

HOW TO KEEP WELL

DR. FREDERICK R. GREEN Editor of "HEALTH"

LIGHTING THE HOME

MUCH has been written about the lighting of schoolrooms, offices and workshops, but little has been said about lighting the home.

Since the invention of electric light, the incandescent electric bulb has very largely replaced all other forms of lighting.

The electric bulb gives a far more brilliant light than either gas or the oil lamp.

Reflected light, if too bright, is just as trying on the eyes as direct light.

In purchasing a table lamp or portable 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 it clearly and second, whether the shade shields the eyes from the source of light.

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For those who use oil lamps, the problem is much simpler. While not as brilliant as electric light, oil lamps give a much softer light and one less tiring to the eyes.

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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.

This problem of the conservation of health in middle life is recognized as one of the most important questions in the health field.

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 wait until your body begins to knock before giving it any care?

THE RETURN OF CHEE LEE

By JAMES FRANCIS DWYER

(© by Short Story Pub. Co.)

THE arrows of a westerling sun ricocheted along the greasy surface of the sea, and the sand beach was a sheet of white flame under their fire.

Verlund cursed. The strip of velvety shadow swung round the hut, as if hiding from the yellow glare that licked at it hungrily, and his bare legs had been stripped of their shade covering.

"What brought you up here?" he asked, sharply.

"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."

Verlund was regarding me curiously. He was the true type of the spineless tropical decadent.

"Get back," he said, slowly. "Get down to Cairns and pump a boat to Sydney. This place is hell—plain hell."

The locusts stopped singing for a moment, and the silence fell upon us, deathlike, tangible.

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

"Me?" he croaked, moistening the cracked lips as he stared up over the red waters toward China.

The locusts took up their chorus again, a wild, shrill, ear-splitting farewell to the dying sun.

"I got here in '04," he continued. "I was down at Melbourne and got cleaned out over the Cup. Patron got it, thirty to one shot, and I contemplated a long dive into the Yarra when the tropics beckoned.

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

"Chee Lee?" I questioned.

"Yes, Chee Lee. She was the tiniest, sweetest little ball of femininity that ever came down out of Chrysanthemum Land.

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

Verlund's discolored teeth showed as he 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 him—see?"

I nodded. I understood why Verlund'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 wistaria 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

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.

"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.

"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 pig was in his dope dream, and told her to meet me at high tide in the mangrove trees up the creek.

"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.

The locusts had finished their song, night was blotting out the red glow on the waters, and the white gum trees stood up bare and ghostly.

Five months afterwards I was speaking to Kurtan Soo, the Hindoo horse dealer, in the main street of Cairns, when a mounted trooper, with a white prisoner handcuffed to his stirrup iron, rode slowly along.

"In cold weather linoleum should be placed in a warm room for at least 48 hours before it is unrolled. If this precaution is not taken, the linoleum is likely to crack, because cold makes it brittle."

To lay linoleum properly requires some skill, and if the work is not properly done it may buckle and crack.

Mankind "Little Knows, Nor Long Remembers"

Once upon a time there lived a man who was a scientist, a poet, a historian, a soldier, a statesman and an explorer.

"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.

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.

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 feet wet."

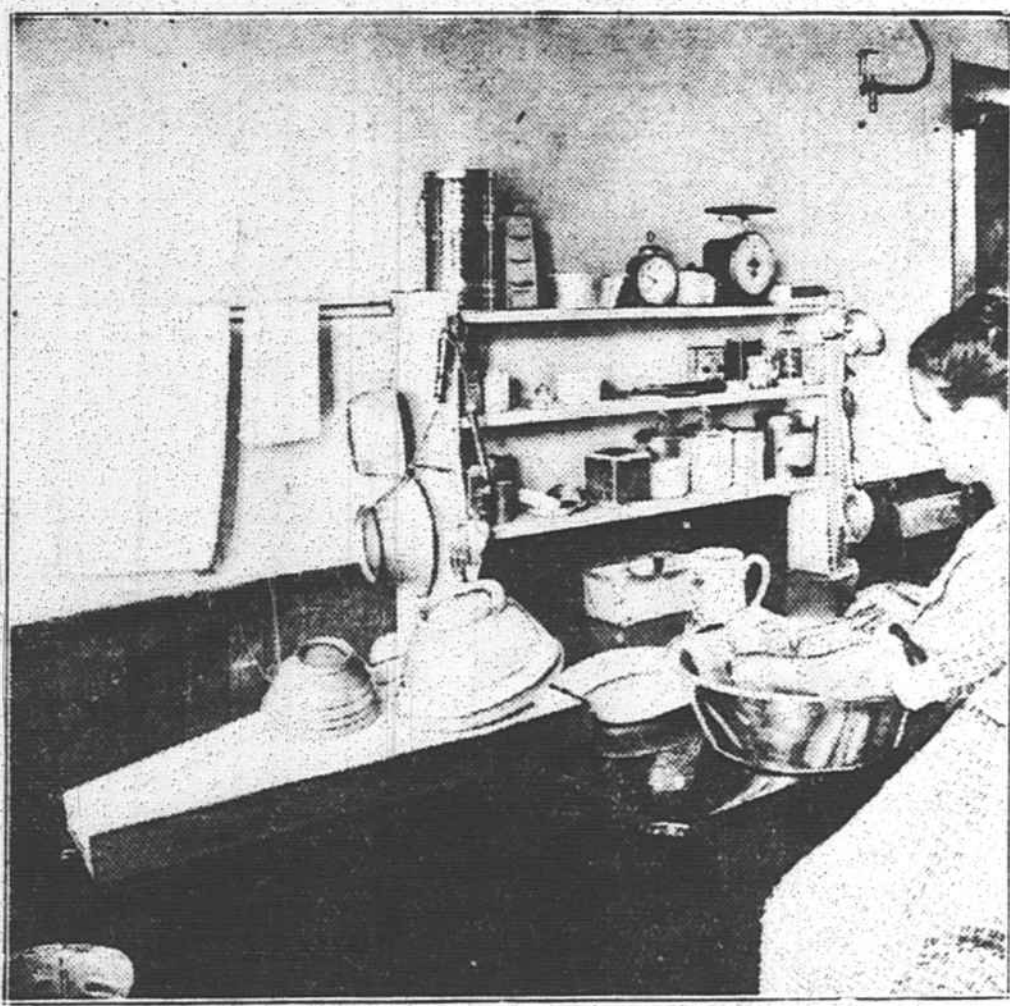
"Right," said the teacher. "And is he known for anything else?"

Then the class went tranquilly on to the next great man. Shakes 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 breadcrumbs daily, flew down on the veranda one morning with a one-dollar bill in its beak, dropped the money, and flew back with a mouthful of crumbs.

MOVABLE DRAIN BOARD SOLVES PROBLEM



(Prepared by the United States Department of Agriculture.)

In kitchens without running water it is sometimes a problem to dispose of the dishwasher after every meal, without having to carry several heavy dishpanfuls out to some out-of-doors drain.

SKILL IS REQUIRED IN LAYING LINOLEUM

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

(Prepared by the United States Department of Agriculture.)

Unlike most other floor coverings, linoleum when once laid usually remains undisturbed until it is worn out; therefore particular care should be taken in laying it.

In cold weather linoleum should be placed in a warm room for at least 48 hours before it is unrolled.

To lay linoleum properly requires some skill, and if the work is not properly done it may buckle and crack.

Sweet Curds Make Good Filling for Pastries

Sweet curds make a good filling for pie or tarts, suggests the home economics office of the Department of Agriculture.

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 add a few Zante currants or chopped raisins and a little nutmeg.

Baked Custard

In a baked custard twice as much egg is used to a given measure of milk as in a soft custard. It is cooked without stirring in a baking dish in steam of a double boiler, and therefore retains the soft jellied consistency which differentiates it from soft custard.

Orange Milk Cup

Mix sugar with fruit juice; then heat in milk and water slowly. Cool with ice to suit the taste. The most pleasing results are gotten by putting liquid into mason jar and shaking thoroughly.

Vegetable and Cereal Loaf Very Substantial

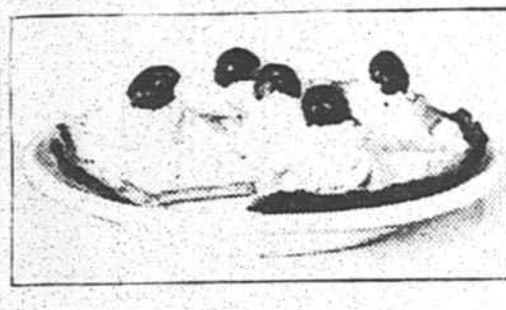
For lunch or supper, or for any meal where a somewhat unusual dish is wanted, a vegetable loaf may be made. Made according to the recipe below, the loaf will contain rice or some other cereal, and eggs, so that it will be quite substantial.

- Vegetable and Cereal Loaf. 1 1/2 cupfuls uncooked rice, 1 cupful uncooked rice, 1/2 cupful uncooked rice, 1/2 cupful uncooked rice, 1/2 cupful uncooked rice, 1/2 cupful uncooked rice, 1/2 cupful uncooked rice, 1/2 cupful uncooked rice, 1/2 cupful uncooked rice, 1/2 cupful uncooked rice.

Mix the cooked kale, carrots, and rice, and the eggs and salt. Make a sauce by frying the celery leaves in the butter, then adding the kale water, and flour and cooking till thick.

Sick Babies

Respond instantly to a short treatment of Dr. Thornton's EASY TEETHER. Ask Your Druggist.



Your system needs Hancock Sulphur Compound

If you suffer from rheumatism, gout, eczema or hives, or if troubled with pimples, blackheads, freckles, blotches or other skin eruptions, your blood and skin need the purifying and healing effects of this tried old remedy.

Baby Loves A Bath With Cuticura Soap

Physicians agree that sulphur is one of the best and most effective blood purifiers known to science. Hancock Sulphur Compound is the most efficacious way to use and benefit from sulphur. As a lotion, it soothes and heals, taken internally, it gets at the root of the trouble.

Help That Achy Back!

Is lumbago making you miserable? Are you tired, nervous, "blue"—utterly played out? Have you suspected your kidneys? Your kidneys are the blood filters. Once they fall behind in their work, there's slow poisoning of blood and nerves.

Advertisement for Doan's Pills, featuring an illustration of a man and a woman, and text describing the benefits of the pills for kidney ailments.

Royal Gorge in Films

Motion pictures of the Royal Gorge in Colorado, one of the scenic spots of the United States, are being taken for exhibition throughout the world.

Torch Fights Forest Fires

A new apparatus for fighting forest fires consists of a kerosene blowtorch, useful for beating back fires, says Popular Science Monthly.

Sure Relief FOR INDIGESTION

Advertisement for Bellans Indigestion Tablets, featuring an illustration of a bottle and text describing the product's effectiveness for digestive issues.

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