

HIGHLAND PARK NEWS-LETTER

The Walking Habit

In spite of our proverbial national complacency, we can afford to learn many lessons from our brethren across the sea—brethren of all nationalities, though through sympathy and consanguinity we are drawn more closely toward the people of Great Britain. In one respect alone they offer a valuable suggestion to the scurrying American of the town or the city, and that is in a wholesome and continuous love for the great out-of-doors. The British "constitutional" is a tradition of mark-force and reality. The average Englishman has not become so degenerate that he has forgotten the art of walking, and rarely a week passes that he has not covered several miles on foot, to the infinite benefit of his health and the lengthening of his days. Several months ago a famous English litterateur remarked that not until American literary men could contemplate the prospect of a 10-mile walk with keen zest, would our national literature begin to assume a virile and lasting substance. This was, of course, putting the matter in a slightly exaggerated light, but there is a solid basis of truth back of the hyperbole. The philosophy applies to people outside of the literary clan, however. It includes every man, woman and child whose life is more or less sedentary, or who has contracted the obnoxious car and the ceadly quick lunch habit.

Walking was evidently intended by nature as one of her primary aids in the furtherance of health, the prevention of disease and the improvement of morals. For the man who sets himself to walk four or five miles a day, in addition to his regular work, is not likely to be guilty of flagrant breaches of the moral code, or any of the practices disguised in the pleasant vocabulary of convention by the name of "indiscretions."

You will rarely find a confirmed walker afflicted with dyspepsia, insomnia, neurosthenia, "blues," or any of the innumerable and ugly host which follows sluggish muscles, lazy circulation and over-worked brain. The vital energies are given a physical play to offset the mental demand made on them: The lungs throw into the system fresh and invigorating oxygen to chase the germs of disease and counteract the effects of long and close confinement.

Start out reasonably at the start, and increase your walking allowance every day. Get a congenial companion, if possible. Pursue your solitary way, if necessary. But try the walk, systematically, at all odds.

Urges Good Roads

The United States mail department has issued the following circular of interest to farmers living along the way of rural delivery. The matter will undoubtedly receive the immediate and constant attention of the farmers, and will consequently assist the mail carriers who serve them in season and out of season. Following is the circular:

"The department looks to the patrons of the free delivery service, to use their utmost personal endeavors and also to exert their influence with the road supervisors or with those officials who are responsible for the highways, to the end that the road traveled by the rural carriers may be always kept open and in such passable shape that the service can be regularly and punctually performed.

"Should the regularity of the service be needlessly destroyed, as the result of inattention and lack of care bestowed on the highways, the permanent withdrawal of the delivery will likely result.

"Rural letter carriers are requested to serve their routes regularly at all seasons of the year and in every kind of weather, when it can be done without seriously imperiling their lives or endangering their conveyances, or the United States mail which is in their custody.

"Patrons should clear away the snow drifts so that carriers can drive up and reach boxes from their vehicles without dismounting.

"It is not a part of the carriers' duty to break out the roads after a severe snow-storm."

Qualified to Practice

When the late Secretary Hay was crossing the Atlantic, in 1865, on his way to Paris to serve as secretary of legation, he told the following anecdote to one of his fellow travelers. On applying for admission to the bar of Illinois he was summoned to appear before a committee of prominent Chicago lawyers to be examined as to his qualifications.

He went to the place appointed and found the committee assembled; but for a long time they took no notice of the young candidate, but continued talking vigorously together on various subjects. At last one of the lawyers, turning to him, said:

"Mr. Hay, what would you do if a client should come to you with such a case as this?" and proceeded to describe very elaborately a complicated case.

"I should ask for a retaining fee of \$50." promptly replied Mr. Hay, "and tell him to call tomorrow."

"Mr. Hay, you are admitted," said the gentleman, and with a hearty laugh from all present the proceedings closed.—

Youth's Companion.

Both Ways

A certain poet made a good deal of money, but, being extravagant, he was always in debt. One summer, at the seaside, he wooed and wedded a young woman of great wealth. Thereafter times were better with him.

At breakfast during the honeymoon the bride said to the poet, tenderly:

"Does the fact that I have money, dearest, make any difference to you?"

"To be sure it does, my love," the poet answered. She drooped a little perplexed, alarmed.

"What difference?" she asked.

"Why," said he, "it is such a comfort to know that if I should die you'd be provided for."

"And if I should die?" said the bride.

"Then," he returned, "I'd be provided for."

The Waukegan Gazette says:

"The city now deals out to the prisoners in the city jail Zion City bread." Is this a new form of punishment for "transients," or is it a side partner of the Keeley Cure.

A young Michigan doctor has made the discovery that the ankle is placed between the foot and the knee in order to keep the calf away from the corn.

The annual report of the State Board of Health shows that during 1905 there were 150,000 births and 65,000 deaths. When the population of a state increases 85,000 a year by birth alone, can you regard that as race suicide?

The Como (Colo.) Record editor picked up the muse with both hands the other day and this is what it did for him:

"A Kansas young woman named Nell. A pitcher once took to the well.

She slipped in the mud
Came down with a thud,
The pitcher was smashed all to pieces."

Because its employs were frequently late a large London house recently ordered that the tardy ones should write their excuses in a book provided for that purpose. But the clerks proved lazy and unoriginal. At the top of a page a late one would write: "Train delayed," or "omnibus horse died," as the case might be, and the rest fell into the habit of making ditto marks and letting it go at that. But not long ago one man had a new excuse. He wrote with pride, "Wife had twins." The second slow person that morning was in a great hurry and did not notice the innovation, but made his customary ditto marks, and the rest of the men on that page followed suit. The excuse book was abolished.

A certain high American official paid a visit of ceremony to a Chinese viceroy. The latter spread an elaborate feast. The piece de resistance was a very palatable saute arrangement of which the American partook quite freely. Thinking to compliment his host, he spoke highly of the dish, which he had enjoyed so much.

"Him very fine," he said in pidgin English.

"Very fine. What call? Quack? Quack?"

The viceroy smiled and shook his head.

"Bow-wow," he answered.—

San Francisco News Letter

The Wide-Open Smile

"The face full of sunshine will never grow old

Though trouble may try every wile,

And the richest of treasures, more precious than gold--

Is the face with the wide-open smile."

A three months' subscription to the NEWS-LETTER will be given to the first purchaser of a pound box of Schumacher's Chocolate Creams who mentions this advertisement

Nothing will bring a smile to the face like a box of

Schumacher's Chocolate Creams

They give a three-fold pleasure—Anticipation, Realization and Recollection. If you haven't tried them you ought to.

F. W. Schumacher, Druggist

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