

Your Health, The First Concern.



There is always a certain amount of concern shown by the average family over the prospects of pneumonia, but little thought is ever given to diet.

There seems to be some connection between those who resist the disease or succumb to it and those who make a practice of eating a well-balanced food supply. Great care should always be taken as the winter months come to select the purest and the best foods the market affords.

There is no question but that milk plays an important and beneficial part in helping to keep the system in condition to fight the attacks of pneumonia. Likewise whole-wheat products furnish valuable and essential elements to the blood, the tissues and organs of the human system, and give them a resisting power to the destruction of germs that cannot be obtained in the diet.

Whole-wheat products such as whole-wheat bread, whole-wheat doughnuts, crackers and cookies should be eaten in ever increasing amounts as the weather gets colder.

The bowels should be kept free and open to prevent the accumulation of toxic products, which have a tendency to reduce the resisting power of bacteria. Cream cheese is another valuable product for nourishing the body and for mineral elements, which help to develop a higher resisting power to such a wasting disease as pneumonia.

When one is suffering from pneumonia a large amount of blood is required to carry the waste products and poisons out of the blood to the lungs. Material collects in the lungs, where it is thrown off by coughing and expectorating. This helps free the lungs from the accumulation which rapidly grows while the disease is in progress. If both lungs fill up the air is shut off and the human being dies from suffocation. The skin often becomes a dusky color, due to the fact that the life-giving oxygen is cut off from entering the blood and the blood is unable to get rid of its poison. For that reason people should help to avoid this disease by the proper diet and by avoiding great fatigue and exhaustion.

The winter months demand more sleep on the part of the person than the summer months because there should be plenty of rest and freedom from over-exertion.

There is always a tendency for the accumulation of salt when one is suffering from pneumonia, probably due to the influence of the poison upon the blood cells as well as the inability of the kidneys to eliminate it. The diet should be of course absolutely free of salt when the pneumonia patient is suffering from that malady.

Lemon juice and other fruit flavors may be used to make the food tasty in place of salt. The saltless diet lessens the severity of pneumonia and usually has a tendency to shorten its duration.

During the pneumonia period it is well to use as much food as possible which contains a little salt as possible. Sweet butter is an excellent product to use in the place of salt butter frequently during the cold winter months of the year.

Fruits should be found frequently in the diet. Plenty of water should be taken into the system. In fact, it is a good time for the use of certain mineral waters to increase the take of the water supply by maintaining a regular daily habit of taking so many glasses of a certain type of water. Mineral water, in fact, has proved to be rather beneficial in this respect because many people will maintain a habit of taking this type of water when they would not do the same with the ordinary city supply.

As the winter months come on, add more milk, cream cheese, fruits, vegetables, butter, and all such other food products to your diet, in larger and larger quantities, thereby giving the system the right sort of material to keep it in a clean, healthy normal condition, that it may be prepared at any time to fight the invasion of disease germs.

Despite the fact that the Christmas season is now past, it is still time to consider seriously the idea of giving some gifts to yourself that will mean, longer, healthier and happier life. In case you need them, become a somewhat belated Santa Claus and make yourself the object of his generosity.

Here are the gifts which you should bestow upon yourself, if you have not already done so, and which will indicate a common interest in your personal welfare: Plenty of fresh air day and night. A two-mile walk every day. Plenty but not too much nor too little, food. Keep the alimentary system regular. Stand, sit and walk erect. Shun all drugs unless your physician prescribes them. Reasonableness in the use of stimulants including coffee and tobacco. Avoid contact with communicable disease. Eight hours sleep every night. Cultivate a happy frame of mind. Make this a chronic condition if possible.

Reasons for breathing through the nose instead of the mouth are: (1) to warm the air; (2) to moisten the air; (3) to remove the dust and bacteria; (4) to produce more suction in the chest, which helps draw blood into the lungs as well as air, thus helping the heart, and more easily attaining the second wind.

BOSTON TEA PARTY'S LAST SURVIVOR.

David Kennison, Member of Boston Tea Party, Passed Away at Age of 115 Years.

One of the most interesting public monuments in Chicago has been erected to a man who would have been buried in potter's field had not the city council intervened.

Three-quarters of a century ago, David Kennison, the last survivor of the Boston Tea Party, worked as a laborer in Chicago. As he approached his 115th birthday anniversary his health became so impaired that he was forced to seek charity. A few months later, when he died, he would have gone to a neglected grave had not the patriotic impulses of the city demanded something better. Instead he was buried with ceremony, and since then fate has decreed that his grave, now marked by a huge boulder, shall remain at the gateway to one of the principal parks of the city.

Lincoln park has within its confines the famous bronze figure of Lincoln, by St. Gaudens; the memorial to Eugene Field, "the children's poet," the serene philosophical face of Benjamin Franklin; and the equestrian monument of General U. S. Grant, the largest casting ever attempted in this country. It was to see these and the many other wonders that many tourists visit the park when in Chicago.

"What things of interest do most people come here to see?" is a question often asked the attendants.

"Everyone who comes asks to see the Lincoln monument," the reply, pointing in the direction of the southern end.

"And what else?" "Those who know about it want to see that black stone to 'Dave' Kennison. He was 115 years old when he died," and the guide will direct to the west entrance of the park, where, beneath the big shade trees, lies the grave of David Kennison, who died in 1852.

Chicago was just emerging from its Fort Dearborn military life and village habits when David Kennison came west to make his home. It was a city with a population of 40,000 when he died; the first steam railroad had come there three years before, and while he was still a resident an ordinance was passed prohibiting hogs from running at large in the city streets.

Blazoned on the bronze beside his grave is the statement that he was "a member of the Boston Tea Party." That single achievement takes the visitor back to a time when the colonists existed under British rule; when England was attempting to lay a tax on imported tea and when Samuel Adams and John Hancock were thundering that "taxation without representation is tyranny."

David Kennison was born in New Hampshire in 1736 and was living in Boston when the quarrel over tea and taxes was at its height.

The first tea ship from England after the tax had been decreed, docked in Boston harbor on Sunday, November 28. The Puritan sabbatarian scruples were momentarily forgotten in the emergency and Samuel Adams invited the representatives of the adjoining towns to meet at Faneuil Hall.

Then followed many days of conferences between the consignees, the ship's captain and the protesting citizens. Finally the colonial governor, a Royal appointee, took a hand and issued a proclamation forbidding "further unlawful proceedings at their utmost peril." The town meeting countered with a resolution forbidding all owners or masters of ships to bring from Great Britain or to any part of Massachusetts so long as the act imposing a duty on it remained unrevoked.

Two or three days after this meeting two other ships of tea arrived. Every precaution to obstruct their landing of the cargo was made. A military watch was kept at the wharf day and night, sentinels were placed in the church belfries and postriders, with horses bridled and saddled, were kept in readiness to spread notice of alarm to adjoining towns. Such a state of excitement could not exist longer.

Under the law, a ship which has docked must obtain a clearance within twenty days. On Friday, December 17, the time limit would be up for the first ship. On the morning of the sixteenth, affairs reached a crisis. Another meeting was called in the Old South Meeting House. In the streets were several thousand sympathizers. This proved to be one of the most momentous days in the history of the world.

Hopeful of averting trouble, the ship captain was induced to visit the governor and ask for a clearance that the cargo might be returned to England. This the executive refused. While this conference was being held between the captain and the colonial head, however, a plan was being worked out by Samuel Adams and his advisers to meet the situation. A secret meeting was held in the office of the Boston Gazette. What was determined there did not become public until later. Shortly before the governor's refusal came, however, a resolution was passed by the meeting, that the tea should not be landed. That showed the sentiment of the people.

It was nightfall when the refusal was received. It met with no outward demonstration. The little church was dimly lighted by candles and the place had taken on a quiet and serene, as if some great happening were about to occur.

"This meeting can do nothing more to save the country," declared Samuel Adams, after reading of the executive edict.

Those fatal words were the signal for action. They were a declaration of war. Out of the sombre stillness came a war whoop and fifty men in the guise of Indians hurried out of the midst and to the wharf. Among them was David Kennison destined to be the last survivor of the band.

Before nine o'clock that evening

the three hundred and forty chests of tea upon the three ships had been ripped open and dumped into the sea. There was no interference and not a person was harmed. There was no rioting. A great crowd looked on approvingly during the early frosty evening, as the boxes were hacked open with hatchets and dumped overboard. Then all became quiet.

Next morning the winds and the waves had wafted the salted tea in rows of green foam along the Dorchester beach and Paul Revere was riding into the dawn toward New York to spread the news that Boston had thrown down the gauntlet to the King of England.

The Boston Tea Party was an assertion of the principle that there could be no taxation without representation. The unbounded sentiment which resulted in the determination to revolt and the ultimate winning of independence.

"Often as it has been cited and described, the Boston Tea Party was an event so great that even American historians have failed to do it justice," declared John Fiske, the distinguished historian, in writing about the episode.

When war came David Kennison was a fighter at Lexington, Bunker Hill, and many other battles of the Revolution. The muster rolls show that he was also a soldier in the War of 1812.

Kennison must have been a man of remarkable physique. After the Revolution he settled for a time in New York, where he met with physical injuries. A falling tree fractured his collar bone and two ribs; the accidental discharge of a cannon at a military review broke both of his legs, and the kick of a horse left a scar on his forehead which he carried to his grave. He was married four different times and was the father of twenty-two children.

Becoming separated from his family, Mr. Kennison journeyed to Chicago in 1845, where he spent the remainder of his life. He received a pension of eight dollars a month from the government, but was compelled to work at day labor to earn enough to support himself. Finally he became an object of charity. His death occurred February 24, 1852. Even in those pioneer days his passing was an event of such importance as to be widely chronicled in the papers.

"It was fitting that such a character should receive an imposing funeral," declares M. M. Quail, in Chicago and the Old Northwest. "On the day before his death, in response to a request presented in his behalf, that he be saved from the potter's field, the city council had voted that a lot and a suitable monument be provided for him in the city cemetery. The funeral was held from the Clark Street Methodist church and several clergymen assisted in the services. At the conclusion a procession moved in two divisions from the church to the cemetery, to the accompaniment of cannon booming at one minute intervals.

In the procession were the mayor and the councilmen, a detachment of the United States Army, the various military companies and the bands of the city marked by the usual military honors, a large proportion of the fire companies and others. Upon this spectacle and that of the interment, the population of the city gazed. The cemetery occupied a portion of the ground now included in Lincoln Park.

When the use of this for burial purposes was abandoned, a number of years later, nearly all the bodies interred in it were removed. Kennison's was one of the few left undisturbed.

The site of the grave had been practically forgotten for many years, when in 1905, with appropriate ceremonies, it was marked by a massive granite boulder, erected by a number of patriotic societies. Thus it has come to pass that Kennison's burial place possesses a prominence of which the humble soldier in life can hardly have dared to dream. Veteran of our two wars against Great Britain, participant in the Boston Tea Party and the Fort Dearborn Massacre, he enjoys the unique distinction of a grave in Chicago's most famous park, overlooking the blue waters of Lake Michigan.

Peppermint Drops.

South Bend, Ind.—Peppermint oil once so precious that dealers kept it stored in bank vaults, has built and shattered dreams of wealth in shorter time almost than any other farm crop. Two years ago a pound of it brought almost \$30, buyers fought to contract all the growers in and muckfields reached a premium in Michigan and Indiana.

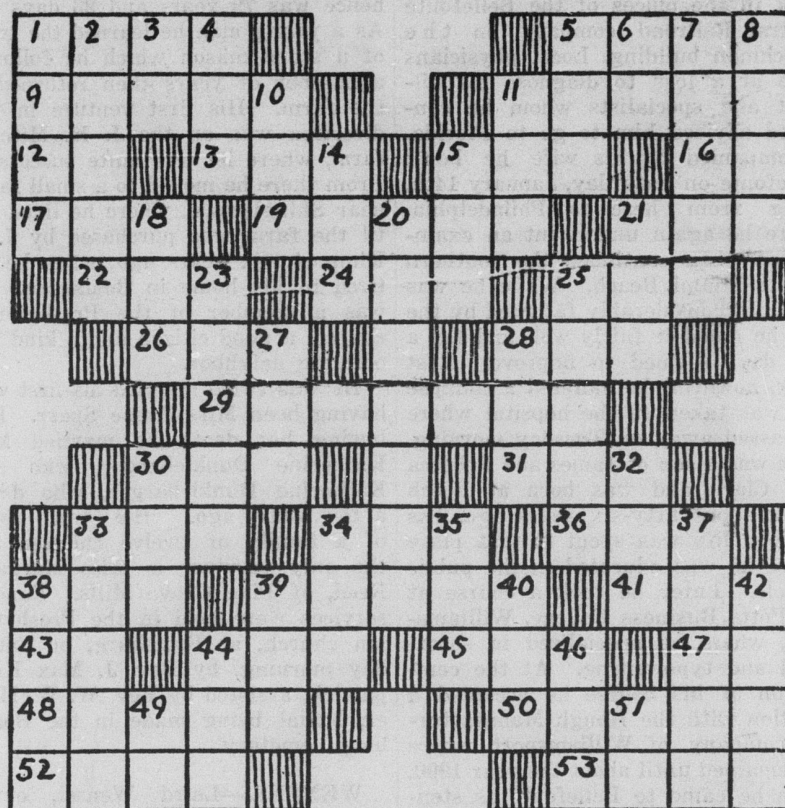
As quickly as it rose the price decreased. Current sales hover around \$3 for a pound, and producers say it costs \$2.50 a pound to grow it. This year's crop is a subject of controversy. Buyers declare supplies are plentiful but growers insist production is in adequate. Whatever even tenor there may be is due to long-term contracts, by which far-sighted growers accepting a sliding scale, insured themselves of better prices than the open market brings.

Observers predict an increasing demand for oil. In respective order of importance it is used in dentifrices, confections and chewing gum, and in the retail drug trade. Makers of dental cream declare the world is just beginning to brush its teeth, and candy manufacturers report steadily increasing sales.

Generally the mint supply is less than the demand. There are natural restrictions on production. Growers become discouraged when weeds overrun their crop and contaminate the oil so much that it suffers discounts on the markets. Distilling is a problem. Most growers have their own equipment, although custom stills are operated. Private stills do not pay on less than 20 acres of good mint. However, mint production frequently is considered a subsidiary industry, and as one producer drops out another fills his place. While not always as profitable as truck crops adapted to similar land, mint is perhaps more

HOW TO SOLVE A CROSS-WORD PUZZLE. When the correct letters are placed in the white spaces this puzzle will spell words both vertically and horizontally. The first letter in each word is indicated by a number, which refers to the definition listed below the puzzle. Thus No. 1 under the column headed "horizontal" defines a word which will fill the white spaces up to the first black square to the right, and a number under "vertical" defines a word which will fill the white squares to the next black one below. No letters go in the black spaces. All words used are dictionary words, except proper names. Abbreviations, slang, initials, technical terms and obsolete forms are indicated in the definitions.

CROSS-WORD PUZZLE No. 1.



(© 1928, Western Newspaper Union.)

Horizontal.

- 1-To run off
2-Religious ceremony
3-Prongs of a fork
11-Confidence
12-Preposition
13-Set of false hair
15-Tool box
16-Sun god
17-Word used to denote past time
19-Ability
21-Sweet potato
22-To partake of a light meal
24-Arid
25-Church bench
26-River (Spanish)
28-To cut wood
29-Occupied
30-Consumed
31-Insane
33-Army scout
34-That woman
36-Part of the mouth
38-Very warm
39-Combs between two
41-At this time
42-Month of Hebrew calendar
43-To be victorious
45-Humans
47-Note of scale
48-Citrus fruit
50-The earth
52-Sagaacious

Vertical.

- 1-Grecian portico
2-Emperors
3-Preposition
4-Same as 25 horizontal
5-Small rug
6-Three-toed sloth
7-Kind of hay
8-False, or make-believe
10-To drink sparingly
11-Evergreen tree
14-Delity
15-Tool for opening a lock
18-Belonging to us
20-To encircle, as a wreath
21-European fir tree
23-Goodness
25-Place for the foot on a bicycle
27-Unity
28-Fold of cloth
32-Noise
35-Kind of tree
37-Voting places
38-To stop
40-To stitch
42-To walk in water
44-Trouble
46-At this time
49-This person
51-Rhode Island (abbr.)

Solution will appear in next issue.

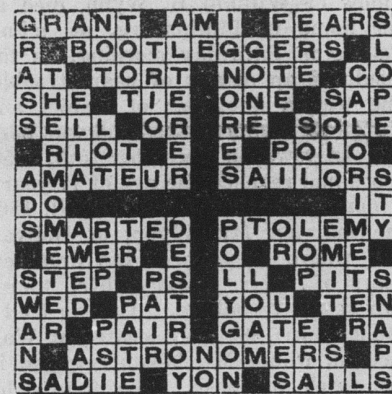
certain. The enormous price reduction has not cut the acreage seriously. Michigan and Indiana claim 85 per cent of the total mint acreage, with Oregon, Washington and California ranking next in importance.

Smile Worth While

No matter with how much or how little beauty you are endowed, you are better looking when you smile. Looks count for much in this world, yet most when coupled with solid worth.—Grit.

Trouble Ahead

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