

DEEP BREATHING DECLARED VITAL Dr. Dixon Gives Some Excellent Hints Regarding Taking Care of Our Health

State Commissioner of Health Samuel G. Dixon has given some excellent hints on taking care of oneself to the series he has issued in a little interview on deep breathing. The Commissioner points out the advantage from this practice and says that a well developed pair of lungs is worth having. The Commissioner says: "We are all familiar with the sense of exhilaration which follows a deep inhalation of cool fresh air. Our lungs respond to the stimulus much as the body reacts from the dash of a cold shower. "When we studied physiology in school we were taught that in the lungs the blood is purified—washed, so to speak, and the impurities removed and oxygen supplied. "If this purification of the blood is to be done properly we must have pure air to breathe and must take advantage of all of our available lung capacity. A slouching carriage when walking or a stoop-shouldered posture when sitting contracts the chest and seriously interferes with proper breathing. Avoid acquiring a stoop if your daily occupation is such that you must work at a desk or sewing machine. Stoop is responsible for faulty circulation of the blood and other evils beside impaired breathing. "Remember that your blood cannot be properly washed with half a lung full of air any more than you can take a proper bath in a few pints of water. Learn to sit straight and breathe deep. Twice a day, morning and evening, practice breathing exercises. Fill your lungs slowly and to their utmost capacity and then slowly empty them. "Many puny children through breathing exercises and physical culture have been developed into strong, vigorous men and women. "The One of the most efficacious barriers to consumption is a well-developed pair of lungs."

Full Military Honors Accorded Gen. Sickles

By Associated Press New York, May 8.—Funeral services for General Daniel E. Sickles were held to-day in St. Patrick's Cathedral. Full military honors were accorded the old hero. The coffin bearing his body was placed upon a gun caisson by the pallbearers from the Phil Kearney Post, G. A. R., and the funeral procession then moved up Fifth avenue from the General's home to St. Patrick's Cathedral escorted by the Twelfth regiment, New York National Guard, the Old Guard, Grand Army posts and a battalion of regular troops from Governor's Island. A solemn requiem mass was celebrated at the Cathedral, Monsignor M. J. Lavelle officiating. Late to-day the body will be taken to Washington for burial in Arlington.

60,000 MEN NEEDED; ASCENT ON CAPITAL

(Continued From First Page) Huerta government and the United States at Niagara Falls, Canada, May 18.

Want to Be Prepared Army officials to-day were anxious to make no move that might embarrass the progress of preliminary negotiations. However they were known to be desirous of preparedness for any eventuality. Army officers feared the situation at Vera Cruz might become desperate in the event an additional force would be sent down the East coast coast not to reinforce the 7,000 troops and marines under General Funston if there should hold the city proper, it would be to protect positions outside the town up to the site of the water works, more infantry is believed to be required. Whether additional forces would be sent down the East coast coast not to reinforce to-day. The President and Secretary Bryan are believed to oppose any military activity at this time that might embarrass the South American envoy.

Try to Confirm Murders Outside the continued heavy fighting at Mazatlan there were no reports of additional rebel aggression. The three main constitutional armies were preparing for the next blow in their campaign while Carranza moved his seat of government from Chihuahua to Torreon. Villa, rebel chief, has information appears on a statement of the embargo on arms at Rio Grande ports. Officials to-day sought additional information of the reported killing of two constitutional army officers in the subject in Guadalajara. Confirmation of the reports was lacking. That rumor was the only news of lawlessness in Mexico's interior, although the fate of Admiral Cuatrecasas, reported to have been arrested near San Luis Potosi, still caused uneasiness. The exodus of foreigners from Mexico City continued. Six hundred American engineers are being sent to Puerto Mexico under the protection of the Brazilian flag. Nelson O'Shaughnessy's report submitted to Secretary Bryan was an interesting feature in the day's development. It was believed the American charge would outline to Mr. Bryan the strength of the Huerta regime, and tell of the incidents that culminated in receiving his passports from the provisional president.

Reply to Complaints Essentials of the American policy in Mexico, up to the present time, were reiterated to-day in a statement by Secretary Daniels, replying to complaints against the withdrawal of United States warships from the river at Tampico, and to criticism of the department's refusal to take some refugees back to Tampico after they had been removed from the danger zone. The statement declared that the department had considered as its present duty the prevention of loss of life and the rescue of foreigners and Americans in peril. The protection of property beyond range of the navy's guns was next to impossible, he declared. "But as far as has been possible the navy has endeavored to cool the enthusiasm of an excited populace by the sight of the visible power for reprisal that is displayed by the guns of our warships. It is to-day in practically every port on the east and west coasts." Secretary Daniels' statement explained that when the occupation of Vera Cruz was declared upon, the American warships at Tampico were ordered to reinforce Admiral Fletcher's

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leaguered city, exposed to constant attacks from the outside from a continually augmenting enemy. The Constitutional forces, according to all reports, are gradually increasing in numbers in the territory around about. Whether our efforts at mediation fail or are successful, whether a satisfactory peaceful adjustment of our difficulties is achieved or not, it would seem to be obvious that Tampico and its surroundings will not be safe for foreigners of any kind during the coming death grapple between the Constitutionalists and Federalists. "If property owners choose to return to Tampico, risking their own lives and the lives of their families, it does not come in our power to stop them. To deliberately send them there would place upon us the responsibility of their safety. It is difficult to see how any one could reasonably expect us to assume such an awful risk."

AMUSEMENTS "WITHIN THE LAW" Lovers of good plays and fine acting are certain to welcome the announcement that "Within the Law," Bayard Veller's absorbing melodrama of modern American life, which is the current dramatic sensation in New York and Chicago, is to give a return engagement at the Majestic Monday evening will be "Peg O' My Heart," Lauretta Taylor's perpetual success that is now entering into its second uninterrupted year at New York's Cort Theater. The play, by J. Hartley Manners' and termed a comedy of youth, is produced under the direction of Oliver Morosco, and is said to be one of the prettiest and

every class of theatergoer.—Advertisement. JULIA SANDERSON IN "THE SUNSHINE GIRL" Julia Sanderson, Charles Frohman's newest star who comes to the Majestic to-morrow in "The Sunshine Girl" was born in Springfield, Mass., and is the daughter of Albert Sackett, an old time stock actor. Miss Sanderson is in the early twenties and is said to be the youngest musical comedy star on the stage to-day. "The Sunshine Girl" is said to be the daintiest musical comedy of many years. Its dancing talent includes in addition to the star, Julia Sanderson, who is one of the most graceful dancers on the American stage, Flossie Hope, who has danced here with Montgomery and Stone on different occasions; Alan Muddle, who will be remembered for his graceful tripping in "The Arcadians" and "The Siren," and an English dancer, Fred Leslie, who does the famous Argentine Tango with Miss Sanderson. Joseph Cawthorn featured comedian with Julia Sanderson in "The Sunshine Girl" was last seen here as co-star with Elsie Janis in "The Slim Princess." He is famous for his comical and of course plays that instrument in "The Sunshine Girl." He played the concertina with Patti Rosa twenty years ago.—Advertisement.

cleanest comedians seen on the stage in years. It does not deal with the social evil in any degree whatever. The story concerns a young Irish-American girl who has been brought up in poverty and who is suddenly transplanted to the home of unknown and aristocratic relatives in England. Her unfamiliarity with the ways of high society gets her into all sorts of trouble and leads to numerous comic situations. There is an abundance of clever wit and a beautiful comic situation. There is an abundance of clever wit of a beautiful love story. The cast includes the following well-known players, Elsie Ryan, Dorothy Hammond, Fanny Addison Pitt, Wilda Mari Moore, Henry Stanford, Lewis Broughton, Gilbert Douglas, Frank Burbeck and Roy Cochrane.—Advertisement.

Werner is dead, after having educated Oscar in his evil ways. Oscar, who is unaware of his noble parentage, loves Lysbeth, the dead thief's daughter. There is a \$1,000 police reward on Oscar's head, and Lysbeth, who knows the secret of his birth, determines to earn it by telling his father, the Duke of Tyndal, of the disgrace which impends. The Duke of Tyndal determines to keep Oscar a lifelong prisoner in a dungeon in his castle. Oscar is drugged and awakened to find himself a prisoner in the dungeon. A trusted servant carries food to him every day. Years pass and the Duke is dead. He has not revealed his secret to his other son, Norman, a scientist, who is the twin of Oscar. The Duchess of Tyndal's curiosity is aroused by the mysterious conduct of the old servant in carrying food to the prisoner, and determines to solve the mystery. She liberates the prisoner, thinking him to be her husband. Oscar nearly strangles her and after struggling with the old servant, overpowers him and hurls him over the rail of a bridge into the water below. Oscar, revengeful, goes to Lysbeth's home and throws her out of a window. In seeking him the police enter upon a storm case. Oscar runs into the servant of his brother Norman. The servant tells the police that it was the Duke who had knocked him down. Oscar, overcome by remorse, jumps in front of a train, and is killed. Seeking to find Lysbeth's murderer the police go to arrest Norman. All is quickly explained by the servant who is brought in half dead after his fall. Augustus Carney and Louise Glauin will also be shown in "Universal Has His Ups and Downs," which is heralded as an exceedingly funny and amusing comedy of a very amusing nature. "The Family Mix," a Great Northern comedy of refined humor will also be shown. The Animated Weekly showing you the important news of the world.—Advertisement.

AT THE COLONIAL What clever "kiddies" are the Six Sunny Songbirds, in songs, dances and frolic at the Colonial for the week-end. Everyone of these children, some of them only tots, are singers and entertainers of marked ability and are more clever than many grown-ups we have seen. They possess good voices and harmonize beautifully in a number of the late songs, they do some original dancing, conceits including the much-discussed tango, and enter into the whole with a dash and go that makes one believe they are enjoying it as much as the audience does. They are "cute" children, nice appearing and pleasing and their act is one of the best juvenile features ever seen on a local stage. A duo of clever singing comedians and a real, live Sioux Indian contribute the other features of the bill.—Advertisement.

PALACE THEATER At the Palace to-morrow "The Dungeon of Steel," a three reel drama will be shown. In the drama Werner, a criminal, kidnaps Oscar, son of the Duke of Tyndal. Twenty years later

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