

SOUTH BEND NEWS-TIMES

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CONE, LORENZEN & WOODMAN
For-ign Advertising Representatives. Advertising Building, Chicago

SOUTH BEND, INDIANA, JULY 1, 1913.

WHY YOU ARE HOT.

In hot weather when people should give more attention to their diet and the care of their bodies they seem to be most neglectful and reckless of consequences.

The greatest sin against summer comfort in the matter of food is meat eating. Meat is a doubtful necessity at any time and known to be harmful if eaten in large quantities in summer.

In place of meats vegetable soup, made from meat stock, should be used, particularly at the noon meal. Many will throw up their hands at the suggestion of hot soups, but it is because they are not acquainted with the toning effect of a hot soup.

The stomach is the important thing at any time, and particularly in summer. Hot soups help to keep it in tone and to counteract the effects of the quantities of cold and otherwise harmful liquids poured into it.

The city water in South Bend is cold enough to be refreshing and is as cold as should be taken into the stomach. Within the bounds of reason one cannot drink too much of it.

Hot nights those who are not so fortunate as to have sleeping porches find their bedrooms uncomfortable. This can be obviated to a considerable degree by sponging the body with cold water before retiring and not drying it or merely mopping off the surplus.

Many simple expedients of this kind may be resorted to for relief from heat, and that is all that can be done. The hot weather is here to stay until it runs its course.

Drink strong foods. Drink alcoholic beverages. Drink iced liquids. Dress unbecomingly.

Neglect to bathe frequently. Unnecessarily expose themselves. Sit around and sweeter and complain when they would be more comfortable and contented if reasonably busy.

Frequent the hot business district at night when they might be comfortable at home or in the parks. Rush around catching cars in pursuit of amusement.

THE OPPORTUNITY AND THE MAN.

The suggestion, expressed by The News-Times, but obviously a product of events, that Fred Miller shy his motor car into the mayoralty ring should afford the opportunity he presumably desires to put in practice the peculiar idea he has long entertained as to the manner in which South Bend should be run.

plans of procedure and rules of conduct he has never succeeded in obtaining from perverted public sentiment the indorsement he doubtless feels he merits.

We pause to smile at the prospect presented. We witness the ascension of the triumvirate, which could stand almost anything but that. We see the expression on the countenances of the republicans who have been deserted in their hour of direst need.

And yet here is the opportunity for the man who by his own confession knows best how the affairs of the city should be conducted, and who will not deny that he has drawn from his own personality his ideal of what the mayor of South Bend should be.

AT GETTYSBURG.

Memory and the imagination will have full play at Gettysburg for the next few days. For the old soldiers of both armies memory will work her spell.

The positions of the opposing armies as they were disposed on the three days of the battle are plainly indicated by the markers erected by the government. So far as the movements of troops are concerned they can be followed accurately, but except for those who can summon memory to their aid or conjure the battle lines in their imagination the spaces will not be filled.

The field sleeps peacefully beneath the summer sun. The roar of battle is stilled, the voices of combatants are hushed. The armies that fought and maneuvered are ghostly hosts. Only memory, the pictures of the imagination and a few straggling survivors remain.

Soon the last survivor will have departed, memory will fade and history alone will tell the story, history as written in the books and as engraved on the markers at Gettysburg and on the gravestones of departed heroes.

BACK TO FIRST PRINCIPLES.

We say, many of us, that we admire an upstanding person, one with the courage of his convictions. What we mostly mean, isn't it, is a person with the courage of OUR convictions?

WANTED—The woman who has been doing my washing has gone back on me; I must have a wife at once; would like a white woman, between 25 and 35 years of age, a maiden, who has not even given herself to any so-called Christian societies, or will forever renounce same and give herself up entirely to love, respect and obey me, while I love, cherish and protect her; my judgment always to be final and complete.

Yet ought we not to think well of a candid soul who, being old-fashioned and "set" in his notions, proceeds frankly to live up to them? If Erwin were a lord or duke instead of only a homespun Pennsylvania farmer, the chances are he'd have a raft of applications, the washing notwithstanding.

As it is, we wonder. Yet who was it called woman the riddle of the ages? Maybe this plain way of wooing will prove effective.

We've a lot of faith in truthful advertising. The announcement of the death of Rear Admiral George Brown will be read by many without a second thought, but if it had occurred fifty years ago it would have caused a sensation.

Eikhart furnishes another instance of the interesting circumstance that no one is ever driving his motorcycle or automobile more than eight miles, an hour when an accident happens.

Cleaning up the city has reduced the output of flies, but the pest is not extinct and will quickly reinforce its

numbers if the fight is not persistently continued.

Isn't it straining a point to quote Apostle Paul as an advocate of woman suffrage? The last we heard from Paul he was telling the women to keep silence in the churches.

The woman political boss has made her appearance in Chicago, and we are advised that "the female of the species is deadlier than the male."

With the men stifling their pride and removing their coats at church may we hope that sometime the women will take off their hats?

Perhaps we have been dull not to see all along that Editor Miller is the logical candidate of the "citizens" ticket.

Sylvia Pankhurst is trying to make herself more of a nuisance than her mother, but she has assumed a big task. We view with pleasure and pride all broken records but those of heat and disaster.

From now on we're going to take more interest in this lobby investigation.

Our last word to Jack Johnson is that we hope he'll like it over there.

Spiritualists can no longer claim exclusive rights on the stunt of materializing the invisible.

We are expecting to hear the colored remark, "I told you so."

Goodby, June. We'll try to stick around until you get back.

STATESMEN REAL AND NEAR

BY FRED C. KELLY.

WASHINGTON, July 1.—It was not until he was part way through his first term in congress that young Mr. Simply A. W. Lafferty, of Oregon, discovered that he had overlooked a bet.

Some time after the book had gone to press, Lafferty learned of his mistake. It is not necessary to limit one's self to a mere handful of biographical data. One is permitted to go right ahead and tell the whole truth.

It is none of our business, but what comfort the populace finds perching on the court yard wall and loitering about the business center on a hot Sunday night is beyond our powers of perception.

"ABUSED Mother to be Quartered."—Newspaper headline. Presumably she was first properly drawn.

A MEMBER of the laity writing to the press advises the job-seeker never to go in quest of employment with an empty pocket, if possible to "line your pocket" with a \$20 bill borrowed from a friend for the occasion," writes this philosopher.

Money in the pocket is courage in the heart.

Where He Belonged. Sir: Billy Sunday sharpened his points with a good many telling stories. I was heartily in sympathy with all I heard or read, with one exception. You recall it—a mother

would say, "and you'll hear something funny."

Then he would call in still another man off the street and ask him: "John, what is your opinion of Billy So-and-So?"—Billy being the man hid under the box.

Nine times out of ten the man asked would say something to make the man under the box fight mad. Then the latter would scramble out from under the box and endeavor to knock the other fellow's face out of kelter.

Rep. Seldomridge, of Colorado.

How to Dodge Lockjaw on the Fourth---And Any Other Time

DR. LEONARD KEENE HIRSHBERG, M. D.

There are three ways to avoid the lockjaw that reaps its annual harvest after the Fourth of July.

One way is by not using explosives on "the day we celebrate". Another is by cutting open widely the wound and cauterizing every nook and cranny of it to its utmost recesses with carbolic acid.

The best method of all is by injecting lockjaw antitoxin into the tissues immediately.

Tetanus antitoxin is an absolutely certain preventive if the patient is inoculated within one or two hours after the injury is received. It destroys the toxins or poisons that are spread through the system by the tetanus bacilli, and which, if unchecked, paralyze the nerves and stiffen the joints of spine and jaw until death results.

No other virulent organism is more widely distributed in nature than the tetanus germ. It is found in the litter of every barnyard, and in the dust of every city street. The prongs of every pitchfork harbor it and it is in the earth of every field and flower garden. It has been found in dirty clothes, on shoe soles, in gutters, on the surface of fruit, on pocket knives and even in sea water.

But this bacillus, though well-nigh omnipresent, is far from vigorous. Sunlight and fresh air are its chief enemies. It is also easily killed by most of the common antiseptics.

When the bacilli are introduced into a wound, the body makes an effort to combat them and prevent their entrance into the blood-stream.

If the wound is an open one, into which light and air may enter, the bacilli are killed soon and their dead bodies are expelled.

But in case the bacilli happen to get into a deep or ragged wound, they increase rapidly and begin to send their toxins into all parts of the body.

This is what often happens on the Fourth of July when some luckless small boy wounds himself with a toy pistol. The powder makes a ragged, confused wound, and drives into its depths the tetanus bacilli that happen to be living in the grime upon his hand.

THE MELTING POT

THE CANDIDATE.

A man can run for office if he likes in this country. He can pose as a reformer. Or for party policy.

He may believe he's gifted. Wit ha genius for control. He may hear a call unuttered. His virtues to extol.

He may think himself the choice. Of the eager populace. And hold himself the only one. The job to rightly grace.

But there are others, he'll find. And things not what they seem. Contingencies that arise. To dissipate his dream;

What was so sure at first, he finds. Alas, proves shifting sands. And when the fireworks go off. No telling where he lands.

IT is none of our business, but what comfort the populace finds perching on the court yard wall and loitering about the business center on a hot Sunday night is beyond our powers of perception.

It is as if we had no parks or no country roads within a mile or two of the sunbaked pavements where the hot might cease from sweating and the weary find rest.

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A MEMBER of the laity writing to the press advises the job-seeker never to go in quest of employment with an empty pocket, if possible to "line your pocket" with a \$20 bill borrowed from a friend for the occasion," writes this philosopher.

We recognize a great principle involved in this advice. It is the principle of self-dependence. The feel on silver in the pocket, the consciousness of banknotes in the wallet give confidence. To the extent of the purchasing power of the fund on hand the possessor is independent of jobs or sympathy. He need not cringe before the employer nor accept any terms the latter may choose to give. We might coin a phrase:

Money in the pocket is courage in the heart.

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would say, "and you'll hear something funny."

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Rep. Seldomridge, of Colorado.

used to work on a Denver newspaper, and his first assignment was to go and get an interview from Jay Gould. It didn't take him more than a week to write all Jay told him.

Rocky was on the job. With his

BY UNCLE SAM'S HEALTH BUREAU. Eat only plain, unseasoned food, unless you know it's life history. Housewives should use their eyes and noses on everything they cook before feeding it to the family.

eyes on the ball, he streaked it out to deep left. Clear out onto a plain- ing over the river he ran, he made a desperate stab for the ball, he got it and—into the river he went.

High-Grade Trade-In Cars Sold for Less Than "Cheap" New Ones

WE HAVE scores of high-grade cars, such as the Stoddard-Dayton, The Peerless, Lozier—and others that were taken in exchange for our Premier Sixes—which we are willing to dispose of without profit.

We Will Pay Your Railroad Fare to Chicago and Return should you decide to buy. When writing, ask for 1913 Bargain Bulletin and tell us when you will arrive so that we can meet you at the depot.

Quality Car Co., Chicago (Used Car Dept.) Address Mail to Office 2329-31 Michigan Blvd. Cars on exhibition at salesrooms—1462-64 Michigan Boulevard.

Keep Your Store Cool

Everybody is hunting the cool spots, and the merchant with a comfortable store is sure to get the trade. Make your business place a pleasant place for customers to spend their time. It is the best kind of advertising.

Electricity Will Do It

Electric lights give off no heat, smoke or odor. No matter how low the ceilings, or how small the room, the air in an Electrically lighted building is always fresh and wholesome.

Indiana & Michigan Electric Company

220-222 West Colfax Avenue