

NORTH SHORE NEWS-LETTER

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Some Gentle Reminders.

A few days ago we saw a person trying to say Howdy do to the sidewalk with the back of his head. Asking him why he fell, he pointed to a banana peel and said, "See if you can do the same thing." He was not hurt badly, but he might have been. Since then we have paid attention to the careless way banana peelings are thrown upon the sidewalk. Now, please do not stop eating bananas, they are good for what ails you; but be kind enough if you have to eat one before you get home to throw the peel into the street.

An automobile came tearing along at a great rate Sunday morning. The chauffeur would say in court "he was going about one mile in fifteen minutes." We can't prove it. He raised such a dust we couldn't see his machine leave alone his number. Moral: Sprinkle the streets.

Water Better than Boose

Rule to Prevent Heat Prostration

By W. A. EVANS, Commissioner of Health

The prevention of sunstroke is something that every one ought to consider during the hot, sultry midsummer days. The observance of a few simple rules would prevent a large number of prostrations.

The most important single piece of advice that I can give to those who would avoid heat prostration is to leave beer and whisky alone. A large percentage of the prostrations occur among drinking men. A common instance is that of the man who tries to work after having been on a spree the night before. He is apt to get sunstroke.

But a man does not have to get drunk to make himself liable to prostration. The man who takes an occasional single glass of beer is not therefore in danger, but any one who indulges more than this is taking a risk. Especially is it bad to stop work frequently to drink liquor of any kind. Plain water drunk in large quantities is an excellent preventive of sunstroke.

Next to drinking the most important thing is eating. A large part of our food is devoted to the heating of the body. It would seem clearly evident that we need less of such heating food in the summer than in the winter.

When the temperature is over 100 degrees in the sun or 90 degrees in the shade we need no heating food. For this reason meat should not be eaten more than twice or three times a week. A diet of vegetables, fruits, and buttermilk should replace it.

Another important matter is the keeping of the bowels open. This is much more important in summer than in winter. We should also keep our skins so clean that every pore will be open and free to perspire. We should drink plenty of

water and then give it an opportunity to work out through our skins.

We wear clothes to keep the heat of the body in. That is one of the principal reasons for the phenomena of clothing. But in summer this reason has no force, and we should therefore wear clothes light enough to let the heat of our bodies out.

Lastly, don't worry! Don't look at the thermometer! If it is hot you can safely assume that the other fellow knows it. And it is certain that to tell him of it will make both of you several degrees hotter.

These rules are for those that are well. The man who is below the par needs other precautions. People with affections of the heart or kidneys or other diseases that lower the vitality should be cautious about putting a strain on the weakened part. In most of the cases of ordinary heat prostration the heat is nothing more than the straw that broke the camel's back.

Washington's Advice to Aaron Burr.

"What I would tell you, is this. You possess the raw material of greatness—but with one element lacking. You may rise to what heights you choose, if you but cure yourself of one defect. Observe, sir! Men are judged, not for deeds, but motives. A man injures you; you excuse him because no injury was meant. A man seeks to injure you, but fails; and yet you hate him, in spite of that defensive failure, because of the intent. So it is with humanity at large. It looks at the motive rather than the act. Sir, I have watched you. You have no motive but yourself. Patriotism plays no part when you come to this war; it is not the country but Aaron Burr you carry in your heart. Whatever you may believe, you cannot win fame or good repute on terms so narrow. A man is so much like a gun that, to carry far, he must have some elevation of aim. You were born perfect in all your parts, save for that defective element of aim. There, sir, you fail, and will continue to fail, unless you work your own redemption. It is as though you had been born on a dead level—aimed point-blank at birth. You should have been born at an angle of forty-five degrees. With half the powder, sir, you would carry twice as far. Wherefore, elevate yourself. Give your life a noble purpose! Make yourself the incident, mankind the object. Merge egotism in patriotism; forget self, in favor of your country and its flag."—Inland Printer.

Gov. Gilchrist has signed the Cash primary bill which gives Florida a new primary system. This law provides that all candidates shall make sworn statements of campaign expenses. No candidates shall make donations of anything of value during the campaign. No abusive literature can be circulated on primary day and tax collectors shall not accept poll taxes from any other than the person owing them. A new form of ballot is provided.

We clip the above from "The Champion," published in De Soto County, Florida. Florida is not only proving itself to be a land flowing with grape-fruit juice unsurpassed; a land unrivalled in almost every kind of sub-tropical fruit; a land which has been very appropriately called the Italy of America, but she is showing herself no whit behind any other state in the Union in her determination to stifle every form of political corruption.

Highland Park News.

(Continued From Page First)

Mrs. Baw who is spending the summer in the Just residence, entertained at luncheon last Tuesday.

Miss Carver gave a recital last Tuesday at the home of Mrs. Underwood in Lake Forest.

Mrs. George J. McBride of East Central Ave. left last Wednesday for the East where she will spend the summer.

Mrs. A. W. Frise of Central Ave. who has been confined to the house with a sprained ankle for the past two weeks, is able to be out again.

Mr. Lewis McLernan returned Wednesday from a short stay at the seashore.

Misses Irene and Katherine Van Dyne left Tuesday for Seattle where they will join their brothers Newman and Gilbert Van Dyne.

Mrs. F. N. Baylies of Central Ave. gave a card party Thursday afternoon.

Mrs. John Glass entertained twenty guests last Sunday evening.

Mr. Walter Hatley left Monday to visit a daughter in New York.

The Sunday School of St. Mary's church will picnic at Libertyville next Tuesday.

Miss Barbee of Kentucky was a guest of Miss Chandler the beginning of the week.

Mr. Roy Fancher of Evanston was a Park visitor last Thursday.

Mr. C. W. Aldridge, our city health officer, has begun a most thorough inspection of all properties in the city limits. It is hoped that each interested individual will cheerfully render every assistance possible to give us a clean and healthy city.

Another entertainment for the benefit of Gad's Hill will take place in the dancing hall of the Moraine Hotel Thursday evening, July 29th. This time it is to be a play written by Miss Alice Gerstenberg daughter of Mrs. E. Gerstenberg now residing at the Moraine.

Last evening Mrs. Laura Dainty Pelham of Hull House read for the campers at Gad's Hill after an interesting talk about the work of "The City Gardens Association". This is a recent organization, but it has proved very successful in its experiment of providing gardens for the poor people in Chicago.

"There are a great many vacant lots," said Mrs. Pelham, "which ought to be used by some one. The property owners are very willing to furnish land when approached in the right way. Last February this association was formed. The International Harvester Co. offered us a large tract of land on Marshall Blvd. and Twenty-sixth St. This is divided into 100 farms 36 by 150 feet. \$1.50 is charged for the use of each garden patch. We prepare and drain the land, and give the seed. The crops, which consist of all the common vegetables, belong to the family who raises them. A bungalow to be used as a rest house, and a playground for the children are being built." Gardens will be laid out in other parts of the city, and Mrs. Pelham urged all to make application for them. "You gain not only the equivalent of \$50 or \$60," she said, "but also good health, a knowledge of how things grow, and a sense of self-reliance, of self-helpfulness."

Tuesday evening Miss Elizabeth Root, Miss Polly Starrett, Mr. Gage Hall and the Messrs. Root of Kenilworth entertained the campers. They gave some very clever clog dancing and catchy songs with piano, mandolin, and drum accompaniment.

Mrs. McGregor Adams gave a lawn fete Tuesday evening at her home in Highland Park as a benefit for Gad's Hill. The grounds were beautifully decorated with Japanese lanterns. Ices, candy, and cake, were sold.

Cablegrams from Vienna say a citizen of Washington has offered to tell the Turkish government where Abdul Hamid, the deposed sultan of Turkey, has large sums of money on deposit in the United States.

John Smith, a burglar, who with Carlo Giro broke into the home of George Staber at Flatbush, L. I., and killed Mrs. Staber, was captured and confessed to the New York police.

Violent earthquake shocks, which are believed to have had their vortex in Central Asia, were recorded by seismographs in all parts of the world.

NEWS OF ILLINOIS

Rock Island.—Notice has been issued from the head offices of the Modern Woodmen of America, located here, that for the first time in history the membership of the society has passed the million mark. The report shows 1,015,569 beneficial members in good standing on June 30, carrying \$1,625,000,000 insurance. In addition the society reports 39,499 social or uninsured members, making the grand total membership 1,055,068. This report places the Modern Woodmen of America at the head of all life insurance organizations doing business in the United States in the number of policy holders, and but one American company shows a larger amount of insurance in force.

Chicago.—As the result of a furious cyclone which swept over part of Illinois several towns were partially wrecked, many persons injured and huge damage caused among the crops of the central part of the state. The worst disaster of the tempest occurred at Xenia. Although the windstorm lasted but 30 seconds, it practically leveled the entire residence section of the city. Several houses were blown from their sites onto the prairie. A cloudburst followed the cyclone. At Pana the cyclone hit the place without warning, and left a pathway of wreck behind it. Houses were destroyed and trees uprooted. The wire service is demolished. The property losses are heavy.

Murphysboro.—M. Mohlenbrock, mayor of Campbell Hill, Ill., mill owner, banker, real estate man and Republican politician, came to Murphysboro a few nights ago and dropped his wallet containing \$25,000 in money and negotiable papers. Frank Will, a youth employed by the Mobile & Ohio railroad as coach cleaner, found the wallet and restored it to Mohlenbrock. Mohlenbrock had walked from the train to a hotel, nearly a mile distant, and had not missed the wallet, when Will called him up by phone and notified him of finding it in a car.

Madison.—Frightened by the explosion of a giant cracker, placed near him as he was sleeping on the bank of Horseshoe lake, near Madison, Frank Dixon, 14 years old, of St. Louis, fell into the lake and was drowned. The boy and his two brothers had been given permission to go to the picnic grounds in order to escape possible injuries in St. Louis by reckless celebrations.

Clinton.—The opening statements were made in the Snell will case and the examination of witnesses begun. The attorney for Richard Snell, who seeks to break the will, made the alleged insanity of the testator, Col. Thomas Snell, the principal feature of his argument and cited the accumulation of \$200,000 in worthless securities in the last years of his life.

Maywood.—Seventeen tramps who were arrested on the Northwestern tracks were put to work mowing the lawn of the Congregational church. There have been so many tramps in the village recently that Marshal Kemphouse and Rev. Mr. Barker, pastor of the church, hit upon this plan to make the community unpopular with the restless fraternity.

Sandwich.—The body of Mrs. Agnes Beveridge Patten, mother of James A. Patten, was brought to Sandwich for interment. A prayer service was held early at the home of the wheat king by Rev. George Whiteside of the First United Presbyterian church, Evanston, who went to Sandwich and officiated at the funeral.

Chicago.—Announcement was made that beginning July 1 1,225 postoffice clerks and 103 carriers in Chicago will receive an increase of \$100 a year in salary, having been in the service one or more years. The majority of the clerks who will get this increase in wages are employed in the main office.

Springfield.—James W. Gullett has been elected president of the First State bank of Elizabethtown, Hardin county. Mr. Gullett has been a director of the institution since its organization, July 20, 1903. He also is a director of the Lincoln bank of this city, and will continue to make his home in Springfield.

Canton.—Frank Bates, a Platt coal miner, was fatally stabbed in a fight at a dance.

Rockford.—Rev. Alfred Appell has left the pulpit for the farm.

Bloomington.—Despondent because \$75,000 he had invested in Iowa land was partially lost, later learning the soil to be swampy, James Haslett hanged himself.

Monmouth.—An important telephone deal was consummated here in which the Bell Central Union plant was purchased by the Independent Monmouth Telephone Company, to take effect August 1.

Pana.—Matthias Mount, 83 years old, for 31 years a resident of Christian and Shelby counties, died after a lingering illness resulting from the infirmities of old age.

Jerseyville.—Macopin creek in Rayle township, Jersey county, was out of its banks because of heavy rains, and \$100,000 damage resulted. Grain in the lowlands was under water and wheat was carried down the Illinois river in shocks.

Alton.—Falling to purchase the Sentinel-Democrat, E. E. Campbell is organizing a stock company to start a new paper in Alton.

Marietta.—When Marshal John Walters attempted to serve papers on Robert Paul, he was attacked by Paul with an axe.

Belleville.—The druggists have entered into an agreement to close their places of business earlier every day and half a day on Sundays.

Joliet.—Thirty of a class of 42 teachers who took the teachers' examination failed to make passing grades.

Streator.—While shaking hands with a friend, Mrs. James McCauley broke a rib while leaning out of the door of a carriage.

Joliet.—While cleaning overalls with gasoline, John Hoepke was seriously burned by fire which was caused by a match falling into the gasoline.

Eminburg.—Under the instructions of a palmet, who told him that his property was the hiding place of \$75,000 in gold, J. F. Millsagle dug up his lot in the hope of finding the buried treasure. So much confidence has been placed in the fortune teller that Millsagle has ordered a tracing needle to locate the money.

Wheaton.—Robert W. Gates dropped dead at his home from heart disease at the age of 73 years. He was a member of the Eighth Illinois cavalry in the civil war and was a justice of the peace. He left a widow, three sons and a daughter.

Following the murder of her husband who had killed another man and the slaying of a third man in her own home, Mrs. Fred Mohrie of St. Louis attempted suicide by shooting herself. After nearly 200 years the first statue of Bienville, founder of New Orleans, is to be placed in one of the public squares of that city.

The Blackwell Lumber Company of Spokane has bought 30,000 acres of timber land in northern Idaho from the Menasha Woodmen Company for \$2,250,000.

Home Secretary Gladstone of England received a delegation of suffragettes and expressed sympathy for their cause.

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