

## Lonesome Job Is That of Lighthouse Keeper

Ours is considered to be a good station; a cone-shaped rock separated from our wives ashore by just one mile of turbulent sea.

Every man has two homes; there are excellent houses on the island with plenty of accommodation for wives and families. But some years ago the wisdom of Irish Lights decided that we were better apart, and provided "shore" houses for our families. We go there in the relief spells, wind and weather permitting.

It is better so for the children, who can go to school, and better for the wives, who are no longer cut off from the world.

We three lonesome men on the rock are thoroughly sick of the sight of each other's faces. We have far too much of our own company. There is not a surprise possible among us. For long periods we exchange never a word.

In every way a woman as constant companion is infinitely to be preferred. At any rate I have never grown used to my wife or tired of her in this way; perhaps because in 15 years I have never had a chance.

We are handy men; for our wives we can do almost anything—mend clocks, make or mend clothes, chairs and tables, toys and mats. Any one of us can cook and serve up the joint of meat passably, after the manner of a word.

The rest of our cooking is done mainly with a can opener.

One of the reasons why this is a desirable station, is because we can get a weekly joint of meat and post, and regular relief. At the Skelligs, off the coast of Kerry, rightly selected by the monks of old as a safe refuge from women, we sometimes lived for weeks and months on rabbits and sea fowl. We had, luckily, a cocker spaniel who would catch a rabbit on request.

By the aid of a glass we can see plainly from this rock the front doors of our homes across the water. The whitewash is rubbed off our landward wall, and there is a groove on the top off. There are no dilapidations on the seaward wall.

Only once have I known a man who joined the lights to get away from women. Soon, by marriage, he did his best to return to one of them.—Light Keeper, in London Mail.

**Another Expert.**

The little man stood in front of a picture of still life representing fruit and vegetables. "Jolly well done," he exclaimed admiringly. "I know a bit about this kind of thing." "You are a picture dealer?" asked one of the bystanders. "No, a green grocer," was the reply.—Pearson's Weekly, London.

**Perception.**

Whatever is noble in art and nature, may not be comprehended without vigilance; what part soever of it commands itself at once to the sense, is the least and lowest. . . . It is quite possible to hear a thing every day, and not to know it, and see a thing every day and not observe it.—Edward Burne Jones.

**Perfumed Butter**

The perfumed butter used in Paris is made by taking parts of "fresh" or unaltered butter and placing them on a layer of some variety of flowers, according to the perfume desired, a piece of muslin being laid between the butter and blossoms. Another layer of flowers is placed above the butter and then ice is added.

**Birds Devour Pests**

The Department of Agriculture says that our birds will eat the pest known to scientists as the Japanese beetle, and are counted upon as a natural check to its depredations. The purple grackle has proven to be the most important bird enemy, two-thirds of its diet consisting of Japanese beetles in neighborhoods infested with the pest.

**Crocodiles' Advantages**

Crocodiles, particularly those of the Egyptian Nile, are mighty hunters, although they exercise great judgment in choosing their victims. They are extraordinarily tough and tenacious of life, and are so shaped and defended by their strong skins that other animals have much difficulty in combatting them.

**Africa's Vast Water Power**

Africa, although known as the "dark continent," contains nearly half of the world's potential water power. Second on the list is Asia, and then come North America, South America and Europe—in that order. Australia, smallest of the continents, is also last as regards water power.

**Cannot Replace Sun**

Plants will thrive on artificial light, but the pseudo sunning is by no means a profitable plan for marketable plants, flowers or vegetables, according to experiments at the Boyce Thompson Institute for Plant Research, Yonkers.

## Title He Gave Himself Stuck to Great Showman

Probably the greatest showman the world has ever known was Sanger, famous for Sanger's circus. He even went so far as to give himself a title, and the title stuck so firmly that many people thought he really had been elevated to the peerage! Everyone knew him as "Lord" George Sanger.

In his book, "Studio and Stage," Mr. Joseph Harker, the famous scene painter, tells how this "title" came about. It was the outcome of a deal in horses with William Cody, otherwise known as Buffalo Bill. According to Sanger, Cody thought himself by far the more important showman. In the course of the preliminaries to the deal, Bill sent a representative to Sanger with a message to the effect that "The Honorable William F. Cody" refused to take a penny less than so much for the horses.

Sanger, who had the gift of giving neat replies, and who also was not going to be outdone, without more ado sent back this terse message: "If you are the Hon. W. F. Cody, then, hang it, I'm Lord George Sanger—and I won't give a halpenny more than I stipulated for the horses."

And from that day on "Lord" George Sanger he remained.

**Elephant Noted for Keen Sense of Smell**

What the elephant lacks in vision is more than compensated for by the animal's keen sense of smell. His trunk is probably the best smelling apparatus in the world, and he depends first of all on his sense of smell.

When he is at all suspicious he moves his trunk round in every direction, so that the slightest taint in the air will reach him. In many other ways the elephant's trunk is the most extraordinary part of that most extraordinary animal, the Providence Journal says.

It is entirely flexible at every point and it can turn in any direction and has tremendous strength. There is no bone in it, but it is constructed of interwoven muscles and sinew so tough that you can scarcely cut it with a knife.

From it an elephant can shoot a stream of water that will put out a fire, and with it he can lift a tree trunk weighing a ton or pull a delicate blade of grass. He drinks with it, feeds himself with it, smells with it, works with it and fights with it.

**Relations to Nature**

In general one may say that the husbandman is the oldest and most universal profession, and that, where a man does not yet discover in himself any fitness for one work more than another, this may be preferred. But the doctrine of the farm is merely this, that every man ought to stand in primary relations with the work of the world; out to do it himself, and not to suffer the accident of his having a purse in his pocket, or his having been bred to some dishonest and injurious craft, or for this reason, that labor is God's education; that he only is a sincere learner, he only can become a master, who learns the secrets of labor, and who by real cunning extorts from Nature its scepter.—Emerson.

**Too Much for the Hawk.**

When a hawk swooped down on a barnyard at Salmon Arm, B. C., where in were a small tom cat and fox terrier, the cat sprang, landed on the bird's back and brought it to earth partly disabling it. The terrier then took a hand in the melee and both dog and cat went for the hawk, which put up a good fight. When it attacked the dog the cat would jump on it and pull it off. After a bit the cat seemed to resent the dog's interference and turned on him. While they were fighting it out a farmer killed the hawk with a stick.

**Old Iron Mines Closed.**

The oldest iron mines in the United States, located at Sterling, N. Y., have been closed. They have been in continuous operation since 1760, and ore taken from them was used to forge the famous chain that was stretched across the Hudson river in the Revolutionary war to prevent the British ships from ascending the stream. Iron for every war in which the United States ever fought has come from these mines.

**Arizona**

Authorities differ as to the meaning of the name "Arizona." Some say the name is derived from the Spanish words "arida zona," or arid zone. Others maintain that the word comes from "arizuma," meaning "silver-bearing."

**America's Growth**

The total area of the 13 original states which formed the nucleus of our great nation was 892,135 square miles. The territory under the flag of the United States is now four times that area.

## Halted Guns to Save Heroic Mother Bird

One day during the World War I was taking a battery of artillery along a grassy road, a writer in London Tit-Bits relates. The horses were trotting, and behind them the guns rumbled and swayed over ruts and stones.

Suddenly there appeared fifty yards in front of the leading horses a dozen snuffy brown partridge "cheepers," they mites no bigger than sparrows, running hither and thither in the wildest panic before the approaching danger. With them was the mother bird. She dashed them off into the grass on either side of the road, and then, when the last one had made its escape, turned and with open beak and half-spread wings faced the battery, daring them to come on.

Had the battery not been halted the bird would have given her life in an endeavor to ensure the safety of her chicks. As it was, she achieved her object by a display of real heroism in the face of hopeless odds.

This is a typical example of the way nature makes heroes of animal mothers, no matter how timid they may be when they have no family to care for. In defence of their helpless young, nature's heroines will face any creature that threatens their safety.

**Will Please Children**

Children's rooms offer an excellent field for stencils, especially in the home without a nursery. Frolicking children, animals, whirlpools and clouds, flowers and domestic fowls are designs in keeping with the world of play. Background colors for such rooms should be light and cheerful. Applied decorations usually look best if done in primary or strong contrasting colors.

**Trade Winds' Effects**

The trade winds do more than carry the west-bound mariner on his way, says Nature Magazine. They have been called "the pulse of the atmosphere circulation," because their fluctuations are related to the weather events of distant regions, and their perching breath is responsible for most of the world's big storms.

**His Curiosity Satisfied**

The curiosity of a motorist on a country road was aroused by the lettering, too small to read, on the spare tire of a car ahead. Anxious to know what it said, he put his foot on the accelerator and read: "If you can see this you are too darned close for comfort."

**Roman Mortar Supreme**

The Romans were unsurpassed as builders, and it is said that their mortar is almost imperishable. Still as good as it was when placed between the stone 2,000 years ago, Roman mortar resists the ravages of time and climate in the most remarkable manner.

**Egypt's Leather**

Egypt has in recent years established quite a flourishing leather manufacturing industry, due chiefly to the teaching of children in leather-working in trade schools scattered throughout the more populous parts of the Nile country.

**Copper Long Mined**

Native copper was known and mined in the Lake Superior region by a primitive people hundreds of years ago. It is first mentioned in a book by LeGarde published in 1836. Its commercial development was begun in 1842.

## Collect Tree Seed Kipling's Verse Made Substitute for Bible

Ranchers and mountain farmers in parts of New Mexico have found an interesting and profitable side line in the gathering of evergreen tree seeds. Pine, spruce and fir seedlings are much in demand for the world over for ornamental windbreak and commercial purposes, and since it is obvious that nurserymen cannot wait 50 years or so for seed trees to begin bearing, the seeds "must come out of the native woods.—American Forests and Forest Life.

**Why Rooster Didn't Come**

Martin Simonds of Rodman, N. Y., went to his henhouse to feed his poultry one day during the winter. His flock responded to his call, except his favorite rooster. In the afternoon Simonds had occasion to go to the rear of the house and there, perched upon the rim of the rain barrel, was his lost rooster. His tail feathers were frozen away five inches of the ice before he could liberate the rooster.

**Concerning the Bible**

Most persons think that the Bible was first written exactly as it appears today. But such is not the case. It was originally one continuous piece of text, with no divisions of any kind—no sections, no chapters, no verses, no divisions of words even, or punctuation. Its division into lines to suit the sense was done by Euthalius of Alexandria in the last half of the Fifth century. Its division into chapters is ascribed to two archbishops, Lanfranc, in the Eleventh century, and Langren, in the Thirteenth century, and a cardinal, Hugo de Sancto Caro, about 1250. Rabbi Nathan began the division of the Bible into sections about 1445, and another Hebrew, Athras, completed the work in 1631. An English printer, Robert Stephens, introduced the present division into verses in 1551.

**Prudes of the Past**

Author Frank Harris, the guest of honor at a literary banquet in New York, said in his speech of acknowledgment: "American literature used to be very prudish. We've changed all that, thank goodness. But our prudishness in the past was so extreme that it reminds me of the girls' boarding school."

"The principal of a girls' boarding school was taking her charges through a picture gallery.

When half way through she halted and said: "Attention, young ladies! The next apartment is devoted to the nude. In passing the door you will all please lower your eyes, avert your heads, quicken your pace and blush."—Detroit Free Press.

**Back to Normalcy**

Ole Svenson, after having lived by himself and prepared his own meals for years, had taken a wife. Mrs. Svenson proceeded to live with her husband for the better part of two months, after which she ran away to the city. "Well, Ole," said a friend some time after the lady's departure, "are you sorry she went?"

"No," replied Ole. "No? Why not?"

"Well," was the reply, "she was always getting in the way when I was cooking."

**Great Sleeper**

Mrs. Jones—John, I wish you'd preach "early to bed and early to rise" to Clarence.

Mr. Jones—Why?

Mrs. Jones—He's worn out three pairs of pajamas in a month.

**Real Finality**

Sir Oliver Lodge says that man is not the last word in creation. The daughters of Eve know it already.—Philadelphia Public Ledger.

**Machine Teaches Swimming**

With hands and feet of the pupil strapped to a machine that guides the movements of the limbs, swimming is being taught indoors.

**Old Astronomical Map**

The oldest map of the heavens is in the National Library at Paris. It was made by the Chinese about 900 B. C., and denotes the positions of 1,400 stars.

## AIRPLANES TO HAVE WONDERFUL SPEED

Our new air age promises to be a high-flying age. The 100 miles an hour of present type airplanes will, it is considered, be exceeded greatly by adapting machines so that they can take full advantage of the lessened resistance of the air at high altitudes.

Before long we may look back on flying machines of today, driving a laborious way through retarding lower air, with that same pity with which a traveler in the blue and gold Riviera express would let his thoughts wander back to the times when, sitting in open trucks, the first railway travelers jolted along with cinders from the engine blowing into their faces. Wonderful results are rewarding an eight-years' research in sending airplanes up to high altitudes and there making them fly miles an hour faster than would be possible in dense air near the world's surface, writes Harry Harper in the London Contemporary Review.

What science is profiting by now are experiments, prosecuted assiduously, in perfecting a "turbo-compressor," or light, small, high-speed turbine, the function of which is to "supercharge" the engine of a high-flying plane.

What latest triumphs imply is a virtual abandonment of flying near the earth's surface, and an elevation of regular aerial movement miles above our heads. Hitherto planes flying at great heights have failed to profit in speed from the lessened air resistance of high altitudes because their motors have fallen away in power. But the "turbo-compressor" supplies the engine with high altitude air at such pressure that the thinness of this air, as compared with low altitude air, is compensated for, and the engine preserves its power even at great heights.

In recent experiments remarkable results have been achieved, not only with supercharged engines, but also with propellers having variable angle blades designed to function efficiently at immense altitudes. Sending up planes till they have been miles high, experts have been able lately to increase their normal speed by more than thirty miles an hour.

Scientifically, the quest now proceeds along the following lines: Experiments are to be made in increasing still farther the height of "supercharged" flying, while another research will be to design and perfect saloons in which passengers can be carried through the air at enormous heights and speeds. Such saloons will be supplied automatically, under pressure, with air rendered just as breathable as that at low altitudes.

Scientists, enthusiastic as to the possibilities of immensely rapid flying through thin air at vast heights, now predict that researches will culminate in the institution of regular "super-express" airways, miles high, along which globe-girdling craft will hurtle at 250 and 300 miles an hour.

**"Fishing" Made Easy**

An ideal stream for the lazy or impatient fisherman, who craves nourishment rather than the thrill of the catch, has been discovered by Interior department engineers in the inaccessible, turbid San Juan river, one of the main tributaries of the Colorado in Utah. The swiftly flowing San Juan, called Pawhuska (mad water) by the Navajo Indians who live nearby, never gets clear and sometimes it carries three times as much silt as water. At times the river runs with a smooth, oily movement like that of molten metal, so red and viscous is it with silt. At such times the fish become exhausted and flounder on the surface, their dorsal fins projecting into the air. Then the fisherman needs only to arm himself with a club and wade cautiously into the mud to catch a fish with bare hands after he has stunned it with a blow.

**Our Country**

We inhabit a country which has been dignified in the great history of freedom. We live under forms of government more favorable to its diffusion than any other the world has known. A succession of incidents of rare curiosity and almost mysterious connection has marked out America as a great theater of political reform. Many circumstances stand recorded in our annals connected with the assertion of human rights which, were we not familiar with them, would all even our minds with amazement.—Edward Everett.

**Dangerous Suggestion.**

Boy—Father, do you know that every winter an animal puts on a new fur coat?

Father—Hush! Not so loud! Your mother's in the next room!

**One of the Requisites.**

Politics insists on the square deal among the leaders. They must understand each other.

## Scientists Promise Great Things for the Future.

There are many things that do damage to this wonderful little engine which pumps five quarts of blood every minute (and sometimes as much as twenty quarts per minute). Much of this damage may be avoided if we only know how to give our hearts a fair and square deal. As a matter of fact, all heart trouble could be avoided if it were possible to avoid all of the things which cause it.

After any of the contagious diseases of childhood, the heart should be very carefully watched by the physician until the system has gotten rid of all the irritating poisons (toxins) which these diseases turn loose in the blood. Until this time every precaution should be taken to avoid any undue exertion on the heart. The child should resume its usual activities very carefully, slowly and guardedly. Gradually increasing exercise is needed but never to the extent of feeling fatigue.

When the child has "growing pains" or a "touch of rheumatism" it is quite certain that somewhere in the body there is an infection which is irritating the delicate membranes which line the joints and the muscle sheaths. This point of infection may be a bad tooth, bad tonsils, infected sinuses or any one of the many things which are usually thought of as being of little importance. If "growing pains" or "rheumatism" was all it would not be so serious, but at the same time these toxins irritate the joints, muscles and nerves, they are also likewise irritating the lining of the heart and the valves of the heart.

The heart has no feeling—that is, it has no sensory nerves any more than the finger-nails or the hair, and hence we do not suffer pain from this irritation of the heart like we do when the joints and muscles are irritated. But the damage there is even worse. The valves get out of shape and drawn with the scars and the heart can't do its usual work. When this happens it is then too late to correct it for the heart is permanently damaged.

There are now about two million people in the United States with damaged hearts, and in North Carolina fifty-five thousand, all because of not taking proper care after some contagious disease, or because of some neglected focus of infection or in a few cases improper habits of living.

The average for each person dying of heart disease is seventeen years of partial or complete invalidism preceding death. While heart disease is most commonly noted in middle life, the cause was back in childhood or early adult life. Death from heart disease in middle life can be prevented by correcting infections in childhood.

**Japanese "Hello" Girls**

Telephone operators in Japan are called "moshi moshi" girls, the term being the Japanese equivalent for hello. These operators are required to wear a uniform costume consisting of a sort of skirt called a "hakama," which is worn over a working kimono of coarse white cloth. The sleeves of the kimono are not as full as those of an ordinary kimono and are tied with a cord just below the elbow to prevent them from interfering with the movements of the operator's hands. The hakama has a sash tied in front. This attire is completed by a pair of white cloth foot covers, and straw sandals. They wear no stockings, which is a custom peculiar to all Japanese women, except those who adopt foreign styles.

**Thought Giant Eel Serpent.**

Some of the crew of a Scottish fishing boat thought they had caught a sea serpent when they hauled aboard an eel which weighed 88 pounds and measured 7 feet in length and 26 inches in girth. It was caught in the North sea about twenty miles from land.

**Juvenile Woes**

A little Chicago girl was in sore distress, according to The News of that city. "Why, Edna, dear, what are you crying about?" inquired her mother.

"C-cause," sobbed the little one, "I started to m-make my doll a s-bonnet and it c-came out b-bloomers!"—Boston Transcript.

**Fickle Literature**

"To what department of literature does the check book belong?"

"Your grandfather's is history, your father's biography and your fiance's action."—Boston Transcript.



BUREAU OF HEALTH EDUCATION, N. C. STATE BOARD OF HEALTH

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