

What Pontiac Found Out About 'A Quart A Day'

(Reprint of the leading editorial in the Pontiac Daily Press of Monday, July 9.)

CHILDREN, \$1.18 PER POUND

"Recently The Daily Press called attention to the appalling cost of ill-health. In contrast to this figure, an experiment carried on this year in the Pontiac schools serves admirably to illustrate how cheap may be the price of good health.

Dr. A. L. Bramcock, school physician and master of ceremonies in this health experiment, selected 429 children in the various grade schools of the city and put them through the simple regimen of imbibing a quart of milk every day for sixty days. The pupils chosen were undernourished, and below the minimum of weight consonant with good health.

At the end of the sixty day period, weights were carefully checked, and it was found that while some of the children had gained more than others, there was an average gain of a little over three and one-fifth pounds for each child.

The 429 youngsters consumed in that period 54,792 pints of milk, or an average of 127 pints per child. The milk cost \$1,638.52, of which the children paid \$908.52 and the Board of Education \$729.99. The total number of pounds gained was 1,318, making the cost per pound \$1.18.

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Boxes of Books and Cupid

By DOROTHY DOUGLAS

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BERTHA realized, truly, when her uncle's will was read, that she not only sacrificed his respect when she chose athletics rather than literature as a career, but that she had destroyed her chance of inheriting any of his many thousands of dollars.

"And to my niece, Bertha Woodstock," repeated Bertha afterward, "I bequeath my three cases of books and only on the condition that they remain in her possession and occupy a place in her home."

Uncle Jack had done the thing thoughtfully; he had also left her the old ivory enameled bookshelves to put the books on.

And if it had not been for that clause which ordered her not to dispose of them Bertha assuredly would have sold the cases without even opening them. She was incensed that her uncle had carried his quarrel with her mother to this extent. Bertha's mother had always insisted that brains in a girl were useless and that tennis, cross-country riding and athletics were all that mattered.

Uncle Jack had maintained, and quite truly, that muscles and bone had only a short span of activity, while the brain was a thing of eternity. Bertha never quite forgot that remark and later, when left to support herself by accepting a position in a rural school to teach athletics to young children, she knew that some day when old age gripped her she should not be in a very happy state of being.

She knew vaguely, not given to overmuch of brain work, that there were times when she was rightfully bored at the routine of physical rhythm. There had been three years' grinding monotony at various schools for Bertha and now she had a position in a city school and had established herself in a small room with her few bits of furniture.

The three huge cases of books were deposited in the middle of the floor and, because of lack of space Bertha had no alternative but to open and unpack them at once. The beautiful old ivory shelves just fitted into the nooks at each side of the fireplace.

The shelves certainly looked wonderful, and it was with a little breath of excitement that Bertha began putting in the rows of books and then standing off to admire them. Suddenly Bertha noticed that some of the books were numbered and picking up one numbered one she found a note written in the fly leaf. "A little note from uncle," she said under her breath.

"My dear niece," she read; "when you have read the first twelve of my books I know you will want to read more. Read them in succession and follow up the message."

Bertha finished unpacking the books and by that time she was handling them with loving fingers. They had made such a tremendous difference in her small room. They had turned it into a warm, friendly, interesting home and each night she would want to fly back to it and sit before the fire and read—read Uncle Jack's blessed books.

She knew as soon as she had begun the first thrilling love story—for Uncle Jack had been wise in his first selections—that she was to follow a subtly inserted code that traced itself through those twelve books. But she was true to her uncle's wishes and would not travel ahead of the code.

The "Left foot, Right foot" was erased from her tired mind while she sat lost in the adventures of gloriously interesting people.

"Dear uncle," whispered Bertha softly. And at the end of the twelfth book, the code was complete. "Consult W. B. Danvers, 9 Old Broad street. Also look into old French book which I have numbered 'Thirteen.'"

Bertha, her breath coming in swift excitement, sought the little old book, opened the small clasp and saw to her surprise that it was a quaint box book. Outwardly the thing was a book but inwardly a box, and this one was filled with exquisite jewels.

"For Bertha—from a loving uncle" And of course Bertha wept all over the jewels and into the box. It wasn't so much the gift as the realization that she had been loved in spite of her stupid stubbornness.

And when Bertha went down to consult W. B. Danvers she found a young lawyer whose face lit up joyfully when she presented her card. Something inside Bertha too lit up and it seemed that Uncle Jack was sitting smiling at something he had planned and which was coming to pass even as he had wished it would.

SAID BY SAGES

Lord-mouthing people don't generally gossip.

Only a dentist knows how men dread pain.

Take a woman's looks for her age rather than her word.

Faith makes for happiness, but judgment gets you farther.

Many a man fails to recognize his duty when he sees it.

A telegraph operator can make a few words go a long way.

The choice of a subject is often the whole genius of man—Laurens.

While everybody is getting rich, liberty will have to take care of itself.

I have never seen a greater miracle in the world than myself.—Montaigne.

It doubles the power of a man who has made a fool of himself, to be told of it.

After the swine had scorned the pearls, nobody else wanted them, either.

In the days of the hammock, there never were enough of them in any household.

In some conversations "sure" has to punch a bit for "absolutely" when it takes a rest.

Plain talk should never be plain to the point of coarseness. Lots of novelists don't know this.

In most families, long before radio, they had a loud speaker. It was put; and what he said, went.

New Type of Goggles

Ideal for Motorists

A new type of dark glasses for outdoor wear at tennis, golf and other sports, and said to be especially useful for auto drivers at night when meeting cars with glaring headlights has been produced in the optical works of the Zeiss firm at Jena. The basis for the new type protection consists of two wedge-shaped pieces of glass fastened together. The upper member of the pair is made of a dark, gray-brown glass, while the lower part is clear and uncolored. Goggles made from this material are thus very dark at the top, shading off gradually into clear glass at the lower edge. This arrangement cuts off the glare of the sky, while permitting an unclouded view of the ground. Motorists, encountering cars with headlights, simply duck their heads a little and look through the tops of their goggles until the offending car has passed, when they again make use of their normal vision through the lower parts of the glasses.

Cure for Headache

Mrs. R., who had a severe headache one evening recently, went late to the kitchen to get a tablet to relieve the pain. Since she kept her cupboard shelves in perfect order, she thought it was unnecessary to turn on the electric light in order to get the tablet. Trusting to the dim light from the adjoining room she reached to a shelf and found a small envelope, from which she took a small round object, which she swallowed. She left the envelope on the kitchen table. Next morning she found that the tablet, which apparently had relieved her headache, was a sweet pea seed left from the early spring planting.—Exchange.

Sprayed

Doctor Jordan claims that much of the precociousness of young Americans can be traced to their practicability. "They are the product of the greatest inventive and mechanical age the world has ever known. Whatever they do, right or wrong, they can instantly assign a reason. Like Willy.

"Willy," said the teacher, "why is it that two of your fingers on the right hand are always cleaner than the rest?"

"Without hesitation, Willy replied: 'Them are the two I use when I whistle for my dog.'"

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