

plain human beings of like strengths, possibilities and weaknesses—just plain "folks."

As to personal ambition of the burning, selfish, Napoleonic sort. LaFollette has none of it. He is a poor man and always will be—for he cares little for money. He might have been rich had he cared to make the sacrifices necessary to obtain riches. But he HAS boundless ambition of the sort which took Lincoln from his law office to stump the nation against slavery. This is the ambition for service. He believes that the only hope of the nation lies in the triumph of real Democracy. Of the constructive statesmanship in which he has already so signally triumphed I shall have more to say tomorrow.

(In the next article Quick will tell how LaFollette made the election law of Wisconsin a model for many other states—a big piece of constructive statesmanship.)

AN INDEPENDENT JOKE

Independent tobacco dealers protest against the U. S. court's approval of the Tobacco Trust's reorganization plan and appeal to Taft to carry the matter back to the supreme court.

Carry it back to the supreme—
Ha! Ha! Ha! He! He! He! Ho!
Ho! Ho! Carry it b— oh Lordy!
oh my! Ha-a-a-a!

No wonder Virginia ham is good. They feed the hogs peanuts.

* **TO AVOID A COLD, GET** *
* **ACQUAINTED WITH IT** *
* **By W. C. Cotton, M. D.** *

The disease we call a "cold" has a misleading name. For it is the man who is most in the cold, and whose body knows what cold is who is least apt to catch cold.

So the golden rule for those who would avoid colds is:

Get acquainted with cold.

To get acquainted with cold:

Sleep in a cold room.

Take a cold bath or shower every morning.

Stay outdoors as much as possible.

Don't "bundle up." Wear moderately heavy cotton clothing.

Inasmuch as colds are "catching," there are other rules relative to colds that bear on our relations with other people. Keep away from people with colds as much as you can, and especially avoid people who have recently had pneumonia. Keep away from crowds, especially crowds gathered in hot, badly ventilated places, such as closed street cars, five cent theaters, and the like.

If, in spite of all precaution, you do catch cold, as anyone may, don't treat it lightly. If the cold is at all severe, if you ache all over, and have fever, go to bed, take on liquid food and take a dose of salts. Thus you may save yourself from pneumonia.

Better get a doctor, too.

Costs \$1.85 per \$100 to run
New York each year.