

NOTES AND COMMENTS

It is instructive to study the moral forces that contributed so largely to the Japanese victories. It is sufficient to say that religion, call it any other name you like, enters into the daily private and public life of the whole nation. Boys and girls alike are brought up to treat their parents with honor, respect, and unselfish devotion, and to reverend past generations to whom all living men are so much indebted. The young people are thoroughly disciplined, lofty ideals are set before them, and the moral training at home and at school receives the most careful attention and produces that extraordinary patriotism that is associated with a spirit of self-restraint, patience, unselfishness, and absolute self-sacrifice when occasion demands it, these virtues are the cause of other virtues, so that there is cohesion and perfect discipline in the nation. The people are frugal, sober, and love honor in war more than in life. If the influence of religion has weakened in Christian countries, it is important to know why, because religion is a mighty lever in the hands of a general who commands an army of God-fearing soldiers.

In Japan the young men and women of the nobility and wealthy classes would think it dishonorable to devote the best years of their lives to idleness and the pursuit of selfish pleasure, because they are taught that it is wrong not to work. Too much wealth, luxury, and ease, and security from foreign aggression develop not favorably the character of a nation. Rome was never so great as when she was fighting for her existence against Hannibal. Darwin states that the mind faculties are generally and justly esteemed of higher value than the intellectual. This is so in private life, but if it is not generally observed in the army we must admit that it is infinitely more difficult to gauge the moral than the intellectual faculties of officers. We find that all the physical factors, population, financial resources, armed strength, were manifold higher for Russia than for Japan, but the victorious Japanese proved that the moral forces in war are, as they have always been, to the physical as not less than three to one. A physical cause, shot and shell, will produce but a small physical effect in battle, unless it produces also a moral effect, giving rise to a moral force that may produce a great physical effect. We should first produce the moral effect, which in its turn is the cause of the physical effect.

War itself is caused by moral forces that arise from moral or physical causes. It would not be unprofitable to consider what have been the causes of the greatest wars from the siege of Troy to the present era. The causes of courage are mostly moral. There is some mysterious working in the minds of ordinary men that gives a force of character that determines them to ignore or control the strong natural instinct of self-preservation and to accept self-sacrifice more or less completely. Sympathy, religious emotion, patriotism, a high sense of honor and pride are conducive to courage. If the invaders wantonly provoke animosity they may give rise to such a feeling of resentment as will inspire a courage that will turn the scale in war. Religious feeling is a moral cause that produces an almost irresistible moral force. We need only recall the religious enthusiasm of the followers of Moses, Joshua, Mohammed, Cromwell, and scores of others. Indeed the greatest things have been done by armies of God-fearing men.

Christmas comes but once a year, and the Germans try to make the most of it. Of the 6,000,000 families of the Kaiser's empire, it is said that 5,500,000 purchase Christmas trees. The trees usually are spruce, which grows in all parts of Germany. The planting and the cutting of trees is all under control of the government officials. And it is thought that there is not now an evergreen growing in Germany that was not artificially planted.

In the initial stage the young plants are set in rows about four

feet apart, with the plants one foot apart in the row. As the trees develop they gradually are thinned. When one foot high many are transplanted into pots and form miniature Christmas trees. But for this Yuletide market the forest plantings would have to be made farther apart or the trees cut out in thinning while small would have to be thrown away. This thinning is continuous until the trees have attained a size suitable for sawing purposes.

The thinnings are used for fork and hoe handles, grapevine stakes, hop poles, bean poles, scaffolding, etc. The owner therefore does not have to await the maturity of his forest before realizing an income from it. In the economy of dearth, and even the leaves are raked up and sold. Old people and children find useful employment in doing such light and easy work and adding to the family income.

London fog dispersion perplexities have stimulated scientific and inventive zeal to such a degree that scarcely a year passes without the advertisement of some new scheme for removing fog by wind vanes, electricity, or even explosives. All this far have proved futile. The fog is too heavy for man to lift. It occurs any day which the average movement of the air is less than five miles an hour. Dr. W. S. S. Lockyer has shown by photographs taken from a balloon that London fog extends as much as 2,500 feet above the level of the ground. Fog extending over an area thirty miles square and having a depth of a mile would require a good deal of mechanical effort to set in motion. The weight of the atmosphere is some fifteen pounds to the square inch. Four hundred cubic miles of it presses down with the weight of millions of tons, and all the power sunk by human endeavor in Great Britain's locomotives, automobiles, and electric power and lighting works would not be sufficient to give it enough movement to clear it off for half an hour or half a minute.

MUSCULAR RHEUMATISM. Many physicians think that the soreness and aching in the muscles which are usually called muscular rheumatism are really not rheumatism at all, but neuralgia. For this reason they prefer to call the affection by its other name, myalgia, which means nothing more than muscular pain. It probably belongs nevertheless, to the indefinite group of diseases called rheumatic, for it occurs frequently in persons who have other rheumatic or gouty troubles, or in whose family these affections prevail; and it is excited by the same things—exposure to cold and damp, for example; overfatigue, indiscretions in eating or drinking—that are believed to bring on an attack of rheumatism in the joints.

Any of the muscles may be the seat of myalgia, but those most commonly affected are the muscles of the neck, of the shoulder and of the loins. In children it often takes the form of stiff neck, while in persons of middle life the muscles of the loins are not infrequently attacked, constituting what is known, and dreaded by those who have had previous attacks, as lumbago.

When the chest muscles are affected—or the sufferer has a "stitch in the side" or pleurodynia—the pain may be so acute as to simulate pneumonia or pleurisy. The chief symptom of muscular rheumatism is pain in the muscles affected, not usually very severe when the parts are at rest, but sometimes excruciating on attempted motion. A light touch may be painful, while deep and firm pressure gives relief.

The acute attack usually begins suddenly, and the pain attains its full severity at the beginning, growing gradually less in the course of two or three days or a week. In the chronic form there is almost always some soreness and aching in the affected muscles—worse in raw, damp weather.

The internal treatment is the same as for rheumatism of the joints—which is another argument in favor of the belief that the two forms are essentially the same and due to the same cause.

The pain may be relieved by dry heat—the old-fashioned treatment of lumbago by ironing the back is good, although a hot-water bag or a hot brick will do just as well, without the disturbance that the movement of the iron causes.

Perfect rest is essential, and this may sometimes be secured by bandaging the affected part snugly.

YOUTH'S COMPANION. Night watchman get next to many a dark secret.

YOUNG FOLKS

KITTEN STREET.

The little kittens had stayed out overnight. Florence found them in the morning cuddled together close to the back door. "I'm afraid they're taken cold," she mourned. "But I couldn't find them anywhere last night." "I hunted the yard over," said Philip, "after you had gone to bed. I don't see where they were." "You'll have to look out for them these cold nights," said Aunt Gladys, "or some morning you will find them stiff."

"Oh, I'll keep them inside!" cried Florence. "I won't let them go out at all! I can't lose my dear little kittens!" And she stroked and petted the white one and the yellow one and the black one—she could not have told which she loved best.

"It isn't good for them to be cooped up in the house," replied Aunt Gladys. "I don't know how you can manage."

Philip did not say anything. He was thinking. Later he asked: "Mother, may I have that long board in the cellar—the one across the coal-bin?" "That piece of oak that was left from the dining-room floor? What do you want of it?" "For the kittens," said Philip, laughing. Florence pucker her face in curiosity. "What do you mean?" she begged. "Oh, you'll see some time! Mother, may I have it?" "I don't care what you do with it," Mrs. Maynard replied. "I don't know of what use it could ever be put to."

"I do," and Philip chuckled. "Oh, what?" coaxed Florence. "You wait! The kittens may not take it at all." Florence followed her brother down-cellar, excitedly eager to find out what that board could possibly have to do with her kittens.

Philip's own room was on the ground floor, and he carried the board outdoors and set it up against the side of the house, one end resting on the sill of the side window, the other on the grass. Then he ran inside and opened his window about a foot. "Now we'll see," he said, laughing. "Bring on the kittens!"

"What are you going to do—make them walk that board?" "We'll teach them to, if we can," replied Philip.

"Oh, I see now!" cried Florence. But at first the little cats did not think it was nice at all. They had to be coaxed with dainties and played things for a good while before they learned to walk her Kitten Street, as Philip's name was. But as they were not allowed to get in or out of the house any other way, in a few days they would scamper up and down by day or night, and they never had to stay out in the cold after that.

"I'm glad I've got a brother who thinks of nice things!" sighed Florence, contentedly.—YOUTH'S COMPANION.

REST AFTER MEALS.

Hurried eating of meals, followed immediately after by some employment that occupies the whole attention and takes up all or nearly all of the physical energies, is sure to result in dyspepsia in one form or another. Sometimes it shows itself in excessive irritability, a sure indication that nerve force has been exhausted.

The double draught, in order to digest the food and carry on the business, has been more than nature could stand without being thrown out of balance. Nature does not do two things at a time and do both well, as a rule. All know that when a force is divided it is weakened. If the meal were eaten slowly, without preoccupation of the mind, and the stomach allowed at least half an hour's chance to get its work well undertaken before the nervous force is turned in another direction patients suffering from dyspepsia would be comparatively few.

FOR INVALIDS.

Beef Juice.—Take lean round steak. Heat it slightly in a pan over the fire, then squeeze in a warm lemon squeezer. Season with a little salt. Serve in a colored claret glass, as invalids often object to beef juice on account of the color.

Baked Milk.—Put the milk in a jar, covering the opening with white paper, and bake in a moderate oven until thick as cream. May be taken by the most delicate stomach.

Glycerin and Lemon Juice.—Half and half on a piece of absorbent cotton is the best thing to moisten the lips and tongue of a fever parched patient.

Onion Gruel.—Boil a few sliced onions in a pint of fresh milk, stirring in a little oatmeal and a pinch of salt; boil until the onions become tender and take at once.

SOME BEAUTY SECRETS

THE CONGO SITUATION

LOVELY WOMEN AND THEIR MANY "MAKE-UPS."

BRITISH INTERVENTION TO BE DEMANDED.

Queen Alexandra's Youthful Complexion—Czarina Uses a Certain Soap. Some time ago it was asserted that Queen Alexandra had discovered the elixir of youth in a certain enamel with which her face was covered every day, thus hiding the wrinkles which tell the story of advancing years. Anyone, however, who has been close to Her Majesty on the occasion of a public appearance must have had their doubts to the truth of this report. As a matter of fact, the Queen relies for her youthful complexion solely on facial massage and a certain kind of cream, the recipe for which was given to her by Queen Victoria, who obtained it from a popular prima donna of the 'sixties, says London Tit-Bits.

This cream makes wrinkles almost impossible and imparts to the complexion that youthful freshness for which Her Majesty is so famed. The secret of its manufacture has never been divulged, except to two or three of the Queen's most intimate acquaintances.

SCENTS AND SOAPS.

Queen Alexandra does not care much for perfumes, although at times she uses a little eau de Cologne and violet. On the other hand, the Czarina is passionately fond of the strongest scents. Her favorite essence, too, is violet, and for several weeks in early spring hundreds of women and girls may be seen at Grasse gathering the blossoms from which the Czarina's perfume is made. In addition, however, to using perfume for her wearing apparel, the Czarina causes her rooms to be sprinkled hourly with rare perfume, creating an atmosphere which the average healthy Englishwoman would probably find intolerable.

Of late years the Czarina has been obliged to "make-up" very considerably. Ill-health and worry have ruined her complexion and figure, and when making public appearances rouge powder has to be resorted to. She derives great benefit, however, from a certain soap made by a Paris firm from a recipe which they dare not divulge or employ on behalf of any other customer.

PRESENTED A PALACE.

People of Santander Built it for King Alfonso. When Queen Victoria of Spain visited Santander about two years ago she was delighted with the beauty of the district, and said that it reminded her of the country about her home in the Isle of Wight, says the London Daily Mail.

The people of Santander, when they heard of it, promptly begged through their Mayor, Don Luis Martinez, that King Alfonso would allow them to build him a Summer home there, and already on the Peninsula de la Magdalena a new royal palace is approaching completion, the £40,000 required to build it being provided by the inhabitants of the town and natives who now reside in America and wish to show their patriotism.

The people wished also to furnish the palace, but King Alfonso would not allow them to sacrifice so much money, saying he accepted the building only, and that he would furnish it himself. The committee therefore agreed to hand the building over to their Majesties, supplied with all modern appliances, such as electric light, heating apparatus, gas and water, which will cost also a considerable sum.

The Peninsula de la Magdalena, which will soon be transformed into the royal park, is carpeted with a great variety of lilies, pinks and other flowers which grow wild on that rocky promontory and the sweet scents of which are said to be superior to those cultivated in gardens.

The new royal palace is about 110 feet above the level of the sea at high water and the length of the front is about 330 feet. It consists of four sections, one for the private use of the King and Queen, another for official receptions and court festivities, and the third and fourth, which serve as union to the rest, will be used for general service.

In the fourth will be the vestibule, grand hall, library, dining-rooms and billiard rooms. The private chapel, at the King's own command, will not be erected in the palace, but in a separate building adjoining, and in the place designed for it will be the grand banquet hall.

The King and Queen's private suite contains the royal bedrooms, private sitting-rooms and drawing-rooms and rooms for the servants in attendance on their Majesties. For court festivities there is a grand salon, and several smaller rooms which will be used as ante-rooms.

In the upper storey above the bedrooms of the King and Queen are the nursery and rooms for the royal children and their attendants. Even a deaf man seldom overlooks an invitation to take some thing.

Fashion Hints.

FADS AND FANCIES.

Long sashes are being worn with coat suits. Paris is offering all sorts of hats except small ones.

White cony will be a leader in fur coats for young girls.

Gold braid will figure prominently as coiffure ornament.

Corsets are longer over the hips but cut lower at the top.

Newest belt buckles and pins combine mother of pearl and jet.

Puffs are still worn, but are small and soft and irregular in shape.

The scarf is a leader among decorations for pins and dainty buckles.

For fall wear many double veils of contrasting colors are being offered.

Red is a brilliant exception to the rule that makes for dull hued colors.

Sleeves in little girls' dresses are fuller, longer, and have often one or two puffs.

The craze for shawls has brought with it renewed and welcome drappings on dresses.

The general tendency is away from vivid colorings, and few lustrous surfaces are seen.

The Dutch and Eton collars are promised a renewed popularity through the winter season.

Amethyst and wisteria, in spite of their long vogue, are still among the fashionable colors.

Dark gray is promised a great popularity, and a new shade dubbed "coal dust" is among the leaders.

Buttons are large and decorative, but should be used only where they look as if they are needed to fasten something.

Street gloves for autumn are of chamois, in white and natural color, pique sewn, and fastened with one or two pearl buttons.

It seems as if the latest fad in hairdressing, the use of filets and jeweled hair bands, has come to stay for a while at least.

The most satisfactory stocks just now are made of embroidered linen and the strong, beautiful Irish lace which is so fashionable.

The low sash is a feature of frocks for children, just as for grownups, but is even more stylish on the childish, unformed figure.

Pockets, big, ornamental flap affairs, are sometimes set low on the sides of coats breaking the straight, loose line or finishing a side panel.

Marabout flowers will take a considerable place among hat trimmings this season, in spite of the fact that they cost about twice as much as last year.

Travel hats are already here and are of the lightest possible make of felt. Some of them are turned up sharply at one side—the so-called "left side tilt."

The most noticeable thing about new blouses is the tiny puff in some of the sleeves. Some are fuller at the top, too, and hardly any are made long or close fitting.

Late Paris fashions in wraps are introducing some startling picture effects, designers drawing from all periods and all lands in the shaping of cloaks and mantles.

This year again there is a fancy for the fluffy neck bows or illusion or maline, and these fluffy, airy bows, tucked beneath the chin, are bewitchingly becoming.

The shawl-like drapery of lace or shimmering fabrics which extends from the shoulders far beyond the waist line is a decidedly effective finish to the smart evening gown.

Some of the new sweater coats have large outside pockets placed over the hips. These pockets are provided with flaps which fasten tight with snap, hooks, or buttons and buttonholes.

The skirt of the usual fall suits is of walking length without much fullness, and is trimmed with perpendicular folds and jet buttons, but the latter feature is solely with the taste of the wearer.

FACTS ABOUT THE FAIR.

A pretty girl yawning is a terrible sight.

Women of temperament are women of temper.

All simple things are great—except simple women.

Truth and a woman's age never bow to one another—even as they pass.

Silence on the part of a woman means suspicion on the part of her friends.

A woman only understands who her ideal man is when she has married the other kind.

After a girl has really decided to marry a man she is quite certain to do so. If she doesn't, she wasn't decided.

It's better to follow one good example than it is to set a dozen bad ones.

Mrs. Sharpe (severely)—"Norah, I can find only seven of these plates. Where are the other five?" Cook (in surprise)—"Sure, mum, don't ye make no allowance for ordinary wear an' tear!"