

WHY MEN SHOULD REFORM CLOTHING

Hygienists Point Out That Poor Ventilation Results in Chronic Heat Poisoning—Women Have More Sense.

Hygienists are coming out strongly for reform in the clothing of men along hygienic lines. They declare that in this respect women have displayed far more intelligence than men, pointing out that where direct efforts failed to accomplish much in the way of getting women to wear sensible clothes the appeal of fashion had an almost instantaneous effect.

Attention has been directed to this subject in a serious manner by the knowledge gained by investigation and study of industrial hygiene, more particularly the causes of minor illnesses among various classes of factory workers. It has been definitely determined that "many of the ill-defined ailments observed in certain trades are nothing in the world but chronic heat poisoning." In other words, they are due to a lack of proper ventilation.

It is maintained, therefore, that as the mass of workers suffer from poor factory ventilation, so also does the individual suffer from poor bodily ventilation—hence the necessity for reform in the matter of his clothing.

"If industrial hygiene has brought forth one incontrovertible fact, it is that there is a direct relationship between the ventilation of the work room and the efficiency of the worker," says The Nation's Health. "Physiologists have determined that the reason that moist warm temperatures reduce efficiency is because of the difficulty in those situations in which the atmosphere is stagnant. Conversely, those who live and work in an environment approaching that of the outside air are not only more useful workers but they also lead longer, healthier lives."

Chronic Heat Poisoning.
"The reason is not far to seek. Man gets rid of his excess heat by perspiring, and this physiological process is as necessary to his well-being as is panting to that of a dog. Unless this perspiration is evaporated and heat loss produced thereby, he is surrounded by an envelope of moist air, an excellent non-conductor of heat, and, in consequence, a greater or lesser degree of heat prostration results. Thus many of the ill-defined ailments observed in certain trades are nothing in the world but chronic heat poisoning. These facts are well recognized and factory laws in general require that work-shops shall be well ventilated."

"It is curious that this principle has not been more generally applied to the clothing of men, i. e., that steps have not been taken looking to the improvement of the body of the individual."

Hampered by Clothing.
"The clothing which is worn by the average male in the temperate zone contributes not a little to the bad ventilation of the body, and by reason of its many constructions, it reduces the exercise of the musculature very considerably."

"The feet are incased in stockings which hold both heat and moisture and over this layer are shoes made of leather and canvas, and rendered almost watertight by an outer coating of wax or enamel. They bind the feet to deformity



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and its muscles are atrophied by non-use. The leg is constricted by stockings and garter, outside which is a pair of trousers which bind the knees, thighs, and hips.

"The thighs are incased in drawers which may extend to the ankles, binding calves and knees still more and tightly buttoned over the hips and around the waist. In the case of breeches, motion is still further restricted by their being buttoned from the knee downward, and this is accentuated by puttees, either of stiff, unyielding leather or a bandage of wool tightly applied. Trousers or breeches tightly encircle the waist, and to make sure that the abdominal muscles shall be thoroughly cramped a belt of leather or non-elastic cloth is worn."

Further Interference.
"An undershirt of cotton or wool envelops the body from the neck almost to the knees, and perhaps from the shoulders to the wrists. It may interfere with respiration, and over it is a shirt with constricting bands of stiff cloth which bind the neck and wrist. In the case of the dress shirt, a collar is worn."

"A stiff starched collar which impedes the use of the neck."

whatsoever top off the shirt. A snug vest of cotton or wool tightly clinches the thorax, only to be covered by a coat which restricts the shoulders, arms, and trunk. All to this a heavy overcoat or raincoat and a hat which tightly encloses the cranium and the costume is complete, unless a cane, which is not necessary in order that this poor besaddled male may walk, be included.

"Women have displayed far more intelligence in reforming their clothing along hygienic lines. A man's clothes average about nine pounds in weight, a woman's usually less than five, and it is a well-known fact that a girl in an evening gown can dance a man in a dress suit to death."

"The solution of the problem lies, of course, in the reforming of men's clothing. The innumerable failures to reform women's dress by direct methods and the accomplishments of fashion to that end point out a general line of attempting this. The improvements which have been brought about in female garb were not too difficult to produce because the fashion of women's dress is in a constant state of mutation, and if a woman can be shown that a certain thing is stylish, she will eagerly adopt it."

"Not so with man. He fanatically clings to the necktie, a vestical rem-

nant of the Middle Ages; he demands a ribbon for his hat for no other reason than the floppy headgear of Louis XIV. was liable to be blown off; buttons which once supported a sword belt still adorn the back of the cutaway of the disarrangement era and three or four buttons at the cuff are fossilized relics of the days when men used to roll up their sleeves. Men cling conservatively to uncomfortable hygienic garments and they will stiff-neckedly resist a change unless there is a subtle appeal to their vanity."

"Changes are coming slowly; underwear is being improved; the soft collar and the sports shirt are steps in the right direction; the was popularized a shoe which somewhat approaches the shape of the foot, but, unfortunately, there remain to be worn out a lot of puttees. It still is impolite for a man to appear in his shirt-sleeves; walking without a hat is frowned upon, and the man who attempted to traverse Fifth Avenue in really hygienic clothing would continue his journey in a patrol wagon. Yes, the ideal is still a long way off."

"A pair of sandals and a loincloth would be about right, but Carlyle has pointed out, such a garb would detract from the dignity of the courts, so it must be said that the one-piece dungaree which automobile mechanics wear is about the best to which we have attained at this stage of our sartorial development."

PARIS ON STAND IN OWN DEFENCE

The defence opened and the prisoner was put on the stand yesterday afternoon in the trial of John Paris, charged with the murder of Sadie McAuley. Detective Sergeant Power and Detective Biddiscombe were the witnesses for the prosecution. Their evidence was practically the same as at the other two trials.

The Defence.
Mr. Vernon then opened the case for the defence. At that stage it was not necessary for him to discuss the weak case of the prosecution, for whether Paris was in St. John or not did not prove him guilty of the murder of Sadie McAuley, he said. He would produce witnesses who would prove that it was impossible for Paris to commit the offence because they would prove that Paris was continuously in Truro from the morning of July 24 until the evening of August 3. His witnesses belonged to a class in whom the jury should have greater confidence than they would have in the class of witnesses who were brought over by the crown from the west side.

Paris Gives Evidence.
Mr. Vernon then put Paris on the stand. Paris said that he left St. John on the night of July 23 for Truro, that he arrived in Truro the next morning, July 24, and that he remained continuously in Truro until the evening of August 3, when he took the train for St. John, arriving here on the morning of August 4.

The witness gave a detailed account of the time he said he had spent in Truro, telling of his actions, where he had gone and the people he had met. Witness said he boarded the train for St. John on the night of August 3 and arrived in St. John between six and eight o'clock on the morning of August 4. He had not been in St. John from the night he left on July 23 until he returned the morning of August 4. After his arrival he talked with some people. Later he started out for his home in Water street, West St. John by way of Main street and the Strait Shore road. He cut down by Saunders' row and whistled across the river to Willie Sweet who came over in a boat and rowed him to the Carleton side. He left his home about 11 o'clock

that same morning to bring some Amherst people who had come on the train with him. He met Walter Humphrey, Campbell, and Stanley Humphrey. He asked Walter to row him across. Humphrey did row him across to the Strait Shore side. Witness went immediately to the station. He saw several people there and was told that the Amherst people had already left by way of the ferry for his house. He returned to his home between 4.30 and 6 o'clock that afternoon. He said he stayed around his home that evening.

He had no moustache on August 4. He mowed some hay for Mr. Stackhouse, his landlord, on August 5. He went to work hauling ashes on August 6. Afterwards he went to Grand Bay fire-fighting.

He swore he did not cross the river on August 2 or 3. He was not in St. John on August 1, 2 or 3. He was not in Riverview Park on August 1, 2, 3, or 6. He denied that Mrs. Calvin or Alice Brown saw him in Riverview Park on August 1 or 6. He was never in the Park when Hattie Lavigne was there. He swore he did not cross the river with Walter Humphrey on August 3 and he denied that he ever had any such conversation as Humphrey had alleged had taken place between them on August 3 on the trip across.

He had been taken before Hattie Lavigne two or three times. He had no moustache, he said, when he was taken before her previous to his being taken to Truro.

He swore he never owned a khaki shirt in St. John. He had no khaki pants with leggings and he had no riding breeches. He had no brown coat or black bow tie last July or August. When he returned from Truro he was wearing a blue suit. He denied the testimony of McDonald and Humphrey regarding his alleged attempt to borrow \$2 from McDonald.

Judge Berry at this stage asked the prisoner whether he knew of any reason why John McDonald should frame up a story like that with any foundation. The prisoner replied that there was a reason. The judge asked the counsel to bring it out. Mr. Vernon asked Paris to tell the court his jury.

Prisoner's Explanation.
"To the best of my suggestion," Paris replied, "a man will pay other people to go around and steal things off people's cars and rob people's cars, it

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certainly is a fact he will sell a man's life for \$1,000."

Asked by the court if he thought that was the reason, Paris said he was positive it was.

Asked by Mr. Vernon whether he knew of McDonald's having stolen things off people's cars, Paris replied that he did not, but that he knew of other people who had stolen and that McDonald had gotten the stolen goods in the end.

He denied that he had ever made any statement about killing a man or holding up a man. Paris laughed and said "No" when Mr. Vernon asked him whether he had ever killed a man in Nova Scotia. He never had anything to do with any murder or any rape, he said.

Cross examined by Mr. Byrnes, Paris said that when he swore at a previous trial he did not know where Riverview Park was, he meant he did not know exactly at what spot off the avenue the park was. From what he had heard in court he thought it was off the right hand side of the avenue. Of his own knowledge he did not know where the park was.

He did not remember saying at the last trial that the gasoline was stolen in Truro on July 26. He could not remember whether his defence at the time

of the trial for the theft of the gasoline was an alibi.

The cross-examination of the witness was interrupted by the adjournment of the court until 10 o'clock this morning when Mr. Byrnes will continue his examination of the prisoner.

CANADA STEAMSHIP UNDER NEW CONTROL

Montreal, April 27.—The Montreal Star prints today what it understands is the new slate of directors of the Canada Steamship Lines, Limited, as follows:

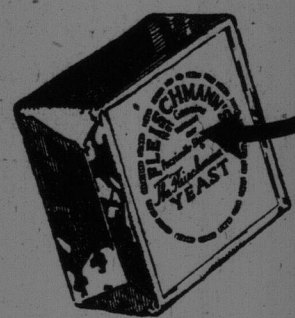
W. H. Coverdale, president; J. W. Norcross, vice-president and general manager; Frank J. Humphrey, A. J. Brown, K. C., Robert Hobson, Senator Smeaton White, Fred W. Molson, Dr. W. L. Macdougall, D. B. Hana, and C. E. Taschereau.

Commenting on this new board, the Star says:

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No. 4. Good Toned High Top B. Shoninger Organ; lots of power—Sale Price, \$15.00 Cash Splendid Value	No. 5. Thomas 5 Octave Piano Cased Organ; couplers and divided swells; 4 sets reeds; nice chromatic case. A Good Organ. \$35; \$10 Down and \$5 per Month	No. 6. Doherty Organ; 5 octave, treble and bass couplers, divided swells; 4 sets reeds. Good case and splendid tone—Sale Price, \$25.00 Terms, \$10 Down and \$5 per Mo.
No. 7. One Modern 6 Octave Piano Cased Thomas Organ; couplers, divided swells; beautiful organ. Worth \$300 New—Sale Price, \$65.00 \$10 Down and \$7 per Month	No. 8. Dominion Piano Cased 6 Octave Organ. It is practically new. Worth \$200 New—Now at Sale Price, \$85.00 Terms, \$10 Down; \$7 per Month.	No. 9. Nice Cabinet Mason and Hamlin Organ. Good tone—\$15.00 Cash
	No. 10. Thomas High Top 5 Octave Organ; 4 sets reeds; treble and bass couplers, divided swells; mouse proof attachment. A very good organ. Tone is beautiful \$45.00. Sale Price Terms, \$10 Down and \$5 per Mo.	

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