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"A kindly word, a cheery face may bring
The needed courage to some faltering heart—
That, in the thickening fog has ceased to sing
Waiting a friendly voice to help it start."
—R. N. L.

POLISHING HALOS.

A poet may paint an imaginary halo around the head of a hero but any man may weave a real halo for himself by working the good of character into his reputation. Even the silver threads of good deeds enhance the luster of a citizen's halo.

In the eyes of someone his wife, his child, every man may wear a halo. Some have halos that are invisible to all except themselves. The man or woman whose head is not crowned with aureole glory in the eyes of someone is dead to the lightening inspiration of imagination and dead to the appeal of ideals.

Life is extremely dull if not it is not encircled by some sort of halo. Few of us are indifferent to our reputations. The fire of ambition burns in nearly every human heart. The power of day-dreams is real in nearly every life. The desire for the respect of others puts a glow into better impulses in practically every person's inner self. But the personal everyday world has a severe way of passing every man's halo through its acid tests. Reputations without permanently fame, without substance for credit, without quality, boasting without accomplishment, promise without fulfilment, all are dissolved like the haze in the morning when the sunlight of fact strikes its piercing light.

A man may polish his own halo but he will find that others who know him and trust him, who depend on him and believe in him, can polish it much better than he can. If a man puts his best into the business of living he need not worry about his halo. If the nations gave less thought to their national halos, there would be more honesty in diplomacy and fewer wars in the world.

MORE MARATHONS.

A new marathon contest has hit the country. Church congregations in several towns are establishing records in reading the Bible by relays without stop it — the beginning of Genesis to the end of Revelation. A California church was packed last Wednesday to hear the finish of a Bible reading marathon that occupied 50 hours and 11 minutes of continuous reading. In several eastern cities churches have conducted New Testament marathons which were much less exertion.

It may be some satisfaction for a church to be able to advertise that every word of the Bible has been read in one continuous reading without stop. It may be interesting to a congregation to hear the Bible read instead of listening to sermons or to hearing certain chapters of the Bible read in public. It may turn public attention toward the Bible to run these new marathons. It may be that many will derive help from the exhibition. For these reasons we hesitate to criticize the new type of marathon. But one wonders if the sporting interest in the new speed record does not overshadow the chief interests in the reading and hearing of the marathons.

It may be that the vacant public readers will spread the knowledge of religion [illegible] more than by giving about [illegible] the people together [illegible] the early [illegible] congregations must have listened with great interest to the various Egyptian plague adventures children had brought them to a city and passed around the word that [illegible] had sent them another message.

In the early [illegible] the reading groups got the reading habit for other books than the reading groups of people. From the interest people are taking to the Bible reading marathons we — gh that there are [illegible] in the reading of the ancient records [illegible] reading and interesting [illegible] reading of our great literature.

SCHOOL FOR POLICE.

[illegible] is giving [illegible] and button city [illegible] the rights of the [illegible] and the majesty of the police. He will [illegible] extends [illegible] the [illegible] generations [illegible] cases. It is not known [illegible] leave [illegible] police. It also should give [illegible] confidence that the police [illegible] business.

[illegible] something that most [illegible] undertake. [illegible] profit by [illegible] Moscow's example and might have [illegible] addition to the [illegible] attorney. The [illegible] department and [illegible] ministers chosen [illegible] city council [illegible] present some interesting angles [illegible] problems that confront a city police force. In addition a "police school" might have commencement exercises at which the graduates could tell the public a few things about city ordinances and citizenship. In fact there seems to be no end to the possibilities of a police school.

CONSTITUTIONAL TESTS.

The state board of educational examiners is preparing sets of questions on the federal Constitution. Every teacher in the public schools of Iowa must take the special examination or complete a standard course in the subject before obtaining a teacher's certificate.

This requirement is one of the results of the movement within this state toward better standards of American citizenship. Only a small number of teachers will have to take the special examination as most of rural schools and colleges require their students to take an approved course in the Constitution.

Teachers who apply for certificates directly after being graduated from high schools in some instances may find the constitutional test somewhat stiff, but the people of Iowa are determined that every teacher be qualified to teach the principles of our fundamental political document. No grade school or high school should graduate a pupil that has not an intelligent understanding of the Constitution.

KEEPING COOL.

Keeping cool is largely a matter of controlling the imagination, eating sensibly, dressing wisely and getting enough sleep. A person in good health will resist humid vapors by taking sufficient exercise, suffer little from hot weather. Good ventilation and good circulation are important factors in withstanding warm days.

"Keeping cool with Coolidge" is more than a mere catch word. It is a good hygienic doctrine. Over-excitement, over-exertion, hurry, unnecessary tempers, spontaneous rushes at work and unposted hours, all add to the uncomfortable of warm weather. Calmness instead of making warm weather more intolerable produces a distressing inertia.

Water, used internally and externally, is one of man's best friends in torrid weather. Rooms that are not equipped with skylights may be made more comfortable by opening the windows from the top. It is not wise to sleep in the basement or refrigerator, but one may sleep on the roof of his house if there are no woodpeckers or cats in the vicinity.

MR. BURTON SEES IT THROUGH.

A close view of the league of nations at work is having decided effects on Representative Theodore E. Burton of Ohio who is in Geneva representing this country in various negotiations pertaining to the decisions of the league of nations.

The immediate problem that caused Mr. Burton to appeal to the powers vested in the league, is the settlement of the Russian boundary question. Mr. Burton made an appeal to the Lithuanian delegates to run their faith to the league. Mr. Burton charged that several nations were striking at the heart of a "convention" which the league had spent a month in developing.

Does all this look as if we were drifting toward the league? Perhaps if other representatives and senators were in a position to see the league from the close range enjoyed by the outstanding republican representative from Ohio they too might think of the league as Mr. Burton is learning to think.

The World Wags On
BY DR. FRANK CRANE

All of us think that we are of considerable importance and we acquire the impression that affairs could not get along without us.

Sometimes we prove to be more important in the eyes of others. It is surprising how where death comes we observe the world moves smoothly on.

A funeral or a wedding may be postponed. Some hearts are broken but in the majority of living life continues as usual.

We throw a pebble into a pool. There are a few ripples but soon the surface is calm again. Somehow or other this world has a way of righting itself. It moved along years before we came and it will move along after we are gone.

If anyone thinks he is indispensable it is a good plan for him to go to the cemetery once in a while and see what will become of him.

William Feather says, Thomas Steffens after years of authority in behalf of enthusiasts returned from his labors and finally made a public confession in which he said — was a shock to discover that the world did not fail to guess where he was go.

It may be right for us to make bold and do our share, but we should not think too highly of ourselves. Even if we do not do our share mankind will come from some other place.

You remember what Mirabeau said to Europe: "If then a together builder this people at this time doubt was determined and an agreement said, unless to the rows from another party, but then and the fathers house shall be destroyed."

Sometimes we get an idea that we are holding up the sky or that the universe depends on us.

We are but little people that come and go and the processes of the suns will go on without our assistance.

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LOOKING BACK AT EIGHTY

Here's an editorial written by A. B. Farquhar who died the other day in his eighty-second year. It's in the last chapter of his autobiography and it seems to life as he saw it after he had passed the threescore mark.

And now in conclusion, what does it all mean? What have these years taught me? Not much of a [illegible] to modesty [illegible]

That it is as a rule safe to trust human nature. Comparatively few are sinners, if any are truly [illegible]

That truth and honesty [illegible] are the happiest [illegible] of [illegible]

That there is nothing that [illegible] the value of work either to gain success or to gain happiness or to gain both—and I think it is possible to get a lot of fun in planning and working for success. A dollar is not got above the sun.

That [illegible] and [illegible] work [illegible]

That God is not unkind. You can not break his laws without suffering.

That [illegible] the greatest [illegible]

That friends are worth the greatest effort—and by way to get friends is to be a friend.

That you cannot carry anger with you for a week or one day [illegible] This attitude [illegible] is one of the greatest dangers that beset the business man.

Following these rules the world grows in interest and life is happier with gathering years.—National Business.

THE COLUMBUS MAP

The map that served to inspire the courage of the men who sailed away in a wooden boat, less than a hundred years in the New World, is now in the National Library in Paris. It is a hand painted map of the Western Hemisphere, known as Pilot Square, which shows the representation of the coasts of the square, a place especially prepared for the reception of the stars on a plane passing through the arctic or antarctic.—Boston Post.

Robert Quillen's Paragraphs

Brief arguments against communism: "Thou shalt not steal."

Father's day will be observed on the first day of next month as usual.

It is estimated that June weddings numbers will number 80 61 gravy ladies.

The man who found the bank, sent and the only criminals in spending automobiles.

"The night has a thousand eyes," was written before moonshine blinds at so many of them.

Even a pedestrian may run down you, but it's common to fight instead of spending up.

Among the words that produce suffering are these: "Ladies and gentlemen, fellow sinners, and members of the family."

Reading men out of a party doesn't seem as serious if the party isn't acting just as prudent.

Reading 30 minutes every day may educate you, but is there that much small worth reading?

Grass-seed puzzles would have lasted, but everybody learned that seed means a weedless lawn.

It may be, as this expert says, that half the people are crazy but at times we wonder which half.

It wouldn't seem so burdensome if the landlord would charge us for the garage and throw in the house.

They seem to think Ethiopians will make Germany a mediocre, but what makes them think he has changed?

Shrewd sayings: "Don't drive so fast we're liable to have an awful accident—didn't we?"

If the publishing of other news makes newspapers, why doesn't the printing of recipes make good cooks?

You can't please people. Some dislike prohibition because it doesn't work and some because it does.

Science is wonderful. After making food with enough to spell your bowels, it comes to the rescue with chewing gum.

It must annoy some people to think that Stone Mountain's fame is being used for summary removal of bill boards.

Correct this sentence: I don't want to marry and said she. "Then my husband is an amateur to have me play with him."

PERSONAL HEALTH SERVICE
BY WILLIAM BRADY, M. D., Noted Physician and Author.

IF I WERE KING.

As almost everybody knows I am not a mere mouth-piece upon the subject of the "medical cause," but a free lance sensibility all on my own. I readily admit. I blushingly confess that I still stand fairly well with the, as those who have my enemies have to have it called, regular medical profession, and I blush still more to add that the reason for this is simply because I tell the little the truth. Now and then, indeed, I seem to arouse no small degree of irritation or animosity on the part of the regular medical profession or at least some of the pitchmen in it because I tell the little too much truth about the sins of the doctors. But I don't care whether some or all of the regular lines like my style or not. If there is anything in my style they don't like, let him come out and say so and I'll explain to the dear little boys where the shoe pinches. Trouble is with the small fry in our noble profession, they are allowed enough to know the wisdom of silence—indeed, the medical profession has been drawing dividends from the policy of silence for many centuries, though there is much evidence, I think, that this venerable policy no longer pays as it did in the days of yore. Anyhow, I unblushingly call attention to the fact that the doctors who follow my style generally take it out in quiet or indirect slams at "newspaper science" or some nonsense of that kind to the questionable "science" of a department like this. Any and all such colleagues I challenge to point out any offense, but believe they begin publishing evidence I would refer them to sections 1 and 2 of chapter III of the principles of medical ethics.

If I were king—but alas, I am only myself, more or less "well known," whether favorably or not, as old Doc Brady and Old King Brady. Old King Brady had his good points, though I am no relation of his. But if I were king, I tell you, there are a lot of things we would do differently here in America, and particularly things that are done under the name of health education. I would start right in as soon as I felt the crown securely pulled down on my ears fitting away with worse and abuses which we all know are wrong but which under our present system of government nobody has the necessary courage or sense to attack. Along with my crown I should get a pair of scissors to be presented with a good belly laugh, staff of big scissors, one warranted to stand hard usage, together with adequate space and sufficient influence to the throne and well within the dazzle light of courage, where I might get a good Brady swing down some power and cypher-ously I believe I could swing the axe effectively and I know some of my medical, sanitary or health colleagues would have some heads than they have now.

This disarming of the Aspirin scandal would necessarily be radical and revolutionary and somewhat destructive, yet I think an essential preliminary for the constructive plan of my reign. No doubt King Aspirin and all his official staff considered the proposal to drive the stable boys radical and revolutionary and drowned on the idea as destructive criticism, but Hercules turned on his critics in spite of that.

My first royal edict would be a general proclamation of amnesty for the soft medicators. I should say: "We deem medication a good thing. Here it is, free of charge. If you want it come and get it. If you don't well and good. We are going to allow smallpox patients more spiritual liberty hereafter and we grant to every subject full personal liberty to decide whether he shall catch it."

QUESTIONS AND ANSWERS.

No Morbid Information.

Kindly send in the enclosed stamped addressed envelope your pamphlets on hardening of the arteries and high blood pressure. M. F.

Answer—I have no pamphlets to send. As the conditions you mention are both subject to too much morbid speculation and guesswork on the part of laymen, it seems to me unwise to send any information about them in any case, except when the correspondent informs me that his physician has told him he has either or both conditions. I am sorry not to comply, but health is the main issue and with the regard for health I can not send out such information indiscriminately.

Alkalis for Dry Poisoning.

Some years ago you sent me the letter I inclose, containing advice which has proved of the greatest benefit to me. I was then extremely susceptible to dry poisoning, suffering severely from the slightest exposure. Among the alkalis you mention as antidotes, you will see, was weak ammonia water. Well, I have been putting on household ammonia water practically pure whenever I have been exposed to poison ivy, and I find it prevents the attacks. I have told several other sufferers of this and they have found it equally good. I suppose this would be not severe if the skin was already blistered or broken, but I use it as soon as possible after exposure. F. S. E. M.

Answer—The primary principle in poison ivy is of an acid character and therefore alkalis are useful as local antidotes. Soapy water is reliable and one of the best emergency remedies. Saleratus (baking soda) is good. The weak ammonia water suggested for this correspondent who reports his satisfaction means ordinary household ammonia weakened by diluting with water, perhaps on account of the ammonia in the skin of water. The pure stuff would seem a severe remedy to apply to even a whole skin, though the correspondent has found it satisfactory. It is not impossible that the correspondent has become immune since he asked for advice some years ago and that his testimonial for ammonia is just as significant as the average testimonial for a medicine is.

Fruits of Fishdiet.

Is evaporated milk poisonous to tea or coffee? I have been told that it is poisonous to tea, but not to coffee. W. M.

Answer—Been. This probably arose from a mild order "incense" in "delicious evening" which he purchased from one of those "food specialists" who seem to divine such notions from their inner consciousness. Evaporated milk is wholesome enough in tea or in coffee.

(Copyright, National Newspaper Service.)

Dr. Brady will answer all signed letters pertaining to health. Without name they are never printed. Only initials of persons interested are answered in this column, but all letters will be answered by mail if written in full and stamped, self-addressed envelope is inclosed. Serious or chronic or treatment of individual cases can not be considered. Address Dr. William Brady, in care of this paper.

A Smile Or Two

A Fatal Omission.

A few minutes after the alarm was given to the fire at Hotel Del Monte last year one of the guests joined a group of friends that were watching the spectacle and chaffed them on their apparent excitement.

"There was nothing to be excited about," he said. "When the alarm sounded I jumped out of bed, lighted a cigarette, brushed my hair and took my time about dressing. I didn't like the knot in my neckties, so I tied it over again—that's how cool I was."

"True," one of his friends remarked, "but why didn't you put on your trousers?"—The Argonaut.

Woes Of A Weather Prophet.

"I'll have to give up my job as weather prognosticator," complained a man on the seaboard. "The weather seldom agrees with me."

"Then why not go to Samoa, where the weather is always the same?"

"Oh, I'd probably get into trouble for bringing on a new kind of weather."

Pleasing All Classes.

"Why do you continue to publish a dressmaking column? Women don't do any more dressmaking."

"Oh, the men like to read it," said the editor of the Pinkerville Palladium.

Argument.

"All winter you wouldn't shovel snow and now you won't move the lawn."

"Well, you don't have to walk through the grass unless you want to."

JUST FOLKS
BY EDGAR A. GUEST.
(Copyright, 1925.)

MERIT.

If some one finds in me a trait
Which he would wish to emulate,
If but in little things I've stood
For what is fair and what is good;

If those who know me best have seen
In me some strength on which to lean
A smile of mine, or word, or deed,
Has served another's hour of need,

And lacking brilliance or success
One praises me for gentleness;

Or stops to say, when life shall end,
That he had loved me as a friend;

If all the merit I shall reap
Lies in the simple faith I keep,

Peace with my neighbors, friends
Who tested oft and found me true,

Though far behind the great I trailed,
God will not say that I have failed.

In New York.

"What are you doing at this dog show?"
"I'm on a play jury."

Green Olives *in* Sandwiches

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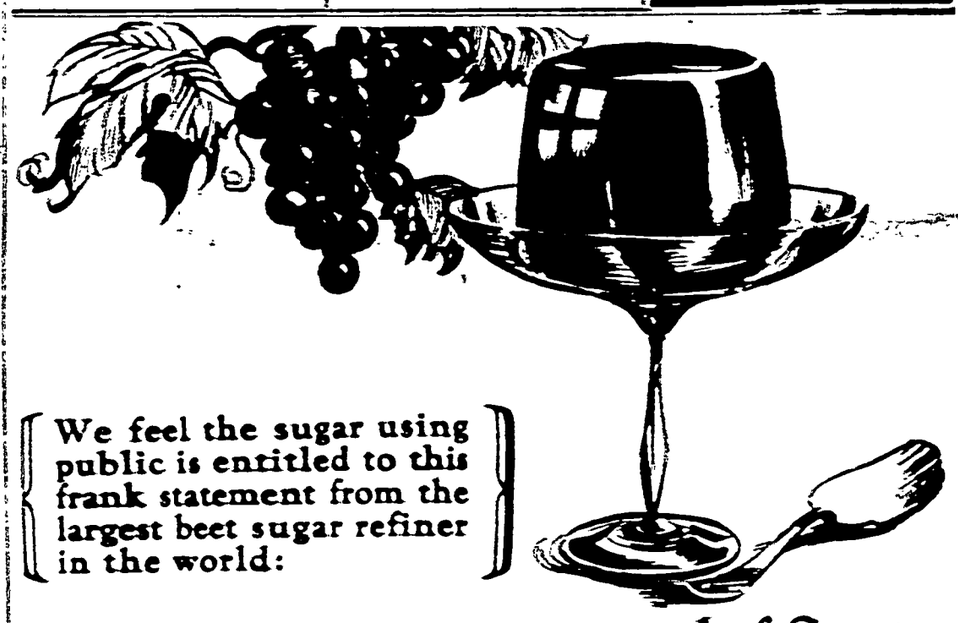

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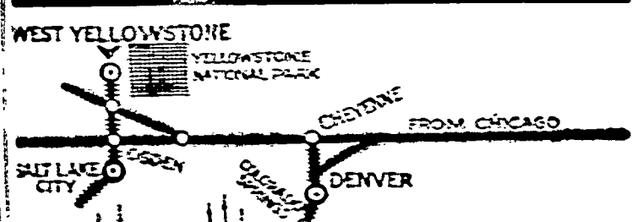

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