

Interesting Facts About Lip Reading

By S. C. IVERSEN, Terre Haute, Ind.

The fact that lip reading for the hard of hearing is so little known about was brought forcibly to my mind when I spoke to a physician a few weeks ago. On telling him that I was hard of hearing and a lip reader, he gave no sign of having any prior knowledge of it. This seems remarkable to me. In looking for relief from my deafness, I have been treated or examined by about a half-dozen physicians. Only one of them recommended lip reading. He was the last one, and I have followed his advice with the most gratifying results. I am positive they others knew very little, if anything, about the art of lip reading. If they knew of its value to the deaf, they would have suggested it without hesitation.

The Volta bureau of Washington, D. C., an association devoted to the interests of the deaf, will gladly furnish information when requested and where teachers may be found. Private instruction is better than class instruction, as there are various mental habits to be overcome before the pupil can become expert in lip reading. Class instruction, as given in the Chicago public schools is desirable where the person cannot afford the other method.

I took seventy-four lessons, three a week, privately. When I had taken about half of them I could understand my folks at home with very little difficulty, without hearing their voices. Now I read their lips with ease and understand them very well, as I do many of my friends and people I come in contact with every day. I am acquainted with a score or more of lip readers. A few are more proficient than I am, most of them are as good, and others are beginners and getting along nicely. All of us are gradually learning to forget our defect and human intercourse is becoming more a pleasure than torture.

Weakest Link in Chain of Life

By SAMUEL G. DIXON, Commissioner of Health for Pennsylvania

The chances are that unless you have a thorough physical examination you could not tell, for symptoms are misleading and often their manifestation is general or sympathetically indicates the trouble is located in some other organ than the one which is the actual seat of the trouble.

If there is a knock in the engine of your automobile you are the first to desire an overhauling to rectify the trouble. You know if a mechanical defect of this sort continues it is going to multiply the trouble before long, and that is just what happens with the human mechanism.

It is well known by the medical profession that those suffering from organic complaints may often, through vigorous adherence to certain rational methods of living, recover sufficiently to live long and useful lives, while those suffering from functional disorders may, by following out the instructions of able medical men, entirely recover their health.

Everyone suffering with a persistent cold, headache or pains should consult a good physician and submit himself to a thorough physical examination. It would be well for everyone to be examined once a year. This should include an examination of the blood vessels, blood, heart, lungs, kidneys, a consideration of weight in regard to height, and the general activities of the various organs.

Such an examination superficially made is of no value. It should be thorough and the daily routine and habits of the individual carefully considered in relation to his physical condition.

Men ordinarily are obliged to submit to a medical examination now and then when they take out life insurance. Women are not so often insured, and hence under ordinary circumstances are more apt to neglect physical examination. It is equally essential to both.

People Dependent Upon One Another

By HERBERT C. LONG, Colorado Agricultural College, Fort Collins, Colo.

The people of country places, much more than city folks, are dependent upon one another. The city man may, and very often does, find business and social associates in a part of the city remote from his place of residence; but the man who lives in the rural locality is almost wholly dependent in both business and social matters upon those who might properly be called his neighbors. It would seem, therefore, that such people ought to be on the best of terms. As a matter of fact, they are not always. They know each other too well. In a small community everybody knows everybody else, and a large topic of conversation is the faults and failings of the absent neighbors. In reality they do not know each other as well as they think they do; their acquaintance is superficial because it is the result of association and not friendliness. Some people make themselves and others miserable because they insist on putting the worst possible interpretation upon the words and acts of their neighbors, when, as a matter of fact, the chief fault lies in themselves. People should try to interpret the conduct of those about them sympathetically, and when possible attribute good motives to them. People in rural communities would find life much more enjoyable if they cultivated a spirit of friendly helpfulness. There are such communities, and it is a pleasure to live in them. What are you doing to cultivate such a spirit in your neighborhood? Folks can't be hateful and happy too.

Birds Destroy Their Young When Confined

By W. B. BARRINGTON, London, Eng.

While residing in the country, some years ago, and walking out one evening, I found a nest of young blackbirds. The young birds were almost fledged. Taking them home with me, I put them in a cage, and the next morning hung them out under a tree, and in about an hour I saw the old birds at the cage, evidently delighted to find their young.

The old birds came regularly every two hours and fed them with worms and grubs. This continued for two days, the old birds trying all in their power to get the young ones out. On the third day I noticed the old birds bring a berry, which they gave the young ones, two of whom died that evening and the rest next day. The old birds then left off coming.

The berries, on examination, proved to be the seeds of the *Atriplex belladonna*, or deadly nightshade. This convinced me of what I had heard about these birds destroying their young if allowed to feed them in imprisonment.

I am told that other birds have the same instinct.

TURKS ATTACKED ON TWO FRONTS

RUSSIAN AND BRITISH JOIN IN MAKING LIFE MISERABLE FOR MOSLEMS.

NOTHING DOING ELSEWHERE

Artillery Engagements on French Line and Italians Worry Austrians—Montenegrins Flee to Mountain Fastnesses.

London.—The Turks are now being attacked by both Russians and British. In the Caucasus the Russians, greatly re-enforced, are on the offensive along a front of almost a hundred miles, while in Mesopotamia the British have forced the retirement of the Ottoman troops along both banks of the Tigris River to the south of Kut-el-Amara, and still are closely pressing them on the east and the north.

Continues Pursuit of Montenegrins. On the other fronts, except in Montenegro, little fighting is in progress. On the line in France and Belgium the operations have consisted mainly of artillery duels and mining and counter mining work.

A trench taken by the Austro-Hungarians from the Italians, near the Tolmino bridgehead, and an increase in the Italian bombardment of this region, and also of Gorizia, Mrzilvrh and Monte San Michele form the chief events on the Austro-Italian lines.

In Montenegro the Austro-Hungarians continue their pursuit of the Montenegrins, capturing from them positions and men.

Sons in Plot to Murder Parents. Chicago.—Irving and Herbert Updike, sons of Furman D. Updike, millionaire Board of Trade man, were arrested charged with plotting the murder of their parents.

The crime was to have been committed Sunday night, according to confessions which the police of Oak Park, the suburban residence of the Updikes, say the two men made.

Irving Updike, 38 years old, is said to have coerced his brother, 21, into the plot. Belief that the father was to change his will, disinheriting them, is said to have been the motive.

Walks Away With \$17,000. Evansville, Ind.—Stating that the bank had made an error and that he would take the money back to have the mistake rectified, George H. Fink, assistant bookkeeper of the Hercules Buggy Co., walked out of the company's office here with a satchel containing \$17,000, the money for the weekly payroll. He was arrested later and the money recovered.

Church Riot. Scranton.—Rioting which broke out between rival factions at the church of the Sacred Heart of Jesus in Dupont, near Scranton, Sunday, resulted in death of one man, the probable fatal injury of two others and the serious injury of at least a dozen more.

Cold and Apoplexy Fatal. Pana, Ill.—Overcome with cold and stricken by apoplexy, Frank Elam, wealthy farmer of South Pana, fell dead in his barn lot. The widow and eight children survive.

Shot Leaving Courthouse. Sullivan, Ill.—Mrs. Betty Bird was shot and killed on the street here as she was leaving the courthouse after being granted a divorce from Charles Bird. No arrests have been made.

Bones Found in "Fool Killer." Chicago.—The crude submarine "Fool Killer," recovered from the river bottom a few weeks ago, was found to contain some human bones, supposed to be those of the inventor.

Killed Under Load of Grain. Grand Forks, N. D.—Martin W. Ross, who until a year ago lived with his parents at Whitehall, Ill., was killed under a load of oats which overturned while he was on the way to market.

2,000 Homeless in Bergen. Christiania, Norway.—A third of the Paris, France.—A dispatch to the seaport, with a population of 9,000, was destroyed by fire. Two lives were reported to have been lost and 2,000 persons are homeless. The property damage is estimated at \$15,000,000.

Rioters Indicted. Youngstown, O.—The Mahoning county grand jury in session at East Youngstown, has returned indictments against 26 persons involved in the late labor troubles. They are charged with various crimes relating to the recent outbreak.

Fined for Insulting Kasler. Paris, France.—A dispatch to the Temps says that the Swiss government has prosecuted the editor of the newspaper *El Ragno* for publishing a scurrilous poem about Emperor William. He was fined 300 francs.

Munday Granted Continuance. Morris, Ill.—Judge S. C. Stough has granted C. B. Munday, bank wrecker, another continuance of the hearing of arguments on a motion for a new trial. This date is set for January 29.

Don't Neglect Kidneys

Swamp-Root, Dr. Kilmer's Prescription, Overcomes Kidney Trouble

It is now conceded by physicians that the kidneys should have more attention as they control the other organs to a remarkable degree and do a tremendous amount of work in removing the poisons and waste matter from the system by filtering the blood.

The kidneys should receive some assistance when needed. We take less exercise, drink less water and often eat more rich, heavy food, thereby forcing the kidneys to do more work than nature intended. Evidence of kidney trouble, such as lame back, annoying bladder troubles, smarting or burning, brickdust or sediment, sallow complexion, rheumatism, maybe weak or irregular heart action, warns you that your kidneys require help immediately to avoid more serious trouble.

An ideal herbal compound that has had most remarkable success as a kidney and bladder remedy is Dr. Kilmer's Swamp-Root. There is nothing else like it. It is Dr. Kilmer's prescription used in private practice and it is sure to benefit you. Get a bottle from your druggist.

However, if you wish first to test this great preparation, send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

True to Life. "I'm always the goat." "That's because you're always butting in."

FOR BABY RASHES

Cuticura Soap is Best Because So Soothing and Cooling. Trial Free.

If baby is troubled with rashes, eczemas, itchings, chafings or hot, irritated skin follow Cuticura Soap bath with light application of Cuticura Ointment to the affected part. Nothing so soothing, cooling and refreshing when he is fretful and sleepless.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

The Reason. "What is Jack Summers fretting about?" "Afraid his wife can come back."

Wife Beats Talking Machine. A talking machine isn't in it with a wife—and that's not intended for a joke, either—it was proved by a decision handed down in the New York supreme court. A woman suing for separation on the grounds of desertion also demanded alimony. The husband strenuously objected to the alimony on the ground that he had purchased a talking machine and was very heavily involved in trying to meet payments on it. The justice declared that a wife came first. He ordered the defendant to get rid of his canned music, if necessary, or in any event to pay his wife alimony.

Couldn't Win Cadetship. Although during war time the standard of the entrance examination for army cadetship has been slightly lowered, it would probably even so prove too severe a test for some of our public men, the London Chronicle observes. When the duke of Edinburgh passed a naval cadet the prince consort sent Lord Derby the papers done by his son.

"As I looked through these," the prime minister wrote on returning them, "I could not but feel very grateful that no such examination was necessary to qualify his majesty's ministers for their office, as it would seriously increase the difficulties of forming an administration."

PRESSED HARD

Coffee's Weight on Old Age.

When people realize the injurious effects of coffee and the better health that a change to Postum can bring, they are usually glad to lend their testimony for the benefit of others. "My mother, since her early childhood, was an inveterate coffee drinker, had been troubled with her heart for a number of years and complained of that 'weak-all-over' feeling and sick stomach."

"Some time ago I was making a visit to a distant part of the country and took dinner with one of the merchants of the place. I noticed a somewhat unusual flavor of the 'coffee' and asked him concerning it. He replied that it was Postum.

"I was so pleased with it that I bought a package to carry home with me, and had wife prepare some for the next meal. The whole family liked it so well that we discontinued coffee and used Postum entirely.

"I had been very anxious concerning my mother's condition, but we noticed that after using Postum for a short time she felt much better, had little trouble with her heart, and no sick stomach; that the headaches were not so frequent, and her general condition much improved. This continued until she was well and hearty.

"I know Postum has benefited myself and the other members of the family, especially my mother, as she was a victim of long standing." Name given by Postum Co., Battle Creek, Mich.

Postum comes in two forms: Postum Cereal—the original form—must be well boiled. 15c and 25c packages.

Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

Both kinds are equally delicious and cost about the same per cup. "There's a Reason" for Postum. —sold by Grocers.

THE EUROPEAN WAR A YEAR AGO THIS WEEK

Jan. 17, 1915.

Allies took German trenches in Belgium and closed in on Lille. Russians took Kiribaba pass in Bukowina and pushed along right bank of Vietsula.

Germans were pushed back on Piotsk. Turkish corps was cut to pieces in the Caucasus.

Antiwar demonstration in Vienna; Czech editor executed for treason.

Jan. 18, 1915.

Fierce fighting took place at La Bolzelle.

Germans occupied Kleic and Russians fell back to Radom. Piotsk evacuated by the Germans.

Paris darkened at night by police order.

Jan. 19, 1915.

French advanced in attempt to cut off St. Mihiel.

German airships dropped bombs on Ya-mouth, King's Lynn, and other English towns, killing four persons.

French in forest of Le Pretre within ten miles of Metz.

Austrian army flanked by Russians in Bukowina.

Jan. 20, 1915.

British troops captured Freylinghuysen.

Russians drove back Austrians in Hungary and marched on Jacobeni.

Dutch naval patrol boat sunk by mine, five men drowned.

Governor of Cracow ordered partial evacuation of the city.

Jan. 21, 1915.

Germans repulsed in the Ardennes woods by French and Belgians.

French retook trenches at Notre Dame de Lorette.

Germans retook the forest of Le Pretre.

Russians renewed their offensive against Miawa.

Austrians routed Russians from intrenchments along the Donajec.

German cruiser Karlsruhe reported off Porto Rico.

Allied airmen dropped bombs on Essen.

Jan. 22, 1915.

Fierce fighting in Hartmannswellerkopf region.

New Russian army neared Prussian border.

Russian invasion of Hungary was halted.

German submarine sank British Steamer Durward.

Maj. Gen. Sam Hughes began enlisting third Canadian contingent.

Russia ordered expulsion of Austrian and German subjects.

Jan. 23, 1915.

German troops were massed in Hungary.

Russians made further advance in the north.

German airmen dropped bombs on Dunkirk.

Mme. Grouitch came to America seeking seeds for Serbians.

Germans renewed their activity near Ypres and bombarded left wing of allies.

Severe battle in the Argonne region.

German supply ship was sunk by Australian cruiser.

Italian vice-consul at Liege dismissed by Germans for aiding Belgians.

TAKEN FROM EXCHANGES

In Sweden a mile is 11,690 yards.

Scotland has the longest bridge in the world—the Lay, two miles and 70 yards in length.

It is said that a hummingbird when stripped of its feathers is no larger than a bumble bee.

A duster made of cheesecloth, soaked in turpentine and then dried, will accumulate dust instead of scattering it.

The Cape Cod canal is now restricted to boats of less than 18 feet draft, but it will soon be deepened to a 35-foot waterway.

A Russian inventor claims to have perfected a motor that can safely utilize electricity drawn from storm clouds.

A partitioned gravy dish has been invented that permits fat gravy to be poured from one side and lean from the other.

The governments of both Denmark and Sweden are investigating a recent discovery of coal on the island of Bornholm, a Danish possession close to the Swedish coast.

So that bicyclists will not have to wear trouser guards a North Carolina has invented a large disk to be attached to the outside of the forward sprocket of a wheel.

The needless infantile death rate owing to neglect and ignorance costs this country \$2,000,000 a day.

One of the famous carillons of Flanders, a magnificent chime of bells, has been transferred to the English village of Cattistock, where great interest is taken in the frequent concerts for which use is made of them.

The fossil of an elephant that is being excavated from a gravel bed near Chatham, England, is declared to have supported the carcass of an "elephant antiques" of the early pleistocene period, a puny little runt of a beast but a trifle larger than a mammoth.

Glass of Hot Water Before Breakfast a Splendid Habit

Open sluices of the system each morning and wash away the poisonous, stagnant matter.

Those of us who are accustomed to feel dull and heavy when we arise; splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, lame back, can, instead, both look and feel as fresh as a daisy always by washing the poisons and toxins from the body with phosphated hot water each morning.

We should drink, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to flush from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

The action of limestone phosphate and hot water on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast and it is said to be but a little while until the roses begin to appear in the cheeks. A quarter pound of limestone phosphate will cost very little at your druggist or from the store, but is sufficient to make anyone who is bothered with biliousness, constipation, stomach trouble or rheumatism a real enthusiast on the subject of internal sanitation. Try it and you are assured that you will look better and feel better in every way shortly.—Adv.

She Was Right. Fortune Teller—You will marry a light man. Woman—That's Tim! He works for the gas company.—Harvard Lampoon.

IS CHILD CROSS, FEVERISH, SICK

Look, Mother! If tongue is coated, give "California Syrup of Figs."

Children love this "fruit laxative," and nothing else cleanses the tender stomach, liver and bowels so nicely.

A child simply will not stop playing to empty the bowels, and the result is they become tightly clogged with waste, liver gets sluggish, stomach sour, then your little one becomes cross, half-sick, feverish, don't eat, sleep or act naturally, breath is bad, system full of cold, has sore throat, stomach-ache or diarrhoea. Listen, Mother! See if tongue is coated, then give a teaspoonful of "California Syrup of Figs," and in a few hours all the constipated waste, sour bile and undigested food passes out of the system, and you have a well child again.

Millions of mothers give "California Syrup of Figs" because it is perfectly harmless; children love it, and it never fails to act on the stomach, liver and bowels.

Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Adv.

Easy. "She's the limit at flirting with soda water clerks." "How long can she keep up the flirtation?" "Oh, about five sodas."

To Fortify the System Against Winter Cold. Many users of GROVER'S TASTELESS CHILL TONIC make it a practice to take a number of bottles in the fall to strengthen and fortify the system against the cold weather during the winter. Everyone knows the tonic effect of Quinine and Iron, which this preparation contains in a tasteless and acceptable form. It purifies and enriches the blood and builds up the whole system. 50c.

Not Like Him. Crank—Jack Speed, our boss baseball catcher, is playing in vaudeville this winter. Fiend—Well, judging from his batting average, he won't make a hit.

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 4 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any druggist can put this up or you can mix it at home at very little cost. It will gradually darken streaked, faded gray hair and remove dandruff. It is excellent for falling hair and will make harsh hair soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

Just a Spot of Water as a Rule. Mistress—What are you going to do with that sponge? Cook—To get the piece of ice the teaman left on the step this morning.

Piles Cured in 6 to 14 Days. Druggists refund money if PAIN EXTINGUISH fails to cure itching, bleeding or protruding Piles. First application gives relief. 50c.

Function of the Hammer. "Why do you knock me? Why are you always using the hammer?" "I do it to rivet attention, my boy."

To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach.—Adv.

Some men are as proud of their ancestors as a self-made man is of himself.