

The Future Commerce of the Mighty Pacific

Tide of Trade Moves Ever Westward—Will the Orientals Push It Back?—The Rich Lands Circling World's Greatest Ocean.

Some one speaks of this wonderful body of water as a too vacant ocean. And true, the voyager on the Pacific may cross to distant lands and perchance not meet a sail the whole way, speak no ship. I have been told that the berth of captain on many of the Pacific vessels is the easiest to be found; among other exemptions, he does not have to be on the alert for collisions, is spared this burden of a captain on the ship-laden Atlantic. But all this will be changed in the near future; the tide of commerce is fast moving westward, and fast pouring in from the west, this great ocean "path" as well as "divider."

Some time ago in the San Francisco Argonaut there appeared an article rich in suggestion, under the title "The Mastery of the Pacific," and which impressed us as being the manner in which the writer made visible the circle of rich lands about the long and wide waters. Let us condense—although we regret we must—the writer's story. He begins with the far northwest, with Alaska, once considered frozen and barren of resource. "First Alaska, known to be

with her 48,000,000 people, her commercial ambition, her open ports and special export ports. The on to Siberia, whose great stretches of land at present unoccupied, shall one day produce enormous crops of wheat and other cereals. And now we "have circled the vast circle of Pacific lands. How rich in possibilities they are. Already on the shores of this 'New Mediterranean' live nearly half the human race, and yet half the lands are unoccupied, half the fertile acres lie unutilized."

Mr. Lafter, the author of the Argonaut article, asks: "Is it wonderful that all peoples begin at last to see that during this twentieth century the Pacific ocean is to be the scene and center of human activity? Here clash or coalesce the two great civilizations, those of occident and orient. Here shall be determined the name and character of the race which shall hold aloft the standards of progress. What the Atlantic ocean has been during two centuries; what the Mediterranean was during the centuries when Rome and Carthage contended long and valiantly for its mastery, that the Pa-



THE CIRCLE OF RICH LANDS.

rich in yellow gold; rich in her vast forests and rich in fisheries. Attention is called to Alaska's great river which runs into the Pacific, "one of the world's greatest rivers." Now southward let us move, and here lies Canada, Canada at last awake to her wonderful agricultural possibilities, Canada no longer sending her sons forth in search of fortune but keeping them at home and opening her doors to the outsider, American as well as old world immigrant. "This year 100,000,000 bushels of wheat will be exported, and year by year the yield will expand and grow. From her chill but fertile prairies it is only a little way by rail to Pacific ports, where huge ships soon will wait to bear the good red wheat or flour to all the hungry lands."

Farther south, and we come upon the matchless forests of Oregon, Washington and northern California. Still farther south and we have the gold and fruits and grain of California. Continuing downward, and here is Mexico, "across which even now railways are passing from the east and the north, toward the Pacific, providing the coming greatness, in trade and commerce, of a hitherto too vacant ocean." In Central America we find a wealth of forests and fruits, then come to the as-yet not very important South American Pacific slopes.

Now we make a wide sweep, across the water, and here is Australia, island-continent, land of great possibilities, of undoubted future, a land whose foreign trade to-day amounts to nearly a billion dollars a year. To the east lies New Zealand, also land of rich resources, as yet undeveloped. Next we journey to the Dutch possessions north of Australia, and may mention the well-known islands of Java, Sumatra, Celebes, Borneo and Dutch Guiana, which "have a total population of 36,000,000 souls in an area of 783,400 square miles. They are of immense commercial interest, the imports and exports for 1900 amounted to \$185,000,000."

Next come Siam, French Indo-China, and our own Philippines, and then China—"greatest of all nations on the Pacific." The trade of China with her "400,000,000 industrious people" has grown very slowly, but the railway development is expected to work a radical change. "What a tremendous commercial change will come when, traversed by railways, China, like India, and Japan, awakens! Should her commerce rise to the amount per capita that Japan's commerce now is, it would amount to the enormous total of \$4,400,000,000. What a tremendous 'available market!' What an inexhaustible market!"

As we visit progressive Japan,

we will be during the twentieth century—and more.

Yes, there may be some question as to whether occident or orient shall rule Mr. Lafter weighs the matter thus: "Will it be that dominion over the Pacific will have passed from the hands of America into those, perchance, of the Japanese? Will the long-slumbering orient, by the middle of this century, have roused itself so thoroughly that the tide of commerce will then have turned and be flooding back upon us—the orient no longer the exploited, but the exploiter; America no longer sending forth from shop and factory to the orient manufactured goods, but striving, by high tariffs and other restrictions innumerable, to prevent the manufactures of Chinese or Japanese factories, employing labor the cheapest in the world, with manufactures necessarily of higher cost of production because of higher standards of living and consequent higher rates of wages?" If one may judge the attitude of the Chinese to be truly presented in that very interesting book, "Letters from a Chinese Official," then we may look upon the people of the greatest country of the Pacific as desiring to be let alone and to let alone. "The attitude of the Japanese appears quite the contrary, the Yankees of the east, a term we are learning to understand."

The Pacific has been called "The New Pacific," since our war with Spain, since we went in for imperialism and colonial possessions far removed from "the states." And presently we shall have a still newer Pacific when the Panama canal is completed and in use.

From the port of San Francisco now radiate lines to every quarter of the Pacific—along the coasts of northern and southern America, to Australia, to Asia, to the principal islands. If the Americans win in the commercial struggle, we may look to see San Francisco succeed New York; to use the phrase in a cent book by Wolf von Schlerbroad, look to see San Francisco become the imperial city of the country. A western enthusiast writes thus of this port: "San Francisco, upon a bay second to none in the world, began in 1835 as Yerba Buena. The waters of the bay, which is 60 miles long, come in from the junction of the rivers Sacramento and San Joaquin through the strait of Carquinez. A strait five miles long and one mile wide, with a depth of 30 feet on the bar at the entrance, San Francisco has now the opportunity to become the London, New York, or Chicago of the Pacific."

Midwinter Fashions of the Day



IN BRAVE ARRAY.

Old raspberry color is most modish to select for one's dressy afternoon cloth costume, and it may be toned down by dark wrap and furs. Pink hats for evening are seen a-many, and we feel moved to make forecast that the fashionable hat for late winter, the time when folk are tired of the chapeau that has got worn and dragged, will be the pink beaver adorned with green leaves and Parma violets.

Pink for evening dress is lovely this year. Recently there was worn at a restaurant dinner a charming creation of pale pink and pale yellow, the material soft silk. The trimming consisted of little touches of pale pink velvet. The chemise was sheer lace over pink chiffon, and close about the neck lay two strands of pale coral beads. Another gown we think worthy of description was one that could be copied with old material about the house, or rather the lining might be. The outside was black chiffon, which of course would have to be new and fresh; the foundation was black satin. A band of silver braid bordered the skirt, the girdle was of silver, and there was a silver-embroidered chiffon scarf draped as a fichu. Such a dress as this would be stunning for the girl with shining raven tresses.

And speaking of the future reminds us that it is going to take more and more goods to make the fashionable gown. Bodices are close-fitting, sleeves are smaller, but oh, the skirts! the way they demand material.

Our illustration may seem rather elaborate, but the models need not be copied exactly, we simply desire to show the prevailing styles in evening dress. Note the wide, but not sloping shoulders of the empire gown, and the length and voluminousness of the skirts. The draped bodice of the second model is of latest mode, and also that of the remaining figure.

For Gay Winter Festivities

From now on until Lenten penitential days society will be on the move, which means there will be a lot of good clothes needed, that madam and maid will have to look well to their finery if they would make a brave show.

At the beginning of the season we wondered how the short-sleeved factory would eventually be worked out, and have been considerably surprised at the ease with which the matter has been solved. The long gloves of the winter, those meant for street wear,



A GRACEFUL GOWN.

is to wait until this is a more assured fashion.

The short skirt is vanishing, save for strict utilitarian wear. Last year the richest velvets and flannel chiffrons were made short; this year the pendulum is swinging back. But sensibly adhere to the propriety for cutting dress, do try to have enough strength of will not to go back to the slavish days when every woman, no matter what her station in life, what her requirements, went along with her arm wearisomely hanging on to a train or demi-train. As yet, we are rejoiced to say, the very long skirt has not affected tail-made gowns for street wear.

The long cloak, now the mode, allows that light and summery apparel be worn in the daytime; and afternoon reception and studio tea presents an appearance of midsummer; the light silks, the lingerie waists, the filmy white frocks reminiscent of veranda gayeries. Our houses are so hot it is a style that is refreshing both to behold and to hold. As we notice that the silk shirt waist suits have been worn all winter, the warm separate wrap of heavy cloth making them ideal for shopping and morning lecture.

ELLEN OSMONDE.

LONG TRIP WITH OX TEAM.

Over 1500 Miles Made by Elderly Couple and Family in Eight Months.

An old-time prairie schooner, drawn by two ox teams, and the wagon filled with the entire earthly possessions of William Hoyt, covered the distance of 1,500 miles between Decatur, Ala., and Guthrie since April 6 last, with stops of several weeks duration at Memphis, Little Rock and Fort Smith, where Hoyt worked to get enough money on which to continue the journey to Beaver county, in this territory, where he will homestead a claim and begin life anew, says a Guthrie (Okla.) correspondent of the St. Louis Globe-Democrat. Hoyt is now 60 years old, and is accompanied by his wife, aged 52, a son, Louis, aged 14, and two daughters, Clementine, aged 13, and Katherine, aged 10. When the outfit reaches Beaver county it will have covered 1,500 miles.

Hoyt himself is white haired, but spry. All his life he has been an iron molder and for 40 years he has been a shop at Decatur. Finally he became sick and his physicians recommended a complete change of climate. Hoyt sold what property he had and purchased the oxen and six head of cows chased the oxen and six head of cows and started. Hoyt and his son attend to the oxen while the mother, and oldest girl follow on foot with the cows. The oxen are tied together, to prevent a stampede, and are led by Mrs. Hoyt. The girl leads a three-month-old calf. All parties, excepting the youngest daughter, have walked as if they had tried too hard. Fluffy bits of tulle may now be seen perched on the tresses, and sometimes ribbon flowers are employed. The safest thing, however, for the woman in doubt

Home Health Club

By DAVID H. REEDER, M. D., M. R. C. S.

ERYSIPELAS.

There are many theories in regard to the cause of erysipelas. One writer of repute classifies it as an "acute, specific, infectious disease, with inflammation of the derma (skin) and subcutaneous tissues," which is substantially correct as applied to the common form of the disease, which usually attacks the face only. There is another kind, however, which is technically termed cellulitis, in which there is deep-seated pain on account of the inflamed and apparently caked condition of the deeper tissues. I remember an attack of this character which once came under my observation. The pain was apparently right over the appendix, and the patient came to me badly frightened on account of the family physician having suggested appendicitis and a surgical operation. Not being willing to trust myself in opposition to his physician, I went with him to a skillful surgeon and asked his opinion, and after a careful examination he said that the appendix was not involved, but that there was a catarrhal condition of the bowels, with a temporary attack of constipation, had caused inflammation at the head of the cecum, which a saline cathartic and active exercise would overcome. As soon as the patient was convinced that surgery was unnecessary, he was ready for rational treatment. The case was one of cellulitis, and of this I was quickly convinced when I attempted to manipulate the flesh of the abdomen. Two thorough treatments with an external application for the reduction of the inflammation cured the case. Deep massage, with thorough hot fomentations or an antiphlogistine plaster will usually cure all such cases. For the other form of erysipelas can commend the treatment of the Home Health Club, and also the following which was sent by an active club member:

"Dear Dr. Reeder: The following is a Russian cure for erysipelas, called a 'cure by sympathy.' Papa went to the textile mills at Revil and other places in Russia to overlook machinery. The cold seemed to strike his face, and he had, for the first and only time in his life, erysipelas. The maid called the doctor, who made a new red flannel (not white, must be red) mask with holes for eyes, nose and mouth. Then he rubbed two large pieces of common lump chalk together until it all was reduced to fine powder. Not a particle of grit or lump must be found in it. Doctor then told papa to lie down and close eyes and mouth, then he spread thickly the powdered chalk over the entire face and parts affected, at the same time chanting or charming, for the Russians are superstitious, over the chalked face. He then placed the red flannel mask, tied with string, and a pleasing, cooling sensation soon came. As this sensation passed, the mask was taken off, when it was found the chalk had disappeared. The face was again covered with powdered chalk, and mask put on and repeated as was required. In a few days he was better and out of doors in the extreme cold, again attending to business. No medicine given, but papa paid his doctor's bill with thankfulness. I have myself cured cases of erysipelas on a leg and on a foot by this means without chanting. Brother solved the ice-breaking boat to Russia to make for getting closer to an leaving school, and the cold gave him erysipelas in his leg, and the doctor cured him also by the use of chalk and red flannel, but it must be the proper thick, furry, red, all-wool flannel, not cotton, sold for and called flannel."

I trust that many who suffer with erysipelas will find the Russian method valuable. It should be harmless in any event, and is certainly not expensive.

CLUB NOTES.

If Miss A. B., of Wisconsin, who enclosed 25 cents in postage in her letter, will write again, giving name and address in full, I will very cheerfully comply with her request.

Indiana.—Dr. David H. Reeder, Laporte, Ind.—Dear Doctor: I have been an eager and appreciative reader of your lectures since their first appearance in this paper, and especially was I delighted with the lectures on plants and their medicinal value.

When I was a young girl, many a long walk I took with my mother through fields and woods, gathering herbs and roots and barks, which were to be the family medicines in case of sickness during the year to come. She always gathered most things in August and September, but roots in early spring.

My mother raised 12 children to manhood and womanhood, and called a doctor only once in her life, got frightened in a case of typhoid fever, but she had it so well broken up that the doctor made but one visit, and said there was no need of his coming at all. He was an honest doctor. We are glad that there are many such.

Will you kindly give me the formula for compound sirup of gentian, what you call the "good old herb remedy?" My purpose was to give it in some of your lectures. I meant to have kept them all, but we have moved from the farm to the town home, and some how some of the papers are destroyed. Wishing you long life and happiness, I am, Mrs. R.

I am especially glad to know that you are interested in herb remedies, because that is getting closer to nature, and following out the plan which all should follow in the treatment of disease. You are to be congratulated in being a member of such a large family, who were so well raised. My own mother bore 12 children, and ten of us are still living. I am very proud of the fact that I am a member of such a large family. The formula for compound gentian sirup was just very recently given in Club Notes, and I believe you will have no trouble in finding the lecture.

Minneapolis, Ind.—Dear Dr. Reeder, Laporte, Ind.—Dear Doctor: What

can I do to warm up my feet? It is impossible to keep them warm in winter. They are nearly always cold, and often feel as though they were in ice water from the foot joint to the sole of the foot, which is very disagreeable.

What are the requirements for becoming a nurse in this country, and what is the age limit? I have several recipes for home remedies; have as yet not tried them—wonder if they would be of value if I sent them to you? Thanking you in advance for reply, I am, Sincerely, C. H.

The best method of home treatment for cold or clammy feet is to use the hot-and-cold-water treatment. First bathe the feet thoroughly for half an hour or more in hot water—as hot as you can bear in a bucket or other receptacle, so that it can be filled with water to the knees; then plunge them for a few seconds, 10 or 15, in cold water, take them out, and rub briskly dry, putting on warm, dry stockings; this may be done in the morning upon rising. I think you will find this treatment all that is necessary. The cold water alone for only 10 or 15 seconds every morning, and then a brisk rubbing will give the desired relief in many cases.

For full particulars in regard to requirements for becoming a nurse, how to proceed, etc., you should write to some good hospital, training school, or physician in connection with such institution in your own city. The age limit is usually something like 20 to 35 years. I trust this will be sufficient information in reply to your query in this direction. I would be glad to have you send the recipes referred to, and perhaps I can make use of them in Club Notes.

Oklahoma.—Dr. David H. Reeder, Laporte, Ind.—Dear Sir: I read your articles pertaining to the Home Health Club. Also your answer to Mrs. E.'s letter asking a few questions on excessive fat. You advised her to practice the method described in pamphlet No. 1 of the Club lectures. Does it also treat on large stomach and hips? Respectfully, Mrs. E. E.

Pamphlet No. 1 contains a lecture on the subject of obesity, and I believe that you can reduce your weight to the proper proportion by following the instructions given therein.

All readers of this publication are at liberty to inquire for any information pertaining to the subject of health. Address all communications to the Home Health Club, or Dr. David H. Reeder, Laporte, Ind., giving name and address in full, with at least four cents in postage.

CONCERNING THE COOK AND THE COACHMAN.



The conversation.



The canoodle.



The catastrophe.



The conclusion.—Scraps.

Amundsen's Triumph in the Arctic Seas

Discoverer of Northwest Passage Plans to Continue His Sail Round Arctic Circle.

That one planet and another reappear has been strikingly illustrated in the successful voyage which Capt. Roald Amundsen and his eight men, who have made the Northwest passage, for he has only followed the route known to exist by reason of the discoveries of Sir John Franklin, in 1847. But notwithstanding the fact that Amundsen has not made an original discovery, his feat in taking the first vessel through the channel from Baffin bay to Behring straits is none the less remarkable, for it took boldness to conceive and courage to attempt, and good luck born of persistent watchful effort to accomplish what for the past 300 years the most strenuous efforts of arctic explorers has failed to do.

In addition to his bringing his staunch little ship, the Gjoa—a sloop of 47 tons, 70 feet long, 20 foot beam and propelled by a small petroleum engine—safely through, he has made important observations which it is believed will, when they are all figured out and the proper deductions made, settle the location of the magnetic pole. A magnetic pole is a point where the freely suspended needle shows a dip of 90 degrees. An observation station was established by Capt. Amundsen at King William's land, latitude, 68 degrees

schools of the ancient capital of Norway. He first came prominently before the public as a member of the antarctic expedition of the Belgica, which vessel in 1879-90 cruised in the south polar seas under M. Gerlach. Returning from this expedition, Amundsen conceived the idea of an arctic exploration, the object of which would be the discovery of the Northwest passage and the location of the magnetic pole.

Amundsen told his friends Nansen, the explorer, and Prof. Schmidt and Neumayer, of Germany, his hopes, and laid before them in detail the plans which, if followed, he felt convinced would solve two of the three greatest arctic problems. These friends, thoroughly believing in Amundsen, realized at once the merit of his arguments, and unhesitatingly endorsed his scheme, and thus was inaugurated the expedition that was destined to live forever as among the most brilliant expeditions in history.

But Capt. Amundsen is not satisfied, it seems, for he is planning next summer to continue his voyage around the arctic circle. To do this he must go through the Northeast passage, a feat second only to the one which he has already accomplished. When he reaches

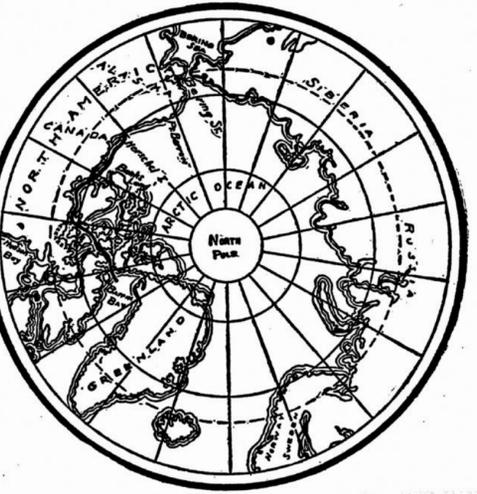


CHART OF ARCTIC CIRCLE SHOWING AMUNDSEN'S COURSE AND LOCATION OF MAGNETIC POLE.

and 30 minutes north and 90 degrees west. Capt. Amundsen declares his belief, based on the two years' observation by him, that the north magnetic pole is within 90 minutes of that point. The observations have been taken day and night for a period of three years, and, in the opinion of the explorer, the actual position of the magnetic pole will be determined as soon as his observations can be figured out.

When Amundsen sailed from Christiania June 17, 1903, he knew definitely the course he wanted to take, because the observations made by the Franklin expedition, and the story of that expedition is really the introduction to the story of what Amundsen has accomplished.

On May 24, 1847, Graham Gore, first lieutenant of the Erebus, with another officer and six men left their ships and started southward. They reached Point Victory, on King William Land, and went southward till they came to Cape Herschel. A little beyond they saw the coast of North America, the charts of which were in their hands. The Franklin expedition had been sent from England for no other purpose than to find the Northwest passage.

The little party realized that the long-sought-for passage had been discovered, and could actually be accomplished, if they might only force their ships through the short ice barriers that intervened between them and the open water. They deposited a record of their discovery and then hurried back to their ships to impart the joyful tidings to their comrades. They found the expedition plunged in the deepest grief, for, during their absence, the John Franklin had passed away. He was shared the misery of sharing with his men the starvation that befel them all when they finally abandoned their ships and sought the mainland.

And it is this summer channel along the coast that Amundsen has followed westward; and the Franklin party not only pointed out the short cut to the channel, but the fate of its ships gave a warning to Amundsen which he fully improved.

The map shows the track of the Gjoa as she entered Lancaster sound from Baffin bay and threaded the channels leading westward till she reached the region where Amundsen made his magnetic surveys. This region is roughly inclosed with a circle of X's. In this area Amundsen spent nearly two years. His last magnetic work was done on King William's island, not far from where Lieut. Gore solved the question of the Northwest passage; and it was here that the Gjoa started on the journey.

Born in Christiania 35 years ago, a Norwegian of the Norwegians, Capt. Roald Amundsen, when little more than a boy began his maritime career. Amundsen attended the public schools of Christiania, and the only diploma he owes is from one of the high

proved himself not only a congenial companion, but a man of wonderful resources. Amundsen had one hobby: That was to find the magnetic pole. I do not lay so much stress on the passage of the northwest straits as I do the reported discovery of the magnetic pole. Amundsen wanted to make this passage in order to find the needle. It was the discovery of the pole that was uppermost in his mind, and we discussed the subject through many a dreary arctic night.

"He was equipped with the very best instruments. The leisurely manner in which he moved through the passage impresses me with the belief that his observations and his maps will be of great benefit to science."

WILLIS S. EDSON.

The Man and His Valet.

"I never saw a man so entirely dependent on his valet."

"Quite helpless without him, eh?"

"Quite helpless. Mabel told me that when he came to propose he brought his valet with him."

"What was that for?"

"Why, when he reached the proper place his valet spread a hemstitched handkerchief on the floor for him to kneel upon."—Cleveland Plain Dealer.

A Talented Agent.

Home Seeker—Seems to me this house isn't very well built. The floor shakes when we walk.

Agent—Um-y-e-a; that's the new kind of spring floor, for dancing, you know.

"And these stairs creak terribly."

"Y-e-s; we furnish this new patent burglar alarm stairway without extra charge."—N. Y. Weekly.