

Wage-Earners in Particular Should Be for Universal Training

Medical Examination Feature Alone Worth Many Times the Cost—Hidden Defects and Diseases Revealed By Reg- ular Army Tests.

From the Spokesman-Review.
Universal obligatory physical and military training of the country's youth would give the nation three distinct benefits that are needed:

1. Thorough preparedness—a great reserve of citizen soldiers which would tend powerfully to restrain foreign aggression and attack.

2. Its disciplinary influence alone would be worth the cost and effort. Morally, the nation would be uplifted, for young men receiving the training would become better sons, better heads of families, better citizens.

3. The physical betterment of the race alone would be worth many times the cost. Consider the value to the individual youth of 18 or 20 of the searching physical examination now given recruits for the regular army.

Before he is passed to the surgeons the applicant is given a searching preliminary physical examination by a properly qualified line officer, all according to a prescribed formula that has been carefully adopted after more than a century of experience. The thoroughness of this preliminary examination is indicated by the fact that the examining officer has 36 rules laid down for his guidance. Rule 8 will indicate the general character of this examination:

Much Gained By General Inspection.
First, test the applicant's vision; second, test his hearing; third, strip him of all clothing and inspect his general physique and appearance; fourth, take his height, weight and chest measurements; fifth, require him to perform certain prescribed exercises; sixth, make a special examination of the various parts of the body.

General Inspection.—By this inspection much may be gained. The various parts of the body should be well proportioned, the head symmetrical, the chest developed and well formed, the abdomen lank and the limbs shapely, with firm, well developed muscles. The carriage should be erect and sprightly without any lack of control; the expression of the face should indicate mental and physical health and vigor; there should be no repulsive deformity; the manner should be cheerful and alert, without exaggeration or sluggishness; the skin should be clean, free from eruptions and without the pallor of disease, the characteristic appearance of the drunkard, or the peculiar sallow tint and the distinctive hypodermic scars of the drug habit.

By careful observation and the exercise of good judgment the experienced and painstaking recruiting officer will commonly be able to exclude the unsuitable, the vagabond and the criminal.

Consider what it will be worth to the young mechanic, the clerk, the railway worker, the factory toiler and the farm laborer—to be physically trained in school, to be examined by medical experts without fee, and to have their valuable advice on methods to overcome latent and hidden weaknesses of the vital organs, the vision, the hearing, the teeth and the feet.

War is terrible and to be dreaded and avoided, but its toll in life and suffering is minor in comparison with the death and suffering that flow from ignorance and carelessness in dealing with preventable diseases.

The Spokesman-Review advocates universal compulsory military training on some such plan as that in force in Switzerland. Each Swiss youth in his 16th year must spend from 60 to 90 days, according to the branch of the service to which he is assigned, in a training camp. After that, for 11 years, he must spend 11 days annually in camp to refresh his training. During the next 12 years he must spend 11 days each alternate year in training.

The Spokesman-Review further advocates the maintenance of world peace on the plan proposed by the League to Enforce Peace. Under that plan the United States and other powers in the league would use both their economic and military forces against any one of their number that should go to war or commit acts of hostility against another member of the league before any dispute arising had been submitted either to a world judicial tribunal for hearing and judgment, or to a council of conciliation for hearing, consideration and recommendation.

Four Out of Five Are Unfit.
The alarming prevalence of physical defects and incipient diseases in the men of this country has long been known to army men and physicians, but has hardly been glimpsed as yet by the general public. Naturally, the men who apply for enlistment in the army think themselves physically fit. On the whole, they are above the physical average; yet the government must reject four out of five applicants as unfit for military service.

Under the Swiss system of physical training of the boys in school, followed by physical and military training of the young men, the American nation would set its face toward a noble goal—the bringing up of the masses of its manhood to the physical fitness now required for soldiers in the regular army. Physical defects would be revealed to the youth and his family and a corrective course provided. The lives of millions would be lengthened and made better worth living and the coming generations would have a nobler birthright.

Above all others, the working man should be for that system with zeal and insistent purpose. He should reflect on the significant fact that Australia and New Zealand adopted it on the initiative of the labor party.

The wage earners will advance their own welfare immensely by standing for compulsory obligatory training and refusing to give their support to politicians who are either ignorant or too timid to take a courageous stand for the betterment of the masses.

MEXICAN WAR OF 1846 BEGAN WITH SKIRMISH

From the New York Times.
War between the United States and Mexico in 1846 began as the result of a skirmish similar to the attack by Mexicans upon the detachment of General Pershing's forces, it was recalled yesterday by a veteran of the first Mexican war, Col. Charles J. Murphy,

who is the youngest survivor of that conflict.

"The news of the first battle in Mexico reminds me that the war with Mexico in 1846-48 commenced in a similar way, on April 24, 1846, although there was not a formal declaration of war between the two countries. Like the fight of two days ago, it was an ambushade for the Americans, and similarly the Americans were attacked by superior forces of probably four to one. Captain Thornton, United States army, marching at the head of 70 men of the Second dragoons in Texas, fell into an ambushade of Mexican regular troops on April 24, 1846, numbering between 300 and 400. After a gallant resistance he was killed, with 16 members of his command, and 35 were wounded. The remainder of the force were taken prisoners. In this fight, as in that of two days ago, it may be noted that apparently the approximate numbers of the slain and wounded were the same on both sides."

It was six days later when the Mexicans attacked Fort Brown and were repulsed, said Colonel Murphy. On May 8 General Taylor defeated the Mexican army of Generals Ampudia and Arista at Palo Alto.

"It is a noteworthy fact that these battles were fought without a declaration of war on either side," continued the colonel. "Indeed, no declaration of war was ever made by either of the two contending republics."

These conflicts were followed by a call for 20,000 volunteers by President Polk. More than 65,000 volunteers responded promptly. As a comparison of the quotas furnished by each state with the present mobilization of the militia on President Wilson's call, these figures are given by Colonel Murphy: Alabama, 2,981; Maryland and District of Columbia, 1,372; Arkansas, 1,274; Florida, 283; Missouri, 6,441; Georgia, 1,987; North Carolina, 835; Illinois, 3,731; South Carolina, 1,120; New York, 1,890; Indiana, 4,329; Ohio, 5,334; Iowa, 229; New Jersey, 420; Kentucky, 4,034; Louisiana, 7,341; Pennsylvania, 2,117; Michigan, 1,071; Tennessee, 5,394; Massachusetts, 630; Texas, 1,394; Mississippi, 2,235 and Wisconsin, 146.

At that time Mexico had a regular army of 50,000, and had called into the field an additional force, chiefly volunteers, of nearly 200,000 men.

Work of a Spider.

For several years past I have observed always one, and sometimes several, great gold and black spiders living contentedly among my wild honey suckle vines. Why they prefer these vines to any other is more than I have been able to find out, writes El Comanche in Our Dumb Animals, unless it is because the flowers attract many kinds of insects. At any rate, these big spiders, spreading nearly three inches across from tip to tip of their long legs, and with bodies nearly as big as the end of my thumb, make their web homes in these vines, and do not molest them, as they are very interesting creatures.

I saw one spin his web from beginning to end one warm, cloudy day. Beginning with a straight silken cord running up and down, he fastened both ends securely, and then climbed to the middle and attached a second line, which he carried off to one side by crawling over the leaves. Then he came back to the center over this line after he had pulled it tight and fastened it. At the center he attached another line, crawled out over the second line, and off among the leaves, where he soon had his third line attached. This process was repeated deliberately and slowly until he had all the "spokes" of his wheel in place.

Then he went to the center, attached a line to one of the "spokes" about half an inch from the center, and then turned deliberately around in a circle, attaching this line to each spoke in turn at about the same distance from the center in each case.

Next, using this first as a path, he traveled around the web with a second line, attaching it to each "spoke" in turn as he reached it, and keeping it parallel to the first by mechanically reaching the distance with the natural stretching length of one leg, which he used to hold himself up away from the first line. This is how the round lines of the web are made so nicely parallel and "even" all around—the distance in each web being determined by the leg length of the spider that makes it.

GENERAL BRUSILOFF IS FIGHTING SOCIETY MAN

Petrograd—(by mail).—Gen. Alexei Brusiloff, commander of the Russian army which swept through Bukowina, was little known outside of Russia before the present war. In fact, it was not until 1914 that he was given command of an army corps. His work in the war won him promotions. He is almost the only one of the many prominent social figures in the army who has made good.

General Brusiloff is 63 years old, but looks more like 45. He is alert and modicum. He has dark, steady, searching eyes and nose with a high, commanding curved bridge, and a square jaw. His hair is close cropped; he wears a long thin gray mustache. It was General Brusiloff who commanded an army in the first Carpathian campaign when the Russians were ready to pour down into Hungary, but were forced to retreat for lack of ammunition. Unlike many Russian generals, Brusiloff had the advantages of an excellent education and began army life in a fashionable cavalry regiment. Ability and influence combined to make his advancement rapid. He held many positions, was recognized a favorite at court, distinguished himself as a daring rider, encouraged cavalry officers to go in for polo and cross country steeplechases and was popular in Petrograd society. Then came the war to try out the capacity and characters of men. Brusiloff was one of the studious, professional type of officer who came to the front and made good.

The Wall Street Feeling.

From Bache's Financial Review.

The power of labor is already too great. In a country like this whenever a power becomes too great or the people think it is too great the people rise up and smother it. The people are greater than any other class.

That is the only salvation against a labor oligarchy—against the labor leaders having all the power there is.

Labor has a stronger medium to enjoin or threaten the politicians with than the railroads had in the old days, when they did as they pleased and controlled everything that affected them. The railroads did it with passes and money.

When the people rose up against the railroads the politicians were willing to buy up the passes and even the money, because it was necessary to do that in order to keep their political positions. So the politicians joined in the hue and cry against the railroads and made a noise like public benefactors and were re-elected.

But labor has something better than money or passes to offer—at least the politicians think it has—and that is votes.

The labor vote is the bogey of the politician. He sees it in the shadows everywhere. He wakes up in the night with a shiver because in a dream he has offended it.

In the daytime he carefully reviews everything he does or says to be sure he has not done anything that can be twisted into antagonizing the labor vote.

That is why we have on the statute books—

Conceptions of the State.

The English Conception.

A. D. Lindsay, in the Atlantic.
English writers think of the state as consisting of and existing for individuals. Their fault is to exaggerate the independence and self-sufficiency of the individual citizen; to be unduly optimistic as to the results of free unlimited competition between individuals, and unduly distrustful of state action. Yet English political theory is of immense value in that it classifies the fact that state action, like all other action, has to be done by individual people who will not escape the failings of ordinary humanity by being in office; and that it insists that the results of state action are to be measured in the lives of individual citizens and nowhere else. It conceives of the state as men working in common for the common good; existing as an end in itself, for the sake of the commonwealth and for nothing else.

The German Conception.

A. D. Lindsay, in the Atlantic.
German political theories agree remarkably in their insistence on the doctrine that the state is a person, having an existence of its own over and above the individuals who may happen to be its citizens at any one moment. Having an existence of its own, the state has ideals and values of its own, and to these the interests and ideals of the individuals must be freely subordinated. While, then, to the English thinker the state is a means of doing something for individuals, to be tested by its results on individual lives, to the German the individual is an instrument for carrying out the purposes of the state; it is by serving and working for these purposes that the individual finds his highest freedom. Hence arises the German scorn of Manchesterism, and the English ideals of free commerce; hence too their glorification of war, in which the subordination of the individual finds its most complete expression.

SOME HOT WEATHER QUESTIONS.

At 1 o'clock today the temperature in a certain room registered 97; that of a shaded porch, 100. An electric fan was turned on. I felt much cooler, but when two hours later I looked at the thermometer in the room the temperature was 98. Then I went to the porch and that thermometer registered 96.

If a fan increased one's comfort on a hot day why did the thermometer in the room go up one degree while the outside thermometer was falling four?

Answer—The fan actually increased the temperature a fraction by the friction of the moving air. However, that was not the important factor. The fan was in a warm part of the room. It drove the warmer air against the cooler inside wall where the thermometer was placed. But you say if this is the true explanation why did the fan increase your comfort?

The air next your body was both hot and wet. It was about 98 in temperature, and 100, or almost about, that in humidity. The fan blew the wet and hot air away from your body, increased the evaporation from your skin, and thereby added to your comfort.

Question 2—Why do baseball players wear woolen shirts on very hot days?

Answer—They work in the sun. The temperature of the air in the sunlight is a good deal hotter than that of the body. When one works in the sunlight on a hot day he can shield himself from some of the heat by cover-

ing his body with a nonconductor. A flannel shirt is a poor conductor of heat. If you ask a ball player why he wears a flannel shirt he will probably tell you that it picks up the sweat and holds some of it, thus preventing rapid evaporation and chilling. Chilling makes the muscles stiff. There is a lot in this point. A cotton garment on a ball player would become wet as a dish rag in a few minutes. When drenched with water but little air could pass through it. Wool absorbs moisture more slowly and holds it better. A person who wears woollens is not so liable to chill.

Question 3—What is the best way for a man who does clerical work in a hot office to dress on a hot day?

Wear just as few clothes as the rules of the office will allow. Since the local irritation from a stiff collar will add to the amount of heat produced go without collars and cuffs. Even the lightest coat serves to hold in some of the heat from your body. The shirt should have a soft bosom and be made of cotton or linen. Silk is warmer than cotton. The underwear should be of the lightest weight possible. An open weave is best. A close weave is liable to become saturated with sweat, and therefore, quite impervious to air. The trousers should be light in weight and open in texture. The socks should be of cotton or some combination consisting largely of cotton, light in weight, and rather open in weave.

stute is cow's milk, provided it can be had pure and fresh, and provided there are facilities for keeping it in homes where it is impossible to get good liquid cow's milk or where there are not liquid cow's milk in the way of ice boxes and ice for keeping liquid milk, it is best to use a proprietary food or some form of condensed milk, or even dried milk. Especially is this true in hot weather.

Proprietary baby foods.

For years physicians have denounced the baby foods as a class. In spite of the denunciation they have continued to sell. In fact, there is a steady growth in the use of baby foods.

For years the manufacturers have made use of printers' ink to exploit baby foods. Books filled with rosy claims are reinforced by thousands of testimonials from satisfied parents and illustrated by beautiful pictures of dimpled babies. In spite of all this effort the use of baby foods has not become universal, nor is it materially greater than it was a few years ago.

Kerley says: "Hygienic condemnation of the proprietary infants' foods is unjust. Shortly afterwards he follows with this statement: "The exploiting of photographs of crawling, fat, red cheeked babies to illustrate the supposed virtues of this or that manufacturer's food, composed principally of maltose, is not a very high minded producer, who thus stoops to steal the credit which belongs to a cow."

Very close, careful, feeding studies made at the University of Illinois have shown that certain of the infant foods not only contain all the elements needed for growth, but that animals fed on these foods will grow, thrive, mature normally, and propagate their kind.

Some of the foods are intended to be used without milk. Such foods are made from dried milk with the addition of some cereal or food made from a cereal. The advantage of such foods is that they keep well. They neither require ice nor an ice box; they can be had through ordinary grocery stores or drug stores. The baby fed on such foods is not closely tied to a rather fixed basis of supplies.

The disadvantages are: They have been cooked, they are deficient in fats, and many of them are not properly balanced chemically for a baby food. The worst of them, however, are better balanced than is sweetened condensed milk.

The disadvantages can be overcome by giving the baby, in addition to his infant food, some orange juice, prune juice, or other fruit juice, some butter, some meat juice, and, when the time comes, some spinach, carrots, and meat, finely chopped.

And now to summarize. The best food for a baby is breast milk. If a baby is to be bottle fed the best sub-

YOUR BOYS AND GIRLS.

Your baby should spend most of its indoor life in a nursery free from damp, exposed to sunshine and with free ventilation. There must be freedom from dust gathering carpets and furniture and filth harboring cracks in the floor. There must be absolute cleanliness in every condition surrounding the child's life.

It's bed must be far enough away at night from that of the adult's to avoid breathing their breath; avoidance of currents of air to avoid rheumatism, painted toys on account of possible poisoning, the avoidance of woolen or feather toys.

You should weigh the infant carefully each week, on a correct standing scale, to determine if it's gain is what it should be, if properly fed. Unless there is some definite contra indication a child should be bathed every morning in water adapted to its vitality, never so cold as to cause blueness, or cold extremities, or so hot as to prove injurious.

Who of us do not remember the childish fear that often came when our mothers closed the door or turned off the light with her goodnight kiss? The fear of the dark room is something almost sure to be found in every child. There may be strange animals in the dark, or burglars, or supernatural beings! Or there may merely be a haunting terror of something unknown. Such fears must never be laughed at. The best plan is to make home seem a very safe place, where father and mother are always near. Later on will come the time when the child may be taught physical and mental bravery.

Perhaps the way of helping timid children to sleep in a strange bed may help. Make a rag baby of unbleached muslin, fully large as a real baby, stuff it with cotton batting, make eyes, nose and mouth with ink. Make a night gown for it. It's unbreakable, and soft if they happen to fall upon it; and lots of comfort. Such a rag baby can be used five years. It will help in teaching children to sleep alone in the room; in time the baby is forgotten altogether.

In our training of children we are constantly tempted to contradict ourselves. At one time we appeal to their bravery, we solicit courage for doing this or that, for enduring pain or discomfort. Shortly we have occasion to call upon fear of injury, or of disapproval. In the one case we exalt courage and laud it as the highest of virtues, and remind the child of all the heroes we have not yet forgotten. But in a few hours we exalt prudence and remind him of the miserable fate of the foolhardy who did not look twice before they leap.

It is not necessary, however, to suppose that courage and caution exclude each other. Fear as a help in training is a double edged weapon. We have learned that obedience based on fear will turn into defiance at a matter of sympathetic understanding and firm hold of the child's needs are far more successful than those who arouse fear.

Fear in children arises from the necessity of dealing with the unknown. Children are afraid of the dark because there is no telling of what may and what may not be there. A child may be made familiar with the dark, as when someone in whom he has confidence stays with him and keeps his attention, until he is quite at ease among the shadows. The familiar never causes fear.

Caution, on the other hand, arises from judgments based on knowledge. It is a known danger that leads to prudence and care. It steadies the muscles instead of making one tremble, because it is so largely a matter of thought and understanding rather than a matter of feeling, as is the case with fear. The more a child knows about things in his little world the more likely he is to be fearless.

The Poilu's Altered Poil.

From the Philadelphia Public Ledger.
Plenty of hair upon the chin has been supposed to make the soldier formidable. "If Russia would shave," said Dooley before the war, "we shouldn't be afraid of her." Shakespeare's man of war was "full of strange oaths and bearded like the pard." Yet into the beard in the French army, which has given his name to the "poilu," the "hairy one," is at last to pass under the shears; and General Pierre Cherit estimates that with 2,000,000 men on the firing line, at 40 grammes apiece, this means a sheer loss in weight of 20 tons to the French army. It was to be expected that academicians and artists, sculptors and literati would unite in elegiac strains to lament the passing of Auguste Rodin, who is bearded like unto the Spanish live oak with its moss, delivers himself of an impassioned apostrophe. "Men without beards, women without sex, statues without heads, bodies without arms, humanity without weakness, that is my opinion."

Some men, in firm of purpose, wear beards to hide the vacillating chin. Some wear them to satisfy election wagers, some to exasperate the barber and save money, some to elude the sheriff or the income tax collector. The beard is the first aid to oracular philosophy, as enabling one to appear inscrutably sage without saying a word. It bestows on a young doctor the physiognomy of mature experience. But above all to the soldier it imparts a dreadful mien; to be hirsute is to be horrendous. Let the French nation sorrowful because of the altered aspect of the "poilus," take comfort in the fact that it has now become impossible for the Bosches to beard them in their trenches.

The most valuable cargo of copper ever shipped from Lake Superior recently left Houghton, Mich., on the steamer Underwood with valuation of \$2,100,000. The weight was 3,500 tons and was collected at Copper Range, Dollar bay and Hubbell docks.

"Unbelief."

There is no unbelief: Whoever plants a seed beneath the sod And waits to see it push away the clod, He trusts in God.

Whoever says when clouds are in the sky, "Be patient, heart, light breaketh by and by," Trusts the Most High.

Whoever sees 'neath winter field of snow The silent harvest of the future grow, God's power must know.

Whoever lies down on his couch to sleep, Content to lock each sense in slumber deep, Knows God will keep,

The heart that looks on when eyelids close, And dares to live when life has woes, God's comfort knows.

There is no unbelief: And day by day, unconsciously, The heart lives by that faith the lips do not profess. God knows why! —Edward Robert Bulwer Lytton.