## ife's Essentials

What They Really Are and Why So

By JOHN A. HOBSON



HAT is "necessary?" Something that is essential to life. But what lift? Physical lift, is the common reply. If, however, wendereor to apply a have physicalized test it does not avail. What are the physical necessaries of life? Are they the food, colching, shelter of the low skilled town labover, that which was just enough to maintain the efficiency of labor and to enable them to replace themselves by their children in the labor market? Not so. The full physical life of these people is not thus necessaries. thus secured.

On the contrary, vital statistics show that they are robb On the contrary, rital statistics show that they are robbed on an average of the life which they might reasonably expect to have if they enjoyed the physical conditions of the life above them. Their chil-dram, moreover, have much less than last the chance of growing to mater-tip passessed by the children of professional men. Good air, large, sanitary bosses, plenty of wholesome, well cooked food, adequate changes of clothing for the climate, ample opportunities food, adequate changes of clothing for the climate, ample opportunities food, and the contract of the contract of contract of contract of the result-and to lengthen the torm of plysical lifeting vould be classed among con-tract most, if not, all the contract most of the well-to-of-

Yet most, if not all, of these things would be classed among con-forts or even huxuries for laborars, though numbers of the well-to-de classes would readily admit that they were necessaries for them. Again, take art, music, travel, clouttion, social intercourse, such "goods" as generally would be classed as luxuries. Does not physiology fisself insist that these and all other things which make for happiness react upon physical health and help to maintain life? The true economy of leisure, change and enjoyment, even in their effects upon duration of physical life, is only beginning to find recognition in our theory of consumption.

sumption.

But suppose we had ascertained what particular sum of money sufficed to maintain full length of life, does this exhaust "necessaries?"

We have spoken so far of physical life and tested necessaries on this basis. But physical, moral, intellectual are not water tight compart-

whether we regard the organic interaction of all these vital powers or take into our consideration the moral and intellectual needs and satisfactions as claims of nature which emerge later on, there is no excuse for refusing to admit the latter as necessary to life, considered as the whole, which it rightly is.

## Women Lack in Business Ethics

By MARTHA CLARK

Girls are taught bookkeeping and stenography and other essentials of a busi-ness career. But they are not always post-ed on business ethics. After a few months or a few years in business, a woman learns some of the little ethical things of busi-rate for which ne course is given in the ness for which no course is given in the business college. But when a girl of 16 or 18 first starts on her business career, she may be in blissful ignorance of some points that are most helpful to business success.

Women have learned much of businesslike ways since they have been in busi-ness. But some girls still take a position

with the idea that they are conferring a favor upon their employer, that they will be of such invaluable assistance to him that he will not object certain little liberties. Or else they lie back on the fact that they are women and he is a man and consequently out of his sense of gallantry will permit certain laxities. Still others actually fail to realize that the busiess office is not the home.

Perhaps one of the most abused of these privileges is the telephore. Wetangs one of the most assisted of those privileges is the telepione e. Met office doesn't know the girl who is constantly being called up on the telephone by her numerous friends! If she has a fair amount of wailify she serrelly rejoices that her fellow-workers have the opportunity to find out how popular she is. If she is inexperienced she thinks her employer work inmid a little thing like that.

Visits from friends in the office are along the same line. Being a gentleman, the employer doesn't like exactly to be disagreeable about it. But a business girl ought to know that such things are not businesslike she should tactfully discourage them.

Business is business. It means an honest return of time and energy

for the salary received, exactly that. It doesn't mean entertaining one's friends, using the telephone, writing letters on the firm's paper, using the firm's postage stamps and many other little liberties the y oirl takes.

## Content Obtained by Limiting Diet

By BAYARD C. FULLER

I have been experimenting on my dietary ever since I have done office work and in a word my conclusion is that nearly every man who leads a sedentary life eats too much meat. It is along this theory that I have proceeded to readjust my daily fare, for after having been active in athletics since boyhood I found that I was continuing the heavy meat diet even when my work was confined mostly to my desk. I was suffering from the effects of overcating long before I realized the cause was to be found in heavy

reakfasts and luncheons.

I think that every man gives more atten-I think that every man gives more atten-tion to his food in hot weather and it was during the summer months that I first tried very light breakfasts and progressed until I was satisfied with reackers and milk for luncheon. In cold weather, however, I returned to ment-for luncheons, but I seen found that the bracing air had given me a false appetite and for several hours after luncheon I would experience the old feeling of drowsiness. And this reminds me of a theory of mine that we est too much in the cold months.

Although I am not a vegetarian and eat meat usually once a day at dinner, I think that nearly everybody who experiments with various sorts of meals and notes the effect on his health and capacity for work will find that he feels better when he limits the amount of meat in his menus. That has been the reason why I have changed my diet and I might say that once a man has hit upon a dietary adjusted to his own magnife say that once a man has an upon a discary applied to an applied to an applied to an option of the purpose of the purpo

FORCED WAY THROUGH FLIES.

with on a Recent Trip Be-

with on a Recent Trip Between Canadian Towns.

A few days ago the Grand Trush Kyer going east was in bard took. At given going east was in bard took. At gine got overwerbed, or conteils, and refused to continue the Journey, helped. The lears were shunted to a diding and the Treight engine brought leg it as far as Brockrille, when above large lass far as the train proved lass of the lass far as the lass far as

On arrival at Montreal the engine presented a truly curious spectacle. The bars of the cowcatcher were filled right up with files. On the front of the engine they were several inches thick.—Toronto correspondence Otta-wa Citizen.

## PRIMITIVE FORM OF SIGNAL

PRIMITIVE FORM OF SIGNAL
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for Early Dyns the Light of Cardia
for the Engineer.

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"reaution," and then relapsed tails the "lime clear" position. The clear is a state of the field of mightyres of the street of the field of del mightyres of the street of the field of del mightyres of the street of the field o

Railroad Turns Gardener.
The Canadian Pacific railroad has gone into gardening. It has established on land it owns near Winnipeg as model garden of 20 acres and has started in to raise flowers and vege-

Lables. Tailroad is not solue into the business for profit, except indirectly. It has been in the hotel business for years, owning and operating many parts, owning and operating many of the property of the profit ibles. The railroad is not going into the

round. Bulbs and plants will be agated for the beautification of grounds around the company's hot and stations all along the line.

First Sleeping Car.
The first sleeping car was started over the tracks in 1858.

SAMMY ATTEMPTS TO FLY.

School had closed for the sun With two months School had closed for the summer. With two months at his disposal, Inventive Sammy naturally began to think of what he should do in this vacation period, says the Philadelphia Inquire. His experiments and inventions had proved so expensive of later that he did not like to ask his father.

that he did not like to sak his father for michey to go away on a long heli-day trip. Neither did he wish to stay at home.

"Father," said he, thoughtfully, at the bonders table," If you could help the country, stopping at the homes of our relatives. They live most everywhere about here, you know, and I're promised ever so many visits I've never paid.

"The very ideal" exclaimed his father, who had just been wondering how to provide an agreeable vacation for his brilliant son.

Samby was quick to avail himself of the permission. That var-



Made a Mammoth Kite.

started upon his travets, bearing a
started upon his travets, bearing a
travel of the started was the his parents
would spend days.

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thanks, however. Assuring them that now he had an opportunity to work out a new invention, he began the construction of a mammoth kits. Across the middle of the contrivance he naitled horizontally a light board capable of holding his weight.

Then he rigged the kite to Jock's back by means of the traces and long



It wriggles its tall O'er the meadow rall,

Up, up it files
To the clear blue skies.
Let's sit on the grass in a r
And watch the filght
Of our fine new kite
As far as its string will go.

Natives.

Groves of cow-trees, such as are to be found in hilly districts of certain parts of South America, are said to be a wonderful sight. These trees, which, it need scarcely be said, do not acta-ally resemble cows, grow to great height, yet for lengths of perhaps fifty feet they are quite without sily resemble cover, grow to great holds, yet for length of perhaps the phase perhaps the perhaps of perhaps of perhaps of perhaps of perhaps of perhaps of the perhaps of

THE LITTLE TUMBLER.



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together a happy one.

More than 20000 pounds of human hair are exported from Hongkong to the feath socurty annually.



COW TREE WONDERFUL SIGHT

Man in the Water—Help! Help! I'm drowning! Droll Gent—What! you don't need help to drown, man. He Bit.
The city man was jogging on toward the summer boarding-bouse in Makety old wagon. The driver was entertaining, and

COMFORTING

COSTLY PRIZE OFFERED.

BATTLE CREEK, Mich., July 2 be purpose of stimulating the inte be farmers of the country in t rovement of the grade of corn and uring a greater yield, W. K. Kel-bis city has offered a gold and rophy to be competed for at the

The city mas was josging on toward the summer boarding-bosse in a rickety old yagon. The driver was given as the summer of the s

tle Bitt helps, stranger.

South Processing Children County of the Coun