Democratic Watchman.

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Your Health

THE FIRST CONCERN.

LIFE EXTENSION INSTITUTE INC. BIOX NEW YORK

—Modern science has taught us e value of sunshine. The wealth hich our grain fields and fruit ees capture from the sunshine far ceeds the products of all the old or silver or copper mines. And ir vast hoards of coal and oil are ly sunshine in cold storage.

Tyndall maintained that light was erely a mode of motion; but the test dictum of science holds that sac Newton was right, that sunght is a substance, fine particles rapid motion, the most rapid otion known, one hundred and ghty-six thousand miles per secd.

These flying particles strike the in with such a momentum that spite of their almost infinite nuteness, they are carried through e skin and produce in the interior the body effects which are estial to the growth and developent, and which enable the body to sist the attacks of disease germs d other enemies of life and health.

Plants which grow in the shade e puny and slender, lacking in or and are an easy prey of plant ets. The foliage of such plants sparse, the flowers and fruit are her absent or scanty and of poor ality.

Human beings are equally inoted to the sun's rays. Light is essential to health as food. In t, the observations of Steenbock d others show that light is food—subtle, ethereal food which soaks through the skin instead of being sorbed by the stomach.

And this celestial food that, like manna of the Israelites of old, nes down from the skies, can be red and accumulated in the tiss. The summer season is hart time in a larger sense than agriculturists appreciate. The mer, while gathering in his crops corn ad wheat, is also absorbing vitalizing solar rays, and this why he lives several years longthan the city dweller.

The amount of sunshine absorbed ends upon the amount of sure exposed to the sun's rays. The a of a large man has an area of ut twenty square feet. The orary clothing covers all but about square foot of this area, the a of the face and hands. Small ntities of sunlight filter through clothing, especially when thin, t-colored fabrics are worn. To a full meal of sunshine, the eral body surface must be exed.

The sun bath is even more escial as a health conserving means the water bath. By taking a bath two or three times a week ing the summer, a store of light rgy may be accumulated which serve as a vital barricade inst the germ enemies which are t active in the fall and winter ths, when the sunlight has largeost its value as a vitalizing force.

the Lake Region and the North ntic States, the summer months the only season of the year n the sunshine is sufficiently in ultra-violet rays to be highffective as a vitalizing agent. s doubtless for this reason that rculosis is so prevalent in the ern part of the United States. erculosis was practically unwn in Arizona and New Mexico l these States became popular as th resorts for tuberculosis pa:s from all parts of the United es.

e discovery that sunshine can tored in the body, is a fact of endous importance, since it es possible, for persons who live uch regions as the North Atc States, to lay up a stock of energy sufficient to carry them east a part of the way through almost sunless winter months. at is true of tuberculosis is lly true of other diseases. monia and influenza are most alent in those regions where is the least sunshine.

e vitalizing effect of the sun when the body is well charged luminous energy, prepares the not only to resist disease, but alo withstand the depressing effects old. The Eskimo during his long ner, is constantly bathed in sun, and accumulates such a large of this protective agent that enabled to endure the intense and prolonged darkness of his polar night.

person whose skin is well tanned xposure to the sun, is better ared to withstand the winter's than a person who has not had benefit of sun bathing.

th these facts in mind, every igent person must appreciate mportance of improving the rtunity offered for sun bathing g the summer months and to re, before the winter frosts to make their appearance, a browned skin and an invigd body.

ery year thousands of persons the seashore for the purpose ea-bathing, and derive great it from exercise in the sea r, but greater benefit from the sure of their bodies to the sun. rtunately, it is not necessary to the seashore to find facilities un bathing. A sun bath may be arranged on the roof, in the yard, or on a balcony with a ern exposure.

Subscribe for the Watchman.

FOR AND ABOUT WOMEN.

Daily Thought.

The sole thing that Tremark
About the difficulty, this:
We do not see it where it is,
At the beginning of the race,
As we proceed, it shifts its place,
And where we looked for crowns to fall,
We find the tug's to come—that's all.
—Browning

—Germany plans to tax spinisters and bachelors, to help balance the budget. Women and men, unmarried, according to German theory, are not doing their share.

Unmarried women might reply, "Show us a man worth while; otherwise we'd rather be taxed."

A tax on unmarried women under forty-five would be desirable in this country, if it could drive into marriage intelligent young women now single.

The greatest loss to the nation is the loss of millions of superior children that would be born if intellectual young females could be persuaded to take men as they are, and not to expect too much.

—Take it from Miss Martha L. Connole, a modern Portia attending the directors' meeting of the National Federation of Business and Professional Women's clubs, most women are not out in the business world because they want to be.

She thinks they have been "kicked out" of the home. And furthermore, she says, it is getting harder all the time for women to succeed because "chivalry has fallen into the ash can."

Miss Connole, who hung out her shingle when women attorneys were a novelty, expounded her views today in commenting on a radio talk by Mrs. Thomas A. Edison, in which the inventor's wife was reported as urging women to return to homemaking and pay less attention to the lure of professional and business careers. Miss Connole asked:

"And where is the home we are to return to?

"Moreover, for nearly every woman working there is some man—father, husband, son, brother or other male relative, dead or alive—who has fallen down on the job of providing for her support.

"Bucking the world is not easy. Of course, there are some women who aspire to fame and others who are naturally independent."

—Use old shirts for covering dresses hanging in the closet. Slip a leg of an old pair of pyjamas over your ironing board for a clean covering. Keep opened rolls of gauze bandages, and absorbent cotton in covered baking powder cans in the medicine closet. For variety, use three tablespoons of grapefruit juice with a half a cup of salad oil to make dressing. To sweeten the coffee percolater, half fill it with hot water, soap and borax and let it boil for a few minutes, then rinse it thoroughly with hot water.

—There are three ways in which a fabric can be colored. The first is to dye the yarn before it is woven; this results in complete color permeation. The second is to dye the woven fabrics; this results in fairly complete permeation. The third is to print the color or colors on the surface of the cloth; here, obviously, the color permeation is far from complete.

The shopper can easily determine which method of coloring has been used. Just unravel a few strands and examine the yarn. Colored yarn will show a sand coloring; piece-dyed show gaps in the color where another strand has crossed the yarn and prevented the dye from permeating; printing will show a superficial coloring of such portions of the yarn as from the actual surface of the fabric.

—The popular shades for window shades are variations of tan or gray, running from dark brown or gray to ivory, cream, white, or gray-white. A few years ago, green was the universal color for window shades. Now one rarely sees green window shades in the shops, though many are left over in houses.

The duplex shade, one color on one side and another on the other, is more expensive than the one color shade, and is not much used, as we have left the inharmonious color, green. Light tan makes a pretty shade, giving a soft yellow light through it. White shades are much used.

The newer shades are washable, will not crack, and are more pliable than the old shades. Whether the bottom of the shade shall be fringed or straight is a matter of taste. For kitchens, oil-cloth shades are sometimes used. For bedrooms and sun parlors, cretonnes, lacquered or varnished, to give them stiffness are an interesting innovation, adding life and color to a room.

The house wife who would change the style of her window shades, but who does not want to buy new ones for the whole house, all at once, may begin with the upstairs or the downstairs, on the front and sides, leaving the rear of the house and the other story to arrive at gradually. The better shades from the windows supplied with new shades, may be used to replace worn shades at the windows left unchanged.

—The silk suit is very suitable for afternoon. Short capes and matching jackets give the ensemble effect to many costumes. Accessories should not match the garments too rigidly. Better a little contrast and individuality.

—A good complexion is a social obligation; it is a joy to look upon, though the face be plain. It suggests health and sweetness and soundness, and is an asset in the struggle for existence.

—Overloading the washing machine is hard on clothes and makes the machine work less efficiently.

IN THE MEXICAN QUARTERS.

(Continued from page 2, Col. 6.)

"You've got to take me. I'd go mad here waiting and not knowing." And as I hesitated, she whispered a familiar-sounding phrase. "Oh, please"—a sob shook her—"I'm going to my man."

Time was too precious to waste, I stepped on the gas and twenty minutes later skidded into Camp Four. Old Sam had a string of horses ready, and putting Claire on the gentlest, six of us headed south across the desert. The girl spurred to my side.

"Is there much danger?"

"Rustlers aren't famous for their sense of humor. They'll never see what this means? It's Billy showing you he was worth your trust. He's proving to himself and to us that he's got the stuff.

"Let's hope those thieving greasers don't feel the need of proving something."

They couldn't be far ahead, I knew. They'd have to ford the river and skirt the east edge of the mesa. We had avoided all that. And with fifty head of steers they couldn't set a very rapid pace. But we were even nearer than I'd thought, for topping a rise we saw beneath us a bunch of cattle close herded in a clump of mesquite. Above the hoof-beats I heard the spit of a rifle and almost at the same time one of my boys blazed away at a sombreroed horseman and missed him by twenty feet. But that was plenty.

In another minute two Mexicans were spurring frantically for the border. Then a blue flash from behind the mesquite and the third Mexican fell with a bullet through his thigh.

Plunging down the slope at a mad gallop we drew up beside the herd. In the shadow of the mesquite Billy lay with closed eyes. Already the girl was out of the saddle and kneeling at his side. So low she spoke I couldn't catch the words, but even a rank outsider in this perplexing subject of love could tell that all of a woman's heart lay in her low caressing voice.

I tore open his blood-flecked shirt, then drew a long breath. Just a glancing shot, not even a rib touched. And about that time Billy's eyes opened.

"Who the devil do you think you are, going out single-handed after that outfit?" I began.

He looked up at me and his hand closed tight over the girl's hand.

"You dry up," he whispered weakly but happily. "We ranchers sure have to protect our own property."
—Hearst's International Cosmopolitan.

—Pastor: "We will sing Number 168. Sing without reading, please." The mother in the audience reached for the song book.

Little girl, nudging mother: "He didn't want you to use the book. He wants to see if you can remember the words."

PLAN FOR YEARLY DRIVE ON SIGNS ALONG HIGHWAY

Illegal signs posted along State Highways are scheduled for prompt and speedy destruction by the Pennsylvania Department of Highways, according to James Lyall Stuart, Secretary of Highways. The highway official has directed his maintenance forces to scan every foot of the roadside bordering the highway system and tear down alll outlaw signs by July 15.

Particular attention will be devoted to signs imitating official markers, many of which are popular with eating stands. "Stop" or "Warning" signs, accompanied by the information that Possum Glory Inn is just 500 feet ahead are frowned upon by the Department as needlessly distracting the attention of drivers. The same is true of signs constructed in such a manner as to resemble in form or appearance the officials markers.

Many signs on private property will disappear during the drive. The procedure to be followed is for the caretaker to inquire of property owners whether permission has been granted for the erection of such signs near the roadway. If not, caretakers will remove the signs. When permission has been granted and the signs are not within the legal right-of-way they cannot be disturbed.

The most noticeable improvement expected is a removal of tattered weather-beaten and neglected signs that have outlived the agreement under which they were originally placed. With co-operation of the property owners these will be pulled down and the blemishes removed.

Cardboard, cloth, tin, steel and wooden signs, commonly called "snipe" signs, are the center of the wholesale campaign to clean up the roadside. Every variety of unsightly daub and tattered blurb will fail before the army of caretakers.

THE MEANING OF S. O. S.

Deluged by letters from civilians after every storm took its toll in the North Atlantic, as to the meaning of the radio signal "S. O. S." the U. S. Naval Communications explains that the letters have no meaning in themselves.

Citizens who thought that the letters meant "Save Our Ship," or "Save Our Souls," it was stated were in error.

The letters were selected by the International Radio-Telegraph Conference in London, in 1912, because the combination of dots and dashes was so simple that even the most inexperienced radio operator would have little difficulty in detecting them.

As expressed in the dot and dash code the S. O. S. signal is (three dots, three dashes, three dots).

Previously the distress signal had been C. D. Q.

ROADSIDE FIRST AID IS PLANNED BY RED CROSS

An extensive plan of emergency first aid service along the highways is now being projected by the American Red Cross, whose officials have been moved to act by the 30,000 deaths and a million injuries due to automobile accidents last year.

The plan calls for the establishment of first aid service under Red Cross local chapters at cross roads and other danger points. Wayside stores, stations of highway police, community centers and the like, at convenient intervals, are suggested as locations for this emergency service.

Each Red Cross station will have on hand a complete kit of first aid supplies, a list of telephone numbers of physicians, ambulances and hospitals in the vicinity which has been approved by the local medical society, and at least one person readily available, who has been trained in Red Cross first aid.

The Red Cross has for some years been active in teaching first aid to policemen, firemen, Boy Scout leaders and executives and employees of telephone companies and other industries. They are prospective material for the first aid duty.

Markers are to be set up on the roads, indicating the direction and distance to the nearest first aid station, also arrangements made for volunteer automobile transportation when necessary.

All first aid services would be rendered by volunteers without charge, as a part of a chapter's activities.

215 ARRESTS

Officers of the game commission brought 215 prosecutions during June. Arrests of owners whose dogs had been caught chasing game helped swell the total.

—Rear the Watchman.