

# ASHLAND DAILY TIDINGS

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### WORK IS HEALTHFUL

Few people look upon their work as an ally to their health, yet it is and it should be so. All, except a favored few of us, have to work, and we are better off for it. The work of an individual should be inspiring and stimulating. It should be pleasant and profitable. It should have a definite purpose. If it would meet these ends, his health would be better. If he fails to live up to these requirements, his health may be impaired.

Strain should be avoided by those employed in work. Strain may be either physical or mental. It may be localized in the muscular or nervous system or in both combined. It may lower a person's efficiency and make him ready for an accident. There are many ways of avoiding strain. Good posture will do much to prevent physical strain, and faulty position of the body will do much to help bring it on. A man who sits at his desk all day should get up and walk around every now and then, or work for awhile standing up. Working conditions have a certain effect on a person's health. The environment, as well as his mental attitude, has much to do with his personal welfare. The work place should, in the first place, be kept clean and free from dust. An atmosphere full of dust causes irritation to the nose and throat, and predisposes to acute cold and other infections which enter by these canals. Places where people work should be well ventilated and airy. Lighting arrangements are important. The light should be sufficient but not too strong. A person should not look directly at a light or have it shine into his face. The force of light should be directed clearly over the left shoulder. Natural illumination, of course, is much better than artificial.

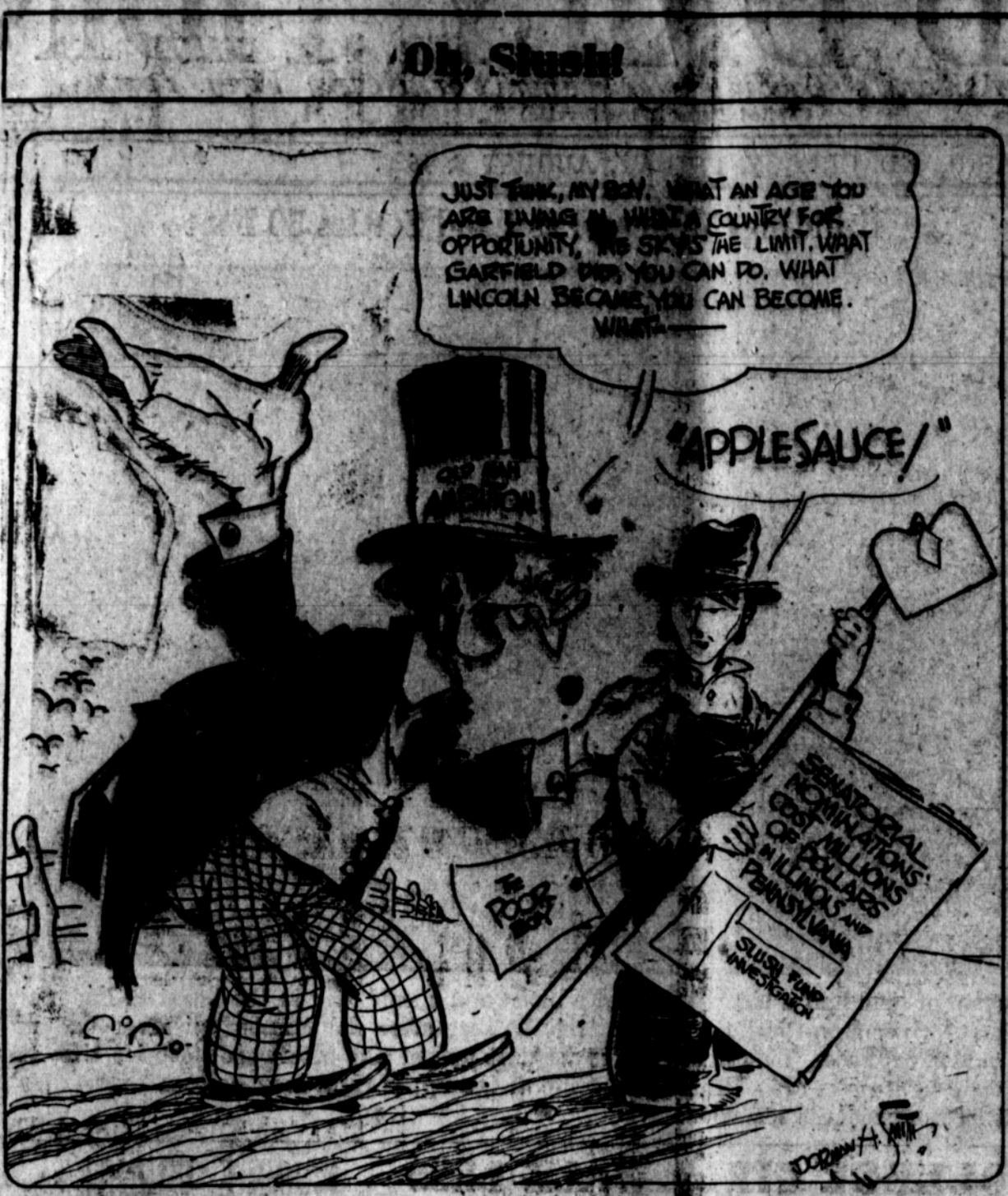
Nature hates an idler. A man who has nothing to do is worse off physiologically than one who toils a good eight hours a day. Idlers form that vicious class of people who find time to write long windy epistles to newspapers taking exceptions to every progressive movement. There is a most happy medium between idleness and over-work, which every useful citizen ought to try to attain. Hard work, properly done, never harmed anyone. Health and efficiency always seem to go together. The combination of physical and mental health is essential to the mind as it will not perform wonders by itself. All persons who want to live rightly should endeavor to cultivate serenity of mind along with such physical benefits as fresh air, exercise, proper food, water, rest, proper care when needed and avoiding disease.

### THE TIN BASIN IS STILL HERE

Remember, way back, the frosty morning wash-up in a tin basin on the back steps? Remember the swimming hole in July, the delight you took in it, and how you blistered your back drying it in the sun? Remember Saturday night, when mother brought the wooden wash tub and placed it near the kitchen stove? How the tub leaked water over the floor? How you front toasted while your back was cold? Remember how thoughts of inconvenience and discomfort caused you to delay or neglect personal duties?

Answers in the affirmative and in the negative to these intimate questions of the Department of Agriculture probably could be collected in considerable mass, but the department is sure that with millions of these things are still realities. The 1920 census reports 643,899 of the 6,448,348 farms in the United States as having water piped into the house. This is only one farm out of 10, and means that 5,804,444 farms, or 9 out of 10, had little or no plumbing.

If the statistic are "discouraging," as the department concludes, there is some consolation in knowing that "American farmers have more plumbing and better plumbing than any other agricultural people in the world," and that the American farmer "will have more plumbing as he better realizes what it means in convenience, usefulness, comfort and health; as he learns that plumbing may be simple and yet sanitary; that it may be sanitary and yet not unduly expensive; that it may be inexpensive and yet durable — lifetime plumbing — provided it has good care." Held up to view in the light of the department's glowing appraisal, the plumber's torch is as comforting as a ladder's mischievous lamp.



## STEWART'S WASHINGTON LETTER

BY CHARLES F. STEWART  
NEA Service Writer

WASHINGTON — When Washington leaves for the summer, it does no half way job.

No other town in the country so completely empties itself as Washington does, when congress is in recess and the president is away, of everybody who is "anybody" in social and political life.

Of course the departments keep right on doing business at their respective old stands but mostly under the orders of "acting" heads.

Massachusetts Avenue, where the finest private residences are, has its shutters up from end to end.

Hotel lobbies are deserted. Rents have come down to their summer level.

About the only place where there's plenty of hustle and bustle is the big union station—a hustle and bustle caused by the activities of belated vacationists, getting away.

Hotel men sight-seeing bus companies and others who cater to the wants of tourists had been looking for an exceptionally lively summer's business due to the expected overflow from Philadelphia of Sesquicentennial visitors.

Unfortunately the visitors don't seem to be dropping into Philadelphia in any considerable numbers. Consequently they don't overflow.

This makes the Washingtonians who were counting on making so much money during the heated months look rather blue but they hope there will be an improvement later on.

Of course the supreme court is scattered far and wide.

The diplomatic corps cleared out in a body, except for the most subordinate secretaries and clerks as soon as the president left.

At the British embassy it isn't even possible to get a passport visa. To get one, for a visit to

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