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Musterole usually gives prompt relief from sore throat, bronchitis, tonsillitis, croup, stiff neck, asthma, neuralgia, headache, congestion, pleurisy, rheumatism, lumbago, pains and aches of the back or joints, sprains, sore muscles, bruises, chilblains, frosted feet, colds of the chest (it may prevent pneumonia).

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POINTS ON KEEPING WELL

DR. FREDERICK R. GREEN
Editor of "HEALTH"

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DANGERS OF BASKET-BALL FOR GIRLS

THE girl of today is as different from her grandmother in her play as she is in her clothes. This is naturally the case; in fact, it is probable that present-day sports have been one of the important reasons for present-day clothes. Our grandmothers, who were taught to walk sedately, to sit quietly in their chairs, and never to do anything "boisterous or unladylike" would be horrified at the sight of a basketball game in any of our school gymnasiums or playgrounds.

Girls of today are better and more sensibly dressed than they have been in centuries. Athletic sports and outdoor games are far better for the growing girl than crocheting tidies and embroidering mottoes, yet there are dangers in excessive activity of any kind. In a recent issue of the Child Health Magazine, Dr. J. Anna Norris, physical director for women at the University of Minnesota, calls attention to some of the dangers in basketball for women.

As Doctor Norris well says, basketball is the most popular indoor game for girls. It affords opportunity for vigorous recreation, for team play, and for healthy social relations. It should, however, be played by girls' rules and under proper conditions.

It is a recognized fact that basketball as played by boys is too strenuous and severe a game for girls. The physical directors of the leading women's schools have modified the game so as to adapt it to the strength and endurance of girl players. The first important change in the girls' rules is to discourage personal contact and struggling by making it a foul to hold, block or snap the ball from the hands of another player. The second important change is to provide a number of different courts of different sizes, depending on the ages of the girl players. This makes it possible for each girl to play in her own court and with girls of her own age and physical strength. The third change is the division of the fifteen or twenty minute halves of the game into quarters, making the actual playing time not more than ten minutes at a stretch.

Probably the last change is the most important. The long playing periods, with the constant activity necessary in basketball, places a severe strain on the players' hearts. No girl should be allowed to play basketball until she has had a careful physical examination with especial reference to the condition of her heart and until a competent person has decided that she has a sound heart and is capable of playing without injury to herself. Both the games themselves and the practice periods should be strictly limited so that continuous playing is not allowed for more than ten minutes at a time.

MICE TAUGHT TO ANSWER DINNER BELL

DO WE inherit what our fathers learned and will our children inherit what we learn? This ques- tion, which scientific men te problem of the "inheritance quired characteristics," has vided the scientific world in hostile camps.

Whether man inherits knowledge or not, may be question, but apparently wh do. Prof. Ivan P. Pawlow, known Russian physiologist, a recent issue of Science taught white mice to come when the dinner bell rang.

The first generation of quired three hundred lesso they learned the connectio dinner and the dinner be they finally learned it, they the feeding-trough as soo heard the bell. Their chi needed one hundred less their grandchildren learne to dinner when the bell ra third of the time their quired. The fourth gene still better, while the fifth were apparently born wit ited sense of the conne after the dinner bell had five times, they were at table and all ready for Professor Pawlow says t pects future generations white mice to be born wi edge of the connection s will associate the ringing with their dinner the firs hear it.

Will the same rule app beings? We do not know experiment with men boys and girls and babies with white mice.

How many of us kno about the personal habit teristics of our great, gr thers? The man over fif ried at the average peri has grandchildren of from years old. His grandfat his grandchildren's great father, was probably bo hundred years ago. U we haven't any records, peculiarities of people bo ago or even of the fac were born at all. We wi about human animals wi as careful records of ou we do of our prize bulls bulldogs, chickens and

Writer Speculates on Possible "Dog Heaven"

Been thinking again. Been sitting scratching my dog's ear and thinking. Nice little dog. She has more sense and more humanity almost than lots of humans whom I have met up with. What a wonderful thing is the love and care of an animal for her young! People have been coming over to see her puppies—three ugly little bull pups, with not much to see but wrinkles, says a dog fancier in Adventure Magazine.

Yesterday they disappeared mysteriously from their nest in the corner of my little barn. I looked round and by and by found them. She had dug a large round hole under the house and there she had taken them. I brought them out to the lawn. She smiled at me, in a superior and motherly manner and promptly lifted one by his hind thigh and bore him away to her newly made nest. In a very few minutes they were all back under the house. Then she came and looked up, smiling at me, and requested me to scratch her under the ear. It would be rather nice if there actually were a dog star, would it not? Where we might in the hereafter meet up with our old dogs and hear just what they had to say.

The complete trust and comradeship that a dog offers to a man is a lovely thing. Too bad so many men are not even fit for the trust of a little yaller dog! It is such an unwavering and utter trust. It ought to make a man the better, causing him to sense something of his responsibility to the animal creation. Don't you think so?

It would be rather correct, I think, if in the hereafter there is a dog star in which the dogs will live happily together with all the doggy affairs arranged to suit themselves. Then, perhaps, those humans who in this world have been unworthy of the confidence of their dogs will be led round on chains and fed upon old bones, and occasionally dipped in sheep dip to kill their fleas, eh? Shut in the pound and left there till some dog comes along and agrees to pay for their license?

How's that for an idea, now? Think I'm mad for sure, don't you? Well—maybe I am, but it was the mother of the puppies below my house who put me wise to it. You'd better look out. Maybe you will have to wear a muzzle yet, in dog star land.

Panama's Noah's Ark

Barro Colorado island was formed when the valleys about it were flooded by the impounding of the water of the Chagres river to form Gatun lake, says the Detroit News. It resembles Noah's ark in that there gathered as the waters rose nearly every form of animal life in the vicinity, seeking escape from the rising flood.

Despite that it is only two miles from the Panama river, it has been found to harbor amphibians of new and strange habits as yet unstudied and innumerable species of insects never described, as well as many strange and exotic plants, numbering 2,000 or more. It abounds with anteaters, sloths, armadillos, peccaries, tapirs, agoutis, coatis, the ocelot, the jaguar, many species of bat, monkeys of various kinds and the famous black howlers.

May End Mosquito Plague

An end to mosquito plague may be brought about by raising a brand of non-stinging mosquitoes, announced [redacted] cord- scien- ences, how s of mos- houses Fur- these y sign Experi- f the to the d the ringing

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eclipse."

IMPROVED UNIFORM INTERNATIONAL

Sunday School Lesson

(By REV. P. B. FITZWATER, D.D., Dean of the Evening School, Moody Bible Institute of Chicago.)

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Lesson for March 1

CHRIST BEFORE PILATE

LESSON TEXT—Matt. 27:11-31.

GOLDEN TEXT—"He was wounded for our transgressions; He was bruised for our iniquities."—Isa. 53:5.

PRIMARY TOPIC—How Wicked Men Tried Jesus.

JUNIOR TOPIC—The Trial of Jesus.

INTERMEDIATE AND SENIOR TOPIC—The Trial of Jesus.

YOUNG PEOPLE AND ADULT TOPIC—Christ Before Pilate.

In order to have a proper perspective for this lesson it will be helpful if we view in their proper relations our Lord's trials.

A. Ecclesiastical.

1. Before Annas (John 18:13).

2. Before Caiaphas and the Sanhedrin (Matt. 26:57, 59-66; Mark 14:53, 55-64; Luke 22:54; John 18:19-24). This was an irregular meeting and held at night.

3. Before the Sanhedrin (Matt. 27:1; Luke 22:66-71). This was held at daybreak and was a formal meeting.

B. Civil.

1. Before Pilate (Matt. 27:11-26).

The ecclesiastical powers had voted a sentence of death upon Jesus, but they lacked the right to inflict capital punishment, as this power had been taken from them by the Romans. For this reason they delivered Him to Pilate, the Roman governor. It was in the early morning after the mock trial before the high priests and Peter's denial that they bound Jesus and delivered Him to Pilate. It turned out, therefore, that both Jews and Gentiles were guilty of the crucifixion of the Savior.

1. Pilate Questions Jesus (vv. 11-14).

(1) "Art thou the King of the Jews?" (v. 11). When the trial was transferred from the Sanhedrin to Pilate they changed their charge of blasphemy to that of sedition or treason.

(2) Jesus' answer (v. 11). He admitted His claim to being a king but explained that His Kingdom was not of this world, else would His servants fight to put Him on the throne (John 18:3, 37). He declared that He was born and had come into the world to this end.

(3) "Hearest Thou not how many things they witness against Thee?" (v. 13). The members of the Sanhedrin—the priests and the elders—joined in their accusation against Him. They brought a three-fold charge (Luke 23:2).

(a) Perverting the nation—guilty of sedition.

(b) Forbidding to pay taxes to the Roman government.

(c) Claiming to be a king, thus changing the charge from a religious to a political one.

(4) Jesus' Behavior (v. 14). His silence under such provocation greatly astonished Pilate.

2. Pilate Giving a Choice Between Jesus and Barabbas (vv. 15-26).

(1) The offer made (v. 17). It was the annual custom at great festivals to release a prisoner chosen by the people. Because he knew that for envy they had delivered Jesus he gave them the choice between Barabbas and Jesus. After several unsuccessful efforts to escape responsibility the expediency of letting the people choose between Barabbas and Jesus was resorted to. Pilate no doubt thought they would choose Jesus rather than the notorious Barabbas.

(2) A message from Pilate's wife (v. 19). She warned him against having anything to do in the condemnation of Christ.

(3) The choice made (v. 21). Influenced by the warning from his wife Pilate wished to give Jesus another chance by having the people choose between the innocent and the guilty. They actually chose the notorious criminal Barabbas instead of Christ.

(4) The demand that Christ be crucified (vv. 22, 23). Pilate, the judge, showed great weakness in asking the crowd in the court room what should be done with the prisoner. With one voice they cried, "Let him be crucified."

(5) Pilate washes his hands (v. 24). This was the sign that he was innocent of the blood of Jesus, but guilt could not be so easily removed. The blood of Jesus was on his hands.

(6) The people's awful choice (v. 25). The history of the Jews from that day to this shows how awful has been the execution of this curse upon them.

(7) Jesus scourged (v. 26). It seems to have been the custom to scourge before crucifying. This was so terrible that sometimes the victim died as the result of it. Pilate stands for the man of expediency. The opportunist is a most contemptible man.

II. Before Herod (Luke 23:7-11).

The Best Man

The best man is the one who wishes and seeks best. His ability to do may be limited, but he touches his restrictions.—Presbyterian Record.

In Our Prayer

In prayer it is better to have a heart without words than words without a heart.—Bunyan.

To Win Souls

If you want to win souls, love them, seek them, go where they are.

Daddy's Evening Fairy Tale

BY MARY GRAHAM BONNER

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OTTERS OUT OF DOORS

"Now, now," said Mother Otter, "we must all pay attention."

"Mother means," said one of the little Otters, "that we children must pay attention to her. She doesn't mean that she must pay attention to what we say."

"That is what mothers always mean, I think," said another wise little Otter.

But they could not talk any more now. Lessons had begun.

First of all there was the lesson of diving without splashing.

"Of course," said Mother Otter, "when it is playtime you may dive and splash all you like. But you must also know how to dive without splashing so you can fool your enemy."

So Mother Otter taught her children the diving-without-splashing lesson, which is as important a lesson in Otter school as spelling is in regular schools.

After they knew their lesson pretty well for the day Mother Otter taught them how to catch frogs and how to get off the frogs' skins after they were caught.

In Otter school that was as important as it is for people to learn how to use a fork and how bad it is to eat with a knife!

The next lesson was in eel eating. That was just as important a lesson in Otter school as reading or arithmetic is in regular schools.

"Children, Otter children," said Mother Otter, "do this right. Eat the eels from the tail just as the trout must always be eaten from the head."

Trout Must Always Be Eaten From the Head.

At first they found it as hard to do as you might find it to get an arithmetic sum right. But the lesson had to be learned.

Mother Otter was a strict teacher. She didn't allow any fooling.

Then they had a lesson in how to wander far from home and come back another way so as to deceive their enemies who might be trying to trace them home the way they had gone out.

They had a busy time with lessons, and then they took trips and learned to explore, to find out where the best rivers and banks were to be found, and how they could travel and what they could eat along the way.

They learned not to be too fussy about their food. "If you only eat a few things," said Mother Otter, "and those few things give out you will have trouble. So learn to eat many kinds of food and you will live long and get strength."

They learned all their lessons well—these smart young Otters, but every evening when lesson time was over—for Mother Otter was quite strong for night school—they played.

Such a scrambling and a tumbling and a playing and a scampering and a frolic as there was, and Mother Otter joined in their play, too.

She didn't sit off and read and knit and say:

"Children, don't make such a noise. You tire my poor head."

No, she was just as fond of playing with them as she was of teaching them. And before they went to sleep Mother Otter sang them the Otters' Bedtime Story-Song which goes like this to the accompaniment of a splashing sound:

Go to sleep, little Otters, my dears,
Drive away all your fears, fears, fears.
If you learn the Otters' wise ways,
You'll live for days and days
And nights and nights and nights.
So drive away your frights.

Go to sleep, little Otters, my dears.
Play when you can, play drives away tears;
And playing makes you cheery,
Keeps you from being weary,
And when all is said and done,
There's nothing just like fun!

Go to sleep, little Otters, my dears.
Go to sleep, little Otters, my dears

Not Good Friends

Jack, age three, was told to come in and get ready to go to the barber's. He pouted all the way to town and when he arrived at the barber shop, where he was quite a favorite, one of the barbers, seeing Jack's mad look, said, "Well, Jack, are you and I still good friends?" and Jack replied in a real disgusted tone, "Well, you are, but I'm not."

Botany and Zoology

The teacher had been reading to the class about the great forests of America.

"And now, boys," she announced, "which one of you can tell me the pine that has the longest and sharpest needles?"

Up went a hand in the front row.

"Well, Tommy?"

"The porcupine."

SICK WOMEN OF MIDDLE AGE

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