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Highland Park Mineral Water

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CURING TUBERCULOSIS.

Care Without Climate is Better Than Climate Without Care.

A bulletin of the North Carolina state board of health gives out the following bit of advice to consumptives, especially to those who are prone to go away to take the "climate cure." It says: "Care without climate is a far better cure for tuberculosis than climate without care, and unless one has the price for both he had better remain at home and have the best care that he can afford."

The reason for this advice is found in the now well known fact that consumption can be cured anywhere. "And because this is true," says the bulletin, "it is far better for a patient of moderate means to remain at home and take treatment at a nearby sanitarium than it is for him to seek some advertised climate or resort without means to secure the proper care and treatment that his disease demands and that he might otherwise have."

"Rest, complete rest, freedom from worry or care, is now considered perhaps the most vital factor in the cure of tuberculosis, and this the tubercular traveler with moderate means is not likely to have. The secret of the climate cure, after all," advises the bulletin, "is living out in the open air day and night, and this is as practical in North Carolina as much of the year as in many of the western states."

"Taking the cure is much of a game, anyway. If you play to win you win; if you are careless and indifferent you are more likely to lose than to win."

A BOY AND HIS FUTURE.

The Serious Matter of the Selection of a Suitable Career.

Given a basis of good character, good health and thoroughness, the choice of life work is the next great influence upon a boy. Many parents foredoom their son to failure by trying to force him to gratify their ambitions in a calling for which he has neither interest nor ability instead of helping him to develop his own individuality.

The false idea that there is social distinction in certain professions is the basis of many failures that might have been successes in other callings.

Wherever we look we see failures, many of whom were men of undoubted ability, whose talents were misdirected. You whose sons have their future all before them can guard against shipwreck by studying their taste, directing their abilities and discussing with them the problem of their future. If you cannot afford to see them through a long term of training for some profession discuss the matter freely so that they will appreciate the necessity of turning their interest into other channels—unless they can work their way through their training without impairment of health.—Isaac Dedham in Mother's Magazine.

The Glare of Light.

Persons who shrink from the glare of light, as distinguished from those who shrink from light itself, suffer from what Dr. Ernest Clarke calls photophobia. It is due to deficiency in the pigment of the retina and is especially marked in albinos. Sir William Crookes invented a glass that cuts off the infra red as well as the ultra violet rays, which cause the trouble.

The Medical Record says that any one with a tendency to shrink from the glare should be careful to shade his eyes with a suitable cap, should work or read with well shaded lights; his desk should never face a window, and his apartments should be decorated in cool neutral tints, dull sage green being the best.

The Zadruga of Servia.

Those who know Servia well declare that the economic system known as the zadruga has saved the Serbs from the ills of poverty and all that flows from it. It is a glorified family. From one house others grow, as the family grows by marriage, until a little community is established on something like Socialist principles. The starshina (headman) and his wife live in the biggest house and direct the industries of the satellite houses. Anxiety as to bread and butter being eliminated, the Servian has become one of the gayest of the races of mankind.—London Graphic.

Smell and Taste.

The sense of smell is most nearly allied to that of taste. Hearing and seeing depend upon nerve responses to vibrations in the air and in the ether. In order to taste a substance it has to be wholly or partially dissolved; in order to smell a substance it must encounter the olfactory organs as a vapor, as emanation, a cloud of particles arising from odoriferous matter.

Stage Types.

"My bride is disappointed about housekeeping." "What's the trouble?" "She can't get a maid who will court-tesy like they do in the musical comedies she goes to see."—Kansas City Journal.

Clinging.

"Jones used to say he admired a clinging woman. I suppose he married one." "Yes, she hangs on to every cent of his salary."—Boston Transcript.

Enough Said.

Strawber—Why do you think you will have any trouble in keeping the engagement secret? Singler—I had to tell the girl, hadn't I?

The envious man pines in plenty, like Tantalus up to the chin in water and yet thirsty.—T. Adams.

The Great Lakes Show

in the Men's Gymnasium of the Deerfield-Shields High School (Highland Park, Illinois)

Saturday, Jan. 1st

at 8:15 p. m.

The full Band of 35 pieces and a picked Squad from the United States Naval Training Station (Great Lakes, Illinois)

Music, Drills, Motion Pictures

and an address by

William Mather Lewis

Field Secretary for the Middle-west of the Navy League of the United States

This will be a patriotic evening

All seats will be

FREE

There are six thousand people in Highland Park. The hall will only seat 700. Shall we give this show again on Monday, Jan. 3?

Gerard Van Schaick,

Chairman of the Entertainment

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THE MAMERTINE PRISON.

Where King Jugurtha and St. Paul Were Immured.

The reputed place of St. Paul's long imprisonment, the Forum, is the center of the noblest ruin of Rome. Not far from the center of the busy, noisy, modern city rise the scarred ruins of her ancient glory. Here are the temple of Saturn, with its eight columns; the often copied three columns of the temple of Castor and Pollux, the arch of Septimius Severus, the temples of Vesta and Caesar and many other famous ruins, and beyond are the palaces of the Caesars. Not far away is the magnificent column of Trajan, 147 feet in height, around which run reliefs of the emperor's wars, containing, it is said, over 2,500 sculptured human figures.

Close to the entrance to the Forum, this most wonderful collection of the ruined monuments of ancient times, is a small church called the Church of St. Giuseppe dei Falegnani. Under this church are two dungeons, an upper and a lower, called the Mamertine prison, and from a hole in the upper chamber prisoners were lowered into the no-man's-land below, sometimes to perish miserably of starvation, as did Jugurtha, king of Numidia, with whom schoolboys become so familiar in their first year of Latin.

In this dungeon, uncounted thousands of Christians believe, St. Paul and St. Peter were immured, and every year on the night of the 4th of July representatives of all the churches of Rome assemble by torchlight and "in solemn silence kneel in front of the traditional pillar."—Christian Herald.

The Lilies.

Two thousand years ago it was supposed that water lilies closed their flowers at night and retreated far under water to emerge again at sunrise. This was Pliny's view, and it was not impeached until the English botanist John Ray in 1688 first doubted its veracity. The great lily of Zanzibar, one of the grandest of the lily family, opens its flowers, ten inches wide, between 11 in the morning and 5 in the afternoon. They are of the richest royal blue, with from 150 to 200 golden stamens in the center, and they remain open four or five days. It is not generally known that there are lilies that have nocturnal habits—night bloomers as well as day bloomers. They are very punctual timekeepers, too, opening and closing with commendable regularity.

Futility of Argument.

Plato defined man as "a two legged animal without feathers." Diogenes, who heard this, plucked a cock. "This is Plato's man," said he. But never you think the old timer lacked a "come-back." He added to his original definition the words, "With broad flat nails." Such is the futility of argument.—Springfield Republican.

MAKE EXERCISE PLAY.

To Get the Best Results It Must Be Thoroughly Enjoyed.

When you exercise, play. That is one of the points most strongly urged to the attention of the public in recently published public health reports.

No matter whether you are walking, gardening, exercising in a gymnasium or playing golf, keep your exercise free from the spirit of drudgery and make it all recreation. Make it as enjoyable as anything you may do throughout the entire day. If you don't much of the good that it might do you are lost. "The very best thing a man can do," says the report, "is to make a hobby of his exercise. No matter how poor the hobby, if it induces outdoor exercise it is perfectly justifiable."

The woman who is obliged to take her baby out for a two hours airing every day is far more fortunate than she often realizes. The only advice the report offers the man who is going to take up a hobby for the benefit of the resulting exercise is to choose one that permits of its being followed the year round rather than one that depends upon seasons of the year. For that reason the amateur gardener or chicken fancier is far more fortunate in his choice than the amateur geologist, botanist or ornithologist. The latter must wait on the seasons and must find favorable locations for indulging their hobbies, while the former have year round pastimes.

OUR MISNAMED RUINS.

The Mesa Verde Cliff Dwellings Are Really Complete Towns.

Many visitors to the prehistoric cliff dwellings of the Mesa Verde National park, in southwestern Colorado, says a government publication, are astonished to find that what is commonly described as a dwelling is not properly a dwelling at all, but a village or city. The celebrated Cliff Palace is not a palace. Neither is Spruce Tree House a house, nor Balcony House a house. Each of these is a complete town which once, in the dim ages before the earliest Indian tradition, was an organized community, often of considerable size.

The arrangement of houses in a cliff dwelling of the size of Cliff Palace, for example, is characteristic and intimately associated with the distribution of the social divisions of the inhabitants. The population was composed of a number of units, possibly clans, each of which had its own social organization more or less distinct from others, a condition that appears in the arrangement of rooms. The rooms occupied by a clan were not necessarily connected, although generally neighboring rooms were distinguished from one another by their uses.

ART WORK IN WOOD.

A Striking Cameo Effect and How It Was Produced.

"I saw a new thing in the art line the other day which surprised me and, I may also say, pleased me," said an art expert dilettante in a group of kindred spirits. "It was what the artist called a wood cameo, and it was something I had never seen before. "That it was wood did not appear as it hung on the wall, and I asked him for particulars. It was about a foot square with an oval center, containing a bas-relief of a Greek goddess. The square was in ebony and mahogany and the head in white wood.

"He had secured his cameo effects by first building up his square with three layers, glued and pressed so tightly that there were no marks of cleavage, and had cut through them exactly as cameo carvers cut through the usual shell cameos. The ebony front was plain, but finely polished, and the entire effect was excellent. "He told me it was his first finished work, though he had been practicing for two years, and, while he was not entirely satisfied with it, there was considerable consolation to him in the fact that he had an offer of \$100 whenever he wanted to dispose of it."—New York Sun.

CORE OF THE EARTH.

Its Form a Mystery, but the Globe, as a Whole, is as Rigid as Steel.

The theory that the crust of the earth is only a few miles in thickness and rests upon an intensely heated molten interior is no longer tenable. It is now known that the earth, as a whole, possesses a high degree of effective rigidity, as great as if it were composed throughout of steel. It is no doubt true that the interior of the earth is in an intensely heated condition and that it appears to possess some of the qualities of a fluid. At the same time it behaves in many respects as a solid.

Professor Milne concludes from the velocities of seismic waves at different depths that the materials and general characters of the crust of the earth that are found at the surface may extend to a depth of about thirty miles, but beyond that the material seems to merge into a fairly homogeneous nucleus. This state probably extends to a depth of six-tenths of the radius, but the remaining four-tenths form a core which differs in its physical and possibly its chemical constitution from the outer portion. What the state of this nucleus is must be a matter largely of conjecture until we have a fuller knowledge of the state of matter when subjected to the vast pressure such as exists within the earth's interior.

Additional evidence that the earth, as a whole, is at least as rigid as steel is furnished by a study of tidal phenomena and also by the variation of latitude.

LORDS AND RETAINERS.

The Feudal System Has Not Yet Been Entirely Eliminated in Japan.

There is in Japan a social relationship between employer and employee not known in your country. It is the relationship of lord and retainer. For many centuries Japan was under a feudal system where the giver of "yok" (or annual pension) was the lord, while the recipient of it was the retainer. Such feudalistic relations between payer and payee have not yet altogether died away in this country, though they are gradually diminishing with the capitalization of labor. Even today he who pays wages is allowed to assume something of the mental attitude of the lord—not in a despotic but in a protectoral sense—toward those who receive them.

A young man who was earning his school expenses by work in America came into possession of a lengthy letter from his mother left behind in Japan repeatedly advising him to be loyal to the person of his master, and he looked around to find, to his renewed surprise, that nobody would claim in the republic such personal loyalty as his good old mother must have meant.

But in Japan there exist many subjects for his quasi-feudalistic virtue. My American readers may think that the comparative scarcity of strikes in Japan is due to lack of self assertion on the part of laborers, but that is not quite right. The chief explanation must be found in their active loyalty to their employer's person rather than in their passive forbearance.—From "Japan's Message to America," by Kojiro Matsukata (D. C. L. Yale).

Famous Abductions.

Marriage by abduction was by no means uncommon in the early ages. The daughter of the king of Argus was abducted by a Phoenician. The Greeks carried off Europa from Tyre and Medea from Colchis. Next to the abduction of the fair Helen, perhaps the most remarkable in its political consequences was the king of Leinster's taking away of the wife of a neighboring petty sovereign, O'Rourke of Breffin. The king of Connaught avenged the insult and drove from the throne his brother of Leinster, who appealed to Henry II. of England for aid to recover his lost sovereignty. The Norman conquest of Ireland followed, with centuries of war and devastation.

Why He Laughed.

"What are you laughing at?" "I was just thinking of my poverty." "Well, what is there in poverty to make you laugh?" "It just struck me that if I should by chance strike it right some day how many thousands there are who could honestly say they knew me when I didn't have a dollar."—Detroit Free

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