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"Happiness will bide with beggar or king—
In hovel or palace, the heart's the thing!"
—R. N. L.

WE WANT WILD LIFE.

Too much civilization may kill off the race. The artificialities and sophistications of society have drawn us a long way from our native inheritance as children of nature.

Deep within us, there abides an aptitude, often dormant, to enjoy the open prairies, to revel in the woods, to feel the might of the hills, the glory of the stalwart trees, the beauty of the valleys and to enjoy the wonder-world of the great out-doors.

While population has been gravitating toward the cities, we have been penny wise and pound foolish in the destruction and neglect of our natural resources. Simultaneously we have become strangers to our out-door world. The average product of our high schools may know his algebra, but he knows little about the birds, the trees and the joys of the open world. His capacity to react agreeably to the appeals of the out-doors is dwarfed. Many a woman seeks endlessly for indoor pleasures and haunts the hospitals for health, while the pleasures and medicines of out-door life invite her in vain.

There is something pathetic about the efficient professional or business man who does not know how to build a camp fire, hold a fishing rod, or how to get a "kick" from a hike across the hills. The typical city-bred man or woman is pathetic when seeking recreation in the country. Many of us find ourselves unfit, or unwilling, to endure any inconveniences. We are lost without the multiplicity of modern contrivances. A primitive cabin in the woods can not lure some of us. We have become denatured by living too much apart from nature.

It probably would be difficult to convince us that we are limiting our lives, losing much of the joy of living and crippling our native capacities to express originality and adapt ourselves to simple environments. It also has been found difficult to awaken the American people to the urgent need of conserving our natural resources, to eradicate the pollution from our rivers, to preserve lands for wild birds and animals. Even to so vital a matter as reforestation, we seem to be generally indifferent.

A vacation far from the "maddening crowd" has enriched and renewed many a man's mind and body. The habit of getting away for a night walk through the wooded hills around Cedar Rapids, or for occasional half-days, has kept many of us youthful, and really human.

In our highly organized, artificial environment, children often are restless and misunderstood. Their instincts are hungering for their inheritance in nature. They need the contact of out door life, and often do not realize it any more than their parents do. Human nature instinctively seeks the fellowship of the world of nature. City life tends to work against these primitive instincts and impulses. Many of our juvenile and adult social problems are simply the result of our longings to get away from the immediate touch of nature. Human nature is in danger of becoming civilized by too much so-called civilization.

WASTE.

Herbert Hoover, secretary of commerce, has been studying the problem of waste and offers a few suggestions. How waste production and its elimination may be summarized in the main lines of his report may be summarized in one word—co-operation.

There is no waste in the production of seasonal goods, such as a man's clothing, and the measurements for many varieties of goods and lack of uniformity in dress terms, due to the fact that the manufacturer does not know the size of the customer's feet.

Half of the waste in the production and carelessness which causes fire accidents and loss of property is due to the fact that the contractor is to be blamed for the waste.

Mr. Hoover finds that there are too many links in the chain between the producer and consumer and too many chains in our commercial system of exchange as a whole. While co-operation is the main cure offered by Mr. Hoover to emphasize the need of uniformity and better information on business conditions and methods.

There is nothing new in Mr. Hoover's findings, except that it is a new move on the part of the department of commerce to organize thoroughly a united effort to eliminate waste the heaviest burden that business carries. Mr. Hoover has launched an important campaign that should have the intelligent support of farmers, manufacturers, merchants, bankers and others. In carrying out a program of efficiency to curtail and eradicate waste Mr. Hoover will have the opposition of those who profit in a speculative way on the fluctuations of prosperity because of the lack of united foresight, co-operation and practical efficiency.

Perhaps nothing else contributes as much as the waste methods do to the instability and variability of conditions. The element of un-

certainty, which is ever present, is increased by any slipshod method that involves waste.

In this country we have been slow to accept common standards and reluctant to cooperate in large ways in production and distribution because we have a rich country and because we have been an extremely prosperous people. What we waste would support a good portion of China, or India. Our idea of personal independence also has retarded efforts in co-operation.

Circumstances have not forced us as they have forced the Europeans to eliminate waste and watch the leaks in business. But, as Mr. Hoover points out, we are at present robbing ourselves of the cream of national prosperity largely because we are careless about curtailing waste and indifferent to standardizing our methods and effecting intelligent co-operation.

THE GOVERNOR AND ROAD BONDS.

Governor Hammill feels doubtful of the road bond proposal. Naturally the governor wants to keep down the bonded indebtedness of the state as part of his program of economy. He also feels that taxes should be kept as low as possible.

Practically every governor in his first message announces a program of economy. By economy usually is meant a reduction of expenditures. But that kind of economy is not always real economy. It would be cheaper for a farmer to feed his cows straw rather than a richer food, but it would not be economy. It is cheaper to walk than to ride, but it would not be economy for business men to walk and lose time.

As far as the road bonds are concerned, the federal aid, to which this state is entitled, and a tax on gasoline consumed on highways, would pay interest on the bonds and retire them. It would not be economy for Iowa to sacrifice federal aid for our highway program, nor would it be good economy to have an utterly inadequate road program. The only way that Iowa can have an adequate road program is to adopt a road program for the whole state and issue bonds.

The legislature and the people of Iowa face a question of valuations. Is it better economy to supply ourselves with the advantages of good roads and save money in marketing and improve business by giving ourselves better roads, or is it practical economy to sacrifice these things and plod along in the mud? There is little doubt that, if the question were given a popular vote, the sentiment of Iowa would show itself in favor of the road program.

Gov. Hammill says, "We must protect property, but the children of Iowa are worth more than property." That reads as if the governor has a proper sense of values and indicates his attitude on the question of river pollution.

Solitaire

By DR FRANK CRANE

LIFE, in many respects, resembles a game of solitaire. Its success depends quite as much upon how the cards are dealt as upon the player's skill in setting them down.

There is no use very much, of being a skillful performer if you do not have the cards.

Life at its best, is a combination of luck and skill. What we call luck consists in the way events come to us. These events are controlled by a power not of ourselves. It makes little difference what we call that power, whether it is Deity, in some form, or the laws of the universe. Suffice it to say it is not under our control, but we are, perhaps, under it.

All sorts of devices have been suggested by which man is to control those forces which are beyond him, such as prayer and all sorts of relations with the finite, including fortune telling but no law as yet has been discovered which is practical invariably.

It still remains that a good part of success is dependable not upon ourselves, but upon the order of events in the world in which we live.

Notwithstanding this fact the results of skill remain indubitable. In the long run the player who believes in himself, and who acts intelligently and calmly will win.

If there is such a thing as luck it is a fickle jado and it is to those who believe in themselves and has a way of disappointing those who do not.

Not only does luck eventually control us and our doings but it has a way of coming to the man who believes that luck is in his favor. That is to say, his very attitude toward it is such as to bring it to him.

It is as easy to believe one thing as another and those who adopt the attitude that is favorable to fortune will find that fortune is on their side.

It is as easy to believe in some way that the unseen forces with them are usually more successful than those who believe that those forces are against them.

It is as easy to believe that a belief in fortune will actually one's hard and increase one's skill in the game as it is to believe that the efforts one puts forth are thereby multiplied.

STOCKING BANKS.
A group of middle western bankers conducted an investigation to ascertain to what extent farmers are being forced to deposit their money in banks in order to obtain a large number of loans amounting to an estimated \$100,000,000. The whole report sums up the fact that \$100,000,000 hidden about the premises of the banks is not being used and how one might need to keep \$100,000,000 as much as \$100,000,000 of the house money we would be extra hazardous.

The currency that is hidden away does nothing for the owner while it is deposited in a bank. It is not working for the possessor and for others also. No one is to be benefited by it and no one is to be hurt by it. It is not working for the possessor and for others also. No one is to be benefited by it and no one is to be hurt by it. It is not working for the possessor and for others also. No one is to be benefited by it and no one is to be hurt by it.

NO TIME FOR "PORK."
The \$55,000,000 extra and harbor improvements bill is apparently doomed. It is a bill containing millions of dollars of non-urgent expenditures the house probably will not pass it in time to be sent to the president.

PERSONAL HEALTH SERVICE

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

KEEP COOL AND BE COMFORTABLE.

Last winter writes "One of the Fire Huggers" you rubbed us old fellows who like to hug the fire severely up the back. How is an old chap to keep warm without hugging the fire? I can keep warm by walking outdoors, but in an hour or so I am tired and have to give up. Now how can I keep warm the other 14 hours I am awake? Carnot's paradox comes to mind. He who would eat much must eat little. What the great exemplar of longevity meant was that one must be abstemious in eating if one would live long.

Several factors enter into the question of keeping warm, but I am strictly within scientific bounds when I say the main thing is to keep cool if you would be comfortable. An ordinary thermometer in the room is not an adequate means of measuring the condition of the air in relation to body warmth or comfort. It gives no indication of the amount of heat dissipated by evaporation of moisture from the body surface. It gives only an indication of the amount of heat lost by radiation and convection and of course this is little when compared with the amount dissipated through evaporation. This heat lost through evaporation is the important factor in keeping comfortable, and it depends on three things, namely the temperature of the air, the humidity or degree of moisture present in the air and the movement of the air—drafts or wind. An instrument known as the hygrometer measures the humidity, and another called the anemometer measures the movement (velocity of air currents), but a feller can't devote his leisure to these instruments, so I would suggest a simple little instrument which will take the place of both of them, an air tester. Air tester can be had which shows whether the conditions in the room are within the comfort zone, or whether the air requires moisture added or not.

The reason why you do not feel warm enough indoors in the winter time unless you hug the fire, is not that your rooms are not sufficiently heated, but rather that the air is excessively dried out, by any kind of artificial heating. A room temperature of 65 to 68 degrees F. is always comfortable if the air is kept sufficiently moistened. A temperature several degrees higher than that may feel chilly if the air is permitted to dry out excessively. No form of humidifying apparatus or equipment attached to the radiator or furnace will evaporate enough water through the day to maintain a comfortable condition of the air if the household temperature exceeds 60 degrees F. It would require the evaporation of about 80 gallons of water daily to maintain a fair humidity in an eight room house heated to 72 degrees F. But if you keep the temperature between 64 and 68 degrees, a few gallons of water evaporated in the house every day will maintain a fairly comfortable air condition.

Wear light, loose clothing, loosely fitting and loosely woven materials, for comfortable warmth in the winter time.

QUESTIONS AND ANSWERS
Leaking Heart Valve
What is the medical term for a leaky heart valve? Is the victim of such a condition subject to sudden spells of collapse or sudden death? Would you advise same to marry? What is meant by heart "murmur"? Is there any cure? (W. P. J.)
Answer—Physicians usually call it valvular insufficiency, perhaps specifying which valve is damaged, as in the term mitral insufficiency, or aortic incompetency. Persons with valvular lesions are not subject to sudden spells of collapse nor are they likely to die suddenly. I advise you to remain unmarried for it would be terrible to have a lot of little similars running around the country and moreover, I, for one, would wish to see the end of the same family. Fortunately your physician is the only one who can advise you intelligently whether you may marry. Murmur is the name applied to any musical sound heard over the heart other than the usual sounds, a murmur is often heard even though there is no valvular or other disease.
Never Mind Your Bile.
First, what causes an excess of bile? Second, is the liver over or under acting? Third, should one ab-

JUST FOLKS

BY EDGAR A. GURST (Copyright 1924)

AN OLD STORY.

We'd known him for twenty years or more, a sort of harmless lout, worthless, with no ambition, contented to drag about. And live by the slightest effort. A bed in a cheap hotel. At twenty cents for a long night's sleep was a good enough place to dwell. And a coat to wear and a bite to eat were all that he cared to earn. But the reason why he had slipped that way not one of us tried to learn.

None of us knew when he came to town: the frost that we ever knew was that now and then he would rake a yard or carry a grip or two. But strike him wrong and he wouldn't work, whatever his need might be, as independent a worthless man as ever I hope to see. And he'd been to college! I guessed sometimes.

that once, when he mentioned a book he'd read, But he'd changed the talk when I questioned him—and now the poor fellow's dead! And why did he loaf and why did he sink and fitter his life away? The tale is as old as the hills, I guess, and it all came out today. A woman he loved in the olden days, a woman he thought was fair, "Went to another man, leaving him, with nobody else to care, "You may think you'll work for yourself," he wrote, "but it's twenty to one you won't. When your heart is crushed and nobody cares whether you do or don't."

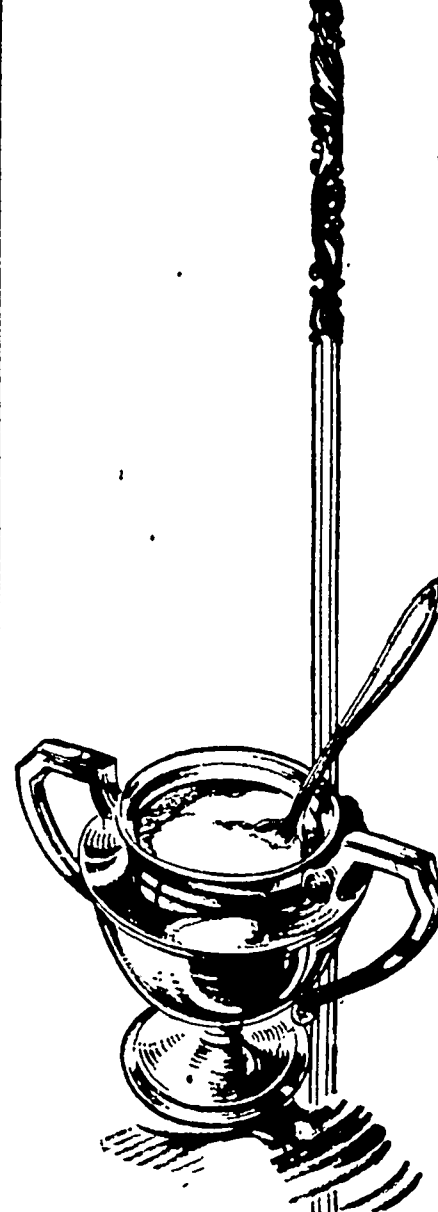
Another Theory Busted.
Decision by beauty specialists that mental vigor makes hair luxuriant should set bald-headed men to thinking.—Rochester Herald.

TRAIN TOPICS



MR. SENSIBLE is the man who advertises the blessings of fire insurance. He knows that it is the only complete protection, that the property owner can arrange for.

GENERAL INSURANCE
JOSEPH R. ANDERSON
INSURANCE
PHONE 4200
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Sparkling White!

WHAT a meaning the color of sugar has to an experienced eye! Sugar which shows a slightly yellowish cast contains impurities.

The sugar crystal itself is a chemical of absolute purity and of unvarying content. Any impurities must cling to the outside.

The aim of every sugar producer is to remove these impurities. How well that is done depends upon the skill and the thoroughness of the individual refiner's organization.

The color, luster and evenness of grain of Great Western Sugar are qualities made possible only by unusually thorough refining practices and the most exacting inspections known in the industry.

Every housewife who notes the varying color and appearance of her sugar from month to month knows that she often receives sugar of indifferent manufacture—poor sugar!

The Great Western Sugar Company
Sugar Building
Des Moines, Iowa

Great Western Beet Sugar

free twenty-five delicious new flavors are described in the booklet, just subscribe for a copy will be mailed you. Just ask for Volume II of the Sugar Bowl Series.

For Colds, Grip, Influenza and as a Proventive



The First and Original Cold and Grip Tablet
A Safe and Proven Remedy
The box bears this signature
E. W. Brown
Price 30c.

Combing Won't Rid Hair Of Dandruff

The only sure way to get rid of dandruff is to dissolve it, then you destroy it entirely. To do this get about four ounces of ordinary liquid arvon; apply it at night when retiring; use enough to moisten the scalp and rub it in gently with the finger tips. Do this tonight and by morning, most if not all of your dandruff will be gone and two or three more applications will completely dissolve and entirely destroy every single sign and trace of it, no matter how much dandruff you may have. You will find, too, that all itching and digging of the scalp will stop at once, and your hair will be fluffy, lustrous, glossy, silky and soft, and look and feel a hundred times better. You can get liquid arvon at any drug store or if it never falls to do the work.—Advertisement.



Florida is the name of one particular mine. It is not the name of a district.

FLORIDA is not just a trade name used to designate any coal that we might deliver to you. The name and FLORIDA Trade-Mark applies only to the product of the FLORIDA Mine, located in the high grade Southern Illinois Coal District and operated by the Lumaghi Coal Company. FLORIDA Coal is distributed in Minneapolis and St. Paul exclusively by us.

Let us serve you with FLORIDA. Then you are sure of getting just what you order and the same coal each time you order.

CEDAR RAPIDS FUEL CO.
CHADIMA COAL CO.
HAMILTON SEED & COAL CO.
W. G. HASKELL CO.

\$8.75 Per Ton Delivered in Full Wagon Loads in Cedar Rapids.

"EASY" WASHER

For Her. Practical and Mighty Attractive, Too.
THE BEST WASHER MADE
The First Cost is Unimportant. Results Count. Buy an Electric Washer for What It Will Do—For the Service it Will Render and the Years it will last.
The "Easy" Vacuum Electric Washer will make life happier.
STEPANEK & VONDRACEK

HERE'S THE LATEST---COD

LIVER OIL IN TASTELESS TABLETS

Greatest Flesh Builder For Skinny, Weak, Run-Down People—Full of Vitamins.
No more will weak, thin, unfortunate children cry in protest when the nasty, fishy-tasting, horrible-smelling cod liver oil is brought out. And now you can get at your drug-gist's real, genuine cod liver oil in sugar-coated tablets that young and old can take with ease and pleasure. Even the run-down and skinny grow-ups, who ought to take cod liver oil, because it really is the greatest vitamin food and builder of healthy flesh in the world, will feel extremely joyful when they read this welcome news.
Of course doctors have been prescribing cod liver oil in tablets under another name for several years but it is only of late that one can walk into a drug store and get a box of these flesh-producing tablets just as easy as a bottle of cough syrup. Thin, run-down women, men, women and children who need to grow strong and take on flesh are advised to get a box of McCoy's Cod Liver Oil Compound Tablets, and if you don't gain 5 pounds in 30 days just get your money back.
One woman gained fifteen pounds in five weeks, according to her own doctor—another ten pounds in three weeks. A very sickly child, aged nine, gained twelve pounds in seven months, and now plays with other children and has a good appetite. Just ask for McCoy's Cod Liver Oil Compound Tablets. Boyson Drug Co., Montrose Pharmacy, Horak Pharmacies or any good drug-gist will tell you that they are wonderful flesh and health builders. Only 60 cents for 60 tablets—and don't forget that they are wonder-workers for feeble old folk.
Get McCoy's, the original and genuine, and beware of imitations.—Advertisement.