With the World's Workers

REVIEW of PROGRESS THAT IS BEING MADE ALONG ALL LINES of ENDEAVOR

ALWAYS A MISTAKE

Too Frequently Efforts to "Keep Up Appearances" Result in Dire Calamity.

BE HONEST WITH YOURSELF

Respect of Those Worth Considering Is Never Lost by Frank Avowal That There Are Things One Must at Present Do Without.

How many times have you heard it said that this man or that woman is "keeping up appearances?" It is one of the most common expressions of the day, and conveys to us the idea that the person to whom it is applied, is making extra effort or living beyond his means. It is really significant that the expression is used more frequently in business circles than anywhere else.

While it is true that a great many people who can afford to do so, keep up appearances for appearance's sake, there are vastly more people who endeavor to appear better than they can afford, fearing that they lose the respect of their neighbors if they do not do so. Many a man and woman engages in this struggle just as long as they possibly can, and then go down and out. Their fall is harder than it would have been if they had been honest with themselves and their neighbors.

Keeping up appearances when one is really unable to do so, is deception, sometimes it is fraud, and sometimes crime. It is a tragedy from beginning to end, voluntary, yet none the less disastrous; for the man or woman who keeps up appearances when they cannot afford to do so, lose the esteem and confidence of their fellows, a social asset which once lost, is seldom regained.

How much better would it be for men and women to be honest with themselves and with others, say frankly that they cannot afford this of that, deny themselves luxuries and pleasures which they once enjoyed, until such time as they can recoup their finances. They would maintain their self-respect and the respect of others, for, after all, a poor man or a poor woman, so long as they are honest, has the respect of everybody whose respect is worth having.

The social snob has no respect for himself, and his part in society is all.

It were well that this matter of keeping up appearances be given earnest consideration in these times of high living, and of tendencies to luxures and extravagances; for many a man who rides in an automobile has mortgaged his house to buy it, and even women who wear gay clothe owe the poor dressmaker who made them.

ARAGE

IVERY

and Monarch Oils

Gasoline

old and Recharged

Tires and Tools

EPAIRING

ITEMS OF INTEREST

In all European Russia there are only sixty-two electrical distributing stations.

The United States and Australia consume nearly all the sulphur produced by Japan.

A petroleum pipe line 250 miles long is being built in Belgian territory in Africa.

Alcohol is being made from chicory root in Germany, in several portions of which the chicory grows freely.

English mortality figures indicate that farmers are the healthiest class of men except clergymen.

Asbestos recently was discovered in Sardinia in quantities that are expected to make mining profitable.

The Bavarian postal service utilizes 144 motor vehicles, operated on fifty-seven lines.

SEEK ALWAYS BEST POINTS

Advice of Man of Wide Experience to Youth Who Is Just Starting on Life Work.

Henry Wallace, in an address to college students, told the young men to get a grip on themselves, physically, intellectually and morally. You have to contend against all the weakness of your ancestors. Your problem is to choose the best in your environment and suppress the bad streaks, or weak points you inherited. How you use your opportunities will decide where you land or the position in life you fill. This is a century of big things and institutions, and calls for big men to take their places in life, men with breadth of vision, and, best of all, love for mankind.

The university only gives you the opportunity for acquiring knowledge—not wisdom. Wisdom is right knowledge with power to use it, and faith in the unseen. It is a mistake to educate a man intellectually beyond his moral capacity. Teach the method and practices that will help common men. The great end of life is to develop fine human beings. I would like to select a carload of them and take them around to the fairs, if it was possible to find so many good specimens. For these fine human beings the foundations of the earth were laid; for them the natural forces of the earth work.

Young men should associate with the true and real men of the world, who are toiling for human betterment. Back of every good man there should be a good woman, mother, sister or wife; be anchored to a good woman.

When you have gone away from the university and have found yourselves, you will ask how much has come to me from college; from life in the world. Every teacher will do something for you, but the best help of all will come to you from men with great vision and insight, with deep human sympathy and love for man. The influence of these great men will not end for 500 years or longer.

NEED OF COMPENSATION ACT

American Workmen's Insurance for Injury Is Not Up to That of Foreigners.

The movement for workmen's compensation acts in this country has not yet met with success. As an evidence of the manner in which employes are treated, following accidents in the workshop, here is the result of an investigation carried on by the government among 306 persons who were injured while at work:

Received nothing from employer	72
Received doctor's bills only	26
Received a part of doctor's bills	13
Received something in addition	91
Received something, btu doctors' bills unpaid	29

This is because the laws of the country provide that the employe, to receive damages from the employer when injured, must show negligence on the part of the employer. However, in foreign countries conditions are different. In Great Britain, when a workman is injured a law of nature

PUTS END TO STRIKES

PENSION SYSTEM HAS WORKED TO ADVANTAGE IN AUSTRIA.

Public Employes in Organization Which Makes It to Their Interest to Retain Their Jobs.

The public employes of the Austrian government comprise not only the clerks in public ministries and bureaus, but a large body of office employes and workmen in the government owned railroad, telephone, telegraph, and highway services, in public instruction, etc. The relations between these employes and the government as to an expression of grievances and a demand for redress thereof are in an indeterminate condition and a matter of present consideration.

It may be stated definitely that strikes are not resorted to. This is largely due to the fact that after some years of service all government employes are entitled to pensions, which are so graduated as to attain to the maximum at the approximate age of retirement, entitling an employe to retire after thirty-five years of service on full pension. This makes it to the interest of state employes in whatever line to avoid such conduct as might lead to dismissal before the pension in view has reached a satisfactory figure.

The public employes of Austrth of all services are generally organized in a Verband der Oesterreichischen Staatsbeamten (League of Austrian Government Employes), which was put into operation about two years ago. This organization is for the avowed purpose of the advancement and better payment of its members. Its activity, however, is very discreet, and it is not known to exercise any influence.

The plans proposed to ameliorate the position of government employes are generally based on a scale of definite increase of salary for seniority and on increased pensions. It is argued that progressive increase of pay after definite periods of service with pensions of considerable importance in view at the end thereof will reconcile employes to a career in which their grievances must remain unvoiced.

Great Nation's Shame.

A Boston rabbi tells that in the course of investigations in Maine and New York children as young as three were found working, and that hundreds of children no more than five are working in the Maine canneries 12 to 15 hours daily. This is a slaughter of the innocents, for which the nation will have to pay dearly in the future if the sacrifice of the helpless little ones is not stopped.

AFFLICTED

Employes Afflicted With Tuberculosis Given Free Treatment in Chance to Recover Health.

Health among employes has become more and more of an issue to great manufacturing centers, and an evidence of this is an experiment that has been carried on in Worcester, Mass. There an agreement was made among employers concerning workers afflicted with tuberculosis, and some of the results of the agreement were recently made known.

The campaign started in a shoe factory, where an employer, learning that one of his men had tuberculosis, sent him to the state sanitarium for six months and paid his salary while there. A movement was then started to get other manufacturers interested in the same kind of work.

Thirty-four responded to letters that were sent them. Twenty-four promised to send employes to the state sanitarium at Rutland for three months; four for three months or over; one for five months, and five gave no specified time. The number of persons affected by this agreement was 10,000.

However, things did not work out quite as well as expected. Some of the thirty-four manufacturers, after they had made their promises in the letters, failed to live up to them. Eleven did, however, and some beneficial results have been obtained. Patients were treated from six weeks to six months. Of these three were pronounced cured, eight were improved at the end of their stay, one was not improved, seven died, and five moved away from the state.

But these patients only represent a part of the total number of persons in whom tuberculosis may exist. In the factories that promised to enter into the agreement and then backed out, no medical examinations have been made and no effort exerted to see that persons afflicted with tuberculosis have been taken care of. The bureau that is endeavoring to bring about the manufacturer's co-operation in caring for tuberculosis now is working to bind these manufacturers to their agreement, and it is believed that shortly a systematic effort to stamp out tuberculosis in the factories of Worcester will really begin.

Breadwinners.

In America not more than 14.3 per cent of the whole female population is engaged in gainful occupations, as against 61.3 per cent of the male. Moreover, even this 14.3 per cent becomes still much smaller when only the native whites of native parentage are considered, as the average for the whole country results from the participation of the negro women. In Germany the percentage of workingmen is the same as in America, 61.1 per cent, but the percentage of working-women is 30.4 per cent. Almost 10,000,000 women are breadwinners in Germany. There are three and a half million women engaged in industrial work and business, as against ten and four-fifths million men, and especially characteristic of the German situation seems the fact that 738,999 women are independent owners and heads of establishments. One and three-tenths millions are laborers in factories. In the textile industries, for instance, the women are in the majority—400,000 women, as against 371,000 men. In the clothing industry, 225,000 women stand, against 95,000 men.—The Atlantic Monthly.

How to Gain Respect.

It is foolish for any girl to feel she will lose caste by work. She may not have time for frivolities, but there will be pleasure a-plenty if she does not let the necessity to earn her living make her a sensitive recluse.

Let any woman who is engaged in the fruitless effort to keep up appearances change her ways. The first step may be hard, especially if she be self-conscious and given to inflated notions of her own importance, but the after peace is repaying. The woman or girl who faces life as it is and seeks to make the best of it loses no influence that counts; she gains in the respect of every friend.

Aeroplane as War Machine.

So successful a machine for war purposes has the aeroplane proven that the French army has attached expert machinists to its aerial corps and has equipped a huge motor truck as a complete machine shop for making repairs in the field.

Oh, Learned Judge.

A California judge decided that there is no judicial authority to keep a man from making love to his wife, although it could stop his beating her. The remarkable cause of this remarkable decision was that a woman in Los Angeles had applied for an injunction to restrain her husband from insisting on being attentive to her. This judge was not a Solomon, but he realized that only a Solomon could be trusted to rule upon the whims and inconsistencies of womankind.

New York Journalists.

"Here's a man who claims to understand birds."

"Well?"

"Can we feature it?"

"We might," replied the editor of the New York paper, "if it were played up properly. Send him out to get an interview with the first robin, and let's see what he makes of it."

Competition.

"Royalty has its difficulties," remarked the lord high keeper of the buttonhook.

"Yes," replied the uneasy monarch. "It has gotten so that a court function finds it hard to compete with the scenery and costumes of a big musical show."

Appropriate.

Willis—Why do you call your machine a "she"?

Gillis—It is said to be the "last word" in an automobile construction. —Judge.

A Candid Man.

"Are you looking for work?"

"No, sir; I'm looking for money, but I'm willing to work because that's the only way I can get it."

ALL FREE.

Mrs. New-Wed—How much did you pay the minister when we were married?

New-Wed—Nothing.

Mrs. New-Wed—How was that?

New-Wed—He didn't dare to take my money for fear that it was tainted.

Impolite.

"Why wouldn't you put out your tongue for the doctor this morning, Karl?"

"Oh, Emmy, I couldn't. I don't know him well enough."—Fliegende Blaetter.

"Do those people who moved into the flat across the hall seem to be desirable neighbors?" asked the man.

"No," replied the woman. "I watched everything that came out of the moving van. They haven't a thing that we would care to borrow."

Trouble.

"That man seems to be greatly depressed about something."

"Yes. He must live in some town whose baseball team is at the tail-end."

We all admire a man who says just what he thinks—about other people.

"That horrible weather"—how pleasant it really is when you are well! Garfield Tea helps always.

The man who wears a silk hat shouldn't butt in.

Milky Way Causes Glaciers.

Another suggested cause of glacial periods is that they have been due to the shifting of the milky way, such as is known to have occurred. Assuming that much of the earth's heat comes from the stars, Dr. Rudolf Spitaler finds that the change of position in relation to the milky way might have given a different distribution of temperature from that existing at the present time. The stars are not only crowded in the region of the milky way, but many of them are of the hottest type.

The Largest Bells.

"Great Paul," the bell of St. Paul's Cathedral, in London, weighs nearly 17 tons and is nearly 30 feet around. The first "Big Ben" of Westminster was cast more than 50 years ago and weighed more than 14 tons. But "Big Ben" had a crack and was cast over, losing some weight, and the clapper was made smaller, now being about 600 pounds instead of a ton. The great bell, "Peter of York," cost $10,000, weighs about 13 tons and is 22 feet in diameter.

The largest hanging bell in the world is in the great Buddhist monastery near Canton. It is 18 feet in height and 40 feet in circumference, being cast of solid bronze. This is one of the eight monster bells that were cast by command of Emperor Yung Lo about A. D. 1400. It cost the lives of eight men, who were killed in the process of casting.

If You Like a Little Quiet Fun

Ask some pompous person if Grape-Nuts Food helps build the brain.

Chances are you get a withering sneer and a hiss of denunciation.

Then sweetly play with the learned toad.

Ask him to tell you the analysis of brain material and the analysis of Grape-Nuts.

"Don't know? Why, I supposed you based your opinions on exact knowledge instead of pushing out a conclusion like you would a sneeze."

"Well, now your tire is punctured, let's sit down like good friends and repair it."

The bulky materials of brain are water and albumin, but these things cannot blend without a little worker known as Phosphate of Potash, defined as a "mineral salt."

One authority, Geohegan, shows in his analysis of brain, 5.33 per cent total of mineral salts, over one-half being Phosphoric Acid and Potash combined, (Phosphate of Potash) 2.91 per cent.

Beaunis, another authority, shows Phosphoric Acid and Potash (Phosphate of Potash) more than one-half the total mineral salts, being 73.44 per cent in a total of 101.07.

Analysis of Grape-Nuts shows Potassium and Phosphorus (which join and make Phosphate of Potash) is considerable more than one-half of all the mineral salts in the food.

Dr. Geo. W. Carey, an authority on the constituent elements of the body, says: "The gray matter of the brain is controlled entirely by the inorganic cell-salt, Potassium Phosphate (Phosphate of Potash). This salt unites with albumin and by the addition of oxygen creates nerve fluid or the gray matter of the brain. Of course, there is a trace of other salts and other organic matter in nerve fluid, but Potassium Phosphate is the chief factor, and has the power within itself to attract, by its own law of affinity, all things needed to manufacture the elixir of life."

Further on he says: "The beginning and end of the matter is to supply the lacking principle, and in molecular form exactly as nature furnishes it in vegetables, fruits and grain. To supply deficiencies—this is the only law of cure."

Brain is made of Phosphate of Potash as the principal Mineral Salt, added to albumin and water.

Grape-Nuts contains that element as more than one-half of all its mineral salts.

Every day's use of brain wears away a little.

Suppose your kind of food does not contain Phosphate of Potash.

How are you going to rebuild today the worn-out parts of yesterday?

And if you don't, why shouldn't nervous prostration and brain-fag result?

Remember, Mind does not work well on a brain that is even partly broken down from lack of nourishment.

It is true that other food besides Grape-Nuts contains varying quantities of Brain food. Plain wheat and barley do. But in Grape-Nuts there is a certainty.

And if the elements demanded by Nature, are eaten, the life forces have the needed material to build from.

A healthy brain is important, if one would "do things" in this world.

A man who sneers at "Mind" sneers at the best and least understood part of himself. That part which some folks believe links us to the Infinite.

Mind asks for a healthy brain upon which to act, and Nature has defined a way to make a healthy brain and renew it day by day as it is used up from work of the previous day.

Nature's way to rebuild is by the use of food which supplies the things required.

"There's a Reason" for

Grape-Nuts

POSTUM CEREAL COMPANY, LIMITED, BATTLE CREEK, MICHIGAN, U. S. A.

FROM THE EDITOR.

He Forgot That He Had a Stomach

Talking of food, there is probably no professional man subjected to a greater, more wearing mental strain than the responsible editor of a modern newspaper.

To keep his mental faculties constantly in good working order, the editor must keep his physical powers up to the highest rate of efficiency. Nothing will so quickly upset the whole system as badly selected food and a disordered stomach. It therefore follows that he should have right food, which can be readily assimilated, and which furnishes true brain nourishment.

"My personal experience in the use of Grape-Nuts and Postum," writes a Philadelphia editor, "so exactly agrees with your advertised claim as to their merits that any further exposition in that direction would seem to be superfluous. They have benefited me so much, however, during the five years that I have used them that I do not feel justified in withholding my testimony.

"General 'high living,' with all that the expression implies as to a generous table, brought about indigestion, in my case, with restlessness at night and lassitude in the morning, accompanied by various pains and distressing sensations during working hours.

"The doctor diagnosed the condition as 'catarrh of the stomach,' and prescribed various medicines, which did me no good. I finally 'threw physics to the dogs,' gave up tea and coffee and heavy meat dishes, and adopted Grape-Nuts and Postum as the chief articles of my diet.

"I can conscientiously say, and I wish to say it with all the emphasis possible to the English language, that they have benefited me as medicines never did, and more than any other food that ever came on my table.

"My experience is that the Grape-Nuts food has steadied and strengthened both brain and nerves to a most positive degree. How it does it I cannot say, but I know that after breakfasting on Grape-Nuts food one actually forgets he has a stomach, let alone 'stomach trouble.' It is, in my opinion, the most beneficial as well as the most economical food on the market, and has absolutely no rival." Name given by Postum Co., Battle Creek, Mich.