



A MODERN COURTSHIP

KEEP UP STEAM

By W. C. Cotton, M. D.

Warmth of body is essential to good health. You must keep your internal temperature up to 98 degrees or things won't go along as they should.

If you find that your temperature is falling below normal, if you feel chilly and "goose-skinny," get busy and find out the reason why. For it is when the temperature is sub-normal that disease is most likely to get its foothold in your body—and then your temperature will go up all right, but it won't know when to stop.

If your vitality is low, bolster it up with exercise, plenty of wholesome food, cold baths and sleep. And don't worry.

For worry is one of the prime causes of low vitality.

He bought her tons of caramels
and gallons of ice cream,
He sent her novels by the score
and papers by the ream;
He lavished on her costly flowers
and every scent and hue;
He took her out to drive each day
upon the avenue;
He mortgaged all his furniture
and stood in line all day!
Because she said she'd like to hear
Italian op-er-a.
He opened up a long account with
Tiffany and Co.,
And drew his salary ahead about
a year or so;
And when he had things all ar-
ranged to pop as he had
planned
Another fellow came along and
married her off hand.

—Tom Masson.

Give somebody else in the world something to be thankful for. Then you will be thankful.