

ONE OF THE SMUGGLERS' GANG

By ROBIN WINSTANLEY

(© by W. G. Chapman.)

A RUSTIC bridge with a frail railing, a charming young lady resting upon it, a creek, a splash and Minna Graves uttered a shriek and sank beneath the surface of the brook.

Rolf sat on an upturned keg just within the cave, when he was intensely startled. One of the band came into view, forcing before him a prisoner.

The Sandman Story by Martha Martin

THE GARDEN FLOWERS

THE flowers from the garden had been sent in a box to the city. Some one in the city who was very fond of this particular garden had received the box.



"You Dear, Pale Lavender Tulips," the Lady Said.

from the garden, "how beautiful you are. You are just the color of orchids."

THE WHY OF SUPERSTITIONS by H. IRVING KING

CURE FOR COUGHING

WHEN a person is taken with a fit of coughing and strangling—such, for instance as when a piece of food "goes down the wrong way"—he or she can be at once relieved by putting a pair of scissors down inside the clothing next to the skin.

SAWS by Viola Brothers Shore

FOR THE GOOSE

THERE'S no excuse for talkin' behind your hand. A thing you can't say right out, you can always shut up about.

Every girl knows a certain number of promisin' young ducks that spend half their time promisin', and the other half duckin'.

Love may be misery, but they don't react the same way to company.

FOR THE GANDER

It's good arithmetic to measure your temper by the len'th and stren'th of your arm.

You don't need a college education to know yourself. And one won't do you much good if you don't.

A spoiled kid ain't half the disgrace to his parents that a licked one is.

Mary Astor



This is the latest picture of charming Mary Astor, the motion picture actress, beloved by the thousands who are witnessing "The Wise Guy," in which she has a prominent part.

The Hotel Stenographer by Roe Fulkerson



"HOT cat!" cried the Hotel Stenographer with enthusiasm. "I met him last night for sure and certain. He is handsomer than Rudolph Valentino, braver than Bill Hart, can outdance Ted Shawn and every petal on his daisy reads 'he loves me.' I am for him big!"

"He must be a wonder," laughed the House detective. "Did he kiss you good night?"

WHEN I WAS TWENTY-ONE by JOSEPH KAYE

At 21—"Holworthy Hall," the Novelist, Desired to Be a Publisher.

"A T THE age of twenty-one I was a senior in Harvard university and my ambition was to become a publisher."

"I cannot remember that at this time I drew any distinction between magazine and book publishing—or between editorial and executive work. I merely knew that the appeal of printer's ink was irresistible."

"Within a few months of my twenty-first birthday, however, I realized that I wanted to write fiction. Accordingly, I began to write, but without losing my earlier desire to be a publisher."

"For the next eight years I was a publisher—and I am still writing fiction. But perhaps I should add that this fulfillment of ambition was hardly accidental; for I had been brought up from childhood in the atmosphere of a magazine office.—Holworthy Hall."

TODAY—"Holworthy Hall" is a familiar name to magazine readers. The real signature, however, should be Harold E. Porter, for that is the novelist's name.

Mr. Porter is one of the best known fiction writers in the country, and there are few magazines which have not published a series of his stories. He is also considered an expert on the theoretical side of short-story writing and is said to have proved that a formula can be used for writing stories, even stories of literary worth.

HOW TO KEEP WELL

DR. FREDERICK R. GREEN Editor of "HEALTH"

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PREVENTING GALLSTONES

GALLSTONES are hard masses which form in the gall bladder, usually following and as the result of infection and inflammation of the gall bladder. They often exist in persons of middle age without causing any symptoms of any kind. In at least 10 per cent of all post mortem examinations of persons over twenty-one or more gallstones are found in the gall bladder, although the persons have often been entirely unaware of the condition and have died of some disease in no way related to the liver.

The first symptoms are those which are popularly called dyspepsia, an uncomfortable sensation of fullness in the stomach after eating, with the presence of gas. The patient attempts to relieve his discomfort by belching. Along with the discomfort may be an excess of hydrochloric acid in the stomach, or what is popularly called a sour stomach or an acid stomach. This excess of acid may produce a gnawing or "hunger" pain beginning two or three hours after eating. This is because the food from the preceding meal has been digested and has passed out of the stomach, leaving the stomach walls exposed to the irritating effect of the excessively acid secretions. This hunger pain is generally relieved by taking more food, by alkalis, such as soda, or by vomiting. There may be a slight rise of temperature and there is usually a chronic constipation with occasional sudden attacks of diarrhea.

Numerous attempts have been made to dissolve or remove the stones from the gall bladder by the use of various medicines. They are mostly of no value. If stones have formed which are large enough to show an X-ray photograph, the only way they can be removed is by a surgical operation, opening the gall bladder, removing the stones and either draining the gall bladder or removing it.

WHAT HEALTH COSTS

NOW that it is generally recognized that each village or city can largely fix its own death rate by the amount it is willing to spend for disease prevention, naturally the question arises as to how much this health protection is going to cost. The best way of answering this question, Yankee fashion, is by asking another, how much does it cost those villages and towns which have it?

In New York state the law provides that any city or incorporated village may levy a health tax on its citizens, establish a health department and employ a health officer and that the health officer's salary be not less than ten cents per capita of the inhabitants.

If a community wishes, it may tax itself for more, but that is the least it can pay its health officer. Many cities and villages do pay more, as is shown by a study of town and city health work by Dr. Huntington Williams of the New York health department.

Dr. Williams shows that there are in New York state three first-class cities. In 1923, New York city, with a population of 5,620,948, spent about \$1 per capita for health. Buffalo, with a population of 503,775, spent 67 cents for each citizen, and Rochester, with a population of 233,750, spent the same as New York city, \$1.

There are eight second-class cities. Of these the average health expenditure was 84 cents, the lowest being 38 cents and the highest \$1.81.

Incorporated villages in New York range in population from 500 to 10,000. The health expenditures of 118 were studied. Of this number, 91 spent from 10 to 20 cents per capita. Twenty-four spent from 20 to 70 cents.

The New York law also allows townships to levy taxes for health purposes. Out of 447 townships, 423 spent from 10 to 20 cents. Fifty-four townships spent from 20 to 45 cents. The largest expense per capita was in the town of Newcomb, a lumber camp, where, in order to keep a doctor in a thinly settled region, the township was paid a salary by the town. This involved an expense of \$7 per capita.

