

Health Movement Seventy Years Ago

An American Doctor Com-
mends English Women's
Enterprise

In the "Health Department" of an 1861 issue of Godey's Lady's Book and Magazine, Dr. John Standish Wilson expressed himself regarding an association which was in effect an organization for the promotion of health education. Probably he little thought that his words would be nearly, if not quite, as applicable in 1931 as in 1861, says the American Red Cross.

"We notice with much pleasure," said Dr. Wilson's article, "that there has been recently formed in London a 'Ladies' National Association for the Diffusion of Sanitary Knowledge,' many of the members of which are among the most distinguished and noble ladies of England. We also learn from the same source that the principal object of the association is the preservation of the lives and the health of women and children by diffusing a knowledge of the laws of health in regard to air, food and clothing; and we are told, moreover, that the association has distributed not less than 40,000 copies of tracts giving plain instruction upon these subjects.

"To say that we are pleased at this movement fails, greatly fails, to express our feelings; we are more than pleased, we are delighted. Next to religion (and very intimately associated with it, as we shall show at some future time) the most important concern of life is health. The blessings of health are to be attained by the diffusion of sound hygienic knowledge among the people; and in this way only; and this knowledge is to be dispensed mainly through the instrumentality of woman, by the influence of her example, and by the circulation of books and tracts on physiology and hygiene in her social intercourse. But to do the work efficiently, her efforts must not be isolated, casual, occasional or dependent on mere convenience and conventionality; they must be organized, united, certain, constant, original, unflinching in season and out of season."

"We trust then, that the good example of the ladies of England will be imitated by the women of America and that the 'Ladies' Association for the Diffusion of Sanitary Knowledge' will spring up all over this country, so much blessed in many respects but so grievously cursed with disease and death from ignorance of the laws of health, with a climate as congenial as any perhaps on earth, in a country where the necessities of life are produced in abundance, with institutions eminently adapted to physical as well as intellectual development.

"Yet with all those advantages the American people—the women, we mean—are the most 'weakly,' 'sickly' people of the civilized world. The causes of this are to be found mainly in an absurd fashion of dress and in the excessive consumption of gross food."

Snakes That Start Early

There was an interesting, if possibly somewhat unwelcome, addition to the London Zoo population the other day when a Russell's viper, which had recently arrived from India, gave birth to over 100 young.

The Russell's viper is one of the most dangerous snakes in the world, not only because it is very poisonous, but also because of its ferocity. Indian snake charmers, who think nothing of handling cobras, won't touch the Russell's viper.

The young of the species are both active and aggressive, and though they are little larger than earthworms when newly born, they will bite if they get a chance—and the bite will produce distinctly unpleasant results. Once before, when baby Russell's vipers appeared at the Zoo, a keeper was bitten by one of the mandrill suffered considerable pain.

There are other species of snakes whose young are just as pugnacious. The baby ringhals, or spitting cobra, of South Africa, sits up with expanded hood and tries to bite as soon as it is born.—Answers, London.

Big-game hunter: "Oh, yes, I've been nearly eaten by lions many times; but life without a little risk would be very tame." Mr. Subbuss: "I agree—I agree! How often when the weather has seemed doubtful have I deliberately gone out without my umbrella!"

An old-timer is one who can remember when "Cut it out" was a slang expression instead of a popular cure.

If we know ourselves we are pretty well informed. People improve as long as they have a desire to improve. Courteous people are usually treated courteously.

Speaking of a certain druggist, a man said: "He is a pretty good druggist all right, but he puts too much pepper in his chicken salad."

"It's the truth that I speak," says Archibald Green, "A girl on the lap is worth two on the screen."

Malo Straphanger — "Madam, you are standing on my foot."
Female Ditto—"I beg your pardon. I thought it belonged to the man sitting down."

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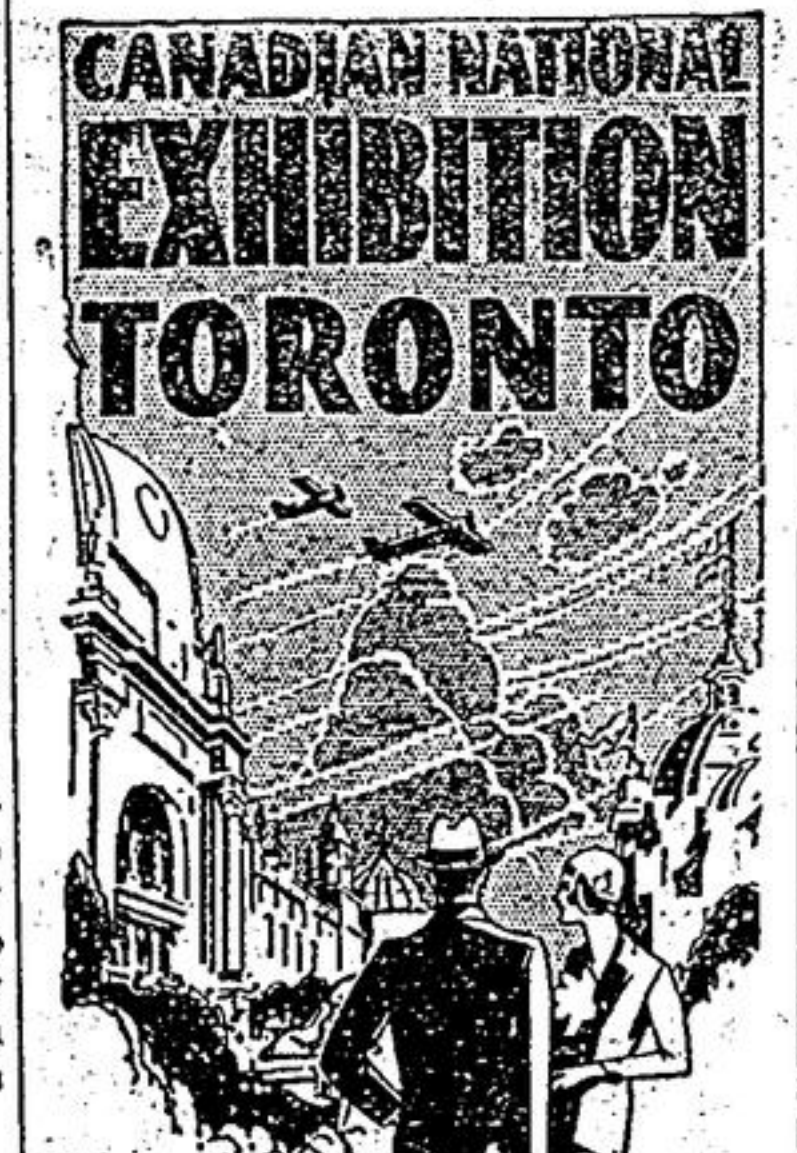
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Son—"So that mother can open your letters before you get them."

Smile and the world smiles with you, Klok and you kick alone; But the cheerful grin will let you in, Where the knocker is never known.



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Bird

The mystery of dawn which the lengthening hours dispel is finely realized in "The Commonweal (New York):" By Frances M. Frost

The dawn came wan, the dawn grew gold,
The light poured downward in the early cold.
The cedars, dreaming against the sky,
Leaned over water; and the small cool cry

Of crystal groped for rock and sand,
While the sky dripped blue on lake and land.

The sun rose up, a flower of gold:
The hills were petaled, fold on fold,
With flame. And suddenly morning stirred—
Morning was shattered by a hidden bird!

The song blew east, the song blew west,
The song blew wild in the listening breast!
While morning woke to beauty and pain,

The song was a breath of silver rain,
A blossom of sun, and wings up-burled
Over the known and lovely world!
The song was the pointed shadow of love.

On the turning earth, and hint of grief,
A shoulder of wind, and a star above
A dawn-dark hill, and an answer to love.

Silence came. The sun grew tall;
The dim woods watched the petals fall,
And wind went searching each hidden way
For a lost bird caught to the heart of day!

Planes Warned to Fly High Over American Prisons

Washington.—A warning to all aviators against flying above either Federal or State prisons at an altitude lower than 1,000 feet was given recently by Gilbert G. Budwig, director of air regulation of the Department of Commerce.

Stating that complaints had been received recently of planes flying near prisons, Mr. Budwig said that the amendment made to the air traffic rules in April apparently was "not understood." This rule, he said, applied except when there was an established landing field nearby.

He pointed out that under the air commerce act penalties might be assessed for violations.

O'Leary called at the home of his friend, O'Brien, to tell Mrs. O'Brien that her husband was locked up for being drunk.

Mrs. O'Brien—"Why didn't you ball him out, man?"
O'Leary—"Ball him out! Bedad, you couldn't pump him out!"

Boarder—"Come quick—two rats are fighting in my room."
Landlady—"Well, what do you expect to get for fifty cents—a bull fight?"

Tommy—"Isn't 'wholesome' a funny word, father?"
Father—"What's so funny about it?"
Tommy—"Why, take away the 'whole' and you've got 'some' left."



"I hope you are going to dance this evening, Miss Summers."
"You bet I am. You didn't think I came up here for my vacation simply to rest, did you?"

Dentists in the States

With 67,000 dentists, one to every 1,700 persons, America leads the world in dentistry and dental training, according to the United States Office of Education, in spite of the fact that it has been estimated that only one-fourth of the American people receive dental service. There is, however, only one dentist to every 4,000 persons in Alabama, Arkansas, Mississippi and South Carolina, and one to every 3,000 persons in Arizona, Georgia, Kentucky, New Mexico, North Carolina, Texas and Virginia. There is said to be only one Negro dentist to every 8,500 Negroes.

'31 To Be Record Year For Winter Fair

Increased Number of Exhibits from Prairies in June Butter Competition

Toronto.—An unmistakable proof of confidence in Western Canadian agriculture has just been registered at the Royal Winter Fair in the remarkable entries received in the June butter competitions. Not only does the total make a record for the ten years of the Royal Winter Fair but a more significant feature is that the whole of the increases are accounted for by the prairie provinces. Those from Saskatchewan, for example, have been increased nearly 100 per cent. The directorate of the Royal Winter Fair considers the record entry this year a most convincing proof of Western faith in the underlying soundness of agriculture. It may be added that so far as can be judged from early intensions to exhibit, the outlook for livestock entries is equally rosy.

All the June butter exhibits have now been received at the Royal and are safely in storage under controlled conditions of temperature, etc. They will not be disturbed until removal for display and competition at the Coliseum just prior to the opening of the Winter Fair on November 18th.

The Royal of 1931, its tenth year, is to be a "Commemorative Show," intended to mark its "birth," and to signalize the establishment of a national centre where Canadian agriculture was first focussed so as to visualize its importance, and where, in the decade that has ensued, it has been given a worthy and rightful place in Dominion affairs.

Giant "Spark Plug" New Foe of Lightning

Pittsburgh engineers recently shot enough electricity through an experimental lightning-rod to lift the Woolworth Building off its feet.

The giant "spark plug" at the new Westinghouse high-power laboratory blazed into action for the first time as over 132 million volt-amperes leapt across the terminals to the lightning rod on test.

There was a burst of flame from each end of the rod and a report like a six-inch cannon as the experimental lightning-rod "knocked out" the terrific lightning bolt in less than 1-500 of a second. J. J. Torok, inventor of the rod, is thus quoted in a Westinghouse News Bulletin:

"The results of the tests are so promising that we are working night and day to finish its development. We hope it will effect greater economies in present forms of flashover protective devices now in service to protect insulator strings on overhead transmission lines which supply cities with light and power. In addition, it is expected to provide permanent protection against the ravages of lightning and save the country millions of dollars a year.

"Now, after a lightning stroke, protective devices of the fuse type must be replaced. This requires constant patrolling of the lines. Because of the limitations of a single line, duplicate lines must be constructed. The new lightning-rod does away with this expense."

The construction of the device is simple, we are told. It consists of a hollow tube about the size of a lady's umbrella. A piece of metal at each end serves as an electrode to entice the lightning inside for the "knock-out" blow. It is supposed to work so fast that the lights in a house will not even flicker. The bulletin concludes: "This device, technically known as a 'De-ton' lightning protector, is used to protect insulator strings on transmission lines against flashover. Engineers have estimated that if the Torok lightning-rod is successful and had been available ten years ago, the world would have saved a hundred million dollars."

Doubtful

A tourist agency inserted an advertisement for a man who was required to escort parties abroad. A hard-up young man, who desired an easy post, applied and was given an interview.

"Good morning," said the agency official. "Parlez vous Francais?"
"I—er—beg your pardon?" stammered the applicant.

"Parlez vous Francais?"
"I—ah—frightfully sorry, but I didn't quite catch..."

"I said, 'Do you speak French?'"
The young man smiled easily.

"Oh, yes," he said, "fluently."

The ad was showing the somewhat flashily-dressed individual to his room in the seaside boarding house. At the door he paused and said: "I presume everyone here dresses for dinner?" The maid looked dumbly at him. "Oh, yes, sir," she replied at last. "Any meals taken in bed are extra."

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Midsummer Eve

"Lovers of Nature will enjoy this excerpt from 'Wild Honey,' by Samuel Scoville, Jr. All the color of fern, foliage and bird voice are clearly portrayed.

It was Midsummer Eve when I reached the cabin. The swift stream stretched away in the moonlight like silvered velvet, and the leaves of the sweet gums and the swamp maples made a dim, green web along its banks.

Overhead, some bird which I could not identify gave a strange, wild cry and repeated it a few seconds later at a great distance away, showing how fast it was flying through the black-velvet sky above.

The shadows of the waving trees made a fretted, magical pattern on the smooth surface of the water. A pine-barron pickerel frog, all emerald and gold and purple-black, snored, and some other frogs unknown to me gave a couple of loud, startling notes which sounded like the clapping of two boards together. Then suddenly, in the distance, the stressed, hurried notes of a whippoorwill pealed through the darkness to be answered by one close to the cabin. Over and over and over again those birds of the night repeated their triple notes with a little click after each one, hurrying as if they feared to be interrupted before they could finish. As the wild, sweet melody thrilled through the darkness, it seemed to me as if the moonlight itself had been set to music. When it stopped, the lonely waste land lay still as sleep. Then, as the full moon climbed the sky, from far-away bogs and gold-green pools came the clear voices of late hylas, like tangled chimes of my silver bells.

When they stopped for breath, the wood frogs, as if they had waited for that moment, burst out into a perfect pandemonium of honking, quacking notes.

When at last the clamor of the frogs stopped as suddenly as it had begun, I left my bag in the cabin and in the moonlight hurried down a winding path which led through a little dip in the soft yellow grass where, not fifty yards from my porch, the wild deer bed in winter. Just at the edge of this hollow I found a clump of the flowers which I had hoped to see. Red, gold, ivory-white, and pale green, they grew from a mass of hollow, crimson-streaked leaves filled with clear water, and I knelt down in the moonlight to revel in the beauty of the pitcher plants, which I had not seen in blossom for three long years.

The sight of them brought to my mind another discovery that I had made the day when last I found them blossoming, and I followed the path until it wound through tussocks of ochre-colored grass. Parting their stems, I searched through several without finding anything. Then, as I came to the last tussock of all, a tiny bird slipped away like a shadow, giving an alarm note sharp as the clicking of two pebbles together. Before me in the moonlight showed a deep nest of

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woven grass containing four rose-white eggs blotched with brown at the larger end and showing in the moonlight like pearls in a casket of tawny gold. Here and there through the fabric of the nest were woven dry leaves, the field mark of the nest of the Maryland yellow-throat, who wears a black domino and has a song that sounds like "witchery, witchery, witchery" as always, when I leaned down to study more closely the exquisite little eggs in their beautiful setting, I had the feeling that I had come upon treasure-trove, such as he must experience who unearths a crack of gold or stumbles upon a chest of doubloons.

Wife: "You were talking in your sleep last night, dear." Husband: "Well, I've got to talk sometimes, haven't I?"

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