

of a strike of the shopmen on the road. A strike vote among the different trades has empowered the federation officers to order a walk-out if the company refuses to recede from the position it has taken on the question of working rules and wages.

THE TEMPERATURE AND VENTILATION.

By Dr. W. C. Cotton, M. D.

Never let the temperature of living room go above 70.

Plenty of fresh air and as little steam heat as possible.

Don't double sash your bedrooms.

The double sashed window is all right for living rooms in very cold climates, but under no circumstances should the windows of bedrooms be double sashed, as the double window makes it impossible to secure the ventilation necessary for a sleeping room.

Windows that are used for ventilation in winter should be equipped with deflectors. A deflector is a board set on edge on the inner window sill to deflect the incoming cold air so that it will not blow too strongly upon the occupants of the room. The board serves to throw the air up toward the ceiling, thus facilitating thorough diffusion.

If your place is small, keep the heat in the living room and sleep in the cold room, shut off from the rest of the house. This permits you to dress and be thoroughly warmed up before the day's work is begun.

FAT PEOPLE WARNED; BEWARE THYROID

New York, Nov. 8.—“The use of thyroid in obesity is not only accompanied by danger, but it is in most cases an illogical form of treatment.”



This is the gist of an editorial warning from the Journal of the American Medical association against the use of a drug now used almost universally in anti-fat nostrums.

The Journal declares that thyroid is much more effective as a flesh reducer than any of the older drugs used for that purpose, but that it is dangerous to the general health of the patient, so dangerous, in fact, that in Germany the sale of the drug has been prohibited. It is said that the action of the German authorities was due to the complaint of certain high born ladies who had tried the drug and had suffered from it.

The editorial is based on a report from Newport to the effect that certain members of the Four Hundred have been broken in health by the use of thyroid.

John Wanamaker celebrated the golden anniversary of his Philadelphia store on Oct. 29 and received as a present from his employes the house at Southwark where he was born. He announced that he should use it as a home for crippled children.