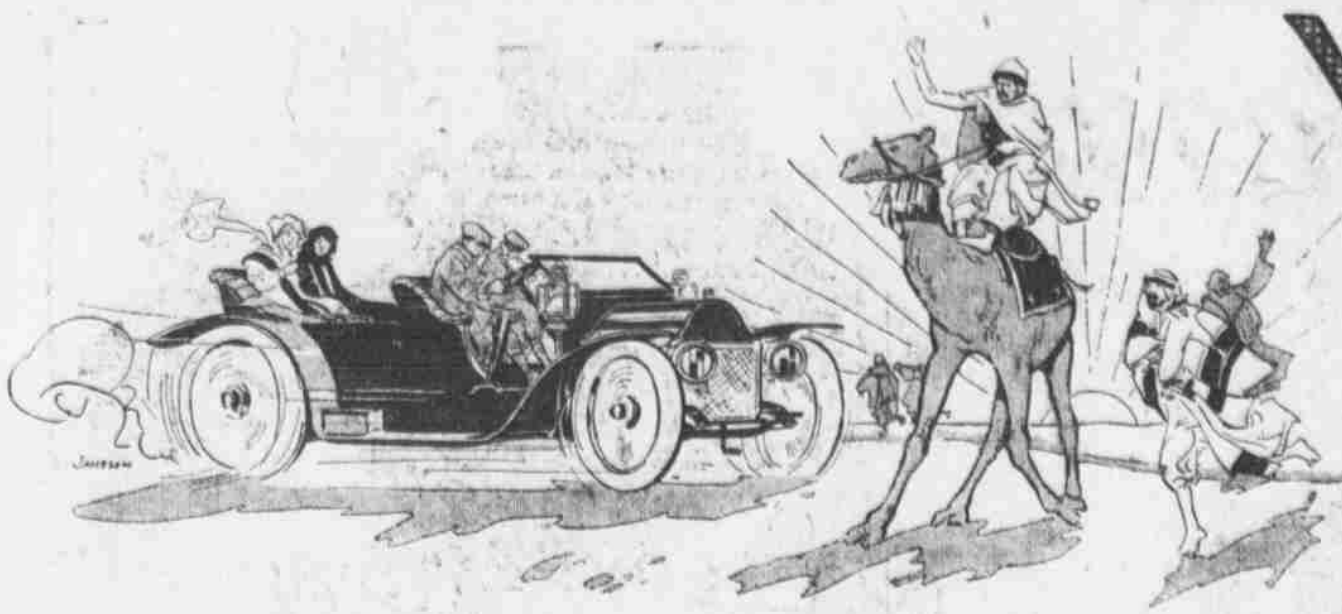


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Automobiles and Even Bicycle Policemen in the Streets Where the Saviour Walked, Modern Buildings on the Sites of Ancient Temples, an Up-to-Date Reinforced Concrete Reservoir Where

BIBLE-LAND is being rapidly Americanized. Skyscrapers have not yet made their appearance to mar the ancient skyline, but many modern buildings are being erected and in almost every other respect the oldest cities of the world are being speedily converted into counterparts of New York, Chicago and the other up-to-the-minute metropolises of the western hemisphere.

Telephones, electric trolleys, reinforced concrete structures, modern watering carts, American fire engines and railways and even bicycle policemen are now a feature of the reconstructed cities of Palestine.

The transformation has been effected since the triumph of the Young Turks over Abdul Hamid, some three years ago, and with so little advertising that the rest of the world is not generally aware of it.

In political, educational, and particularly in economic reforms there has been a great deal of progress. Important railroad and transportation concessions have been granted, and it is gratifying to note that it is American methods and American dollars that are mainly responsible for this desirable change. True, Turkey has had many setbacks since she started out to carry into effect reforms in her various Asiatic possessions and at the moment is at

Then both Damascus and Beyrout have also recently had their water supply greatly improved, and now boast of their electric tramway services.

Damascus was the first city in Bible Lands to have electric trams and electric light. This is remarkable when we remember that it is the oldest city in the world, having been a place of great importance in the days of the Patriarchs.

In the near future, however, Jerusalem will undoubtedly possess electric trams, and an American syndicate has been asked to submit tenders not only for equipping the Holy City with an electric tramway service, but the suburbs of Constantinople as well.

Once Was Elisha's Fountain

The Old Way of Harvesting in Palestine Here Depicted Has Now Been Supplanted by the Modern Reaper Shown in the Picture Below.

be seen. With hardly an exception, they are of American origin.

Everywhere American self-binding reapers and ploughs may be detected, quite an advance on the old method of reaping by hand and threshing out the grain by the tread of oxen on the primitive threshing floors. Then, all over the country, particularly in the orange groves, the primitive way of raising water for irrigation and other purposes is being superseded by pumps driven by kerosene motors.

Some few months ago the Turkish Government granted a concession for the exploitation of the minerals in the Dead Sea basin and allowed a Mohammedan to place a motor boat on this historic sheet of water, and it was then the only self-propelled craft on Palestine waters.

Now an American, at the moment residing in Cairo, has approached the Government with the object of placing similar vessels upon the River Jordan and the Sea of Galilee. Such craft would be more than welcomed as affording an easy means of visiting the sacred places, and also for conveying freight from one port to another. Indeed, such transport facilities are badly needed on these historic waters.

Then in Jerusalem itself much has been done in widening some of the narrower thoroughfares, particularly in the business quarters of the town. The authorities

WAKING UP THE HOLY LAND



The Modern Watering Cart Which is Now Used to Clean the Streets in Bible Land.

The First Automobile Seen in the Holy City Was That of Mr. Glidden, the Famous Tourist.

Reinforced Concrete is Being Used in Jerusalem in the Construction of Cisterns and Other Structures.

Indeed, two of them have no gates at all.

When the German Emperor visited Jerusalem, some thirteen years ago, a drastic improvement was made near the Jaffa Gate by filling in the moat here and taking down part of the old wall, giving quite a wide space for traffic. There was set up here later a fountain in commemoration of the Sultan's jubilee, and more recently, surmounting the gate tower, a clock tower, built out of stones taken from Solomon's quarries. This improvement was followed by taking down a portion of the wall of two of the other gates, thus giving sufficient space for a carriage to pass straight in, instead of having to turn at right angles immediately after negotiating the gateway, as was formerly the case.

Two modern water carts recently arrived in Jerusalem from England, and are now being used in place of the old methods of watering the roads with skins. It was only the other month that the municipality acquired a set of modern fire-fighting appliances of American make. Then the Turkish authorities recently granted concessions to several American and English companies for the construction and exclusive operation of telephones both in the Turkish

capital and also in Jerusalem, while an English company is about to furnish the Jerusalem police with bicycles. Also the very latest appliances may be detected in the building operations that are now going on. Reinforced concrete is being used on some of the more important edifices.

Perhaps it is in transportation facilities that the development is most marked. When the Turkish Parliament met in the Spring there were submitted to it plans for the construction of no fewer than 1,500 miles of railroad with mineral and oil rights in the Asiatic dominions of the Sultan to show the rapid development now going on in this part of the world. Many of these ventures will be financed by powerful American syndicates.

Briefly, the railroad programme is as follows: The Government has determined to carry the lines of the Hedjaz Railroad with all speed across the 285 miles of desert between Medina and Mecca. Starting from Damascus, this line runs almost due south through wild and sterile country for more than 60 miles to Medina, the burial place of Mohammed. It is principally used for carrying Mohammedan pilgrims. On many of its more important stations one can now send telegrams in almost any European language to all parts of the world. Until quite recently they had to be written in either Turkish or Arabic. Tourists visiting Palestine now make use of this line for reaching the rock-hewn city of Petra, on the edge of the great Arabian desert. It means a saving of at least eight days in the journey.

This is, of course, by no means the only railroad in Palestine. The first to be opened was that which connects the seaport of Jaffa with Jerusalem, built by the French, and which will finally revert to Turkey. Then followed one from Beyrout, on the coast to Damascus, also the work of the French, and, more recently, the Turkish line from Haifa, also on the coast, round the southern end of the Sea of Galilee, to Damascus.

Of the lines yet to be built in Asiatic Turkey one will extend from Samos on the Black Sea, in a southeasterly direction to a point near the Persian border. Then, of course, there is the famous Baghdad enterprise, the concession to construct which was given to the German Emperor some eleven years ago by the deposed Sultan.

Few realize what this will mean in the way of connecting the Asiatic dominions of the Sultan and the kingdom of the Shah with Europe by direct railroad communication. Another 180 miles and the Baghdad line will reach Killis, already joined up with Aleppo and the Hedjaz enterprise. If the Bosphorus has by that time been spanned by a bridge, which has already been suggested by the authorities in Constantinople, the Turkish capital will be in railroad communication with Damascus, Medina and Mecca, and also with the rest of Europe.

The Modern Wheat-Reaping Machine is Now Widely Used in Palestine.

war with Italy, but, despite all this, the improvements sanctioned by her government are being put in hand and responsible heads are seeing that they are being carried out.

Jerusalem, Jericho and Palestine's newest city, Beersheba, have been given a much needed water supply. At the last named place water is now being supplied to the town from a well believed to have been used by Abraham, by means of a motor pump.

tinople as well. In the same way an American company has been approached by the municipality for supplying the Holy City with electric light.

Indeed, in every department of commercial enterprise and activity modern methods are being rapidly brought into vogue. On the rich plains of Sharon and also on the tablelands between Jaffa and Jerusalem steam-driven threshing machines and modern harvesters may

have now decided to pull down David's Tower, a venerable old pile, erected so far back as 1542, and which, of course, forms part of the picturesque old wall that surrounds the Holy City.

Some may regard the spoliation of this ancient edifice as a desecration, but it is necessary here to widen the entrance and give more room for the ever-increasing traffic in and out of the city. The moat sprang up outside the walls and some of Jerusalem's finest hotels, hospices, hospitals and institutions are situated outside the walls. It was only some five years ago that the Jaffa Gate was not closed at night. Then a second was left open, until now none is ever closed.

extent being devoted to the temple area, which contains some thirty-five acres. Until a generation ago there were no buildings beyond these walls, and at sundown (as also at noon during the Mohammedan prayers on Friday), the gates, some eight in number, were all closed, and it was almost a man's life was worth to arrive after the gates were shut.

Now quite large colonies have sprung up outside the walls and some of Jerusalem's finest hotels, hospices, hospitals and institutions are situated outside the walls. It was only some five years ago that the Jaffa Gate was not closed at night. Then a second was left open, until now none is ever closed.

Making What You Eat Your Medicine

SAVAGE people and animals cure their ills by eating curative vegetables and fruits. They understand instinctively the healing properties that are contained in the storehouse of Nature. If man understood and applied the same laws they do he would need no doctor. But food specialists are now studying the question of natural vegetable cures and are teaching people the value of the common fruits and vegetables when used as medicine for various ills.

The pineapple is a sort of complete medicine chest in itself for derangements of the stomach. It has been regarded as an indigestible food, but this was because it was not known that no particle of the pulp should ever be swallowed, for this cellular mass is in truth completely indigestible and should not be permitted to pass to the stomach. The juice only should be swallowed, and the cellular pulp removed from the mouth. It should never be eaten with sugar, but always with salt. The sugar with the acid makes a bad combination.

Scientists have discovered of late that the juice of the pineapple contains a digestive principle very much like pepsin, the action being the same, and it is recommended as a cure for dyspepsia. It has been found that the juice acts upon the casein of milk just as rennet does, and the experiment has been tried of placing a slice of raw beef between two thick slices of fresh ripe pineapple, and the character of the beef has been completely changed within three to four hours. The action of the juice, like pepsin, is digestive.

Pineapple juice is now being made use of by physicians in cases of diphtheritic sore throat and croup, the false membrane being dissolved by the powerful, insidious acid of the tropic fruit. It brings quick relief.

Cranberries are now regarded as one of the best cures for malaria and for erysipelas. The best way to take them medicinally is raw; the chemical properties of the acid are then complete, whereas in cooking they are somewhat weakened. There are two delicious ways of eating cranberries raw—in a salad and in a beverage. As a salad the largest, ripest berries are

selected, washed and cut in halves and served on crisp lettuce leaves with a dressing of olive oil, lemon juice and egg. As a beverage the cranberries are crushed and left to soak in water overnight. The acid in the water is extremely refreshing and cooling to the blood.

The cooked cranberries are excellent for clearing the system and blood and should be eaten in large quantities.

Watermelon has been found of great value in cases of yellow fever and is also recommended for epilepsy. The pulp should never be eaten, however, for its cellular structure is as tough as that of the pineapple and as indigestible.

Lemons have been appreciated medicinally more than other fruits and for fevers, rheumatism, liver troubles, sore throats, low fever, biliousness and colds they have been used for years. A doctor once said that if lemons cost a dollar apiece they would be regarded as the greatest remedy in the world for a variety of ills, but as they are so cheap and so common, no one will heed the doctors' recommendation of them. They are of great value, and should always be in the household and partaken of freely. They should never, however, be used in combination with cane sugar, as the effect of the one upon the other is very bad for the human interior. The entire medicinal value of the lemon is immediately destroyed by combining it with sugar or any cane product such as syrup or molasses.

Onions are one of the most potent of the vegetables. For nervous troubles they are like a tonic and should be eaten in great quantities, either raw or cooked very simply, and eaten without any other vegetable. Baking thoroughly is the best method of cooking onions when they are to be used as a medicine. They should then be eaten with butter and a very little salt. It is better to use no salt at all. Cases of nervous prostration have been cured by a persistent diet of onions, whole wheat bread and butter and raw eggs, varied with a few simple desserts and pineapple eaten with salt.

Onions also cure sleeplessness. A well-known lecturer, who was nervous and high strung, always made a meal of baked onions and bread and butter the night previous to his lecture. He

could sleep like a baby and awake refreshed and steady the next day. He would eat from five to ten large onions at a meal, according to his appetite.

Onion syrup for coughs, colds and hoarseness has long been known to old-fashioned country nurses. They also bind slices of raw onion about the necks of patients with sore throats and in a few hours the powerful astringent properties of the vegetable are found to have relieved the soreness.

Spinach, dandelion and asparagus act directly upon the kidneys and keep the system pure and free from clogging. Asparagus is best eaten in the Spring and Summer, but spinach is efficacious the year round.

Tomatoes are perhaps the best vegetables for the liver. They act directly upon that organ, for they contain large quantities of vegetable calomel. They should always be eaten raw when used medicinally, as the action of fire destroys the power of the calomel. Never eat the skin of a tomato; it is indigestible.

Carrots are excellent for the blood and for asthma. They should be eaten raw, but should be finely grated or ground in a food chopper. They may then be eaten as a salad with lettuce and dressing. They are also recommended for nervous patients and should be very, very thoroughly masticated.

Lettuce is excellent for insomnia and for cooling the entire system. It should be eaten green, the medicinal part. It is not natural for lettuce to be white, although we all find it so delicious that way.

Celery has remarkable medicinal qualities. It is good for nervousness, rheumatism, neuralgia and nervous dyspepsia. The green leaves of celery are excellent; also the root when boiled. When one is eating the stalks of celery, none of the cellular part should be swallowed, as it is indigestible; it should be chewed until all the juices have been extracted and then the pulp should be removed from the mouth.

Beets are excellent for making fresh, new blood, and should be eaten raw for this purpose. Grate them fine and serve as a salad with lettuce and a dressing of oil and lemon juice.

The Strangest Woman in All France

MME. LUCIE DELARUE MADRUS, in many respects the most remarkable woman in France, has just returned from a trip to Egypt, more convinced than ever that she is the reincarnation of the woman of centuries ago who inspired the sculptor of the Sphinx.

Seated in the desert in the shadow of the giant figure, with its weather-worn features, Mme. Delarue Madrue's striking resemblance to the graven image was so startling that every member of the party was struck by it.

But this remarkable woman is never so happy as when she is making a sensation. Beautiful, wealthy and keen in wit, she succeeds in keeping herself before the public in some striking pose all the time.

She is a writer of the most daring and erotic literature, has written plays and poems and novels, though she is not yet thirty-five.

She has an insatiable desire for travel, an unusual thing in a French person, and she has been in the Himalayas, has explored remote re-



Mme. Lucie Delarue Madrue, Who Saw Her Image in the Sphinx.

one should do as the Romans do. Wherever she goes she dresses in the garb of the native women of the place and enters as far as a foreigner can, into the life of the people. She declares that she is getting material for more books and plays—storing up local color for the future.

She always is photographed in her costumes and against picturesque backgrounds, and sees that the illustrated papers are well supplied with poses of herself.

In her travels she has had many adventures and hair-breadth escapes, but as she always travels with a large retinue of servants and has several friends with her she is never in any very great danger. She travels like a princess, although she has had to endure innumerable hardships on some of her journeys.

Her next journey is to be to this country next year. She is going to visit the Rocky Mountains, Mexico, Arizona and Alaska. She wants to climb Mount McKinley, or at least to attempt it.

gions in Arabia, Persia and the Carpathian Mountains. She made a tour of Greece on foot, visited the harems of Turkey, wandered all over the West African desert, and now she has been in Egypt this past Winter.

She believes that when in Rome