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How to Live

Common Sense Comments on Health, Happiness and Longevity

By GEORGE F. BUTLER, A. M., M. D.

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SUNSHINE.

There is no better medicine, no greater purifier, no better friend to good health, cleanliness and long life than sunshine. Sunshine costs nothing, is refreshing, invigorating, life-giving to both sick and well. People somehow have got the idea that nothing is valuable that does not cost something, and are apt to value all blessings by the money value they present. It is as well always to bear in mind that the three greatest blessings humanity receives—sunlight, pure air and water—are all free to all; they are everywhere and can be had without money and without price. If you would enjoy good health, see that you have pure air to breathe all the time that you receive the direct benefit of the sunshine an hour or two every day, and that you quench your thirst with nothing but pure water. Houses should be so built that every room occupied for living or sleeping purposes shall receive the full benefit of direct sunlight at some time of the day. The sleeping rooms should be large and roomy, and, if possible, an eastern exposure to receive the benefit of the morning sun. Too many shade trees too close to the house are an injury rather than a benefit, and should be removed if they prevent free access of the sunlight to all the rooms. Let in the sunshine that is struggling with blinds, shades and awnings, and let it do its blessed work of purification.

Very intimate relations exist between the sun and digestion. Digestion and assimilation become weak and imperfect if the man or animal is not freely exposed to the direct rays of the sun. No plant or animal can digest in the dark. Plant a potato in your cellar. If there is a little light, that potato will sprout and try to grow. But surround it with the best manure, water it, do the best for it, only you shall keep it in the dark, it cannot digest and grow. See how slender and pale it is. Now open a window in another part of the cellar, and notice how the poor, hungry thing will stretch that way. Or give the stalk a little twist, and see how it will lie down. It can't raise itself again. No matter how much food and drink you give it, it can't digest. The process of digestion, the great function of assimilation, can't go on without sunshine. Did you ever notice that grain growing under trees is not so large and does not fill as well as that growing in the open where there is plenty of sunshine?

The white light of the sun is a most powerful inhibitory agent for the growth of all forms of microscopic life. Somehow the actinic rays of white light, the same that cause the change in the silver salts in photography, are able to initiate alterations in the chemical constituents of microbes that eventually lead to their complete destruction. The improvement in health among the poor of our large cities, as the result of letting the light into the tenements, shows how much good the great solar scavenger can accomplish even under unfavorable circumstances.

Lack of sunshine tends to mental depression. It is astonishing how our mental condition is improved; how we feel more inclined to work and take outdoor exercise on sunny days. So great an authority as Dr. Arnold Lombard, physician to the baths, Carlsbad, Austria, says: "Let us be grateful for every ray of sunshine, and take advantage of it. Some ladies avoid the sun, but it would be wiser to seek it and, if possible, to expose our whole bodies to its rays. Let us remove all the curtains from the rooms in which we sleep or sit, and let us sit on the sunny side of the house. In this town let us sit on the sunny side and not cover the curtain, unless we are reading in short, let us seek the sunshine wherever it shines. We shall soon observe how much better we feel after a long sojourn in the sun. There is no denying that, as a rule, those who spend much time in the sun look better and healthier than those who live in dark rooms or at home." Particularly in old age is sunshine precious, and instinct tells old people that the sun is good for them, and they eagerly watch for it to shine. LEARN HOW TO LIVE.

One of the principal benefits derived from a vacation at the seaside is the comparative freedom one may have in dress, which may be adapted to expose the body to the sun's rays.

It is not only the part of expediency but morally imperative for every one to do all that lies in his power to be well, steadily and joyously well.

All men desire happiness, but few know how to secure it. It is wise to seek for interests rather than pleasures.

We must learn our limits; we are all something, but not everything. We must not expect too much.

Every one is ruled by somebody, and it is better to be governed by oneself than by anybody else.

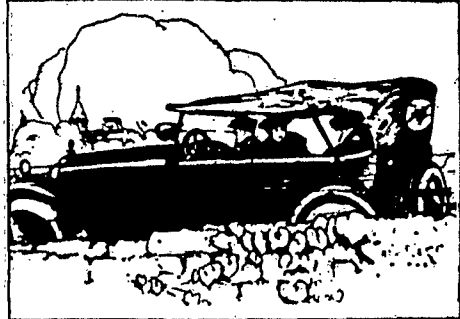
TOP OF AUTOMOBILE OFTEN IS NEGLECTED

Detracts From Its Appearance and Real Value.

With Little Consideration and Care Covering Can Be Made to Last as Long as Body—Never Fold Up While It Is Wet.

When the top of your car is neglected it becomes shabby in a very short time, detracting from its appearance and value should you wish to trade it in for a new car. This is absolute carelessness, because with a little consideration and care the top can be made to stand up as long as the body or the running gear.

Never fold the top when it is wet, for there is always the possibility of mold or mildew attacking it, and this results in rapid deterioration. When the car is laid up for any length of time, the top should always be left up, to preserve its shape. Use the slip cover whenever the top is folded. Everyone knows that the vacuum cre-



There may be a fine car under that shabby automobile top, but the outsider isn't likely to get that impression.

ated at the rear of the car when it is in motion fills the uncovered top with dust and dirt.

Mohair tops should be cleaned by brushing thoroughly with a whisk-broom and eradicating the spots with a sponge, warm water, and castile soap. A charcol's wrung dry will finish the job by taking up the excess moisture.—R. L. Prindle in Popular Science Monthly.

CONSTANT SPEED OF EXPERT

Experienced Driver Does Not Make Sudden Spurts, but Maintains Uniform Speed.

If you follow the car driven by an expert you will notice that he maintains a constant speed, that he does not loaf along and then suddenly jump to forty miles an hour. You use more gasoline when you accelerate. Select a safe driving speed, making only gradual speed changes when it is necessary.

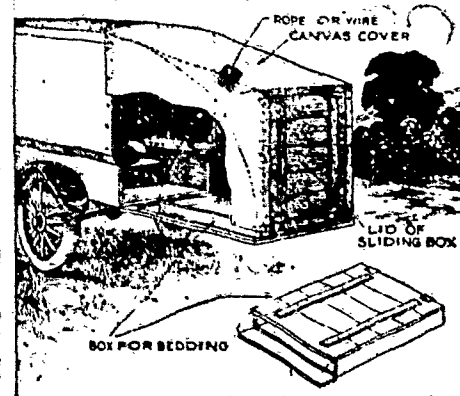
REAR OF AUTOMOBILE FORMS CAMPING BED

Illustration Shows Some of Advantages Obtainable.

Spacious Hinged-Back Swings Down to Form Very Comfortable Open-Air Compartment—Canvas Covers Can Be Attached.

The system of camping by automobile shown in the drawing has many of the advantages to be obtained by using a trailer, without a trailer's disadvantages. Unlike the trailer, it is not found covered with dust after a hard day's travel, yet it is comfortable and roomy.

A light truck body is mounted on the automobile chassis. A spacious hinged-back swings down to form a sleeping porch, which is made secure by chains. Upon the inside surface of this top is



The back of a closed car used for touring can be made to open out so as to form a very comfortable open-air sleeping compartment.

built a shallow box; the forward end of it opens out flat, and the top side swings up to form the back end of the sleeping compartment. A canvas cover can be attached, as shown, preferably with automobile curtain fasteners. Bedding is laid out on the hinged floor, extending some little distance into the body of the car. In the morning the bedding is quickly put away in the flat box, and the whole rear compartment is readily folded up into the body under the roof of the car body.—F. F. McClintock, New York, in Popular Mechanics Magazine.

The addition of a little pure flake graphite to the lubricating oil is a help to motors that have seen some wear.



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