

# ALEXANDRA JOINS A CRUSADE TO SAVE FASHION'S BIRD VICTIMS

## QUEEN AIDS IN RESCUING BIRDS

King Edward's Consort Joins in Crusade Against Using Feathers and Plumage for Millinery.

WILL BE UNFASHIONABLE

Rush Hats Which Can Be Twisted Into Any Shape Will Be Adorned with Real Fruits and Flowers.

[SPECIAL CABLE TO THE HERALD.] LONDON, Saturday.—With her characteristic tenderness of heart, Queen Alexandra has replied to the appeal of the Royal Society for the Protection of Birds with a letter granting that society her full support in its crusade against the practice of destroying rare and beautiful wild birds for the sake of their plumage.

Her Majesty's intervention is so powerful that it is considered almost certain to bring about the result of rendering unfashionable the custom of wearing birds' feathers and plumage in millinery.

Of course it will not be until summer is past that the effect of the Queen's action will be discovered. Indeed it is expected that the fashion of wearing rush hats, with real fruits and flowers as trimming, instituted last summer, will prevail in the country during the coming season.

A west end milliner informed an Express representative that there is a great demand for cheap rush hats, which can be bent and pinned into any shape. "A young lady bought one of these hats the other day and when I offered to trim it she informed me she trimmed her hat herself three or four times a day in the summer with fresh flowers from her own garden."

"In the morning she would garland it with pink and white sweet peas before calling to the village to do her household shopping. Afternoon would see the hat bent into a smaller shape and adorned with a spray of roses.

"A dainty boating hat can be wreathed in poppies and corn, and the garden Victorian bonnet, crowned with a chain of buttercups and daisies.

"Clever fingers can manipulate the rush hat into the perfect of French toques, trimmed with clusters of real cherries, or an apple or blackberries, with autumn tinted leaves."

## KING TO CHANGE EVENING DRESS

Drastic Alterations in the Style of the Coat Will Soon Be Made.

[SPECIAL CABLE TO THE HERALD.] LONDON, Saturday.—Owing to the action of the King, drastic changes in the style of the dress coat are likely to be made during the coming season, says the Tailor and Cutter. "Already blue cloth is being used, while velvet collars have lately become a conspicuous feature in the up to date dress coat."

"We hear," says this chief organ of the tailoring trade, "that the King has expressed his disapproval of double breasted garments for evening wear and is having specimens of styles prepared for him by the leading west end firms, with a view of bringing about a change. It is therefore highly probable that the trade will be on the alert to take up any changes that may be suggested by His Majesty, and the result will be a revolution in the style of evening dress in the immediate future."

## KITE, CASTAWAYS' FORLORN HOPE

Mr. Cody Thinks Shipwrecked People Would Stand a Better Chance of Being Seen by Vessels.

[SPECIAL CABLE TO THE HERALD.] LONDON, Saturday.—Mr. S. F. Cody considers that a boatload of shipwrecked persons who have a kite to fly are far more likely to be rescued than a kiteless boatload. He argues that a kite 20 yards or so up in the air has a better chance of being seen by ships than a small boat low down in the water.

He has built a boat to exemplify his theory. It is an open three tonner, twenty-one feet in length, a beam of six feet, and is driven by petrol. It was launched on the Crystal Palace. Like the other day and christened Lela by Mrs. Cody.

Mr. Cody invited a number of women to step aboard and play the part of castaways. Away the Lela went up the lake, and at the right moment Cody unloosed a double bodied, flat shaped kite, six or seven feet long, which soared into the air to a height of about two hundred yards, and it could easily be understood how such an object out at sea would attract the attention of a passing vessel miles away.

Mr. Cody intends shortly sailing in his boat from the Isle of Wight to Brighton, and fly the kite to see how it attracts the attention of steamships.

Then he will take the Lela aboard some vessel sailing for South America and, after two days, be cast adrift. He will haul the kite, keeping it flying, until he is picked up by some passing steamship. Then after a day or so he will repeat the experiment, and so go on until he reaches South America.

His object is to prove that small lifeboats cannot drift along for any length of time without being seen if they have a kite flying.

## NOTES FROM NICE.

[From the European Edition of the Herald.] NICE.—Baron and Baronne Jacques de Meyronnet de Saint-Marc gave on Monday in their villa at Nice a large reception, which was attended by a number of notable people.

Among those present were the Grand Duke Boris of Russia, Mme. Makaroff and Mlle. Makaroff, maid of honor to the Empress of Russia; General and Mme. de Castex, Duc and Duchesse de Montebello, Prince and Princess Jean Ghika, Duc de Lesparre, Marquis de Lurje, Duc de Pomar, Comte and Comtesse de Louvencourt, Comte d'Audemare, Baron Henri de Grandmaison, Baron and Baronne A. de Louville, Mr. and Mrs. Emory McMichael, Mr. and Mrs. P. W. Roberts, Mr. and Mrs. Sidney Carpenter, Mr. Charles Conrad, Mr. and Mrs. Broth, Mr. and Mrs. Key, Mr. Royall, Mr. J. J. Walter Zebly and Mrs. de Constantinovich.



Grand Military Meeting at Sandown Park. FROM BLACK & WHITE

## SURGEON ATTACKS Cambridge's Training Diet Stirs England

Light Blue's Steady Consumption of Eggs Arouses Much Discussion in the Press and a Wide Divergence of Opinion Is Expressed, Though Their Marked Improvement in Rowing Is Distinctly Noticeable.

[SPECIAL CABLE TO THE HERALD.] LONDON, Saturday.—It is remarkable how great has become the interest in the forthcoming varsity boat race since the discovery that the Cambridge crew dieted themselves largely on eggs, to which is attributed their rapid progress in form.

There is no denying the fact that during the last fortnight the Cambridge crew has advanced by leaps and bounds, and it is also clear that the Oxonians have not improved to anything like the same extent. According to the Encyclopaedia Britannica, the traditional Oxford diet for rowing men in training is as follows (as will readily be understood from the Oxonian attitude, there is no mention of eggs in it):—

"Breakfast at half-past eight; tea, as little as possible; meat, beef or mutton, potatoes, bread, crust or dry toast. Dinner at two P. M.; meat, much the same as for breakfast; bread, crust; vegetables, none; beer, one pint. Supper at half-past eight or nine; meat, cold; bread and, perhaps, a little jelly or watercress; beer, one pint."

Earnest efforts made to induce the Oxonians to follow the Cantab's lead in the matter of diet have so far failed.

"We don't want Cambridge to teach us how to suck eggs," said one old dark blue. "Let those who like eggs eat them," said another rather testily, and so far as is known there is not likely to be any alteration in the Oxonian menu.

Discussion in the Press. The discussion in the press on the egg theory goes on as merrily as ever. "Egg supplies were not in excess of the demand and cleared readily at full prices."

This is the modest way in which the Times announces what may prove to be the beginning of the most far reaching good in eggs since the omelette was first invented.

During the first influenza scare oysters and oranges were recommended as prophylactics, and traders could scarcely pack them quickly enough to satisfy the public, then quickly to the Cambridge boat race crew has demonstrated that within the shell of the egg lie all the essentials of supreme physical fitness the egg boom is in a fair way to rivaling that which once centred in the oyster and the orange.

The effect is certainly being felt at the restaurants, where the demand for poached, boiled and scrambled eggs has gone up surprisingly. The Globe says: "Public attention is now directed like a searchlight on the egg, and it is not improbable that people going into training will make it the main plank on their platters."

Boiled Eggs of Old England. "Perhaps we shall find that it is not the roast beef of old England which has made us what we are, but the boiled eggs of old England."

Mr. Reginald McKenna, Financial Secretary to the Treasury and an old Cambridge rowing blue, writes to the Daily Mail:—"In my rowing days I used to consider that the only safe rules of diet of general application were simplicity of food and moderation. Regard must be had to the digestive powers of each individual and to his state of health at the moment."

An old Rushton writes:—"From personal experience I can safely say there is no more satisfying meal than a sufficient quantity of eggs, if boiled properly—say for three, and one-half minutes. At our 'house' at Rugby, forty-odd years ago, in 'hall' we were divided into 'sets' of usually eight boys in each, two of them being fags and deputed to undertake the cuisine. Many a time has the writer of these lines, after a 'bigside' house watch, bought sixty-four eggs for the tea meal, cooked all the lot by the boiling process, and polished off our eight eggs each, and we were never one whit the worse."

Great Deal in Egg Theory. Mr. Eustace Miles, the Cambridge coach, who was on the Physical Culture Committee of the St. Louis Exhibition, writes:—"There is a great deal in the egg theory,

provided that the eggs are fresh and not overboiled, and not relied on as the sole food day after day, and last, but not least, provided that the individual finds that eggs agree with him. This is the main question."

"As to their body building value, eggs contain about thirteen per cent, as compared with twenty per cent of raw beef, and it seems that the greater part of this thirteen per cent is easily digested and assimilated if eggs suit that particular person. The great merit of the egg diet is its simplicity. The digestive energy is concentrated on one topic, as it were, and can devote its attention to dealing with that one topic satisfactorily."

An "Old Blue" says:—"No one for a moment doubts the value of eggs as food, but in the large majority of cases if eggs are taken even for a short time regularly afterwards are produced which in many cases lead to serious results, owing to the large proportion of egg albumen which is indigestible."

"I have had considerable experience in training men for long distance races, and in my younger days have won several cups for rowing. Eggs were a very favorite article of diet, both in my own case and in the men I trained, but I found one was apt to go stale very soon unless some other form of preservative, such as casing, free from sodium and potassium, and this is very important, were added."

A Dangerous Experiment. "This does 'Medicus' write:—"It seems to me that those who rely upon the ingestion of large numbers of eggs to produce muscle rapidly, and generally fit the organism for a severe strain, are trying a rather dangerous experiment, because for a short period such a diet might produce satisfactory results, when at all prolonged it would be very likely to produce staleness and muscular tiredness, on account of the large excess of albumen contained."

"Most of this egg albumen is in a form which is difficult of digestion when taken in any considerable quantity, and products of its partial digestion tend to accumulate and produce a sensation of physical fatigue."

"The actual food required to prepare the body for great exertion should contain unproteined, such as casing, prepared from milk in combination with phosphorus and a minute quantity of iron. This would approach very closely to the actual chemi-

## NEW CUNARD PALACE OF LIGHT

Five Thousand Sixteen Candle Power Lamps Are To Be Fitted on the Mauritania.

TWO ELECTRIC ELEVATORS

Telephone Exchange on Board and Curling Tong Heaters for Women Passengers.

[SPECIAL CABLE TO THE HERALD.] LONDON, Saturday.—The largest and most complete electric installation ever fitted on board ship is in store for the new Cunarder, the Mauritania, now building at Wallsend. The vessel will be lit, says the Glasgow Herald, by about five thousand lamps of sixteen candle power, which is more than double the number fitted on the Cedric.

Two electric passenger elevators are to be erected for conveying the passengers between the six decks, two elevators for luggage and six smaller elevators for the mails, &c.

There will be a telephone exchange on board which will connect the chief passenger sections of the ship with the officers, and there are also to be special telephones from the bridge.

But perhaps the most up to date novelty is the provision of electric curling tong heaters for the women passengers.

## NOTES FROM BRUSSELS.

[From the European Edition of the Herald.] The Herald's correspondent in Brussels writes that Colonel Bonardiston, the British Military Attaché there, has just returned from the North. He and his wife leave Brussels on March 18, to the great regret of all their friends.

The weather is glorious now and the city is crowded with visitors. The number of strangers in Brussels is unusually large for the period of the year.

Owing to a fresh case of rabies, dogs are to wear muzzles when in the street until June.

Raghib Ralf Bey has presented his letters of credence to Baron de Favereau as Turkish Chargé d'Affaires.

M. Graux, the Minister of State, has just escaped a severe accident. His automobile came into collision with an electric tram in the avenue Louise. Fortunately the motorman was able to cut off the current, and thus avoided serious consequences.

Stag Swims to Sea. [From the European Edition of the Herald.] LONDON.—A stag hunted by the County Down Hounds took to the water near the Blive Donald Hotel and swam a mile out to sea before being caught.

## SPECIAL NOTICES.

Man Died at Kingstown Who Had Been Fed Through a Tube Let in His Side.

[SPECIAL CABLE TO THE HERALD.] LONDON, Saturday.—For ten years before his death at Kingstown the other day a man named Joseph Knight had not eaten any food. Eleven years ago, while on board the yacht Elba at Gosport, he accidentally drank some detergent in mistake for porter, with the result that his gall and other internal organs were destroyed.

He was placed in the hands of an able surgeon, who not only saved his life, but also enabled him to live for more than ten years in comparative comfort by means of feeding through a tube in his side, leading directly to his stomach. It is remarkable that though unable to eat he could always enjoy a smoke. He was about forty years of age.

## NEW TERROR FOR LONDON STREETS

Petrol from the Motor Omnibuses Mixed with Mud Makes the Pavements Dangerous.

[SPECIAL CABLE TO THE HERALD.] LONDON, Saturday.—According to the colonel, spring has made its official appearance, but there is nothing springlike in the weather. On the contrary, gloomy winter would seem to have returned, as stormy as ever.

Not a day has passed during the last week but we have had snow, sleet or rain, or even all three. What quagmires the streets are, therefore, can only be imagined by those who know London.

But a new horror—indeed, a new danger—has come to the London streets—mud mixed with the petrol cast off by the motor buses, which are so rapidly driving the horse drawn vehicles off the street. This greasy mud is not only making it dangerous for the horses but for the motor buses themselves, which are to be seen skidding on their own petrol.

This danger was pointed out by Mr. Troutbeck, the Coroner, at an inquest held on a cab driver, who died in hospital from injuries received in a collision between his cab and a motor omnibus.

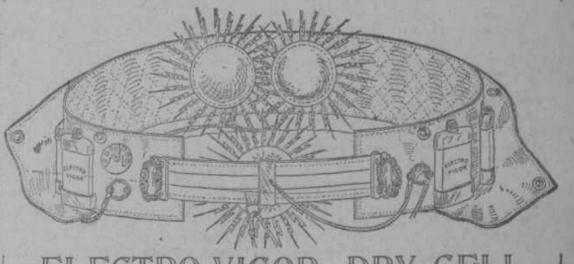
Several witnesses stated that the bus skidded on the greasy road and its rear part struck the cab, knocking it over. The Coroner said it was quite evident

## Here's the Secret of Strength!

Do you sometime wonder why you are not as strong as others and why you can't put through the day without a great loss of vitality? It is because you lack a full supply of electricity. Electricity is life itself. It is the foundation of muscular, nerve and mental energy. Lack of electricity is shown in weakness of any organ of the body, in Backache, Lumbago, Rheumatism, Nerve Weakness, Indigestion, Stomach, Kidney and Bowel Troubles, Why? Because the nerves control the organs and muscles and electricity supplies to the nerves the power to control. Electricity is nerve food. When the supply is less than necessary the nerves become weak and the organs perform their functions in an irregular manner.

The secret of strength, then, is plenty of electricity in the human body. Keep it full and every organ will do its duty, pain and weakness will disappear.

If your body is weak, fill it with electricity and strength will replace weakness. The most convenient and modern way of doing this is to use



## ELECTRO-VIGOR, DRY CELL BODY BATTERY

The only Body Battery which does not have to be charged each time it is used and is guaranteed to last as long as you need it.

These are the kind of letters I receive daily:—

MR. CHARLES W. HALL, Real Estate Dealer, of 48 East 22nd St., New York City, writes:—"I suffered two strokes of paralysis and was helpless. I used a 240 Vinegar charged electric belt, but got no relief until I received your appliance. Now I am well and able to attend to business. I could not use my right hand before, but now I can use it to write this."

MR. EDW. ROBINSON, in Curson St., Bedford, Pa., writes:—"Electro-Vigor has worked wonders for me. I am feeling in every way, and am grateful for it. My wife was of long standing and I had about lost all hope, because druggists and Vinegar charged belts failed with me."

MR. ERNEST WITHEISS, Goshen, N. Y., writes:—"Electro-Vigor certainly is a wonderful remedy. I am stronger in every way. I am delighted with my cure."

MRS. ARNOLD DIAZ, 66 Water St., Torrington, Conn., writes:—"The results from your Electro-Vigor are wonderful. It has taken me from the grave. The rheumatism and various pains are entirely cured."

MR. JOHN BURDICK, 524 Police Precinct, New York, says:—"I was in very bad shape before I used your appliance and had tried all kinds of remedies, including the old fashioned vinegar charged electric belts. They all failed to help me, but MR. JAMES N. W. COOK, 725 Lexington St., Brooklyn, N. Y., writes:—"I am now 60 years old and when I first used your appliance I was suffering greatly. I AM NOW FEELING AS YOUNG AS A MAN. HALF MY AGE. Your Electro-Vigor has done more for me than you ever led me to expect."

It pours a warm, glowing current of electricity into the nervous system, stomach and all organs while you sleep. It needs no charging, no nasty vinegars or acids, such as you have to use with electric belts and other devices. Simply put it on and turn on the current as strong as you wish. There is no burning or blistering, as in vinegar charged electric belts. It pours strength, electric life, vim and vigor into your body as you wear it. Electro-Vigor is supreme in advance of all previous electrical treatment. Nothing like it has ever before been introduced to the public. No body battery has ever before been self-charged. It is the result of years of experiment and experience, the climax of scientific and mechanical study.

Would you, then, my friend, who need electricity, try this remedy for your ailments? It will cure you as it has cured and is curing others.

CALL TO-DAY FOR FREE BOOK OR SEND

The fastest book that has ever been devoted to electric treatment. It will interest you, and as it tells you the story in an honest, plain and candid way, I think you will like the better for having read it. I send it sealed, free. If you will enclose this coupon, postage transmitted only by mail or by air mail. No return necessary.

DR. S. H. HALL, 127 WEST 42D ST., NEW YORK. Please send me, postpaid, your free 96-page illustrated-book.

Name..... Address.....

HOURLS—9 A. M. to 6 P. M., SAT. to 8 P. M. SUNDAY, 10 to 1.