

WARM DEFENSE OF CANOEING: CRITICISM STIRS DEVOTEE

Willard Fracker, President of Washington Canoe Club, Talks of Recent Drownings—A Daring Rescue by Canoeists—The Sport Develops Manliness.

The storm of protest against the sport of canoeing which has arisen among the uninitiated as a result of the recent sad drownings, has aroused the canoeists of Washington, of whom there are very many, in defense of their favorite pastime. It is generally felt among the paddling fraternity that only one side of the question has been told.

President Willard Fracker, of the Washington Canoe Club, who assisted in the rescue of Dr. "Dick" Dear near High Island, on Sunday, in speaking of the matter to a Star reporter, said: "The natural outcome of the unfortunate accident, whereby two of our best canoeists of Washington lost their lives a few days ago, has raised a storm of protest among the more timid against what they term a 'most dangerous sport.' They fail to see that all sports must, of necessity, carry with them a certain degree of risk, and even danger. The fact that a penalty is exacted from time to time by the indulgence is hardly a reason for condemning them. It would be just as unfair to claim that because a certain number of accidents occur in automobile driving, the automobile should be abolished, or that on account of an occasional death from experience or skating, persons should not indulge in these sports. They fail to see that the benefit derived from their practice does not consist merely in the pleasure obtained therefrom, but as a means of securing skill and experience, of developing a spirit of self-reliance, of developing the higher traits of character, such as courage and heroism. As a canoeist who has indulged in this sport for the past ten years, I know of nothing more valuable in demands in all outdoor sports than has been a marked increase in the number of devotees in all of them—especially of that of canoeing, and this popularity is bound to increase.

STIMULATE SPORTS.

"The wise thing to do is not to discourage these sports, but rather to stimulate them. At the same time, they should be surrounded by every possible safeguard—the less experienced and ignorant should be instructed, and the expert and overbearing cautioned. "In this connection the work of the Washington Canoe Club, during the past winter and spring has proved of inestimable value to its members, and cannot be too highly commended. Numerous meetings of the members and their friends have been held for the discussion of such topics as 'Safety in Canoeing,' 'Management of a Canoe,' 'Safety Appliances for a Canoe,' etc. In addition to this, the services of one of the best and most experienced instructors in swimming in this country have been given free to any member who desired to take them. In fact, so far as human foresight could prevent accidents, this club has done all in its power to forestall them. Unfortunately, there is no way of reaching one who persists in venturing beyond the line of prudence and safety. Frequently happens that this superior skill or experience is often the very means of his undoing.

"Secure in his belief that he is equal to any emergency, he will undertake a feat which results disastrously—a feat which one less experienced would not think of attempting. The editorial in the Star admirably expresses this situation: "Water pleasuring must be surrounded by many safeguards in the best circumstances. The enjoyment of a river outing should not, and to reasonable people does not, lie in the danger. But some waterfarers are otherwise constituted and are imbued with the idea that their fun is in proportion to the risk they run in capsizing or swamping. The boat-rocker is an extreme of this type. The real zest of river sport should be found in the gentle motion, the soft undulations of the craft, the moving scene, the fresh air and, on the part of the operator, the paddler, the exercise. When these delights are complicated with useless imitations to disaster, as by the use of narrow, frail, treacherous craft, the fun becomes folly.

"The improvements made in canoeing during the last few years have added greatly to their comfort and safety. These improvements have been principally in the direction of additional in-

crease in breadth and weight, thus adding to their stability in the water. With ordinary care and precaution, canoeing is as safe, if not safer, than the majority of other sports.

"On account of the excellent water facilities which obtain both on the upper and lower stretches of the Potomac and on the Chesapeake and Ohio canal from Georgetown to Cumberland, the sport of canoeing is bound to increase here. Many of the expert handlers of the paddle in the United States are found among the several canoe clubs in and around Washington. To anyone who has not witnessed the management of this craft in the hands of an expert such a sight would be revealing. With apparently but slight effort the canoe can be propelled through the water at a high rate of speed and forced through narrow and tortuous channels impossible to a rowboat.

IN SWIFT WATER.

"It is, however, in the swift water that it shows its most marked superiority over all other forms of water craft. It is due entirely to the fact that Dr. Dear, whose almost miraculous rescue after having been swept over the dam at High Island, as it would have been a physical impossibility to have reached him with a rowboat.

"As an eye-witness of this accident, and the thrilling and heroic rescue which followed, I cannot speak too highly of the two gentlemen who volunteered the rescue, and who took their own lives in their hands to make it. Such an exhibition of skill and pure heroism would be difficult to find.

"After Dr. Dear had been hurled over the dam and dashed against the jagged rocks as he was swept down the river, fighting for his life as only an athlete can fight, he succeeded in grasping a bush and drawing himself upon a rock. Without losing a moment's time, these two gentlemen—Mr. W. Ray Garrett, commodore of the Washington Canoe Club, and commodore of the High Island Canoe Club, and Mr. Andrew P. Tallmadge, member of both these clubs, and founder of the Kenton Canoe Club, procured a canoe and insisted upon making the attempt to reach the unfortunate man far out in the stream. No one unfamiliar with the river opposite High Island can appreciate what this meant. Dangerous even when the water is quite low, it was rendered doubly so by the flood in the river. Not only was the current unusually swift, but the bed of the river at this point is full of jagged rocks, some of them projecting above the surface of the water, while many more are barely hid. Providing themselves only with an extra pair of paddles they started on their perilous trip, which, to the onlookers, seemed little short of suicidal. Mr. Tallmadge occupied the stern seat and Mr. Garrett the bow. Heading the canoe in an almost straight line up the river, but slightly inclined toward the opposite or Virginia shore, they commenced their perilous journey.

"Slowly but evenly the boat began to move latterly across the river, quivering from stem to stern by the onrushing current. The two paddlers never for an instant losing stroke, and through it all never exhibited a trace of nervousness. To have allowed the boat to turn broadside in that torrent of waters, with an angry rapids not 100 yards below, would have been death to both of them—and they knew it.

THE RESCUE.

"Gradually the canoe crept toward the other side until it was directly above and in a line with the doctor. Reducing the force of their stroke, without changing the heading of the boat, the canoe was allowed to drift slowly, stern foremost, toward the person on the rock. Within a few moments the rescuers were alongside of the doctor and cautiously assisted him aboard. Without taking hardly more than a couple of minutes to rest the paddlers started to return. Weighted down with an extra passenger the question now was, would this increased weight cause too much resistance on the homeward trip? To those on shore, who had watched every movement, the situation was intense.

"We could see Tallmadge and Garrett bend to the stroke. For an instant it seemed to us the canoe was drifting down stream. We held our breath and waited. Once more the paddlers dashed forward, struck the water at the same instant, and the two forms bent still farther forward to their task. We knew they were putting into that stroke the best that was in them. For an instant the canoe trembled, stood still, then gradually, almost imperceptibly, moved forward. Without relaxing their vigilance in the least the paddlers kept the boat headed up stream, but this

time inclining it slightly toward the Maryland shore. On it came.

"Finally, when it was within a few feet of shore, eager hands seized the canoe and dragged it in. "As I assisted the doctor from the boat (he was hardly able to stand, being cut and bruised almost from head to foot), I offered him my heartfelt congratulations for his recovery from what seemed but a few minutes before a sure death. He was profuse in his expressions of gratitude, and well he might be, for had it not been for a fortunate combination of circumstances he would never have been there to utter them.

"As I retraced my steps to the camp I was filled with a deep feeling of admiration for the rare exhibition of heroism I had just witnessed, and I could but feel that too much could not be said in favor of a sport that trains a young man to meet without hesitation whatever demands may be made upon him, even when the demands may mean an occasional sacrifice of life itself. Valuable as life is, are there not some things even finer?"—Washington Star.

WHITE LADY OF DREYFUS CASE

ALWAYS PRESENT AT TRIALS, BUT CONCEALED IDENTITY.

Parisians have forgotten the White Lady, who has made her reappearance with the retrial of the Dreyfus case, and, ungallant though it must sound, I admit that I, too, have forgotten her name. She has always been somewhat of a mystery. She is a rich and attractive woman, who must now be about 35, and for the last twelve years she had not missed a single one of the greater or lesser trials of the Dreyfus case. How she obtains a ticket for admission to court is as great a mystery as herself, but she is always present, and always dressed entirely in white. Her jewels are remarkable, and she attracts, or, rather, attracts, so much attention that she is asked to sit in a quiet corner of the court, where she would not be quite so prominent a figure. On the first day of the Rennes court-martial in 1899, the White Lady was the only woman on the platform where the judges sat. Three or four distinguished people, the ex-president of the republic, M. Casimir Perier, among them, had been allotted seats behind the judges; but the presence of a woman there, and of a woman dressed in white and glittering with jewels, created somewhat of a scandal. The uproar made in court was such that, although the White Lady was found to be in possession of the pink card, signed by the minister of war, entitling her to sit upon the platform, Col. Jouanet, the president of the court-martial, asked her to leave her prominent position, and provided her with a seat elsewhere. —St. James' Gazette.

NO MACHINE FOR WOMEN'S WORK

HOW HOUSEKEEPER FLOORED THE AGENT.

"Madam," said the young man who had called at the back door on May day, "I have the pleasure of introducing to you our new automatic house-cleaning machine—a simple thing which does the whole work of house-cleaning, leaving to you merely the general supervision. "Does it all here?" demanded the woman of the house. "Will it wash the outside of the upstairs window?" "Why, no, madam, but—" "Will it take down, wash, stretch to dry, iron and hang up the parlor curtains?" "Well, of course—this machine—" "Will it gild chandeliers, paint the kitchen, make my daughter help with the dishes, persuade my husband to be contented with cold dinners, get out the screens and patch them up?" "Oh, madam, this machine—" "Will it take down the parlor stove and set up the refrigerator, wash the winter bedding and put it away, lay down the furs with moth balls, paper the hall bedrooms, wash down the paper in the hall, broom, wash, fold, starch and iron and put away the family clothes, darn, patch and sew on buttons, wash dishes, set three meals a day and pacify the household?" "No, madam, you have misunderstood the limitations of this machine." "Limitations?" demanded the woman of the house. "I guess it has limitations. It will be a long time yet before any man will get up a machine that will do all a woman has to do in house-cleaning time." She took a fresh mouthful of tacks and went back to the dining-room carpet, and the agent faded sadly away. —New Orleans Picayune.

FLOSSIE'S ENGAGEMENT.

"Did you hear about Flossie being engaged?" asks the first fair young thing. "No, is it true?" "Yes, and it's the most romantic thing you ever heard of. You know Egbert Figgens has been paying attentions to her for more than a year." "Yes." "Well, yesterday morning Flossie was helping her mother clean house, and she had on an old skirt that she has tried to use to every cook they have had for two years. And she had on an old waist that had on those great big balloon sleeves, you know." "Yes, yes." "And her hair was all dragging down her eyes, and she had been taking down pictures and dusting them, and there were smears of dirt every way across her face, and her hands were in the horrible great big gloves, and she was wearing an old pair of carpet slippers that belonged to her father. And of all things—" "Yes, yes. What then?" "Egbert proposed to her while she was looking like that?" "He did." "He did, and of course she accepted him." "Well, a man who is so deeply in love that he will propose to a girl who looks like that deserves to be accepted." "Yes, but Egbert proposed over the telephone." —Kingston Freeman.

The Emperor of China has a household consisting of 500 persons, including 30 bearers of state umbrellas, an equal number of fanbearers, 30 physicians and surgeons, 75 astrologers, 75 cooks and 60 priests.

HOUSE FLY A DEADLY PEST

THE GREATEST LIVING ENEMY OF HUMAN HEALTH.

Breeds Typhoid and Distributes Germs Everywhere—A World-Wide Crusade Against the Fly.

It has already been demonstrated beyond question that the mosquito is solely responsible for the dissemination of malaria and yellow fever. The knowledge of this fact has enabled the medical authorities to stamp out those diseases where they have had power to do so, as at New Orleans, Colon and Havana.

It is proved that to another and still commoner insect is due the propagation of the greater number of all the diseases that afflict mankind.

The common house fly is the greatest enemy of human health. The United States department of Agriculture in the state of Connecticut, the municipality of Paris, and public and scientific bodies all over the world are starting a crusade, with the object of warning people against the dangers of flies and teaching them the best methods of exterminating them.

A GERM-LADEN WALK.

Practically all germ diseases are spread by flies and insects of various species. The common house fly has an unerring scent for filth of any kind. Whenever there is any within a hundred yards or so, especially if it be exposed to the sun, the fly goes straight to it, and, having smeared his mouth and six legs with dirt and disease germs, flies off to drag those disease-laden organs over the food of the nearest dining-room. He crawls over meat, butter, sugar, etc., and frequently into the milk or other beverage. He crawls over the face, nose, eyes and mouth of the nearest human being. Everybody knows what a penchant the fly has for the human face, and especially for those parts of it which are warm and moist. And now you must know that the fly is as dangerous as he is disgusting. It has been proved that the majority of cases of typhoid fever, which have been attributed to defective plumbing, are due to fly infection.

A startling photograph has been taken by Professor William Lymann, of the Massachusetts Institute of Technology, showing the tracks of a fly across a glass of beef jelly, which takes up and nourishes germ life. In the course of a few seconds this fly has scattered millions of typhoid germs over the jelly. Each spot in the picture represents a colony of germs. Professor Underwood counted one colony and found that it contained 46,000,000 germs. It is interesting to note the characteristic direction of the fly's walk in this picture.

FLIES BREED TYPHOID.

The fly spreads disease by carrying dirt, and also uses the dirt as a breeding place for its grubs, which find there the necessary nourishment. Thus there is perfect reciprocity between flies and dirt. It breeds in stable refuse and cesspools. Various flies make a specialty of carrying certain specific diseases, just as two different mosquitoes carry malaria and yellow fever. The common house fly is the great disseminator of typhoid fever, chiefly for the reason that it swarms in places where the typhoid germs are commonly found.

The fly has been legally recognized in the United States that the fly disseminates typhoid fever. In the common pleas court, of Philadelphia, Gabriel Upton, of Germantown, brought suit against the city of Philadelphia for giving him typhoid fever, and obtained \$1,500 damages. The city had been building a sewer and had turned the sewage into an open creek that ran through Upton's property. Higher up there had been a case of typhoid fever, and, although there was nothing to show that his drinking water supply had been contaminated, the disease, which must have been carried to him by the flies. Dr. Henry Skinner, entomologist of the Academy of Natural Sciences, gave this evidence upon the subject:

"He (Upton) could be infected by insects settling on a sewage matter and then coming into his dining-room in the summer or fall, when the windows were open, and directly contaminating the food. In that way, I believe, he could acquire the disease either by direct or indirect contamination."

"The modern view," he continued, "is that typhoid is commonly produced irrespective of water supply, although that is a frequent source, because water is a common carrier, and the germ being in the soil and the water, the need of Dr. Chase's Nerve Food is proved in that way. But in many instances in camps the water supply has been found perfect. For instance, at Camp Meade, I understand that the water supply as a source of contagion has been eliminated."

The Muscles and the Nerves

The heart, the stomach, the bowels, and other vital organs are composed almost entirely of muscles and it is by the contraction of muscles that these organs perform their functions.

But muscles without nerves are as a dead mass of flesh, without power of movement or contraction. Hence the absolute necessity of nerve force in the body and the importance of such a medicine as Dr. Chase's Nerve Food to revitalize and reinvigorate the wasted nerve cells when these organs lag in performing their duties.

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Nevertheless typhoid fever is there. In the late war it has also been attributed largely to insect contamination—that is to say, insects swarming in sinks and getting their feet covered with germs and then flying on the food and settling on the food in the mess tents."

Professor L. O. Howard, the entomologist of the United States department of agriculture, writes:

"The principal insect agent in the spread of typhoid is the common house fly, and this insect is especially abundant in country houses in the vicinity of stables where horses are kept. The reason for this is that the preferred food of the larvae of house flies is horse manure. House flies breed in incredible numbers in a manure pile largely derived from horses. Twelve hundred house flies, and perhaps more, will issue from a pound of horse manure. Ten days completes a generation of house flies in the summer. The number of eggs laid by each female fly averages 120. Thus, under favorable conditions, the offspring of a single over-wintering house fly may in the course of a summer reach a figure all most beyond belief."

If we calculate that only one-half of a fly's output of eggs survives, and that the same happens to its descendants, we get the following results:

One fly raises 60 flies in 10 days	These have each 60
3,600 in 20 days	60
216,000 in 30 days	60
12,960,000 in 40 days	

Allowing 1,000 flies in the ounce, we have 16,000 to the pound. The total product of one fly at the end of 40 days would weigh 810 pounds, or more than five times the weight of a 160-pound man. It is easy to see that if the whole swarm of flies reproduced themselves at their fullest capacity they would absolutely render the earth uninhabitable in one season. They are kept down by natural enemies, by the cleansing operations of man and by accident.

The common house fly (Musca domestica) is a medium-sized grayish fly, with its mouth parts spread out at the tip for sucking up liquid substances. It also has six hairy legs, which gather up the filth over which it walks and convey it to the food.

HOW TO FIGHT FLIES.

When the fly can find no more congenial occupation it uses these hairy legs to irritate the heads of bald men or to torment babies. Professor Howard caught 23,987 flies in the dining-rooms of the United States, and 22,808 of them belonged to the species Musca domestica, the fly that can only breed in filth. The house fly cannot bite, and the common impression that it does arises from the presence of a somewhat similar fly, Stomoxys calcitrans, or the stable fly, which has a long, horny beak. Another species, called the cluster fly (Pollenia radis), is smaller than the house fly, and has a smooth abdomen with yellow hairs. Its size has led people to believe that the house fly grows, which is a mistake.

The bluebottle fly (Calliphora erythrocephala), breeds only in meat, carrion, dead animals and decaying animal matter. There are two other blow flies—the smaller bluebottle (Phormia terranova), and the green blow fly (Lucilia caesar).

Flies possess a marvelously interesting physical structure. The large red eyes that may be seen in front of the house fly's head are compound eyes that give thousands of images, but not a distinct one. At the back of the head are three simple eyes, which give a clearer image, so that the fly sees best from behind. The wings vibrate with such rapidity that they produce a musical note that varies with different species. The usual pitch of a fly's hum is about the notes of E or F, and the corresponding number of vibrations would be between 320 and 350 per second.

Each of the fly's six feet has two pads, and each of these carries 1,200 hairs, each of which secretes a sticky fluid. This fluid gives the fly its marvelous power of walking on the ceiling, and also creates a maddening effect when the insects walk on the human face.

There are two principal ways of fighting flies:

1. By screening all food and keeping flies away from it.
2. By removing, screening, disinfecting or otherwise covering up all filth that serves as a breeding place for flies. Food should be quickly and carefully covered up after a meal, and, if not needed, taken away and buried. Damp clothes should be kept near meat dishes, milk jugs, etc., ready to cover them up as soon as they are out of use. Sticky papers can only be regarded as a second-rate palliative. Remember that the exposure of any kind of refuse near the house furnishes a breeding place for the flies, and that if food be exposed the flies will deposit germs upon it.

On stables in which a horse is kept will supply flies for a large neighborhood. With the abolition of horses through the use of automobiles, electric railways, etc., it may be possible to banish the common house fly altogether from cities, but country dwellers will always be troubled by the pest.

ADVICE FOR FARMERS.

Professor Howard, after many experiments, has devised a convenient method of keeping down the fly pest for those having stables. He recommends that the manure be shoveled daily into a carefully screened closet, 6 by 8 feet, built into the stable. It has a door and a window on the inside and a door on the outside. No manure is thrown on the outside. Every morning a shovelful of chloride of lime is thrown over the pile. This experiment was tried in the stables of the agricultural department at Washington, and the result was that the neighboring offices were practically free from flies. It is an important fact that flies rarely travel more than three hundred yards from the place where they are bred. On a farm the contents of the closet are carried away to the manure pile. This should be scattered with chloride of lime once a week. When the manure is finally scattered on the land it is in a dry state, and offers little opportunity to the flies. Kerosene has been tried as a means of preventing breeding, but is less effective

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