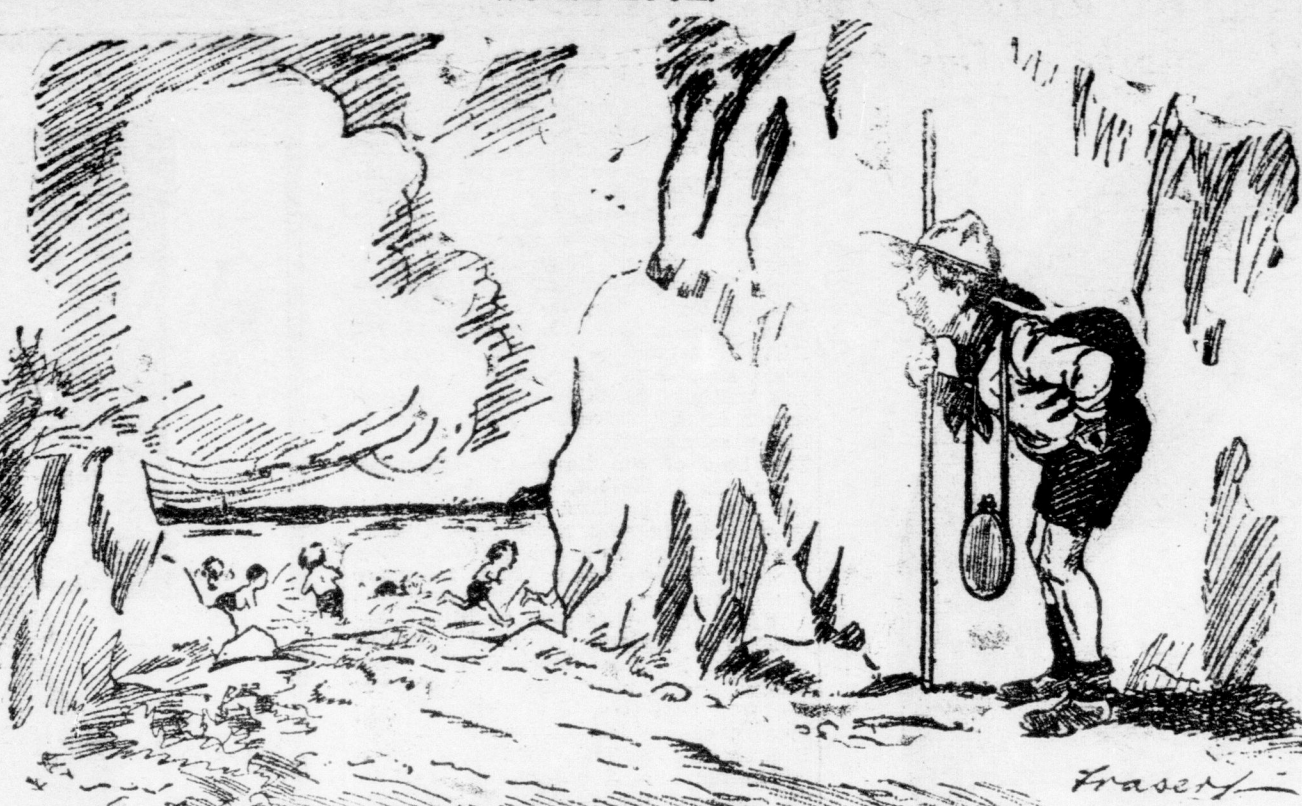


WORSE LUCK.



Cautious Cuthbert (awaiting opportunity for distinction)—H'm, just my luck—not one of 'em even ventured of his depth all the afternoon.

In the remarkable experiments

with Bovril upon human subjects reported to the British Medical Association, an amount of Bovril proportionate to the size of the small dark triangle was proved to produce an increase in flesh and muscle corresponding to the size of the large white triangle, showing that the body-building power of Bovril

is from 10 to 20 times the amount taken.

Bovril is the concentrated goodness of the best of beef. It is a wonderfully warming winter beverage; it builds up the weak constitution and strengthens the strong one; it guards against the grip; it checks colds and shills; it is a cook's right hand in the kitchen; it is nurse's first aid in the sick-room. Buy a bottle to-day.

Quaint Customs of the World's Queer People

LONDON'S CEMETERY FOR DOGS



All the queer customs of the world are not confined to the uncivilized races of this earth. In London, for instance, there is a small cemetery in which are buried only dogs and cats.

As our picture shows, each one of these pets has had erected to its memory a real tombstone on which is engraved some "touching" epitaph. Here daily come mourners, some of them even wearing crepe! And they kneel beside the graves of their departed pets to weep for them! Many of these dogs were, during their lives, the pets of famous people and the head-stones bear unmistakable evidence of the affection in which they were held by these various great personages. Most of the graves are kept fresh with new-cut flowers and wreaths!

Source of Winter Illness Need for Maximum of Wind and Light

[Professor Leonard Hill, F. R. S., in London Daily News.]

The researches of physiologists in recent years have proved without question, that the discomfort felt in confined air and crowded rooms has nothing to do with the chemical purity of the air, but is caused by the physical conditions of the air—its heat, stillness, and relative degree of moisture. The carbonic acid in the air of the most ill-ventilated places of business or pleasure never reaches a percentage which can act as a poison, even to the least degree, and the oxygen is never diminished to such an extent as to have the least physiological effect. In fact, there is a greater attention of oxygen in famous mountain health resorts than in the most crowded and worst ventilated cinema in London.

The existence of a subtle organic chemical poison in the expired air has been confidently asserted, but no evidence in favor of such has been produced by trustworthy scientific men, several of whom have laboriously, and accurately, investigated this subject. The air of building crowded with human beings smells owing to exhalations from dirty floors, soiled clothes, unclean bodies, etc., but there is no evidence that the traces of matter which cause the unpleasant smell are poisonous. Men who have to deal with unsavory trades, sewer-men, scavengers, glue and manure makers, etc., are neither poisoned nor rendered unhealthy by smells. The smell of a crowded room nervously affects sensitive, cultured people who enter it fresh from the outside air, but imagination in their case plays a part, for they think the smell denotes the presence of a chemical organic poison, and they are really made uncomfortable by the stagnation of their body heat. Those who are in the crowded room have no cognizance of the smell.

"Cold" dissemination, which arises from breathing exhaled air is infection by the living organisms of disease. We cannot escape from this infection under the conditions of town life, but we may reduce the risks by lessening the massiveness of the dose, and at the same time by a wisely regulated life, by good food, exercise in the open air, bathing, and adequate rest, keep up the vigor of body and the defen-

sive mechanisms of the blood, which give us our immunity to infection. The breath of a man, who quietly breathes, is sterile, but if he sneezes or coughs, speaks or sings, he explosively scatters for yards around a fine invisible spray of saliva, the droplets of which contain the bacteria which naturally swarm in the secretions of the mouth, throat, and nose. If he has a cold or sore-throat he may spread in the droplets of saliva the specific, virulent bacteria which cause a "cold," sore-throat, pneumonia, or consumption. The danger of infection depends on the size of the dose, the virulence of the bacteria, and the state of our defensive mechanism. We can stand a raid of 1,000 soldiers on our shores, but be endangered by 100,000 if fully equipped, virulent with the amenities of war. We can increase our defensive mechanism so that even 100,000 can easily be repelled if they effect a landing. Still better, we can prevent them landing.

The Value of Exposure.
What an untold sum of misery and loss of working power is due to the epidemics of infectious "colds" which run through the community in the damp, chilly days of autumn and winter! Can we lessen this? Well, let us remember that every sufferer at the height of his cold is a source of infection. By no improved means of ventilation can we prevent infection by the droplets of saliva, but open-air schools, etc., greatly diminish the chances of it. Let us, then, when infected, sneeze and cough into a handkerchief, and talk with a paper held in front of our mouth. Let us protect ourselves by holding a paper in front of our faces when conversing with an infected person, or sitting opposite one in bus or train who is sneezing and coughing at large. The handkerchief or newspaper, properly used, will trap the saliva droplets and diminish the risk of massive infection. At school the children must be taught the hygienic value of the use of the handkerchief, which is sterilized at the wash. So long as the handkerchief is moist, the bacteria are trapped. Let us also resolve to try and keep up our bodily vigor during the winter. How many are fit now, and fall off in health

in winter owing to their confinement in over-warm, stagnant air, and neglect of open-air exercise.

The health of the laborer or fisherman, who has his outdoor task in all weathers, does not suffer from the winter or our discontent. Exposure to changing atmospheric conditions, to sun and wind and baths, braces up our muscles and makes us active; sends the blood away from the skin into the viscera, where it is renewed and perfected by the barter of its merchandise; tones up our nervous system by acting on the vast field of cutaneous nerves; keeps the lining membrane of the nose and air passages taut and in good state, so that it resists infection; makes us breathe more, use more oxygen, combust more food, and exhale more carbonic acid; makes us hungry, so that we eat more, digest and absorb food better, and so prevents excessive bacterial decomposition of food in the bowels, the poisonous products of which are a common cause of ill-health and sore faces; makes the blood circulate more rapidly, and the exchange more ample between the blood and the tissues of the body; makes us therefore better nourished.

Indoor Slackness.
Confined in a still, over-warm atmosphere, in places often artificially lit, such as the shops, offices, places of amusement of modern cities, we lose all the good effects of sunlight and open moving air, and live at a lower and slacker level. Or skin is monotonously surrounded with a blanket of air, entangled in our clothes, and warmed to a uniform temperature, which does not excite the cutaneous nerves.

As usual, there is a mass of figures from which interesting comparisons can be drawn in the statistical abstract for the United Kingdom covering the last 15 years, issued yesterday. Here, for instance, is a table showing the increase of wealth; the figures are those of incomes:

	1897-8.	1911-12.
From lands,...	£161,881,187	£222,813,446
British securities...	13,325,077	11,458,374
Indian securities...	2,526,223	5,179,065

What he calls "the livid phenomenon like suffragism, divorce court reform and so-called 'white slavery,'" he takes merely as indications that the problem has been complicated by the swiftly increasing importance of a large sexual class. By "sexual" he means "sexless," not "unsexed."

Leaving this point for the moment Mr. Mackenzie examines "the absolutely normal conditions of courtship and marriage." He states the average girl instinctively welcomes marriage, while the average man instinctively dreads it. However, the reasonable capacity of the average man is always stronger than his intuitive capacity, and his reason tells him that marriage is a necessary condition of civilization. This rational judgment he will wrap up in a sweet coating of sentiment and swallows.

Many Women Fear Marriage.
"On the other hand, woman with whatever reason she possesses dreads marriage. It is logically rather abhorrent, but her instinctive belief in man's hostility is too violent, too memorial, too natural. Her reason is never strong enough to contend with her instinct, and the average woman swallows marriage without any sweet coating, and very often without any gilded coating."

According to Mr. Mackenzie, women being dependent upon instinct are much more easily comprehended than men.

"Superficially they may seem more unintelligible, because they are generally judged by masculine and rational standards."

Colonial securities... 10,812,176 15,326,413
Foreign securities... 6,393,758 9,970,257
Indian railways, etc... 4,621,919 4,574,044
Businesses, etc... 291,400,788 421,755,759
Home railways... 39,715,146 46,999,559
Home mines... 9,077,828 19,689,737
Home gasworks... 5,582,171 8,795,159
Home ironworks... 2,556,292 3,429,170
Home waterworks... 4,305,708 6,608,201
Home canals... 3,626,481 4,182,172
Docks, etc... 9,210,097 23,769,973
Foreign and colonial railways... 12,778,904 28,016,128
These are not the whole of the sources of income.

Municipal Enterprise.
Another instructive table is that giving the receipts of local authorities. Two items may be quoted as showing the great advance of municipal undertakings.

	1896-7.	1910-11.
Electricity...	£396,280	£4,814,762
Trams and omnibuses...	628,745	10,390,249
The figures of the imports and exports cover many pages, and it is worth while examining the records of those industries which the Tariff Reformers declare to be "sensitive."		
They are going—strong. Thus:	1898.	1912.
Exports...		
Iron and steel manufactures (tons)...	2,159,548	4,507,528
Cotton (yards)...	5,216,053,900	6,912,919,700
Wool yards (lbs)...	75,082,900	87,888,900
Wool (yards)...	46,307,700	100,530,000
Leather boots (dozen pairs)...	638,229	1,593,096

Our Growing Motor Trade.
Motors and cycles were not classified in 1898. The following figures, however, are given, showing how our exports in this direction are booming.

	1898.	1912.
Cycles...	47,838	136,993
Motorcycles...	688	12,655

In addition, chassis, which were not separately classified before 1908, numbered 225 in that year; last year 1,180 were exported.

Some estimate of the better condition of the people may be drawn from the postoffice savings banks accounts. In 1898, £1,490,000 was due to depositors; last year that amount had increased to £182,104,564. The average amount due to each depositor rose from £16 2s 9d to £20 9s 8d. In trustee savings banks the amount due to depositors increased from £19,996,372 to £53,811,899.

An English Novelist Says Sex Hatred Is Spreading

Compton Mackenzie Blames Existing Conditions of Courtship and Marriage—Types of Girls and Women—Man Instinctively Fears Marriage.

No English novelist has been discussed so much lately as Compton Mackenzie. His recently published "Sinister Street" has caused a sensation and its predecessor, "Carnival," was hailed as "the novel of the year." Considerable interest has therefore been taken in a series of three articles on "Sex Hatred" written by him for the London Daily Mail.

Mr. Mackenzie at the outset states his belief that "there is neither more nor less antagonism between the sexes than that which existed since Adam first applied masculine reason to explain the victory of feminine instinct in the matter of the apple."

What he calls "the livid phenomenon like suffragism, divorce court reform and so-called 'white slavery,'" he takes merely as indications that the problem has been complicated by the swiftly increasing importance of a large sexual class. By "sexual" he means "sexless," not "unsexed."

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her own personality at the moment when it draws free from girlhood, but it is not yet encumbered by womanhood. She beholds herself in all her pride and swiftiness; she realizes her power to attract the predatory glances of man; she dreads the loss of her independence; she revels in her new sense of the fullness of life; she is gay and virginal and debonair, or if you have suffered from her elusiveness you will call her frivolous and heartless and self-assured.

The Greeks symbolized this period in their conception of Artemis and her nymphs. The development of such a creature in Arcadia would be normal. After a period of exultation in her freedom and pride one would survive and she would become the wife of the man she most certainly desired.

Must Earn Her Living.
Things are not so simple for Amoryllis in modern London. If she be one of an overstocked family economic pressure compels her to earn her living either by honest work or by premature marriage. From the moment she goes to work "she is exposed to the attacks of two classes of men—those to whom economic pressure, voicing itself in the warnings of selfish employers, forbids marriage, and those actual drones who have no life apart from their sexual attractiveness. It is not surprising that man becomes the wolf, that she herself turns cynical and hard and mercenary, since it is only by the development of these qualities that she wins her battle."

"The natural contest for a woman should be to preserve her independence until she is willing to surrender to the man she chooses as for her the most fit. In present conditions woman is compelled to struggle to prevent herself from being disqualified altogether either because her reputation has been tarnished or because her attraction has waned. She is forced to drag such melodramatic hennings as 'white slavery' across the issue in order to obtain from her countrymen a measure of protection."

Others Well Protected.
But not every Amoryllis is subjected to immediate economic pressure. There is still the girl "who sits simply and beautifully" by the hearth and who runs no great risks at the hands of predatory man that a stern and conventional parent cannot cope with. Her antagonism to man will probably not display itself until she finds herself married. Then possibly a faint

emotion of resentment will ensue, but her training will reassert itself and she will crawl through life rather drowsily contented. But these shellfish are gradually being swept away by the tides of time."

It is in the third kind of Amoryllis that Mr. Mackenzie sees the future of woman. This is the girl "who knows what she wants—the amount of education, the amount of freedom, the amount of life. This maiden, luckily free from economic pressure, ignorant of a stultifying home, is the type to which it may be supposed woman is presently conditioned. She is the product of a leisured class, but undoubtedly many thousands of her type, could they survive the cruelty and destructiveness of external conditions, would be found in every class."

Marriage the Sacred Goal.
Coming to the question of marriage, Mr. Mackenzie attributes the frequency of failure to the irrational way in which men and women marry rather than to the perfection of marriage or divorce laws.

Apart from all material circumstances, he says, marriage stands out in the life of every uneducated young woman as the sacred goal of her aspirations. The secret dread of normal womanhood over all the world is the possibility of man refusing to take up his voluntary obligation. Therefore women, by nature unsentimental, unite in a profusion of sentiment. Sentiment is the bait to attract men, who are by nature violently sentimental.

Man instinctively dreads marriage. For many it means the voluntary acceptance of a burden. For a large number of women it means the only obvious path of freedom. Mr. Mackenzie is willing to wager that if one could acquire the true statistics of unhappy marriages, the percentage of happy marriages gets higher as the husband and wife approximate in age and is highest of all when the woman is slightly older than the man. "Man has invented a theory that he remains young longer than a woman. Physically this is false, and psychologically this is false; indeed the only justification for such a proposition seems to rest on the fact that men remain younger in appearance than women—an accident generally due to the stress of motherhood and the desire to adapt herself to the dullness of the middle-aged man of whom she is the helpmate."

King George Is No Lucullus

Pays Little Attention to High Art of the Chef.

King George is a particularly heart-breaking subject for a chef. If he is interested in conversation King George eats whatever is set before him without noticing what it is or how it is cooked, and although the chef is always inventing new dishes if it were not for the younger members of the family he would get very discouraged.

The general idea that royalty, like Lucullus of old, feasted every day is certainly not warranted by the meals eaten by the present King and Queen, especially at Balmoral, where, following Queen Victoria, preference is given to Scottish fare, and while the breakfast table is enriched by all the good things appertaining to breakfast and tea in Scotland very few French dishes find their way to the dinner table.

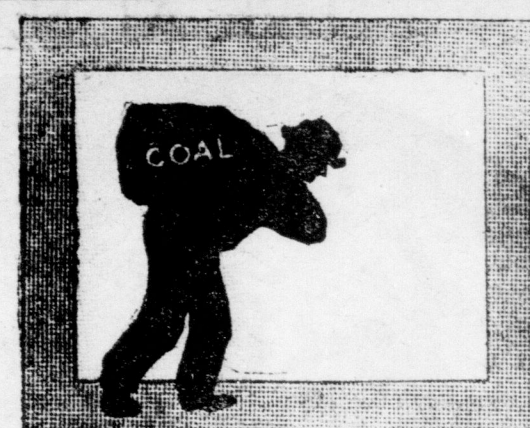
SCORED.
Mr. Smart was a very testy old fellow, and there was one thing he hated more than any other was to be "caught napping." As a consequence he was always very suspicious of any deed or word the full meaning of which he could not grasp.

A few days ago he paid a visit to the Zoo, and, being fond of animals, was greatly interested, and soon got into conversation with one of the keepers. A very entertaining chat ensued. As Mr. Smart was about to leave, the keeper turned to him and asked: "By the way, sir, have you seen our black-faced antelope?"

"There, thought the old gent, was an attempt to 'have' him."

"No, sir," he replied, stiffly, "I have not. May I ask with whom it was that your black-faced antelope?"

PROFESSOR DOWDEN'S COLLECTION.
The details of the late Professor Dowden's library and letters are very interesting. They are to be sold at auction in London before Christmas. Dowden had the most interesting of the largest library of any Irishman of his time, and until the end he continued his search for rare and



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By all means see this furnace. Get our book on healthful heating. We can prove this saving, and we can show you also how the Hecla is proof against leaking gas or dust. Write to-day.

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NO DUST

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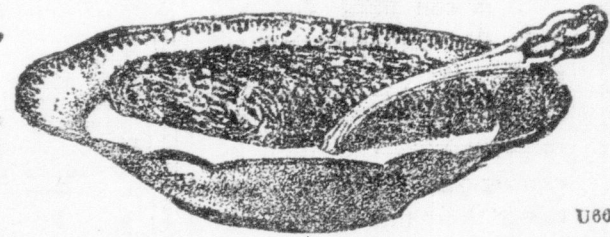
Always heat the Biscuit in the oven to restore crispness. For breakfast serve with milk or cream or fresh fruits of any kind.

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famous things. Perhaps it was Swift's Prayer-Book with autograph and certain letters of Harriet to Shelley which he valued most. Browning, Whitman, Tennyson, and Swinburne were among his famous correspondents. The manuscript of a long poem by Swinburne against home rule is to be sold, but if the auction comes to American ears the highest price may be fetched by the Whitman letters, for it was from Dowden, then a young professor in Dublin, that came the first foreign appreciation of the great American poet. The article that established the literary friendship was entitled "Poetry of Democracy," and appeared in the Westminster Review for July, 1871. Hegelian, democratic, and religious.