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"Who sings of his troubles is rightly allowed to sing a solo!" —R. N. L.

LUXURIES AND NECESSITIES.

This country just has witnessed the heaviest Christmas mail in history. Neither in this nor in any other country, ever did such quantities of gifts exchange hands We are the most prosperous nation on earth. But we still are talking about the return of prosperity, as if it had not arrived. Relative to conditions in other countries, it has arrived, but relative to conditions that we may create in this country, the present prosperity is only a part of what we may have.

If we were a less ambitious nation, we would be highly satisfied with the prosperity that we are enjoying. Asia and Europe would consider themselves prosperous if the masses of people obtained a fair measure of their necessities In this country we estimate prosperity in terms of luxuries.

A gentle cynic once said that there is nothing better for a man than that he should eat and drink and make his soul enjoy good in his labor. This based happiness on the acquirement of necessities, but the cynic knew that few persons would be happy on that basis.

The epicureans used to say, "Give us the luxuries of life and we will dispense with its necessities" In their pursuit of pleasure the epicureans found no happiness in mere necessities and as a result, missed the happiness to be found in luxuries

It may be that America is inclined to find happiness in luxuries rather than in necessities If so, we will lose the happiness of both To a large extent, we measure happiness in terms of what we call prosperity, just as if the rich were uniformly happier than the relatively poor

SOLITAIRE.

A wise man once said that the grinders cease because they are few He counted on the inability of most men to play solitaire The average man is strongly social. He wants to work and play with others. Any game of solitaire draws hard on his inner resources We live largely in outward interests To play solitaire one must be able to live within himself

Practically every great advance civilization has achieved, began as a solitaire game in a single mind Noah played solitaire with a premonition of a flood, until he gradually convinced some members of his family Copernicus stood alone for a great revolutionary idea In fact, nearly all the giants of science, philosophy, religion, education, government and moral leadership, have had to play solitaire courageously and sometimes with little hope of convincing the world to join them Few of the world's grinders have been able to stay with the mill when the grinders became few Most of us avoid unpopular causes We dislike to stand alone Still the greatest thrills in life invariably come to those who have the audacity to fight alone against the world Such outstanding examples constitute the high peaks in human history

TAKING IN THINGS.

The stars were shivering in a cold blue [illegible] moonlight was dancing gaily on [illegible] water The lights were blazing [illegible] An old man stood on [illegible] unmindful of the cold He [illegible] the beauty of the night His [illegible] hunger His clothes had seen [illegible] The old man gave the impression [illegible] poor, yet strangely happy [illegible] wealthy His soul was as rich [illegible] the man in the ancient legend who [illegible] the whole mountain and afterwards [illegible] the legend on the strings of [illegible]

[illegible] things are taken into storage [illegible] can hold more if it is [illegible] The things of the mind and [illegible] in the storehouse can hold [illegible] is full This is the paradox [illegible] intellectual and emotional capacities [illegible] the more he gets

[illegible] says that our coal supply is [illegible] he probably consulted the men who [illegible] the December gas meter readings

A western judge called a man a low hound because he gave his wife a beating, but who ever heard of a dog beating his mate?

[illegible] way companies are installing [illegible] in Pullman cars, but this will [illegible] encourage cross words

A temperance candidate won the election in Dundee They must have had a tag day on election day

There still are a few days of leap year left but only the culls remain

The probes scandals and crimes of 1924 can will be over

For every dollar spent for books, $27 is spent for chewing gum. But there are no libraries where one may borrow gum.

Former Kaiser Wilhelm remarks "I detest war." Let us hope that he does

A man of vision is called a visionary until the rest of us see what he sees.

The fellow who gives his friends away, can not hope to retain them

Getting Down To Business

By DR. FRANK CRANE

THE world after a long season of war and the consequences of war is slowly getting down to business

The Dawes Plan in Europe means simply that Europe is turning from politics to business

The inner meaning of the election in the United States and in Great Britain was that the people are tired of politics and want to return to business.

The permanently interesting occupation of most of the people is making a living and while occasionally they may enjoy a vacation and indulge in fireworks, after awhile they want to get back to their steady job.

America stands, most of all for a business nation a people who are engaged in business They may be in politics temporarily and as a side issue, but their main occupation is making a living and they will not tolerate anything very long which interferes with it

Man is so constituted that when he works he makes much more than is necessary to support himself Without interference from politics this surplus would accumulate rapidly

Peace simply means that statesmanship and diplomacy and such like things are not to interfere with business

Given an era of comparative peace—that is, an era in which government lets business alone—it does not take long for any country to get on its feet

Recently both Poland and Italy have given positive demonstration of their endeavor to pay their debt to the United States

The first thing necessary for financial stability is to prove that you are honest One difficulty the Russians have now in making a loan is that they repudiated former loans A man or a nation cannot get away from the record

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A VICTORY FOR IOWA ROADS.

The Iowa supreme court's verdict in the famous Marshall county road case clears Iowa's title to her roads and removes all worry lest opponents of good roads might find obstructive material in legal technicalities

The court affirmed the constitutionality of Iowa's road laws and denied that a road bond issue, once adopted could be resubmitted to the people for another vote Had the decision been otherwise as to either question every road improvement in Iowa that has been made since 1918 would have had its legality endangered

The main gun of the Marshall county objectors aimed a blow at the state highway commission This body has been thoroughly hated by the foes of road improvement and this Marshall county case was their most ambitious attempt to put it out of business The thwarting of the attempt was essential to the welfare of Iowa

Travel nowadays is a matter of hundreds of miles The gasoline engine made county-by-county road planning obsolete. Road trips today are not simple excursions from farm to town or from one town to its neighbor. The absurdity of patchwork road building is plain It is not even as [illegible] as crossword puzzles A few miles of good road here and a few miles there, with mud as far as service is concerned [illegible] states waked up very slowly to the necessity of through route [illegible] road building and built [illegible] known to the country as the mud state but Illinois has climbed out and passed the reputation westward

The Iowa highway commission has been given certain powers [illegible] commensurate with those [illegible] required by the federal [illegible] Unless the building and maintenance of a comprehensive system of highway is given [illegible] Iowa state highway commission by Nov 9 1926 Iowa will cease to receive federal aid money This fact while a potent argument, is by no means the strongest The best argument for the highway commission is the desirability of systematizing road work in Iowa

The court's decision in the Marshall county case preserved the reduction of the powers of the commission That is good But those powers should and must be enlarged That will be better —Waterloo Tribune

A LIBERAL EDUCATION.

That man I think has had a liberal education, who has been so trained in youth that his body is the ready servant of his will, and does with ease and pleasure the work that, as a mechanism it is capable of [illegible] intellect is a clear, cold logic engine with all its [illegible] equal strength and in smooth working order [illegible] like a steam engine to be turned to any kind of work and spin the gossamers as well as forge the [illegible] of the mind whose mind is stored with a knowledge of the great and fundamental truths of [illegible] of the laws of her operations one who, so [illegible] is full of life and fire, but whose passions [illegible] to control by a vigorous will [illegible] of a tender conscience who has learned to love all beauty whether of nature or of art to hate all meanness and to respect others as himself —Thomas Henry Huxley

As you learn teach as you get, give, as you receive share, share freely

Speaking of enemies don't have them Don't fight [illegible] Life is too short for grudges [illegible] Don't let the other fellow stew You [illegible] worse If a man [illegible] keep away from him It's a large world [illegible] there's always another side of the street Sure and

HOW TO IMPROVE THE VOICE.

A good speaking voice sings The tones come [illegible] they come in singing except that they are [illegible] And a good speaking voice, too needs a range of tone as does the singing voice does [illegible] your voice must not play on one or two notes it must have variety of tone it must not be monotonous Tones indeed say as much as words Modjeska, it is said could recite the alphabet with such emotional tones that her hearers would weep.

Do your tones speak as well as your words A good test of your power to talk with tone is to try the alphabet, numbers of the syllables la, la la and see what you can convey of fear sorrow anger, apprehension surprise calm interest and so forth When you try this exercise notice if your tones are shaky or not well sustained If they are either it is because you do not breathe deeply enough or use the breath properly to make tone To develop power in sustaining tone try chanting and intoning Take for practice one of the psalms "My soul doth magnify the Lord" (Luke 1, 46) Take a full breath for each word and hold the tone through the words Then speak and hold the same open mouthed quality in the speaking voice Delineator

THE COMMON INTERESTS OF CITY AND COUNTRY.

Former Secretary of Agriculture E T Meredith, talking to the membership of the Chamber of Commerce and many farmers who were their guests, Friday evening exalted agriculture as the basis of the country's prosperity and the prosperity of every state and community and of every individual citizen as well He knows his subject thoroughly and makes it interesting and vital

But the real crux of Mr Meredith's address was his declaration that there is no longer a separate farmer interest, a separate business man's interest, a separate labor interest All these interests are interlocking and mutual Those who live by farming, by merchandising or by labor in the various industries all depend on each other and rise or fall together

Here in Scott county we have been quicker than in many communities we believe to realize this fact. It brings us together in such gatherings as that of Friday evening from time to time, and between times it helps us to a better understanding of each other and to a friendly cooperation that means much to this particular section of the state.—Davenport Democrat

PERSONAL HEALTH SERVICE

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

WE ALWAYS AGREE WITH MARY.

Do you agree with Mary Garden, a reader inquires, that—

Yes, yes, but what about?

—that women should wear as few clothes as possible?

If that is what Mary advocates now, though I suspect the idea grew out of a rumor that the opera queen has been taking some sun baths, nevertheless I endorse it as good sound hygiene. Only I should not restrict the privilege of wearing as few clothes as possible to women, it ought to be the privilege of men and children, too.

As few clothes as possible is a phrase which may be variously interpreted, according to the viewpoint, whether this be a question of style or fashion, of custom, of taste, of decency" or of comfort. Whether the peerless artiste really advises any such thing or not, it is a suggestion which hygiene must approve from the only point of view which especially concerns hygiene, that of comfort. The less clothing we wear under any conditions, consistent with personal comfort, the better for health

It would be worth while as an educational excursion for all who are obsessed with the morbid notion that any kind or quantity of clothing protects one against any disease condition (except sunstroke or frostbite) to visit such an institution as the J N Adam Memorial Hospital at Perrysburg N Y., and see the little patients there "taking the air" in their perfectly fitting bronze coats and smiles, smiles, smiles—I have looked many hospitals over from the inside but this wonderful institution at Perrysburg had more smiles per hundred patients than any other I have seen The youngsters not only said they felt warm but they did feel warm I felt of 'em and I can testify to that. Of course they have learned how to be comfortable with nothing on, thru many months of gradually increasing sun and air baths, beginning with a brief exposure of just the legs, say, from the knees down for five minutes or so at first, and as the tanning increases very gradually increasing the extent and duration of exposure of the skin to the sun The visitor to such a place, if he understands what is going on cannot come away with the old obsession that the amount of clothing one wears determines one's comfort

There is practically no relation between the temperature of the body and the temperature of the surrounding air. That is, the body temperature remains at a constant point whether the surrounding air be hot, warm, temperate, cool or cold

The kind and quantity of clothing we wear has much less to do with the business of keeping warm than most people imagine. The business of keeping warm is mainly a question of the functional efficiency of the vasomotor system. That is the portion of the autonomic (self-governing or "sympathetic") nervous system which controls the distribution of the blood The morning cold bath habit is one way to train the vasomotor system Dr Simon Baruch the great apostle of hydrotherapy used to speak of "neuro-muscular training" by means of graduated cold baths—physical culture for the nerve muscle mechanism which keeps us warm The youngsters at Perrysburg get such training but from air baths instead of water baths. Barefoot kids get it, if they have the chance, and that is why they do not feel the cold so much as folk imagine the poor waifs do, on raw days in the fall.

From the strictly hygienic point of view then, the less clothing, consistent with comfort, the better

QUESTIONS AND ANSWERS.

Coffee Habit.

Before the baby came I got into the habit of eating coffee—chewing the beans My baby is now fourteen months old, and I still crave and eat the coffee. It doesn't satisfy me to drink a cup of coffee. I must chew the beans four or five times a day. Is this a drug habit? Am I weak willed to surrender to it? Will it do me serious harm? (Mrs. P. Y R).

Answer —Yes. Why not show a harmless substitute, such as wheat (grain), wild rice or brown or red rice (unpolished rice), oatmeal or wheat bran?

Dear-mutism.

Are the children of a man whose parents were both deaf mutes liable to be deaf mutes? The man himself is normal, as were his three brothers and sister, and the woman he is to marry has a normal family history and is herself normal (P. C. T

Answer.—No.

Caraway Seeds.

Would like to know if carraway seeds sprinkled on rye bread are harmful Have not noticed any ill effects (E. M.)

Answer.—No, only it is laborious eating around them.

Morton's Cramp.

My toes cramp so I could just yell with pain It does not matter whether my shoes are loose or tight. It is an awful nuisance, as I have to remove the shoe wherever I am to get relief (Mrs. M P)

Answer —Sometimes a felt or leather pad under the ball of the foot inside the shoe will prevent the cramps. Sometimes it is necessary to remove the head of a metatarsal bone The condition is primarily caused by wearing tight, narrow, pointed shoes, and by walking and standing with the toes turned out instead of keeping the feet about parallel.

Vanishing Cream.

What effect does vanishing cream, of course, a good one, have on the skin? Does it cause the pores to become enlarged? Which is better, to apply cosmetics on vanishing cream or directly on the skin? (Lorella.)

Answer.—A freshly made cold cream or vanishing cream should be applied before applying the paint or color, if you must apply it at all. No cosmetic enlarges the pores, so far as I know. A pure fresh cold cream is good for the skin and complexion if the skin is dry and harsh. Otherwise, the skin and complexion are better without such applications.

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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 inclosed Requests for diagnosis or treatment of individual cases can not be considered Address Dr William Brady, in care of this paper

A CLASSIFIED ad is GOOD FORTUNE'S own brother

JUST FOLKS

BY EDGAR A. GUEST
Copyright 1924

THE SNOW.

Out of his bed he jumped and said
As he looked through his window pane
"Hip, Hip, Hooray! I can use my sleigh,
For the snow is here again!"

His eyes was bright with a lad's delight,
And his shout of joy rang clear,
"I'll have fun today!" we heard him say,
"For at last the snow is here!"

But I shivered a bit, I must admit,
As I heard his happy cry,
And I looked at the snow so white below
And wished that a boy were I.

I wished that as he I could dance with glee
And laugh at the drifted snow,
As I used to do, in the youth I knew,
But that was so long ago.

And the wind blows cold when a man is old,
And sad is the winter's song,
And he dreads the snow, for he's come to know
That winter weeks are long.

Oh, he couldn't see as he looked at me
Why a sigh from my lips should fall
For what is joy to a healthy boy
He thinks is a joy for all.

And the young hearts leap when the blizzards sweep
As they stand at life's window pane,
But we dread the cold, who are growing old,
When the snow comes back again.

A Smile or Two

Fell for Three Stories.

"Now it's just like I was a-tellin' ye," said a grizzled old Irishman to a group of workmen. "Once when my gang was helpin' put up a skyscraper I fell fer three stories an' it didn't hurt me nary a bit."

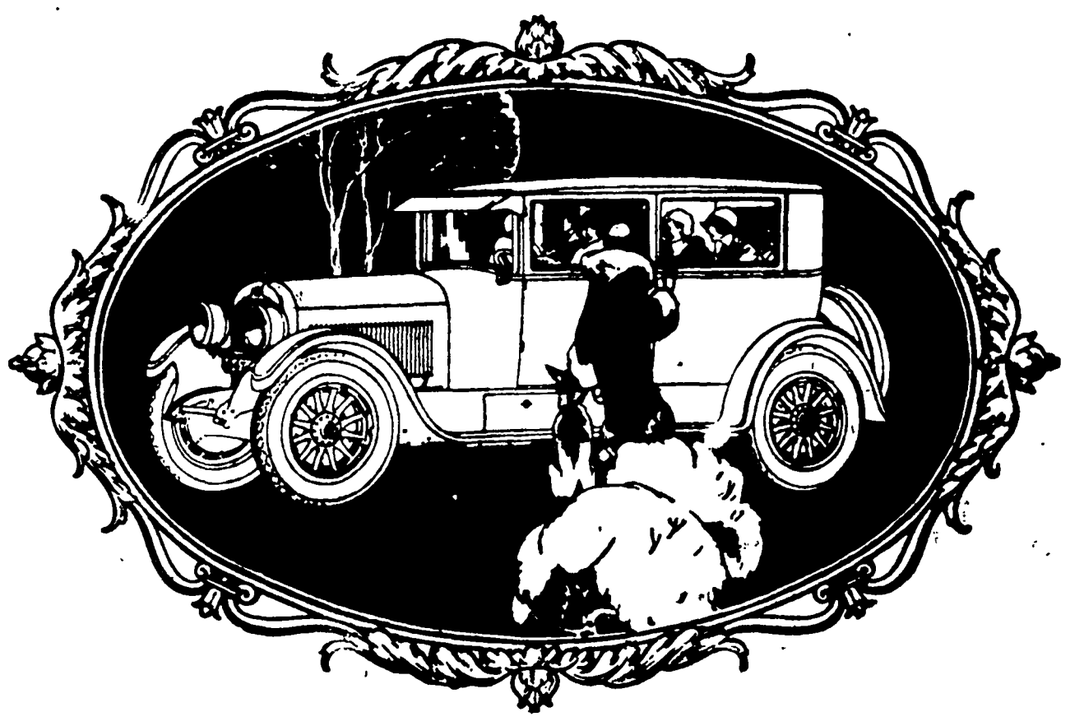
Here the stranger who had paused to listen remonstrated.

"But how could a person fall for three stories and not be hurt?" he sternly inquired.

"Well," replied the veteran, a twinkle creeping into his eye, "yo've already fallen fer one, an I guess fallin' fer two more won't hurt ye.' —Everybody's Magazine.

"Is he a nice boy?"

"No, dear, I think you will like him."—Oklahoma Whirlwind.



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