

MILLER'S SEMI-ANNUAL Clearance SALE

Begins Saturday, June 21
LASTS TEN DAYS

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Good Goods

Salem's Leading Department Store
Liberty Street, at Court
SALEM

More Exercise Needed by Boys Living on Farms

Let the farm child play! Plenty of exercise in the open air should produce good health. But, unfortunately, the exercise the farm child gets is often one-sided. His major muscles get too much use, the auxiliary ones too little. His body does not develop symmetrically.

Observations made during the World war proved that the farm-reared young man reached the stage of fatigue sooner than his city-reared comrade. The farm boy was outdistanced in games calling for mental alertness by the city man. A slow mind had resulted from his being cheated of play.

Pulling weeds and hoeing, driving a team hitched to a wagon or cultivator may not be injurious if supplemented by other vigorous exercise, but such work without corrective activities tends to make the country boy round shouldered and flat chested. He is apt to have a forward-starting head.

Lungs and heart and digestion do not get a fair chance. Health examinations of more than a million school children in New York state show that while 72 per cent of the pupils in the city schools have physical defects, the number in the rural schools is 87 per cent.

As farms grow farther apart and the numbers of children in families decrease, school becomes the only place where the child can play. So to cheat the child of his school time becomes a crime against his body as well as his mind.

The boy who plays ball hard at school learns the meaning of enthusiasm. He finds out what it is to abandon himself to an enterprise. No matter how slight his physique, this boy will make the hard-working, optimistic man of tomorrow. He will definitely outstrip in a brief time the large-boned boy of fifteen who is being kept at home to do the plowing.—Hygeia.

Prison Built by Convicts

The work of convicts and other prisoners is not allowed to compete with the work of honest men, but prisoners may surely be allowed to build their own place of incarceration.

That was what actually happened in the case of Wormwood Scrubbs prison, says the London Tit-Bits. Before a stone or brick was laid, however, the plans had to be drawn, and this task was entrusted to a convict.

This done, the building was erected entirely by convict labor, and, as it contains 1,381 cells, built at an average cost of £70 7 shillings each, both the task and the cost were no small matters.

The total number of bricks used was 35,000,000, weighing 120,000 tons, and every brick was made by convicts. The total cost of the building was £97,000.

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