

### CARD ROOM NO PLACE TO SPEND VACATION

#### Time When City-Bred Man Should Heed Call of Country.

When Mr. Mann of Anytown arrived with the Mrs. and youngsters at the vacation resort there sat the usual assortment of fat gentlemen playing pinochle and uncomfortably garbed women playing bridge or mah-jongg. "What the dickens do they go on a vacation for?" Mr. Mann queried of Mrs. Mann.

And yet the pinochle-bridge scene may be found at countless thousands of resorts. Grown men and women go on vacations and do little more than play cards or similarly dodge boredom, says the Cincinnati Post.

These people could well take lessons from their children, who use this opportunity to let loose pent-up suppressions of the year and run about shouting and playing.

Of course, every fat-patched gent can't play Indian or tag, but he can learn the lesson of letting his mind get into healthful paths. He can get away from the hotel steps and hike along tree-covered trails, or across sweet-smelling country meadows.

There are a thousand things he can do that would reduce his girth and put him in far better condition when the vacation ends—that is, unless he is an invalid.

### ACCOUNT WAS THERE, BUT NOT MUCH ELSE

President Ernest Frothingham, of the Commercial Trust company, said at a bankers' banquet in Denver: "We bankers are often called heartless. You remember the story of the dead shot who, having failed to kill his man at point blank range, explained that he shot four times at the fellow's heart, not knowing he was a banker."

"Bankers, as a matter of fact, are altogether too kindly and indulgent. A young clubman went to a tailor the other day and ordered a dozen suits of clothes on credit. The tailor asked for a reference.

"Oh, said the young clubman, 'go over to the Third National bank people. They know all about me. I have an account there.'

"So the tailor went over to the bank and said to the cashier: "I understand that young Mr. Cromwell keeps his account here."

"He does," said the cashier, "but goodness knows where he keeps his money."—Detroit Free Press.

### Speaking of Snakes—

"We'll tell the world, and everybody else who has time to listen," says the Tifton Gazette, "that if we had been the girl who found a rattler under her dresser, we would have given up that room and all parts adjacent to the rattler. We never did much admire snakes, no way."

Which recalls the story of the Georgia farmer who was awakened from a sound sleep by his wife, who had seen a snake crawling from under the cover at his feet. He glanced at the snake and said: "No harm in it. Can't you see it's a kingsnake? Never wake me up again for less than a rattlesnake!"—Atlanta Constitution.

### Derivation of Yankee

Farrington gives an etymology which will be new to Connecticut readers. The name of Yankee is derived from the Yankow Indians formerly settled in Connecticut. That race now scarcely exists. To put an end to the wars that subsisted between those natives and the European settlers, laws were ordained which served to incorporate them, marriages being allowed. Reader, have you perchance inherited some drops of Yankow blood, along with the Yankow name?—Henry A. Beers in the July Yale Review.

### Too Far Away

Betty, who was three and a half, was very much interested in the remodeling of the house across the way. She had heard folks talking about the new roof which was being put on. "What kind of a roof is it?" asked Betty.

"Asbestos," replied grandmother. "I can't ask Bostes. He's too far away," said Betty in all sincerity.

### Chinese Turn to America

The department of agriculture of Yenching university, China, has been making steady progress since its organization in 1921. Arrangements have been made for procuring live stock from some of America's finest breeding establishments, as well as farm machinery of the latest type.

**Muscles Too Strong**  
With a snap heard by players and fans, John Corcoran's right arm broke as he was pitching to a batter at Portland, Maine. An X-ray showed fracture, probably because the muscles were stronger than the bone.

### Ocean Waves Trifles to Those of the Air

It is rather startling to learn, and from high scientific authority, too, that we are living most of the time submerged in waves to which the greatest waves of the ocean are mere ripples in point of size. When a current of air blows across a water surface waves are produced, and when a current of air blows across a surface of quiet air, or air having a different motion from the first current, then air waves are produced.

These atmospheric waves, we are assured, have all of the phenomena of water waves—troughs, crests, foam, breakers and spray—but since the qualities of air and water are so different the air waves have dimensions over 2,500 times those of the corresponding water waves.

Thus the great ocean waves of perhaps twenty-five feet height would have atmospheric counterparts extending upward a distance of ten or twelve miles above the earth's surface.

The undulating movement of such air waves accounts in part for the intermittent gusts of wind which we notice so frequently in storms.—Washington Star.

### Little Reverence for Long-Dead Statesmen

The Pantheon is visited nowadays under conditions which seem decidedly lacking in the respect due to the memory of great men. You pay a franc to get inside the building, and for 50 centimes more you can join an assembly of trippers for a visit to the crypts in the wake of a guide who appears to be on very familiar terms with the distinguished dead buried there, says Paris Figaro.

The aforesaid guide will rather disdainfully show you the basement where not less than forty Statesmen of the first empire sleep. The other day he pointed out the tomb of Zola, Jaures and Carnot, and an English woman in the party asked if she might go into one of the tombs. To this the guide replied carelessly that it really was not worth while, as she could see all these fellows at the Musee Grevin, "where they're all life-size and made of wax."

### Few "White" Buffaloes

In the old days Indians cherished the white buffalo robe as almost beyond price.

In 1832 or 1833 the Mandans, says the Pittsburgh Sun, hearing that the Blackfeet at the mouth of the Yellowstone had a white buffalo robe, sent a delegation with eight horses and with trading goods the 200 miles to procure the robe if possible.

The delegation left the horses and the goods and returned afoot with the robe. This was consecrated to the Great Spirit and hung upon a pole, out of touch, as powerful medicine.

It is said that not one in 100,000 buffalo was white. Even at that, the color was likely to be a yellowish white, and the robe was known by the plainmen as a "buckskin" robe. The pure white robe scarcely existed.

### Basilicas

The name "Basilica" was given in ancient Rome to buildings used as meeting places for business men, and as courts of justice. A basilica consisted of a long central hall or nave, with aisles, the aisles being separated from the nave by pillars supporting the roof. At the end of the nave, opposite the entrance, was a raised platform, or dais, with seats for the judges. To give additional space there was sometimes added at this farther end, a semicircular structure called an apse. After the introduction of Christianity, basilicas were very generally converted into churches, and thus it is that the form of the modern cathedral is derived from the ancient Roman basilica.—Kansas City Star.

### Patriotic American

The pledge to the American flag that is used in most of our schools is attributed to James P. Upham, a Boston publisher, who in 1838 suggested its use in the schools. The idea was adopted by the National Education association, which persuaded congress to urge it to the attention of President Harrison, who, by proclamation of July 21, 1862, naming October 12 as a holiday in commemoration of the four-hundredth anniversary of the landing of Columbus in the New world, suggested the pledge to the flag be recited by the pupils and the flag raised over every school house.

### The "Tantony" Bell

The "tantony" bell was rung from churches in certain parts of Northamptonshire at 7 a. m. and at 7 p. m., to mark the times when gleaners in the cornfield were to begin work and finish for the day. In ancient times, the "tantony" bell was rung to call home the swine-herd, and it is probable that the name "tantony" is a corruption of St. Antony, for centuries considered the patron saint of swine-herds and swine.

### Growths of Mangroves Serve Good Purposes

The trees known as "mangroves" form dense thickets along the seacoast in the tropics of the old world as well as of the new. They are characterized by the production of many prop roots from the trunks and branches; these prop roots reach into the mud and form practically impenetrable tangles. They thus serve to hold the mud together and are said to act as natural sea walls, protecting the soil against the inroads of the sea. The bark of the tree is sometimes taken for its abundance of tanning material; otherwise the several species are of no economic importance.

In many of these species the roots branch repeatedly before reaching the mud, instead of growing straight down. The root divides into two branches, one of which soon dies away, while the other continues the growth. After extending for some distance this also divides into two, one of the branches persisting, and so on.

The Dutch botanist Van Leeuwen had an opportunity to study a mangrove tangle near Samarang, in Java, and he discovered the cause of the peculiar habit of root branching to be a small beetle. The female beetle lays her eggs near the tip of the root. The injury causes a new root to sprout out just above the tip and the old tip continues to grow.

### Brings Back to Mind Days of Golden Youth

His youth was spent in a castle of dreams in an enchanted forest. He danced with the wood-nymphs in the dusk and leprechauns, laughing, whispered the secrets of the woods to him. The sun and the moon filled a wayside pool with gold for him.

One day a stranger in a scarlet coat told him of the gayety of cities and sang him the "Song of Clinking Gold," and out into the world with him he went, writes Whitelaw Saunders, in "All's Well."

Now he is old. The golden song has suddenly, dissonant harmonies, and his own scarlet coat hangs ragged and faded. A blossom in a market stall, swayed by a passing breeze, brings him dreams of long forgotten dances and in the park he hears the echoes of forest laughter. The oak tree whispers, he cannot understand the muttered words but, somehow, he knows it is telling the legend of forgotten youth.

### Poor Man Fainted

The man had just informed the Pullman agent that he wanted a berth. "Upper or lower?" asked the agent. "What's the difference?" asked the man.

"A difference of 50 cents in this case. The lower is higher than the upper. The higher price is for the lower. If you want it lower you'll have to go higher. We sell the upper lower than the lower. Most people don't like the upper, although it is lower on account of being higher. When you occupy an upper you have to get up to go to bed and get down when you get up. You can have the lower if you pay higher. The upper is lower than the lower because it is higher. If you are willing to go higher, it will be lower."

But the poor man had fainted.—Postal Spirit.

### Laugh for Health

The diaphragm beats a tattoo on the stomach when you laugh. Every time you let go a good hearty laugh this diaphragm pops up and down on your liver, and helps to drive away the very thing that gives you the blues—bilio-ness.

Laughter is the best brand of pills on earth. Laughter strikes in when it comes from without, and instantly comes to the surface when it starts from within.

You may laugh because you are happy, and you may be happy because you laugh. It is the one thing where the cause is the effect and the effect is the cause. Any man can be a millionaire of good cheer.—Associate Contractor.

### What's Wrong Here?

The Saturday Evening Post says: "It was that hour of a rather sultry early summer afternoon when the merchants along the west side of Main street in a certain western town are wont to emerge from their stores, one after another, and lower their awnings against the glare of the afternoon sun."

The west side of the street would be in the shade in the afternoon and it would be the east side where the merchants would be lowering their awnings to keep out the glare—unless the Saturday Evening Post had in mind some novel sort of sun which sets in the east.—The Pathfinder.

### Situation Alike

An old bachelor says that a man is sometimes ensnared by the same kind of extravagant dressing in a woman that he makes about after marriage.

### HEAVY DEATH RATE IN DARK CONTINENT

#### Conditions in French Colonial Possessions Bad.

The Journal des Debats is distressed over the apparent decline of the native population in France's black possessions. French Equatorial Africa now has less than one inhabitant per square kilometer, and the death rate appears to be considerably higher than the birth rate, writes the Living Age.

Doctor Boye, chief of the health service from 1920 to 1922, characterizes the depopulation of these territories "de plus en plus angoulesante," and reports that "tribes formerly prosperous and vigorous are today on the verge of extinction."

According to a provincial governor, where populous and flourishing villages and broad acres of cultivation were numerous 15 years ago, only "skeletons of villages" now remain, their cabins in disrepair and their fields neglected. One territory having 23,850 inhabitants, in which an accurate record has been kept, reports that the deaths exceeded the births in a single year by 2,425. A larger enumeration shows, per 100,000 natives, 4,470 births and 6,524 deaths per annum.

Conditions are somewhat better in French East Africa, where the population is denser—about 3.5 inhabitants per square kilometer—but unequally distributed. Even here the recruiting officers report that only one adult male out of every five or six of army age is fit for military service. In the sole district where an actual enumeration has occurred, out of a population of 25,000 there were 1,007 births and 1,161 deaths.

The two principal scourges of the African native in his own home are social diseases and malaria. Malaria appears to be the chief cause of infant mortality. Pneumonia and tuberculosis are also devastating scourges, "the spread of tuberculosis being closely associated with the increasing use of alcoholic liquors."

One of the most significant and disturbing features of this gloomy survey is the evidence of a rapidly decreasing birth rate, due to the diseases already mentioned, the sleeping sickness, alcoholism and artificial restriction of births. In case of 538 negro families impartially selected on the Gold coast, 138 were childless and 244 had but a single child. At Dakar 10 per cent of the infants born die at birth and 50 per cent during the first four years.

### Poor Man's Pride

So many men to whom the East side missionary had given money had expressed a preference for a certain lodging-house that he wondered what constituted its particular attraction. "It makes us feel self-respecting," said the men, when questioned.

So far as the mission worker could see, it was the typical cheap lodging house, whose inducements to self-respect were not discernible to the ordinary eye. So he interviewed the manager.

"That's easy," replied the latter, and pointed to a sign above the desk: "Gentlemen Are Requested to Leave Their Valuables with the Clerk."—American Legion Weekly.

### A Slip Up

Gentle little four-year-old Jane is a model child as a rule, but now and then she "slips up." She has been forbidden to take a spoonful of sugar out of the sugar bowl and eat it as children are apt to do. One day the temptation was too strong, and while her mother's back was turned she helped herself to some sugar. Her mother turned around, shocked and indignant.

"Why, Jane, whatever made you do that?"

"But, honey, I didn't know you were going to turn round," was the gentle answer.—Indianapolis News.

### Just Wind

The child had been greatly impressed by her first experience in Sunday school.

She pressed her hands to her breast and said solemnly to her sister, two-years older:

"When you hear something wite here it is conscience whispering to you."

"It's no such thing," the sister jeered. "That's just wind on your tummy."—Exchange.

### Few Physically Normal

According to examinations made by school medical inspectors of New York state during 1923-24, 47 per cent of the children living in cities, 48.9 per cent of those living in small towns and villages, and only 27.4 per cent of those living in rural districts are physically normal.

### Trade Agreement

An agreement has been entered into by Bulgaria and Czechoslovakia whereby the government of Bulgaria engages to purchase machinery and railroad equipment from Czechoslovakia and Czechoslovakia will purchase tobacco from Bulgaria for its tobacco monopoly.

### Blood Pressure

The maintenance of the circulation of the blood requires a certain amount of pressure in the circulatory system. This pressure varies from 125 to 150 millimeters of mercury.

### Wife Takes No Chances

Mrs. Peck (watching ballet dance)—Come on, Henry! If that's the way she interprets spring, I don't want you in here when she starts to interpret summer.

**Uncle Eben**  
"De man dat gits do most benefit 'um religion," said Uncle Eben, "is de one dat keeps thinkin' 'bout it 'stead of talkin' 'bout it."—Washington Star.

No Harm in That.  
"I hear you have been telling people I brag about my prowess in the hunting field."  
"I merely said you always gave a good account of yourself."

Hardly.  
Teacher—What can you say of the Venus de Milo?  
Pupil—She couldn't have given anybody a handout.

### How Nature Provides for Seeds "Traveling"

Most people would be surprised if told that the dandelion growing on their back lawn had its origin in Africa. Yet this might easily be so, for seeds do travel in the most remarkable way.

How then, do they do it? One way is by air. Those that travel in this manner have a kind of wing or parachute attached to their seed, by means of which they can be carried by the wind for miles before they finally come to earth and grow.

Others with the aid of a light float take a sea voyage and travel with the current of the water for great distances. But by far the most interesting way of all is the seed that travels with animals and birds. This is done with the help of a hooked attachment which clings to the animal's fur.

Charles Darwin once took from the foot of a bird a small fragment of hardened earth; this he moistened and warmed, and waited with curiosity to see whether or not anything would grow from it. To his great surprise no fewer than 80 plants sprang from this small portion of soil.

### Tree's Unkind Comment

Stories of Beerholm Tree flourish like the green bay of the same family name. Tree's fact and for many years has been the legitimate game of all storytellers, a part he undoubtedly enjoyed. The famous scene painter, Harker, is responsible for this one:

Mr. Harker, who painted the scenery for such famous spectacular shows as "Kismet," "Chu Chin Chow," "Cairo and Decameron Nights," was a friend of Tree.

Tree and he had had one of their occasional tiffs, and the actor was feeling vindictive. He and Alfred Wareing, of the Huddersfield Repertory theater, were motoring one day in the country. Wareing called Tree's attention to the glorious sunset.

Tree was silent for a moment, then he snapped: "Ah, in Harker's most violent manner!"

### Add Motoring Perils

One of Attleboro's fairest little maidens has been having a rush job done at the dentist's. A broken tooth needed expert attention. It was no ordinary mishap, the breaking of that tooth. She and he were motoring and while kisses were being exchanged the car hit a particularly rough spot in the road. There was a facial collision in which lips proved ineffectual bumpers, two sets of teeth met head on—and then came concern on his part, lamentation on her part, and the enlisting of the dentist's services to repair damages sustained in an unusual way.—Boston Globe.

### Complimented

When an Edinburgh councillor was traveling in London there was an old man in the same carriage to whom he spoke several times without getting a reply. Just as they neared the end of the journey the old man leaned forward and asked, "Are we near King's Cross?"

The councillor told the old man that he thought him very ill-mannered for not replying when spoken to earlier in the day.

Said the aged traveler: "Man, I was feared to answer ye. Ye are awfu' like a photograph I saw in the paper of a murderer."—London Tit-Bits.

### Paper Razor Strop

Ordinary newspapers folded together in a thick strip and held between wire clips make a satisfactory substitute for a regular leather razor strop, according to a European inventor, Popular Mechanics Magazine reports. The ink on the paper is said to assist in giving a keen, non-pulling edge and consequently a smooth shave. A fresh strop can be prepared in a few moments and it is especially convenient for the traveler and camper.

### Indian Superstition

The Indians believe that a fish buried in the corn hill gives a better yield of corn.

### Christmas Trees Cultivated

In Massachusetts Christmas trees are being raised as a regular market crop.

### Key West Sees Many Ships

More than 5,000 ships a year pass within sight of Key West, Fla.



Tradition has handed down to us from countless generations the idea of the need of a spring tonic. Some skeptics ridicule this idea and call it an old granny notion, pleading that its all "pure laziness" and that people try to condone this laziness by making for an excuse the need of a spring tonic.

"Where there is smoke, there is some fire" and it isn't always safe to entirely deny ideas that have become so firmly fixed in people's minds as this one has. Many people do need a spring tonic and need it badly. This, we had better admit than deny, but while admitting it try to find out the reason why.

Systematic, periodic weighing and measuring a group of 15,000 children has proven that their greatest growth in both height and weight was in the late autumn while the least growth in height and weight was in the spring.

Nutrition experts have proven that the proteins in our foods are the food elements used by nature as building material and repair material. The fats and carbohydrates are the elements in food which are used to make heat and energy. Fats and carbohydrates cannot be utilized for building or repair material but in case of need the body will sometimes use the proteins for fuel.

It requires much more fuel to keep the house warm in winter than in summer and it requires also much more fuel to keep the body warm in winter than in summer. Mother nature is a wise old dame and as if she knew this very fact she provides in our winter foods much more fats and carbohydrates and in our summer foods much more protein.

Civilization has given us good houses, well-heated by fires, and warm clothes, and civilization also permits many to live rather sedentary lives, so that fuel is not needed either for heat or energy. Yet we continue eating a winter food, supplying an excess of fuel which satisfies the appetite and clogs up the furnace grate with ashes without receiving an adequate supply of building and repair material. Such a person in the spring feels sluggish, dull, and has "spring fever."

While civilization has done some harm, she has also overcome that harm by making it possible to secure green foods, rich in protein, throughout the year. The person who eats a balanced diet, takes plenty of outdoor exercise, and keeps the bowels active, will not have spring fever nor need a spring tonic. The person who has not done this does need overhauling.

Don't be fooled, however, into believing that the patent medicines, so temptingly displayed to gather in your dollars, will do this overhauling for you. They will not.

### BLACKBIRDS FEAST ON FISH

Mako Raid on Trout Fishery Established on an Estate in Scotland.

Those who study nature find that age-long traits and habits are being in some cases modified and in others entirely changed.

The writer knows of a case where a bird has its habits changed by altered conditions.

A trout fishery was established on an estate in Scotland. During certain seasons a large number of the fry or young trout are crowded together in shallow ponds, as their inclination is to keep together just where the water enters.

One day a blackbird, drinking at one of these ponds, got hold of a young trout, probably accidentally, but found it was excellent feeding. A blackbird does not by habit get its food from the water, but this particular one, having tapped a new source of food supply returned to it again and again.

The following season this bird had by some means been able to impart its newly-found knowledge to all the other blackbirds on the estate, and instead of one bird stealing the young fish, all the birds got into the way of doing so! The owner had either to shoot the blackbirds or give up trying to rear trout.

That an entire change of food is not detrimental may be proved by the fact that many of the cows kept in Norway are fed on fish, yet who will say that a cow's teeth were made for dealing with a diet of this sort?—London Tit-Bits.

### Generous Sir Herbert

Sir Herbert Tree, the eminent English actor, was an original person with a curious and often surprising idea of wit. While walking up the Haymarket on one occasion, says the Tatler, he met a lady of his acquaintances. Sir Herbert swept off his hat with a flourish and, still holding it in his hand, stopt talking to her for several minutes.

"What a magnificent lining your hat has," she said, glancing at the bright red silk.

"You admire that lining?" he cried in his most melodramatic manner, and with a swift, wrench he tore it out and thrust it into her unwilling fingers. "Madame, it is yours," he said impressively. Then he walked majestically away, leaving the astounded lady clutching a few scraps of red silk.

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