

VALUE OF HIGH AIMS.

"We achieve nothing in life," says a recent writer, "that is higher than the goal to which we aspire." There are some persons probably who will not agree to this view, but that is only because they do not understand how necessary it is to aspire to the best in life.

Business men, writing to the superintendent of the public schools as to the qualifications they expect in graduates of the high school, for the most part testify that they expect such graduates to be able to spell correctly, to write legibly and to have a knowledge of the common branches.

Captain Amundsen and his explorers have decided to eat Cochinella dates at the South pole, if they succeed in reaching that spot on their next expedition.

Berlin is compelling all Germans to turn in their foreign bonds and securities to the government.

The hottest part of a summer day is the afternoon. A working day beginning early in the cool morning and ending as soon as may be after twelve o'clock would avert many cases of heat prostration.

It never seems to have occurred to those who have worried so over the proposed censorship that maybe an American censor would use good sense.

The full horrors of war will not be felt in this country until frankfurter sausages, otherwise known as "hot dogs," advance to 10 cents.

At the same time, the sending of 1,000 American surgeons in advance puts a new slant on the glories of war.

If all grain is diverted to food purposes, we'll have to hand it to John Barleycorn for making the ultimate sacrifice.

Think of the American tourists that will flock to see the battlefields of Europe made famous by our soldiers.

What a lot of reminiscences we are going to have to tell our grandchildren when we get to garrulous old age.

Uniform dress for women is a silly fad without any justification whatever in economic efficiency.

In patriotism as in everything else acts and money talk louder than words.

Nature will do her best to provide a crop if you'll do your best to help it along.

Between stealing a kiss and begging one there is the middle ground of taking it for granted.

SIDEWALKS AND COLD GERMS

Relationship Between the Two Traced to Conditions Which Result in Getting Feet Wet.

That a close relationship exists between sidewalks and grip epidemics is asserted in Good Health by Martin Nevins. Grip and colds, says Mr. Nevins, are germ diseases. Germs are floating about us in the air. We breathe them in by the thousands.

"It is only when one thing or another disturbs our health equilibrium that the 'bugs' manage to gain a foothold in our system. It may be injudicious eating. It may be lack of fresh air, but most frequently it is some kind of exposure—getting the feet wet—that lays the fortress open to them.

"It is not at all hard to get your feet wet. And that is where the sidewalk comes in. The ordinary sidewalk is a right-hand assistant when you want a cold foot bath. It is built flat, without any slope to drain it.

The condition is aggravated if there occurs a natural depression in the sidewalk. The water runs into it and stands until it is dried or is frozen. The natural result is a harvest of grip epidemics, and any number of colds, bronchitis and lung troubles. And tuberculosis, too—this disease can often be traced to sidewalks, since it usually starts with some simple lung affection.

"We must stop building flat sidewalks and make them convex instead, so they will drain easily, and elevate them slightly above the level of the ground."

EFFECT OF MIND-WANDERING

Day-Dreaming With a Purpose Is All Right But Much Time Is Lost in Kind That Serves No Purpose.

Have you ever stopped to think how much time is lost in mind-wandering? How many times during the day do you let your thoughts wander from the main task at hand? And once a person's thoughts start wandering, how they skip from one link of recollections to another until a chain of wasted moments is forged!

Mind-wandering seems to be a general characteristic of the human race, but those who have succeeded in conquering the characteristic and concentrating upon the task at hand have been the men who have moved ahead in the business and professional world.

Day-dreaming is all right when the dreams are busy with plans for promoting business methods or with ideas for practical inventions—and when other work is not being neglected. The inventor of the steam engine, watching the steam in a kettle lifting the top of the pot and day-dreaming about what that power might be made to accomplish—was not wasting his time, but was advancing the human race.

Useful day-dreaming is all right, but mind-wandering should be relegated to the scrap heap.—Arkansas Democrat.

Well, Maybe So. A fiction writer is the hero of this story:

Last summer he was going through a particularly dangerous stretch of road in the mountain fastnesses of Kentucky. A cow, dazzled by the headlights, failed to get out of the road and the car smashed into her, putting the lighting apparatus out of commission.

The seven great tones of the Egyptian scale represented among the temple priests the planets of Sun, Moon, Mercury, Saturn, Jupiter, Mars and Venus. The scale mystically represented also the seven days of the week, the different keys indicated the gods and goddesses of the old time.

The tilted block of earth's crust. El Salvador is the smallest of the American republics. Its population of 1,700,000 is closely packed in its 7,275 square miles. It really is a tilted block of the earth's crust. Now and then the crust settles down a little, or rises a little more, and buildings crash.

Chamberlain's Colic, Cholera and Diarrhoea Remedy. Every family without exception should keep this preparation at hand during the hot weather of the summer months. Chamberlain's Colic, Cholera and Diarrhoea Remedy is worth many times its cost when needed and is almost certain to be needed before the summer is over. It has no superior for the purposes for which it is intended. Buy it now. Obtainable everywhere.—adv.

Many an automobile has to exceed the speed limit in keeping up with its running expenses.

Children With Normal Throats Less Subject to Infantile Paralysis

By Dr. HAVEN EMERSON, Commissioner of Health, New York City

I FEEL certain today that there will be no epidemic of infantile paralysis this year. Our ignorance a year ago as to the control of the disease was complete. We obtained the advice we could and gave wide publicity to it. We stated to the public that there was a new and serious disease among us and that we knew no way in which to control it. ALL DOCTORS WERE URGED TO STUDY THE DISEASE.

As a department have learned that there is no evidence that environment plays a part in the spread of the disease. Everything tends to confirm the theory that poliomyelitis spreads by personal contact like other diseases which are personal in their communication. Nothing was learned to indicate that unclean surroundings, dirt or bad air had anything to do with the communication of the disease.

IT IS APPARENT THAT CHILDREN WITH NORMAL THROATS ARE LESS SUSCEPTIBLE TO THE DISEASE THAN THOSE WITH ABNORMAL THROATS OR THOSE WHO HAVE HAD TROUBLE WITH ADENOIDS OR TONSILS.

Germany's Murderous Policy Drove Us Into the War

By WILLIAM H. TAFT, Former President of the United States

WHEN a man is on an American deck and under the American flag, a citizen of the United States, he is as much entitled to protection from the unlawful invasion of a foreign power as if he stood on the soil of the United States himself.

In view, therefore, of the murder of 200 citizens and the announcement of a policy to continue these murders, what alternative was there left open rather THAN A DECLARATION OF WAR BY THE UNITED STATES?

What is this nation against whom we are arrayed? The nation that has done these things is the greatest military power in the world. It is a nation with whom, if we engage, we are likely to lose a million men, and all that to resent the sacrifice of only 200 souls.

That, it is said, is a truthful discrepancy. Is it? It is if you look at it from a grossly material standpoint, but it is not if you understand what it means to consent to the murder of 200 of your fellow citizens because there is a powerful nation that you have to meet and overcome in order to vindicate your rights.

IT MEANS SUBMISSION TO ANOTHER POWER; IT MEANS GIVING UP THE INDEPENDENCE FOR WHICH WE FOUGHT IN 1776 AND THE PRINCIPLES WE MADE SACRIFICES TO MAINTAIN IN 1861.

Absence of Science the Underlying Cause of Russia's Ills.

By MAXIM GORKY, Russian Author

THE reason I have abandoned politics for cultural and artistic questions is that I have formed the conclusion that the evils from which Russia is suffering have as their first cause our painful backwardness in scientific and technical knowledge. To that may be traced the present political instability of which you hear so much.

In regard to politics I will merely deny the stories circulated abroad that I am an adherent of the faction which desires peace even at the price of Russia's destruction. I am accused of being one of the "Porabeneis," a new term of derision applied to that faction. My position merely is that I condemn all wars and expect the present WAR WILL BE ENDED BY THE COMBINED ACTION OF THE WORLD'S DEMOCRACIES.

As regards our internal condition, I advise you not to believe the talk about anarchy too readily. Undoubtedly anarchy exists temporarily, but its seeds existed long before the revolution.

WE MUST HAVE A POSITIVE CONSTRUCTIVE SCHEME FOR CURING OUR UNDERLYING ILLS. THE MEDICINE, I AM CONVINCED IS SCIENCE.

Constipation and Indigestion. "I have used Chamberlain's Tablets and must say they are the best I have ever used for constipation and indigestion. My wife also used them for indigestion and they did her good," writes Eugene S. Knight, Wilmington, N. C. Chamberlain's Tablets are mild and gentle in their action. Give them a trial. You are certain to be pleased with the agreeable laxative effect which they produce. Obtainable everywhere.—adv.

Job printing orders carefully and promptly executed at the Dispatch office.

QUESTIONS FOR TEACHERS

Following is the list of questions as prepared under direction of the state superintendent of public instruction and submitted at the county examination for teachers June 29 for elementary school certificates.

AGRICULTURE (Choose eight) 1. State how to test two elements often exhausted from soils are supplied. 2. Why is it necessary to keep the garden fertile? 3. Tell fully how to care for some young farm animal. 4. Mention some forage plants and tell the merits of each. 5. Why is the junior contest a good way to teach agriculture? 6. Describe a concrete lesson in fruit culture. 7. Discuss the choice of varieties (of any plants). 8. How are the objects to be attained by crop rotation. 9. What is a fair wage for a farm hand? Give reasons for your answer.

ARITHMETIC (Choose eight) 1. Explain as to a class the meaning and purpose of interest and the factors to be considered in computing it. 2. Show that there is a best order in which to introduce the addition and multiplication tables. 3. A vehicle going 15 miles an hour is followed after 40 minutes by another vehicle going 15 miles an hour. How long does it take the latter to come up with the former? 4. Iron stock was bought at 78 which paid semi-annual dividends of 8 per cent, 10 per cent, 20 per cent and 25 per cent respectively in the next two years. What average per cent was it earning on the investment? 5. A right angled triangular field contains 14 acres. One side measures 5.5 chains, (66 ft. equals 1 chain). Calculate the length of fence to inclose the field. 6. Propose and solve a word problem which requires compound proportion. 7. (a) Multiply 123 by 1796; (b) divide 67 by 74. Have answer correct to two decimal places. 8. A car is of uniform width of 3 ft. 6 in. A full length AB is 34 feet; but having a hopper bottom, beginning at E and C it tapers to a length of 10 feet. 6 in. or FD; it is 3 feet from A to E or B to C; EF and DC are each 15 feet. Find cubic capacity of car. 9. How much must a plow, costing \$9.20 be marked so that 10 per cent may be deducted from the marked price, and a profit of 20 per cent be made?

THEORY AND PRACTICE 1. Give an outline of the causes of disorder. 2. Why is a quiet school not necessarily a good school? 3. What subject do you like best to teach and why? 4. What do you do to improve the oral English of the pupils? 5. What are the best ways of inculcating morality? 6. Discuss the use of the school as a social center. 7. Give a summary of the compulsory attendance law. 8. What are some standards to be sought in written exercises? 9. What is the teacher's responsibility in respect to the health of the pupils?

HISTORY (Choose eight) 1. Compare the occasion and ultimate aim of the present war with those of two of our earlier wars. 2. What mistakes were made in the reconstruction of the southern states? 3. Tell the story of one of the great explorers and tell where to find a full account of his explorations. 4. What is the latest acquisition of territory to the United States and how was it secured? 5. Tell fully how national aid accomplished some internal improvement. 6. How much would you want your school as a whole to know about some great battle—say Chickamauga? 7. Give a bare outline of the relations of the United States from the time of its colonization with Great Britain, France or Mexico. 8. Name five American statesmen who were not presidents and state something promoted by each which shows his statesmanship. 9. Tell the story of one of the cases of internal disorder that have occurred in our country.

GRAMMAR (Choose eight) 1. In the sentence "The warrior bent his head" insert "only" in three different places and explain the effect on the meaning each time. 2. Give several sentences in which the subjunctive is used. Then reword each so that the meaning is practically the same without using the subjunctive. 3. After nouns such as "number" in what number is the verb used? After subjects connected by "and" or "or"? 4. Decline five pronouns. 5. Give four rules for forming plurals of nouns. 6. Analyze: It did not occur to her that he was one of her friends, the eyes, who probably would have very kindly manners. 7. Classify clauses and give four illustrations of each class. 8. What principles of narration or of description do you teach that the pupils may compare in their own writing? 9. What benefits came from the state essay contest?

PHYSIOLOGY (Choose eight) 1. Account for the growing emphasis upon clean living. 2. What facts about the teeth is it most necessary for the child to know? 3. What are proper sleep regulations for children? What is the purpose of sleep? 4. Show that the skin must be clean to perform its functions well. 5. Name and locate the organs of the nervous system. 6. Why do people get sea-sick? 7. Can total abstinence be urged on physiological grounds? If so, what are the facts that favor it?

WRITING 1. Why is it claimed that children should not be taught to write until they have been in school for some months? 2. Why is movement writing hard to bring about? 3. What points would you consider in determining the merits of a spelling? 4. How motivate the spelling lesson? 5. What are the chief sources of error in penmanship? 6. Name the group by the authors included in some particular group and justify the formation of the group by the authors themselves or by historians of literature. 7. Name two authors of this generation whom you consider great and state why. 8. Name five books of general literature that you have recently read and tell in a sentence what each treats. 9. Tell in not over one page the story of one of the following: Marston, Bittersweet, The Comedy of Errors, Pilgrim's Progress, Snowbound.

GEOGRAPHY (Choose eight) 1. Compare the use of canals in the United States and in Europe. 2. To what chief sources of wheat do our European allies look? Germany and her allies? 3. What are the chief commercial interests of some one of the South American nations? 4. Explain earthquakes as you would to an elementary class. 5. What are the principal results of prehistoric glacial action? 6. Write a paragraph on the value of winds. 7. Why are the people in temperate climates generally the most progressive? 8. Locate all cities of 50,000 or more in some one of the eight most populous states. 9. Why are there only seven railroads from the eastern seaboard to the central states?

Such a Language! To write right you must write it "write." To be sure that you don't write it "wright." There is only one way. To write "write" I say. And you're wrong if you write it "rite."

Shop by Mail at McKelvey's Postage Prepaid. IT PAYS TO BUY EVERYTHING AT McKelvey's THE BIG STORE. Youngstown's Quality and Service Store. Saturday Is the Last Day of THE DEPARTMENT MANAGERS' SALE. See Youngstown Papers for Details Of the Many Exceptionally Good Values. Deliveries by Automobile to Canfield Every Tuesday and Thursday. THE G. M. MCKELVEY COMPANY Youngstown, Ohio.

REBMAN Has No Competition. My Examination of your eyes is entirely different from all others in Youngstown. The people who know this are those who have tried otherwise without success. When your eyes go wrong—I will be pleased to consult with you. Use no drugs or poisons. Dr. Fred B. Rebman NEUROLOGIST 20 Years in Youngstown 402 Stambaugh Building Both Phones Central Square

War's Warning. The one lesson that Mars is teaching the Nations of Europe is "Economy." With famine, fire and the sword, he is forcing everybody to be saving. America must learn to stop committing the crime of waste. She must learn the lesson now voluntarily, or be forced to learn it in despair and misery. Begin your lesson now with a savines pass book. The Dollar Savings & Trust Company CAPITAL. \$1,500,000.00 Central Square YOUNGSTOWN, O. One idle dollar will start a savings account.

SINGER SEWING MACHINES RENTED by Week or Month at Very Moderate Rates. SOLD on the most liberal monthly payments. Old Machines taken in exchange SINGER MACHINES NOT HIGH PRICED COMPARISON SOLICITED. We sell Electric Motors for any Machine. Attachments and Appliances for Every Stitching Purpose. Needles for any Machine and the Best Sewing Machine Oil. Does your Machine need Repairs? Call, Write or Phone to Singer Sewing Machine Co., Inc. 15 North Phelps St. YOUNGSTOWN, OHIO.