

Your Health, The First Concern.



There are many people who have developed a hot-weather complex. Their minds are absolutely set to a discomforting existence so long as summer remains.

As a matter of fact, habits have much to do with keeping cool in summer time. A bit of applied care, and a great deal less complaining will result.

For example, there is the question of food. The body actually requires less nourishment in summer than during any other season of the year.

It is positively surprising what a difference will be noted if the summer diet is in the main reduced to vegetables and fruit.

So here are the rules for hot weather living:

1. Eat sparingly of meats, starchy foods and sweets—they are heat producers.

2. Exercise. (a long walk preferably) after sun-down.

3. Avoid excessive exercise in the hot sun, particularly if over forty years of age.

4. Keep the alimentary tract open.

5. A daily bath.

6. And finally, but by no means the least important, banish the hot weather complex.

While following the above rules will not reduce the temperature outside of you, it will reduce your hot attitude toward heat.

White bread, polished rice, white sugar, and other highly refined products, are not poisonous.

Another count against the excess consumption of white bread, polished rice and other purified products, is that they leave an acid ash.

Many people who suffer from ordinary constipation should also have the whole grain breads and cereals.

Pernicious anemia, dread disease which destroys the vitally necessary red corpuscles of the blood and leads to eventual death of those afflicted with it, has been brought finally under control.

Hailed as a discovery of great importance, the specific substance which halts destruction of red blood corpuscles has been traced to two internal animal organs—the liver and kidney.

Reporting on the results of their experiments in feeding liver and kidney to scores of persons suffering with pernicious anemia, a group of physicians from eastern cities described to the 10,000 delegates and visitors in attendance at the convention dramatic experiences in the use of the new treatment.

Included among the physicians who are credited with developing the new treatment were Dr. George H. Whipple, of Rochester, N. Y.; Dr. George R. Minot, of Boston; Dr. James H. Means, of Boston; Dr. Randolph West, of New York City; Dr. E. H. Heath, of Baltimore, and Dr. Thomas Ordway, of Albany, N. Y.

The physicians reported that although the red blood corpuscles count of patients had fallen to 1,000,000 per cubic millimeter or less, as compared with a normal count of 5,000,000, feeding of liver as a prominent part of the daily diet quickly raised the red blood corpuscles count toward the normal level.

The section on Pharmacology and therapeutics, before which the reports of liver treatment were read, was cautioned, however, that the treatment must be maintained, or the patient will suffer a relapse after recovery has apparently been achieved.

Subscribe for the Watchman.

Decree of Authority Subject to Discount

The late Leonard W. Wood was commiserated with by a reporter, one day in Washington, on the apparent neglect meted out to him during the World War and on the harsh judgment that had been passed upon his administration of the Philippines.

General Wood changed the subject, but afterward, as the reporter was about to go, he told a story.

"When we are judged," he said, "we must consider our judges. We must judge our judges, so to speak.

"Joe Childs, perhaps, was the greatest jockey in the world. He won almost every big race; some of them he had won three or four times over; the king's jockey, you know.

"Well, during the war Joe enlisted in a cavalry regiment, and they sent him to a riding school at the Curragh in Ireland to be trained.

"When he mounted his horse at the Curragh school the riding master said to him:

"Have you ever ridden before?" "Yes, once or twice," said Joe.

"Yes," said the riding master, with a disgusted laugh, "on a donkey at the zoo, I guess. Why, you've got the worst seat on a horse I ever saw in my life."

Electric Furnace One of Scientific Freaks

When men can thrust their bare hands into an electric furnace that melts metal with ease, it would seem that there is such a thing as cold heat.

White mice, too, will run about in this furnace without suffering any ill-effects, while an interior of a wireless valve can be heated to incandescence without heating the glass bulb itself.

The secret is that the furnace heats only electrical conductors, being a high-frequency inductance furnace.

It is in the manufacture of wireless valves that one of the most interesting uses of this furnace is found. Just before the valve is sealed from the vacuum pump it is placed for a moment within a high-frequency coil.

The metal parts immediately become red hot and the bubbles of gas and vapor are boiled out. The valve is then sealed from the pump with the knowledge that the later heating of the valve by the filament will not cause further release of bubbles.

Like Dynamite

There is nothing that a man will not do for the woman he truly loves! There is a type of woman who knows this and who, after having won the devoted love of a man, proceeds to use that love as a means of gaining her purely selfish ends.

Many a woman of this type is hopelessly extravagant. She knows that her husband will make any sacrifice to gratify even her slightest whim.

She often does not know that the very love which makes him spoil her will make him violently condemn her if she indulges in dangerous indiscretions.

Love is somewhat like dynamite. It properly handled, it can serve the most useful of purposes. If treated carelessly, it can cause havoc and even death.—True Story Magazine.

University Defined

American Universities and Colleges says that in the United States a university is an institution of higher learning, comprising a college or colleges of arts, literature and science—historically the first part of the American university to come into existence—and professional colleges or schools of law, medicine, theology, etc., and especially a graduate school of arts, literature and science.

In addition to schools and colleges devoted to instruction and research, the university includes divisions of laboratories, libraries and museums, and sometimes a university press and research institutes. Not every institution which calls itself a university measures up to this definition.

Food Requisites

According to Prof. V. H. Mottram, an adult woman needs but 2,500 calories a day. An adult man engaged in sedentary occupation requires 3,000 calories daily. A man doing hard work should have 5,000 calories. The physiological reason given is that the feminine organization utilizes food more economically than man. A child's food should not be proportioned according to his age, as he requires more than half the food of an adult.

Care of Ferns

Give your fern water only when you see the surface of the soil is dry. Then submerge pot in water for ten minutes. This will mean that every particle of soil in the pot is saturated.

Whenever you water the roots spray the tops. Keep plant in a room where there is plenty of fresh air. Florists ventilate their fern houses twice each day. Set the fern outdoors whenever there is a warm rain. As soon as possible set the plant on the shady side of your porch.

Easily Pleased

Rastus had gotten into the clutches of the law and was talking things over with his lawyer.

"I think," said the attorney, "I can get the jury to exonerate."

"Boss," said Rastus, "Ah don't crave to be exonerated. Ah just wants to be let loose."

FOR AND ABOUT WOMEN. DAILY THOUGHT.

This learned I from the shadow of a tree That to and fro did sway upon a wall: Our shadow selves—our influence may fall Where we can never be.

—Anna E. Hamilton.

It would have been a pity if, at a time when circular broadcloth skirts were in vogue, the short fur jacket had not been revived to go with them. Happily, it has been, and Redfern shows several examples in heaver and golden seal which are most original and attractive.

Coats have not fallen into definite categories as yet, though Jane Regny repeats many times her straight sports coat of basket weave or tweed or wool velour, made with separate belts, strap trimming, collar and cuffs of a flat fur and lining of fur.

—What a French dressmaker's prophesy will prove the greatest boon for making the plain woman smart and attractive has just been evolved by those astute psychologists, Merss. Jean Patou, Lucien Le Leong, Paul Poiret and Molyneux.

This is a decorative back for afternoon and evening frocks. Cascading flowers, stunning jeweled trimming in semi-precious stones, infinite flounces, panels and pleats and bows now transform the erstwhile neglected back into a thing of beauty.

Fashions for Autumn and Winter decree extreme simplicity, but all the ingenuity of the dress architects is employed in restoring the balance of smartness by a study of the back and its possibilities. Sports apparel follow the trend by having straps and geometrical designs in the back of sweaters.

Pleats are gathered at the back in skirts, and M. Patou astonished his first night audience by an afternoon gown with a deep and narrow V-shaped split, also in the back. As backs grow in importance, the Rue de la Paix believes the effectiveness of facial good looks will diminish.

Enormous bows have been added to the back of some formal frocks, and others are adorned with large enamelled or diamonded buckles.

Another treatment of the back consists in trimming it with tassels in red and blue beads in both diamonds and enamel. Beaded shoulder straps that continue down the back of the dress in strings of colored beads also are seen.

—Even in hats has the new tendency made itself apparent. Whether it's the ubiquitous beret or poke-bonnet felt, stitching and trimming continue to be seen either at the back or the side.

The new cloche crown is higher, and the brim is yet sufficiently large to be undulating.

The poke-bonnet, in its conventional or modified form, still is being sponsored by Agnes. She has made several models in black felt, with tiny white grosgrain ribbon, with a dainty rosette of the same material in the front or at the side.

—It is easier to turn ugly elbows into pretty ones than to change any other part of the body. In five minutes you can transform your elbows; and that very nearly means transforming your arms from ugly into pretty arms.

Scrub them first with a hand brush, hot water and a good deal of soap. Then dry and rub them with cream. It should really be flesh-building cream, which the skin takes up, rather than cleansing or ordinary cream.

But even this will do, for the skin is dry from the scrubbing and needs lubricating.

The cream must be rubbed in thoroughly and the surplus wiped off with soft tissue or an old cloth or a piece of absorbent cotton. This is if you are not going out and not wearing sleeves that cover the elbows, for instance, if this is a bedtime treatment.

If you are going out, wash the cream off the elbows. You can remove almost all of it by an ordinary washing, leaving in the skin just enough to make it smooth looking.

Or better yet, reverse the process, and rub cream into the elbows first, then wash them or scrub them with hot water and soap, rinse and dry them. This leaves them soft, clean and a fresh pink, and with most of the lines and wrinkles gone.

But for real smoothness, follow this by rubbing with vanishing cream or some good almond-oil emulsion such as is used for the hands, and by thick powdering.

As vanishing cream is soft, for it gets well into the pores, is usually mildly astringent, and won't work out on the surface of the skin as easily as a hand emulsion.

Daily care means scrubbing, and rubbing with cream at bedtime to feed thin or dry or dirty-looking elbows.

—If you do not possess an old medium-sized powder puff, one of the thick kind, buy one for 10 cents. You will never be hunting bits of cloth again to clean your white shoes.

After you dampen it, you saturate one side for one shoe and the other side for the other, and you can clean several pairs before you find another rag which is torn before the shoe is half cleaned.

I've used mine two summers now, and it looks good for another

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