

THOUGHTS ON HEALTH AND EXERCISE

By Mac Levy of Babylon, Famous Physical Culture Expert.

A popular belief for which there is little basis in fact is that brain-workers do not, as a rule, live as long as those who follow occupations purely manual. The ideal life is the one that calls both brain and muscle into exercise. If mental labor is conducive of early death, Herbert Spencer would not have lived to the age of eighty-three; Charles Darwin to twenty-three; Thomas Henry Huxley to three score and ten; Alfred Russel Wallace to past ninety; and so on to eighty-four; Nevada to Sir John Lubbock to ninety-three; Lord Lister to eighty-four; Lord Kelvin to eighty-three; Virchow and Berthelot to be octogenarians, nor Lord Avebury to seventy-nine. Ernest Haeckel has had his eightieth year last February, and Prince Kropotkin celebrated his seventy-second birthday last month. Brain-workers are rarely as healthy as muscle-workers, but they take better care of themselves. They have frequent warnings, and, if they are really wise, they heed them, and begin the physical exercises which their brains demand. Muscle-workers with strong physiques often disregard all the rules of health, and are suddenly stricken down with fatal fevers. A nervous temperament is a great disadvantage in some ways, and in those with weak wills may lead to inebriation or insanity. The brain-worker of nervous temperament may, however, live to a ripe old age, as he regards the danger signals that are so frequently flashed before his eyes. He must get out into the air and sunshine as often as possible, and renew his youth in healthful sports and exercises. It isn't brain toll that kills, but worry, stress, strain, and the failure to heed nature's warnings. The athlete who never thinks is as likely to die to an early grave as the thinker who never exercises. Both live unnatural lives, and must pay the penalty. During a long experience I have found that it is easier to command the muscles of a thinker than to develop the brain of an athlete who has never formed the habit of thinking. This does not mean that there are not many professional athletes who are thinkers. There are many such, and they are usually the leaders in their respective lines.

In men of nervous temperaments and sedentary habits, digestion is more likely to cause serious trouble than anything else. Nervousness impairs the digestive process, and food is not properly digested, poisons body and brain and increases nervousness. In severe cases of this kind, it is of course desirable to consult a physician, but they are simple and effective rules that will alleviate and may ultimately cure dyspepsia and indigestion. An important point is to take plenty of rest. At my Long Island physical culture farm 9 o'clock is bedtime. Light exercise, such as bag punching, or the use of dumbbells or Indian clubs, with deep breathing, should be followed by a cold bath. In winter, a room of moderate temperature, an immersion of a few seconds, followed by a brisk rubbing, will serve as a tonic that will strengthen and invigorate the whole system. I have known men who thought they could not begin work in the morning until they had taken a "bracer" to find the cold bath a perfect substitute. For extremely weak people of course, a cold bath may not be desirable.

POLICE ARE TIPPED TO THIS

Complaints have come to the attention of the police concerning the boldness of peddlers and canvassers in various parts of the city. The claims are that they not only generously push the bells and pound the doors but, when there is no response, try the doors vigorously in order to see whether they are locked. There is a suspicion that this may be a procedure of the gang of sneak thieves that have been roosting in Bridgeport lately.

WHY LIZZIE LEFT HOME

The complaint of John Nils of 195 Hallett street to the effect that his 16-years-old daughter, Lizzie, had left home and was living at a Central avenue address has been investigated by the police and information given John that any action rests with the prosecuting attorney's office. According to the report of Sergeant James Walker, Lizzie alleges that her father ill treated her and made home life so uncomfortable that she was forced to live with friends. No indications were found that she has been living otherwise than correctly.

LECTURE ON "THE AMERICAN REVOLUTION"

Professor Wayne Swartz of the Bridgeport High school will deliver a lecture on Sunday evening before the Polish club at the Republican headquarters on Fairfield avenue. He will speak upon the American Revolution, the history of battles and men connected with them as well as the significance of the war.

Superintendent Fred R. Johnson of the Department of Charities is in New Haven today on business connected with the department.

Fred W. Parker of 866 Maple street has complained to the police that a new house upon which he has been working near Helen street was broken into last night and carpenter's tools stolen.

Nathan Goodwin of 712 Pembroke street has complained to the police that last night's snow brought him ill luck, some wayfarer picking out a valuable rain coat from the stock displayed outside his store and walking away with it.

A Weak Back

Keeps many a hard working woman at home, away from her work, unable to stand on her feet all day. To them that suffer from a weak back we recommend:

The Cyrus Plaster

It will give relief at once and strengthen the weak back.

The Cyrus Pharmacy

Fairfield Ave. and Courland St.

irable unless given under competent supervision. Do not remain in the bath so long as to become chilly. If such a felling is experienced, the rub-down may be desirable. The rubbing should be done vigorously and as thoroughly as possible. Clean and warm clothing is essential. At meals, especially the first meal of the day, the food should be eaten slowly and well masticated, so as to give the stomach time to wake up. This process may be greatly aided by taking a cup of hot water, with a little salt added, thirty minutes before eating.

Men whose work takes them out of doors are likely to think that they do not need gymnastic exercises. When they need it as much or more than persons of sedentary habits. Take a postman, for instance. He walks many miles in the course of a day, and it is not to be denied that walking is an excellent exercise. Yet put that postman into a gymnasium, and set him to doing the most ordinary stunts, and muscles that he never knew existed will begin to tremble and protest. The man whose thoughts run only in one channel may become an authority on one subject, but if he does not occasionally give his mind a change of thoughts he will eventually be carried screaming away to the psychopathic ward. It's the same with exercise. A man who confines himself to one form of outdoor work or exercise may live to a ripe old age, and be regarded as a "goose to seed." Boxers in training for a hard bout never make the mistake of confining their work to bag punching and boxing. They take long walks and trots, toss the medicine ball, and go through all sorts of gymnastic exercises.

There would be far fewer industrial accidents and train wrecks if more factory workers, locomotive engineers, motormen, and such workers, engaged by the company, understood that while developing the whole body, also tend to give practice to the eye in the judging of distances. Basketball and baseball are good, and bag punching and boxing are excellent. Take trolley motormen. If you will stand on the front platform of cars that pass through crowded streets, you will observe that it is often the pedestrian only a foot or two, or even of inches, whether a car can pass. The motorman who is an accurate judge of short distances—and a good boxer and bag puncher—certainly will know just when he can squeeze past an obstructing vehicle, and, equally important, he will know when he can't. He will know instantly whether a pedestrian is passing in front of a car has given himself a safe margin or not. A motorman who has trained himself in this way will save much valuable time for the company, and, more important, he may save precious human lives.

The person who walks through crowded streets—and most people do, more or less—will also find that a sense of eye and accuracy in gauging distances is a time-saving as well as a possible life-saving quality. It never pays to be much in a hurry as to run risks in gauging in front of a vehicle or car. At the same time, many people are so timid and so inaccurate in judging distances that they lose much time in seeking to avoid dangers that do not exist.

CIT COURT CASES

Joseph Maseniski of 46 Green street, charged with manslaughter in connection with the death of his wife as a result of burns received from an exploding lamp, was held for the superior court by Judge Frank L. Wilder at today's session with bonds fixed at \$5,000. Attorney William A. Redden appeared for the defense.

Gregory S. Bryan did not appear to contest charges of operating an automobile recklessly, bonds of \$75 being forfeited. The bonds were recently reduced from \$500.

A plea of guilty was made in a continued hearing of charges alleging violation of the liquor statutes against John Chiota of 299 North Washington avenue and a fine of \$50 and costs imposed.

Charges of reckless driving against Louis Bantle of Colorado avenue, chauffeur for Jennings Bros., were continued until Monday on account of the non appearance of S. David of Greenfield Hill, a material witness. A capias was issued for David.

Continued non-support charges against Paul Toth were continued until Tuesday and John Kelly was fined \$5 and costs with three months in jail on charges of resistance to Policeman P. J. Corrigan at the railroad station last night. Frequenting charges against Bertha Swenson, Grace Smith and Mabel Brown in connection with the Royal Hotel case were postponed for a week. Michael Fernace was so ugly with the "morning after head" that he was given until Monday at the jail to sober up. Eugene Thompson, so intoxicated last night as to require the diagnosis of Dr. MacDonald to give assurance that he was alive, had judgment suspended as he was "very sick."

SUFFRAGETTE ARMY HIKES THROUGH SNOW

Newburgh, N. Y., Jan. 3.—Footsore but with courage undiminished, "General" Rosalie Jones and her suffragist hikers left Jones' Point at 8 o'clock today for Newburgh. They have a hard day's march ahead of them and passing through the state park, Fort Montgomery, Highland Falls, West Point and Cornwall, thence to Newburgh, takes them over two steep mountains, Old Crow Nest and Storm King. It was snowing when the company started.

LEAVES TRINITY TO BECOME SECRETARY

Hartford, Jan. 3.—The Rev. Cranton Brenton, who has been a member of the faculty of Trinity College, this city, since 1904, and professor of English language and literature since 1906, has been elected executive secretary of the social service commission of the Episcopal diocese of New York and will sever his connection with the college at the termination of the present college year.

E. H. DILLON & CO. 1105 Main St.

908 MAIN ST., Hartford, Conn. 10 RUE ST. OECILE, Paris Wholesale and Retail Leading Milliners

Table listing various fur sets and scarves with prices. Includes items like Black Fox Fur Scarves, Mink Muffs, and China Raccoon Fur Sets.

E. H. DILLON & CO.

YOUNG HEBREWS HAVE FLOURISHING SOCIETY

Election of Officers Tomorrow—Mr. Shinneman's Gift—Checker Tourney. (By Ben A. Beyer.) The Young Men's Hebrew Association will elect its semi-annual officers Sunday afternoon at 2:30 o'clock.

"JOE" ADAMS IS QUITE PENITENT NOW

Joseph Adams' attempts to enlist in the Salvation Army, passing of the hat and exhortation that, in order to gain salvation it is necessary to take at least two drinks of whiskey, resulted in his being arraigned in city court today on continued charges of intoxication.

QUAKER CITY NAUTICAL SCHOOL IS CLOSED

Philadelphia, Jan. 3.—The Philadelphia Nautical school, which for the past 24 years has trained young men for commands in the merchant marine, passed out of existence yesterday when the schootship Adams was returned to the secretary of war.

NEW HAVEN CHURCH TO HAVE NOON SERVICE

New Haven, Jan. 3.—Throughout the year Center church, on the Green, will open for noon service Wednesdays and Fridays, the pastor, Rev. Oscar Maurer, or some one as his substitute, being present to deliver a five-minute sermon.

Large advertisement for Wrigley's Spearmint Gum. Features a cartoon character and text: 'Stop This With WRIGLEY'S SPEARMINT', 'It brings smiles—saves digestion—preserves teeth. This inexpensive and long-lasting confection has deliciousness without disadvantage.', 'BUY IT BY THE BOX of most dealers—for 85 cents Each box contains twenty 5 cent packages.'

TAXICAB SEIZED, CITIZENS ROBBED, BY THREE THIEVES

Pittsburgh, Jan. 3.—The motorcycle squad and half a hundred policemen and detectives were searching the city today for the daring bandits who, after stealing a taxicab by a ruse last night, bound and robbed two well known business men of this city. The bandits seized their victims near their homes and threw them into the captured taxicab where they were held prisoners with the chauffeur. All were bound and blindfolded. About \$150 in money and jewelry were taken.

EMPLOYERS OF LABOR MUST FILE BLANKS

Hartford, Jan. 3.—Compensation Commissioner George B. Chandler said today that employers of labor in the state who did not notify the commission by January 1 of their decision not to accept the act are now too late as all such have automatically accepted it. Since December 31, Commissioner Chandler has received a number of refusals.

NEW HAVEN CHURCH TO HAVE NOON SERVICE

New Haven, Jan. 3.—Throughout the year Center church, on the Green, will open for noon service Wednesdays and Fridays, the pastor, Rev. Oscar Maurer, or some one as his substitute, being present to deliver a five-minute sermon.

THE SMITH-MURRAY CO.

January Sale Continues

AND MANY LINES OF GOODS BROUGHT FORWARD TODAY AND MARKED AT SALE PRICES. LOOK THROUGH OUR DIFFERENT DEPARTMENTS AND YOU WILL FIND SOMETHING YOU NEED AT A LITTLE PRICE.

WOMEN'S COATS, SUITS, WAISTS, WRAPPERS, KIMONAS, GLOVES, PETTICOATS, RIBBONS, LACES, WASH GOODS, DRESS GOODS, SILKS, HOSIERY, UNDERWEAR, COTTON UNDERWEAR AND CORSETS, ALL ON THE BARGAIN TABLE.

MEN'S UNDERWEAR, HOSIERY, GLOVES, LINEN, COTTON BLANKETS, FLANNEL SHEETING, SHEETS, BED SPREADS, TOWELS, NAPKINS, JEWELRY, LEATHER GOODS, ART GOODS, SILVER WARE, LACE CURTAINS, SCRIM, RUGS, HOUSE FURNISHINGS, CROCKERY, GLASSWARE AND TINWARE, ALL ON THE BARGAIN TABLE.

THE SMITH-MURRAY CO.

NORTH END RESIDENTS EXPLAIN THEIR NEEDS

Now in District and Expect to Receive Consideration. Before a meeting of the streets and sidewalks committee last night Nicholas Tesny, Jasper McLevey, Frederick Antone, John E. F. Jones and others from the North End Improvement Association urged improvements to streets in that section.

STUDIO THEATRE

State St. and Colorado Ave. TUESDAY, JANUARY 6

Al Ketchell and Red Allen In a Training Exhibition A REELS OF PATENT PICTURES Admission, 10c; Children, 5c

OLDEST MEMBER OF STATE ASSEMBLY ILL

Venerable Eli Weeks of Litchfield Suffering From Nasal Hemorrhage. Litchfield, Conn., Jan. 3.—Representative Eli Weeks, who was senior in age of the members of the House in the last general assembly, is ill at his home in Bantam, although no serious results are anticipated. Mr. Weeks had an excessive nose bleed on Thursday, following a hard cold. The hemorrhage was stopped yesterday but still shows a slight recurrence today.

AMMONIA WASTED BY COKE OVENS

Washington, Jan. 3.—A waste amounting in the United States of \$2,000,000 worth of ammonia is due to the practice of making coke in the Bessemer type of oven which does not admit the recovery of the distillation products, department of agriculture experts figure. From this ammonia there should be made the very ammonium sulphate, a valuable fertilizing material.

BRYAN WILL SPEAK AT MISSION MEETING

Kansas City, Mo., Jan. 3.—The total foreign missionary contributions of American Protestant churches for the last year was \$15,300,000, according to a statement made to the student volunteer mission by Campbell White, of New York city, general secretary of the Laymen's missionary movement.

THE WEATHER FORECAST

GENERAL. A well defined storm central this morning near Raleigh, N. C., is causing cloudy weather with rain or snow along the coast from Florida to Maine. Several places reported over an inch of rainfall during the last 24 hours. There has been a decided rise in temperature in the eastern part of the lake region and northern New England. At Canton, the rise in temperature in 24 hours was 42 degrees.

NEW HAVEN.

Snow, probably turning to rain this afternoon or tonight. Sunday clearing and colder.

STATE.

Snow or rain tonight, Sunday, local snows.

Automobile drivers should light their lamps tonight at 8:05 o'clock.

DR. W. J. COLGAN JOINS BELLEVUE HOSPITAL STAFF

Dr. Walter J. Colgan, son of former Superintendent of Streets John H. Colgan, has been appointed to the house staff of Bellevue hospital, New York city for a period of two years' service. Dr. Colgan, who is graduate of Georgetown university, class of '13, has recently passed with high marks the examination before the State Medical Examining board. Dr. Colgan did much post graduate work in hospitals at Washington and Baltimore and has also practiced at the New York Lying-in hospital.

KIDNAPPED EARLE CHILD RECOVERED

New York, Jan. 3.—The street in Norway of Ferdinand Pinsky Earle, the artist, and Mrs. Evans, reported in news dispatches from Paris today, ends a two months' search that extended over most of Europe, the United States and Canada.

POINTS OF INTEREST

Great January Clearance Sale of fine reliable fur scarves, fur muffs, children's fur toys, immensely reduced prices at E. H. Dillon's, 1105 Main street.

TRADE EDITOR DIES

Passaic, N. J., Jan. 3.—George W. Kitzinger, 65 years old, one of the pioneers in the use of sheet metal for architectural ornamentation and who was editor of the technical journal "Sheet Metal," died yesterday at his home here.