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FATNESS NO SIGN OF HEALTH

Increased Weight, After the Age of Forty, Rather a Danger Signal, Say Experts.

When a person becomes stout after about forty years of age it does not worry him, or her, unless the stoutness be so great as to cause discomfort or disfigurement, Nevertheless, the statistics of life insurance companies prove that increase of weight with age is not favorable to length of days, according to Drs. Irving Fisher and E. L. Fisk, the greatest authorities on insurance statistics.

"What are the burdens of obesity and why does it shorten life?" asks the Journal of the American Medical Association, "Various answers, mostly indefinite in character, may be forthcoming in reply to this question. Tissue fat must be carried about like any other incubus. We are reminded that overweight puts a 'strain on the heart and on the joints,' and that it 'pushes up the diaphragm and cramps the lungs.' A gaining adult who is already overweight may find his physical activities restrained and bodily exertion made labored. Accordingly, with an unchanged food intake the surplus of unused energy accumulates and a vicious cycle is presently established, The obese person inevitably limits his exercise; he grows heavier from the unused reserves, and his activity thereupon becomes even more restrained and limited. Overfeeding, obesity and lack of exercise interplay until 'big' becomes 'bigger.'

And Dr. E. P. Joslin indicates fatness as responsible for diabetes.

PROVIDES FARMS FOR POOR

Self-Help Project Fathered by Nebraska Philanthropist Seems Move In Right Direction.

H. D. Watson, millionaire farmer and philanthropist of Kearney, Neb., who is perhaps doing more than any other one man in the United States to make the "back-to-the-land" movement a reality, is in Alamosa investigating the advantages of the San Luis valley as a place to locate one of his community farm projects, O. E. Meyer writes in the Rocky Mountain News. Mr. Watson already has acquired a tract of 300 acres at Carbondale, Colo., and is now making arrangements for

starting one of his farm communities there. However, the Carbondale district, is limited in extent and land is higher priced, and he found it inexpedient to acquire as large a tract as he wanted. He will settle a family on each 22 acres of the Carbondale tract, and the only condition which Mr. Watson places upon an applicant for one of his community tracts is that the applicant be absolutely with-

The tenant is located on the treet with all necessary tools, stock and seed furnished. In addition he is furnished with a sum of money during the first year. After that the land is expected to produce enough to make a living for the family and provide a sinking fund for paying for the land. In six or eight years the farmer, if

he is the right sort, owns his land.

Mourning Chevrons on "Beer" Suits. When the Princeton seniors appeared in their "beer" suits last year, with a black mourning brassard on the left sleeve, the idea was considered very nifty. But they've beaten it this spring. The beer suits were broken out out early this week, and they have three small black chevrons on the left cuff, each indicating six months of prohibition. The beer suit custom is indigenous to Princeton. Before the days of Volsteadism the suits-plain "jumpers" and pantaloons-appeared, simultaneously with the bock beer signs, and gave unique distinction to the seniors, passing their inst spring in scholastic trammels. Also, there were some jolly parties in cer-tain cozy corners in the classic shades of the collegiate town. And maybe there are now-but in corners that are surreptitious as well as cozy.-Cincinnati Times-Star.

UNITED STATES NOW LEADER

Europe, Exhausted by War, Must Yield First Place in Medical and Surgical Supremacy.

World leadership in medicine and surgery no longer is in Europe, but has been transferred to the United States, as one of the results of war so Dr. George W. Crile of Cleveland stated in his address to the American College of Surgeons in convention at St. Louis recently, says the Ohio State Journal. This country made enormous contributions in all branches of medicine and surgery during the war, he pointed out, being particularly well equipped to render that important service because of the research and development work that have been so conspicuous in the field of scientific medicine here during the last quarter

of a century. With the end of the war European nations are exhausted and have limited resources and little of spirit to go ahead with that important work, while this country has resources without limit and spirit equal to the opportunity. Europe is all topsy turvy, its famous old medical schools are shaken, its great hospitals are exhausted, its professional life shocked and wearled. Doctor Crile states the situation with marked distinctness when he says: "The torch, all but gone out, has been handed us because

we alone are left the means to light the way." It was his thought that the medical schools and research institutions of the land be supplied with every resource, their work broadened and requirements raised, that the World war opportunity may be developed and the problems of the future met successfully.

YEARS TOLD THEIR OWN TALE

Her Plenitude of Power Proud Beauty Felt the Saddening Approach of Old Age.

Mercedes took a perfumed bath, steamed her face, dashed cold water on it, then massaged it; then she lay down and relaxed for an hour,

After that she manicured her nails, rubbed cold cream into her face, added powder and rouge, then a little more powder, arranged her permanently waved hair and donned her silken garments.

She looked at herself long and earnestly, turning slowly around before the long pier glass. She was well satisfied with herself. She was a trifle larger, rather mature, but not old looking, not in the least.

She crossed the ballroom floor, looking proud and regal. The mothers sighed in envy, the young society buds trembled in affright, and the women of her own age felt very old and faded. The men one by one gathered

One of the youngest set came up, and she thought him callow and crude; a ladies' man of her father's age drew near and she thought him silly and childish; a man just old enough for her, rich, talented and successful, showed his admiration of her, but she thought him concelted and tiresome,

She stood before the pier glass again. She looked young and she was beautiful-but all men bored her. She knew she was old.-Katherine

Negley, in Judge.

Married men who are kicking on what is required to run a house ought to take the contract and see if they could reduce the expense.

The sugar board's statistician figures that war control saved the American people \$1,500,000,000. They have since been handing it back.

What's become of the good old word 'earns"? Men are "getting" or "making" so much a day, but no one speaks "earning" anything.

A ban on the sale of malt to people who are neither bakers nor confectioners will merely impose on the home brewer the additional labor of making his own malt.

Mother Nature Occasionally Reminds Puny Mortals That Her Supremacy Remains Unquestioned.

Radium has indeed a force which is as terrible as it is wonderful. It can be carried from place to place only when encased in a receptacle having leaden walls several inches thick. Even then the carrier will do well to swing the receptacle as he walks, lest holding it in a still position should permit the powerful rays to find their way through the lead and into his body. When radium rays are applied, the radium is placed in a specially prepared room with a slit in the wall whereby the rays are made to fall only upon the precise spot desired. The handler of radium, if he desires safety, must wear gloves lined with lead, and if he would avoid injury to his eyes he will wear spectacles of glass containing lead salts. Even armed with cumbersome lead-lined gloves, radium salts must be touched only with pincers and must be handled only upon wooden tables lined with lead. This, then, is the character of the substance which a delicate Frenchwoman brought forth from a mass of waste ore and which she has tamed until it is accepted as the most wonderful curative substance the world ever has known. She has tamed it, but grim old un sentimental nature, in characteristic jest, while letting mankind have knowledge and use of it, in that same moment of generosity, lets him feel as well how terrific is the force with which she lets him play. - Hartford

DYSPEPSIA AFTER 6 MONTHS

Disease That Was Fatal to Tortoise Had Its Inception Long Previous to Hibernation.

A very remarkable case of what is known as "deferred dyspepsia" occurred at the London Zoological gardens last year. A fine specimen of the elephant tortoise was shipped to England, reaching its destination in October just as the chilly weather was beginning. On its journey the tortolse seems to have regaled itself to a considerable extent on the straw in which it was packed. Almost as soon as it arrived the tortoise passed into a state of hibernation. The following April the creature took a short walk round on a sunny day but its activities were short lived. Quite soon the tortoise became desperately ill with stomach trouble and it was not long before it died. A post-mortem examination revealed the fact that the animal, had died from acute indigestion started by the large amount of straw eaten on its journey to England. During the winter sleep of the creature the disease seems to have been held in abeyance only to develop on fatal lines when the hibernation was at an end.-Scientific American,

Not Usually, Just Occasionally. Many a joke has been told about the canniness of the Scots, but nowhere are these enjoyed more than north of the Tweed. There is the tale about Sandy, who came back from London saying that all Londoners were thieves nd robbers. According to his story, he had been going down Bond street, one day, and had been lured by an advertisement into buying a thousand pins for a penny as a present for his wife. But when he came to count them there were 16 short. Whether such yarns are true or not does not matter, but everyone knows that the Scots are ken about the "bawbees." Perhaps that is why the present outcry in Britain for economy has led to the appointment of a Scotsman as chanceller of the exchequer. The Scots only smile at such a suggestion, and point out that the chancellor of the exchequer usually ends by being prime minister.-Christian Science Monitor.

Pension Practices of France. France, where it is the custom to pay pensions to the descendants of original pensioners until the line expires, still pays a pension to the D'Assas family, whose forefather sacrificed his life on the eve of the battle of Klosterkamp in 1780, to keep the French army from being surprised. It also pays 78 pensions that date from the first empire. To La Boissiere de Chambord was paid 6,000 livres a year until his death a few menths ago, because a dauphin of France killed one of his ancestors, and until recently it paid a pension to the descendants of Montcalm. But the tremendous pension list, which is the more surprising because of the traditional thrift of the French, now has attracted the attention of economical legislators and is likely to be much curtailed.

May Pipe Coal From Mines. The suggestion of piping coal from the mining regions to New York is being seriously considered. It is proposed to grind the fuel into rather small particles at the mines, and then shoot it through pipes into the heart of the metropolis, where the water will be removed, and it is then ready for burning, thus saving delay and ex-

English Electric House. Seventy-three all-electric houses have been built for the workers in a large English electric-power plant, says Popular Mechanics Magazine. The equipment includes heating and cooking stoves, laundry apparatus and other common household articles. Emergencies are provided for by one chimney, so that coal stoves may be used if necessary.

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