

WHICH RULES

By THOMAS ARKLE CLARK
Dean of Men, University of Illinois.



Hammers is a physician, a perfectly healthy one, too, who has seldom been forced to take any of the drugs which he carries around with him when he goes out to make his professional calls. Besides being healthy, he looks the part, a statement which cannot truthfully be made of every man who admits that he is well. Hammers believes that fat kills a good many people, or if it does not directly put an end to them, it at least does its best to put an end to their existence. People dig their graves with their teeth, he claims, and they begin to work at it early in life. They let their stomachs rule their heads and shorten their lives by such slavery. Any sensible person, he claims, might easily and comfortably live to be a hundred or more if he would eat little, exercise regularly, and get proper sleep. The main trouble is we eat what we like, and worse than that we eat too much of it even when we know it isn't good for us. Now, I shouldn't eat strawberries, but I do. As a well-known columnist says: "I'd rather have rash than no berries."

It is very strange how we let our brains rule our stomachs. Mrs. Crane knows perfectly well that she is never comfortable after she eats meat, nor are those who are near her happy. Does she refrain from eating meat and confine herself to pulse as did Daniel and his young companions in Babylon? Not she.

"That baked chicken" (or roast turkey or broiled steak, whatever it may be) "looks awfully good," she says, when everyone is being served at dinner. "I don't believe a little piece would hurt me." And having taken a little piece and finding it delicious, she passes her plate for a second helping, and the ordinary consequences follow.

Groves lays on flesh very easily. Raw cabbage and beets would fatten him if he would eat enough of them. He knows very well if he would only use his head that he should eat sparingly if he would keep thin and feel his best, and he usually intends to do the sensible thing. But he has an appetite like a threshing machine. Everything tastes good to him, and the more he eats the better things seem to taste. You know the result. His stomach wins the contest; he overeats and so gets heavier and heavier as the months go on.

We make regulations, and it is not for me to say unwisely, as to what people may drink, and we argue that we are doing humanity service by regulating affairs, and contributing to the happiness and health and the prosperity of the country, and yet I suspect that there is quite as much disease and distress and death resulting from overeating as there is misery resulting from overdrinking or drinking the wrong things. We let our appetites rule.

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In the Spotlight as White House Pets



"Whoopee," the little fellow, and "Gillette," the hound, are the first two dogs to start the new White House menagerie. This is the first photograph made of the two dogs.

NEW FISTIC CHAMP



Jackie Fields, the former Maxwell street youngster of Chicago, who was acclaimed by a unanimous verdict by the judges as the welterweight champion of the world. He won seven out of ten rounds from Jack Thompson. The battle was staged at Chicago.

Complicated Process

Rayon is a lustrous, continuous thread, formed by dissolving cellulose, either as cotton linters or wood pulp, in a suitable solvent, passing this fluid through a spinning machine, solidifying the product in a fixing bath, combining and twisting the resulting filaments into a thread, purifying and bleaching this thread, and finally transferring it into the type of package in which it is to be sold or used.

Mark Heroine's Trail

Vaucouleurs, France.—The trail of Joan of Arc, Maid of Orleans, is to be marked permanently as France's tribute to her on the five-hundredth anniversary celebration of her exploits.

Her progress from the little town of Domremy to the court of the dauphin at Chinon; to Orleans, where she raised the 100-day siege; on to Reims, where she crowned the dauphin, King Charles VII; to St. Denis, close to Paris, and eventually to the stake at Rouen in the north, is to be described serially in stone tablets set up at points of greatest importance in connection with her story. It will take 18 months to put them in place.

In all, the trail will cover more than 3,000 weary miles which the girl soldier, clad in armor and riding a white horse, traveled in less than fourteen months of terrific campaigning. She always pushed forward faster than her seasoned warrior counselors advised, never resting or sparing herself.

This little town, a few miles from peaceful Domremy, where Joan, daughter of a landed peasant family, heard the voices which started her on her military career, was the starting point of her journey. The story begins at dawn February 23, 1429, when Joan, disguised as a young merchant and accompanied by six faithful local followers, set out for Chinon and the court of the dauphin, to tell the story of her voices and offer her sword to France.

Wins Fame as Sleuth

Canton, Ohio.—Ora Slater never read Sherlock Holmes nor heard of S. S. Van Dine, but he is a detective of fictional qualities just the same.

Slater has figured prominently in three famous Ohio murder mysteries. He solved the Nesbitt case at Troy a few years ago, and later conducted the investigation of the mysterious shooting of Don Mellett, the Canton publisher.

One of his recent cases was in connection with the death of Margaret Heldman, twenty-year-old wife of a Lorain furnace salesman, Wilbur O. Heldman, her husband, was charged with the murder.

Slater's method of solving homicide mysteries is to trace down every clew, question every possible suspect,

search minutely for a loophole—he says there always is one—and then peer long and patiently through the loophole.

The detective gained a local distinction in Indiana, his native state, handling investigations for the government during the World war. Afterward he became a private detective in Cincinnati.

One morning Mrs. Jake Nesbitt, young Ohio State university graduate, was found beaten to death in her Troy home. Jake helped the officers seek the slayer, at first believed to be a vagrant. Slater was called in. Nesbitt said he slept at home the night before the murder. The lower portion of his pajamas could not be found. That was Slater's loophole.

Jake eventually confessed the murder. He had burned the pajama trousers after killing his wife during a quarrel.

In the Mellett murder Slater faced a blank wall until a mysterious telephone call from Massillon, later traced to Ben Ruder, convicted as the "pay off" man in the plot, provided the loophole.

Slater is a long-distance talker and a story teller of interest. Often he has disarmed a suspect merely by talking him into security.

Motor accidents have increased by 500 per cent in the past ten years.

Tattooing Days Gone Except for Sailors

Norfolk, Va.—The popularity of tattooing is waning. This is the opinion of the needle and ink artists who follow the trade here.

"Tattooing has seen its best days," one veteran holds. "The late czar of Russia was tattooed and there was a time when many society folk took to it, but now our work is confined chiefly to sailors." The veteran needleman believes people get tattooed because "they are still savages underneath, and they like to get themselves up to look pretty."

Would Go "Home"

Stockholm.—After 250 years of exile from their ancestral homeland a Swedish colony which now numbers 800 villagers and farmers of Garmalsvinsky in the government of Cherson, southern Russia, has appealed to the Stockholm government to be brought back to Sweden.

Their story is that of a community exiled for centuries yet always dreaming of their homeland, and for generations after generation rigidly maintaining their native schools, language, customs and religion. Their ancestors left Swedish shores about 1670, and for 100 years were settled on the Esthonian island of Dagoo.

In 1781 Empress Catherine II of Russia ordered them to the Ukrainian steppes near the falls of the river Dnieper. Cossacks escorted them on that forced march. Their caravans, like the wagon trains that crossed the western plains of America in the days of '49, journeyed 1,200 miles to the new home.

The crowd took nine months, and more than half the colonists died on the way. In 1792 the group numbered only 200 persons, according to the cherished church record of the Swedish vicar.

When forefathers of the group left Sweden, Dagoo island and all the Baltic territory belonged to Sweden. The liberties they had enjoyed under Swedish rule were taken from them in 1721 when Russia, expanding toward the sea, took possession of Baltic shores. Russian landowners attempted to force the Swedish settlers into a condition of serfdom.

The Swedes sent deputy after deputy to the empress, and at last, in 1780, succeeded in getting an imperial ukase which defended their rights, a precursor of the liberty

granted all Russian peasants 80 years later.

But under the new freedom the colony was ordered to the Ukrainian steppes.

The tenacity with which they have clung to Swedish culture, a record proudly preserved in parish Bibles, has aroused deep admiration through Sweden and the government is studying plans to help the Garmalsvinsky colony realize its ambitions.

Beginning His Life Work



"I THINK I'LL LEASE THIS" (pointing to a building) "I'M GOIN' INTO 'TH' HOUSE BUILDING BUSINESS, PA" (to his father) "WONDERFUL, SON—SIMPLY MARVELOUS" (from father) "2118 4th St. 377" (on building sign)

Runaway Building Nearly Wrecks Train

Red Wing, Minn.—A railway wreck was narrowly averted here when an engineer brought his train to a stop just a few feet short of a "runaway building," which blocked the tracks.

The building, it may be explained, got away from workmen who were moving it from one location to another.

The Chicago Great Western railway engineer saw the obstruction in time to halt his train. Workmen hacked away one corner of the building and the train continued its journey.

FALLS UNDER TRAIN, SLEEPS SOUNDLY ON

Doesn't Waken When Dragged Out Unhurt.

New York.—Peter Backe, Bronx, I. R. T. repairman, sat on a bench in the Hunter's Point station of the subway in Long Island City recently and yawned. He had been working all night and he was sleepy. He stood up to keep awake to catch a train.

But his lids closed and he fell asleep on his feet. The rumble of the approaching train failed to rouse him. He swayed. At that moment the train thundered in and Backe fell in front of it. Three cars rumbled past before the brakes applied by Motorman Charles McGuirk stopped the train.

A few minutes later the emergency crew reached the station with a clanging of bells. A member of the squad crawled under the train and found Backe wedged snugly in the depression of the rails.

The policeman cocked his ears incredulously as he heard a stentorian snore. He seized Backe by the legs and dragged him out into the light. The snoring continued. On the way to St. John's hospital the repairman slept, and even when he was lifted to a cot.

"Unconscious?" the policeman asked Doctor Pisera.

"No; just a natural nap. He isn't even hurt," said the ambulance surgeon, and a particularly stentorian snore verified the diagnosis.

Husband Slayer Walks Out of Detroit Prison

Detroit, Mich.—Mrs. Maude Cushing Storick, serving a life sentence for the murder of her husband, Claude Cushing, escaped recently from the Detroit House of Correction. The murderer, who for the last three months has been the private cook for the family of Edward Denniston, superintendent of the Detroit institution, walked to liberty after discharging her prison garb for clothing believed to have been smuggled to her by an accomplice.

The escape was noticed shortly after nine o'clock when Mrs. Minnie Walters, matron in charge of women trustees in the Denniston residence, found Mrs. Storick's cell empty.

Police and prison guards were dispatched at once to watch all railway and bus terminals. A reward of \$100 was offered for her capture. Mrs. Storick is termed "a dangerous and exceptionally clever woman."

Cheese Rolling Rolls Two Thieves to Jail

San Francisco.—Two San Francisco policemen had never seen a professional cheese roller in action before, and as a result they captured two would-be thieves.

Corporal John Reed noticed a large cheese rolling slowly down one of San Francisco's 33 hills and behind it a furtive appearing character guiding its progress with a stick.

Corporal Reed took charge of the cheese's progress and guided it—as well as its previous master—to the city jail. The would-be thief confessed, but would not tell where he got the cheese.

Just as the thief was about to be locked up in a rolled another cheese, and behind it came another policeman and another would-be thief.

The story just had to come out of them. There was a big shipment of cheeses at pier 19 and some of the boys just couldn't resist the temptation of rolling them away.

Helpless Man Sends Dog With Note to Neighbor

Cornell, Wis.—Charles Minick, a road patrolman, lay helpless in his bachelor home near here suffering from a violent attack of rheumatism. Minick called his alreared dog to the bedside, tied a message to the dog's collar and repeated the name of a neighbor several times. The message was delivered by the animal and Minick was taken to town and given medical care.

For Being Helpful

New York.—Disarming a holdup man is one thing, but trying to turn over the captured firearm to New York police is something else. Oliver Deardorf, taxi driver, did just that and was arrested for illegal possession of firearms.

Gets Huge Wildcat

Antigo, Wis.—Bounty was claimed recently by Woodie Gibbs on a wildcat that weighed 55 pounds and measured almost six feet from front paws to the tip of the tail.

CHEMICAL WAR CHIEF



Col. Henry L. Gilchrist, United States Army Medical corps, has been appointed by President Hoover to be chief of the chemical warfare service with rank of major general, succeeding Maj. Gen. Amos A. Fries, whose term of office expired. He is a native of Waterloo, Iowa, and entered the army as a contract surgeon in 1898.

Working and Living

Working for a living is a poor way of getting along. We become slaves of our jobs, and there is no joy in accomplishment. Instead of working for a living, try living for a work, and see if you are not better satisfied.—Grit.

X-Ray used on Flies to Help Human Race

Washington.—Flies which have long been held in bad esteem as spreaders of disease are about to do their bit in helping the human race. They are being used now for studies of the effect of X-rays on future generations.

In flies, the harmful effects of these rays appear in the third and fourth generation. Dr. Mary E. Stark of New York city reported recently. She has exposed flies to X-rays for varying lengths of time.

While the individuals exposed continue to grow and breed, their descendants die off. Doctor Stark believes this is because the reproductive cells of the grandparent or great-grandparent flies were injured by the rays. This injury is inherited and finally causes death. In this same way cancer may be produced in third and fourth generations of flies.

Doctor Stark believes that the experiments on flies will throw some light on this problem in human beings. Her theory is not accepted by all scientists, however. Because the human race breeds slowly, it will be some time before the inherited effects of X-rays can be noticed in man.

DIPPING INTO SCIENCE

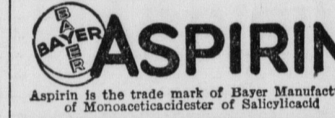
Why Animals Become Independent Early

The reason why humans become independent so much more slowly than animals is because animals are guided by instinct, while humans depend on their ability to learn. The animal is born with the instinct to use its facilities, while the development of the human intelligence is a slower process.

SUCH IS LIFE --- Hardly Reasonable --- By Charles Sughroe



A DOZEN different things may cause a headache, but there's just one thing you need ever do to get relief. Bayer Aspirin is an absolute antidote for such pain. Keep it at the office. Have it handy in the home. Those subject to frequent or sudden headaches should carry Bayer Aspirin in the pocket. Until you have used it for headaches, colds, neuralgia, etc., you've no idea how Bayer Aspirin can help. It means quick, complete relief to millions of men and women who use it every year. And it does not depress the heart.



For Barbed Wire Cuts Try HANFORD'S Balsam of Myrrh. All dealers are authorized to refund your money for the first bottle if not suited.

Bilious/ R. Bilious, constipated? Take NATURE'S REMEDY—tonic—mild, safe, all-vegetable laxative. You'll feel fine in the morning. Promptly and pleasantly rid the system of the bowel poisons that cause headaches—25c. For Sale at All Druggists.

Of course, every human institution has faults; but we don't want to blot them all up on that account.

GREAT DISCOVERY KILLS RATS AND MICE, BUT NOTHING ELSE. Won't Kill Livestock, Poultry, Dogs, Cats, or even Baby Chicks.

K-R-O (Kills Rats Only) is a new exterminator that can be used about the home, barn or poultry yard with safety as it contains no deadly poison. K-R-O is made of Sugar, as reconder the Connable process which insures maximum strength. Two cans killed 378 rats at Arkansas State Farm. Hundreds of other testimonials.

Sold on a Money-Back Guarantee. (Based upon K-R-O (Kills Rats Only), the original Squill exterminator. All druggists 75c, or direct if not yet stocked. Large size (four times as much) \$2.00. K-R-O Co., Springfield, O.

Capability The person who is really capable of friendship never lacks friends.—Woman's Home Companion.

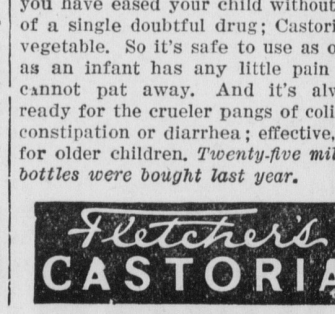
A man doesn't have to be a millionaire in order to be a sinner.

Are You Ready



When your Children Cry for It

Baby has little upsets at times. All your care cannot prevent them. But you can be prepared. Then you can do what any experienced nurse would do—most physicians would tell you to do—give a few drops of plain Castoria. No sooner done than Baby is soothed; relief is just a matter of moments. Yet you have eased your child without use of a single doubtful drug; Castoria is vegetable. So it's safe to use as often as an infant has any little pain you cannot pat away. And it's always ready for the crueler pangs of colic, or constipation or diarrhea; effective, too, for older children. Twenty-five million bottles were bought last year.



Vertical advertisements on the right edge including: HOTEL MONTELEONE, Radisson, Three... B. S. & Three W... RA... Pkt. 10c; oz., Catal... BECKT SE... 502 Liberty Av... LADIES Excellen... NOW OPE... Full or part... troducing Fine... yours free. A... for those meani... need not apply... tion this paper... E. A. DAF... Hasbrouck Heig... Health Sun... All Win... Marvellous Climate—Camp—Splendid Views—The wonderful... Write or... Palm S... CALIF... 8% and... W... WE... THE PE... Food P... 119 N. 4th St... EUROPE CUNARD LINE 52... Spain, Tangier, Alg... Sweden, Norway, sachs, Berlin (Par... etc.), Hotels, drives... Mediterranean Cruise... Frank C. Clark, Tr... Boston's Newest Resi... The P... 410 SUART... Permanent or tran... cost only \$1 postpaid;... Write or telephone KEN... Dining room... Make a ven... eat M... five gener... in U... Schwegler's... O... E... chine, figures need... and business men;... only 4 oz.; simple to... billon; clears instantly... tracts. Agents for this... Gates Dist. Co., 125 C... \$29.00 DAILY SELLIN... Cloth Table Covers, Lin... with dump cloth, San... 410 Bessmer Bldg.,... "Frischilla," 777 Sterling... AGENTS—Selling Ou... table cloths, clean 110... like linen, needs no... Fabrics Corp., 33 W... Watson and All Desc... tions join the big qual... of interest to all; 20... blanks, James H. Wat... MOTHERS W... Write for free sample... dinger. Discard after... Room 201, 422 Fourth... Men, Women, Work fo... con, on \$2.50 sale; eve... easy to sell, write to... 410 Bessmer Bldg.,... CHRYSANTHEMUMS, 3... 15 varieties \$2; 24 vari... anywhere; write for cat... dens, R. I. B. 634E... Agents, Establish Own... articles sell on demon... hold; 100% profit, re... Usan Mfg. Co., 90 W... Ask for "Geta Belle"... heartburn, indigestion... which takes much joy... bottle. Write Getz Ph... Pennsylvania State Super... tected, Tanned White... ey Poultry Farm, R.