

CARE FOR STOMACH

Chicago Board of Health Issue Warning Bulletin.

Urges Vegetarian Diet and Gives Pointers to Those Who Must Have Meat—Much Nutrition in Cheap Steak.

Chicago.—"Don't make a junkshop of your stomach," is the warning of the Chicago health department in the weekly bulletin issued the other day. The editor of the bulletin advocates a vegetarian diet, but for those who must have meat with their meals he points out a way to get around the high cost of living problem.

The cost of an article of food is no true guide as to its real nutritive value," he says. "For example, a glass of pure milk with bread and butter, an egg and a dish of fruit, costing all told 25 cents, is a much better meal for the average person than a big sirloin steak, which, with trimmings, will cost five times as much."

"The trouble with many people is they are willing to pay high prices for food that, while it tickles or pleases their palates, is of no more value than that costing much less.

"A pound of protein or fat from a tenderloin steak at 28 cents a pound contains no more nutrition than the same amount from shoulder or round steak at less than half the expense. Even in these days of high prices 35 cents will buy meat enough, with vegetables added, to make a savory and nourishing stew for six persons; and the entire cost, including bread, butter, coffee and vegetables, need not exceed 10 cents per person.

"According to the London Lancet, there is very little difference between the nutritive value of wheat and rye. The distinct advantage of rye bread is that it keeps fresh longer than wheat bread. Rye bread also has distinct laxative properties.

"The effect of deep breathing as a mental stimulant is very pronounced. Two minutes' exercise of deep breathing will remove all feelings of sluggishness, provided, of course, that the exercise be taken in a room with the windows wide open, or, better still, in the open air.

"The mouth is the seat of many of the communicable diseases. For this reason mouth sanitation is important. A clean mouth and sound teeth are big factors in promoting physical health. Oral hygiene, as it is called, is becoming an important and recognized branch of medical school instruction. It is well understood that proper care and attention given to the mouth means that the child will be healthier, better able to assimilate its food, make better progress in its studies and be less liable to attack from the usual epidemic diseases of childhood.

"During the months of January and February of this year 13,458 physical examinations were made of children in the public schools. Of this number 5,350 were found to require treatment. The principal ailments, and to which parents were urged that immediate attention be given, were as follows:

- Diseases of the eye.....1,940
Bad teeth.....5,245
Enlarged glands.....1,738
Defective hearing.....174
Defective nasal breathing.....562
Adenoids.....599
Affected tonsils.....2,560

"To properly appreciate the value to the child of medical school inspection when properly done it should be clearly understood that any one of the minor defects noted and for which treatment was urged amounts to a serious and positive handicap or hindrance to the child's educational development and progress. And this is leaving out of consideration entirely the serious physical harm that so often follows neglect to treat and correct in their incipency these ailments so common during the adolescent period."

AMERICAN GIRL MAKES HIT

Miss Meta Reddish, Young Soprano, Scores Successful Debut at San Carlo Opera House.

Naples.—Miss Meta Reddish, a young American soprano, has just made a successful debut at the San Carlo Opera house. Her Ariana in "Bonanno" was a brilliant achievement for such a young woman. The audience went wild with enthusiasm, insisting that she respond to many encores.

Two years ago Miss Reddish was placed by Miss Emma Thursby with Maestro Carlo Bonanno in this city. Her remarkable performance as Ariana reveals her to be an artiste of singular value, and the critics here predict a great future for her. Although she sang with the famous tenor, Giorgini, she received the Hon. share of the applause.

The success of her first appearance has resulted in her engagement to appear at the San Carlo Opera house for the season. Already she has received many requests from Italian noblemen to sing at fashionable concerts and society functions.

At the fall of the curtain she was presented with a beautiful gold watch, set with diamonds and rubies. The donor's name was kept secret.

827 Rats Caught in Rick. London.—During the thrashing of an average corn rick on Lady Wainage's Berke estate, it was stated at a meeting of the Berke and Oxfordshire chamber of agriculture at Reading, no fewer than 827 rats were killed.

RUIN OF NATIONS IN DRESS

College Professor Says Empires Will Be Driven to Fate of Rome If Wives Don't Reform.

New York.—If Prof. Scott Nearing, who holds a chair in the economic department of the University of Pennsylvania, does not get "in bad" with the modern woman, then wonders never cease. Hear him: "If the women of today continue to be the economic burdens to men that they are now they will ruin this country just as the dissolute women of Rome ruined that empire.

"The wife no longer contributes to the family income by creating values. With the increased standard of elaborate dressing she is often its chief burden.

"Modern industry has converted men into earners and women into spenders.

"When a reporter called on him today he was found in a cozy little house, with a very pretty wife in a crisp white dress.

"The woman of today," said Professor Nearing, "is in the third stage. First she was the slave, a creature that might be beaten by her lord and master. Second came a state of co-operative labor, with the cook stove and the loom.

"Now we have the parasite woman. The whole idea of the women of the middle and upper classes is to sponge upon the men.

"And whose is the fault?" was asked.

"Nobody is to blame," answered Professor Nearing. "The women of today are not to blame for what they are, any more than are the men.

"But the time has come when two roads open before the woman of the future. Either she must continue to be a parasite and go down to ruin, dragging nations with her, or she must become a producer with an economic necessity for her existence."

GERMAN GIRLS SEEK MATES

Overstocked at Home, They Look for Husbands in Canada—Appealing Communication Printed.

Berlin.—German girls are preparing to wage active competition with their British cousins for Canadian husbands. We are made acquainted with this manifestation through an appealing communication to the Tageblatt, which vouches for the genuineness of its correspondent and the earnestness of her plans. She has heard of the arrival of a Canadian plenipotentiary in England, with instructions to seek out, capture and ship 5,000 eligible brides, and she announces the determination of German girls not to allow British rivals to "snatch such eminently desirable parts as Canadian husbands from under our very noses."

"Helene," the spokeswoman of her loverless sisters who covet brides in Manitoba and Saskatchewan, avers that their intention of deserting Germany for the Dominion springs from discontent with political conditions at home. She belabors Dr. von Bethmann-Hollweg's government for stubborn legislative disregard of the fact that the fatherland contains several million more women than men, and she says that German women of spirit have lost patience with a regime that deprives them of the vote.

Another German who has been getting into hot water with American visitors is Baron Van Wangelheim. During his stay this week at Hotel Adlon Wangelheim was worried by a pair of blackbirds which have made the hotel garden their home and are great pets of the American guests. The baron sent for the manager and ordered:

"These birds must be removed. I cannot sleep owing to their noise in the morning. Shoot them."

Some Americans overheard the remarks and promptly informed the manager that if the birds were harmed they would quit the hotel.

"But," the hotel man explained, "the gentleman is Baron Van Wangelheim. He is in town to go to court!"

"Gracious, goodness!" exclaimed the Americans, "you needn't shoot the birds; shoot the baron, he would be less missed."

Von Wangelheim overheard this and strode angrily away. But the birds were saved.

Government Finds Key to Crop Value in Natural Vegetation—Discussion of Methods.

Washington.—As the result of investigations carried on during the past three years in the great plains area, the United States department of agriculture has issued a bulletin (B. P. I. 201) containing definite determinations between different types of vegetation and the physical characteristics and crop possibilities of the land occupied by each type. The chief object of the bulletin is to show how the errors resulting from hasty and inconsiderate conclusions may be avoided and how new lands may be classified with reasonable accuracy on the basis of natural vegetation. The publication is not a report of a land survey, but rather a discussion of methods which can be utilized to advantage in making such survey.

The work has brought out clearly that the general conditions, whether favorable or unfavorable to crop production, are indicated by the native plant cover.

Coronation Rates Raised. London.—Inquiries made the other day at the large hotels of London showed that most of them were practically booked up for coronation week. June prices in every case will show an increase over the ordinary tariff, and in many cases the advance is from 50 to 100 per cent.

HOW IT FEELS TO BE BROKE

Daniel G. Reed, Worth From \$25,000,000 to \$30,000,000, Borrows Five Cents for Fare.

New York.—Daniel G. Reed, one of Wall street's biggest speculators and worth \$25,000,000 to \$30,000,000, has just experienced one of those sudden changes in fortune that are sometimes read about in novels. For a time he was confronted with the question of swimming the North river or smuggling aboard one of the ferry boats. Like an ordinary mortal he could not scrape up a single sou when he needed money most.

Mr. Reed, with Judge Moore, was on his way home when he plunged his hand into his pocket, expecting, as usual, to find the customary big roll of greenbacks. All his hand touched was the lining of his pocket.

Judge Moore was quick to realize the financial embarrassment of his friend, and produced the 10 cents which permitted them to take the tube trip.

PRINCE IS ANNOYING

Emperor William's Friend Is Termed a Boor by Yankees.

While Orchestra in Restaurant Plays Wealthy German Whistles Loudly—Countess Sierstorff Is Embarrassed by Behavior.

Berlin.—Emperor William's confidant, Prince Agan zu Fuerstenberg, the richest man in Germany and the go-between of the German and Austrian courts, caused a mild riot the other night at Hotel Bristol.

The prince was dining in the fashionable restaurant there with a party of friends, among whom was Countess Johannes Van Francken Sierstorff, who before her marriage was Miss Mary Knowlton of Brooklyn. The restaurant was crowded with fashionable members of the German nobility gathered here for the court functions. During the dinner the orchestra began to play selections from "The Merry Widow." Suddenly Prince Fuerstenberg began whistling the melody very loud and very sharp. Everybody in the room looked around to see who had committed this gross breach of good manners. The Germans, who recognized Fuerstenberg, grinned and of course said nothing. Countess Sierstorff diligently plied her handkerchief to prevent her blushes being seen.

A party of Americans sitting at an adjoining table, not knowing who the whistler was, first scowled at him, then muttered loudly. But the prince only whistled the louder and the more out of tune. Finally the Americans sent for the restaurant manager and asked him in audible tones:

"Who is that boor? Why doesn't the management turn him out?"

The excited manager whispered hurriedly: "Hush, that is the emperor's friend, Prince Fuerstenberg."

The Americans stared at the prince in amazement and then, quite unabashed, one exclaimed: "Heavens! Can't the emperor teach his friends manners!"

A suppressed titter passed around the room and Countess Sierstorff's face kept getting redder. Some Germans who knew the prince explained to the Americans afterward that it is a habit of the prince to try to shock people by his exhibition of what, in less mighty personages, would be regarded as bad manners.

According to Berlin gossip, the emperor rather enjoys these unconventional exhibitions and incites Fuerstenberg to fresh breaches of decorum. Once the premier made the emperor wait 20 minutes for tea while he sent a footman to fetch the forgotten sugar tongs. Shortly afterward when Fuerstenberg was visiting the emperor at Potsdam, tea was served and again there was no sugar tongs. Fuerstenberg looked around in dismay, whereupon the emperor observed:

"My dear prince, don't worry about tongs. We have clean fingers at Potsdam."

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DIFFERENT TYPES OF LANDS

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"SMILE" OFFICE IS OPENED

Inspired by American Example, Londoner Sets Up Joy Dispensary for Down-Hearted.

London.—Inspired by American example, a professional worry killer, an earnest apostle of cheerfulness has set up in the smile-dispensing trade in a tiny office within a stone's throw of the Victoria railroad depot.

The probability is that as a result of his efforts there will soon be a thriving smile club in the metropolis, with a set of jolly maxims for members, calculated to keep demon worry at bay.

This lively innovator is a university graduate of 25, endowed with a private fortune, a country mansion, and a heart full of optimism. He declares he is not out for the dollars at all, and will be well satisfied if he can pay expenses. At present he is running the cheer-up office single-handed, coming to London every morning from the country to attend to correspondence.

Before starting on his delicate task he raises his eyes to the framed legend above his roll top desk, "If you are worrying about any one or anything, think of something pleasant and smile." Then he takes off his coat in an endeavor to infuse a little happiness into lives saddened by troubles—whatever their nature.

"London needs to be educated up to the American standard of the cult of cheerfulness," says the English apostle. "Pain is not so terrible when you realize that all human beings bear and share it. The world is a strife-for-harmony. If you are not successful in vanquishing your disharmony single-handed, and you cannot discuss matters with a friend, a complete stranger may be able to help you. Let me try."

Already one or two doctors and lawyers have rallied to the cheerful apostle's side, and when disheartened Londoners get to hear of the smile-begging bureau, the apostle will have to engage several merry-hearted confidants.

Three Baths in a Lifetime. That is Russian Peasant's Average, Says Lecturer—At Birth, Marriage and Death.

New York.—The average Russian peasant bathes only three times from the cradle to the grave, according to Prof. Simon Baruch, who is giving a series of lectures on "Water" at Columbia university. The three momentous occasions when the Russian gets a bath, the lecturer explained, are "when he is born, when he is married, and when he is laid in his coffin."

"The non-bathing Russians," he continued, "have their substitute in the sweat bath. A Russian peasant, if he can get one in no other fashion, will sometimes creep into the oven after the bread has been baked. Russia has, however, paid a price for its aversion to water in the tremendous increase of cholera, a dirt disease, from 12,000 cases in 1905, to 210,000 last year.

"As a matter of fact, however, the common American idea that bathing opens the pores of the skin is ungrounded. What it really does is to keep the delicate muscles under the skin in healthy condition and to assist the work of the capillaries, which carry the blood to the surface of the body."

LITTLE BEE TO KILL MOTHS

Colorado Orchardist Discovers Parasite and Is Busy Trying to Force Increase of Number.

Grand Junction, Col.—How would you like to feed and care for a bunch of sleeping parasites during the winter months in order that they might be happy and healthy to begin work early in the spring? This has been what a number of Grand Valley orchardists have been doing this winter, and as a result they hope to escape entirely the ravages of the codling moth in their orchards this season.

The codling moth is that fuzzy, fly little worm you occasionally find in apples.

Prof. E. F. Taylor discovered the parasite on the codling moth last summer, and he has been trying to force a multiplication of their number ever since. The codling moth's enemy is a little bee.

It takes eighty-three of them placed on end to take up an inch! The only difficulty is that the bee begins work too late in the season, and Professor Taylor has been trying to remedy that by having all the orchardists collect and care for them during the winter months.

NO-KISS TAGS FOR INFANTS

Latest Fad in Nurseries Is Said to Have Been Started by Queen Victoria of Spain.

New York.—Mothers who wish to follow the latest fads in the nursery must equip their children with labels bearing the words "No me beso" (Do not kiss me).

The tags, specimens of which have just reached this country, are the result of a European campaign against the promiscuous kissing of children. The wording is in Spanish because the idea is said to have originated with Queen Victoria of Spain.

On hygienic grounds, so the story goes, the queen directed that her three children should not be embraced by all and sundry court attendants who desired merely to show their loyalty.

RETURNING TO EAST

Tracts in New York Bought at Very Low Prices.

Widespread and Substantial Migratory Movement From West to Unoccupied Farms in Empire State in Progress for Some Time.

Albany, N. Y.—A widespread and substantial migratory movement from the west to the unoccupied and unused farms of New York state has been in progress for some time, and it has now reached a stage where the immigrants are coming in blocks of fifty families from as far as Minnesota, Nebraska, Alberta, Saskatchewan, and the state of Washington.

In a few years the so-called abandoned farms of the Empire State will be a thing of the past, and millions of dollars' worth of produce will be raised each year on acres which now yield nothing.

This movement back to the old farms from the supposedly fertile western ranches is remarkable in many ways, chief of which it seems to Major R. R. Riddell, head of the bureau of farm statistics of the New York department of agriculture, is its emphatic contradiction of the long prevailing opinion that agricultural opportunities lie only in the west.

Things had got to such a state, said Major Riddell, in explaining how large had become the eastward immigration, that the possibilities of the west were much better known in the east than the possibilities of our home lands were known to ourselves.

Reality of soil being equal, the farms of New York have tremendous advantages. The best markets of the world are almost within rifle shot of the farms; the state is spending millions upon its roads, the school system is surpassed nowhere, and more money return is obtained with less effort.

A case in point, which is typical of hundreds that have come under the notice of Major Riddell, is that of a man named Douglas, who gave up his farm in Chenango county nearly thirty years ago to settle in western Nebraska. Two months ago he sold his farm there, and for half what he received bought a farm of equal size in New York. He maintains he will get a better income because of his proximity to markets.

Advance agents for fifty Swedish families, all of whom settled near one another in Nebraska many years ago, will soon be at work on as many unoccupied or unoccupied farms. These people have sold their Nebraska lands for \$150 an acre and have bought farms in New York at prices ranging from \$5 to \$20 an acre.

As a matter of fact, there are no abandoned farms in New York. That word "abandoned" has done much to injure agricultural interests in this state in the mind of the outside world. The word was overworked five or six years ago, when the legislature was being scared into voting money for the establishment of a farm bureau. There are, however, many unoccupied farms, and a much fewer number of absolutely unused farms.

In the whole state there are 226,620 farms, averaging slightly more than 100 acres each. Five thousand of these are now unoccupied, and may be bought for a song. But there are nearly 75,000 other farms also in the market, now held by men past their prime, not able to work them to advantage. It is one of the misfortunes of farm life that good hands are hard to get.

Statisticians of the department of agriculture have learned that half of New York state is still in wood and swamp and waste, but all of it is usable.

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Journalism 300 Years Old and as Free as in America—Public Affairs Discussed Frankly.

Philadelphia.—More than 1,800 newspapers and magazines are printed in Japan. Every town of more than 10,000 has one newspaper, and usually more. The leading Tokyo daily claims a circulation of 180,000 copies; the Asahi and the Mainichi, of Osaka, claim a daily circulation of 250,000.

Journalism in Japan is nearly 300 years old, but the publication of newspapers there as a distinct enterprise is recent. Until after the middle of the nineteenth century such news sheets as were published were somewhat of the nature of bulletins roughly printed from wooden blocks and issued at irregular times by any one who saw fit to have them prepared. The first of the good dailies of later times was the Yokohama Mainichi Shimbun, which made its first appearance about 40 years ago. It was afterward moved to Tokyo, where it is still published as the Tokyo Mainichi.

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TO LEARN WORK OF KITCHEN

Leading Feminist of Fatherland Urges Radical Step to Train Women in Domesticity.

Berlin.—Compulsory domestic service for girls and women as an equivalent to the universal military service incumbent upon men is a novel proposal put forward by Fraulein Pauline Wornor, a leading German feminist, in the current number of Die Deutsche Frau.

Fraulein Wornor points out that compulsory military training has contributed enormously both to the mental and physical development of German manhood, and declares that similar benefits would be inevitable if the women subjects of the kaiser were compelled to undergo the training for which nature best fits them.

She explains that it could be enforced without burdening the national budget and that it is men who would benefit most from the system, because the state would thus obtain for them competent and experienced housewives. Fraulein Wornor believes that the marriage institution would also become more popular, if men knew they could select wives who had done service with the "colors" in kitchen, laundry, nursery and sewing room.

To Study Sleeping Sickness. Boston.—Dr. Simon B. Wolbach, assistant professor of bacteriology at the Harvard medical school, and Dr. J. L. Todd of the medical department of McGill university, Montreal, have departed for West Africa, to study the so-called "sleeping" sickness and its allied diseases among the natives.

Belle on Cats Save Birds. Spokane, Wash.—Mrs. J. D. Murphy, living at 1827 East Riverside avenue, is advocating a movement in Spokane that all owners of cats provide their pets with bells in the interest of preserving the song birds. Mrs. Murphy has interested a number of women in her campaign, and a "Bell on Cat" society will be organized.

Explorers Locate It in Depths of Royal Gorge 500 Feet Above River—How Found.

Canon City, Col.—Another attraction has just been added to Canon City's list of scenic wonders by the rediscovery of a wonderful cave in the depths of the Royal Gorge by a party organized from the Canon City Merchants' association.

For many years there have been rumors of the existence of such a cavern, but owing to the difficulty of crossing the river and exploring the region, all efforts to find it proved unavailing.

A recent letter to Guy U. Hardy from C. A. Anderson of Portland, Ore., gave a description of the cave and its location.

Following the description the party crossed the river near the gorge station one mile east of the hanging bridge, and found the entrance to the cavern in a ravine about 500 feet above the river.

ANTI-45-LIMIT MEN IN CLUB

Capt. W. P. Black, Newly-Elected President, Tells Members They Are Useful Despite Age.

Chicago.—Fifty-one Chicago pioneers met the other day in the office of Capt. W. P. Black in the Ashland block and completed the organization of the "Anti-Forty-five Age Limit League," with Captain Black president; Capt. Edward Cecil, vice-president; G. W. Lamkins, secretary, and W. H. Ruger, treasurer.

All those present—pioneers in Chicago—were enthusiastic in their support of the new organization, whose purposes Captain Black stated in an address, is the "keeping of jobs open for old men."

President Black said: "To adopt a rule barring men past 45 from employment is the productive industry of modern life is unjust, unreasonable, illogical, barbarous and indefensible.

"It is unjust because it drives into the army of the unemployed a man solely because he has lived to reach the age limit arbitrarily established, and without any fault of his own.

"A man at 45 is in the very meridian of his power for useful effort, with a disciplined and trained mind and a quickened realization of what he owes to his fellows and those dependent upon him.

"Establishment and enforcement of such a limitation has a tendency to destroy worthy ambition when life's period of productive industry is still but half spent.

"Most workers at that age are the fathers of young innocent and dependent children, who are stricken cruelly, without fault on their part, by the shutting off from the continued contribution to their needs those who have no greater desire than to be allowed to pursue their accustomed vocations for the sake of their children."

Loud cheering interrupted the address here.

"No 'Osterization' for the members of the Anti-Forty-Five Year Age Limit League," continued Captain Black. "We are going to draw many to our ranks. Men over 45 years old and of good character, of course, may join the society, which protests against the silly claim or theory that a man's usefulness has departed when he has served his 45 years on earth. As a matter of fact a normal man only enters upon his prime then."

After organizing, the leaders in the movement went to what they called a "camp fire" at a neighboring restaurant, where they talked over the days of long ago and made plans for extending the scope of the organization to cover the United States.

1,800 NEWSPAPERS IN JAPAN

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