

POINTS ON KEEPING WELL

Dr. Frederick R. Green, Editor of "Health."

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SUNLIGHT

WE ARE just beginning to appreciate the value of sunlight as a health-producer.

The ancient people worshiped the sun, which they recognized as the source of all energy and life. Modern science is proving what the ancient civilizations believed.

King Tut has had more front-page publicity in the last two years than any living man. His name is known today to ten times as many people as ever heard of him while he was alive.

King Tut was a sun-worshiper, as were many of the people of his day. The Greeks took sun baths regularly. The Romans knew that sunlight is of benefit in healing sores and infections and in maintaining health.

Pliny, the Roman historian, writes that his aged friend Spurrina kept himself youthful by taking an hour's sunbath every day. When civilization moved from southern to central and northern Europe, people wore heavy clothing and lived in houses and forgot the value of sunlight.

Dr. Rollier of Switzerland reports remarkable cures of tuberculosis in children by the use of sunlight. Dr. Lo Grosso, medical director of J. N. Adams Memorial hospital at Perryburg, N. Y., gets wonderful results in bone and skin tuberculosis by undressing the children and keeping them in the sunshine and fresh air. Even in winter the children wear nothing but overalls to keep their feet dry and caps to protect their heads and ears.

Dr. Lo Grosso says, "With the exception of one or two isolated hospitals we are neglecting the greatest of all healers, the sun. Our eyes are cast down, whereas healing is from the skies."

Sunlight kills disease germs in a short time. The more sunlight we have in our houses the healthier we are. The more we get out in the sunlight the healthier our bodies will be.

Exposure of the skin to sunlight lowers blood pressure, increases the depth of respiration, dilates the blood vessels and brings the blood to the surface. The number of blood corpuscles is increased, as well as the power of resisting disease.

This remedy must be used with common sense. A sunburn is just as painful and as bad as any other kind of burn. Don't go out the first day the bathing beaches are open and lie all day in the sunlight. Don't try to get the tan in a few days of summer vacation that should have accumulated all through the year. Get the good effects of the sun without the bad effects. Get outdoors every day all the year round, especially in the summer, and get the benefit of the heating and stimulating effect of sunlight—the source of all heat, light and life in the universe.

WHY RISK LIFE TO SAVE 5 MINUTES?

PUNCTUALITY is a virtue. But even virtue can be carried too far. Samuel E. Freundlich, sixty years old, had been employed by one firm for over thirty years and in all that time he had never been late. He lived at Rosehill, a Chicago suburb, and took the 7:06 a. m. train every morning. The other day he was a few minutes late and reached the station just as the train was pulling out. He ran to catch it, jumped for the platform, missed it and went under the wheels. He lost both of his legs and probably his life.

We are all creatures of habit. Regularity and punctuality are highly commendable characteristics. But they aren't worth risking your life for.

It's better to break your record than to break your neck. Be on time, by all means, but when an occasional miscalculation makes you a few minutes late, don't risk your life in order to maintain your record.

Men who are sixty years old haven't any business running after trains, anyhow. It's all right for the boy or the young man. But the muscle fibers of the heart are like rubber. When you are young they can stretch, even beyond the ordinary, without permanent injury. But by middle life the heart muscle is like old rubber. It's all right as long as you don't put an unusual strain on it, but if it's stretched, it's apt to break.

Men and women over forty-five, and especially over fifty, should avoid sudden, extreme and unusual exertion. If the heart muscle is not diseased, it's fully equal to the ordinary, everyday strain which is put on it. But sudden and severe exertion may cause serious if not fatal consequences. Unusual exertion increases the rate and force of the heart's action. The heart is like a rubber ball. If it is overstrained, it stretches. This may cause acute dilatation of the heart, sometimes severe enough to produce death, or it may result in stretching the valves of the heart so that they never work properly thereafter.

Many serious heart conditions have their origin in some unusual exertion, which is often unnecessary. If you are middle-aged or past, don't run after street cars or trains. Wait until the next one comes, even if you are a little late. This may require five or ten minutes' waiting, but it may mean several years' longer life.

Daddy's Evening Fairy Tale

BY MARY GRAHAM BONNER

FAT CAT

"Me-ow, me-ow, me-ow," said the cat. All around it seemed were pigeons and birds and the cat's green eyes looked at them hungrily.

He moved up to them very slowly and tried to catch them, but they were on the watch-out for him and they always got away.

Sometimes he would follow a member of the family when he hadn't an engagement to watch the birds.

And if the family saw him watching the birds they took him into the house and gave him a big meal so that he would be sure not to be hungry.

Well, the days passed along and the cat was watching the birds early one morning.

No one was there to stop him. He had awakened very early so as not to feel satisfied as he always felt after he had had his breakfast.

He wanted to feel hungry and to catch birds.

Ah, he would spring upon them.

"Me-ow, me-ow, me-ow, this will be exciting," he said. And his green eyes looked wicked and sly.

"Me-ow, me-ow, me-ow, this will be worth while," he said again.

His green eyes looked even more wicked than ever, and oh, how sly they looked.

"Me-ow, me-ow, me-ow, this will be great," he said. "I am all alone to do as I wish. No one will stop me. No one will tempt me with liver and bacon."

"Me-ow, me-ow, me-ow, this will be splendid."

And his green eyes looked as though he would have a fine, wicked morning catching birds.

"Me-ow, me-ow, me-ow, this will be fun. I shall catch them soon now."

But he could not catch a single bird. No, not a single one could he catch.

He tried and he tried and he tried.

"Me-ow, me-ow, me-ow," he said. "I am out of practice. I must have more engagements by myself of this kind and then I will get into practice."

Again and again he tried but not a bird could he catch.

"Me-ow, me-ow, me-ow," he complained. He was becoming quite angry now.

No longer did he feel peaceful and happy as he had when first he had come out this morning.

His green eyes looked angry now. He was angry with himself and yet it was no one's fault except his own.

Well, possibly it was the fault of the family. They always gave him so much food. They always watched out for the birds.

They always drove him away when he was looking at the birds.

They always made him wear a collar with many little bells upon it and it was so hard not to move those little bells.

But it was his own fault for having eaten so much of the food they gave him.

He had grown too fat to catch birds. That was the trouble.

He was too big and fat for wicked fun such as he had planned to have.

"Me-ow, me-ow, me-ow, this is dreadful," he said.

Before long the family were awake and they found him watching the birds.

"Oh, n a u g h t y cat," they said.

"Come and eat your breakfast." And they gave him his breakfast then and it was so good he could not help but eat it.

"I should go without eating for awhile," he said. "But not yet, not yet."

"Soon I will give up eating for a little so I will be a good bird catcher once more."

But food ready for him was very pleasant. And he purred happily.

Her Idea of Punishment

Margaret, aged five, had eaten one of the two boxes of strawberries her mother had purchased, expecting company. Her mother said: "What would you do if you had a little girl and she did a thing like that?"

"Oh, mamma," Margaret exclaimed eagerly. "I'd make her eat the other box."—Boston Transcript.

The Broken Film

Two little girls were enjoying a moving picture when it suddenly vanished from the screen.

"Oh, isn't that a shame?" cried one; "just at the most interesting place they cut it off."

"Maybe the actors forgot their parts," said the other little one.—Montreal Gazette.

Swimming Healthiest of All Athletics

The days of bathing are past, the days of swimming are here. If you do not know how to swim you are not only missing more than you realize, but you are a liability. The coolest, healthiest body-building sport of all is swimming. You are gliding through the cooling water without strain, effort or jar. Not like many athletics that leave you tired, this sport refreshes and cools you. It gives you vitality and new ambition. It builds up your body, heart and lungs and relieves the strain that the fast modern life is taxing your nerves.

JAMES COONEY BIG HELP TO CARDINALS

Acceptably Filling in Gap at Shortstop.

James Cooney went to the St. Louis Nationals as the result of a desperate gesture made by Branch Rickey to stop the gap in his shortfield position made by the passing of John Lavan and the failure of Lester Bell, the young phenom of the fall of 1923, to make good. Cooney went to the Cards early in May and his presence thrilled the team to take four straight



Shortstop James Cooney.

from the New York Giants. Cooney is a sure and steady, if not a sparkling fielder, and he bats timely, even though his average is only .250. He is a veteran minor leaguer, having starred for Milwaukee for several seasons. He was regarded as the flower of minor league infield talent last spring. His father before him was a ball player, having done the infield assignment for Anson's Immortal White Stockings, and he has a brother, John Cooney, pitcher and outfielder for Boston. Cooney, by the way, fills out for the Cards the youngest major league infield in captivity. Bottomly is only twenty-four. The mighty Hornsby is twenty-eight. Cooney is probably twenty-five and Freigan, the kid third baseman, is barely old enough to vote.

Sport Notes

It is estimated Harry Sinclair spends \$100,000 a year to run his horse-racing establishment.

The New York Athletic club, most famous organization of its kind in America, dates from 1868.

Trapshooting by electric light was a novelty recently enjoyed by the Westy Hogans at Atlantic City.

The number of tournaments already scheduled points to a marked revival of interest in the sport of archery.

S. B. Kelly of Reading, Mass., now in the Harvard varsity eight, was elected captain of next year's varsity.

A \$5,000 sweepstakes race for power boats is to feature the annual regatta of the Buffalo Launch club next August.

The retirement of Georges Carpenter from the ring comes as a typical Carpenter blow. Not much steam behind it.

David Nepomuceno, a native member of the Philippine scouts in Manila, hold a record of running 100 yards in 9 3/4 seconds.

Horse racing is exceedingly popular in Australia. At some of the tracks the day's attendance sometimes passes the \$0,000 mark.

Y. Anatole France, the celebrated novelist, who has passed his eightieth birthday, has always shown a keen interest in boxing.

Referees at the six-day bicycle races in Paris are on duty during the whole of the race; this means 144 hours with little or no sleep.

The recent southwestern sectional cycling track and field tryouts at Los Angeles drew 24,282 fans, who paid about \$32,000 a record meet there.

England's Young Tennis Prodigy



England's newest tennis prodigy is Betty Nuthall.

And Betty is a real prodigy, for she is only thirteen years old, yet her game is good enough to earn her the respect of such capable and experienced players as Molla Bjurstedt Mallory, Miss Elizabeth Ryan and other veterans who have been in the limelight of the tennis world for years. Mrs. Mallory has called her a "wonderful little player."

In the recent Middlesex championships played on the courts at Chiswick, Betty fought her way through the first two rounds and in the third round found herself facing the redoubtable Molla, who was a star on the courts before Betty was born. Mrs. Mallory took the first set, 6-1, while Betty was getting warmed up, but in the second set Betty was going great guns, and she gave Molla a battle that had the spectators cheering and acting roughly with their hats. She carried the game to six all, but could not stand the pace, and Mrs. Mallory won, 8-6.

Betty is a sturdily built girl, with golden hair that hangs down her back, and she admits that she "loves to play the game" and enjoys "playing before a crowd."

English tennis enthusiasts expect that Betty will develop into a British Helen Willis or a French Suzanne Lenglen and confidently predict she will be winning the world's championships by the time she is twenty.

What Jack Dempsey Says About Quitting

Asked a few days ago about the possibility of quitting the squared circle, Jack Dempsey, present heavyweight champion, said: "No, I've no plans of retiring. Why should I? The boxing game is a commercial pursuit just as anything else. So long as I can make money out of it I'm going to stick. There's not much glory in simply being an undefeated retired champion."

Jim Vaughn Gave Smart Answer to Player Ball

Jim Vaughn, now out of the big leagues as an outlaw, was always a great pitcher, but seldom strong on repartee. However, a phrase that is now much used was really coined by Vaughn some fifteen years ago.

At that time Jim Jeffries reigned supreme among the heavyweight pugilists and Stanley Ketchel was a bear among the middleweights. Jim Vaughn was one of the luskiest built pitchers that ever graced the majors. Well over six feet and weighing around 200 in condition, Vaughn would command attention anywhere.

Jim, always a quiet fellow, enjoyed nothing more than a scuffle in the dressing-room. One day he and Neal Ball, who weighed around 150, started to fool in front of the Cleveland bench. It ended when Vaughn picked Ball up bodily and seated him in the corner of the dugout in a rather rude manner. The easy manner in which Vaughn handled Ball caused the latter to remark:

"If I was as big and strong as you I would challenge Jeffries."

"Well, you are just about Ketchel's size," replied Vaughn, "and there is nothing to prevent you taking him on."

Is Captain of Poloists



Thomas Hitchcock, captain of the American Polo team, which played in the Olympics this year.

Jim Jeffries as Farmer



James J. Jeffries, former heavyweight champion of the world, photographed in the garden of his Burbank (Cal.) home.

BASEBALL SQUIBS

Lincoln has obtained Pitcher Lindberg from Des Moines.

Oakland is said to be dickering for the purchase of Oscar Vitt, veteran infielder of Salt Lake.

St. Joseph has released Pitcher Roy Birkenstock, a right-hander, to Peoria of the Three-I league.

Those who are known as hot weather pitchers have certainly been deprived of their alibi.

High Point has obtained Pitcher Jelsma from the Asheville Sally league team. He is a right-hander.

Greensboro has signed Pitcher Harris, a semi-pro youngster, from Alexander county, North Carolina.

Lester Howe, a right-hand pitcher, has been secured by the Mobile Southern association team from the Boston Red Sox.

A book could be written entitled "The Passing of Babe Ruth," but just at present it would concern important bases on balls.

Pedro Dibut, Cuban pitcher, who joined the Reds last spring, has been released to the St. Petersburg club of the Florida league.

It is estimated this country uses eight billion pop bottles a year; the ratio being roughly about eight hundred thousand bottles per umpire.

Officials of the Asheville team of the South Atlantic association announced the purchase of Outfielder Eddie Johnson from the Greenville club.

Joe Gschger, the Giant pitcher who was released outright to Louisville as final payment on the Wayland Dean deal, said he would quit baseball unless his terms are met.

Clinton Barnes, pitcher formerly with the New York Giants, is now the property of the Toronto club, having been purchased from Memphis in the Southern association.

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