

Evening Gazette

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**"Go to your manifold duties today—
 With faith and a song and you'll clear them away—
 For toil is but play to the toiler who hums—
 He's won in the fray when evening comes!"**
 —R. N. L.

HIGHWAYS AND RAILROADS.

It is cheering to hear presidents of railroads advocating better highways, and conceding that good roads have a legitimate place in solving our transportation problem. Not only for short hauls, but for feeding the railroads with freight at every freight station from coast to coast and from Canada to Mexico, the highways are allies of the railroads. If the Great Northern or the Northern Pacific had been fed by good roads, what a tremendous difference it would have made to the prosperity of the country and of the railroads!

It also is cheering to note that the railroads have carried more freight in the year just closed than in any previous year. Despite the cry of the railroads that tax-exempt bonds would make it hard for them to get capital, several railroads are able to disburse the largest dividends in their history. The railroads handled the fall shipping peak better this year than ever before. The good roads movement, which is sweeping the country, may cut down railroad passenger service, but it will encourage prosperity in general and directly increase the freight tonnage of the railroads. Highways and railroads are allies in developing our common prosperity, which already is in the ascendency.

EQUAL SERVICE TO ALL.

The United States post office department was developed on the idea that it was essential that the people be kept in touch with each other and with their government, and that the government owed equal service to the citizen 2,000 miles from Washington as the one only ten miles away. These principles gave rise to the flat postage rate. It was clear that the government could not deliver a letter as cheaply in Oregon as in Maryland. It was assumed that the mail service would not be self-supporting, but that it was one of the most important services that the government could render to the people.

Now there is a disposition on the part of some senators and representatives, to depart radically from those principles of equality and universality of service. They think the post office department should be self-supporting. They want to raise still higher the rates on second class mail matter. These rates have been raised several times already and have been graduated as to distance. Magazines and newspapers are essential to the spread of information and the success of business in general. The proposal to meet the postal deficit by raising second class mail rates is open to serious objection. The burden of the deficit is due to the development of the parcel post service.

There is no competition in the delivery of letters, except the telegraph and the radio, neither of which ever can displace letters. There is no competition in the delivery of magazines and newspapers. But there is competition in the delivery of packages. The always, express companies and city delivery organizations are in that field. It is well recognized that the parcel post rates are low. Even in considering an increase of parcel post rates, the question of universal governmental service should be considered.

It would seem that the point never has been established that the post office should be self-supporting. Possibly the American people are willing to view the postal deficit as they view the enormous cost of military and naval establishments, as an essential service the government ought to give the people. Just at present the argument that the post office should be self-supporting is being urged for political reasons to defeat the proposal that wages in the postal service should be raised.

Before our congressmen vote for a radical increase on second class mail rates, they should ponder well the original principles of service and approximate equality of service on which the post office department was founded.

"KEEP YOUR DISTINCTIONS."

Does it matter if the Jews, the Irish, the Poles, the Negroes and other racial, or national groups do not assimilate in all respects, as long as they are absorbed nationally and politically? "Keep your distinctions of racial characteristics as long as you identify yourselves fully with the spirit and life of the nation," was the advice of Dr. Charles W. Eliot, former head of Harvard and the Zionists. Dr. Eliot supported his contention that a strength of unity is variety, by citing the Welsh, the Scotch and the English who have maintained their separate characteristics while uniting loyally in the common life of the British empire. There is truth in his contention, although the comparison with racial groups in this country is not exact. Wales, Scotland, Ireland, England

have a long history behind them. Their distinctions are ancient.

In this country there has been a tendency to view assimilation as a process which should completely obliterate racial characteristics. The history of nations and science both show that complete assimilation requires centuries. There are in this country elements of citizenship that have peculiar physical, mental, or emotional characteristics, and other marks impressed by centuries of racial history. The work of centuries can not be transformed in a generation.

There also has been a tendency in this country to imagine that good citizenship depends on the complete obliteration of inherited racial characteristics, and that any race, or group representing a former nationality that seems low in losing these marks, or that seems undesirable for America to completely absorb by inter-marriage, or otherwise constituted a menace to this country.

The point that Dr. Eliot makes is that the essential assimilation is in nationality, in love of America, in the practice of real Americanism, and that America is not a factory that turns out millions of individual citizens as alike as matches. Perhaps we have been misled by the extensive use of the word, "melting pot." That word gave the impression that the "pig iron" should all be melted and mixed and poured out in the new mold, and that the new product should show not the slightest indication of its former condition. We have learned that human nature, with its inherited racial characteristics, can not be re-made by magic, nor be completely assimilated within a few generations.

Many of us have developed strong prejudices on this subject. The whole question of the relation of various races that have been absorbed in citizenship but not fully assimilated in other respects, to what has been called "100 per cent Americanism," has become a sensitive one. It is difficult for many to take the long view of the social and racial history and recognize the element of fairness in Dr. Eliot's position.

AIR LINES COME NEARER.

A German aviator recently flew 300 miles in three and one-half hours at a cost of \$1.25 for gasoline and oil. Figure for yourself the price of a railway ticket for that distance. This demonstration of the economy of air travel does not take into consideration the cost of the machine, nor the compensation of the driver, but it illustrates the possibility of passenger and light freight services becoming cheaper by air than by rail. The airplane needs no roadbed.

The speed of the airplane has been demonstrated sufficiently to convince the world that it is a time saver. If it proves to be safe as well as cheap, it is possible that the airplane will revolutionize transportation and have far-reaching effect in industry, commerce and in social organization.

The airplane may become the one factor that will block the growth of great cities and the congestion of population in large centers. The street car made possible the expansion of cities. The automobile spread the suburbs out farther. What will the airplane do in this regard?

The Visiting Nurse By DR. FRANK CRANE

ONE of the most valuable institutions of modern times is the Visiting Nurse. A circular sent out by the Visiting Nurse Service of New York gives some interesting facts.

These nurses respond to all calls within their capacity, and care for the needy sick, regardless of race, color or creed. They are all registered nurses from accredited schools. Last year, in the great city they cared for 60,300 patients, of whom 1,637 were less than five years old, 11,406 patients were mothers or expectant mothers, and 9,460 of them were newborn babies.

Approximately 400,000 nursing visits were made in the city last year, and the average cost of each of them was \$1.10.

As the annual average cost of maintaining one nurse is around \$1,560.00, these nurses represent an admirable way in which any one can be of service to his fellow man by supporting them. Patients are asked to pay the cost of the visit, if they can do so, but service is never refused because of poverty.

When you or some one in your family gets sick, your doctor telephones for a trained nurse. She understands taking care of the sick, and before you know it she is a part of your household, and you are depending on her for all manner of things.

Only one sick person out of every ten goes to a hospital. The rest must stay at home. For thirty-one years the New York Visiting Nurse has ministered to these sick people, day in and day out, rain or shine.

In 1893 two nurses operating from a little upstairs room in a tenement house, constituted the entire staff. Today 248 nurses go out from twenty-three modern, fully equipped nursing centers.

In big New York there are many people who, if they knew more intimately of the work that even one of these nurses does in a year, would gladly help, and interest others in providing her salary.

It is to be remembered that it takes only \$1,560.00 a year to keep her going, with cheer and comfort, from sick room to sick room.

We bespeak for this admirable institution the heartfelt support of the public.
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EUROPE NEXT DOOR.

We are getting radio concerts and messages from Europe nightly. It is now being planned that the King of England and the President of the United States shall hold a conversation with the experts are confident can be heard on sets now in use in this country.

Why is this not an assured thing? London hears a Pittsburgh radio program. Messages from the English capital were picked up by an amateur operator in Sacramento, Cal., 5,600 miles away. Regina, Sask., heard Turin, Italy, Spain, and a female duet at New Castle, England, was heard in Yakima, Washington state. There was a time not so very long ago when a statement like the above would startle in amazement an incredulous world. Now it has become so ordinary that a mere mention suffices. The day is coming when a street pedler crying his wares along the streets in mysterious and impenetrable Tibet, now marooned in a wilderness of mountains, may be plainly heard in Boston.—Boston Post.

DREAMING OF THE IMPOSSIBLE.

Senator Albert B. Cummins has returned to Washington for the opening of congress in December bringing with him a program. Messages from the English capital were picked up by an amateur operator in Sacramento, Cal., 5,600 miles away. Regina, Sask., heard Turin, Italy, Spain, and a female duet at New Castle, England, was heard in Yakima, Washington state. There was a time not so very long ago when a statement like the above would startle in amazement an incredulous world. Now it has become so ordinary that a mere mention suffices. The day is coming when a street pedler crying his wares along the streets in mysterious and impenetrable Tibet, now marooned in a wilderness of mountains, may be plainly heard in Boston.—Boston Post.

PERSONAL HEALTH SERVICE

By WILLIAM BRADY, M. D., Noted Physician and Author.

GIVE HEALTH FOR CHRISTMAS.
 Don't just wish 'em good health, long life and prosperity. Send 'em some for Christmas.

May I suggest a few such gifts without attempting to compile a complete or comprehensive list, but just certain health gifts which I think many would like to receive.

Give your far friend or your thin one a copy of Dr. Robert H. Rose's "Eat Your Way to Health," published by Funk and Wagnalls company, New York, N. Y. It is a sound solution of the caloric problem. It helps the thin person, the fat person or the person with high blood pressure to regulate the diet intelligently.

A young mother with from six to 30 pounds of responsibility in her arms will be delighted with Dr. J. P. Griffith's "Care of the Baby," published by W. B. Saunders company, Philadelphia, Pa. The best baby book going, I think.

Or if she is training for motherhood, she will find much good advice and practical instruction in Dr. J. M. Siemohn's "The Prospective Mother," published by D. Appleton and Co., New York, N. Y.

In the remote chance that you may wish to give dad a present—this would be funny, but strange things happen sometimes—he would like "The Father's Guide," published by J. L. Nichols and Co., Naperville, Ill., all its name implies, for the father of a boy who just naturally has some curiosity about life and looks to dad for the right answer. This book is as useful for a mother who has a daughter to instruct. It gives an excellent outline of the way to teach children the truth in a natural way.

Professor Philip B. Hawk's "What We Eat and What Happens to It," published by Harper and Brothers, contains the latest scientific physiological facts about food and drink and will surely interest anybody who may be puzzled by the food fadacies which are so prevalent nowadays.

There are still a few people who kinda want a "doctor book" in the house. One that won't do very much harm is "Personal Health," published by W. B. Saunders company, Philadelphia, Pa. This book contains chapters on minor ailments, first aid, the medicine cupboard and so on.

Maybe you have a friend who is more than ordinarily interested in nutrition and mineral constituents and the chemistry of food in general, or a student. Give him Prof. Henry C. Sherman's "Chemistry of Food and Nutrition," published by the MacMillan company, New York, N. Y. It contains the most sound scientific facts to the square millimeter than any other book I know. Professor Sherman is the authority who found that the average urban resident's diet is shy of calcium.

You might give one keenly interested in nutrition, Prof. E. V. McCollum's "The Newer Knowledge of Nutrition," another MacMillan book. Prof. McCollum is famous for his work in this field. Both of these books would be as interesting to a nurse or a physician as to the lay student. I believe the price of each of the books so far mentioned is \$2, except

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at low prices. This Coal is high in heat, low in ash but a trifle sooty.

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SOLE AGENTS

ing his good money and what little health he has left, on nostrums or daily healing propositions, a copy of "Nostrums and Quackery," published by the American Medical Association, Chicago, at \$2 a year. It will prove a revelation, an education and maybe a salvation.

Perhaps the most ideal health gift one can send to anybody anywhere and at any time is a subscription to Hygeia, the finest and best popular health magazine, which is published monthly by the American Medical Association, Chicago, at \$2 a year. School children and teachers, youths with athletic ambitions, girls interested in beauty stuff, parents with kids to train, oh, snucks, there is no use trying to suggest special classes of people who like Hygeia. Everybody likes it because it is a high class magazine.

Dr. Brady will answer all signed letters pertaining to health. Writers' names are never printed. Only inquiries of general interest are answered in this column. But all letters will be answered by mail if written in ink and stamped, self-addressed envelope is enclosed. Requests for diagnosis or treatment of individual cases can not be considered. Address: Dr. William Brady, in care of this paper.

A Smile or Two

Some Are That Way.
 "How is Mrs. Fubblub? I haven't seen her for a year."
 "They are going up in the world. If her husband gets another raise she'll be unbearable."

Then He Quilt.
 "Why did your stately old butler leave you? He was authentic background for all your society films."
 "In a misguided moment I loaned him to a producer of comic reels."

So Many Think.
 "What has become of horse sense?"
 "Seems to have given place to automobile nerves."
 "This show advertises a chorus of thirty."
 "The ones I saw were nearer forty."

JUST FOLKS

By EDGAR A. GURST
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CAREER.

These things you'll need to see you through
 The pluck to face a problem new,
 The will to do the best you can
 And win or lose, to play the man;
 Some thought for others tolling near,
 This warns with friendship your career,
 Then crowning all, when grief comes on—
 Unflinching faith to lean upon.

Your wit a little while may reap
 A few successes, pithy, cheap
 With not much more, you may obtain
 The fortune which you hope to gain.
 If you have not that within
 Your soul which whispers through
 Of turmoil "Be you patient, wait!"
 Failure shall sweep you to your fate.
 You'll stifle in your own career.

When blows the tempest, and to you
 Come difficulties, strangely new
 If you, unheeded to danger, stand
 Luck will desert your trunk and hand;
 If in your happier days you've shown
 No thought for others, but alone
 Have lived, when fond hopes fade,
 You'll sigh for friends you could
 Have made.

Guard your career by faith! For when
 You too must meet up with my men
 And, helpless to explain or stay,
 The call which takes your love away,
 If you have not that sure belief
 That God is with you in your grief,
 Through many a bleak and barren year
 You'll stifle in your own career.

Demand

BROMO QUININE

A Safe and Proven Remedy

for Colds, Grip and Influenza.

The First and Original Cold and Grip Tablet

Look for this Signature **E. W. Brown** on the Box 30c.



—like merrie olde St. Nick himself

Halligan's Chocolates bring good cheer and happiness on Christmas Day to the whole family—an appetizing, wholesome contribution to the joy of the Holiday which one and all appreciate to the last bite.

These delicious delicacies of Halligan's are an appropriate Xmas Gift—and ever a subtle compliment to the good taste of both donor and recipient.

The flavors, quality and purity meet every test, whether you buy them in bulk or in box. There are rich, creamy centers, chewy caramel pieces, chocolate coated nuts and fruits—a variety so complete that it will tempt the most fastidious.

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Always in Good Taste

