THE TIMES DAILY MAGAZINE PAGE

Recreation in Change Not In Passivity

Anne Morgan Declares American Girls Need Higher Standards For Intellectual Re-Creation.

A RECREATION to most people carries with it the meaning of complete rest, which in its turn is interpreted as freedom from all responsibility, restraint and convention; a time in which to by all means do nothing, and if possible, think nothing. In an attempt to squeeze all the good possible from the recreation period, be it an hour or a day, the net result is usually inertia, according to the ability of the enthusiast.

But science tells us that emptiness of mind it not the only form of rest, and the word itself, re-creation without any scientific backing surely insinuates activity and not passivity.

In order to accomplish this re-creation, Miss Anne Morgan, the daughter of the financier, in her little book, "The American Girl," points out that in recreation time one should always seek a higher and not a lower level, and that just as the use of certain muscles of the body once put in action will rest other tired muscles, just so will tired brain cells obtain rest through the manipulation of other brain cells.

Rest and Slep.

"Modern scientists," she argued, "tell us that the best way to rest the overworked brain cells is by an intense concentration along a different line of mental activity. Some of them carry this thought so far that they look forward to the time when sleep can be reduced to a minimum, the few moments of actual loss of consciousness. The rest now secured through the hours spent in sleep will then be secured by each set of brain cells in turn, while the others are working with absolute concentration.

"Just as our brain needs change for recreation so are our muscles capable of relieving each other. The man or woman whose daily task necessitates a constant physical strain of hand or foot will find the greatest relief in exercising another set of muscles which have been idle during the day's work. The physical trainer will insist upon an intelligent development of the whole body to secure the desired efficiency at any particular exercise.

"To be complete, then, our recreation must be organized and ordered; it must be in groups, which yet allow for the individual task and individual needs; it must appeal to heart and brain; it must stimulate each in turn, in order to secure broader vision and deeper understanding of the inner beauty of life.

Need Higher Standards.

"What women throughout the country still need is a freer association with other women whose standards, social, intellectual and moral, are higher than their own, as people are too inclined to seek a lower standard for our recreation, to level down. We seek a companionship where non-intellectual effort is necessary; we choose a theater where the entertainment furnished is a popular musical comedy, rather than a play with literary merit, interpreted by talented actors.

"Many a popular magazine secures a large circulation which is utterly valueless in quality; other publications containing literary and historical articles written by serious authors reach but a few homes.

"In our recreation, as in our work, we want immediate results with a minimum of effort; to be entertained generally means to be relaxed. The splendid rest and refreshment which come with a great but different intellectual or physical effort are known only to the few. The ideal life would be for the daily existence to be so ordered that no definite holiday time would be necessary—each twenty-four hours would bring its own period of work, play, and rest."

*"The American Girl," by Anne Morgan. Harper & Bros., New York.

SAND SPORT - - - - - By Will Nies

Hills

I never loved your plains!—
Your gentle valleys,
Your drowsy country lanes
And pleached alleys.

I want my hills!—the trail
That scorns the hollow.—
Up, up the ragged shale.
Where few will follow;

Up, over wooded crest
And mossy bowlder,
With strong thigh, heaving chest,
And swinging shoulder.

So let me hold my way,
By nothing halted,
Until, at close of day,
I stand, exalted,

High on my hills of dream—
Dear hills that know me!
And then, how fair will seem
The lands below me!

How pure, at vesper-time,
The far bells chiming!
God, give me hills to climb,
And strength for climbing.
—Arthur Guiterman, in Scribner's.

What They Say About Us

Women in the Public Eye As Viewed by Editorial Writers of the Newspapers.

Dr. Davis and Blackwell's Island.

The condition on Blackwell's Island have long been deplorable, but in considering the report of the State prison commission and the relation of Commissioner of Correction Davis to the situation there, it should be borne in mind that ever since her appointment Dr. Davis has recognized that far-reaching reforms were needed and has done her best, within her limitations of money, to bring them about.

The mere appointment of a new commissioner of correction did not put up new buildings so that the need of doubling prisoners in cells should be done away with, nor did it tear down the old vermin infested and unsanitary cell block. Until those things can be done it is idle to talk of ideal conditions for prisoners there. In the meantime, Dr. Davis has done as well as she could with the buildings and equipment at her disposal. This is abundantly shown by her answer to the report of the State commission.

She also shows that she has been making preparations for extensive changes when the new indeterminate sentence and parole law changes the penitentiary on Blackwell's Island from a prison to reformatory. But so long as there are 600 more prisoners than there are cells, the men will have to be doubled up, the best that can be done being to separate the diseased from the sound.

An ideal diet for the sick prisoners cannot be provided on an appropriation of 16 cents a day. The demand for such feeding in a prison, as well as for sheets and night shirts for prisoners, is very new. Dr. Davis says she approves of those changes, but that appropriations for them have been refused, and that she has done the best she could with the money at her disposal.

The need of Blackwells Island is a new and sanitary cell building, and not a new commissioner of correction. Dr. Davis clearly knows much more about handling the drug fiends and gunmen committed to her than do the members of the prison commission, who seem to have regarded the penitentiary as a hospital rather than a prison. When a modern and adequate prison building is provided for her and when there is money for the proper medical treatment of the drug fiends who make so large a proportion of her inmates, we suspect that Dr. Davis' administration will be found at least as humane as that in any other prison. But, fortunately, she does not seem to be bitten with the notion that you can transform a gunman into a model citizen by the simple process of putting him into a night shirt and sleeping him between sheets.—Brooklyn Daily Eagle.

Woman In Kansas.

Out in Kansas, where they strive to please, the women ought to have small cause for complaint if it is possible to deprive the sex of that inalienable right.

Here is some of the things a woman of the Sunflower State may legally do:

Can take back her maiden name after her husband is dead, without any legal process or legislative act.

Can keep her own name when she is married.

Can persuade her husband to take her name and give up his family name, if she does not like it.

Can keep her maiden name and her husband keep his.

Can retain her maiden name for business transactions and use her husband's name for social affairs.

If wife does not like either her own or husband's family name they can change to a name that does suit.

A woman can wear men's clothing without any restriction except that she must not pose as a man.

She can vote at every election.

She can hold every office in the State and run for Congress.

As Kansas probably puts it, a woman there can do almost anything a man can. That's so. That men's clothing provision even permits her to scratch a match as some men do. Only thing she seems to be debarred from is "posing as a man," which is impossible, of course, for most of them, at least.

About the only thing man gets out of the arrangement is removal of the necessity of putting anything in his wife's name. She's it. Has all the names and everything else.

The place seems to be on the way to become the Adamless Eden and then, perhaps, we shall really learn the answer to "What's the matter with Kansas?"—The Evening Telegram, N. Y.

Why Food Is Always Dear.

Housekeepers who have recently had the periodical experience of paying full prices for produce while reading of crops left to rot on the farms because there was no profit in marketing them have naturally put the blame on the dealer. No doubt that is where much of it belongs. Under an equitable system of merchandising the dealer should be taking advantage of low prices at the farm and giving customers some benefit of them.

But blaming the dealer does not acquit the housekeeper of complicity. An inquiry by the World as to why farm produce is nearly always higher in New York than elsewhere shows that housekeepers are in large measure responsible. They are indisposed to patronize the municipal markets, where produce is always cheaper. They will not bind themselves to support co-operative methods of distribution. They are unable to take advantage of wholesale prices for lack of home storage facilities, and generally they have not the ready money to buy in bulk. But the vital point is their disinclination to go to the inconvenience of buying where prices are lowest. If more women shopped for food as they shop for dress goods they could quickly correct many of the abuses of extortion.—The World, New York.

Minimum Wages and "Inefficients."

The constitution convention committee on industrial relations has advised the adoption of an amendment enabling the legislature to enact minimum wages for women and minors. The committee at the same time concedes that such legislative action may force out of employment all those who are regarded by employers as not worth the minimum wage. But it is urged that these "inefficients" could be provided for by a system of "special licenses" permitting the payment to them of lower wages.

There can hardly be a question that the legislature already has this power. Nine States now possess minimum wage laws for these two classes of workers, and some of them at least have acted without a special constitutional provision. New York can do the same.

But to what purpose if the admitted result is to be the crowding out of work of "inefficients" and learners? If these are then granted special licenses to work at lower wages, just what will be the difference between that and the present situation? For a result so obviously vain a course of constitution tinkering is the last thing needed.—The World, New York.

Odd Facts

Long ago the British penny was issued with deep incisions which almost divided it into quarters, so that the fourth part could be broken away—hence "fourthings" or farthings.

To guard the 8,000,000 books in the New York Library against the ravages of bookworms and other insects, which feed upon the paper, the glue on the backs, and the cloth and leather bindings, a constant care is exercised, and a keen watch kept for any evidence of their activities. One woman is assigned exclusively to this work. Close touch is kept with the health department, and books which have been returned from infected areas are fumigated before being restored to circulation.

Glass, of which we were recently threatened with a scarcity through the closing of Belgian sources of supply, used at one time to be made by a most aristocratic set of workmen. A French law, passed under Louis IX, allowed none but men of noble birth to set up glass-blowing establishments, or even to work therein. For many centuries this was the only industry which noblemen could engage in without losing caste. The art of glassmaking was carried to England from France, and in early days the workmen styled themselves "gentlemen glass-blowers."

A scheme is on foot in London to preserve film pictures taken of the war for the edification—or otherwise—of future generations. The practice of storing phonograph records has been carried out for some time. Reproductions of Caruso's and Melba's voices have been placed in a sealed tomb beneath the opera house in Paris, so that a hundred years hence our descendants will be able to judge the quality of 20th century singing.

(Copy't, 1915, by Newspaper Feature Service.)

Dim Sweet Woods

Beautiful glooms, soft dusks in the noonday fire—
Wildwood privacies, closets of lone desire,
Chamber from chamber parted with wavering arras of leaves—
Cells for the passionate pleasure of prayer in the soul that grieves,
Pure with the sense of the passing of saints through the wood,
Cool for the dutiful weighing of ill with good—
O braided dusks of the oak and woven shades of the vine,
While the riotous noonday sun of the June day long did shine
Ye held me fast in your heart and I held ye fast in mine:
But now when the sun is no more and the riot is rest,
And the sun is await at the ponderous gate of the West,
Now, the slant yellow beam down the wood-aisle doth seem
Like a lane into heaven that leads from a dream.
—Sidney Lanier.

Woman's Hair at Four Ages

Simple Coiffures Popular Today and Artificial Hair Is In Disfavor.

By LUCREZIA BORI.

(Copyright, 1915, by Newspaper Feature Service, Inc.)

I CALLED upon a friend recently and found her in her boudoir trying to arrange her hair in a new style. She greeted me in this manner: "You are the very one I wanted to see. You can tell me how I ought to wear my hair. You know I haven't a great deal of it, but, fortunately it is fluffy and looks a lot. Is it true that it will be the fashion to wear artificial hair this fall? I hear that puffs and curls and switches will be needed for the elaborate coiffures that are soon to be introduced."

I told her that as far as I knew—and I usually manage to hear any rumors of fashion that are afloat—artificial hair will be as greatly in disfavor as it is at present, and that simple coiffures will still be the order of the day.

Then I proceeded to study her features and the contour of her face, for, in order to find a becoming style of combing the hair it is necessary to suit that particular type of beauty.

She had an oval face and particularly good features. Her forehead was low, and her head well shaped, so I told her to separate the front hair from the back, in a line extending back of the ears. Then I suggested combing it back in a soft pompadour and to roll the ends in a flat knot at the crown of the head. This formed a foundation over which the back hair could loosely be coiled in an artistic manner. She pulled out the center coil to form a puff-like roll over the crown, and, using large, fancy pins, spread out the twist of hair about the base of the puff. There was just enough natural curl to her hair to cause it to fall in soft, waving lines over the brow and ears.

A coiffure of this type demands that there be a broad, loose wave to the tresses, so if nature has not endowed you in this respect you will have to wave your hair by rolling it over curlers. When dividing the strands do not make them too thin or your hair will be too curly.

My friend found this arrangement of her hair to be so becoming that she asked me to suggest coiffures for her mother, younger sister and her small daughter, fourteen years old.

Her mother has luxuriant iron-gray hair and a face with clear-cut features.

The most becoming arrangement for older matron is to comb the hair softly away from the brow, allowing it to fall in soft waves over the tips of the ears, and then either braid or twist the ends, winding them low on the back of the head to form a "door knocker" knot. A few ringlets over the forehead will soften the hair line about the brow.

The young girl of eighteen to twenty-one, or even older, if she continues to retain the well-rounded, beautifully modeled countenance of youth, can never find a coiffure more becoming than the simple arrangement with a coil low on the neck.

The hair should be first waved—just enough to make it fluffy—then it should be combed back straight from the brow and over the ears in a low pompadour. The back hair is finally coiled in a soft knot on the nape of the neck. If your hair is fine and does not make a large knot you can take a piece of maline—matching the color of your hair—and pinning it fast to the under hair, use it as a foundation for the knot. I do not believe in the unnecessary use of false hair or "rats," but maline permits a free circulation of air through the hair, and will not keep the scalp heated. Therefore, it lacks all harmful qualities. The piece of maline should be renewed as the stiffness wears out.

The schoolgirl should affect the simplest of coiffures, for youth needs no adornment. Never allow a girl of fourteen or even fifteen to braid or twist her hair tightly at the back of her head, even if a bow of ribbon is worn to add girlishness to this arrangement. Much of the strength and beauty of the hair depends upon the sun and air that is able to reach the scalp, and particularly during the "growing stage" it is the best to wear the hair hanging or loosely braided. The latter is better, as it is less apt to become tangled.

Comb the hair back from the brow and braid it loosely. If the hair is naturally wavy form three or four curls with the ends. Hair ribbons have ever been associated with the schoolgirl and should always be in evidence, however she arranges her hair. A bow tied at the crown of the head or at the nape of the neck is always charming, and should never be discarded until she is truly a "grown-up."

Lo! Neglected Eggplant

By MRS. CHRISTINE FREDERICK

Copyright, 1915, by Mrs. Christine Frederick.)

AMONG the vegetables that are in their prime in August, is the much-neglected eggplant, which is far too rarely seen on our table. Coming as it does from the South, it has only recently proved an economical and appetizing vegetable to our Northern housewives.

Just why it was called "eggplant" is not clear, unless the delicate subtle flavor appeared similar to that of a perfectly fresh egg. It has nothing in the quality of its flesh or appearance to suggest "henfruit" as the drummer said, in any way. It is this peculiar, perhaps flattish pulp that lends itself so readily to a variety of seasonings and servings. Somewhat pallid in itself, the eggplant combines most attractively with tomatoes, meat, pepper, and other strong-seasoned food.

The most usual method of cutting it into thick slices, dipping in crumbs and frying, is palatable only when the frying is well done. Always the slices should be pressed under a weight and seasoned with salt and pepper before frying. Corn meal or farina are as good as crumbs in which to cover it. A dish of eggplant thus fried is substantial enough in warm weather to serve as the main dish of the meal.

Again, these same fried slices can be covered with a sauce of strained tomato, dusted with a little cheese, or the following is a most delicious way of serving: Cut the peeled plant into half-inch cubes. Have ready two frying pans with melted butter. Into one place the eggplant and gently saute until each cube is light brown and soft. In the other pan fry thick rings of fresh tomato until both sides are brown. Have buttered a baking dish or casserole and place eggplant and tomato in alternate layers, springling with salt, white pepper and grated Parmesan cheese. Cover the top with buttered crumbs and bake in the oven for fifteen minutes. This is a very rich way of serving, and is particularly good combined with cold meat or beefsteak.

Stuffed eggplant is a Creole delicacy worthy of trying. Peel a large plant whole, then divide lengthwise in half. Scoop out a cavity and fill with a forcemeat of any preferred chopped meat or pork (or leftover), boiled rice, tomato and seasonings. Tie halves together, lay in baking dish and cook slowly, basting with butter and tomato juice. This also can be the principal dish of a summer meal. The forcemeat can be varied and such a seasoning as curry or thyme added.

From the expense point of view, the eggplant is economical. It generally sells at 10 or 15 cents for a large plant, and this will give more than a similar amount expended for almost any other vegetable. In composition, the eggplant is largely starch with water. That is why it combines well with fats, with meat, and acids like tomato. It should never be used at the same meal with potatoes or other starchy foods.

In Praise of Croquet

Croquet is, doubtless, a mid-Victorian game, and that is the worst that can be said of it. It is gentle, polite, unstrenuous. The prim lady may participate without relaxing her dignity. The athlete and the octogenarian may manipulate the mallet with equal skill. It is a game for every one, a game which pleases without wearying, which kills time without killing energy, which brings one into the open but not into undue perspiration.

In these days croquet is pooh-poohed. Golf, with its long, rapid "hikes," is popular; tennis, with its hoppings and skippings and its waving of arms, is highly commended. But croquet is scorned as mollycoddlish and effeminate.

In most things the escape from Victorian flippery and prudery and quiescence is a blessing. But croquet deserves to be retained or resuscitated. For the tired man or woman, who seeks wholesome and restful recreation, there is nothing better than a mild contest amid the wickets under the apple trees. It may be reminiscent of crinoline, gaiters, and beavers, but it is none the less good. The beat the Victorians accomplished was in the way of mildness. A touch of mildness in these mad rushing times would be a definite benefit. When one is tired of reading or talking about the war, what could be a better contrast or refreshment than a game of croquet?—Cleveland Plain Dealer.

Heat of Blood Adjusted To Man's Needs

Warmth in Friendly Handshake Different Only in Degree—Cold Nature Responds to the Warmer One.

By DR. L. K. HIRSHBERG.

(Copyright, 1915, Newspaper Feature Service).

THIS no lack of kindly warmth in human nature that demands that there be a speedy, automatic adjustment of the steady, ever-constant heat of the brawn and blood of man. The living animal must be ever ready to accept the tropical rays of Old Sol at 110 or Cold Boreas at 20 below zero, and neither turn into a crisp roast nor an iceberg.

You cannot follow Sydney Smith's description to Lady Holland: "Heat, ma'am?" said he; "it is so dreadful here that I find nothing left for it but to take off my flesh and sit in my bones."

What is heat, anyway?

When you read heavy treatises by physicists, physiologists, philophophers, or physicians upon the nature of heat, you may wade diligently, attentively and with understanding through tome upon tome of wisdom, yet in the end say with truth: "Oh, shucks, none of these learned men know what heat really is. They have not even seen it!"

You may see brightness, motion of gases, flame and redness—all the consequences of heat, but heat itself is one of the many kinds of radiation which the imperfect human eye cannot grasp. Like the ultra-violet rays, X-rays, magnetism, electricity and many other forces, even visible light, heat is a series of swift, tiny waves, like the innumerable flutterings of the wings of some invisible Titania.

Like other forces of nature, heat has power for good or evil. Without it, life could not under its earthly conditions be sustained. Radiating to the earth from the sun, heat makes the vital spirit as you know it. If too concentrated or in too high a degree it shrivels all life or smites it as does the lightning's bolt.

The warmth you feel in a friendly handsake is only different in degree, not at all in quality, from the glowing ember, or the sissling, liquid, white heat of molten metal or lava. Flame and combustion are what most persons think of as heat, yet even a cake of ice is relatively hot.

When air is made into liquid the "watery atmosphere" becomes so viciously frigid that ordinary icebergs and Arctic weather are, beside it, actually red hot. If ice or snow is plunged into liquid air it is relatively so hot that it makes the liquid boil, just as a hot coal thrown into a basin of water makes the water boil.

Thus, like size, time, distance, speed, heat is, after all, a relative thing dependent upon comparison with others. Like water, heat always flows down hill, so to speak, and seeks its own level—that is, will pass into—whatever it touches that has less heat. Therefore, if a grown person sleeps with a child or an old person, whose ardor is all cooled, associates with children, the heat of the latter flows to the former. It may be beneficial to the elder and injurious to the former. Similarly, cold hands which clasp warm ones become thereby heated; a cold nature likewise must soon or late respond to a warmer one.

PERSONAL ADVICE.

Readers desiring a personal reply should remember:

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2. To enclose a stamped and addressed envelope.

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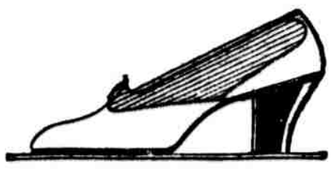

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