

"I Refuse to Take the Million Legacy Because the Money Is Not Mine."

By CHARLES GARLAND, Buzzards Bay, N. Y.

I have renounced my right to a million-dollar legacy left me by my father. I refuse to take the money because it is not mine. A system which starves thousands while hundreds are stuffed condemns itself. A system which leaves a sick woman helpless and offers its services to a healthy man condemns itself. It is such a system that offers me a million dollars.

It is blind to the simplest truth known to every child, the truth that the hungry should be fed and the naked clothed. I have had to choose between the loss of private property and the law which is written in every human heart. I choose the one which I believe to be true.

I believe I could do no good with the money. It is the man who gives food to the hungry who does good, not the dollars given in exchange for the food. I would be happy to be the man if I had the food to give, but I cannot lend myself to handling the money that is not mine even though the good that might be done is possibly great.

There are great opportunities to do good, but they are in men's hearts, not in the check book.

The KITCHEN CABINET

(The 1920 Western Newspaper Union.)

SOMETHING TO DRINK.

More insistent than the call for food is the demand for drink. The sense of hunger may depart, but thirst is seldom diminished. The thought of food in illness is often distasteful, but the desire for fluids is intensified. While water is the natural beverage, an infinite variety of other drinks may be prepared for those who are well or ill. In illness, besides quenching the thirst, they reduce the temperature of the fever patient. They also may serve as a form in which nourishment may be given when solid food cannot be taken. Other drinks relieve nausea, stimulate the heart, excite the gastric juices, control the bowels and prove soothing to a congested state of the alimentary canal. All drinks should be subject to the advice of the attending physician, for even harmless grape juice may be fatal in cases recovering from typhoid.

Like everything else prepared for the invalid's table all beverages should be made and served with all possible delicateness. A sneaky, thick drink which should be cold would nauseate a person who was not ill. A pretty shaped tumbler or sherbet cup standing on a pretty plate protected by a dainty dolly will appeal to the eye before its delicious coolness is tasted.

When beverages are carried to the sick room they should always be covered and never left uncovered in the sick room.

Very hot beverages stimulate the digestive fluids, while very cold ones retard but lower the temperature in fever.

Various other fruits and fruit juices may be used with orange or lemon or alone, such as pineapple, currant, berries and grapes. Most fruit juices are more acceptable when chilled, either near the ice or having chipped ice added. Orange juice alone, strained and served well chilled, is an agreeable and mildly laxative drink very popular with most people. It is given a tablespoonful between feedings to young babies with very good results.



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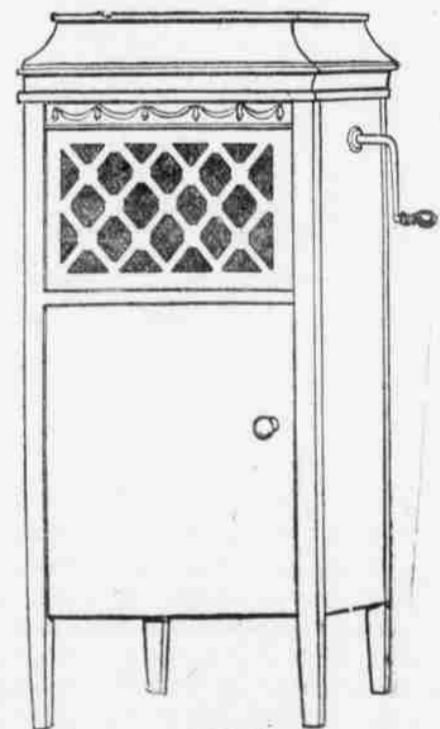
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