HOW TO KEEP WELL

DR. FREDERICK R. GREEN Editor of "HEALTH"

(6), 1925; Western Newspaper Union.) LIGHTING THE HOME

MUCH has been written about the lighting of schoolrooms, offices and workshops, but little has been said about lighting the home. Yet the home is the place where most of us spend our evenings, when artificial light of some kind is required and where most of the rending is done. Proper lighting is also necessary for all the ordinary household tasks The way in which a home is lighted has fort of living.

the incandescent electric bulb has very largely replaced all other forms of lighting. In all cities and most of smaller towns electric lights have taken the place of gas. Even in the country districts today, wherever electric currents are available, it is used in place of the kecosene lamp, which was formerly the best form of lighting obtainable.

The electric bulb gives a far more brilliant light than either gas or the oil lamp. So that it is not strange that undue emphasis has been laid on the intensity of the light. Yet good lighting requires something more than builliancy. It is not a question of how bright a light is; but rather of how well it illuminates the field and how well suited it is to the human eye.

Unshaded lights of any kind are had for the eyes. The more brilliant the light the more it needs shading. Even frested light builts are too glaring. All lights in the house should have shades dense enough to reduce the brightness of the light. The object of artificial lights is not to throw light into the eyes, but onto the object, whether book, magazine, newspaper, sewing, fancy work or games.

Reflected light, if too bright, is just as trying on the eyes as direct light. So highly polished tables or desk tops should be covered with dull covers or blotters. The indirect method of lighting by which the light is thrown against the ceiling and reflected downward has much to commend it.

In nurchusing a table lamp or port able lamp or a shade for any lamp, sit, down by it, and notice two things, first whether the shade throws enough light on the field of vision to illuminate itclearly, and, second, whether the shade shields the eyes from the source of light. Unless the shade does these two things, do not buy it, no matter how thing else kept me". artistic or decorative it may be.

Dining rooms are best lighted by 8 over the table. Many kitchens are dones seemed to pant under the glare. lighted by a single sinshaded bulb on I edged farther into the strip of a drop cord. This is wearing on the eyes. One or more lights enclosed in fleroely at my exposed hands. Pres a diffusing glass shade and fastened ently Verland spoke again. near the ceiling is much better. Bedrsoin lights are naturally placed at he said. "This infernal place dangs the side of unrrors, as are also bath, them, poisons them, storches their

For these who use oil lamps, the ... He haughed mirthlessly and kicked problem is much simpler. While not the stringy-bark sides of the shanty give a much soffer light and one less man their holes. string to the eves But oil lights should also be shaded, so as to keep the light out of the eyes and throw it on the cleaned out over the Cup. Patron won field of work.

GUARDING HEALTH AFTER FORTY

CHILDHOOD and youth have always been considered the most dangerous periods in life. But increased knowledge and greater care have so reduced the amount of disease among children that the death rate is constantly decreasing. Given a healthy childhood, the individual should have enough surplus energy and resistance to last through early adult life. But by forty this capital is spent and; unless care and good judgment are used, the man or woman finds that just at the time when they should be in their prime they have already laid the foundation of future trouble.

This problem of the conservation of health in middle life is recognized as appeared. one of the most important questions in the health field. In a recent article in the Texas State Journal of Medihealth officer, discusses it at length.

Although the average length of life. has been remarkably lengthened since 1880, he says, it has been largely Lee?" through the prevention or reduction of disease of infancy and childhood. The amount of heart disease, apoplexy, paralysis. Bright's disease and cancer have doubled in the same period. "There is something radically wrong," he says, "in the habits of our business men, judging from the increase of. chronic diseases after forty." Heart disease leads in the actual number of deaths, although stomach disturbances

cause the greatest amount of sickness. Fat, Doctor Brumby says, is fatal after forty. Lightweight people live the longest. Few persons live to be over eighty who are overweight.

The best safeguard against the diseases of middle life and the best assurance for old age is a regular periodic health examination, not postponed until you begin to feel badly, but made every six months or a year, to learn, early and far in advance of any disease, what shape your body is in and how you are standing the wear and tear of your work.

You wouldn't run your car year after year without an overhauling. Why walt until your body begins to knock before giving it any care?

THE **RETURN OF** CHEE LEE

By JAMES FRANCIS DWYER

(@ by Short Story Pab. Co.)

HE arrows of a westering sun ricochetted along the greasy surface of the sea, and the sand beach was a sheet of white flame under their fire. The coral teeth of the Great Barrier bit viciously at the charging combers and tossed up spray that fell like a shower of blood. A Japanese pearling schooner beating up towards the straits was the one splash of brown in the belt of red ocean.

Verlund cursed. The strip of velmuch to do with the ease and com- vety shadow swung round the hut, as if hiding from the yellow glare that Since the invention of electric light, licked at it hungrily, and his bare legs had been stripped of their shade covering. I crawled after him as he snuggled closer to the wall. The locusts were singing noisily in a clump of small gum trees near the beach, and I was thinking how silent it would be after they had finished their song when my companion startled me with a question.

"What brought you up here?" he

"I am at a loss to say," I answered. "I drifted up to Rockhampton, and one day the tropics bulged and sucked me in closer to the line."

Verland was regarding me curiously. He was the true type of the spineless tropical deadbeat. The soul of man dies in the tropics. It swoons under the glamour, the color and the light, and wrecks like Verland are the result. A tuttered shirt ballooned over his sun tanned body-a pair of trousers with amputated legs was his only other garment. His hair was thick. black and oily, covering his ears and hanging like the tassels of a mat before the heat-tormented eyes.

"Get back," he said, slowly, "Get down to Cairns and pump a boat to Sydney. This place is hell-plain ther head hanging downwards, and the

The locusts stopped singing for a moment, and the silence fell upon us. deathlike, rangible. The sound made by the waves floundering on the beach seemed to be muffled by some smothering force.

"What brought you?" I questioned endeavoring by speech to relieve my ears, that strained to catch faint

"Me?" he croaked, moistening the cracked lips as he stared up over the red waters toward China, "Why, the devil brought me, and a girl and some-

The locusts took up their chorus again, a wild, shrill, ear splitting farecentral cluster or dome, suspended well to the dying sun. The sand slindow as the splintery beams bit

"Phis is where men come to he"

as brilliant as electric light, oil lamps till the little glittering lizards hurried

"I got here is '94," he continued: "1 was down at Melbourne and got it, thirty to one shot, and I contemplated a long dive into the Yarra when the tropics beckoned. They call you in the night when everything is still, drag your heart with a net that's all lilacand rose-pink and sapphire blue, and you wake hating the hard streets and the hum of toil. That's how I was caught. I stowed away to Cairns, worked my way up here, and the devil chalned me with the murmur of the surf and the silence, and I couldn't

A Chinaman went down the hot eyes watched him through the screen of uncombed hair. The Celestial turned a headland and was lost to Star.

"She belonged to that yellow swine's partner." he muttered, nodding toward the spot where the Chinaman had dis-

"Chee Lee?" I questioned.

"Yes, Chee Lee. She was the tiniest, sweetest little ball of femcine, Dr. William M. Brumby, state ininity that ever came down out of Chrysanthemum Land . That hound had no ties on her-thee Lee, I mean: Who the devil told you about Chee

"I heard something," I muttered evasively. "Something about you waiting to see him."

Verlund's discolored teeth showed as be grinned. "Oh, yes, Hanrahan talks a lot, doesn't he? Well, I am waiting to see Chee Lee. He's been gone eleven years in November. He grabbed 'The Waratah' that night and bolted down to Rockhampton and I lost him there-lost all trace of him, so I came back here and watched. Sun Low was Chee Lee's partner. Sun Low is a scoundrel. Chee can't get a sixpence of his own money till he comes back for it. He'll come some day to settle with Sun, and I'll be here to settle with

hlm-see?" I nodded. I understood why Verfund's credit was good at the grocery store owned by Sun Low. Verlund was the bogeyman that kept Sun's

partner out of the way. "She used to sit on that old veranda next Buttan Singh's, where the wistarla blossom hangs like bunches of grapes, and every time I passed I wondered why she didn't bolt from that old, toothless murderer. She'd peep crumbs.

at me from between the flowers, just wondering-there were only two pure whites up here then. Then one day, when that old devil was knocked out with too many pipes, she saw a diamond snake wriggle up under the veranda boards, and she gave a little cry of fear just as I was passing. Sun Law was in the store, but I flung the snake at him after I killed It, and he ran screaming down the track, leaving me with her and that doped hog, Chee Lee. She laughed when I chased Sun, just a delicious, little, fluffy laugh, and that yellow pig snored on the floor. I ought to have killed him then-the law doesn't work at a gallop up this

"Then I acted the fool, I took an interest in that little child just because there was no one round here but the scum of Asia. You think it wasn't my job, but it was. It's a white man's job to look after a child no matter what her color, and that den wasn't the place for her. It went along like that for five months, perhaps six. Sometimes I thought that Chee looked at me curiously, but I didn't care for him. Then I determined to go South again, and the night before I left she came down to the hut and begged me to take her in the schooner down as far as Cairns. Of course I was a fool. Everybody I tell this story to thinks the same, but they didn't know that pockmarked Chinaman. They didn't know what kind of a quarter this was at that thne, and they didn't know that child. I'm a white man-at least I was one

"I was working for Tatsu Garo, and I was using his schooner. That little kid was going to meet me down at the point, but I changed my mind and slipped up to the store when that pigwas in his dope dream, and told her tomeet me at high tide in the mangrove trees up the crees. Chee was snoring behind the canvas, but afterwards I fancied I heard him chuckle.

"It was dark when Tatsu and I pulled up to the mangroves. I saw something white in near the left bank and I called out, but she didn't answer. I called again and again—then we pulled in closer and saw. She was strapped by the ankles to a thick limb, tide was gurgling round her shoulders like as if it was pleased with the Job Chee left it. That's the story, I swore by the memory of my mother that I would avenge the death of that little kid, and I'm holding out. She little child woman up in this spot mains undisturbed until it is word. These experiments were almed at de-

off toward the beach.

dealer, in the main street of Cairns, on this point. when a mounted trooper, with a white prisoner handcuffed to his stirrup from about the amountailed legs of the trousers made me lift my eyes to the face. of the shackled one and a look of secognition flushed heross it. A tongue hurriedly monstened the dry bins, and the prisener half turnes toward me.

"I got him." he velled triumplaintly. I got thee thee Lee

"Murder," whispered Kustan Soo. "He knifed a Chinaman at Red Point. Vesterday!

It was Verlund.

Mankind "Little Knows, Nor Long Remembers"

Once upon a time there lived a manwho was a scientist, a poet, a historian, a soldier, a statesman and an explorer. One day, because his head was seve to give longer service. First of all, nomics office of the Department of Agered from his body by the king's ex- the quarter round molding along the riculture. A curd is obtained by add ecutioner, he died.

"It will be interesting to see," he mused, while crossing the Styx, "whether I shall be best remembered as scientist, poet, historian, soldier, statesman or explorer. I'll wait a few track at a quiet trot, and Verlund's hundred years and then journey back fastened for three or four weeks, for to earth and listen for my name," quotes a writer in the Kansas City on a floor and if tacked down at once

So in something more than 300 years he recrossed the Styx and was landed on the earthly side.

He wandered about for a long time without once hearing his name, until one day he chanced into a schoolroom. Forty-five English histories concealed in the laps of 45 boys attracted his attention. He took a seat in the rear of the room and waited. He heard mentioned the names of his contemporaries, and excitement came upon him. "Soon they must mention my name." he muttered to himself

Soon they did. "And what is this man noted for?" the teacher asked. A hand shot up. The teacher nodded. A boy rose.

"He is the man," said the boy, rosy with the light of his great knowledge. who put his cloak in a puddle of mud so Queen Elizabeth wouldn't get her

he known for anything else?" "He had his head cut off," replied the triumphant boy.

"Right," said the teacher. "And is

Then the class wens tranquilly on to the next great man. Shades make no noise when they faint, you see.

Tall Tale!

Dr. S. J. Keyes, principal of the Ottawa (Canada) Normal school, tells this story; One of the sparrows which a woman relative of the doctor had been in the habit of feeding with brenderumbs daily, flew down on the veranda one morning with a one-dotlar bill in its beak, dropped the money, and flew back with a mouthful of

MOVABLE DRAIN BOARD SOLVES PROBLEM



In kitchens without running water it is sometimes a problem to dispose of the dishwater after every meal, without having to carry several heavy dishpanfuls out to some out-of-doors drain. A woman in Albermarie county, Virginia, who was anxious to make her kitchen more convenient, solved the question, according to a report received by the United States Department of Agriculture, by getting her husband to make her a movable drain board with a hinged support at the lower end. This drain board had a band about two inches high running around three sides to prevent water from being spilled about the kitchen. It bung by a large book on the kitchen wall when not in use. When it was time to do the dishes, this housekeeper set up the drain board with one end on the table, the other end resting on the hinged leg, the whole sloping toward a tall tin coffee dram which received the water. When the dishwashing was over, the water was removed in one trip out of the kitchen, usually by one of the boys in the family, and the drain heard was bung on the wall again,

SKILL IS REQUIRED IN LAYING LINOLEUM

If Work Is Not Done Prop. erly It Is Liable to Buckle and Crack.

(Prepared by the United States Department

was nothing to me she was just a linoleum when once hald usually re experiments in Vegetable cookery. afone, Yes, I'm waiting for Chee. He'll | out; therefore particular care should | yeloping ways of cooking ordinary come back some day, and we'll have a fee taken in laying it. The floor un vegetables to conserve the mineral conder it should be level, smooth, tight, stituents and vitamins, and also in The locusts had finished their song, and dry, on rough floors tholeum chided finding acceptable combinations night was blotting out the red glow will wear meevenly, and moisture will of vegetables which might vary the on the waters, and the white gum cause the burlap backing to deterior mean. trees stood up have and ghostly. Yer, are and may attract water burs and lund rose, shook himself, and walked other household pests. Cement and composition doors may need special. Five months, afterwards I was speak- treatment before findleam is said, and ing to Kurtan Soo, the Hindoo horse creliable dealers should be consulted

In cold weather lindleum should be placed in a warm room for at least 48 role slowly along. Something familiar pours, before it is unrolled. If this procaution is not taken, the linoleum is likely to crack, because cold makes

> To lay linoleum properly requires some skill, and if the work is not properly done it may buckle and crack. Deillers can often give rellable. directions, or, it possible, it is well to employ a trained worker who charges by the square yard and brings with him the needed tools and materials.

There are two ways of fastening Smoletim to wood floors tacking and cementing, states the United States Department of Agriculture. The first is the simpler method, but by the second the seams and edges are made water right and the linoleum is said. running crosswise of the floor boards if possible. If it is to be tacked, the strips should be fitted snugly together along the seams but should not be linoleum usually expands when laid will buckle. To give plenty of room for this expansion it is a good plan to trim back the edges next the baseboard for one fourth or one-half inch or Just enough so that the molding will cover the edge. The moiding should then be nailed directly to the baseboard, leaving the linoleum free to expand and to be trimmed more next to the baseboard if necessary. in place that it will not need to be tacked, but if it does, brads should be set one-eighth to one-fourth inch from the edge, about three to four inches apart, and driven well below the sur-

Linoleum may be cemented at the seams and edges directly to a wood floor or permanently cemented down firmly over a layer of deadening felt paper that has itself been pasted to the floor. Some manufacturers and dealers furnish printed directions for this method. The cement used should he waterproof and contain no silicate of soda (water glass), because this is injurious to the linoleum when moisture comes in contact with it.

Orange Milk Cup

1-3 cupful orange 3 tablespoonfuls Sugar. orated milk. to cuptul water.

Vegetable and Cereal Loaf Very Substantial

For lunch or support or for any meal where a somewhat unusual dish Is wanted, a vegetable loaf may be used. Made according to the recipe below, the loaf will contain rice or some other cereal, and eggs, so that it will be quite substantial. The recipe was worked out by the bureau of home economies. United States Department Unlike most other floor coverings, of Agriculture, in the course of recent

Vegetable and Cereal Loaf.

1% cup/ulsocoaked 1 table sponful finely minded W. mpful goodsadcarrais, dieed 1 12 cuprais onless. rise or other springful lepter for in which kase 2 2885

was maked. Ttablespoonful Hour

Mix the enoled kale varrets and rice, and the eggs and sait. Make a samee by traing the celery beives in the butter, then adding the kale was ter, and flour and cooking till thick Mix this with the other ingredients Mold and shape the mixture into load. cover with strips of bacon or with buffered rumbs, and bake in moderate oven until brown.

Sweet Curds Make Good Filling for Pastries

(Prepared by the United States Department

Sweet curds make a good tilling for pie or tarts, suggests the home ecofoot of the baseboard should be reging rennet to warm milk and allowing thoved and the linoleum cur in strips the milk to stand until it hardens.



Sweet Curd Pie With Meringue.

The resulting curd is then broken up and strained. To the curd from one quart of milk add one level tablespoonful of butter, one-fourth cupful of sugar, yolks of two eggs afid a few The linoleum may be so perfectly held. Zante currants or chopped raisins and a little nutmeg. Bake it like custard

Baked Custard

In a baked custard twice as mucl egg is used to a given measure of milk as in a soft custard. It is cooked without stirring in a baking dish in stead of in a double boiler, and there fore retains the soft Jellied consistency which differentiates it from soft custard. Baked custard is done when a knife dipped in it comes out clean.

A great variety of flavoring is possible for custards. Commercial extracts may be added to soft custard before serving or to the baked custard before turning into the baking dish. Caramel may be added to the milk in either case, or the custard may be baked in a dish in which a small amount of sugar has been caramelized. Chocolate should be melted and com-I teaspoonful lemon 12 cupful evap- bined with the milk before pouring over the egg. Fresh fruit, such as bananas, oranges, or peaches; or dried Mix sugar with fruit juice; then heat | fruits, including dates, cooked prunes, in milk and water slowly. Cool with or figs, may be served with either ice to suit the taste. The most pleas, type of custard as a means of flavor, ing results are gotten by putting liquid | Custard should not be served on fresh into mason jar and shaking thorough- pineapple, which gives it an unpleasant, bitter taste.

Help That Achy Back!

Is backache making you miserable? Are you tired, nervous, "blue"—utterly played out? Have you suspected your tidneys? Your kidneys are the blood filters. Once they fall behind in their work, there's slow poisoning of blood and nerves. Then is apt to come back ache, headaches, dizziness, and other an noving kidney irregularities. Don't wait If your kidneys are sluggish, help them with a stimulant diuretic. Use Doan's Pills. Doan's are recommended the world over. Ask your neighbor!

A North Carolina Case

Mrs. W. J. Shel-on, Boulevard Ave., Spray, N. C., says: "My back ached and when I stood long my back gave out and I suffered from aches, too. My kidneys ditin't act Pills would helt

A N'C PILLS STIMULANT DIURETIC TO THE KIDNEYS Foster-Milburn Co., Mfg. Chem., Buffalo, N. Y.

Odd Fishing

Several hundred Indians, including women and children, assembled at Fisher Bay, at the mouth of the Naas river, in early spring, awaiting the arrival of the colichans, according to word from Prince Rupert, British Columbia. The annual run of the fish usually lasts a month. The Indiana some from great distances to fish for them through the ice, and out of the atch they make colichan grease. which they use in place of butter. In previous years as many as 1,000 of the Indians have assembled at the mouth or the river, but this year there were not more than 1880.

Royal Gorge in Films

Motion pictures of the Royal gorge in Colorado, one of the scenic spots of he United States, are being taken for exhibition throughout the world. A special train has been necessary to number the picture properly. The wheels of the cars had to be perfect so as not to mar any of the camera

One application of Roman Eye Bulsam enty of cents. 372 Pearl St. N. Y. Adv.

Torch Fights Forest Fires

A new apparatus for tighting forest isseful for beating back fires, says Popdar Science Monthly. By its use all the tiring, it is claimed, can be done by one experienced man, thus reducing the attendant denger to a minimum.





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