

FARMINGTON ENTERPRISE

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F. E. VAN SLACK, EDITOR AND PUBLISHER.

Let 'Em Smoke

Women Benefit by Moderate Use of Tobacco

By DR. RACHEL SKIDELSKY,

Noted Philadelphia Physician.



I feel sure that tobacco, if pure and properly used, might be beneficial to women. It is known to be valuable in functional disorders of the nerves. As men find it valuable to soothe their nerves in the midst of cares and worries, I do not see why women, whose worries are more numerous and whose nervous organizations are more delicate, should not find benefit in its proper use also.

I think that if a woman would sit down for five minutes before beginning her day and give the time to a cigarette she would be able to plan better her day's work. And five minutes used thus three times daily would, I think, be of much benefit to her.

Of course, I recommend the practice only to such as are in no danger of becoming addicted to the more extended use of cigarettes. It would depend upon how and where it was done. Were a woman to use a cigarette with the same feeling that she uses other medicine all would be well, otherwise it would be disastrous.

I would not sanction at all a woman smoking a cigarette in public or for bravado merely. With men and women alike, tobacco, like any other sedative, can become a violent poison when used to excess. It is this knowledge which keeps physicians generally from advising the use of tobacco for their women patients.

Apart from its value as a sedative, tobacco smoke has been praised by men who have made a study of its effects as a valuable disinfectant for the nasal and respiratory tracts. Hay smoke has the same effect in destroying germs which may lodge there. Inhalation, I think, always would have ill effects.

I speak from the general knowledge which every physician possesses. One prominent member of the Philadelphia County Medical Society gave this knowledge as the reason why, in certain nervous disorders, he advised his patients to smoke good tobacco in moderation. I am afraid, however, that many of them would not be so frank as I am, in view of the widely spread prejudice among certain people against tobacco in any form. As a nerve-soothing I regard tobacco as valuable alike to men and women. As to the manner and conditions and extent of its use—that is another matter entirely.

For ages now have found relief from petty worries, rest for worn nerves and general physical benefit in the moderate use of tobacco. We should probably hear less of the loudly proclaimed nervousness of the American woman were she to devote five minutes three times a day to a cigarette or two, preferably after meals.

The smoking habit would be as difficult to stop as the breathing habit.

Teach Health Laws in Schools

By DR. HELEN H. ALMOND.

Let us all awake to the belief that the laws of health are the laws of God, as binding on us as if they had been thundered forth from Sinai; that if those which are now known with certainty were applied in practice, the improvement in human life, morality and happiness would be stupendous; that they should be the first and paramount subject of instruction by precept, habit and example in every school and in every home, and gradually but ultimately a code religiously observed in mills and shops and offices.

Many years ago I was a member of a school board. I ventured to propose regular open air drill for the children. I remember how the chairman, with a benevolent smile, suggested that we pass on to some practical business. Something of the same sort happened when I once complained of the fine assortment of evil gases and human exhalations in one school where the master was smitten with a fear of "drafts," and preserved each day's air carefully for use on the next.

In these particular directions, indeed, things are a little better now. But the main position of the enemy, where he grandly stands at bay, remains nearly as strong as ever.

Let marks be given freely for tests of vision and hearing, for strength of grip, for doing a long walk, say 25 miles, go as you please, in creditable time, and for a foot steeplechase or obstacle race, and marking here also by time. Nor do I see why marks should not be given also for boxing and gymnastics. Such reforms would not only fit pupils for pursuits in which strength and activity are directly useful, but also would enable them to withstand the severe strain of modern city life far better than an excess of study. The brain even of the future professor is more likely to be sound and masculine if it is supplied with blood from capacious lungs and a brisk circulation; and after all we cannot all be professors or devoted to research.

My own belief is that not more than six hours per diem should be devoted to sedentary work in schools, and certainly not more than one and a half in winter and two and a half in summer to games. The rest of the time should be largely occupied with military drill, with work in the gymnasiums, in the workshops, at targets, in various kinds of manual labor, or in singing—an excellent exercise for the lungs—or in playing musical instruments.

The editor had some experience prevented us from getting the details at real work. Monday evening and sired supply, so a vacation was Tuesday morning. Our better taken until Tuesday morning when half took a notion that we ought to the job was finished. So it did, our own washing, and of that we wore out 50 cents worth course, it was up to the scribe to show leather and thought a lot follow orders. The first thing on of bad works we would like to do was to carry four barrels of sand, but had to refrain. We water, and after pumping neighbor have come to the conclusion that Schleicher's well dry we be—an editor has no business jumping gun to carry from P. D. Kimball's into the laundry work and we dashed across the street. Darkness—clate ourselves down and out.—Ex-

CORRESPONDENCE.

Base Line.

Herman Heppner is numbered among the sick.

Marlin Simmon has been sick. A baby boy arrived at the home of Mr. and Mrs. J. H. Heppner on Nov. 30.

Mr. and Mrs. Kehrl of Salem spent a few days last week with their daughter, Mrs. H. M. Evert.

Clare Simmons has been spending a few days with Mr. and Mrs. F. C. Rice at Novi.

Mr. and Mrs. A. Mier of Whitmore Lake spent over Sunday with Mr. and Mrs. H. Evert.

Mrs. Marks is spending an indefinite length of time at the home of her daughter, Mrs. J. H. Heppner.

Mrs. Eliza Shumans and daughter, Clara, were Northville callers Wednesday.

Word has been received that Miss Lizzie Heinrich, who was visiting here a short time ago, is very sick at her home in Detroit.

Miss Ethelwyn Waite was home over Sunday.

E. J. Simmons and son, Harry, and J. F. Lute made a business trip to Detroit Tuesday and Wednesday.

White Lake.

Miss Mabel Ponifit ate her Thanksgiving dinner with her mother and sister at Fenton.

George F. Hubbard returned on Saturday evening to his school work at the M. A. C.

F. C. Goodell spent part of this week at John R. Shangler's.

Mr. and Mrs. John Chaffee, of Price, were recent visitors at Charles Doty's.

Mrs. Perry Towle, of Binkney, and Mrs. Frank Beaumont and daughter Fannie were guests of Mrs. J. H. Smith last Friday.

Maud Hubbard of Pontiac spent from Thursday till Friday at her home here.

Miss Lilian Wallace, of Saginaw, has been the guest of her cousin, Clara Matthews.

James Culbert was a business caller at Robert Englands on Saturday.

Edna Jackson, of Holly, was home for the Thanksgiving vacation, also Ivan Kenaga, who is also attending school in Holly.

Miss Winnie Bradshaw was in Clinton Saturday.

Ira Kenaga has a fine line of Christmas and birthday post cards added to his other line of post cards.

Mrs. Mattie Bransett and daughter, who have been spending the past six months in Pontiac and this vicinity, left on Friday for their home in Pasadena, California.

An Old Resident Dead.

Mrs. Electa Morley, who for many years was a resident of Farmington, died at the home of Mrs. A. T. Stewart in Northville last week Thursday afternoon. She was about sixty-four years of age and had resided in Northville for several years. She was a faithful member of the Northville M. E. church and was much thought of there and in Farmington, where she and Mr. Morley kept the toll gate for 28 years. The only surviving relative is Mrs. Stewart.

The funeral was held from the house at 1:00 standard time Sunday and the remains were brought to this place for burial.

A three hundred dollar slightly used upright piano, now \$210. Easy payment.

GRINNELL BROS., Pontiac.

A large, high top, solid walnut, six octave organ, a. like new, \$38. One organ at \$18 and another at \$22, suitable for church or school.

GRINNELL BROS., Pontiac.

Now is the season for advertising.

Fractured Leg.

While at work at the gravel pit south of the village, on Tuesday, William Shears had the misfortune to break one of his legs, three inches below the knee.

The accident was caused by a caving in of the gravel, throwing Mr. Shears against a wagon with sufficient force to cause the fracture.

This is the second painful accident that has befallen Mr. Shears about one year ago he suffered from a broken shoulder.

Clarenceville.

Mr. and Mrs. Roy Cox and son, Miss Mary Cox, and Mr. and Mrs. Harry Young and son spent part of last week with their sister, Minnie Rupert, at Britton.

Mr. and Mrs. William Brougham visited Mrs. Pulling, Detroit, Wednesday.

Mr. and Mrs. William Dohany spent Thanksgiving day in Detroit.

Mrs. John Grace, entertained Mr. and Mrs. Joe Graham and son, Mr. and Mrs. Charlie Graham and daughter Thanksgiving Day.

Mr. Frank Comstock visited Mr. and Mrs. A. G. Comstock in Detroit Wednesday.

Miss Ethel Lambert spent Thursday night and Friday with Mrs. Brownie Cook.

Mrs. Dan Currie visited her mother in Detroit last Tuesday and Wednesday.

The Misses Lamberts, from Smith's Creek, are visiting their aunt, Mrs. Orphy Barker.

Mr. and Mrs. Joe Grace, of Detroit, Mr. Wallace Grace and Mr. Ben Grace, of Farmington, spent Thanksgiving Day with Mr. and Mrs. U. S. Grace.

Mrs. Bonnie Cook made a business trip to Detroit Tuesday.

Mr. and Mrs. Charles Teagan and daughter spent Saturday and Sunday with relatives in Pontiac.

Mrs. Barney and Mrs. Orphy Barker were Detroit visitors Friday afternoon.

Two older sisters, Wood and soft coal, Cal on Stephen Treatway.

For Sale for Schell on 1/1 W. Rossleig, phone 512.

House to rent, Call on G. C. Nichols 4611.

\$25.00 Fine for anyone found hunting or carrying, firearms on the B. L. Helker farm.

For Sale—Five puppies, baseball collar and Stephen crossed phone 43128.

W. H. Parfitt, 43128. 43128.

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Two older sisters, Wood and soft coal, Cal on Stephen Treatway.

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Street and Stable Blankets from 75¢ to \$6.00 at H. W. Lee's.

We have a number of park barrels for sale.

H. A. Schreiter.

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