STUDIES INDICATE WAY TO LENGTHEN LIFE 10 PER CENT

From a Recent Article by
Dr. Morris Fishbein
Editor Journal of the American Medical Association

The length of our lives seems to be determined largely by our heredity, since those who come from families that tend to live long also tend to live long.

Our environment undoubtedly plays a part, since deaths from accident, congestion of population, speed of civilization and infection must be put under environment factors.

Scientific studies recently made on the nutrition of animals indicate that the third important factor is the amount and nature of food intake.

In order to prove the effects of nutrition, Drs. H. C. Sherman and H. L. Campbell fed 400 rats of approimately the same heredity and living unler conditions alike in all other respects on two different diets. The diets were adequate in both instances, except that one contained a higher prooprtion of milk than did the other.

The animals on the diet with the higher proportion of milk lived on an average of 10 per cent longer than did those with less milk. Hence, the increased longevity may be accredited to the fact that an already adequate diet was improved by additional quantity of a substance known as one of the most important food substances for the living animal.

It has always seemed reasonable to believe that the human diet bore a definite relationship to the length of human life. It is well to have a scientific confirmation o fa fact that has taken man thousands of years to learn through bitter experience.

Drink a Glass of Milk With Every Meal

FARMINGTON DAIRY

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Baby Dies Of Illness

Elaine Switzer, five-month-old daughter of Mr. and Mrs. William Switzer of Stecker-Ball subdivision, passed away Sunday. Death was due to influenza.

Funeral services were held Tuesday afternoon at the home Rev. A. A. Schoen officiating.

Besdes the parents a brother, Conney Switzer, two years old and the grandparents Mr. and Mrs. William Switzer of Switzer road and Grand River avenue, survive.

* * *

Mr. and Mrs. Carpenter are the proud owners of a new Oakland sedan.

Dorothy Cox, Margaret Mitchel and Mabel Wiggle, started school in the kindergarten class at the William Grace school on Monday. It is hoped that the other children of school age (five years), in the district, will enter the kindergarten group as soon as possible.

Maynard Whitney's condition remains about the same.

Gordon Mathews is back in school again after being confined to his home for several days with a bad attack of croupe.

Mr. and Mrs. Charles Finn of Farmington road are making a week end trip to Toledo to visit Mrs. Finn's mother.

The High School students in Hollywood, of which there are several, have been busy these past few days preparing for their first semester examinations at the Farmington High School.

George Schulkins has been transferred from the Fisher Body plant at Detroit to the Fisher Body plant at Pontiac.

Arline Oldham celebrated her 12th birthday at the home of her parents, Mr. and Mrs. A. R. Oldham on Thursday last.

6th DISTRICT SCHOOL NOTES

Second and Third Grades

We have been reading "The Eskimo Twins," for our language work.

Last week we started an Eskimo village on the sand table. The second grade made the igloos and icebergs. The third grade made polar bears, seals and Eskimo dogs.

Next week we will complete our projeect by putting our Eskimo stories into book form.

The kindergarten group held in the afternoons at William Grace school had an initial enrollment of only eleven pupils. Owing to the short period alloted to this group it would be a great advantage to the child if it be started at once and sent as regularly as possible. It is very essential that children of this age be regular in attendance if they are to keep up with their group The child who misses a day's work every few days soon gets so far behind that it loess interest and soon begins to dislike school. So do not delay getting your child started if it belongs in this group. The group will be able to accomplish much more if all members are regular in attendance.

My Favorite Stories by Irvin S. Cobb

A Mystery to the Rich Man

A FEW years ago a gentleman who had acquired a million or so in other lines of endeavor took a part of his fortune and with it built a theater on Broadway. The theater was pretty far uptown, as New York then measured uptown, and at the outset business was not what the new owner expected.

At the end of the second week as proprietor-manager he was standing at the door one afternoon just before the Saturday matinee performance began, talking to the late Paul West. Along came a leading dramatic critic and he stopped for a minute's chat with the other two.

"Say, Harry," asked the owner, "what's the reason that I ain't making no money outer this here proposition? Here I go and put up a nice clean house and book a good show and yet the crowd ain't coming!"

"Well," diagnosed the critic, "I'll tell you, Jake; this is a new place and you mustn't be in too big a hurry. Remember how long it took some of these other houses to get established. You'll have to build up your own clientele."

He passed on and West went inside to see the show. When he came out at the end of the first act the millionaire was waiting for him and drew him aside.

"Paul," he demanded, "what was the name of that there thing Harry told me I'd have to build up here?"

"A clientele," said West.

"Sure, I thought I had it right," said the owner; "now how what I wanter know is why them guys down at the building department gave me the laugh a while ago when I called 'em up and asked for a permit to build one."

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His Lovesick Patient

By ADELAIDE D. HUFF

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"BUT you don't think about me," Jack Meacham said desperately. "Where do I come in? It's always Mother, Mother, Mother! Mother says she'll kill herself if you marry. Mother's heart is so bad she can't stand the shock. Mother this and Mother that. Darn it, I'll kill myself if I don't marry soon. I've waited two years for you, Edith, and that's as much and more than most men would wait. Now, I'm through, so you can make up your mind right now."

Edith Waring crept a little closer and put her soft arms around his neck. In the semi-shadows he could not see, but he felt the tears on her cheek as she pressed her face against his.

"Jack, I'll go crazy between the two of you," she mumbled at last. "I want to get married as much as you do, but I'm so afraid. Suppose she should get desperately ill—or even die. I'd never forgive myself. If only she weren't so—opposed to you."

"She'd be opposed to anyone who wanted to marry you," said Jack crossly. "It's not because I'm I, it's simply because she's afraid I'll take you away from her."

In reply Edith burst into tears on Jack's shoulder and he was quick to repent.

"Poor little kid, you are in a fix. Never mind. We'll get out of it somehow. Was I cross? I didn't mean to be. It's only that—I've waited so long and we seem further away from marriage than ever."

It was no use arguing with Edith, he decided desperately, as he walked home that evening through the shadowy deserted streets. He was simply caught in a trap, thanks to a selfish, inhuman old woman.

After Jack left Edith tumbled into bed and wept until she was sick. The next morning her mother was shocked by the dark circles under her eyes and her sad expression.

"What's the matter with you, dear?" she asked in alarm. "I'm afraid you're sick."

"I'm not sick," said Edith. "I'm not sick!" she screamed. "Can't you leave me alone? One can't even be miserable in this house in peace!" She burst into tears and rushed from the breakfast table.

Mrs. Waring promptly called the doctor and impatiently walked the floor until his arrival. After she had told him the symptoms he rose to go upstairs to Edith's room.

"It's evidently a case of nerves, I'll see her alone," he said peremptorily as he left the room.

When he reached Edith's door he rapped lightly, then turned the knob and walked in.

"It's Doctor Forester," he said gently. "My goodness, when I see a young girl in bed on a pretty morning like this—and crying! Well, I know she needs the doctor. Now, turn over here and tell me all about it."

Edith needed no second invitation. In an outburst of misery she told him the whole story.

"Your mother has a bad heart," he said in the end as he stroked the girl's heaving shoulders. "That's true, but there's no reason she should ruin your life. Meacham's a fine fellow and you'd get a good man. She's a little bit selfish. Now, you get up and put on your prettiest frock. You're going out with me. I'll give you five minutes to get ready. I'll wait out in the hall."

When he took her downstairs a few moments later Mrs. Waring was nowhere to be seen.

"We're going to the office," he called. "Back shortly."

When he reached his office he went into the inner room, closed the door and called some one on the telephone.

Half an hour later a breathless young man appeared on the scene.

"Jack!" exclaimed Edith aghast as he entered the doctor's office.

"Sure, Jack," laughed the doctor. "Everything fixed?" he asked, turning to the young man. "All right, we'll go and get married."

"Oh, no! I couldn't!" said the girl, backing off.

"All right, if you don't want to marry him, but this is your last chance."

"But Mother," she protested, her face white.

"We'll fix it up with Mother," said the doctor. "Come along."

Like a person in a trance Edith permitted herself to be taken to the parsonage, she heard herself making responses, promising to love and obey and when it was over she felt no more married than before. In silence the three drove back to the Waring home; the only real thing was Jack's big warm hand holding hers in a grip that almost hurt.

"Well," said the doctor, as Mrs. Waring opened the door to them a few moments later. "I've been to a wedding—Edith's and Jack's.

"A—wedding!" squeaked Mrs. Waring, dropping into a chair and putting a hand over her heart but the doctor paid no attention, he merely said:

"You've got a fine new son-in-law and I know you'll be proud of him."

"Oh, I am already," she answered after a moment, rising and kissing them. "My dear, dear children, but why didn't you tell me so I could have arranged a real wedding for you?"

A few moments later as the doctor hurried down the front steps he chuckled to himself.

"You just have to call their bluff. That's all it takes, and they'll come right around."

WEST FARMINGTON

Mrs. Irvin Knapp
PHONE 40F4

Mrs. Nethie Walls Robertson, wife of Joseph Robertson and a former resident of West Farmington, passed away Sunday at her home in Brighton after a brief illness at the age of 61.

Funeral services were held at the home Wednesday, with burial at Walnut Lake Cemetery. She leaves Mr. Robertson and three sons, one son dying in infancy.

Mrs. Edward Grimmer will entertain the East Walled Lake Extension group on Friday, January 25. The meeting will begin at 10:30 o'clock and the group will have several demonstrations on salad making.

Mrs. Starr Graham fell on the ice Tuesday afternono, hurting her shoulder quite badly.

Ice on the gravel roads was the cause of putting several autos in the ditch this week. Due to careful driving, damage was prevented.

Ray Marsh has been called on jury duty for the winter term of court.

Mr. and Mrs. Irvin Knapp motored to Hartland Sunday to spend the day with Mr. and Mrs. L. W. Giegler and family.

Mr. and Mrs. Marley Bachelor called on relatives here Monday.

The minnow-pond on the Halsted road was flooded over Saturday and was still impassable Sunday.

Mrs. Arthur Green of Walled Lake was in charge of a Women's County cmomittee meeting held at Mrs. J. K. Kester's at Elizabeth Lake road Saturday. Routine business and making plans for the next few months with Miss Elizabeth Weld, new County Demonstration agent who takes office February 1, made up the program.

DEER NOT FAR AWAY

Lansing—Several years ago some deer were brought into Livingston County for display purposes on a private preserve. Later they were released. They now roam the surrounding country and are multiplying, according to last reports which state that there are now 23 in the band.

The new Pontiac Six for 1929 proved one of the leading magnets among more than forty different makes of cars displayed at the New York Automobile Show.

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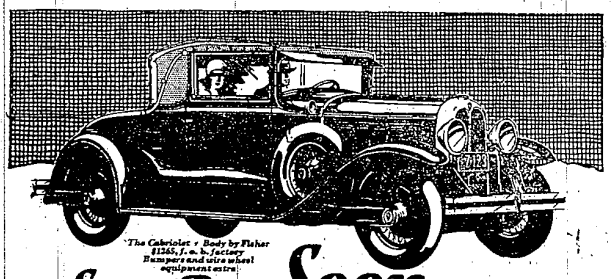

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