

SAYS DRINK HEARTY

But Dr. Ravens Offers to Water— Says Its Healthy.

The value of a pure water supply cannot be over-estimated, declares Dr. M. P. Ravens of the School of Medicine of the University of Missouri. The body is more than two-thirds water, which in a person of average weight—say 150 pounds—amounts to 100 pounds, or 10 gallons, of water. This water is constantly being excreted by the breath, by the perspiration and by the urine, and must be replaced. The loss of one gallon of water from the body greatly endangers life, while the loss of one gallon and a half is certainly fatal.

For the average individual, not engaged in physical labor, from three to four pints of water a day are sufficient, apart from what is taken in food. In hot weather, especially when active exercise is indulged in, this amount must be considerably increased. Six and a half pints of water is an average daily consumption for men engaged in active labor.

The amount of water lost daily through the skin and lungs is about one pint and a half, while from two to three pints pass off through the kidneys. Persons eating an abundance of fresh vegetable do not require so much water to drink. Rabbits when fed on green vegetables do not drink water at all.

Water for drinking should be cool and should be taken slowly. Ice-water is an American habit. The American also drinks rapidly, swallowing the water "whole," so to speak.

Thirst may be quenched by a moderate amount of water taken slowly and allowed to circulate around the

tongue before swallowing. We recognize "habit thirst" and "necessity thirst." Necessity thirst does not come on, as a rule, until more than a quart of water has been lost from the body, and with the coming on of "necessity thirst" some inefficiency of muscular action is always observed.

Water may be taken with meals, but it is a pernicious habit to wash down the food with mouthfuls of water. This leads to over-eating and lack of chewing. It is needless to add that water must be pure, as water polluted by sewage is the chief means of spreading typhoid fever and other intestinal troubles.

Another American habit is the use of soft drinks. When taken in moderate quantities, there is no objection to the average soft drink, but as a rule they are taken ice-cold and in immoderate quantities. Most of them contain sugar in variable amounts, which has the effect of increasing thirst.

While an abundance of fresh water, especially in hot weather, is necessary, it must never be forgotten that the drinking habit can be overdone. Too much water produces gastric acidity and interferes with digestion. If the kidneys and the heart are not in perfect condition, the excessive amounts of fluid may seriously embarrass these organs.

AT THE THEATERS

HALL: Tonight and Thursday. With Dorothy Dalton playing three distinct roles and the scenes of the action varying from the upper stratum of Parisian life to the Indian jungle, "Black is White" promises novel entertainment.

Miss Dalton portrays the faithful, retiring wife of an unreasonably jealous husband, a fragile invalid, and the dashing adopted daughter of a French nobleman. Each delineation is said to be distinct and a tribute to Miss Dalton's prowess as an emotional actress.

There will also be shown a Bray comic and "Topics of the Day."

THE CANADIANS HATE THE UNITED STATES

Feeling Toward Yankees Based on Part United States Played in War.

HEARST IS DISLIKED ed on Part United States cricans May Cause Serious Trouble.

"Feeling against the United States is surprisingly intense in Canada. If Canada should ever get one hundred million people and the feeling against 'the Yankees,' as they call us, should 'be as it is just now—well,' Stanley Andrews, caught himself and did not finish the sentence. He returned yesterday from three months spent traveling through Alberta and Saskatchewan and Manitoba in Chautauqua work. In that time he has come in contact with the leaders of thought and opinion in cities and towns of the middle-western and western provinces of the Dominion.

"Canadians have little use for Americans now. The thinking people seem to be as bitter, or more so, than the average citizen. They cannot understand our staying out of the war for three years. They charge us with being braggarts about the part we played in ending the war.

"Speaking of ending the war, I'll tell you a peculiar incident that I remember. It is one of hundreds. First, you must understand that every town and village in Canada lost from five to one hundred and fifty men in the war, besides the hundreds who have come back crippled and maimed.

"A short time ago two men calling themselves citizens of the United States came into Canada from Minneapolis on the train. On their coat lapels they wore buttons with this legend printed on them:

We Did It In a Year.
"I thought the Canadians were very moderate in their treatment of the men. They merely put them off the train!

"Canadians do not understand the United States. They hate the Hearst press with a thorough-going hatred and they believe, many of them, that the Hearst papers express our views. Last June, while the national conventions were the topic of news the Winnipeg Evening Tribune published an editorial proving conclusively William Randolph Hearst would be the next president of the United States. Canadians generally believe that the United States' opinion and attitude on the Irish and the European question is the opinion held by a few Irish agitators and reactionaries in New York.

"There is a current joke going the rounds that gives an idea of Canada's estimate of our part in the war. I heard it in every theater I attended, in hotels and on the trains. It goes like this: 'Why is the doughboy of the States like a loaf of bread? Because he was needed in 1914 but didn't rise until 1917.'

"The rate of exchange which give the Canadian dollar a value of 24 cents is not popular. When I was leaving Canada I went to the ticket window to get my reservation, I had had my money changed into United States coin. The man back of the wicket

refused to honor the difference in value. 'It's a shame to let good American money go at that rate,' I said, jokingly.

"Canadian money is just as good as yours" that man back of the wicket said angrily. I brought the liberty of the world."

"I didn't argue the matter out with him. There would have been a fight in on time and I might have wound up in jail. They are touchy about the difference.

Andrews said that Canada will have a bumper wheat crop this year. In Winnipeg at the Union Station he saw 12,000 men and boys on their way to the harvest fields.

TENNESSEE ADOPTS WOMAN SUFFRAGE

(Continued from page one.)

costs were dropped. Newspapers throughout the country sharply condemned the court's decision and gave Miss Anthony credit for winning a victory immeasurably valuable to woman's suffrage.

Miss Anthony was active in the suffrage movement almost to the very day of her death. Scarcely a state convention or national gathering of suffragists was held that did not feel her guiding hand. Her most able assistants during her active life were Elizabeth C. Stanton and Ida H. Harper.

Amendment and Ratifying States.
Miss Anthony died in 1906, her eighty-sixth year, at Rochester.

The amendment, which, when proposed, was known as the Sixteenth, follows, the form being that adopted by Congress and ratified by thirty-six states:

"Resolved, by the Senate and House of Representatives of the United States of America in Congress assembled (two-thirds of the members of each house concurring therein) that the following article be proposed to the legislatures of the several states as an amendment to the Constitution of the United States, which when ratified by three-fourths of the said legislatures, shall be valid as part of said Constitution:

"Section 1.—The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any state on account of sex.

"Section 2.—The Congress shall have power by appropriate legislation to enforce the provisions of this act."

The proposed amendment was finally adopted by Congress on June 4, 1919. The first state to ratify was Illinois, whose legislature accepted the amendment on June 10, 1919. Ratifications of other states were made in the following order:

Wisconsin, June 10; Michigan, June 10; Kansas, June 16; New York, June 16; Pennsylvania, June 24; Massachusetts, June 25; Texas, June 28, Iowa, July 2; Missouri, July 3; Arkansas, July 28; Montana, July 30; Ne-

braska, July 31; Minnesota, September 8; New Hampshire, September 10; Utah, September 30; California, November 1; Maine, November 5; North Dakota, December 1; South Dakota, December 4; Colorado, December 5; Rhode Island, January 6, 1920; Kentucky, January 6; Oregon, January 13, Indiana, January 16; Wyoming, January 27; Nevada, February 7; New Jersey, February 10; Idaho, February 11; Arizona, February 12; New Mexico, February 19; Oklahoma, February 23.

Wyoming and Utah are the only states in which there has been no suffrage fight. Equal suffrage for both sexes was included in the constitutions of these states when they were admitted to the Union.

Additional Want Ads

WANTED—Stenographer, experience desirable, but not required. Apply T. D. Stanford 119 Academic Hall. Phone 1021. 5-302.

RECRUITING CAMPAIGN SUCCESS

More Than 200 Men Enlist in St. Louis Division During Week.

The recent campaign for new enlistments put on by the recruiting division of the United States army has been very successful, according to Sergt. V. C. McCall, in charge of the recruiting in this city.

Within the past week, in recruiting district of St. Louis, which covers a greater part of the state of Missouri, more than 100 men have made application for enlistment and have been accepted.

According to Sergeant McCall, most of these men have enlisted in the air service. This is due to the fact that this branch of the army, has been graded as the highest ranking organization in the army and offers excellent advantages for youths to learn various trades.

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DOROTHY DALTON

in
"BLACK IS WHITE"

A strange and alluring tale of devotion, jealousy, mistaken identity, and sensational scenes in New York and Paris. Beautiful Dorothy Dalton in three fascinating roles.

Also

Bray Comic Topics of the Day

FRIDAY and SATURDAY

ROBT. WARWICK in "Adventures of Hearts"



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