

EDITORIAL PAGE---Let the Truth Prevail!

Pellagra Not a Germ Disease, But Consequence of Under-Feeding

Pellagra is a disease which kills its victims with every accompaniment of horror. It inflicts the most unspeakable agony. It condemns its sufferers to lingering death. It often causes madness.

The theory that it is caused by germs and is a sort of slow infection like leprosy was the one most generally accepted in this country until very recently. But now the best medical opinion is gravitating to the acceptance of the belief of the Italian peasantry that pellagra—a new and terrible American disease—is really a hunger madness. That is, it is a disease of underfeeding.

While Washington is not one of those states where pellagra is so prevalent as to constitute a public menace, yet sporadic outbreaks have been reported here.

Sinister comment on our boasted American "prosperity," that a scourge which is striking terror to the hearts of thousands should be a pestilence of poverty!

Dr. Joseph Goldberger of the United States public health service is doing for pellagra what that other United States physician, Dr. Stiles, did for hookworm; he is finding out exactly what the thing is and giving us its prevention if not its cure—and it is fair to say that Goldberger is probably giving its cure as well as the cure can be given by medical science.

Its real cure must be abolition of poverty first, and the spread of intelligence concerning foods, second.

Eleven life-term convicts earned their liberty by living under Dr. Goldberger's observation in the Mississippi state penitentiary on a diet which he thought would result in their having pellagra. This

diet was confined to callards (a plant of the cabbage family eaten by the negroes and poor whites of the south), hominy, corn bread, fried mush and coffee.

Goldberger was right. They all had pellagra before the nine months of the test had passed. Therefore, pellagra is a nutritional disease.

None of the other convicts took it. Therefore, it is not communicable.

These are the legitimate inferences from the test, and taken in connection with other observed facts, and the cures affected by the proper sort of diet, these things may be accepted as proved.

How to keep from having pellagra?

First, be in comfortable circumstances so you can eat what your appetite craves, whether it is expensive or not. Follow this easy rule and your diet will in all probability be pretty well balanced.

If you happen to be poor, study the matter of diet.

Eat plenty of fresh animal food, and legumes—beans, peas and lentils—especially during the late winter and spring. Own a cow, if possible, and in any case drink lots of milk or use it in your cooked foods. Have a flock of poultry and use the eggs and fowls on the table.

Cut down the carbohydrates in the food—the starchy, farinaceous stuffs like rice and cornmeal. These are good foods, but are not sufficient alone.

And then—to quote Dr. Goldberger:

"Improve economic conditions, increase wages, reduce unemployment!"

"The destruction of the poor is their poverty," not disease.

Never Mind the Why

"Woman's love of power alone is behind the suffrage movement," declares a distinguished eastern anti-suffragist, who is chortling over the late election returns.

It is a terrible charge, but woman might as well plead guilty to it. As woman looks the world over and observes what man's exclusive possession of power is doing and has done, she undoubtedly feels that she would like some of the power, in order to produce different results.

Men folks can waste a lot of time in trying to figure out just why woman wants things. The question as to whether we will have equal suffrage hinges altogether upon whether woman wants it badly enough. You can apply this idea to a matter of a pair of new shoes, or to the ballot for president. Given a thing upon which woman has fully set her heart, and adverse majorities in New York, Pennsylvania and Massachusetts are mere temporary things, like the fly season, hay-fever and such.

Man has lived long and stupidly if he has not yet got the correct answer to "does woman get what she wants?" We firmly believe that he has acquired that answer and that it would be a short, clear cut across a rugged and dreary waste if the question of suffrage were submitted to the votes of woman only.

Why Anti-Love Recipes Fail

"It is weakening to fall in love, and weaklings are not wanted in college," says Prof. Lillian Martin, instructor in psychology at the University of Wisconsin.

Miss Martin has some anti-love prescriptions such as, "Cut out social functions if you have a tendency to fall in love," and "Stay away from that which excites love, whatever it may be."

This may be good psychology, but it ignores the nature of love. Perhaps the "Etrick Shepherd" who wrote poetry a long while ago comes nearer the facts in the case:

"Love is a dizziness;
It winna let a poor body
Gang about his bizness!"

Easy For the Police

A Seattle woman received a wire from her husband, who left home eight years ago, asking her to meet him at the station.

Womanlike, she told the neighbors and some of them in turn informed the police. The wife met the train and as her erring husband, well dressed and prosperous looking, was about to fold her joyously in his arms, the Seattle guardians of the public peace wrested them apart and threw the man in jail for desertion and non-support, on the principle, we presume, that two wrongs make a right. The act of the Seattle officers was perfectly legal, doubtless, but the average individual, capable of ordinary discernment, will figure it out to be one of asinine stupidity and unwarranted officiousness.

Uncle Sam's Conscience Fund

Half a million dollars "conscience money" has been sent to Uncle Sam at his Washington address since the year 1811. One dollar was the lowest, \$20,000 the highest contribution.

This fund is bound to boom if conscience ever gets to work on the nephews and nieces who were traveling in Europe when the war broke out, and who buncoed their Uncle Sam out of thousands of dollars for transportation home.

FRECKLES AND HIS FRIENDS

(One Way of Being "Too Proud to Fight!")



LET US APPROACH OUR FRIEND WITH AN AUDACIOUS TRUST IN THE TRUTH OF HIS HEART, IN THE BREADTH, IMPOSSIBLE TO BE OVERTURNED, OF HIS FOUNDATIONS. —EMERSON.

Personal and Social

The Ladies' Fraternal Aid club will give a card party for the benefit of the Girls' Rescue home at Fraternal hall tonight. There will be a musical program and refreshments.

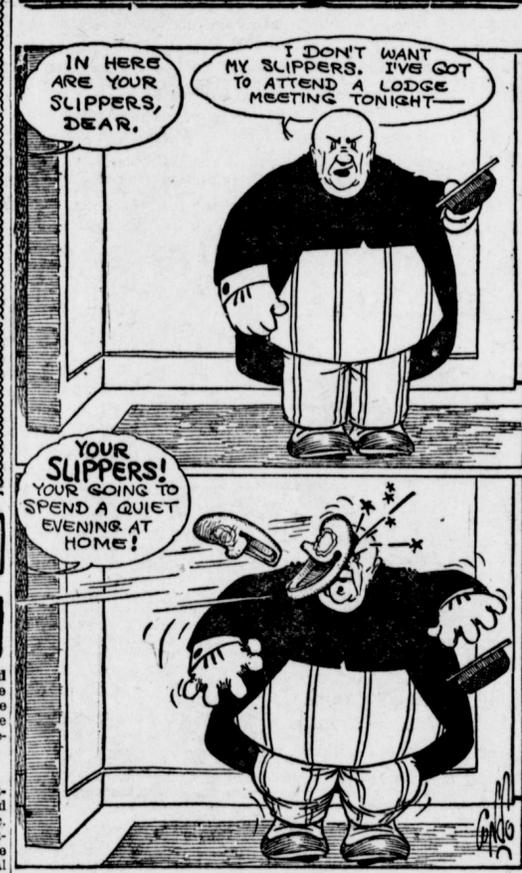
Members of Tacoma's Associated Charities will hold a grand ball in the Commercial club Dec. 8. Arrangements were completed yesterday to make use of the billiard room of the club. Several booths for sale of flowers, candy and punch will also be built. Mrs. Arthur G. Pritchard, general chairman, and Mrs. John McFadon, general secretary, announced that a light supper will be served and that Governor and Mrs. Lister will be invited.

All members of the Home-Stealers are requested to attend

ECZEMA IS CONQUERED

Greasy salves and ointments should not be applied if good clear skin is wanted. From any druggist for 25c or \$1.00 for extra large size, get a bottle of Zemo. When applied as directed, it effectively removes eczema, quickly stops itching, and heals skin troubles, also sores, burns, wounds and chafing. It penetrates, cleanses and soothes. Zemo is dependable and inexpensive. Try it, as we believe nothing you have ever used is as effective—and satisfying. Zemo, Cleveland.

OUTBURSTS OF EVERETT TRUE



the meeting Nov. 16 in Eagles' hall. Business of importance, pioneer work and special drill work will be conducted.

Barn dance will be given at Lincoln Dancing academy, Wed., Nov. 17, by United Garment Workers.

The United Artisans will give a card party Wednesday evening in Fraternal hall, celebrating their 21st anniversary.

Tacoma chapter 126, O. E. S., will not meet this week because of a Scottish Rite meeting in the Masonic temple.

The Women's Aid society of the First Congregational church will meet tomorrow for the day in the church.

John R. Thompson camp, United Spanish War Veterans, is planning a military ball Thursday evening at Moose hall. Coast Ar-

tillery band will furnish the music.

Employees of the Love-Warren-Monroe will be honored by the company this evening at a banquet in the Y. M. C. A.

Miss Ida Porter, foreign missionary, will give a lecture Wednesday afternoon at 2:30 o'clock in the parish house on So. 3rd and K st.

South Tacoma Branch, No. 247, I. B. of Boilermakers, will give a dance in the Lincoln Park academy Dec. 3.

FAY WANTS TO PLEAD GUILTY NEW YORK, Nov. 16.—After telling the story of his life, Robert Fay, confessed head of a gang of bomb conspirators, yesterday told Assistant U. S. Attorney Knox he wanted to plead guilty and go to jail.

CONFESSIONS OF A WIFE

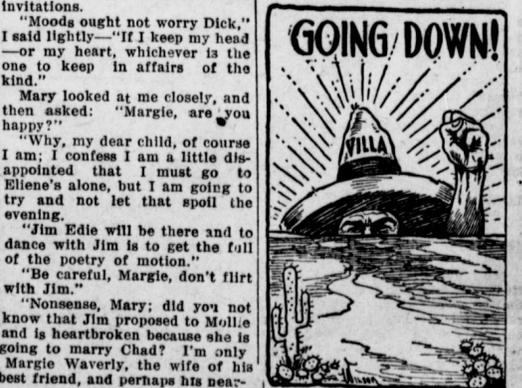
(Copyright, 1915, by Newspaper Enterprise Association.) "I am so sorry I spoke, Margie," said Mary much distressed. "But I thought you had told Dick about going to Eliene's before you came to dinner." "I don't think it would make much difference, dear, Dick is very busy nowadays, and since Eleanor Fairlow has dropped out of society he does not seem to like to dance. You know there are things that Dick does better than he dances. Eleanor was always his partner at dancing school when they were children, and he can dance with her better than anyone else. Especially has it been hard for him to learn the new dances, and consequently it is very hard to get him out even for an evening with Harry and Eliene." "You see, little book, a woman vindicates her husband always, and truly I think if Mary had not spoken and Dick had not been taken unawares and had not had a feeling that I interceded for him without consulting him, he would have gone. Poor Dick, his nerves seem very raspy of late. A man cannot stay out night after night as he is doing and keep in good physical condition. Up to date, however, except for an occasional burst of temper and an almost universal grinch the morning after, I cannot see that his wonderful vitality is in any way impaired. Of course, little book, I did not think all the things I am telling you while I reassured Mary. It is only when I sit down here to talk to you that I sift out motives and analyze actions of those about me as well as my own and I know that when I tell them to you they will go no further. What I did do at that time was to put on my newest and prettiest Nile green evening gown, which made my hair more like the "shiny copper bottle" that Dick often likened it to than ever. I clasped Aunt Mary's beautiful pearls about my throat with, as always, almost a prayer to her sacred memory. "Margie, I think you are perfectly beautiful tonight," said Mary. "Nonsense, it's the frock." "No, it is not. It is your mood. If I were Dick I'd be afraid to trust you out of my sight tonight; some man is going to fall in love with you, sure. I think a woman's moods are sometimes unconscious invitations. "Moods ought not worry Dick," I said lightly—"If I keep my head—or my heart, whichever is the one to keep in affairs of the kind." Mary looked at me closely, and then asked: "Margie, are you happy?" "Why, my dear child, of course I am; I confess I am a little disappointed that I must go to Eliene's alone, but I am going to try and not let that spoil the evening. "Jim Edie will be there and dance with Jim is to get the fall of the poetry of motion." "Be careful, Margie, don't flirt with Jim." "Nonsense, Mary; did you not know that Jim proposed to Mollie and is heartbroken because she is going to marry Chad? I'm only Margie Waverly, the wife of his best friend, and perhaps his near-

TODAY'S BEAUTY SUGGESTIONS

Face powder simply covers up an unattractive complexion and leaves no lasting benefits. Those who have tried a simple spumax face lotion find it much better, as it removes skin discolorations, such as freckles and tan, and makes the skin smooth, white and velvety. This lotion is made by dissolving four ounces of spumax in one-half pint hot water, then adding two teaspoonfuls glycerin. This complexion beautifier does not rub off or show like powder, and gives a more refined appearance. It removes both shininess and sallowness, rapidly giving the skin a permanent healthy, youthful appearance. An especially fine shampoo for this weather can be had at trifling expense by dissolving a teaspoonful of canthrox in a cup of hot water. Pour slowly on scalp and massage briskly. This creates a soothing, cooling lather that dissolves and removes all dandruff, excess oil and dirt. Rinsing leaves the scalp spotlessly clean, soft and pliant, while the hair takes on a glossy richness of natural color, also a fluffiness which makes it seem very much heavier than it is. After a canthrox shampoo arranging the hair is a pleasure.

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TIMES DAILY CARTOONET



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