

HEALTH HINTS.

A. J. Booker, M. D.

There are people in the world whom it is impossible to insult. Their hides make armor plate look like tissue paper in comparison. They usually get a little money, because there is a large class which likes to help the meek. But there is a middle ground between the thick-skinned and the thin-skinned, who are always looking for and finding rebuffs.

No worse calamity can befall a set of people than to be taught that they are to be objects of ill treatment and rebuffs. The worst things we can do for children is to make them sensitive and have them look for slights.

It grows upon them and unfits them for their place in the world. As time goes on all of us will get knocked enough without anticipating them. Negro children in school ought not to be encouraged to stand apart and look for acts of discriminations on the part of teachers and pupils. Reading and writing is almost a small part of life; the great big thing in life is to take your place in line and help with the world's burden; no man can do much alone; he must learn to work with others. It is in school that the first and most important lessons of this kind are learned. All children ought to be taught to get into the game of life early; the end of our efforts should be a hearty participation with everyone in everything for good.

It is this idea of democracy which makes the school life of America so wonderful, teaching people to get accustomed to work alongside one another. There is absolutely no justification for a free mixed school system if the children are to divide themselves into clans. It is this idea of democracy which makes for the abolishment of the fraternities in public schools. If parents do not help children grasp this vital point we are losing one of the greatest means at hand to help solve the great race problem. Too often are children made hypercritical by being encouraged at home to believe that everything is done to them on the lines of their being black. There should be a closer relation between parents and teacher. It helps a child wonderfully when parents show an interest to the teacher by going to the schools and getting information first hand.

Many a meek, doe-eyed, soft talking child at home is transformed into a devil incarnate at school, and because of this natural duplicity they get sympathy at home when they need a strap.

Every minister ought to let the kingdom of heaven rest for a day and tell the people what a wonderful opportunity for weal or woe we have in the manner of their attitude toward the school system and the views they instill in the children. All the clubs ought to stop discussing Shakespeare for one meeting and see what the inside of the school is like.

Put it any way you please, the white children are forming impressions of the Negro race from contact with Negro children and vice versa. It is these impressions of early life which are going to last and upon them will condition be better or worse when these children become the masters of conditions as men and women.

Whatever your views may be, don't make the children thin-skinned and think that all the problems of life are bound in colored skins.

Sleeplessness.

A good remedy for sleeplessness is to wet a towel and apply to the back of the neck, pressing it hard up against the base of the brain and fastening over this cloth to prevent too rapid evaporation. The effect will be prompt and pleasant, cooling the brain and inducing a sweet and peaceful slumber. Warm water is better than cold for the purpose. This remedy will prove useful to people suffering from over-excitement of the brain.

When you feel any temptation...

"When you feel any temptation, 'somin' along," said the friend and adviser. "You must say: 'Get thee behind me, Satan.'"

"De's what I done said," answered Mr. Erasmus Pinkley, "an' den I 'magines I hysas Satan answer me back: 'De's all right. We's both gwine de same way, now, an' it don't make no difference to me which leads de succession.'"

Syphilis and Blood Diseases

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When the nervousness is caused by constipation, as is often the case, you will get quick relief by taking Chamberlain's Tablets. These tablets also improve the digestion. Obtainable everywhere.

Would you be so kind?

Crawford—Do the deb know how the other half live?
Crawshaw—After taking their money from them they must be able to form some idea of how they are compelled to live.—Dinky

Subscribe for the Bystander.

Rare Washington Portrait.
A rare and curious mezzotint portrait of George Washington in the library of the late Lafayette S. Richardson of Lowell, Mass., was auctioned off last year in Boston. It is entitled "George Washington, late president of the United States of America, etc." and was published March 14, 1891, by J. Hinton Lindon. It is a small folk and is colored by hand. It looks as much like George III. as it does the Father of His Country. Baker, who wrote the "Engraved Portraits of Washington," says that only one impression of this mezzotint has come under the notice of the writer. It was in neither the Clarkson nor the Carson sale of Washington portraits.

Insist on Yellow Flour.

Charles Christodoro, an expert on flour and grains, sounds the keynote of the new situation brought about by the bleached flour decision when he says in a communication to the editor commenting on the bleached flour decision: "The housewife will now insist on yellow tinted or creamy flour and will learn to realize that a natural flour very white can in no manner compare with the creamy or yellow flour in so far as gluten and muscle building values are concerned."
"As flour sells at 85 to 90 per cent. of the large flour mills of the country were using this bleaching process, the decision is far-reaching."—National Food Magazine

For That Dull Feeling After Eating.

I have used Chamberlain's Tablets for some time, and can testify that they have done me more good than any tablets I have ever used. My trouble was a heavy dull feeling after eating.—David Freeman, Kempt, Nova Scotia. These tablets strengthen the stomach and improve the digestion. They also regulate the liver and bowels. They are far superior to pills but cost no more. For sale by all dealers.

PROBATE NOTICE.

Order. Probate number 9484.
Probate number 9484.
Notice to the unknown surviving spouse and heirs of Maria Mash, deceased, and to the unknown claimants of, in and to said decedent's undivided one-third of the real estate herein-after described:
In the district court of the state of Iowa, in and for Polk county.
In the matter of the estate of Maria Mash, deceased; L.M. Grimes, administrator.

This matter comes up on this 5th day of December, A. D. 1916, upon the application of the above named administrator for an order of court authorizing him to sell the undivided one-third interest of said decedent in and to the following described real estate:

Five (5) acres more or less formerly owned by Charles Mash, also spelled Charles Mash, being the same person, formerly her husband, and who pre-deceased her, specifically described as the north half (n¹/₂) of the northeast quarter (ne¹/₄) of the southwest quarter (sw¹/₄) of the southeast quarter (se¹/₄) of section thirty-six (36), township seventy-nine (79), north range twenty-five (25), west 5th p. m., Iowa, for the purpose of raising money with which to satisfy the debts and charges against the estate of said decedent, and the court finds that so far as known said decedent, Maria Mash, left no spouse surviving, or heirs, and that if said decedent left any spouse or heirs their names are unknown to said petitioner, L. M. Grimes, administrator of said estate and unknown to the court; and that he, the said administrator, has sought diligently to learn the same.

Therefore it is ordered, considered and adjudged that said application of said administrator be and it is set down for hearing for the 20th day of January, 1917, at 9 o'clock a. m. of said date and that notice thereof shall be given to said unknown spouse and

heirs, if any, of said decedent, and to any unknown claimants to her said undivided one-third interest in said premises by publication of a copy of this order for four successive weeks in some newspaper published in the city of Des Moines, Polk county, Iowa, to be designated by the clerk of this court, and the court hereby approves the form of this order for the purpose of such notice.

Hubert Utterback, Judge.
I hereby designate the Bystander in which the foregoing notice and copy of court order shall be published.
A. E. Mahan, Clerk of the District Court in and for Polk County, Iowa.
By J. E. O'Brien, Deputy.

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The line may be busy, (1) because some one is using the telephone called, (2) because another person on the party line called is using their telephone, or (3) when some one else is trying to get the number at the same time you are.

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