

HEALTH HINTS

By Laura Lee Randall.

Don't drink at meals; you might as well throw foodstuffs in the river;
 Don't drink between meals; when you do it overworks the liver.
 Don't drink cold water when you eat; it interrupts digestion;
 Hot water taken with your food is quite out of the question.
 Don't drink the water from the pipes—it swarms with microbes merry.
 Don't drink boiled water or you'll be a populous cemetery.
 Don't drink.

Don't eat cooked foods; its softness leads to careless mastication.
 Don't eat raw food; it cannot give sufficient stimulation.
 Eat frequently—a little snack—each bite will seem delicious.
 Don't eat but once a day; your food will be much more nutritious.
 Don't stint yourself; the underfed have feeble minds and hazy.
 Don't eat too much; the greedy man is always fat and lazy.
 Don't eat.

Don't sleep upon your back; you'll dream of weird and haunting terrors.

Don't sleep left-sided—'twill induce a host of cardiac errors.

Don't let your right side bear your weight; it makes the nerves unruly.

Don't sleep face down; you cannot breathe efficiently and truly.

Don't sleep indoors; your stuffy lungs need thorough ventilation.

Don't sleep outside; you'll freeze your nose and stop your circulation.
 Don't sleep.

Don't breathe below the diaphragm; it strains abdominal muscles.

Don't overlook the deep full breaths that feed the red corpuscles.

Don't breathe night air, for if you do lung trouble you're invoking;

Go out at night to breathe because the chimneys are not smoking.

Don't breathe in street cars, or you'll know a mob of germs has found you.

Don't breathe in office or at home, where others breathe around you.
 Don't breathe!

—Chicago Tribune.

WE HAVE WITH US

Mr. Goodfellow had dined out six nights in succession. On the seventh he turned up at home for the evening meal. When he was seated, Mrs. Goodfellow rose in her seat and, addressing the other occupants of the table, said: "Children, we have with us tonight a guest of whom you have all heard, even if you do not personally know him. He is a man who has a reputation for conviviality and cheer in every club and cafe in the city, and this evening we are to have the honor and pleasure of being numbered among the admirers of his brilliant and entertaining qualities. Therefore, it is with the greatest pleasure that I present to you—your papa."

100,000 SHARES

WHIRLWIND CONSOLIDATED

OF AMERICAN FORK

At Seven Cents a Share, Net

We are authorized by President Charles Tyng to open subscription books for the above named allotment of Treasury Stock in the Whirlwind Consolidated Mining Company on Monday, May 1, for ten days.

FIRST COME, FIRST SERVED

As soon as this stock is sold, Whirlwind Consolidated will be listed on the Salt Lake Stock & Mining Exchange and a market established for it.

WHIRLWIND CONSOLIDATED

IS CAPITALIZED FOR 1,000,000 SHARES
400,000 SHARES IN THE TREASURY

Property adjoins Texan on the south, Miller Hill on the west and southwest, while the Dutchman mine is on the south and southeast, giving Whirlwind one of the most aristocratic locations in the camp.

We Unhesitatingly Recommend Its Purchase

As one of the Best Utah Stock offerings ever made at the price, and particularly so as 6¼c of the purchase price goes into the company's treasury for development and equipment purposes.

Send in Your Reservations by Phone, Wire or Letter.

Phone Was. 325

WM. H. CHILD & CO.

Stock Exchange Bldg. Salt Lake