

Democratic Watchman

Bellefonte, Pa., August 1, 1924.

WHY THEY TWINKLE.

By Oliver Wendell Holmes.

When Eve had led her lord astray,
And Cain had killed his brother,
The stars and flowers, the poets say,
Agreed with one another,

To cheat the cunning tempter's art,
And teach the race its duty,
By keeping on its wicked heart
Their eyes of light and beauty.

A million sleepless lids, they say,
Will be at least a warning;
And so the flowers would watch by day
And the stars from eve to morning.

On hill and prairie, field and lawn,
Their dewy eyes upturning,
The flowers still watch from reddening
dawn,

Till western stars are burning.

Alas! each hour of daylight tells
A tale of shame so crushing,
That some turn white as sea-bleached
shells,

And some are always blushing.

But when the patient stars look down,
On all their light discovers,
The traitor's smiles, the murderer's
frown,

The lips of lying lovers.

They try to shut their saddened eyes,
And in the vain endeavor,
We see them twinkling in the skies,
And so they wink forever.

DO YOU DRINK ENOUGH WATER OR TOO MUCH?

Six glasses a day is the right amount for the average healthy person, unless hot weather or violent exercise makes one perspire freely. But it is possible to become literally intoxicated by drinking excessive quantities of water.

If I should tell a rabid prohibitionist that his health and even his life itself depended on his being a "wet," he would be amazed and shocked. Yet it would be absolutely true—although not in the sense that he would understand it. For the one thing that qualifies a person to be the kind of "wet" I mean is water.

People think that their bodies are, literally, among their most solid possessions. But the human body is composed largely of water, the average proportion being from 75 to 80 per cent. We are three-fourths water, even including our brains.

I have heard people speak of a person as having "a fluid mind." They did not realize how close they came to the literal truth. From head to foot, all of us are so "fluid" that it seems almost a miracle when we continue intact, year after year, apparently as solid as ever.

You may think that we become more solid, as the years go by; that old people really are, as we call them, withered and dried up. But they are not "drier." Human beings grow even less dry as age comes on. It is estimated that the water content of the body in old age is from 81.2 to 84.8 per cent, as compared with from 75 to 80 per cent. in earlier life. So the common expression, "a dried-up old man" has no basis in fact.

When I say that health and life itself depend on our being "wet" I am not exaggerating. If the amount of the water content in the body is reduced by only 10 per cent, it results in very serious disorders. If it is reduced 20 per cent, death is almost certain to follow. There have been cases where a person has survived beyond this point; but a loss of 22 per cent. is, I believe, a limit beyond which human beings cannot live.

We doctors are always telling you that you must drink a certain amount of water daily. Well—the advice often seems to go in one ear and out of the other. Ask a man how much money he earns a week, and he can tell you without even stopping to think. But ask him how many glasses of water he drinks daily, and he can't make even a good guess. He could get along if his income of money were cut down almost to the vanishing point; but he could not live at all if his intake of water were reduced to that point.

The three things we must have in order to go on living are oxygen, water, and food. Without oxygen to breathe, we would die in a few moments. Without water to drink—or to get in some form, as in the juice of fruits—we could live only a limited number of days.

The length of time would depend on the temperature, the dryness of the atmosphere, the physical exertion we make, and so on, because the amount of water evaporated from the body would be affected by these factors. On the desert, where the heat is extreme and the air is very dry, death usually occurs from thirty-six to seventy-two hours after one is deprived of water.

We could live much longer without food than without water. Under ordinary conditions, a person will not suffer in health if he reduces considerably the amount of food he eats. In very many cases, he will actually be better off physically. But he cannot, with safety, cut down his "water ration" to any great extent.

As I said before, people seem to pay little heed to the doctor's advice about water-drinking. I think it must be because they do not understand the facts on which his advice is based. I am telling you these facts, so that you may know why you must have water to maintain health.

Before going any further, however, I want to put in a word of caution: I have found that practically no one, outside the medical profession, seems to realize that water can be taken to excess. A person, even in normal health, could become intoxicated on water! The chance of his taking enough to produce this result is rather remote, he is much more likely to err on the side of taking too little. But there is one group of persons to whom excessive water-drinking is dangerous; and, unfortunately, they are the very ones who are most likely to practice it.

People with chronic kidney trouble, high blood-pressure, or heart trouble,

are the ones in whom symptoms of "water intoxication" are most likely to occur. Yet these very persons often make a point of drinking an abnormal amount of water, under the impression that it is peculiarly beneficial to them.

Especially if there is anything wrong with the kidneys, the average person immediately thinks he must drink all the water he possibly can. He does this on the theory that it will "flush out" the kidneys. I have heard of a man with chronic kidney trouble announce that he habitually drank twenty or thirty glasses of water daily. He evidently expected to be praised for it! I have known many cases where friends have advised people who suffered from these chronic complaints, to drink "gallons of water" every day. These amateur doctors meant well; but their advice was positively dangerous, under the circumstances.

The stomach, intestines, and kidneys are not lifeless receptacles and tubes which can be "flushed out" as we would flush sewer pipes. They are composed of complex tissues and delicate cells that have specific functions. If you force an excess of water into one of these cells, its function will be paralyzed, just as surely as if you did not give it enough water.

This is not mere guesswork. In order to test the effects, water has been given, in amounts up to ten litres a day, to patients with chronic kidney trouble. (A litre is a trifle less than a quart.) The effects were headache, dizziness, restlessness, chills, abdominal distension, vomiting, shortness of breath, marked increase in weight, and increased blood pressure.

This array of symptoms shows the folly of asking an already disordered kidney to perform work that would tax even a healthy organ.

The same thing is true concerning people with heart trouble. An impaired heart has enough of a task to take care of the normal amount of fluid in the body. It will be overtaxed if given still more work to do. Amateurs should not take it on themselves to prescribe even so apparently simple a thing as water for people who may have weakened heart or kidneys. Leave that to the expert clinical judgment of the physicians.

I have given this explanation because it is needed in certain cases. But the average person need not worry about his own chance of being intoxicated by water. He is in no danger, unless he goes to extreme excess.

That brings us to the question of how much water the average man or woman really needs; also, some further explanation of why he needs it in order to be well and comfortable.

About six glasses, or the equivalent of three pints, is considered by most authorities a fair daily average. But this will vary somewhat according to the individual.

Some people perspire freely on slight provocation. Others perspire very little. Those in the first class lose more of the water content of the body than those in the second. They need a somewhat greater intake to make up the loss.

According to Plack and Hill, a person evaporates from his body almost ten quarts of water during a ride over the desert. That loss must be made good. Six glasses of water in twenty-four hours would not be sufficient in those circumstances, although it might be ample for the same individual under normal conditions.

It is said that, among the people of India, the fluid "output and intake" is almost twelve quarts a day. But this would be excessive among the inhabitants of a country with cool, moist climate.

A person taking violent exercise which causes profuse perspiration needs to drink more water than when he is inactive.

These are matters in regard to which we must use ordinary common sense. In fact, when we need an extra quantity of water we usually take it without having to give it any thought. For the conditions which rob us of our normal supply are likely to cause thirst; and this prompts us to drink water.

Under ordinary conditions, we cannot depend on the sensation of thirst as a signal to us that we need water. Let me repeat this, for it is very important: The mere fact that you do not feel thirsty is no proof that you do not need water.

It is very common for people who drink only two or three glasses of water a day to claim that they don't need any more. And the reason they give for believing this is that they "never feel thirsty." People of this type have what is known as the dry habit. They are not conscious of their dry mouths and throats; just as people who gradually take on excess weight are not conscious of the discomforts which accompany that condition.

Unfortunately, the body is not a fool-proof mechanism. The signals do not always work. Moreover, if we habitually disregard them we lose our keenness of perception.

There can be no question that these people who have the dry habit will pay the penalty in impairment of their health. It may be a long time in making itself manifest. But it will surely come, unless the deficiency of water is made up in some other way. In my observation this very rarely happens. The "drys" do not know how much water they need, nor do they know how much they are taking.

Your personal water supply is not, and should not be, confined to the six glasses I have specified as a fair daily average. We all need more than that; and we get more from various sources—from the other liquids we drink, and also from the foods we eat.

People imagine they eat in order to get the necessary proteins, carbohydrates and fats. That is true, of course; but one of the most important elements in food is the water it contains—and most of them contain a great deal of water. Cucumbers, lettuce, beans, celery, and similar vegetables are about 95 per cent. water! Even boiled smoked ham is 51 per cent. water. Melons and fruits are almost entirely composed of water. Tea and coffee are practically nothing but water. Milk contains only a small percentage of solids; the rest is water.

The ideal diet for human beings con-

sists chiefly of fruits, vegetables, and milk—all of them largely composed of water! And it would be impossible for food of any kind to be absorbed and utilized by our body cells without water as a vehicle.

Now the daily half-dozen glasses of water recommended by physicians is to be taken in addition to the supply furnished by the foods which make up the average person's diet. The only way in which people with the dry habit can preserve their health is to make up the deficiency by taking a very much greater quantity of watery foods than they otherwise would need. Liberal drinking of milk, eating large quantities of fruits, of lettuce, and similar vegetables would help to supply the water they require.

But, as I said before, I have very rarely found a dry-habit person who did this. Practically without exception, the deficiency is not made up.

"Well," you may say, "why is it so important that it should be made up?" The answer is that some of the most essential functions of the body cannot be carried on properly without water. As I said before, food cannot be absorbed and utilized by our body cells without it. A man deprived of both food and water will starve much more quickly than if he were deprived only of food; because as the water in his body becomes depleted he cannot "feed" on the fat and proteins that are stored up in his system.

The water in the body is the medium by which all chemical changes are effected. It brings nutriment to the cells and it carries away the waste products. It also enables the body to store up heat; and, because it is a good conductor, it equalizes the amount of heat in the various tissues.

If there is an excess of body heat, it must be released; and one of the principal means of doing this is by the evaporation of water from the skin. This is constantly taking place in the form of perspiration. We perspire visit and on hot days or when we exercise violently. But there is, all the time, what is known as "insensible perspiration." This is constantly being evaporated from the skin.

Perspiration does not, as many suppose, carry off a large quantity of waste products from the body. It is practically nothing but water. Its chief service is in regulating the body heat. But that is a very important function, and the loss of water from the body is not made up this function is interfered with.

Professor Rosenau, of Harvard, classifies water as a food. So does the Life Extension Institute, which calls it "a regulating food." Water is absolutely necessary to building up the body and to maintaining its functions. It is the most necessary kind of food. Meat, for example, could be entirely eliminated from your diet without serious consequences. But it would be a fatal experiment to attempt to go without water.

I have said that people with chronic kidney trouble often take water to excess. On the other hand, if a person in ordinary health does not drink enough water, the body fluids become concentrated and the kidneys are likely to be irritated as a result of this.

Water does not carry off any perceptible amount of waste products in the perspiration, but it does play a great part in carrying off these waste and poisonous products through the bowels and kidneys. It is absolutely necessary to the elimination of these poisons.

Another important service which it performs is as a lubricant. There are many extremely delicate surfaces within these bodies of ours. If water were not supplied to moisten these surfaces, the friction to which they are exposed would injure them.

Water is especially necessary to the process of digestion. It is estimated that the amount of water which is daily poured into the intestines is several times as great as the total amount of fluid usually taken in by the mouth. Most of it is reabsorbed into the system when its work of aiding digestion is done. But you can readily see how important it is that the body supply of fluid shall be kept always sufficient.

Water never exists, simply as water, in our bodies. It is always a complex solution, and must be there, if we are to go on living. It is present not only in the blood, the saliva, the gastric juice, and all the fluids of the body, but in all the tissues—even in the bones themselves.

All of us literally have "water on the brain." Some have more than others; but the average brain is 90 per cent. water! In the blood the proportion is 79 per cent. The enamel of the teeth contains 10 per cent. of water; only one-fifth of one per cent. But the inner portion of a tooth is 10 per cent. water. The largest amount is in the saliva, which contains 99 per cent.; although the lens of the eye is a close second, being 98.7 per cent. water. The skin contains 72 per cent., the lungs 79 per cent., and the heart 79.5 per cent. An athlete, who claims to be as hard as nails, is really more like a sponge; for even the muscles are 7 per cent. water.

I have tried to give some of the reasons why we need water. I have said that a fair average supply would be six glasses a day, in addition to the water provided by the food we eat; and that we should include milk, fruits, and plenty of vegetables in our diet. But there are two other points to be considered also: when to drink, and what kind of water to take.

It was formerly supposed that if a person drank water freely at meals it would dilute the gastric juice and so interfere with digestion. The contrary seems to be the case. Water stimulates gastric secretion. A good plan is to take a glass of water at each meal, one between meals—morning and afternoon—and one at night. This total of six glasses a day will be sufficient, except in hot weather or in case of unusual exertion.

People with small stomachs, or with weak stomach muscles, should be cautious about taking a large supply of water at meals, because if too much bulk is put into the stomach it will produce uncomfortable distension. Also, those who suffer from gastric acidity will aggravate this condition by free water-drinking at meals.

It should be remembered that children require plenty of water; more, in proportion to their weight, than

grown people need. Children's bodies are growing, and water is needed in this process. They are more active too; consequently their heat output is relatively greater. However, among grown-ups, a large person requires more water than a small one.

Many people think that it is harmful to drink cold water when overheated, but this is a mistaken idea. One should use discretion and not drink too great a quantity at once. We should practice moderation in all things. But there is no reason why we should not drink cold water, slowly and moderately, when we are very warm. Taken in that way, it will even be beneficial.

I have been asked why ice water seems to taste better than tepid water. The explanation is that the temperature of tepid water is very close to that of the body. It therefore excites practically no sensation in the mouth, or as it passes down to the stomach. Whereas, ice water gives a certain thrill, or shock, which is refreshing and stimulating to many persons.

Then there is the question of distilled water, a subject on which there has been a great deal of controversy. Properly distilled water, where the first product of the distillation has been discarded, is regarded by high authorities as an ideal water to drink, provided it has been aerated and so made palatable. In the navy, such water has been used on shipboard during long cruises, without any apparent ill effects.

Rain water, if caught in a clean receptacle, is usually harmless. It is not absolutely pure, as it contains a certain amount of organic matter deposited from the atmosphere. But this is not of an injurious nature. The chief trouble with rain water is that it generally is stored in cisterns which are not kept clean and properly protected.

In the vast majority of cases, our drinking water is supplied from wells and from municipal supply systems, which receive the drainage from various water-sheds. The most menacing thing that can exist in this, or any other drinking water, is human waste products. To escape this danger, the area drained by the water system, or by private wells, should be carefully selected and closely guarded.

People have an idea that water which is clean and sparkling and pleasant to drink is sure to be safe. But this doesn't necessarily follow. Water may contain organic matter, it may be unpalatable and even somewhat offensive, yet be safe for drinking—provided it does not contain waste products from the human body. On the other hand, it may be clear, bright, and pleasant to drink—yet contain typhoid bacteria. Appearance is not a safe thing to go by. Scientific analyses and careful inspection of the source of supply are necessary.

Ordinary household filters will remove some kinds of impurities. But it must be remembered that they do not screen out disease germs.

In connection with this there is an interesting thing to be said about iodine. The prevalence of goiter in certain regions has been hard to explain. The people in these sections apparently did not differ radically from those in unaffected regions in their food supply or their food habits. It is now thought that the disease may be the result of a deficiency of iodine in the water, or in the soil which produces some of the foods, and which is drained by the water supply.

Doctor O. P. Kimball, in an important report on this subject, enumerates the goiter districts. Among them is one including the entire basin of the Great Lakes and of the St. Lawrence River, as well as the portion of the United States and Canada known as the Pacific Northwest.

In parts of British Columbia and in some of the valleys of southern Alaska, all the domestic animals have goiter! In one section, called Pemberton Meadows, it was almost impossible to raise young animals, such as calves, lambs, and pigs. Since 1918, however, the disease has been controlled by adding a small amount of iodine to the food and drink of these animals.

Naturally, distilled water does not contain iodine. For this reason, although properly distilled water may be a safe and sufficient drink for a reasonable period of time, we cannot be sure that it could be relied upon, year in and year out, especially for children and young people who are still in the period of growth.

Doctor Kimball suggests that, where goiter is prevalent, from five to ten milligrams of iodine be given weekly during adolescence. He presents very impressive facts in regard to the prevention of this disease among young girls in the public schools of Akron, Ohio. I suggest, however, that the family physician be consulted in regard to the advisability of this treatment in individual cases. There might be some special reason why it should not be attempted, even though in general its efficacy seems to have been proved.

To sum up the case for—and sometimes against—water: It is absolutely essential to life and to health. The average person should drink six glasses daily; more during hot weather or after unusual exertion. People with chronic kidney trouble, high blood-pressure, and heart trouble, should have expert medical advice in regard to the amount of water taken daily. No one should indulge in water to great excess; I have seen people decidedly impaired by taking very large quantities—twelve to fourteen glasses a day. If the average person drinks only two or three glasses daily, he will surely suffer from this "dry" habit.

He can improve his chances by liberal drinking of milk, and by eating generous quantities of fruits and vegetables; but as he is not likely to make up the deficiency in these ways, it will be much safer for him to increase the amount of "straight" water he drinks.—By Dr. Eugene Leman Fisk, Medical Director of the Life Extension Institute.

They tell of a strange case in a small Missouri town. A man complained of pains in his heel. His physician removed his teeth, but the pains continued. They removed his tonsils, and still the pains remained. As a final resort they removed his shoe, and the X-ray revealed a long-embedded needle in his heel.

Proper Brewing of Tea Told by Chinese Poet

High tea would have been deemed an abomination by the Chinese poet Lu Wuh, who held that no food should be taken in conjunction with the most delicious of all beverages. Lu Wuh maintained that only three ingredients are necessary for its decoction—tea, water and salt—but each should be selected with care.

"The leaves of the tea plant must have creases like the leathern boot of a Tartar horseman, must curl like the dewlap of a mighty bullock; must unfold like the mist rising out of a ravine, must gleam like a lake touched by a zephyr; and be wet and soft like fine earth newly swept by rain." According to this authority a mountain spring furnished the best water for tea making, with river water and ordinary spring water next in order of excellence.

"There are three stages of boiling," Lu Wuh goes on to say. "The first boil is when the little bubbles like the eye of fishes swim on the surface. The second boil is when the bubbles are like crystal beads rolling in a fountain. The third boil is when the billows surge wildly in the kettle."

Salt is put in the first boil, tea in the second boil; at the third a dipperful of cold water is poured into the kettle to settle the tea and revive "the youth of the water," after which the decoction is poured into cups and drunk.—Manchester Guardian.

Paine Helped Create and Named the U. S. A.

To the average American Thomas Paine is known merely as an "infidel." He has been told that Paine wrote a book entitled "Age of Reason" that assailed orthodox Christianity. He may not know that two decades before the "Age of Reason" Paine, a native of England, wrote a pamphlet that started the American colonists really to think of separating themselves from England and joining themselves together as a new nation, says the Detroit News. When the revolution first started it was only a revolt against oppressive measures of taxation and unjust political discrimination. Even Washington as late as May, 1775, declared himself against separation.

Then, early in January, 1776, Paine published "Common Sense," in which he not merely proposed an independent nation to the dissatisfied colonists, but raised the rebellion to the higher plane of a war for liberty. Washington was converted immediately. Paine declined to accept any profit from the work for himself, but gave all the financial proceeds to the patriot cause. It was in "Common Sense" that the present name of the nation, "the United States of America," first appeared.

Did Moliere Wear Iron Mask?

M. Loquin, a former president of the Academie de Bordeaux, holds that the man in the iron mask was none other than Moliere, whose disappearance the Jesuits were supposed to have urged the king to compass after the great triumph of "Tartuffe."

"Moliere," says this learned man, "died February 17, 1673; the captivity of the man in the iron mask lasted 31 years, from February, 1673, to November, 1703."

The significant silence that prevailed once Moliere was regarded as dead and buried, the foul slanders that were spread abroad shortly afterward and, finally, the destruction of all Moliere's posthumous works and the strange disappearance of every single line of his writing point to a sinister object.—Cleveland Plain Dealer.

Novels in a Nutshell

Much has been written in criticism of English, French and Russian novels, but never have their essential natures been so crisply described as in these paragraphs of anonymous origin:

An English novel is a book in which two people want each other in the first chapter, but do not get each other until the last chapter.

A French novel is a book in which two people get each other right in the first chapter and from then on to the last chapter don't want each other any more.

A Russian novel is one in which two people neither want each other nor get each other, and round that fact 450 profoundly melancholy pages are written.—Youth's Companion.

Experienced

A victim of chronic bronchitis called on a doctor to be examined. The doctor, after careful questioning, assured the patient that the ailment would respond readily to treatment. "I suppose you must have had a great deal of experience with this disease?" said the sufferer.

The doctor smiled wisely, and replied: "Why, my dear sir, I've had bronchitis myself for over fifteen years."—Christian Evangelist.

Hobo Loyal to His Dog

A homeless hobo who was apprehended the other day refused an offer of \$500 for his mongrel dog which accompanied him. The police sergeant said that the dog's loyalty was already proved, but he wanted to prove the hobo's. But the hobo knew that he could easily lose the \$500, but the dog was worth more than that to him.

Their Own Fault

Keen, but Nervous Amateur—I say, old chap, what shall I do if they ask me to sing?

Candid Friend—Do? Why, sing, of course. It'll be their own fault!—London Humorist.

This Old Love Letter Was "the Real Thing"

The man's mother had given the man's wife a love letter which she found hidden away in a mass of old papers. It had been written to the man when he was a boy and the writer was his sweetheart, fifteen years old. The man's mother laughed when she handed it to the man's wife, and the man's wife laughed when she handed it to the man.

But the man did not laugh. "Aha," said the wife in her merry way, "see how the past rises up against you."

The man took the letter and slowly unfolded it and softly read it aloud:

"Dearest boy," he read, "I'm afraid you are mad at me because I walked with Johnnie Nicholson yesterday to school, but it wasn't my fault at all. You know I love you, dearest boy, a thousand million times more than I could love Johnnie, and when you look cross at me it breaks my heart. Ain't you going to take me to the school picnic Saturday—'cause if you don't I can't go. I cried when I wrote this—that's why it's spotted. Don't make me cry any more, dearest boy."

The man looked at the letter for some time. His gaze softened and he sighed.

"That was the real thing," he murmured, and he carefully folded the letter and turned away.

And then the man's wife was sorry she had given the letter to the man.—Cleveland Plain Dealer.

Method Is Devised to Seal Copper and Glass

Most metals will not adhere permanently to glass after they have been sealed to it while in a semi-molten condition, and if they are in the form of rods or blocks. Metal and glass expand when heated and contract when cooled at different rates, so that after sealing and cooling, inevitable separation occurs. The one notable exception has been platinum, which expands at very nearly the same rate as glass and has, therefore, been highly prized in the making of vacuum bulbs where electric current must be led into the bulb and the vacuum kept perfect and free from leaks. But platinum is much more costly than gold and so the electrical engineers have found a way by which copper may be sealed so closely to glass that a vacuum may be maintained. If the metal is flattened out into a very thin sheet with a knife-like edge the thing can be done. This is because the stresses which the joint may have to endure are in proportion to the thickness of either the copper or the glass. A thin sharp sheet of glass may similarly be sealed into a block of copper. So again has necessity become the mother of invention.

Census Statistics' Little Joke

Miss Mary V. Dempsey, junior statistician of the United States census of 1920, who has recently completed her task, believes that census reports as made by enumerators over the land are more comical in some essentials than the latest joke book. Miss Dempsey had 250 clerks under her classifying the reports and found her diversion in documents that classified "pigs' feet singers" under "musicians"; and listed among other occupations those of "assembler of gravity," "philosopher at home"; "instructor in a school for brides" (Niagara Falls); "instructor in a vestibule school" and "laborer in a hair mine."

Raggedy Ann's Funeral

When Raggedy Ann, the pet burro of Battery F of the Twelfth field artillery, recently died at Fort Houston, Tex., the men gave their mascot a burial with full military honors. The pet burro died in a battle against the pack mules of the battery. The body of Raggedy Ann was lowered into a grave on Pershing field as field guns fired a salute and the bugler played taps. At the grave a headpiece was erected whereon were engraved testimonials of the love and affection which the members of Battery F felt for their pet. A wreath of alfalfa was placed beneath it.

Mozart and Others

A certain music composer of much talent and popularity—we will call him Jiffers—has a happy appreciation of his own work, as his friends all know.

So highly does he estimate Jiffers' compositions that some of his friends were much startled the other day when he said gravely: "Did you ever notice that the names of all great composers begin with M?"

"Yes, M," said the composer. "Mozart, Mendelssohn, Meyerbeer, Moszkowski—and Mel!"

Pearls in U. S. Rivers

Through scientific propagation of fresh water mussels in the rivers of America, experts in the United States bureau of fisheries say it will be possible in time to make the rivers of the country yield fabulous harvests in pearls. Even now pearl fishing is conducted in some rivers of the United States, and during the last year more than \$15,000,000 worth of pearls were found in the mussel shells at the bottom of the Mississippi, Black and White rivers alone.

Some Difficulty

A very stout and portly gentleman was once asked why he did not play golf, and this was his reason:

"I did try it once, but I found that when I put the ball where I could see it I could not reach it; and when I put it where I could reach it I could not see it."