

of cooking that he had taken the study of the subject. This led to an invitation to Dr. Kellogg and Prof. Fisher to attend a dinner while in Washington for the tuberculosis conference, and it was later, on Dr. Kellogg's suggestion that the dinner list was made to include the "Philistines"—the "meat eaters"—of the conference most pronounced in their views and most influential by reason of their weight of learning and devotion to science.

As is now generally known by the laity, the medical profession is unanimous in the belief that tuberculosis, or consumption, the "great white plague," is to be controlled only by an absolutely sanitary mode of living, in which unlimited air and sunlight and an abundance of strong, rich food are prime elements. Nearly all prescribe fresh beef, and plenty of it. Mrs. Henderson and Dr. Kellogg are consistent vegetarians, who hold that not only that meat is unnecessary as an article of diet, its place being supplied by a variety of foods in the vegetable kingdom, but that it is positively harmful because of the uric acid developed in its digestion and should be avoided as a food.

The Crime of the Liquor Traffic

JUDGE ARTMAN'S CONVINCING ARGUMENT IN HIS ADDRESS AT WAUKEGAN.

The circuit court room at Waukegan was filled to its utmost capacity on Sunday afternoon, June 30, and in spite of the intense heat the large audience remained for two hours to listen to the remarkable address of Judge Artman.

There were quite a number of Highland Park people present, and this was remarked by some of the Waukegan citizens.

The Judges address was far too lengthy and closely reasoned for publication in full our columns, but it is hoped that it will be published as a separate document. In many respects it was one of the most important utterances that has ever been given to the public on this great subject.

Judge Artman takes full view of the fact that the sale of liquor is prohibited by the common law and he cites precedents of law to show that this can only be constitutionally done in regard to any business when such business is injurious to society. The highest courts have declared that the saloon may be prohibited. He claims further, that to license this traffic is to give a special permit to a business that is a menace to society, dangerous to the peace, good order, freedom and well being of the people.

This country, says the Judge, "Can no more endure half-drunk or half-sober than it could exist half-slave and half-free. Bad as slavery was it was innocent in comparison with the red dragon of the liquor traffic which stalks through the land protected by legislation and license law."

Judge Artman's famous decision in the supreme court of Indiana with its eight important propositions was published in the June 15th issue of THE NEWS LETTER.

We call your attention to our advertisement on page 9 in regard to our job-department.

Irreverent Yankee.

Adam Engel, a few days before he closed his historic chop house in Herald square, lunched with a Denver correspondent. "The loss of this chop house will be a great loss to New York," said the correspondent. "It will be like," he went on eloquently, "the obliteration of some historic light." "I hope," said the modest Engel, "that it won't be so bad as that. Speaking of lights, by the way, I hope that my chop house's departure won't inflict any such loss as a certain Yankee, by an uncontrollable impulse, once inflicted on a Buddhist temple in Japan. They say, you know, that a priest, showing this Yankee over an ancient shrine, led the man reverently to a small silver lamp. 'This lamp, sir,' he said, 'has not been extinguished for seven centuries.' The Yankee puffed out his cheeks and blew. 'Well,' he said, 'I guess she's out now, anyway.'"

Provocation Enough.

A deaf old gentleman dined with a family where grace was always said. When the guests were seated the host bowed his head and began to repeat the accustomed verse in a subdued, reverent tone. "Eh? What's that?" demanded the deaf old gentleman, who sat beside him. The host smiled patiently and began again, in a louder, more deprecatory voice. "Speak a little louder. I don't catch what you say," the old gentleman persisted. A low ripple of laughter went round the table. The host, his face crimson with embarrassment, raised his voice and repeated the verse. The deaf gentleman did his best to hear, but failed. He placed one hand upon his host's arm. "What did you say?" he demanded irascibly. The host cast him an angry glance. "D—n it, I'm saying grace," he snapped.—Lippincott's Magazine.

"Beauty Doctors" Copy Old Rome.

Juvenal, the Roman satirist, writes indignantly of the absurd waste of time given to the care of the complexion, of the lotions and jellies and powders for the preservation of the skin. "But anything overlaid with so many oft-changed cosmetics, and a poultice with flour, both baked and boiled, shall we call it a face or a sore? This thing, swollen and ridiculous, the unfortunate husband has to contemplate—only for her lovers does she wash her skin clean." The modern beauty doctors, writes Mrs. H. W. Nevinson in the Fortnightly Review, have plagiarized their methods from ancient Rome—the massage, the stroking, the oiling—and would be willing to admit that some of the most valuable secrets, including the "Roman mask," which eradicated wrinkles, are lost to them.

Easily Adjusted.

Chairman Knapp of the interstate commerce commission, told in New York the other day a French railway story. "A traffic manager," he said, "came to the president of the line and exclaimed disconsolately: 'We are having no end of trouble with the public, sir, about those old dark blue cars. Everybody says they bump so frightfully in comparison with the new light blue ones, which, of course, run very smooth.' 'Humph,' said the president; 'we must attend to this matter at once. Have all the old cars painted light blue immediately.'"

O. M. ONSOM
PAINTER AND DECORATOR
Highwood, Illinois
Estimates Given Free of Charge

JAMES H. DUFFY
City Express, Baggage
and Freight Transfer
Tel. Office 79 Cor. Central Ave.
Residence 259 and Sheridan Rd.

Palace Cash Meat Market
LEO A. HAAK, Manager
Fresh, Salt and Smoked Meats
POULTRY
Phone 160 24 West Central Ave.
Residence 160 HIGHLAND PARK

GEO. S. TINKER
ELECTRICIAN
Electrical Construction and Supplies
Bells, Annunciators, Burglar Alarms, Etc.
I repair anything electrical Phone 2992
35 St. Johns Ave., over Schumacher's Drug Store
HIGHLAND PARK, ILL.

Veterinary Surgeon
C. W. LASSEN, M. D. V.
Graduate of the McKillip Veterinary
College treats all domestic animals
Calls promptly attended to day or night
Office at Tel. 2952
Wyman's Harness LAKE FOREST,
Shop ILL.

RAVINIA PARK
BENNETT GRIFFIN, Manager

WALTER DAMROSCH and the
New York Symphony Orchestra

Concerts, every afternoon at 3 p. m. Every evening at 8,30
Specially arranged program for Sunday afternoon and evening concerts
Change of program for each performance

The Ben Greet Company of Shakespearean Players in conjunction with the New York Symphony Orchestra under the direction of Mr. Walter Damrosch, will give a joint performance of *Midsummer Night's Dream* in the open air at Ravinia Park, Wednesday evening, July 9th. The orchestra will perform Mendelssohn's celebrated music especially composed for *Midsummer Night's Dream* during the performance.

Admission 25 Cents Reserved Seats can be Secured in Advance
TELEPHONE HIGHLAND PARK 64

Printed Programmes for each Concert,—afternoon and evening—of every day in the week on application at ticket office, the book stores or the office the News-Letter.

The Steinway Piano is used at all the Concerts,
The people of this immediate vicinity will be interested in the announcement that following the Damrosch engagement, the Thomas Orchestra with Frederick Stock as Director has been engaged again for a series of concerts and the season will be closed by Francesco Ferullo and his band of 50 musicians.
The management of RAVINIA PARK takes the opportunity to announce its desire of conferring with managers and representatives of various Choral Unions, Clubs, Societies and Associations devoted to singing, for the purpose of extending an invitation to these organizations to sing in concerts with Mr. Damrosch and the New York Symphony Orchestra, during their engagement at RAVINIA.

DR. ALBERT R. SHELDON
CONSULTATION HOURS,
8 TO 9 A. M. 47 St. Johns
1 TO 3 P. M. Avenue
Phone 20 HIGHLAND PARK, ILL.

Office Hours { 9 to 12 Te'ephone
 { 1 to 5 2991
DR. JAMES WATSON
DENTIST
HIGHLAND PARK, ILLINOIS | St. Johns Ave.
 Opp. Depot

Office Fletcher Block Phone 2382
DR. E. C. KAYE
DENTIST
HIGHLAND PARK ILLINOIS
Phone 1641 New Bank Block

DR. B. A. HAMILTON
DENTIST
Demonstrator N. W. University
HOURS: 9 a. m. to 5 p. m.
Highland Park
HOURS 10 to 12 a. m., 1 to 4 p. m. Phone 215

DR. ROSWELL F. CONNOR
Osteopathic Physician
Nervous and Chronic Diseases a
Specialty
Tuesdays, Thursdays and Saturday
W. E. Brand Bldg., Sheridan Road
Highland Park, Ill.

DR. JOHN F. BEAUMONT
Eye, Ear, Nose and Throat
Highland Park, Ill. 47 St. Johns Ave.
Hours: 4 p. m.
Chicago, Ill., 1404 Heyworth Building
Cor. Madison and Wabash Ave.
Hours: 9 to 1:00 p. m.