

LITTLE BEAUTY CHATS

BY BLANCHE BEACON.

A FINE CARRIAGE MEANS A FINE MIND.

I must again refer those people who are always talking about "leaving nature alone" to the fact that walking upright is man's improvement upon nature.

It is not natural for man to walk on two legs, but because he did it he has developed a thumb and a prehensile hand, and he has also developed a power to think which no animal which still walks on four legs, possesses.

I do not think there is anything which has as great an influence upon the brain as the way one carries one's self. The slinking sort of a carriage always belongs to the person who has a slinking sort of temperament. The woman who walks with her head up and her chest out is one to be trusted.

Now here is a theory that is gaining ground with some of our greatest scientists. The mere physical fact of your holding your body upright will strengthen your mind and will.

The person who slumps and halts is losing his power to decide. The woman who allows herself to settle is undeniably growing old.

One of the best ways of keeping the figure perfectly upright is to walk about your room with a book on your head. This will give you the pose of body and poise of mind which you need.

Don't fall into the silly fashion which seems to prevail just at present among so many young women who are trying to look uncorseted, and who are walking with sunken shoulders and protruding knees. It is not only ungraceful, but it will surely have a bad effect upon your mind and temperament.

Already it seems as though I can see a difference in the way the fashionable talks. She does it almost as sloppily as she walks.



"Walk about your room with a book on your head to keep the figure perfectly upright."

MAKE USE OF A HAND GLASS.



"Always consider Your Hand Glass Your Best Friend."

If you haven't a "hand glass" economize on everything you can until you can buy one, and if possible buy one of those that have a mirror set in both sides, one of which is a glass that magnifies.

"Of what use will a hand glass be to me?" you ask.

In the first place if you examine your face carefully in a hand glass every morning, you will probably see many blackheads or superfluous hairs long before some kind friend calls your attention to them. For just a few little blackheads, it is probable that a good scrubbing of your face with a camel's hair face brush and green soap will be all that is necessary. Take the few straggling hairs out with a pair of tweezers and rub the place over with peroxide of hydrogen and ammonia in equal parts.

That same hand glass will probably tell you to brush your eyebrows carefully and that your teeth need attention from your dentist. It may surprise you that you are getting an ugly wrinkle between your eyes from squinting.

Be sure that you look at your ears—I have seen a woman's ears that were full of blackheads, whose face and hair were otherwise immaculate. This woman would have been much ashamed if some one had told her of this.

After you have powdered your face and neck, (don't neglect your neck,) take your hand glass and look at the places powdered very carefully and dust off all superfluous powder lightly with a baby's hair brush. There is nothing that looks more vulgar than a woman with patches of powder all over her face.

You can make your hand glass your best friend, and don't forget to smile back your gratitude for its kindness before you put it down, for that smile may remain on your lips all day.

WALK ON THE BALLS OF YOUR FEET

I am very sorry to see the carriage that is affected by many young ladies lately. They are "shrinking" back on their heels which makes the lungs sink in; give an ugly pose to the head and above all rounds the shoulders and the back.

Once in a while a girl as slender and graceful as a lily stem can affect this style of carriage and make herself the individual note among a crowd of other women, but she is laying up for herself trouble, however, as she cannot breathe to the full capacity of the soft walls of her abdomen or held up the weight which should be placed on the vertebrae and other bony structure.

The way to walk is on the balls of the feet. Nature has placed cushions there to help take off the constant jar that walking on the flat foot or heels gives.

If you are the slightest way disposed to fat you will find that unless you walk with the chest up and the head out, stepping lightly on the balls of your feet you will soon have ugly rolls of fat across your shoulder blades and your abdomen will grow large and high. When you find yourself growing "round shouldered" don't go out and buy yourself a pair of shoulder braces; just poise your body on the balls of your feet and you will find your shoulders, chest and abdomen will adjust themselves to their rightful position.



"Only when you walk on the balls of your feet will your poise be correct."

Where Do the Watches Go?

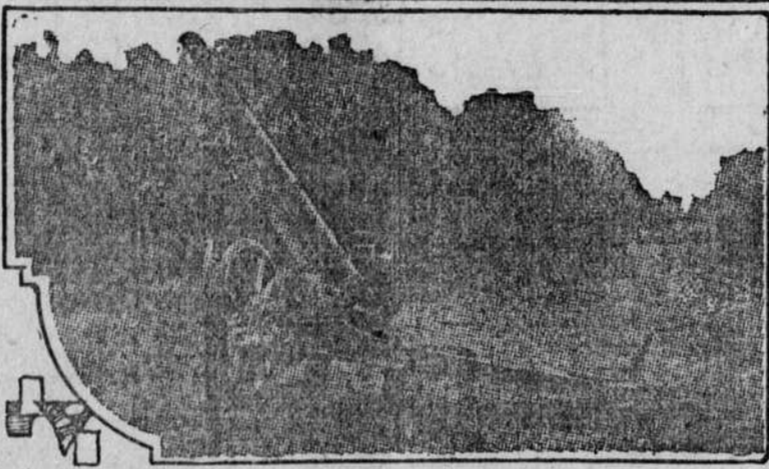
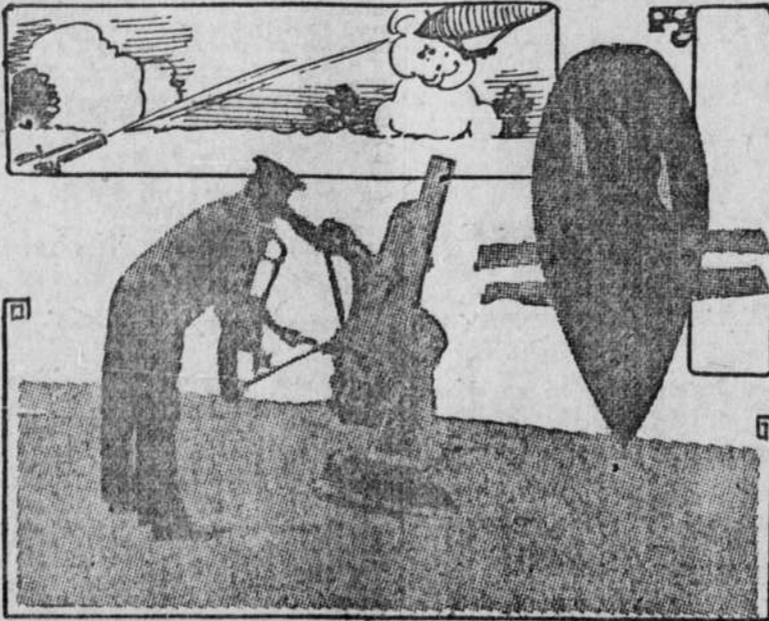
From the New York Evening Mail. What becomes of the watches? The average man does not buy more than about two or three watches in the course of his whole life, and yet the manufacturers keep on making new watches by the hundred thousands. Who buys them all?

No statistics can answer the question. What becomes of the old watches? What do you do with the one you discarded when you got your present watch? Where is it now? It was a silver watch and it kept good time for years—that old watch, that predecessor of the gold one that you now possess. You had a strong affection for it. You called it "she," and some-

times, in the solitude of your room, you may have caught yourself saying a word or two to it aloud. The watch certainly talked to you in the middle of the night; Helme's watch conjugated Hebrew by the hour. The old watch had a kind of a ringing tick like a riveting machine, and you could hear it clear through the pillow. It has sung you to sleep more than once. But let's see—what in Heaven's name became of it?

And This From Atlanta. From the Atlanta Constitution. A sane, crackless, grape-juice Fourth of July. Amen!

ENGLAND ARMS HERSELF AGAINST AIR INVASION



Gun mounted on submarine boat (top left), a dirigible as seen from below (top right); a 6.5 cm. air ship gun for field service (bottom).

Monstrous, mysterious shapes, looming up large and dwindling again into the star-spaces with whirl of propellers and a throaty purr of petrol engines have aroused many Englishmen to a terror that amounts almost to a craze.

"To us, the sea; to our foes, the air," they cry. They fear that England's proud isolation is to be lost before the searching flight of French and German airships which in times of peace can spy out the secrets they will use to deadly advantage should war ever come.

England is weak in aerial navy, and for the present seeks merely to defend itself against the possibility of such a state of affairs. To that end parliament passed an act forbidding the unauthorized flying of air craft over certain specified districts wherein lie important fortifications; while foreign airships before flying over the Isles must get passports from British consuls.

Parliament would warn of infringements of this law by pillars of smoke by day and signals fires and rockets at night; with penalty for disregard, a fusillade from guns that swing their muzzles from nadir to zenith upon carriages of marvelous ingenuity. The shells by day would emit smoke, which, hanging upon the air, would indicate to the gunner in case he had missed the correction he must make in his aim. Specially prepared shells, striking the gas bag of a dirigible would explode and ignite the gas, which, in turn exploding, would hurl ship and crew to earth a flaming, swirling mass of debris.

Submarine boats, easy objects for the eyes of circling airship crews, have mounted on their slippery decks cannon which can spit spitefully at the airship. This done, they fold their cannon in water-tight wells and plunge to safety far beneath the waves.

"There is that scattereth, and increaseth yet more; and there is that withholdeth more than is meet, but it tendeth only to want."

"Walk with wise men and thou shalt be wise; but the companion of fools shall smart for it."

"He that is slow to anger is of great understanding; but he that is hasty of spirit exalteth folly."

"He that oppresseth the poor reproacheth his Maker; but he that hath mercy on the needy honoreth Him."

"Righteousness exalteth a nation; but sin is a reproach to any people."

"Better a dinner of herbs, where love is, than a stalled ox and hatred therewith."

"When a man's ways please Jehovah, he maketh even his enemies to be at peace with him. Better is a little, with righteousness, than great revenues with injustice."

"There is a way which seemeth right unto a man, but the end thereof are the ways of death."

"He that is slow to anger is better than he that ruleth his spirit, than he that taketh a city."

"A friend loveth at all times; and a brother is born for adversity."

"Even a fool, when he holdeth his peace, is counted wise; when he shutteth his lips, he is esteemed as prudent."

A Ghastly Sport. From the Christian Herald.

That prize fighting is a relic of barbarism and should be legislated out of existence is brought home to the average mind with intensified conviction by the killing of Luther McCarty at Calgary, Alberta, recently. A champion in full health enters the roped arena and a few moments later is dead of a neck-breaking blow, received in what the professionals denominate a "fit fight." This is the eleventh instance in recent years in which a fistie encounter has ended in manslaughter. Such occurrences cause only a passing thrill; they rarely arouse sufficient indignation to make them an object of prohibitive legislation, and the mankiller usually gets off with a nominal punishment. And we call ourselves civilized and humane!

When the old savage that is hidden in most men comes to the surface in a modern prize ring mob, one would hardly suspect that it belonged to the Twentieth century.

How Hagenback Filled Contract. From the Christian Herald.

Karl Hagenback, who died recently, was the most renowned animal collector and dealer in the world. He supplied nearly all the menageries and zoos in three continents. He kept his animals in a large park at Stellingen near Hamburg. During his last years he did not go far from home, and took no risks from wild animals. In 1906 the German government asked him if he would furnish 1,000 dromedaries, provide saddles for each, and transport them thousands of miles from East Africa to German Southwest Africa, and have the first shipment of 300 beasts ready in three months. He said that he could. He sent his brother and other trusty men to do the buying and set sail in a vessel he had chartered and fitted up especially for the purpose. He could not find any saddle to suit him, so he invented one and had the saddlers of Hamburg make them. He had his first shipment delivered in three months, and then the rest of the 1,000 were furnished. The German government was so pleased with the animals, their quality, and the speed of their delivery, that it took another 1,000 of them from him.

Nightfall. I heard mellow church bells say The tranquil requiem of day.

I saw the fires of sunset burn Din in the great west's golden urn.

Above one sharp-etched spire afar Clear flowered one hyacinthine star.

Then Mother Night her children hid Under her purple coverlid.

-Clinton Scollard.

MOST OF US WAKE UP EVERY MORNING WITH THAT TIRED FEELING

People Do Not Get Enough Sleep, One Health Expert Declares.

HE SUBMITS HIS REMEDY

Once Each Week Man Should Spend 24 Consecutive Hours in Bed to Recuperate, He Says.

From London Answers.

Two thousand years ago, when Britain was peopled with a strong, rough race of men and women, sleep was taken as seriously as hunting the forests for food, and the Briton awoke from his deep slumbers with a splendid stretch, as the red sun rose over the hills!

But today it is a very different story. Most of us wake up with "that tired feeling," rebelling against the commands of our alarm clocks, and feeling very often that we would give all our small change for just one little extra half hour between the sheets.

The reason is not far to seek. We do not get sufficient sleep. Eight hours is generally regarded as the utmost necessary for our health; yet even this meager portion is often, through the necessities of work, cut down to seven hours, which reduces our annual period of rest by an average clerk's summer holiday. One hour a day for 355 days equals more than a fortnight.

This is why we are not able to watch the sun rise in summer without paying dearly for it in yawns later on. And this, also, is why, in order to get even with nature, we have to resort to doctors' medicines, special physical exercises and dogged "smile cures." All very well in their way, certainly, but all quite unnecessary.

Sleep For 24 Hours. Once a week," a health expert recently declared, "every man should spend 24 consecutive hours in bed."

Whether we agree with this statement or not, it is evident that we were never intended or built to live such strenuous existences as the average person lives today. We have only to glance around at the examples which many animals set us to see how very far away from original nature our civilization is leading. A marmot sleeps for a whole month at a time without having to worry about losing its berth or place in the world when it wakes up again.

The grizzly bear practically snores through an entire winter, because he knows that while he can keep his health and strength he can always obtain his food when he requires it. Rising and falling shares don't affect him. In the same way the caterpillar takes a hearty sleep in its chrysalis during the period of its life which corresponds more or less to the cramming schooldays of the human boy.

Tack On a Few Hours. What would the human being be called by his associates if he allowed himself to relax to this extent?

The writer does not suggest that, from this day onward, you should endeavor to emulate the marmot or the bear or the caterpillar. But if your condition in life allows you to tack on your usual allowance an extra seven or 14 hours of sleep a week—that is to say a fortnight to a month a year—better health is bound to follow.

Of course, the "rest student" must be guided largely by his special characteristics. He cannot disregard his age and sex, any more than he can attempt to copy the bird, which divides its 24-hour day into four alternate periods of rest and activity, or tremes of youth and age, for instance, require more sleep than is necessary to persons in their prime. Individual considerations and characteristics must always be taken into account and weighed in the balance.

The best test by which one can ascertain whether enough sleep is being obtained or not is the test of energy.

Energy the Best Test.

If you can spring from your bed with the freshness which most of us only gain fully after a cold morning tub and rub, then you have slept your due. If you feel tired and sluggish, you may be nearly sure that you do not spend sufficient of your life in bed, and the sooner you set about repairing the evil the better. Remember, too, that your revised sleeping hours will have to set into good running order before they show what real benefit they are providing. People are too apt to give up a good thing through being over-impatient to see the beneficial effects.

Blarney Saved the Day.

Dublin Letter in the Brooklyn Eagle. An interesting incident of the visit to Ireland of Mr. Peake, Australian premier, and Mr. O'Loughlin, speaker of the Australian legislative assembly, has just come to light. It appears that a young barefooted boy was selling newspapers one day outside the Gresham hotel in Dublin. After proffering one to Mr. O'Loughlin he started a conversation about Australia and asked: "Would your honor take me there?" The speaker said he would be glad to take the youngster if he could be sure his mother would consent.

The next morning the young hopeful, washed and scrubbed, but still barefooted, presented himself at the hotel, asked for Mr. O'Loughlin, and told him he had got his mother's consent.

"But your mother does not know who I am," said the speaker.

"Yes, she does," replied the boy, and then came a touch of native blarney: "Saw your photo in the papers this morning, and says you must be a very good man."

In the afternoon the seeker interviewed the mother, and as result has arranged to pay the expenses of the boy out to Australia and give him a start in life under the southern cross.

WILD FLOWERS.

Thoreau. How fitting to have every day in a vase of water on your table the wild flowers of the season which are just blossoming. Can any house be said to be furnished without them? Shall we be so forward as to pluck the fruits of nature and neglect her flowers?

These are surely her finest influences. So may the season suggest the thoughts it is fitted to suggest. Let me know what picture nature is painting.

What poetry she is writing, what ode composing now.

An Example. From Life.

The Governor (sternly)—When I was your age, my boy, I was making a honest living.

The Boy—And now look at you!

PRINCETON MEN ALL TO KISS THE GIRLS

At Least Nearly All of Last Senior Class Pleaded Guilty.

So much has been written about the likes and dislikes of the college youth, and so many dry statistics have been furnished the public regarding the means of livelihood of the "Rah! Rah! boy" that statistics in a lighter vein concerning the graduating class of Princeton university made public just before the commencement exercises here are exceptionally interesting.

Here are some of the questions put to the members of the graduating class: Do you smoke?

Do you stop smoking since entering college or have you adopted the habit since entering?

Are you engaged? Have you ever kissed a girl? Do you correspond with any young women or women? If so, how many? Do you consider dancing morally wrong?

Do you regard card playing as immoral? Have you ever attended a dance?

Answers to these questions showed that the number of men in the class who smoke total 184, of which 76 began in college, while 61 stopped after they entered. Two hundred and six of the 300 members of the class confessed to corresponding with 579 members of the fair sex, an average of more than two each.

One bold youth frankly declared that he writes letters to 16 young women.

Almost the entire class admitted having kissed some member of the fair sex outside of their immediate families. Nineteen members of the class asserted that they considered dancing morally wrong, and 16 entertained the same views toward cards playing. All but 12 of them have attended dances. Nine men admitted being engaged. One man said that they had had their hearts bruised by rejections.

Errors in Orthography. From the New York Sun.

How well educated along elected lines one may be and yet how ridiculously remiss in others is illustrated in the recent congratulatory letter reported to have been received by President Woodrow Wilson from Tadashige Suzuki, a Princeton graduate, now at Shirosaki, Miyagiken, Japan. Among other things the alumnus of the big university says: "I send you my hearty congratulations for your throne of presidency on this memorable day. When I know that Hon. Wilson was elected presidency of U. S. A., I could not keep a loud hurrah."

While this may seem laughable, it is not much better or worse than some of the glaring errors in orthography, syntax and prosody discovered in a number of very bright graduates of our best universities when occasion came to test their ordinary scholastic acquisitions. A poor speller at college is taken as a matter of course in most cases. It is supposed that if he has advanced through the high or preparatory school and has not been turned out a proficient speller that he is a hopeless case in this respect and there is no use trying to improve him. So his spelling is condoned and his attention directed to logarithms perhaps.

A droll story is told of the student who was turned out the best mining engineer of his class. A task had been set him by a professor. He failed to finish it and wrote to his preceptor: "I am sorry the work you gave me to do is not done. I sprained my ankle." The reply sent him said: "If you sprained your ankle, of course that is a misfortune. It is to it. Your work was due to be done a week ago, however, and I'm afraid it is now too late."

Bread That Never Gets Stale. From the New York Tribune.

What man in the street knows or cares anything about valency? Or receives in, let alone the allotropic modifications of sulphur an analogy to anything of practical interest to him? Yet these things have much to do with our daily bread, and may figure largely in the statement of some bakers' strikes.

Thus Professor Katz, of Amsterdam, in studying the question of what chemists call valency, has been investigating the reactions. He finds that the fresh bread which most men prize and the stale bread, which only some dyspeptics tolerate, differ in the modifications of the same substance, compatible with the aforesaid allotropic modifications of sulphur. But what causes the change? Nothing but the change of temperature. If bread is kept at a high temperature it remains unchanged. Or if it is immediately reduced to a very low temperature and is kept there, the chemical changes are so slow and slight as to be negligible.

It is, therefore, proposed in Holland to utilize this discovery through the establishment of large storage warehouses, either hot or cold, in which reserves of bread shall be accumulated and kept perpetually fresh, for use in case of such emergencies as a general strike of bakers or a temporary scarcity of supplies of grain. There could scarcely be a better illustration of the most abstruse researches in science and the most familiar needs of everyday life.

Traditional Mandarin Tactics. J. O. P. Bland, in the June Atlantic.

"Wait a little," says Young China, "give us but time to set our house in order, to organize our finances, and to train our army; then you will see." But in this matter, Young China is merely following faithfully in the footsteps of its ancestors. "Foolishly thus," did the mandarin, under the Manchu dynasty, endeavor to frighten the barbarian, and to head off his schemes of aggression. It is in accordance with every ancient principle of Chinese statecraft to devise ways and means of intimidating a powerful foe; it is also in accordance with every tradition of the mandarin, ancient and modern, to get credit for the possession of a large army, rather than to have to pay for one. This latter tradition has lately been powerfully stimulated by the Chinese official belief that the foreign mandarin might be induced to advance funds for the redemption of the "war notes" of the revolution and for military purposes; it was this belief that led "Tang Shouyi," when present, in 1904, to the "Fengtien" province, and the reports of his fellow provincials, a republican army of 80 divisions, most of which he proposed to disband, with the aid of a foreign loan. (It was at this time that the Manchu assembly was solemnly passing resolutions in favor of universal conscription, without any reference to the financial aspects of that question.)

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