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**WOULD YOU POSSESS HEALTH?**

To be in normal health, one must work. No thoughtful person who has given this subject thought, will deny this. One sees evidence of it every day and among all classes of people. It is impossible for the indolent, languid person to live up to the normal standard. He never gets there. He doesn't know what real bounding health is. And yet, he is trying all the time to evade the very thing that his physical system requires.

Always, everywhere, the working man, who expends a reasonable amount of mental and physical effort gets his money's worth—and a thousand times more. Nowhere was this so clearly demonstrated as during the world war. Young men, regarded as weaklings, came out as demonstrators in gymnasiums. Young fellows who had been petted and "poored" and fondled because "the fates were against them," came out of the service glowing with physical vigor. It was all owing to the exercise, physical and mental, that they received at the hands of the government trainers, and the food they were given.

When we hear a person pitying another because he (or she) has to work, we pity the person who is so simple as to have such a false impression of the great and unchangeable law of life.

Each human being was created to perform some service. Any community is improved by its inhabitants being engaged at some useful occupation. The man who seeks to live without exercise, which is equivalent to saying that he wants to live without work, is very often an undesirable citizen, or a cypher in the community.

Workers enjoy life better than the laggard. They live for a purpose. There's something worth while ahead. Their brain is stimulated. They resist disease. They are more helpful to the community. Not a week ago we heard a physician say that he believed half the patients he was treating required regular daily exercise more than anything he could discover in the realm of drugs or medicines.

Now please go to work and get well.

**Carnegie Heroes**

**GEORGE LEE STULTS**  
 R. D. S. Radnor, Ohio

Bronze medal—Stults, aged 15, school boy, saved an indeterminate person or persons from a runaway Magnetic Springs, Ohio, October 21, 1919. A team of horses, hitched to a wagon, ran away and approached an omnibus, in which Stults and about 19 other children were riding. The omnibus was being driven slowly across a long bridge, the driveway of which was 12 feet wide. When the runaway team was about 175 feet from the omnibus, Stults jumped to the driveway and ran 46 feet toward the team, waving his arm and calling to the horses; but they did not slacken their speed. Stults jumped out of their path and grasped one of the lines as the team was passing him. He was dragged 20 feet, holding to the line; and his weight turned the horses toward the side of the bridge. The wagon caught in the steelwork, causing the horses to stop. The omnibus was then four feet beyond the end of the bridge. The left side of Stults' body was bruised and a rib was cracked.

**AGED PIONEER FOUND DEAD**

**Samuel S. Pettengill, Aged Nearly 90 Years, Passed Away Alone.**

GRANTS PASS, Or., Jan. 26.—Samuel B. Pettengill, nearly 90 years of age, merchant and miner of the Grave creek district for more than 40 years, was found dead upon a cot in his store Wednesday afternoon. His body was discovered by a rural mail carrier.

Pettengill, an old bachelor, was born July 18, 1832, at Andover, Vermont, and was among the first to come into the west. He had been a member of the Masonic fraternity for a number of years.

Funeral services and burial will be held at the Pleasant Valley cemetery, at 11 o'clock Saturday morning, January 28.

**FARMERS SAY PUREBREDS BEAT ORDINARY STOCK**

It is the consensus of opinion of 500 growers of purebred and grade live stock who were questioned by the United States department of agriculture that the purebred sire is from 10 to 400 per cent better than the ordinary sire. This applies to all classes of live stock. Many of the men who replied to the department's questionnaire, gave figures and specific instances to back up what they had to say regarding the remarkable improvement effected in a relatively short time.

In reply to the question as to the value of their example in inducing others in the community to take up improved live stock, most of these farmers and breeders said that they had been the means of starting at least two or three, and one man who had been raising purebreds for 40 years, said he had influenced every man in the neighborhood.

**YESTERDAY AND TODAY**



That health is wealth not only to the individual but also to the community is becoming more and more a recognized fact. Much of the welfare work of the world is seeking to conserve the health of women and more study has been given to the "female form divine" than ever before in the history of the race.

Some few years ago there was more or less of an outcry against corsets—and it may be remarked in passing, justly so. At the time of the crusade against them tight lacing was the fashion and an "hour-glass-waist" was the desired and achieved effect secured, no matter what the discomfort.

However, the corsets of this day and generation are not the corsets of that time. Properly fitted corsets today leave the observer in doubt as to whether they are being worn or not—and the wonder grows of how the artistic outline can be achieved without this garment being in evidence.

No less a health authority than Sir James Cantlie, one of the distinguished London physicians, who has won world wide fame for his skill and medical knowledge, advocates the wearing of corsets by women. He holds that just as in infants great stress is laid on keeping the stomach at an even temperature, which result is obtained by careful arrangement of the proper bands, so corsets keep women's body at an even temperature and thus preserves her health.

Sir James holds that if only health is to be considered corsets should be worn, but in addition to this he comments on the fact that a more graceful outline is secured and comfort, health and style are all assured the wearer of the proper kind of corset.

Dr. D. M. Dunn, head of the women's department of the Life Extension institute, discussing corsets says: "The wrong corset is a subtle enemy, which emphasizes all the bad features of posture and encourages the slump which is injurious to health. 'But, doctor, what shall I do?' is asked. In exceptional cases it might be safe to say 'Give up your corsets and strengthen your abdominal muscles, depend upon them to keep erect and well poised.' But the command would go unheeded by all smart, well-groomed women to whom the proper hang of a skirt is a social obligation. On the other hand it wouldn't be safe to advise the sudden abandonment of corsets for overweight women, for the woman recently under surgical treatment, nor for the underweight woman, whose muscles are flabby and thinned-out.

"A corset, which lifts the figure, individually fitted, worn by a woman who keeps her muscles taut by daily exercise, is a boon to health. Until some glad hygienic day women assume the perfect posture as a matter of course, to wear such a garment is much better for the average woman than to try to do without it."

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Sometimes the pay-day is long deferred, and in that case the settlement may bear compound interest.

Often a payment in ill health is required for the dance had with tea or coffee during earlier years. Sometimes the collection comes in sleeplessness, sometimes in headaches, sometimes in high blood pressure, or in nervous indigestion—sometimes in all these penalties.

Nerves won't always stand the whipping of tea and coffee's drug, caffeine.

If you've been dancing to tea or coffee's fiddling, why keep on till payment time comes? If you're beginning to pay, now, why not cancel the contract?

There's an easy and pleasant way to avoid tea and coffee's penalties, as thousands have found who have changed to Postum. It is a delight with any meal—rich, comforting and satisfying—and it never harms. Even the little children can have a breakfast cup of Postum, with no fear for what may happen to sensitive nerves.

Instead of paying penalties for your meal-time drink, let it pay benefits to you, by giving natural health a full chance—and begin the new arrangement today. Any grocer will sell you, or any good restaurant will serve you Postum.

Postum comes in two forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes.

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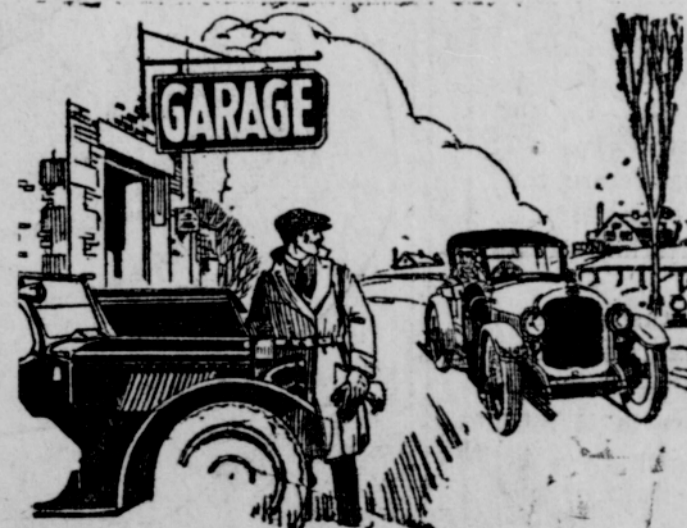
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