STATISTICS SHOW NATION HEALTHIER THAN USUAL

Mortality Lower and Health Conditions Better the Past Summer Than in Any Corresponding Period in Recent Years

The health statistics of the leading cities of the United States, and for the insurance companies, show that the mortality has been lower and health conditions in general more favorable during the last summer than during any corresponding period in recent years. Public health workers attribute much of this low mortality to the cool, comfortable weather prevailing throughout the summer and to the fact that the influenza epidemic of last fall and winter caused the premature deaths of many persons suffering from chronic diseases. These deaths would have occurred under ordinary conditions throughout the spring and summer of 1919, health workers say.

The figures available in the records of a leading life insurance company, industrial department, during the months of July, August and September, this year, show exceedingly low mortality rates from the acute infectious diseases of children, measles, scarlet fever, whooping cough and diphtheria, as compared with the corresponding months of previous years. Typhoid fever shows a low death rate. This is encouraging because it is a sign of sanitary progress throughout the country. Diarrhea and enteritis, infantile intestinal diseases which have their maximum incidence during the summer in the eastern and central part of the United States, showed this year one of the lowest rates on record. The diseases and conditions associated with child bearing also indicate improvement over the figures for preceding summers. Beginning with the month of September, there was a slight increase in the death rate for influenza and pneumonia, not enough, however, to warrant the conclusion that the epidemic conditions of last year would be repeated.

Public health officials, and the health service of the life insurance companies, are watching carefully the current mortality returns with a view to controlling, so far as possible, any unfavorable mortality situation, should it arise. The United States public health service has suggested that local and state health departments outline an adequate program for the control of epidemics of respiratory disease. The life insurance companies are urging their policy holders who have had influenza or pneumonia to consult with their family physicians frequently in order to combat any of the effects of such diseases upon the heart, kidneys or lungs.

New Medicine Discovered In France Is an Extract From Popular Mistletoe

There is a brand new medicine, just discovered in France; it is the extract of our old friend the mistletoe. Dr. Charles Green Cumston, Swiss correspondent of the New York Medical Journal, in reporting it to that paper, says, however, that the American mistletoe will not do, as its effects are different from its French sister.

The new preparation is called viscum album. It was discovered by Dr. Faultier, and he and Dr. Doyen have had great success with it in checking certain forms of hemorrhage. It is given either in the form of pills or injections into the veins. Its effect is to dilate the blood vessels by paralyzing the vasomotor centers of the nervous system; to increase the systolic energy of the heart and slow the heart beats; to cause contraction of the unstriped fibers of the muscles.

Intestinal hemorrhage due to typhoid fever is checked by it, and it is said to be admirable for use in hardening of arteries.

Oranges, Lemons, Pineapple and Apricots as Medicine

A diet of oranges will clear muddy complexions and reduce superabundant curves. Lemon, taken internally quenches thirst and prevents the bad habit of overindulgence in ice water Lemons clear the skin, assist the digestion and help one get rid of fat Applied externally, they are a bleach that will remove stains from the fingers or neck, freckles from the arms or cheeks and sallow blemishes. Pineapples are said to sweeten the voice restore the quality of it, if it has grown husky, and aid digestion, which means they will help to beautify the complexion. Apricots are used for the same purpose, and are much favored in oriental countries.

"Oil of Joy" Is Produced From the Cactus Plant

Various species of the cactus plant have been used by men seeking forgetfulness of the woes of their existence The "mescal" intoxication, which is produced by a beverage of this sort and which has in Egypt and India numerous devotees, is described as being even more enticing than the "hashish paradise," without causing the physical and mental disorders of the latter. A similar beverage is the "pulque" of the Mexicans, which is prepared from an American species of aloe. At the present time it is largely supplanted in Mexico by "tepachi," which is made from sugar and pineapple juice.

Alligator Farming Brings Good Returns for Effort

There is much money to be made in alligator farming. The demand for alligators is large, constant and rapidly increasing; the supply is limited and there is not much competition. The few alligator farmers in America are prospering. Alligators have to be fed on meat, but they need no food from September 1 to May 1, for this is their hibernating season, when they do not eat at all. Alligator skins are used for making bags, suitcases, purses, belts cushion covers, etc., and the teeth and bones are made into cuff links, paper knives, whistles and many forms of cheap jewelry and ornaments.

RIGHT TO THE POINT

Nobody ever got insulted by minding his own business.

The only thing we can think of which has been reduced in price lately is the postage stamp.

What a happy world it will be when high wages and low prices come together?

No man can have all the fun in this world, and no one man ever had all the sorow, either.

Ancient Deodar Trees of India, 800 or 900 Years Old, Considered Sacred

The natives of the hill regions of India consider the deodar tree almost sacred. As its name implies, it is the tree of the gods, and around many of the picturesque little temples one sees magnificent groves of fine old deodars, perhaps 800 or 900 years old, trees that no one would dream of cutting, for they are considered as the personal property of the gods. Even should a deodar fall down from old age, no hillman would dare to use its timber for his own private needs. Misfortune, as he believes, would certainly result. If a house were built of the sacred timber, either the house would refuse to stand, or—what is the more usual form of the god's displeasure—the owner's family would fall victims to some terrible disease, or his crops would fail to ripen. A hillman who has had to pass through one of these groves will carefully remove even dry needles that have stuck to his feet for fear that he may arouse the god's displeasure by inadvertently removing some of his property.

Senegalese Soldiers Wear Spectacles as Ornaments To Impress Compatriots

Those whom fate has condemned to wear spectacles may have some difficulty in believing that anyone could regard these articles as ornaments, to be worn with pride and pleasure. This, however, is nevertheless the case with many of the Senegalese soldiers who fought in the war. While on leave in Paris, on their way home, many of these gallant warriors have invested in spectacles as the surest means of impressing their compatriots.

An optician relates that when he tried to sell a pair of spectacles with plain glass to a Senegalese whose sight was obviously excellent, the soldier complained that they were no good because they did not "make everything look funny." The optician immediately supplied the soldier with a pair of concave lenses that would have done very well for a short-sighted student. The customer was satisfied at once, paid, and went out, colliding on the way with various pieces of furniture.

Commercial Use of Mica.

Mica mining in the United States started early in the nineteenth century in New Hampshire, which state supplied all the domestic production until about 1868. At present the greater part of the sheet mica is used in the electrical industry, and most of the scrap mica is ground for use in the decorative trade, especially wallpaper.

Kidwelly Is Quaint Old Welsh Town; Place Lives Largely in Days Gone By

Kidwelly is a quaint old town in Wales. It is a dreamy little community set in snugly between broad marshes and Carmarthen bay, and divided by a curving river with an unpronounceable Welsh name. Old Kidwelly lives largely in the past. It has been the scene of battles and sieges. It has a castle whose turrets and round towers still stand bravely, their age kindly hidden by the vines that enfold them.

It pretends to remember well the occasion of the Welsh princess who stormed the town at the head of her army. It tells the story proudly, a little sadly at the end, for the warrior princess was executed by her enemies.

It is a dusty, unromantic climb to the battlements, but the view from the castle top is worth the trip. The quaint, tumbledown houses at the foot of the walls are a mere skeleton of the old town as it was in its prime. Beyond them are marshy fields rolling away to the next village. Far below is the river once thronged with ships of trade that long ago deserted it for richer ports. Its streets are almost empty, and its old-fashioned residents, primly oblivious to new improvements and styles of architecture, testify loudly to its age.

Mother's Cook Book.

The crimson fires burn there no more,
That late the autumn lit,
And brooding in their ashen cloth
The faded thickets sit,

But when the spring with lilt and song
Shall thread the woodland aisle
Each thicket shall arise from grief
With green and cheerful smile.

So in the heart where shadows brood
In sackcloth covering,
Love comes with beauty and with song
And lights the dusk with spring.
—Arthur Leach.

Meats for the Family.

A good way to serve ham, which is not common: Have a slice of ham cut two inches thick from the center of the ham; parboil for five minutes in boiling water; remove the ham and reserve the water. Spread the ham with a tablespoonful of sugar and teaspoonful of mustard, add two tablespoonfuls of vinegar and cover with the water used in parboiling. Bake until brown, basting occasionally.

Stewed Oxtails.

Separate an oxtail at the joints into two-inch pieces, wash carefully, dry on a cloth and roll in flour. Shred a slice of fat salt pork or two slices of bacon. Try out the fat; remove the pieces of browned pork or bacon to a casserole and add the oxtails to the fat. Let them brown on all sides, add them to the casserole, cover with beef broth or a bouillon cube dissolved in water; let simmer an hour. Add four onions (if small leave them whole); a cupful of diced celery. Stir one-fourth of a cupful of flour mixed with cold water until smooth, then add to the hot stock; add more water or stock if needed and let simmer until the meat is very tender. Before serving add two tablespoonfuls of tomato or mushroom catchup. Serve with horseradish.

Chicken With Macaroni.

A cupful of chopped cooked chicken with two cupfuls of macaroni and a cupful of well-seasoned white sauce. Put the mixture into a baking dish in layers and cover with buttered crumbs. Bake until the crumbs are brown.

Nellie Maxwell

Hot Application to the Abdomen Is an Old Remedy

One of the old standby of doctors is the application of heat to the abdomen in the form of hot-water bags, hot plates, hot compresses or even hot flat irons. This produces a certain sense of well-being and is supposed to relax spasm and aid digestion. But the Journal of the American Medical Association points out that all experiments to ascertain how the heat acts fail to prove that it acts at all. It is certain that the heat does not actually penetrate the organs within the abdomen, and it may be that whatever results are obtained are brought about by way of the nervous mechanism connecting the skin and the internal organs.

A SONG OF LOVES

Through branches of their leaves bereft
The sunlight glitters golden;
The moss with velvet clothes each cleft
In ruins grim and olden;
On falling towers the ivy strong
All signs of wreck effaces;
The streamlet sings its sweetest song
Across the stony places;

When moonless is the wintry sky
Then brightest is the starlight;
Beyond the breakers fierce and high
We see the beacon's far light;
The snowdrop rings its silver bell
When snowdrifts shroud the meadows;
The winds their sacred secrets tell
Behind the evening shadows.

And so, sweetheart, when thou art old
And sad and worn and weary,
When all the world is growing cold,
And all the land looks dreary,
My heart will follow then the lead
Of star and moss and river,
And love thee best in greatest need
Forever and forever.

BEGIN AT FOOT OF LADDER

Illiterate Soldiers Who Are Disabled Are First Taught to Read and Write English.

Teaching a disabled man to read and write may seem an unnecessary step in getting him a job; but it is a case where "the longest way round is the shortest way home." The federal board of vocational education treats disabled illiterates in exactly the same way that other disabled men are treated; they must fulfill the same requirements for eligibility as to service, disability and vocational handicap, before they are placed in training. The benefits of this provision for those of our disabled boys who do not know the English language can be seen in the case of Guisseppi Marino. A laborer with no education before the war, speaking his native language, Italian, very well, but understanding no English, he was in real suffering when the board found him, and through an interpreter made him understand the opportunities offered by Uncle Sam. The eagerness with which he grasped the offer was pathetic. He is now in a "tryout" course, learning English. He is the only support of his mother and his brother's children (his brother having been killed in the war), but the allowance made them by the government while he is taking training relieves his mind of any worry concerning them. Those who know of this case feel that a man has really been saved.

A Revelation.

"These modern French fashions," said Lady Duff-Gordon, "reveal many beauties, but they also reveal many defects.

"A young schoolmarm, dressed in a skirt of the brevity that fashion prescribes, was explaining to a class of boys the adverb 'slowly.'

"To make her explanation clear the schoolmarm walked slowly across the platform. Then she smiled and said to a freckled youngster:

"'Now, Tommy Ferguson, how did I walk?'

"'Knock-kneed, mum,' piped little Tommy."

Music.

The music supervisor was trying to get the children to sing with expression. They were singing an ocean song and she told them that in certain places only the boys would sing. "Their voices are deep like the waters in the ocean," she explained. "Men's voices make you think of oceans—don't they?"

The children agreed that they did. "And now," she smiled encouragingly, "what do women's voices make you think of?"

Silence and then a little hand in the back of the room went up. "Why, of the swimming pool at the Y. M. C. A." a shrill treble piped out.—Exchange.

His Fear.

A gentleman of hitherto seemingly substantial intellect attended a burlesque show, and in the midst of the performance began first to mutter, then chatter, and presently to scream along in agonized tones. After he had been removed and a physician had ministered to him the sufferer explained:

"I feared I was losing my mind or my eyesight or both. I sat through fully half of the show, and did not see a trio composed of an impossible Jew adorned with a mangy beard and a spoon-shaped derby, an ostensible Irishman clad in pink neck whiskers and a young gent arrayed in the uniform of a naval officer."—Kansas City Star.

The Probable Period.

"How much longer," growled a guest, "are those old codgers over there in the corner going to continue to wrangle?"

"About an hour, prob'ly," replied the landlord of the Petunia tavern. "They are discussing the League of Nations, and they've only got just as far as arguing yet. They have to cuss and yell and call names before they get it settled for today and start off madder than wet hens."—Kansas City Star.

Talking of Weather.

Patrice—When Percy proposed to Peggy he told her she'd see no more clouds, no more storms, in her life; he intended that all should be sunshine for her.

Alice—That's so much like Percy. He never could talk about anything but the weather.

Advice.

"Is he really your rival?"

"Yes."

"Great Scott! If I had a rival who looked like that, do you know what I would do?"

"No."

"I'd give up the girl."—Edinburgh Scotsman.

Mr. Meek's Crawl.

Meek—You trumped my ace.

Mrs. Meek—I did. What of it?

Meek—No-nothing, my dear. I'm glad it was you. If one of our opponents had done it we'd have lost the trick.—Boston Transcript.

His Lack of Consideration.

"My boss ain't got no respect at all for his help!" grumbled Farmer Flint's hired man. "Why, consarn him, he'd just as quick call me a fool as he would his own son-in-law!"—Kansas City Star.

Horn Headlight.

An automobile horn and headlight have been combined by an inventor, the sound being produced back of the reflector and issuing around it.

Northern Siberia Burial Place of Mammoths That Were Victims of Climate

In the region of the Lena delta, in far northern Siberia, there is a gigantic species of mole which, burrowing underground, dies if by chance exposed to light. It has enormous tusks, and the half-savage nomads of the country sometimes use strips of its thick hide for reindeer harness.

Truth to tell, the "mole" is the long extinct mammoth, and the last surviving specimen perished long before the earliest dawn of human history, says a writer in Philadelphia Ledger. Indeed, it may very well be that 100,000 years have passed since the youngest mammoth walked the earth.

In their day these huge animals roamed in herds all over northern Siberia, where the climate was mild and salubrious. But there came a sudden change and Jack Frost established reign in that part of the world. The mammoths, huddled in valleys, were overwhelmed by snowdrifts, which hardened to solid ice, preserving their bodies intact even to the present time.

Now and then the hot sun of the short arctic summer melts out and reveals to view one of the great carcasses—the meat still fresh enough to be fed to dogs. The eyeballs of one specimen found on the Tas river, between the Obi and the Yenesei, were as perfect as if the animal had been killed only a day or two earlier.

Iron Will Float Upon Mercury.

Mercury is an unusual metal. It is not solid, but a liquid, a liquid so heavy that iron will float upon it. If a gold ring or coin is dropped into mercury, the gold will become covered with a silver coating. This coating is an amalgam, which is the name given to all similar alloys of mercury. The same thing would happen if copper or almost any other metal were placed in mercury.—Boys' Life.

SMILES FOR ALL

Painful Experience.

"Here comes Gipping."

"I don't want to meet him."

"What's the matter?"

"Gipping persuaded me to try his recipe for putting a 'kick' in a bottle of grape juice. If there were such a thing as justice in this world he'd have to pay my doctor's bill."

Extreme Jealousy.

"Just one thing more," concluded the prima donna.

"What's next?" asked the harassed composer.

"Yank the moon away during my scene in the garden. I don't want nothing that is liable to distract attention."

At the Turn.

"I don't see how I could possibly be any worse off than I am, sir."

"Then cheer up. You've got nothing further to worry about."

Getting Sarcastic.

"As to that $20 I loaned you——"

"A temporary forgetfulness. I'll attend to it."

"Umph! If you call a hiatus of six months 'temporary,' how long does it take you to dress in the morning?"

Smarty!

"I don't see how a watch can keep perfect time."

"Why not?"

"Well, time flies, but a watch only runs."

Heading Her Off.

"My husband anticipates my every wish."

"Mine seems to have talent in that direction, too. At least, when I am about to express a wish he heads me off with a poverty plea."

Fair Enough.

"You tread very heavily, old chap. Sometimes you shake the ceiling of my flat."

"Oh, say, I can hardly believe that."

"Well, come down some time and listen to yourself walking about overhead."

Raccoons Closely Related to Bears in Numerous Ways

The Latin name for a raccoon is Procyon lotor, and the last part refers to the habit of washing its food. "Although much smaller," notes an authority, "raccoons are closely related to the bears, which they resemble in many ways, and they are naturally one of the wildest of wild creatures. A full-grown raccoon cannot be tamed; but a very young 'coon is easily domesticated and can be taught several clever tricks. Raccoons in captivity, however, must be confined and not allowed to wander at will, for they never lose their love of the farmer's hen roost or his cornfields, and will do serious damage to either. They can be easily trained to wear a collar and can be given a daily airing by means of a leash.

CAUGHT [illegible]

Idlers are [illegible]

A woman [illegible] stand her.

A good [illegible] machine.

To have friends, [illegible] friendly.

It's easy to be thankful [illegible] prosperous.

After all, is it sensitiveness—or just touchiness?

Many a man's only extravagance [illegible] it is a wife.

Bookkeepers are merely [illegible] in the business.

Never judge a ring by the jeweler's name on the box.

Determination wins; perseverance is always rewarded.

A woman seldom means all the [illegible] things she says.

Courtesy is a rare gem, but may be had without price.

A friend in need clings to you [illegible] all you are worth.

A pretty girl is usually more ornamental than useful.

It's easy to convince spinsters that kissing is unhealthy.

It is hard to graft the olive branch upon the blackthorn.

It is never too late to break yourself of a bad habit.

The real test of the song's popularity is the parody.

Scandal is the black sheep of the family of friendship.

When used as a cloak, religion is the misfit on most people.

It is easier to locate the wrong thing unwaid than to unsay it.

A woman never thinks that a man thinks she talks too much.

If you would be happy let the other fellow do the worrying.

Of two evils always choose the one you might get away with.

A man robs himself if he fails to make the best of his time.

Some people spend all their money wet nurse to a mortgage.

Helena was the [illegible] accent on the first syllable.

The motto of some men is, "Give me liberty, or give me debt!"

Men flatter merely to protect themselves from women who flirt.

He is truly a shiftless man, who is too lazy to shift for himself.

Most women would rather patch a quarrel than darn stockings.

If we cannot get what we want, let us try to like what we can get.

The most serious hazard the golfer encounters is the caddie.

At the prevailing price of sugar [illegible] has to squeeze to get into [illegible]

Ever notice what a hit a bachelor makes with the women [illegible]

Give willingly, gladly, freely, [illegible] the virtue of the giving will have been lost.

Several people have bumped against disgrace while trying to [illegible] poverty.

If men were serpents women would all want to be professional snake charmers.

A summer girl has many engagements, but the telephone girl gets most rings.

When a bachelor [illegible] girl he is apt to discover that [illegible] the wrong man.

Some people are always [illegible] about their poverty who [illegible] without knowing it.

When a man says he "[illegible]ness" it will depend on whether [illegible] any business in him.

Never eat pie with a knife [illegible] right to eat pie with cheese, but it should be eaten alone.

When you investigate a tale you will usually find [illegible] come after it started.

When a young girl [illegible] with fever or a young man should change his talk.

If time is money [illegible] a man's speech [illegible] to borrow a [illegible]

The trouble [illegible]