

HOW RUSSIA'S GRAND COMMANDER LIVES

(Correspondence of Associated Press.)

Petrograd.—The headquarters of the Grand Duke Nicholas is on board a special train of six cars, in which he jumps from one field of activity to another at frequent intervals as the necessities of strategy dictate. Sometimes the train stands on the siding for a fortnight, but at all times the locomotive has steam up, ready at an instant's notice to be on the way again. It is in this moving habitation that the commander in chief of the Russian armies spends practically all his nights and a considerable proportion of his days.

He has also a fixed headquarters, located far behind the lines in a little town so peaceful and isolated that it has never yet aroused the curiosity of the German airplanes or Zeppelins. The place is well but unostentatiously guarded. The grand duke's train consists of a new locomotive, a sleeping car, a dining car, a parlor car and an ordinary first class coach, followed by two baggage vans, each containing a high powered motor car which can be quickly unloaded and used for trips to points not reached by the railroad lines. Whenever the train stops, sentries with fixed bayonets take their places silently at each doorway and at the front and rear of the train. The train runs without any lights visible from outside, except the necessary signal lamps. The commander in chief and his staff, behind curtained windows, work late into the night. The general seldom retires before midnight, and four or five hours as much as he allows himself for sleep.

Throughout the empire the war has made the grand duke the greatest popular hero of the day. His lofty stature, his fearless honesty, his sharp haughty severity, his reputation for firmness and justice, his serene and unflinching character, all qualities which appeal to the popular mind more directly in time of war than in peace. Innumerable anecdotes are related of his life and his heroic deeds. The hope expressed that he will go into politics after the war and rid the country of some of the obvious drawbacks of the old bureaucracy. But those close to the grand duke say that he has no inclination for politics, and many doubt whether the qualities which make him a popular idol commander in chief would appear with equal advantage if his other action were political rather than military.

One of the grand duke's pet aversions is the Germano-Russian population of the country, which is especially numerous and influential in the northwest and is also rather firmly established in Petrograd. Many of the Russo-Germans are prominent citizens and members of the Duma. The grand duke has been the chief backer of the campaign which has recently been carried out in Petrograd against this class of citizens. It is said that the grand duke recently remarked to his nephew, the czar: "You may feel quite at ease with regard to the Germans at the front. I will undertake to give them a thorough beating. I only wish you could be sure that the enemy in your own court would be as well handled."

War Hurts Sugar Industry.

The effect of the present war in Europe on the geography of the world's sugar production is strikingly shown in a statement just issued by the National Geographic society. This statement is as follows:

Fifty-three out of every 100 pounds of sugar produced in the world is grown in the countries now at war and their colonies. The total production of the world is estimated at approximately 18,000,000 tons. This production is made up of cane sugar and beet sugar, the total yield of cane sugar being 8,438,000 tons in 1913, and of beet sugar, 9,562,000 tons in 1913.

One of the peculiar facts connected with the sugar map of the world is that while Europe produces more than 85 out of every 100 pounds of beet sugar grown, it yields only one pound out of every 600 of cane sugar. Of Europe's total production of beet sugar, amounting to 7,868,000 tons, 5,696,000 tons grew in Belgium, 1,912,000 tons in 1913. Nearly all of this product is now entirely isolated from the outside world, being grown mainly in Germany, Austria-Hungary and Russia. That means to the world is revealed by the fact that more than two-thirds of the world's sugar is not consumed in the country of its origin, this being due to the fact that the great sugar using nations are principally outside of the belt of beet sugar.

Any scarcity of production, coming out of the war, will affect the United States more seriously than any other country, for the reason that American people are dependent on the beet sugar of Europe in the world. With 1-60th of the world's population, the United States consumes more than one-fifth of its sugar. How readily this country is becoming a nation of sugar eaters is revealed by a reference to the tables of sugar consumption of the past half century. Fifty years ago the people of the United States ate 18 pounds of sugar per capita. Five years later, in 1870, they were using 33 pounds per capita. In 1880, the per capita consumption had gone up to 40 pounds. Twenty-five years ago it had risen to 51 pounds. In 1900 it had climbed still higher to 59 pounds. By 1910 the mercury in the sugar consumption thermometer reached 80. Today the per capita consumption is upwards of 85 pounds.

It appears that the cane sugar industry will suffer little in the matter of the total crop yield as a result of the war. On the other hand the beet sugar business will suffer heavily. The present Russian crop has been almost entirely tied up by inability to get exports out of the country, while next year's crop is threatened with a shortage resulting from the destruction of the industry in Poland, where so much of Russia's beet sugar is produced. The reports from France indicate that the rich sugar beet lands of the northern section were harvested last season under the direction of the Germans and that most of the sugar factories in this territory have been dismantled to secure their copper for the manufacture of war munitions.

Information from Germany indicates that the empire will plant only three-fourths of its normal area in sugar beets this year. This would result in a cutting of Germany's sugar yield by more than 50,000 tons.

Of course, the prospective shortage in beet sugar production will be somewhat offset by the falling off in sugar consumption incident to the financial stringency of the world, caused by the war. Great Britain, annually buying nearly 4,000,000 tons of sugar, probably will cut down its consumption as much as Germany will cut down its production.

Sure Is Tough.

From Everybody's Magazine.

Two country darkies listened, awestruck, while some planters discussed the tremendous range of the new German guns.

"Der new!" exclaimed one negro, when his master had finished expatiating on the hideous havoc wrought by a 42-centimeter shell. "Jes lak I bin tellin' yo' niggehs all de time! Don't les' hav' no guns lak dem roon' heah! Why, yo' niggehs could start ramin' er-way-run all day, git almos' home free, an' den kit klit jus' beto' suppeh!"

"Dat's de trufe," assented his companion, "an' lemme tell you' sumpin' else, Bo. All dem guns need is jus' yo' address, dat's all; jes' giv' 'em de address, an' they'll git yo'."

A Good Catch.

From Everybody's Magazine.

A party bent on "Seeing London" rolled out of Hyde park in a big automobile and listened with undivided interest to the guide's explanation of the various places of interest. Presently they passed an ancient edifice, surrounded by a high brick wall. "That is the town house of the Duke of Devon, one of our largest landed proprietors," said the guide.

The eyes of the beautiful young American girl on the rear seat were suddenly illuminated.

"Who landed him?" she cried.

TWILIGHT SLEEP.

BY DR. W. A. EVANS.

This condition is brought about by the hypodermic injection of morphine and hyoscin. Ordinarily the method is called by physicians the morphine-scopolamine method. Scopolamine and hyoscin commercially are the same substance.

The commonly employed method is to inject one-sixth of a grain of morphine and 1,200th of a grain of scopolamine. There is nothing out of the ordinary in the injection of one-sixth of a grain of morphine. Commonly, morphine is combined with atropine in a hypodermic injection, the dose of the one being one-fourth of a grain and of the latter 1-150 of a grain.

Atropine and hyoscin are related. Atropine is derived from the belladonna plant and the very similar drug, hyoscin, comes from henbane. Though the plants belong to the same family, and though the drugs are chemically almost the same, the effects of the drugs differ somewhat. Especially is this true when the drugs are combined with morphine.

Morphine and hyoscin have an effect markedly different from that of morphine and atropine. Many people have taken one or more doses of morphine and hyoscin. While not a frequent combination, it is not a rarely used one. Nearly every drinking man physician has the "monkey" habit. Has been sobered up on morphine and hyoscin.

Then, a good many thousands of people have taken the so-called twilight sleep without knowing it. Many additional thousands have seen these people when they have been quieted with morphine and hyoscin. It is easier for the average man or woman to estimate it, to form an opinion concerning it, than it is for something to be judged which had come entirely unknown from far away Freiberg.

To produce the twilight sleep in a woman is a simple thing in the physician's hands. He gives a hypodermic injection consisting of one-sixth of a grain of morphine and 1-150 of a grain of hyoscin hydrobromide, also called scopolamine hydrobromide. Ten minutes after the injection the effects begin. They last for about eight hours, necessary to repeat the dose. In that event it is customary to give a smaller dose. This can be repeated several times.

Most authorities advise that where it is anticipated that a prolonged effect will be required the doses be made smaller and be repeated as required. Within a few minutes after the dose is taken a sensation of dryness is felt in the mouth. The mental agitation subsides. The nose itches. The face becomes red. In fact, the features appear turgid and a little swollen. There may be a mild delirium. The patient is disposed to talk incoherently. The patient will start to say something, and in the middle of a sentence will switch to another thought. Each thought is sensible and proper.

The abnormality consists in the tendency of the mind to hop from one to another. Or a sentence will be started and in it there will be inserted a word in no way related to the balance of the sentence. Presently it will appear that the word used had reference to some other thought in the patient's mind. The fault did not lie in a senseless jumble, but in the patient's mind. The words were good, the ideas were good; the jumbling was in the way they were hooked out. Sleep is intermittent; walking is easy; falling back to sleep is easy.

Perhaps the most striking quality of this condition is calm. All agitation is gone. There is no fright. There is no worry, no anxiety, no agitation. There is indifference to everything. The speech is calm, slow, quiet.

All writers on twilight sleep emphasize this condition of mental calm as the overshadowing effect of the drug. Hewitt in his book on anaesthesia writes of "the contented somnolent sleep." He says that the method is especially applicable "to highly nervous, apprehensive, sensitive subjects who are terrorized." Wood says of hyoscin that it is especially valuable in those cases of insomnia in which there is a continued flow of thoughts through an excited brain.

When presently the use of twilight sleep in childbirth is under discussion the reference will again be made to these quotations.

Among the less prominent effects from this combination noted by observers are dilation of the pupils and slight depression of the breathing centers. Since the medicine produces constipation its use should be followed by a purge.

Pains are in great measure relieved. In addition, and this is the more important point, the pain impulse is present, but it does not register. The man at the speaking end of the telephone is ringing his bell but the bell at central is not ringing because it is not hooked up, or maybe the bell at central is ringing but the girl at the switchboard is reading a novel and pays no attention to it. Maybe the woman in labor is suffering pain, but she is indifferent to it while it lasts and after it is over she has little recollection of it.

There is enough of a description of the state of body and mind of a person under twilight sleep to serve two purposes. First, some people who have taken it will be able to recognize their experiences. Some of the old monkey threatened soaks will see that they are competent from experience to advise expectant mothers. "There are sermons in stones and good in everything." In the second place, some women who now have the matter under consideration may be helped to a conclusion.

When the drug is deposited under the skin it flows at once into blood capillaries. Through these it gets into the general blood supply. It is carried to the brain. The effects noted above are the result of the action of the drug on the brain centers.

In the case of a prospective mother a proportionate part of the drug passes from the blood of the mother into the blood of her baby. The effects on the mother are duplicated on her baby. When the baby is born it is at once quieted. This crying out is a protest against the chill of the air. A baby born while in the twilight sleep is not disposed to cry out. It is in a state of somnolent content.

The trying out phenomena is a good thing for baby. It cleans out his mouth and nose. Much more important, it expands his lungs. It stimulates the flow of the blood.

The baby can be otherwise shocked into crying out or into expanding its lungs and waking up. Nevertheless, all in all, the baby who cries out gets a better start than the other baby.

It has been found that the use of twilight sleep does hazard the life of the baby. The death of those who object to its use take that position in the main because of the increased death rate of the babies. Hatcher, who made an excellent study of the subject, said that no mother had died where the dose taken was less than 1-8 grain of morphine and 1-150 grain of hyoscin. One writer reports a death when the dose was 1-8 grain of morphine and 1-100 grain of hyoscin.

The principal death rate recorded is among babies. Some of these fail to survive when the doses are as low as

1-4 and 1-120, respectively. Of course

there is a fairly heavy death rate among babies 1 day old and less. Where the care given is very skillful the rate is low. The women now using twilight sleep are being cared for in high grade hospitals. The death rate is very low among babies born in such hospitals. The authorities are generally agreed that the baby's chance of living where twilight sleep has been used is not the average chance prevailing in that and similarly well equipped hospitals.

The prospective mother, in coming to a conclusion, must figure that her baby will run an extra risk. When the method of twilight sleep was exploited to the public a few years ago there were pictures of strong, healthy children who had been born to mothers under twilight sleep. They were placed by the side of other children, not so well developed. It was argued that babies born under twilight sleep started growing at once, and grew away from other children like magic.

These arguments were by nineties for nineties. Taking one dose of morphine does not start a child grow and keep him growing for 10 years. It has been true the babies brought up in the old paragon days would have grown to be 10 feet in height and a ton in weight. The prospective mother, weighing the advantages of the method, should count on added vigor of the baby lasting through childhood.

There is a general agreement that the mother, though she is better off mentally, is not so well off physically as under other methods. In the first place, there is a considerable death rate among the people who take twilight sleep.

The method is not a new one. It was proposed in 1839 as a method of anesthesia for surgical operations. It has had two ebbs and three flows. Its present use dates back 10 years. In the reports of literature we find such titles as "A Report of 55 Cases," "A Report of 2,000 Cases," "A Report of 3,900 Cases." Wood reported 2,600 cases with nine deaths, a death rate of one in 221. Roth gave the death rate as one in 250.

It is not possible to say with any degree of accuracy what the death rate would have been had these same people been cared for under the same circumstances except that chloroform had been used in place of morphine-hyoscin. Nevertheless, the writers on the subject advise that the twilight sleep method should not be used unless the mother is being cared for in a hospital well equipped with nurses and internes.

This opinion is founded on the opinion that accidents are more prone to occur than in ordinary labors, and that emergencies are of a nature which can be successfully overcome provided they are promptly recognized and adequately met. Therefore, the woman trying to be a mild delirium. The patient is disposed to talk incoherently. The patient will start to say something, and in the middle of a sentence will switch to another thought. Each thought is sensible and proper.

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ROTTEN COFFEE.

When your coffee is harsh and aasty, you may know that the berries have fallen from the tree, and have been swept up from the ground after a certain amount of deterioration.

Remember, then, that there is one line of coffee that is all hand picked and pure, and buy a pound of Denison's Coffee for trial.

Denison's Coffees are always packed in cans, cartons or bags. None other is genuine.

If your grocer does not have Denison's Coffee, write the Denison Coffee Co., Chicago, Ill., who will tell you where it may be purchased.—Adv.

RELATIONS OF GOD AND MAN

Gradual Readjustment Means a Continual Advance Toward the Higher Life.

In studying the Bible it becomes increasingly apparent that the relations between God and man are not constant or fixed, but are subject to a gradual readjustment. In the earlier chapters the ideal held out is for man to "fear" God. Later he learns to trust, to a limited extent, this higher life. Eventually this grudging faith is turned to love, which recognizes God as the father, constantly giving himself, as life and wisdom, to his children. And beyond this comes that fruition of growth which constitutes real unity; man is merged with God, and comes to realize that "I and the Father are one."

God never changes, but our understanding of him does change. And it is the evolution of this ideal which we have of the great sea of life in which we live, and which lives in and through us, which constitutes real growth and advancement. Life is for that; the everyday tasks tend toward the bringing forth of self-consciousness, which is always a fuller consciousness of God.—From the Nautilus.

He Was Heap Careful.

Said a western mining man at the Astor hotel in New York city the other day, according to the Times: "We have a bachelor's mess in the mining camp where I'm located, and we usually have a Chinaman to do the cooking. Some of the Orientals are fine cooks, after they get over a few of the peculiar ideas they have imbibed from their own country's oddities in the culinary line.

"Not long ago we got a new Chinaman as cook. A couple of days later one of the fellows got a pedigreed Irish terrier pup given to him—a real dog. My friend had to go up to one of the mines that afternoon, and he turned the puppy over to the new Chinaman. 'You be mighty careful of this dog,' he said to the cook. 'Me be heap careful,' was the answer.

"That night, at dinner, the new Chinaman brought on, with great ceremony, a covered dish.

"'Me heap careful,' he remarked, as, with a smile of pride, he removed the cover.

"Underneath was the pedigreed pup, neatly cooked in the best Chinese style."

Papuan Head Hunters.

From the Wide World.

All the Bamu tribes are head hunters, and the majority cannibals. The bodies of those slain are generally mutilated, and the legs and arms cut off as well as the heads; the calf of the legs and the hands are, I believe, the two portions most esteemed. One very powerful tribe in the Bamu are the Bina, always, it is said, takes two heads and two sets of arms and legs for every man of theirs that has been killed. Heads, besides being the badge of a warrior and items of considerable social significance, are a prominent part in ceremony and dances. They are always cut off with the bamboo head knife, a weapon which is used from the Dutch boundary to the Purari delta.

This knife is a half section of bamboo with a handle; a notch is made at the head of the blade and a thin sliver of bamboo torn off, leaving a sharp edge. For each successive head an additional notch is made and another slice torn off; consequently, each knife is its own recorder. I picked up one knife a few years ago, all red with fresh blood, that had been used on the Kiko river, a long way inland from the head of the Gulf of Papua. I found that the natives there did not, apparently, collect heads, but hands, which were smoke dried and then hung round the neck as ornaments. They were quite willing to dispose of them at a tomahawk apiece—I suppose on the principle that hands were easy enough to get, but tomahawks were scarce.

Specifying.

Belle—I have been told my eyes are like jewels.

Nell—So they are—like cat's eyes.

Will the suffragette have to acquire

the big black cigar habit before she can make good as a political boss?

FEW CAN ESCAPE NOSTALGIA

Homesickness Claims Victims From All Classes and From Every Variety of People.

German sailors on steamships which are held up in New York are said to have, several of them, gone mad. Idleness and homesickness are the causes, hospital authorities say.

Homesickness finds strange victims. Army surgeons know that sometimes it kills. Often it is the man without a regular home who is most subject to nostalgia. This disturbance of soul, mind and body settles down upon the phlegmatic, the burly, the thick-skinned. It takes them under sunny skies amid the earth's best loveliness and they moan for dirty streets where they played in childhood.

Idleness breeds homesickness and active diversion cures it. It is akin to melancholia and comes in mysterious ways. Probably it arises from the biological impulse intended to anchor man in one place long enough for him to take root. Its opposing instinct is the wanderlust.

Explorers have confessed that the worst homesickness they have known was in the first few hours and days of their return. In familiar surroundings the marks of time's inexorable progress were painfully apparent. Changes, small and large, tortured them by reminder of the precious past. Some have turned in despondent revulsion to take up their roamings again.

Habit.

The doctor stood at the bedside of the sick purchasing agent and said: "Yes, I'm pretty sure I can cure you."

"What will you charge?"

"Probably in the neighborhood of one hundred dollars."

The buyer rolled over with a groan and faintly replied: "You'll have to shade that price considerably. I have a much better bid than that from the undertaker."—Joseph Feeney, New York.

Strictly Business.

"Ah, my friend!" said the pedant. "Going out for a little piscatorial recreation?"

"Nope," answered the person addressed. "I'm goin' after my breakfast. There ain't no recreation in that fur me an' there certainly ain't no recreation for the fish I hope to catch."

Exploration.

"What are your plans for the summer?"

"Further exploration, I suppose," answered Mr. Muvings. "I'm going to keep on looking for some place that carries out the impressions I get from the pictures of the summer resort post cards."

Color Change.

"Your new assistant is blue over his work."

"I guess that is because he is so green about it."

A Human Dynamo.

"Hustler; isn't he?"

"Yes, that fellow kicks up as much dust as an automobile."

If a man tells a story pretty well his

friends say: "That fellow is good enough to be in vaudeville."

Summer Luncheons

in a jiffy
Let Libby's splendid chefs relieve you of hot-weather cooking. Stock the pantry shelf with

Libby's Sliced Dried Beef
and the other good summer meats—including Libby's Vienna Sausage—you'll find them fresh and appetizing.



Strange Death Message.

It may have been a strange and tragic coincidence. Some will believe there was more in it than that. The husband of a Paris woman violinist, himself a musician, left for the front shortly after mobilization. His name was Remy. At parting he told his wife: "If I go under I will try to let you know directly before the official news reaches you." She scarcely played any music during his absence. But the other day she took up her violin, feeling impelled to play one piece which he liked above all. She opened the case, and two strings of the violin suddenly snapped, the D and the E. "Re" and "Mi," she at once thought. It was the warning he had said he would give her. The next day a telegram informed her that her husband, Sergeant Remy, had been killed in action.

Fitness for Reward.

A Sunday school teacher had been telling her class of little boys about crowns of glory and heavenly rewards for good people.

"Now, tell me," she said, at the close of the lesson, "who will get the biggest crown?"

There was silence for a minute or two, then a bright little chap piped out:

"Him wot's got t' biggest 'ead."—Tit-Bits.

Murmur of a Misanthrope.

"Can't you get the telephone to answer?"

"No," replied Mr. Growcher. "The operator is one woman I'd like to meet. She doesn't show the slightest disposition to talk back."

Its Lack.

"Has your son's college a good curriculum?"

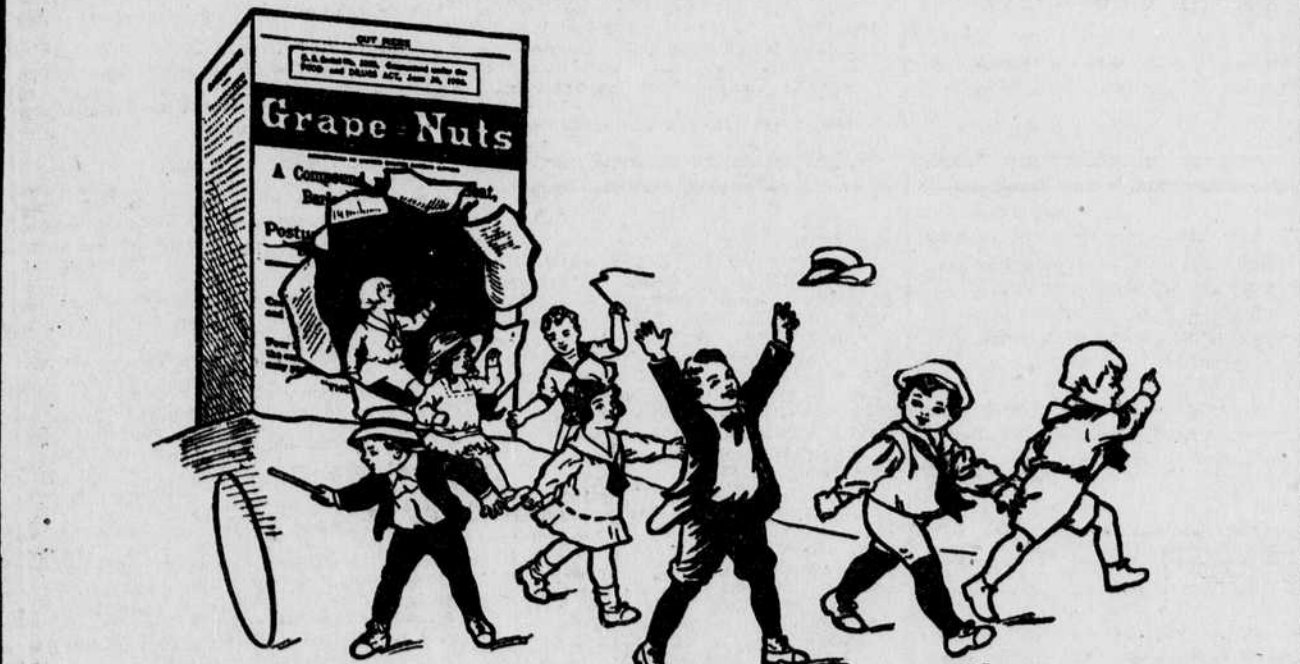
"No; they don't play none of them Greek games."

By ordering spring lamb in a poor

restaurant you realize how tough it is to die young.

Loving a woman is not the important

thing. Getting along with her after marriage is the important thing.



There's Health and Strength In Every Package

Sturdy bodies and alert minds can be built only on food that contains all of the necessary body-building elements in easily digestible form.

Grape-Nuts

FOOD

contains all the nutrition of Nature's richest grains, wheat and barley, including those vital mineral salts found in the outer coat. These salts, iron, lime, phosphorus, etc., are absolutely necessary to health, but are discarded in making white flour and most prepared foods.

Grape-Nuts reaches you all ready to serve—convenient, nourishing and delicious.

"There's a Reason"

—sold by Grocers everywhere.