

# GEORGE BERNARD FIRST VEGETARIAN

Famous Folk of Europe Live on Simplest of Diet.

## THRIVING ON CEREALS

Daniel's Handsomeness Appealed to Shaw, and He Was Vegetarian.

There are a number of reasons why people become vegetarians; and religion, health, desire for beauty, taste and artistic feelings play a part in them. Of late a new reason has been added to the list which might be called social or possibly political, growing out of a desire, as it does, to boycott the meat trust.

But whatever may be the reasons that prompt this form of diet it certainly is increasing the world over. Even in England, the land of meat eaters, it is spreading almost as fast as in the United States. This may be due largely to the fact that doctors have of late rather cried down meat, especially for rheumatic people. As rheumatism is a national disease of England, vegetarianism is probably resorted to as a means of freeing the body from pain.

### Shaw Most Famous.

Perhaps the most famous vegetarian in the world today is George Bernard Shaw. He has sounded his trumpet to draw attention to the subject many times. His reason for being a vegetarian is that meat is distasteful to him, that it is repulsive to him to think of eating the carcasses of slaughtered animals, that meat eating is unclean, unartistic and revolting. He also feels repulsion against all alcoholic drinks and tobacco; why should he fill his system with such unnecessary rubbish, he asks, and dull and begot his brain with them, when he is so much better without them?

Mr. Shaw is tall, robust and healthy, with a ruddy color, clear eyes and an elastic gait. His diet consists of fruits, nuts, vegetables and cereals. He often makes what he regards as a hearty meal on four bananas, and when he is travelling he does not have the trouble that most people do, for he can carry in his grip a supply of nuts and with the fruit and vegetables and grains that he can buy he can manage beautifully. He said at a meeting of vegetarians:

"There are two sorts of mankind, those of higher and those of lower character. The lower craves meat I do not eat meat and never did."

### Daniel a Vegetarian.

And again he said:

"Daniel was a vegetarian, and after a time he became very handsome. That struck me at the time. I am not sure that it did not have something to do with my views."

Miss Marie Corelli is another English vegetarian of literary fame. She is a vegetarian because of her aversion to killing; the thought of taking life to satisfy the appetite is shocking to her. One has only to see Miss Corelli to realize that meat is not at all necessary to an appearance of roundness and perfect health, for Miss Corelli is as plump and rosy as a child.

The Countess of Warwick adopted vegetarianism about a year ago and people have surmised a good many motives for the action of the beautiful noblewoman. Some say she made the change for the sake of her beauty and figure, others because of religious scruples, and again others because she finds that her wits are clearer on a vegetarian diet. Some say she made the change for the sake of her health, and that the first reason has had a good deal to do with it, and that Lady Warwick viewed with dismay the rapidly increasing flesh that was destroying all her beauty. Since she adopted vegetarianism she has lost many pounds and has regained her former slenderness and loveliness. She has made a careful study of a perfectly balanced diet and is thus enabled to nourish her body without overeating, or over lean. She is fast making other converts to vegetarianism, for to be overweight is almost a disgrace at the Court of St. James.

### Famous Actresses.

There are three famous French actresses who have, within the last ten years, become strict vegetarians, and one and the same motive prompted each—the preservation of beauty and slenderness. The actresses are Rejane, Sarah Bernhardt and Cleo de Merode.

### Divine Sarah Losing Shape?

One cannot imagine Sarah Bernhardt getting actually as young as the famous actress was gaining weight and losing the lines of her figure, not only about the neck and waist. As in everything else in life she made a careful study of the matter and conferred with authorities on the subject. The result was that she gave up all flesh food and became strictly a vegetarian. She has demonstrated that a vegetarian diet makes one younger and more elastic and gives a clear brain and steady nerve. She has lost her heaviness and her figure has greatly improved so that she is enabled at nearly 50 and as a great-grandmother to act the role of Joan of Arc in tights and to reveal an agile, graceful figure.

Mme. Bernhardt does not even eat eggs, as they are a form of flesh food and she takes no chances. She sticks to a simple though widely varied diet of dried and fresh fruits, nuts, cereals, and vegetables. Her only beverage is cold spring water.

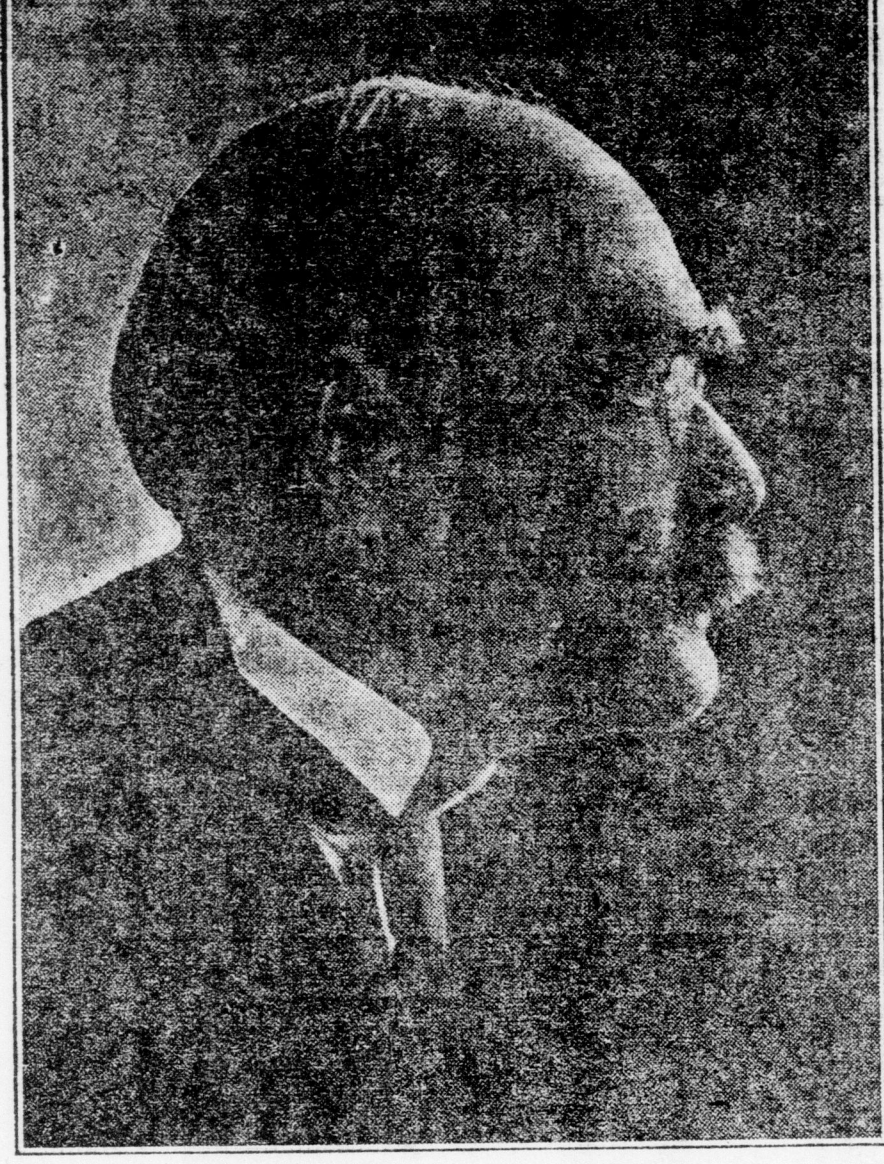
Rejane became a vegetarian to stay the appalling increase of her weight. She was becoming so stout as to be quite unfit to take the parts in which she had been so successful the world over. It was a good deal of a wrench to her will power, this renouncing meat, for she is fond of good living, and especially of fine dinners of many courses, but her art is her life and so she schooled herself to give up a meat diet and to adopt vegetarianism. Now she finds it easy to go without flesh food. She has found that she can keep herself youthful and slender in appearance and her figure is strikingly beautiful with no hint of the heaviness that once threatened it.

### The Return of Cleo.

Cleo de Merode is perhaps the most

# A PAGE ABOUT PEOPLE

## RUDYARD KIPLING HAS TURNED DRAMATIST—"THE HARBOR WATCH"



THE books of reference will tell you, truly but badly, that Mr. Rudyard Kipling was born at Bombay on December 20, 1865, son of the late Mr. J. Lockwood Kipling, C.I.E., that he married Miss Caroline Starr Balestier in 1892; that he has one son and one daughter; that he was awarded the Nobel Prize for Literature in 1907; and that he has written many works. Those are the bare facts; and, in truth, it requires only a recital of titles for one to realize how great a man of letters is Rudyard Kipling, the teller of things as they are. Who does not conjure up visions of splendid virility and much entertainment when he sees such names as "Departmental Ditties," "Plain Tales from the Hills," "Soldiers Three," "The Light that Failed," "Barrack-Room Ballads," "The Jungle Book," "Kim," "Just So Stories," and "Puck of Pook's Hill"? Now Mr. Kipling has turned dramatist, and his play, "The Harbor Watch," was given for the first time on April 22, at the inauguration of a series of matinees at the Royalty Theatre, London.

famous dancer that the Paris opera ever had. Her figure was perfect in its perfect roundness and the long, beautiful throat and fine, small head of the dancer were copied many times by artists. Then of a sudden she began to show an increase of flesh. She did not dance as lightly nor look so young and fair. Her pictures no longer brought a ready sale on the boulevards; artists no longer beseeched her to pose for them. She was, in fact, losing her vogue. Then of a sudden she disappeared.

She dropped out of the public view completely as if she had died and no one saw her for a year. Then she suddenly reappeared, years younger in appearance, slender and graceful as a fawn and radiant with a new kind of freshness. She created a veritable sensation last October in Paris and everybody who came wanted to know her secret. It was simply that she had adopted vegetarianism and had dieted for a year without a mouthful of flesh food of any kind. Her appearance told the rest of the story. She looks exactly as she did twelve years ago, when she first became famous as a beauty and a dancer.

### Better for Artists.

August Rodin, the sculptor, became a vegetarian from the knowledge that his work was more perfect when done on a fleshless diet. He found that his imagination worked more surely, that his artistic ideas were higher and that he could gain far finer results without meat than with and for the sake of his work he became a vegetarian.

Much the same motives prompted Mme. Masterlinck (Georgette Leblanc) to renounce a flesh diet. She found that her thoughts were more lofty and her mind more keen and active.

### Continued on Page Eight.

### MR. W. HINES PAGE

WALTER HINES PAGE, the newly-named ambassador to the court of St. James, lives at Garden City, L.I. Years ago Garden City was



Mr. W. Hines Page.

founded by A. T. Stewart, the great merchant. Mr. Stewart hoped to make it a centre for religiously inclined persons. To that end the first building erected was a great cathedral.

"Then," said Mr. Page's friend, "Mr. Stewart had built twelve big, hip-

## HOW PRES. WILSON MAKES UP HIS MIND

It Is So Simple That It Is Disconcerting to the Washington Politicians.

THE men who find President Woodrow Wilson hard to solve have only themselves to blame, and their fault is that they do not take him at his word. If he keeps silence a long time on some matter whereon any other President would immediately speak, they conjecture some burrowing conspiracy on his part, some private fence repairing or log rolling. Asked about it, he says, "The reason I haven't spoken is that I haven't made up my mind." This explanation being too simple for the devious political mind, it is rejected as an evasion, and theories are constructed as to what Wilson really is doing, and on the most probable of these theories some course of action is built up. When, later on, it turns out that Wilson was telling the exact truth, and the course of action crumbles up, the bewildered and injured politician blames Wilson for his own discomfiture.

His method, so disconcerting because it is so novel, is just this:

First, to leave his mind entirely open and to get all the information and all the opinions he can from everybody, from the Cabinet member to the man in the street, but to give no opinion himself and to form none until he has got every scrap of information obtainable.

Second, having made up his mind, to stick to what he has resolved upon; one of the most striking features of his character is his perfect openness to conviction until he reaches a decision and his utter impregnability to argument when he has reached it.

Third, to act upon his decision without loss of time.

Fourth, if his decision is opposed, to meet his adversaries not with wire-pulling or log-rolling, but with direct action—the Hughes way, modified or amended by the differences in temperament between Hughes and Wilson.

Fifth, to make his decisions himself; by which it means that while he always seeks and acts upon information, he never acts upon advice. He is fairly thirsty for information, and he ponders, sifts, and weighs it until out of the mass he has a decision; but when that decision is made, he sticks to it. Threats merely anger him, and to warnings of political danger he is deaf.

### Does It Spell "Success"?

THOSE who have been well enough acquainted with the President to understand this side of him speculate on whether it promises success or failure for his Administration. It certainly spelled success in the New Jersey Legislature, an unopposed field, but when that is pointed out to the old political longhorns at Washington the reply is, "Ah, but he'll find Congress a different proposition before he gets through with his term." That is an arguable question. Congress is touchy about its dignity, the upper chamber especially; but Wilson is incapable of affronting that dignity and he knows only one way of fighting, and that is to fight in New Jersey. That way has never been tried in Washington; even Cleveland used the old political methods in his wars with Congress, and Roosevelt more than that. He forced needed legislation through by means of a deal. Since the "direct action" method, the Hughes method, the Wilson method has never been tried. It is modest to refrain from venturing rash predictions that it will fail.

### A Business Administration

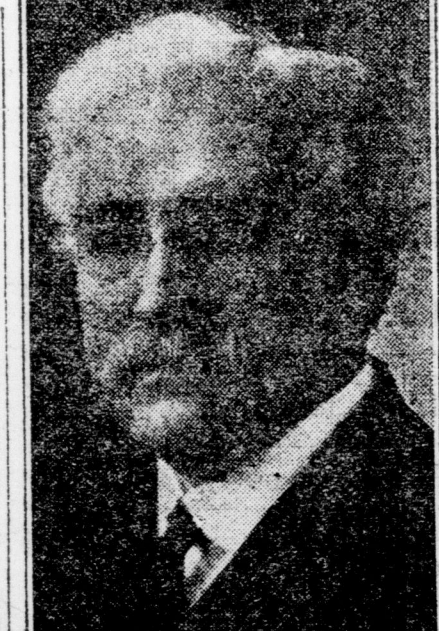
HIS plain democracy in little things and big was, perhaps, regarded at first as a pose; but that mistake has worn away under contact with him and the certain proof of unaffected sincerity which is furnished by the manner, look, and talk of the man himself. It is not necessary, therefore, to say anything about it, except that he has a real desire for ceremony and ceremonial and an utter incapacity of what may be called the ritual observances of public life. This is to be a business Administration—not in the dollars-and-cents meaning, but in the sense that its head wants to go at everything he has to do in the way that a private business man would want to get everything finished as rapidly and as well as possible would go at it.

### Has Remarkable Memory for Detail—Greatly Loved by Old Students.

the baccalaureate sermon and the deliverer of the convocation address at the commencement exercises this year.

The ex-chancellor is a "wonder" at system and details. He never seems to forget anything. He made himself master of all the intimate facts of the students' lives, and whenever he met one of the young men or women in the college halls or elsewhere, he was able to ask them questions about themselves and their friends that fairly astonished them. And he did not do it for mere show. He had a genuine love for the young people entrusted to his care, and there are many who can tell of little deeds of kindness which smoothed out troubles and made life happier. More than one graduate of McMaster to-day could relate how Dr. Wallace sought him out and made it possible for him to continue his studies when apparently financial resources had all disappeared.

In appearance Dr. Wallace is one of the finest looking men that ever graced a Toronto pulpit or taught a class of students. He is a smart dresser and a polished gentleman. Mrs. Wallace was formerly Mrs. Wells, principal of Moulton Ladies' College, and is a most gracious helpmate.



Rev. Dr. O. C. S. Wallace.

very popular with the students, and that his personality and work were appreciated by the governing body and senate of the university is shown in the fact that he was the preacher of

## BARON ROTHSCHILD WRITES A PLAY WITH A MARKED MORAL



Mlle. Gabrielle Dorziat, who takes the principal part in the millionaires' new drama of love and money, and Baron Henri de Rothschild, the millionaire author of the strange play "Croesus."

### BARON HENRI DE ROTHSCHILD.

of the famous financial family, has written a play which he has called by the significant name of "Croesus." It is now being produced in London; and, though it will not be given in Paris or New York until next fall, it is the theme of every tongue. The American, English, and German rights of the play have been secured by Mr. Salter Hanson, of Seattle and Paris.

Baron Rothschild, who is at once a millionaire, physician, and philanthropist, and of whom a photograph accompanies this article, explains his play as follows:

"The money question is not the motive of my play 'Croesus.' Money comes into it. But this is quite secondary. It is what you might call a human interest play. It appeals to people because it is so human. The play is in a sense an autobiographical. You ask me why I wrote 'Croesus.' The general answer is that I am a writer by choice and by profession. You know I am a physician. I write medical articles as regularly as any member of the staff of the newspaper in which they are published. I write hygienic and philanthropic articles. I have written fiction. In fact, I have touched upon many phases of literature. The specific answer to your question is that I felt impelled to write this play. I was saturated with the subject. I could find no relief until it was done.

"A rich man has his troubles and worries and griefs and sorrows just as a poor man. He can buy certain pleasures, but there are joys which money cannot purchase. My hero is very poor in sentiment, but is very rich in money. He is the subject of adverse criticism. He makes a present to some charitable institution, and the people say he ought to have given twice as much. They follow it up by saying that he gives back to the community a portion of what he has taken from it. The public have no thanks for him. They see in him only

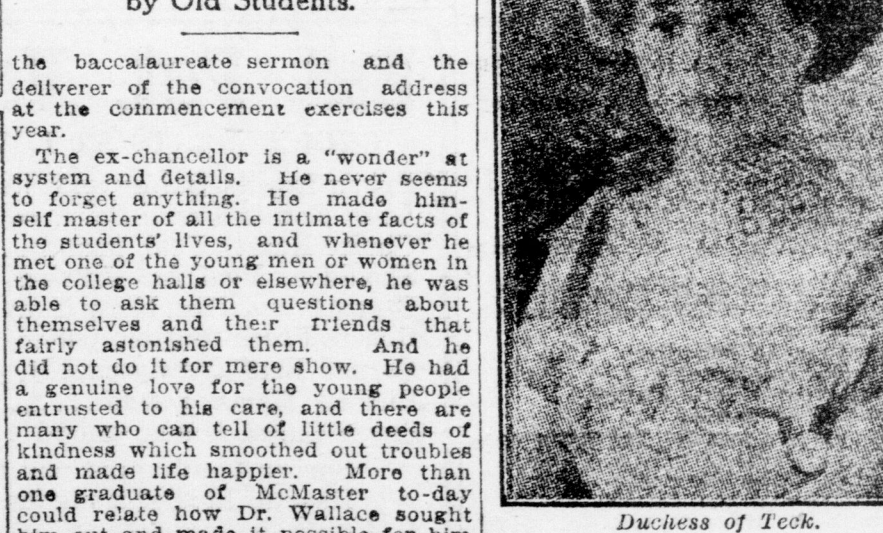
a man who has a great deal of money, nothing more.

"His sentimental side makes him wish for a wife who would be affectionate. He tries different ways of securing affection, but always with failure. He cannot win the love of his wife. The attitude of the outside world towards him is what satisfaction it can get out of him.

The moral of the play is that a rich man may be unhappy; that wealth and happiness are far from being synonymous; and that if we desire the esteem of others we must make ourselves worthy of it. We cannot expect to be loved for ourselves, and we must be content by making ourselves worthy of esteem. We must be good, kind, and amiable towards the poor."

### THE DUCHESS OF TECK

THE Duchess of Teck, though so closely related to the Royal Family, cares little for the splendors of court life and attends as few big functions as possible. She loves the simple life and living in the country. She is one of the five charming daughters of the late Duke of Westminster, and is also connected with the Coke family, her stepmother, Katherine, Duchess of Westminster, and Georgina, Countess of Leicester, being sisters. The Duchess is further related to the Royal Family by the marriage of her first cousin, the Duke of Argyll, with Princess Louise, King George's aunt. In 1894 she married Queen Mary's eldest brother, then Prince Adolphus of Teck. The Duke of Teck is a keen soldier and a well-known sportsman. He was in South Africa with the 1st Life Guards, of which he was then a major, during the South African War. One day, with several other young officers, after a long day's work, he came upon a war correspondent, whom he asked how he liked being under the Boer fire. "Not at all," replied the welder of the pen; "anyone may have my share of such adventures who cares for them." The officer, in much-worn



Duchess of Teck.

khaki clothes, said, "Well, we have to go under fire whether we like it or not, you know." "Yes," retorted the correspondent, "but that's what you're paid for, isn't it?" The others in the group all laughed, and the correspondent was much taken aback to find that he had thus been making free with a prince of royal blood.

## LADY ABERDEEN IS LOVED BY THE POOR

Only by the "Elite" of Dublin Is Her Charitable Work Criticized.

### HAS HER SOUL TO KEEP

Therefore, Her Interest in Suffering Humanity—Incidents of Canadian Court.

OF the two Ladies Aberdeen, the one of fact and the other of fiction, the former is infinitely the more attractive. It is impossible to encounter the lady of the anecdotes, either in print or in spoken gossip, without conjuring up a mental portrait of the lady of reality. Try to fit her into the distorted picture that is so often thrust before one; it is impossible to reconcile the two.

In the first place, Lady Aberdeen's eyes give the lie (ever so gently!) to the notion that her charities are unwise, that she misunderstands the poor, that she offends the Dublin sense of humor. The only thing she might honestly be accused of offending is Dublin's lack of humor—the lack of humor of the Dublin of officialdom; the only people whom she might with any sort of justice be thought to misunderstand are not the poor, but the rich. In any case, there must surely be a better word than "misunderstanding" for her attitude towards the small group of people who are discontented with the present regime in Dublin. She understands the "smart," the unpleasantly "smart," view of life well enough to be in complete disagreement with it.

### The "Extraordinary Smile"

It may be objected that this is rather much to read in any eyes. But Lady Aberdeen's are remarkable. They have "sweetness and light"; they are wise and kind, humorous and penetrating; they are as famous as her smile. "An ordinary woman with an extraordinary smile" was the initial impression of a man who makes history in America when he first saw her across the Canadian border. He had gone to Ottawa to observe the imported formalities of a Governor-General's court, prepared to be amused by its stiffness, but the thing that impressed him most was the angelic good humor of Lady Aberdeen. An English Lord Chief Justice, on the other hand, who went expecting to see a much fiercer and eas-



Countess of Aberdeen.

ter state of things than he allowed in his own particular court, found himself reminded ten minutes after his arrival of some minor law of precedence he had neglected to observe. "We're kept in our places here," he growled, and behaved himself for the rest of his visit.

Formality, however, is not the chief characteristic of her court. One of the very few stories, out of a multitude, bearing a real resemblance to her or her ways, purports to come from a Liberal Minister. "You see, this is but, at any rate, not a libel. The first Lord called at the Castle and rang the bell, but without effect. After ringing again, he peeped through the glass panels, at the side of the door, into a deserted interior. Just as he turned to go, he saw Lady Aberdeen, her skirts well tucked up, rush across the hall, as if from one place of concealment to another. A moment after a servant also ran across the Minister's field of vision in the same direction, and faster. The visitor turned to go, but just then the door was opened and he was admitted. 'I do hope you were not kept waiting,' said Lady Aberdeen after greeting him. 'You see, this is the servants' Weekly Games Day, and the household is so excited; everything is at sixes and sevens!'

### Her Greatest Friends

ONE thing quite certain in Dublin is that the poor are fond of her. Even after she has written three volumes on their diseases, and piled them up with playlets, they still regard her as their friend. Her own great griefs in life are akin to theirs; the loss of a son, the spilling of maternal hopes, these are woes common to the Castle and the back street. She says that she has not only given consolation in the slums, but found it there. As for her work on Ireland's Crusade against tuberculosis, she knows quite well that a certain section of society would prefer to have less said of the prevalence of the scourge. There is the reason of the scourge, and the prosperity of the city, which might suffer if the notion got abroad that it was a centre of disease. But Lady Aberdeen does not hush up because she is told so. She hush up in Dublin the problems she would attack in London, or any other city where the need and her duty seemed clear to her.

As the editor of reports and treatises and commentaries, she has done her work extraordinarily well, but an easier book to write and to read is "Through Canada with a Kodak." Like Mrs. Asquith's privately-printed account of a Scottish journey, it provides a short cut to an understanding of the author. It is one way of guessing at Lady Aberdeen's smile. A president of the International Council of Women, of the Irish Industries Association, and of three or four other similar bodies, and a founder of the Victorian Order of Nurses in Canada, she also started and christened the Onward and Upward Association. And if she is all laughed, and the correspondent was much taken aback to find that he had thus been making free with a prince of royal blood, she explains that they are all part of a mission to herself—"she has her soul to keep."—London Sketches.

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