



HEALTH in the HOME

Practical Studies for Wives and Mothers

By Dr. ERNEST H. LINES, Author and Chief Medical Director, New York Life Insurance Company

AVERAGE AND BEST WEIGHTS

THE average weights and heights, of men and women for various ages, as determined by life insurance statistics, are given below...

AVERAGE WEIGHTS OF MEN

Table showing average weights of men from age 4 to 60, categorized by height (5' to 6' 6").

20 the lowest mortality occurs among those who are about 10% heavier than the average weight...

TABLE OF BEST WEIGHTS

Table showing best weights for men and women from age 4 to 60, categorized by height.

AVERAGE WEIGHTS OF WOMEN

Table showing average weights of women from age 4 to 60, categorized by height (4' 6" to 5' 6").

QUESTIONS: All wives and mothers should be able to answer these questions: 1. Should one reduce without advice of a physician?...

BEST WEIGHT

The average weight is not the best weight at all ages. At age 40 the average weight corresponds very nearly with the best weight...

This is the 10th of a series of 12 articles on Health in the Home. The 11th will be on Prevention of Accidents.

To Sell Inman Mines

Receiver W. H. Wann of the Inman Mines Company began advertising the sale of the property of the concern last week...

Slaughtered in Practice Game

Not much can be said about the nifty beating that Coquille took in the practice game with North Bend last Sunday...

Score table for the game between Coquille and North Bend.

Probate Court Items

Wesley P. Bruer, of Marshfield, was on Tuesday appointed executor of the will of Howard D. Hazard...

Coquille Grange Meeting

At the regular Coquille Grange meeting last Thursday there were 84 members present.

Master E. L. Deteifsen appointed a relief committee, consisting of eight Grangers, located in various districts of Coquille and vicinity...

There was a good turn-out at the farmers' picnic held August 6th at Norway Grove.

At the July Grange meeting Master and Mrs. E. L. Deteifsen gave a very interesting and descriptive report of their visit to the State Grange convention...

Lecturer Edna Stockhoff is reported home again from her visit in California. We hope to see her with us at our next meeting...

Next Week at the Liberty

Echoing one of the country's most sensational murder trials, which splashed across the country's newspapers for months...

That trial, with Barrymore playing the brilliant prosecutor and Mary Duncan taking the part of the murderer...

All the tense suspense of a grim fight with a human life at stake is crowded into this court room sequence.

To Have Large Stock Show

"Prospects for the Livestock Show at the 1932 State Fair are very favorable and to all appearances we will have one of the largest shows we ever had..."

"Oregon and Washington breeders are fitting their herds and there will be some competition when they meet in the show ring at the Salem Fair..."

A delightful shower was given in honor of Mrs. Fern Cornwell at the home of Mrs. A. Keltner on last Friday.

Marriage Licenses

Aug. 5—Frank S. Dasinburg, of Portland, and Alice Rohrer, of Myrtle Point.

Viking's Tomb Uncovered

An ancient Viking burial place was found at Valgarde, near Upsala, Sweden.

STAGE COACH TALES

By E. C. TAYLOR

The Vanderbilt of the Stage Era

LUCIUS WITHAM STOCKTON was to the stage coach era of transportation in the United States what Commodore Cornelius Vanderbilt was to the railroad era...

Little is known of his early life, but it is known that he drove stage coaches for a time, and appeared in Uniontown, Pa., lured westward by the call of the National road...

Early in his career he once raced a horse and buggy against a locomotive between Relay House and Baltimore, Md., and won the race.

He was a familiar figure along the National road, and became known as the "speed maniac" of his day.

Stockton always had the hostlers add a little whisky to the water given this span to drink, and the spirited, fleet steeds became so accustomed to their "tipple" that they refused to drink unless their water had a little whisky in it.

He also frequently drove from Uniontown to Cumberland, Md., in a day, stopping at the stage coach station along the way to transact business.

He had a private carriage, a long, open vehicle, which he called "The Flying Dutchman," and which was famous among horsemen and sportsmen of the time.

The famous span once ran away with him, when he was driving his wife and sister over the National road.

All stage coaches of the National road days were named, mostly for famous personages of the time.

Stockton had a factory in Uniontown where nearly all of the coaches of the National Road Stage company, which he had organized and which ran nearly all competitors out of business during the heyday of the National road, were built by experts.

Stockton died in Uniontown April 26, 1844, at "Ben Lomond," his elaborate estate. He is buried in the cemetery at Washington, Pa., where rest many other builders of the Allegheny Mountain region.

Spider Builds Diving Bell A spider that lives under water is an air-breathing insect like the garden variety.

It spins a delicate, flat web, an almost invisible sheet. Then it climbs a plant to the surface, to collect air. It may swim awhile on its back to entangle air in its thick hairy coat, and then smartly dives.

Never underestimate your own ability, providing of course that you have made yourself really able in some line of endeavor.

Christian Endeavor Conference at Turner, August 22

Luther Stein, pastor of the Presbyterian church of Frodo, Calif., is to be the main speaker at the Thirtieth Annual Oregon Christian Endeavor Summer Conference...

The program of conference has as its fundamental aim Christian Endeavor leadership training.

Does Law Make the Violator?

"Papa, what is a prohibitionist?" "A person who tries to make the people drink more whisky."

"What do men make them for?" "Well, chiefly for drinking."

Knife Hospital Notes

Ethel Collier was dismissed from the hospital yesterday.

Mrs. Al Crawford, of Powers, was dismissed from the hospital Saturday.

Donna Detz, eleven-year-old daughter of Postmaster H. C. Getz, underwent an operation for appendicitis Wednesday morning and is doing nicely.

Relics of Israelites

Ancient remains in Palestine dating back as far as the kingdom of Israelites, covered by a forum of the Herodian period, and one of the succeeding Roman period, were found at Sebastia, near Nablus, or ancient Antipatris, in central Palestine.

Translation Called For

A little while ago we printed some lines showing the queer words one comes across while "fossicking round in the dictionary."

On an Equality

When the famous Doctor Johnson courted Mrs. Porter, whom he afterward married, he told her that he was of mean extraction; that he had no money; and that he had had an uncle who was hanged!

New Cases in Circuit Court

Aug. 8—Chas. N. and Phebe Rae Garden vs. W. W. Miller and wife.

The Pioneer Methodist Church

Phillip D. Hartman, pastor. Morning worship at 11:00 o'clock with a message on "Christ's Philosophy of Life."

Church of Christ

Turner B. MacDonald, Pastor. Bible School 10:00 a. m. Ned C. Kelley, superintendent.

Methodist Episcopal Church

Evening Preaching 8:00 p. m. Prayer meeting Wednesday 8:00 p. m.

Church of God

Corner of Seventh and Henry Streets. Pastor, Rev. Geo. S. Murphy.

First Church of Christ, Scientist

Coquille, Oregon. Sunday School at 9:30 a. m. Sunday Service at 11 a. m.

Foursquare Gospel Church

259 E. 2nd Street. Rev. and Mrs. T. E. Jackman, Pastors.

At Christian Science Churches

"Spirit" was the subject of the Lesson-Sermon in all Churches of Christ, Scientist, on Sunday, August 7.

Warranty and Bargain & Sale Deeds for sale at The Sentinel office.