinse thoroughly in several waters. This wash is good for dandruff where the ordinary shampoo fails. Certainly there is hope for the wrinkles around the eyes, unless they are caused by laughter, in which case they may be made lighter, but they are rarely removed. You must recollect, however, that wrinkles caused by laughter are never disagreeable, nor are they regarded as a sign of age. I give you a formula for a liquid wash which is to be used instead of a powder and has nothing at all to do with the skin. The skin should be washed with the water and the wrinkles to be made lighter.

Lotion for Shiny Nose. What can I use for a shiny and grumpy nose? W. G. Wash this lotion for oily nose: T. E. Wash for Oily Nose—Sulphate of potassium, 1 gram; tincture of benzoin, 1 gram; rose water, 5 grams. Bathe the nose several times a day with this mixture. Wants to Be a Trained Nurse. Dear Mrs. Ayer: I am a girl of twenty-three years old and have always wished to become a trained nurse. Will you please inform me where to apply? I would like to enter a Brooklyn Hospital, if possible. E. M. Apply to the Brooklyn hospitals which have training schools in connection. Ask for the trained nurse in charge and he will give you all the information you desire. Treatment for Bowled Legs. Dear Mrs. Ayer: How can I attend for how legs be applied? L. S. You will have to send me your personal address for the information you wish.