

If Your Teeth Are Bad, Fix Them by Getting Yourself a New Job.

If your teeth are bad change your occupation. It is quite likely that the cause of teeth decay can be located. The majority of cases, next to that of neglect, are caused by the work pursued by the man who has bad teeth.

Dr. Hesse, a dental specialist of Leipzig, is the authority for this. Dr. Hesse is making a study of occupations in relation to the care of the teeth and he finds that there is a great relation between the two.

Bakers are quite likely to suffer from decayed teeth, says Dr. Hesse. A baker, therefore, in order to keep his teeth sound and healthy, must take much better care of them than the average individual. The cause for bad teeth among bakers is that flour enters the mouth during work. This flour collects on and around the teeth, where it decomposes and generates an acid which is very destructive to the dentine.

Quicksilver miners follow the most unhealthy trade in the world. They cannot take care of their teeth. The fumes of the mercury produce constant salivation and the system becomes permeated with the metal. Soon after this the teeth of the unfortunate

men fall out. But it is not the teeth alone that are affected by the quicksilver. The men employed in quicksilver mines soon lose their appetite and become emaciated. If they keep on working in the mines they do not live more than three years.

Chloride of lime, employed by bleachers, frequently destroys the enamel and dentine of the teeth. As chloride of lime is used in many factories, those who come into contact with it are in great danger of serious teeth trouble.

Phosphorus, used largely in the making of matches, is another substance greatly injurious to the teeth. As many women and children are employed in match factories, and as they do not understand its dangers, phosphorus is doubly dangerous.

Soda is dangerous for the teeth, too. People who work in soda factories are affected in a peculiar way. Their teeth become translucent, then soft. If not treated in time and they continue at the factory where soda is used, the teeth break off close to the gums.

Other drugs employed in dye works and canning factories are found by Dr. Hesse to be dangerous and destructive to the teeth.

All Kinds of Ways to Eat Eggs; They Like 'Em 'Sour' in Germany.

HOW do you eat an egg?

To a stranger the manner in which you eat this part of your breakfast may indicate your nationality. Nearly every nationality has some special way of cooking and serving eggs for breakfast, and, quite unconsciously, the average person's order of eggs will reveal his nationality.

Americans are said to prefer poached eggs. The foreigner, when traveling, who sees a man order a couple of eggs poached on toast almost immediately jumps to the conclusion that only an American could have given the order. Hard boiled eggs, served whole, are another American dish, and "deviled eggs," where the yolk is mixed with various condiments, is strictly American. Fried eggs, too, are more common in America than elsewhere.

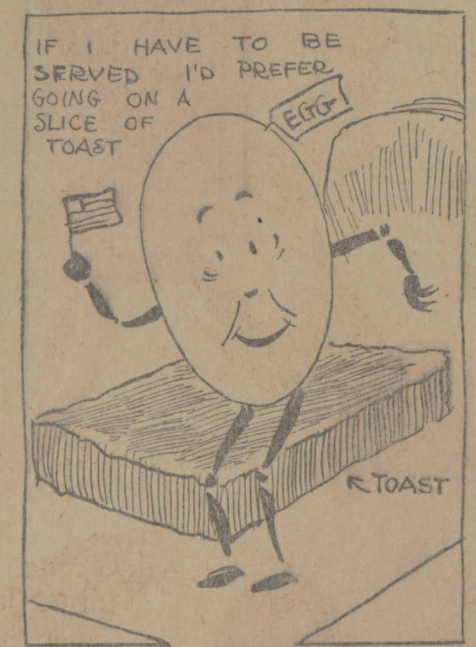
Hard boiled eggs are eaten in Germany, too, but they are usually prepared in a glass, clopped with butter, salt, and pepper. The German likes his soft boiled eggs very soft indeed, and breaks the contents into a china cup, eating them from the cup. The "egg cup" is an invention of Germany, but the German cups are large enough to contain several eggs. "Sour eggs" are eaten in Germany, too.

The average Englishman likes his egg boiled for three and a half minutes, no more and no less. He is particular about the time. He prefers a small egg cup that holds one egg, the shell of which is not removed. The Englishman then removes the top of the shell and eats the contents out of the shell. Bread and butter, instead of the toast of the American, is eaten with the Englishman's eggs.

The Frenchman removes the top of his egg, too, but then he stirs the contents vig-

orously and adds bits of bread and butter to the egg. Sometimes squares of bread are dropped into the egg.

No Spaniard would dream of letting an egg boil three minutes—that is, if he prefers his eggs prepared strictly in the native fashion. The egg is allowed to boil only one



minute and is then broken open and the contents poured into a glass, the real Spanish epicure drinking it off as if it were water.

In Italy, eggs, to be perfectly prepared, are started on their boiling by being put into cold water. When the water comes to a boil the egg is done. It is eaten on a large plate with bread.

Animals Make Poor Sailors; Horse and Tiger Suffer the Most.

HUMAN beings are not the only ones who are troubled with sea sickness. The lower animals, too, apt to suffer with various forms of sea sickness.

People who have watched the antics of animals on a sea voyage say that they are more interesting, though perhaps a bit more pitiful, than they are when performing on the stage.

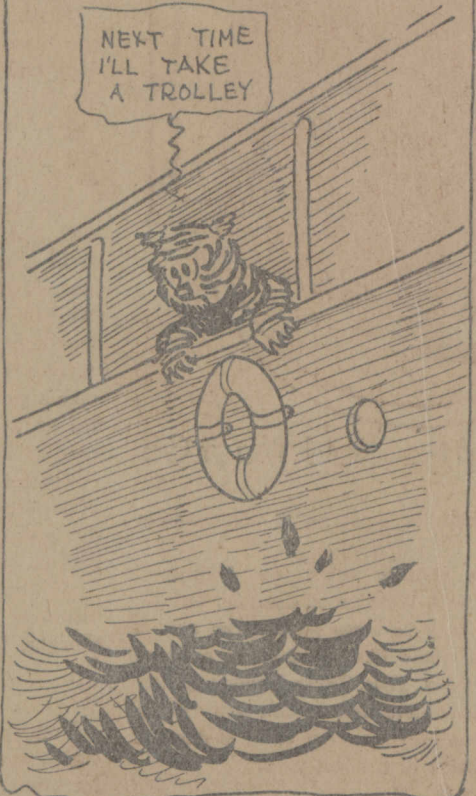
Most animals are poor sailors. Horses and tigers suffer most of all. They whine continually in a most pitiful way, and their eyes water continually. They will not injure one, even if wild. Elephants, too, suffer greatly, but they are most amenable to medical attention.

When an elephant falls sick there is only one remedy, and this is given to it immediately. Each elephant is given a huge bucket filled with fresh water to which have been added quinine and three pints of whisky.

The polar bear is one of the few animals that seems to approve of traveling. He enjoys a sea journey, and is gay while on shipboard.

Birds love sea voyages. Larks and robins, as well as the tropical birds, delight in ocean voyages and sing beautifully during them.

Because nearly all wild animals must make sea voyages after they have been caught, in order to reach the country where they will be kept, M. Triner, a French animal trainer, is making a study of sea sickness in regard to



Man About Same Size as Ever.

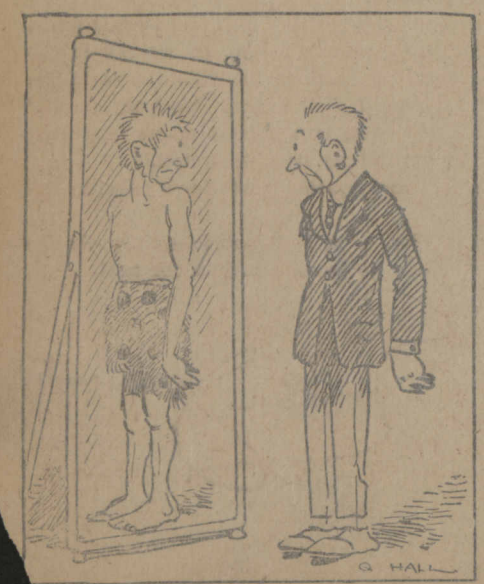
It appears from the results of scientific measurements made in France that the average stature of man is neither increasing nor decreasing. The skeletons of the men who inhabited France at a period when

Europe was the home of lions, elephants, rhinoceros, hyenas, and reindeer, are of nearly the same size as those of the French people of today.

Yet the surroundings amid which these early men lived were remarkably different from those enjoyed by their successors. Their best abodes were caves, and to hold possession of them they had to wage warfare upon such fierce beasts as the saber toothed tiger and the cave bear. Without our modern weapons it would seem that they should have possessed superior bodily powers, but there is, it is said, no evidence that they did. They had human cunning, however, which always prevails over brute strength.

Later came the ancestors of the Gauls and Franks, and they seemed to have slightly exceeded the cave men in stature, and also to have been a trifle taller than their modern descendants.

One interesting fact shown by the measurements is that there has been a perceptible gain in the stature of women as compared with that of men since the days of the tiger fighters in France.



Millions Soon to See in Movies the Great Battle of Waterloo.



THE millions of spectators who will soon witness in almost every corner of the civilized world the hugest film ever produced, of one of the world's greatest battles—Waterloo—will hardly realize at what a cost of human energy and injury the pictures were obtained.

Four thousand players took part in the battle, which was fought this time near Northampton, England, instead of in Belgium. Three thousand cavalry participated, and nearly 100 cannon were used. And a gala day it was for the country round. Factories and schools were closed, and hundreds of men, women, and children flocked to see Napoleon, Wellington, Blucher, and the 4,000 soldiers come back to life.

Several times the onlookers barely escaped annihilation with the "shells" which burst dangerously close to their feet. Once a charge of 100 lancers drove dozens of frightened women and children to shelter, and they barely escaped being crushed beneath the men and horses.

So energetically and with such stern realism did the actors throw themselves into their parts that large numbers of them suffered injuries of more or less seriousness.

One accident that was especially serious was when eleven horses fell into the water and threw several of the players in, too, underneath them. Rescuers immediately rushed to the scene, however, and the men and horses were removed and their injuries promptly attended to.

The moving picture company evidently realized what great risks the players were going

to take in the production of the film, for it had each and every player insured against both death and accident.

It is a peculiar coincidence that the producer of this wonderful film is half English and half French, his father being a Londoner and his mother a Frenchwoman. Charles Weston is his name, and he is a self-made man, never having gone to school a day in his life. He was born in the United States, on a train between New York and Jacksonville, and from his own story he seems to have been traveling ever since.

He taught himself to read and to write, and at the age of 9, after his mother died, he ran away with a circus. After five long years of earning nothing but his food and lodging he went to New York with only 5 cents in his pocket. There he found a job in a saloon at \$2 a week, and then one day a man came up to him and asked him if he could act. This led to a theatrical life, until he found himself in London, teaching roller skating at Olympia.

One of his early theatrical ventures was ruined by the refusal of the United States authorities to let in his star actress, a Russian, on account of a defect in her sight.

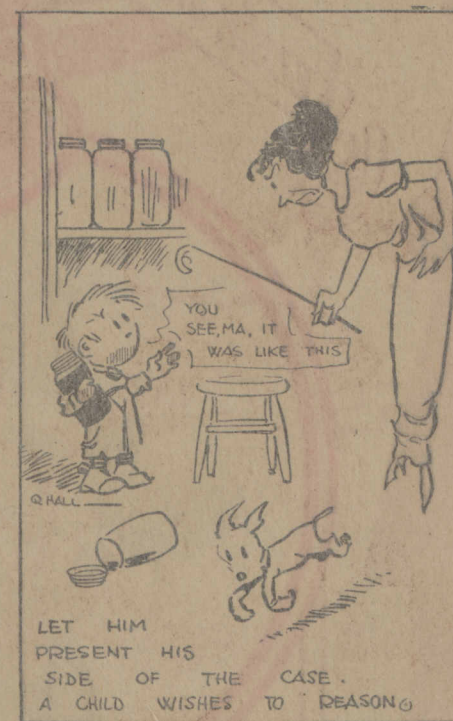
Then he turned his attention to the "movies" and wrote his first picture play. Others speedily followed, and it was not long before he became the director of a producing company. Coming to England, he managed to get in front of a big American company which was on the same track as himself, cornered all the Waterloo uniforms in London, and wrote and produced the great Waterloo film play.

Let a Child Talk What It Wants.

D R. S. J. GANOT, French scientist, believes that the only way to develop a child's individuality is to allow him to talk in the family circle. "A child does not want to be impudent or give 'back talk,'" he says. "Most grown-ups think that anything said by a child in reply to an admonition of an elder is impudence. A child wishes to reason. He wishes to present his side of the case. In a crowd he hears others expressing an opinion, and wishes to do the same. If he is made to be silent his individuality is suppressed. He is mentally stunted, and is not being allowed to grow naturally. The child who is allowed to say what he wants to, when he wants to say it, never is impudent. On the contrary, he is thoughtful, usually not too talkative, and can express himself sensibly and well. He is devoid of bashfulness and self-consciousness."

Dr. Ganot's ideas as to the raising of children are directly opposite to those in vogue a generation ago, and even opposite to some modern rulings of the average household. He believes that a normal child should be allowed to do pretty much as he pleases. He should choose his own food, his own toys, his own enjoyments. He should be listened to, reasoned with, and an effort should be made to understand him.

"There will be no more cases of bad tempered children and of quarrelsome households," says Dr. Ganot, "after the individ-



uality of the child is understood and developed, instead of frowned upon and suppressed. Give a child a simple task or two each day, allow him to eat and sleep and play as he wishes, and you will have a healthy, happy, intelligent child who will make a normal, intelligent, successful man."

Let a Child Eat What It Wants.

N EARLY all of the habits that we were told in youth were wrong are looked upon with favor by Dr. Ganot, the French physician who is a children's specialist. Children may eat between meals if they are hungry. Candy is good for children.



Children should not go to sleep before dark, unless they are really sleepy. Children should not be punished for "sassing" or "talking back." The old adage, "Children should be seen and not heard," is a mistaken one. These are just a few of the things that Dr. Ganot believes.

"Treat a child as an individual, not as an imbecile," he says. "If a child is hungry and says so, give him something to eat, whether it is mealtime or not. A child grows rapidly and needs a great deal of nutrition. The child himself is the best judge of whether or not he should have something to eat. A child who is given all he wants to eat, whenever he wants it, never overeats. The child whose food supply is restricted is the one who overeats at the first opportunity, when visiting at a neighbor's house or when his mother's back is turned."

Some food is too rich and is indigestible for a child. If a child is given healthful, muscle and bone producing foods, without too much flavorings or spices, he will not crave rich food. He will be satisfied with what is given to him, if it is fresh and wholesome. A child's palate is to be depended upon. Give him food whenever he asks for it, and give him what he wants.

Three Aeronauts Up 33,000 Feet.

THE highest altitude that human beings ever have reached is 33,000 feet. This point was attained recently by three aeronauts—MM. Bienaimé, Jacques Schneider and Albert Senouque. Recently they left Lamotte-Brenil in the balloon "Icare." The balloon rose quickly to an altitude of nearly 33,000 feet. Each aeronaut had to use an oxygen breathing apparatus. At this high altitude Albert Senouque photographed his two companions. The picture shows the aeronauts well un-

dled up because of the extreme cold, each fitted with an oxygen breathing apparatus. The balloon returned safely to earth five hours after it had ascended.

This is the first time the altitude record has been broken since April 18, 1878, when 28,200 feet was reached. On this occasion the balloon "Zenith" left La Vallette with three passengers. Three hours afterwards, when the balloon returned to earth, MM. Sidel and Croce Spinelli, two of the passengers, were dead from suffocation, and Gaston Tissandier, the other passenger, was barely alive.

There Is Value in Perfumes, but You Must Choose Wisely.

"W OMEN should learn the value of perfume."

That is the advice of M. Albert Rossi, a French chemist. "Every perfume," says M. Rossi, "has the power to attract or repel. If a woman wishes to be considered charming she should choose a perfume with great care and then stick to it."

"There is a perfume for every one, one that fits his or her personality. Find the right perfume and then use it on all of your personal possessions."

According to M. Rossi, it may take a year to find the perfume that is best suited to a personality. The way to find a perfume is to try nearly all of the perfumes procurable. Wear every variety of fresh flower that you can. Try all of the various perfumes and colognes that can be purchased. You will recognize the perfume best suited to you because it will make you feel alert and wide awake, will make your eyes brighter, and will make you take an interest in things. After

you have once found the perfume that suits, you should never be without it.

M. Rossi says, too, that the sense of smell is closely allied to the memory. That is why, when we smell a peculiar odor, it brings up a scene out of the past. This peculiar relation of odor and memory may be utilized to her own advantage by the woman who is wise. By adopting a perfume that is agreeable, a woman can bring pleasant memories to those with whom she comes in contact. She must be careful to adopt a perfume whose odor will be repeated only in pleasant places, a perfume that is not too much in evidence, for, after she has started to use it, her friends will always associate the odor she has adopted with her. For example, if a woman adopts a lilac perfume, every time her acquaintances smell lilac they will think of the woman who uses that particular perfume.

According to M. Rossi, it is healthful to use perfume, for it keeps away the more common odors of the street and is a cleanser of the air and sometimes a disinfectant.

Walking, All in a Day's Work; 250,000 Miles Woman's Record.

P EOPLE have won sudden fame by taking spectacular "long walks." Yet, some people who have never come into the limelight as walkers really deserve praise.

A postman who recently retired has

time he has been in active service.

Mary Jackson, a London postwoman, who delivered letters to small suburban towns, trudged a quarter of a million miles. She never missed a day on account of sickness and never took a holiday.

In 1851 an old Cornish fishwife established a record. Her name was Mary Calliack, and she was 84 years of age. She walked from Penzance to London to see the great exhibition in Hyde Park. The distance was nearly 200 miles. She created quite a sensation and was greeted by Queen Victoria and the lord mayor, and was sent back to Penzance in state.

In 1826 Arthur Lloyd, a pedestrian, undertook, on a bet, to walk thirty miles backwards in nine hours. He succeeded in winning the bet and had fourteen minutes to spare.

Two small boys, Robert and Willie Clifford, walked through nearly the whole state of Colorado recently, and in spite of the difficulties encountered ended the walk successfully by reaching the home of their grandmother, Mrs. Emma C. Lyle. They "ran away" from home after receiving an invitation from their grandmother, an invitation they were told they could not accept on account of the cost of the railway journey. They reported that "everybody was nice and gave us things to eat," and say they will make even longer walks when they are older.



achieved a record by his forty-one years of service, and it is estimated that he has done 160,000 miles of tramping and has delivered about 6,250,000 letters and parcels during the

Internecine War Among Rats; the Gray Ones Routing the Black.

R ATS are exterminating themselves, according to Prof. E. C. Elliott, an English scientist. There is, at the present time, a race war among rats. The black rat is being driven out by the gray

rat, and the gray rat is in turn being killed in large numbers during this rat war. In England and in America, along the Atlantic coast, the gray rat is supreme, but there are not nearly half as many gray rats there now as there were a few years ago.

Even now, though, the cost of rats is enormous. It has been estimated by Prof. Elliott that the cost of the rats in England alone is over \$1,000,000 annually. This means, of course, that the rats consume each year food to the value of \$1,000,000.

In other countries rats eat food at an equally great cost, and in some instances even higher. A penny per day is the sum demanded by each rat in France. An international union has been organized here to exterminate them. In America it is estimated that the number of rats is nearly equal to the population, but they are not nearly as dangerous or destructive as the rats found in many of the foreign countries, and are more easily exterminated.

It is estimated by Prof. Elliott that there are 40,000,000 rats in the British Isles.

India's population is outnumbered by rats to the extent of four rats to each human being. The average rat in India eats food to the value of 3 cents.



Cheering News for Baldheads.

B ALDNESS, if it is a sign of anything at all, is a sign of respectability. The conventional jest about the gayety of the baldheaded man has absolutely no foundation in fact. Occupants of front rows at the theaters and musical comedies are not at all remarkable for their baldness, whatever else their claim to distinction.

One of the prominent papers in London made an extensive investigation to prove the truth of this statement. The result was that the proportion of baldheaded men at the churches and universities and lecture halls in London was so enormously in advance of the baldheaded men at the theaters that there was no possible conclusion other than that baldness is really an indisputable concomitant of respectability and that the jokes about bald heads and the front rows of theaters are merely traditional.



Insects That Walk on the Water.

I NSECTS that walk on the water by means of pneumatic floats are the familiar water and pond skater spider. Not many people know why they can walk on the water.

The pond skater really walks on pneumatic floats. There are tiny hairs on the feet of this insect, so fine that they cannot be seen, that are arranged to collect air. The amount collected in and about these hairs is sufficient to allow the insect to float or walk

upon the surface of the water. As each foot is put down it forms a cuplike depression or tiny pit in the water. The foot does not sink because the air bubble that has been formed is too light to let it.

A fine covering of hair protects the water spider, too, and even if it is submerged in the water it is never really wet. The hair keeps a layer of air between its body and the water. It looks like a white pearl when below the surface. The scientific name of this curious insect is the velia currens.