LITTLE MOTHER.

Little mother, little mother, with the shadows in your eyes And the icy hand of Fear about your

You cannot help your boy prepare to make his sacrifice

Unless you make yours bravely at the

He is training, as a million others train; He is giving what the others give-their Make him feel your faith in him, though

your troubled eyes grow dim; Let him know that you can stand the acid test!

Because he's joined the colors-he's not Because he's found his duty, he's not

Through your mother-love, my dear, keep him steady, keep him near To the soulhe loves-your soulwhate'er the cost!

You aren't alone in heartaches or in doubts; All mothers feel this burden, newly

coined; Then call your trembling pride to your colors-to your side

"Be a sport!" and make him glad that he has joined! Little mother, little mother, with the shad-

ows in your eyes And the icy hand of Fear about your There is this that you can do: "play the

game," there honor lies. Now your boy and country need youdo your part!

-Jack Appleton, in Cincinnati Enquirer

AGAINST THE DRAFT.

Midway in the five-mile railway tunnel, the ventilating shaft rose one thousand feet through Sutro Mountain. Over the mouth of the shaft on the mountain stood a low building that housed the great steel fan for increasing the draft. The rumble of machinery echoed over the snow-buried plateau, and a column of smoke from the great wooden chimney stained the crystal air of the morning.

Alex Kane had just returned to the

dynamo room from oiling the shaft on the fan. He found his brother-inlaw and assistant, Hanno Ferguson, leaning back in his chair, with his features twisted in pain and his hand pressed against his right side.

"Hurting again, Hanno?"
"Same old ache, Alex." Kane noticed the gray, lined face, wet with perspiration. "It's home for you, and quick," he

Hanno protested weakly, but finally he gave in. Alex half carried, half dragged his brother-in-law through the deep, soft snow to the house a

quarter of a mile away, where Alex lived with the Fergusons. There was no other dwelling within a mile. As soon as they reached the house Hanno sank weakly into a chair. "Bed, hot-water bag and a mustard smoke.

noultice. Saddie," Alex said ter. "I'll telephone Doctor Carroll."

he had done that he would telephone to the doctor, and would also ask the was in the dynamo room; but his key a helper. It would be safer to have steel round the corner of the dynamo room.

shaft extended two narrow rooms that his finger tips into it and bend the Scouts of America. President Wilwere separated from each other by a first joints up behind the wood. He son's letter requesting the service is of the arteries that lead to apoplexy. wall of masonry. Each was thirty-five feet long and ten feet wide, and He knew, of course, the at their inner and outer ends there

were heavy doors. In a space in the masonry between the two rooms was the powerful ventilating fan. When the fan was in efforts, the draft would close the door any citizen may order maried to find the present discussion to may be teries any of the various war pamphlets aid that "heart-disease," as it figures redity. A the present discussion to may be teries any of the various war pamphlets which the Committee on Public Information with the mortality statistics, is usually with the Committee on Public Information to find present discussion to may be teries any of the various war pamphlets in the mortality statistics, is usually with the Committee on Public Information the mortality statistics, is usually any of the various war pamphlets and steal the little advantage he had any of the various war pamphlets and steal the little advantage he had any of the various war pamphlets and steal the little advantage he had any of the various war pamphlets and steal the little advantage he had any of the various war pamphlets and steal the little advantage he had any of the various war pamphlets and steal the little advantage he had any of the various war pamphlets and steal the little advantage he had any of the various war pamphlets and steal the little advantage he had any of the various war pamphlets and steal the little advantage he had any of the various war pamphlets and steal the little advantage he had any of the various war pamphlets and steal the little advantage he had any of the various war pamphlets and the little advantage he had any of the various war pamphlets and the little advantage he had any of the various war pamphlets and the little advantage he had any of the various war pamphlets and the little advantage he had any of the various war pamphlets and the little advantage he had any of the various war pamphlets and the little advantage he had any of the various war pamphlets and the little advantage he had any of the various war pamphlets and the little advantage he had any of the various war pamphlets and the little advantage he had any of the various war pamphlets and the little advan pit, were always open. Through them poured the smoke and gas from the engines in the long tunnel far below; curved blades sucked the smoke into the revolving fan, which expelled it the crack when the door opened. Then, into the huge wooden chimney above. sitting down, he braced his feet In cold weather the natural draft, in- against the sill, leaned forward, and creased by the suction of the wheel, was tremendous.

Putting down his dipper of oil outside the first fan room, Alex pushed lungs choked with deadly smoke. with both hands against the door, which was eight feet square. It took all his strength to force it open against the draft. The smoke, rushing out dense and pitchy, blinded his eyes and made him cough.

He swung the door back against the right wall, and braced it with a stout maple prop. One end of the the sixty-four square feet of the door stick he rested under a spruce cleat on the door three and a half feet from opened a little wider, but not enough the bottom; the other end he leaned against the base of the masonry wall opposite.

Stepping out of the warm, smoky darkness into the keen air and brilliant sunlight, he picked up his dipper of oil and went inside again. The revolving steel shaft, five feet will in his clogged brain was growing

above the dirt floor, came through the right wall from the adjoining dynafan room to the foundation of the It was the bearings of this shaft that he had to oil.

Wrapped in pungent, stinging smoke, he poured the contents of his dipper over the bearings. Close at his left purred the sooty wheel. From under the shaft a gummy ooze of oil, black as tar, trickled down over the

supporting masonry.
What was that? Behind him sounded a low thud that was almost drowned by the noise of the wheel. A swung to, the maple stick held it open shadow suddenly swept past him in three inches. the smoke and cut off the light. With a cry of alarm, Alex dropped his empty dipper, whirled about, and rushed for the door.

At once he guessed what had hap-

Blinded by the smoke, he must have set the prop just under the inner end

of the cleat. The violent, irregular work himself free. He stumbled into gusts that drove into every corner of the dynamo room. the room had jarred the prop loose and slammed the door shut.

engines in the tunnel a thousand feet ed with oil and soot below. Acid, gaseous, pitchy, the smoke ascended in a ceaseless column. Human lungs could not endure it

round the edges of the door the room was in utter darkness. Round the engineer smoke currents rushed toward the steel-bladed fan.

There was a pressure of hundreds of pounds against that door. How could he ever get it open? Throwing off his momentary despair, Alex sprang forward. The door did not fit class. Perhaps he could found his firm close. Perhaps he could force his finger tips into the crack. No. He ran his hands along the base; he tried to reach the top, but it was of no use.

Ough! Ough! Ough!

A paroxysm of coughing shook im. Weak and trembling, he leaned him. against the vibrating masonry. He could look for no help from outside. No one would come to the plant for hours. He must depend upon himself. The thought roused him. Again he fell furiously upon the door. He drove his fingers into the narrow crack and strove to bend them round the edge. Soon, however, he ceased, for he saw that the attempt was use-

less. He dropped to the floor, where the air seemed a little purer. But in a minute another fit of coughing shook him. His own life was at stake; and Hanno needed the doctor—how badly, he could not tell.
Somehow he must get out. But how? On his right and left were masonry walls; in front of him was the door he had twice assailed in vain; behind him was the pit, a thousand

feet deep.

If he could only close the inner door! That would cut off the draft, and allow the outer door to open easily; but a chain that was worked by a gear and hand lever on the roof held ment in regard to the fundamental is-

that he had used to prop open the door. It was a stout stick more than nine feet long. Could he not use it as

he could shatter the door with it; and if he should try and fail, he would have driven the door shut so hard that he would not have the slightest chance

of opening it. Hrum! Hrum! Hrum-um-um! The monotonous whirl of the fan beat into his brain. His head was millions of thoughtful citizens will

He ran his fingers along the bottom of the door. About a foot from the corner, his hand struck a loose stone the President on September 15.

at the crumbling mortar. The stone ceipts from the persons visited and

railway agent at Keswick to send him ring yielded a long, narroy piece of

low, narrow crevice that extended into the threshold barely beyond the botture over the mouth of the ventilating tom of the door. He could just crowd tion of the National Council,

He knew, of course, that he could move the door only inch by inch and that he must find some way of saving

prop, and stood it up against the edge of the door, so that it would fall into hooked his finger tips under the door. Oh, for one deep breath of fresh air! But no; he must do his work with

With his feet planted firmly, he strained backward. The door barely moved, and the moment he relaxed his efforts, it settled into place again. He worked his fingers a little farther up. After resting a minute, he struggled again to open the door. He was strong, but the pressure against for the stick to drop into the crack.

Again it slammed shut. The engineer's strength was waning; bright sparks danced before his eyes. His ears rang. His head was splitting, and his muscles no longer seemed to have any strength. The

Air! He must have air! He thrust mo room, and ran straight across the his face down to the crevice from which he had pried the stone; but the smoke, rushing up through and into the room, forced back the

fresh air from the crack. He would make one more attempt He would make one more attempt his last. He knew that, if he failed his time, he would not have strength Reeve, is a rattling good detective this time, he would not have strength

to try again. Mustering his ebbing energies, he gave a final fierce wrench. The door came open six inches, and the stick fell into the gap. When the door

Alex tottered to his feet. He had not yet won the battle. Standing beside the crack with swimming head he caught the edge of the door with

after a few minutes he managed to strong, durable leather.

Glancing at the clock, he saw that he had been in the smoke less than Alex stood panic-stricken. He half an hour; but it had seemed ten knew his peril. From the awful gust behind rose the fumes of the belching flected a white, haggard face, streak-

He pulled himself together and tel-ephoned to Doctor Carroll about Hanno. Next he called the agent at Keswick and made him promise to send a Except for a narrow line of light man up to the shaft house. Then, with gritted teeth, he scooped up another dipperful of oil from the can, and started for the fan room.—Albert W. Tolman, in The Youth's Compan-

> Boy Scouts to be Official Messengers of the Committee on Public Information.

President Wilson has sent the following letter to Mr. Colin H. Livingstone, President National Council, Boy Scouts of

America : "My Dear Mr. Livingstone:
"I desire to entrust the Boy Scouts of America with a new and important commission, to make them the Government despatch bearers in carrying to the homes of their community the pamphlets on the war, prepared by the Committee on Public Information. The excellent services performed by the Boy Scouts in the past encourages me to believe that this new task will be cheerfully and faithfully discharged.

"Yours sincerely,

"WOODROW WILSON." The Boy Scouts of America numbering nearly 300,000, have responded to the request of the President with hearty unanimity and will undertake, as their first despatch-bearing service, a distribution of copies of the President's Flag Day address, published by the Committee on Public Information in pamphlet form on September 15, 1917, and regarded as

the inner door open. To close it from below was impossible.

His hand touched the maple stick that this pamphlet have careful at the standard stand a battering-ram?

He lifted it calculating by and then tossed it aside. He doubted whether of the country, with specific instruc-tions that its contents be carefully considered and that the reader then make it his personal responsibility to see that at least one other citizen of the community also reads the copy. ular maladies mentioned. beat into his brain. His head was aching, there was a pressure on his chest, and he was growing dizzy.

He was his forcest along the bettern been refreshed in memory as to the

corner, his hand struck a loose stone in the President of September 13.

The pamphlets will be sent through the mails to the individual scouts and four-to-one probability of dying soon-looking it he might force his fingers in each package there will be a manular over twenty-five years of the conformation of food become paramount.

Also questions of physical exercise, four-to-one probability of dying soon-looking it he might force his fingers in each package there will be a manu-looking it he might force his fingers in each package there will be a manu-looking it he might force his fingers in each package there will be a manu-looking it he might force his fingers in each package there will be a manu-looking it he might force his fingers in each package there will be a manu-looking it has been through the maintenance of the first paramount. lodge it, he might force his fingers in each package there will be a manulodge it, he might force his fingers through the hole.

Alex began to pull on the stone, and to work it this way and that.

Against the back of his neck surged the way and the local instructions of the der the local instructions of the derivative and the local instructions of the local instructions Against the back of his neck surged the warm, strong blast from the pit. It was a race between him and the smoke.

With nails broken and fingers bleeding, he dug and picked, and tore at the crumbling mortar. The stone moved tantalizingly, but still hung assurance that a series of the united states in the despatch bearers cent. of the total mortality in the region, of the United States in the United States in the united States in the years 1908 to 1912. Heart-disease in the vast majority of heart-disease in the vast majority of heart-disease in the vast majority of cases, and will go far toward amelocation. They will accept signed receipts from the persons visited and also their personal assurance that a treatment of the United States in the United States in the united States in the vast majority of heart-disease in the vast majority of cases, and will go far toward amelocation. They will accept signed receipts from the persons visited and also their personal assurance that a treatment stration area of the United States in the vast majority of heart-disease in the vast majority of cases, and will go far toward amelocation. They will accept signed receipts from the persons visited and also their personal assurance that a treatment stration area of the United States in the vast majority of cases, and will go far toward amelocation. They will accept signed receipts from the persons visited and also their personal assurance of the United States in the vast majority of heart-disease in the vast majority of cases, and will go far toward amelocation. They will accept signed receipts from the persons visited and also their personal personal hyporation area of the United States in the underlying of cases, and will go far toward amelocation. They will accept signed to titzens, carefully avoiding dupli
Such height formation area of the United States in the underlying of cases, and will go far toward amelocation. They will accept signed to titzens, carefully avoiding dupli
Such height formation area of the United States He hurried back to the rumbling dynamo room. Half an hour had passed, and it was time again to oil the bearings of the fan shaft. When he had done that he would telephone at the crumbling mortar. The stone moved tantalizingly, but still hung also their personal assurance that they will comply with the requests made, particularly to aid distribution by passing the documents to others. troop number, city and State, and de-For two or three minutes more he claring his appointment as an aide to punched and poked at the stone; then, the Committee on Public Information with a dipper of thick, black off in suddenly, it came free. It left a shal-his hand, the engineer started out suddenly, it came free. It left a shalby his registration, under the direc-

side of the identification card. Each Scout despatch bearer will have access to franked postal cards, returnable to the Committee on Pub-Otherwise, the instant he relaxed his lic Information, by means of which question. But for practical purposes efforts, the draft would close the door any citizen may order mailed to him

February Cosmopolitan.

The foibles of modern society are vividly described in Elizabeth Robin's serial "Camilla"—and "Virtuous the arteries. Such an exhaustion of the heart-muscles very commonly results from so-called insufficiency of the valves of the heart, through which esting to offer to every fiction lover. Wives"-Owen Johnson's stupendous novel, is contrasted with Lillie Langtry's memoirs of a society of a past generation.

The finest types of American humor and wit are displayed in Ade's "Fable of the Bewildered Maverick and the Conflicting Testimony;" "Jolly Bachelors" by George Randolph Chester—and "Penrod Jashber," Booth Tark-instrator of the State of ington's new serial following Penrod's career as detective.

Charming tales of youthful love and indiscretion are "The Restless Sex," by Robert W. Chambers; "The Second Choice," a complete short story by Theodore Dreiser, and "Tiger, not be maintained a moment without circulation of the blood. story by Samuel Merwin. But love and beauty-worship have no age limit, and in John Galsworthy's new twopart story, "Indian Summer of a Forsyte," we find the pathos and simplicity of an aged man's longing for

"On the Trail of the Cowardly Cougar," by Rex Beach is an adventure story that every sportsman will en-

after reading Arnold Bennett's interesting article. Hooverize with Her-Kaufman-"Stop Eating Solbert diers!" and you who are forever on the lookout for the ideal mother, will flnd your answer in "Good Mothers," Ella Wheeler Wilcox's latest poem.

One of the thickest skinned an-Too late! Long before he reached the door the draft had slammed it shut. He was a prisoner in the fan room.

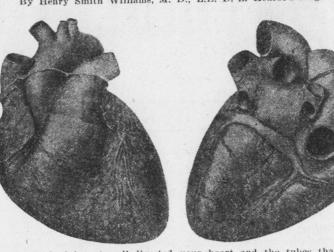
Too late! Long before he reached both hands, and pulled with the strength of desperation. The crack widened far enough to let him force widened far enough to let him force fields of the ocean and in winter on Bering sea. Hides one inch or more the blinding light, and he dropped forward, caught fast in the opening.

The fresh, icy air revived him, and many times, every layer a tough, thick, especially around the shoulders,

Health and Happiness, Nunmber 32.

Why Die Before Your Time?

New Developments in the Treatment of Heart Disease. By Henry Smith Williams, M. D., L.L. D. in Hearst's Magazine.



If your protein food is not well digested your heart and the tubes that lead from

newest treatment, in a recent article

every competent physician. It remains to speak of the origin of hard-

presence in the system of the partial-

ly digested food-products induced the

abnormal condition of the arteries.

Now we have seen that the cause of

rheumatism may be defined in com-

parable terms. So there would ap-

pear to be a fairly close association between the two conditions. We shall

note presently a similar disturbance of

may be traced to disturbance of the

ultimate digestion of protein food. In

than others. A chain under stress

proverbially breaks at the weakest

to susceptibility of the serous mem-

rheumatism under the same condition

A third person under the same con-

is not bombproof. Possibly the rec-

ords of your ancestors and collateral

relatives do not give you a very clear

notion as to what are your inherent

suceptibilities. But you may fairly

enough assume that you have some

weak point that will bear guarding,

wise to study the practicalities of hy-

giene as to diet and exercise, and

The familiar dictum that what is

may be said that eating too much

your food in two with beneficial re-

sults. And you could almost certain-

ericse as you do with distinct benefit.

to suggest the reducing of the dietary

to a really scientific basis, by weigh-

Doubtless it would be impractical

vidual case.

that will induce hardening of the ar-

a cancer.

A person who inherits a tendency

gestion is facilitated.

ening of the arteries.

it fail you with identical maladies. About three persons in a thousand complete their normal span of life and die of old age. The remaining 997 zine, April, 1916). As to syphilis, it die of old age. The remaining 997

fall by the wayside.

Do you prefer to be one of the three or one of the 997? To a considerable extent the choice lies with you, as I shall endeavor to show in this series

Modern science has done a good deal to extend life. The use of se-rums and vaccines has led to a virtual conquest of such acute maladies as diphtheria and typhoid fever. But certain degenerative diseases of midducts of intestinal fermentation ocdle life and old age are increasingly curring after the ingestion of animal prevalent and enormously destructive. or protein food. In other words, the middle life. To spend your midday To illustrate this note that a recent report of the New York Board of Health, tabulating statistics as to 1,-372 deaths in a given week, records that no fewer than 766 deaths, or 57 per cent. of the total, were due to five diseases, namely, (1) organic heart disease, (2) pneumonia, (3) tuberculosis, (4) Bright's disease, or nephritis, and (5) cancer. Meantime, in the same period, the entire list of acute condition. infectious maladies-typhoid fever, smallpox, measles, scarlet fever, whooping cough, diphtheria, influenzza. poliomyelitis—caused only

Fifty against 766, or fifteen to one; something like that, apparently, is the the last analysis, making the present relative menace to life of the dozen or application, it would appear that so most-dreaded epidemic diseases as contrasted with the five less-spectac-

The matter has added interest and ciated with these maladies and inducimportance if we reflect that the five ed by a common cause. When we confatal maladies in question claim their victims very largely from among the ranks of the adult population. We ed away from the heart itself and fofind, from data, that the average in- cuses on the digestive tract. Quesdividual over twenty-five years of age tions of diet and of the proper assim-

Such being the status of this group the organic changes in the heart mus-of diseases of middle life and old age, cles have not reached the later demade, particularly to aid distribution it is obvious that these maladies have structive stages. peculiar interest for every adult who Each Boy Scout is provided with an identification card, bearing his name, identification card, bearing his name, it is not stated and stated the slightest attention to questions of health, personal comfort, or it is disregard the rules of hygiene, longevity.

In the present article, the subject with not far from one-sixth of all deaths, namely, heart-disease, together with the associated abnormalities Let us first take up very briefly the question: What, then, is heart-dis-

ease? branes about the joints will develop It is by no means easy to give brief and satisfactory answer to that of the present discussion it may be teries in a companion of different he-Groping behind him, he grasped the groups behind him, he grasped the prop, and stood it up against the edge orop, and stood it up against the edge or properties of the first degree or properties or the tissue, and very generally associ-Now on sale, has something inter- ated with abnormal modifications of the arteries. Such an exhaustion of from nephritis, the kidney being his sults from so-called insufficiency of in his organic chain. gushes back against the current instand of heine driven forward with his own susceptibilities, and take reached the stage of calcareous deposa portion of the blood regurgitates or stead of being driven forward with measures to guard his weakest oreach pulsation.

Where such leakage occurs, it is haustion. Finally, the heart may be so weakened that, under stress of sudden exertion or the stimulus of a violent emotion, it gives out altogether, the result being the instant death of the individual, for of course life can-

There are other cases in which an abnormal change of the walls of the arteries takes place. The little tubes become brittle, and presently the rupture of an artery into the tissues of the brain may cause the death, while the heart itself is of normal, or even of super-normal, strength. At first glance such a case might not seem to be associated with heart-disease at all; but in reality the conditions that lead to brittleness of the arteries are closely comparable or identical with those that lead to changes in the Get "The Diary Habit." You will heart-valves. So the compilers of mortality tables are quite right in classifying apoplexy and heart-disease as closely allied conditions. Changes in the arteries lead almost of necessity to involvement of the

heart sooner or later. So true is it that hardening of the arteries (arterio-sclerosis) is named ly take five or six times as much exas one of the three chief causes of heart-disease. The other two chief causes are rheumatism and syphilis. These three conditions, jointly, account for 94 per cent. of all cases of

than once a day. Suppose you apply that rule, and supplement it by tak-ing only half the quantity of meat that you have been accustomed to eat at a given meal, and then note whether you do not on the whole feel bet-ter after a few days of this regimen. A second rule that may be applied to advantage is to make it a practice to take only a moderate helping of anything, and then not to repeat the helping at that meal. Again, make it helping at that meal. a practice to rise from the table with the feeling that you could rather willingly eat just a little more. It is a common American custom, and a distinctly harmful one, to eat a hearty dessert after one is satiated with the preceding courses. Under such circumstances there are sure to be defects of digestion or complete assimilation that will react harmfully against one or another set of the bodily organs.

be affirmed that no one who lives a

sedentary life should eat meat more

As a road to health, temperance in diet is not less important than temperance in drinking.

Then as to exercise. This is a hygienic measure, and in particular a preventive measure, where there is a tendency to arterial or heart involvement, of the greatest possible value.

sumces to say that its origin is familiar to everyone, and that the best method of treatment is known to every competent physician It. best, where this is possible, but gymnasium work is an admirable substitute. Boxing, wrestling, and hand-ball furnish opportunities for exer-The subject was investigated a few years ago by Prof. Elie Metchnikoff, who found that he could produce the who found that he could produce the so-called pipestem arteries in animals an ordinary gymnasium routine. I have long practiced and advocated the combination of handball and wrestling as ideal exercise for persons in at the lunch-table is to make a bid for health and longevity.

All this has reference to the prevention of heart-disease rather than to treatment of the malady after its onset. But most of what has just been said about hygienic measures applies equally to the patient who has developed a tendency to hardening of the arteries, and even to cases in Indeed, the more closely the subject is studied, the more evident it becomes that a great variety of maladjustments of tissues of the body which the heart has become distinctly involved. Here, however, exercise should be conducted under guidance of a physician, to make sure that it is not overdone at first. Where the heart is actually dilated, a too-vigorous indulgence in athletic games might be not only harmful but even

fatal. Carefully graded exercise, on the other hand, may be beneficial even in ed arteries as it is a condition assothe later stages of heart-disease. Especially is this true when a certain amount of strain is taken off the heart by modifying the diet so that the blood is less viscid. But this, as said, is a matter for the skilled ob-servation of a physician dealing with the individual case. What I write here will of necessity refer more particularly to cases at an earlier stage of development, and to the prevention of abnormality rather than to the poisonous by-products of protein dicure of fully established heart-dis-It is not too much to say that re-

ally effective attention to personal hy-giene, with chief reference to diet and which facilitates such assimilation

would be advantageous. The readers of my articles on rev-It is notorious that the great majorolutionary medecine and on the treatment of rheumatism in these columns are aware that there are now mediciinvite abnormal changes of the arte- nal agents that peculiarly meet this both as to diet and exercise, and so condition. There are non-toxic prories and heart. That many escape disteins, including vegetable proteins of aster is due merely to their relatively high powers of resistance. This is many types (known as proteals), and such familiar animal products as white of egg and curdle of milk. largely a matter of heredity, some persons being much more susceptible

These agents stimulate the defensive mechanism of the body, including the blood-corpuscles, to deal adequately with the poisonous by-products of protein digestion. It is probable also that there will be a favorable reaction on the over-developed cellular tissue of arterial walls, constituting far as the arteries are concerned. And the modification of the arteries may

reditary predispositions, may develop regain normal resiliency, the strain Normal arteries expand when blood A fourth individual may suffer from nephritis, the kidney being his is pumped into them, and their resusceptible organ—the weakest link siliency facilitates the blood-flow; whereas, the inclustic, hardened arteries offer resistance to the current. Obviously it would be the part of wisdom for every individual to study Where the change in the arteries has arteries"-modification is hardly to gans from undue strain. If possible, study your ancestry, not in the old-foolish way to see how great they will not let the malady reach that stage before taking it in hand. were, but in the new-scientific way to instances are rare in which the develsee how weak they were. If, for exopment of such a condition may not ample, you find that one of your mabe prevented, or at least long deferternal grandparents and one of your red, by proper attention to diet, exerpaternal grandparents died of heartdisease, you may know that there is a fair probability that your own heart

cise and medication. Properly interpreted, this is equivalent to saying that the high mortality from apoplexy and heart-disease represents a needless waste of life. Intelligent provision—leading to rational diet and systematic exerciseshould reduce the mortality from heart-disease to a mere fraction of the

present high percentage. Perhaps we cannot expect that the general public will be sufficiently interested in its own welfare to take and if you would live out your normal term of years you will certainly be the trouble to safeguard itself in this make application to your own indidirection, but it is open to every individual who reads these lines to make one man's food may be another man's poison is not without its scientific guard himself or herself individually against premature demise from abwarrant-properly interpreted. So it normal arteries and a dilated heart. is difficult to make general rules that A certain restraint on the indulgence have universal application. Yet it of the appetite is called for, and persistent application to overcome the inparticularly of protein foods, and takertia of the sedentary life; but if one ing too little exercise, are almost unifinds it on the whole a pleasant ex-perience to be alive, the reward is versal vices. If your dietetic habits are those of the average American, worth the effort. you could probably cut the amount of

Next week-Pneumonia.

Hard Luck, John!

The French seeress who predicted the Paris flood also predicted that the Kaiser would die in England in 1930, ing the food. But there are certain rules that will serve a similar purwould give him a dozen years for rean exile from his own land. This I have told of the new theories as to the origin of rheumatism, and the loss one. For instance, it may confidently the British.