

WATCH WHAT YOU EAT IS 'HOW' TO HEAT

U. S. Doctor Advises Dress and Diet on First Summer Day.

By JOSEPH S. WASNEY.
United Press Staff Correspondent
WASHINGTON, June 21.—Summer officially arrives today and with the advent of the new season Dr. Hugh S. Cumming, United States surgeon-general, made public a few hints on how to keep cool.

At exactly 5:01 p. m. (eastern standard time) the sun will reach the summer solstice point, the highest portion north that it travels. Today is also the longest day in the year. The sun rose at 4:42 a. m. and sets at 7:37 p. m. (eastern standard time), giving the country fourteen hours and fifty-five minutes of daylight.

"Drink plenty of cooled water and wear cool, comfortable clothes to avoid suffering from the heat," Dr. Cumming said. "Keep out of the direct rays of the sun as much as possible and avoid excessive sun burn."

Go Easy on Drinks
"Iced drinks can be consumed only in moderation. Iced tea and coffee and ice cream are delicious and give a temporary cooling effect, but after the effect wears off the body gets warmer than before."

Dr. Cumming suggested that people eat a little heavy food as possible during the warm months. He urged that menus be made up of vegetables, salads and fruits.

"Light colored clothes apparently reflect the heat and afford a protecting influence. The mental reaction of dressing in white or light colors helps persons to forget they are warm. Back in about 1888 it was the vogue to wear red flannel undershirts, but it was wrong."

"Women wearing short sleeves, short skirts keep up with the style and are more comfortable than those who wear sleeve dresses. In addition the short sleeves, low neck and back dresses allow them to acquire a healthful tan."

Wear Sandals
"Both men and women should wear low-heeled shoes in the summer. Sandal shoes afford ventilation for the feet."

"Care should be taken not to wear belts too tight, for when the waist is strapped, freedom of the muscles is retarded and that is injurious as well as uncomfortable in hot weather."

Cumming stressed the point that every one should wear underwear in the summer, explaining it was the wrong idea that the less clothes one wears, the cooler a person stays. "Underclothes take up the perspiration, and are absolutely essential to keeping cool. Undergarments should be changed daily and a bath a day will go a long way toward keeping one cool."

"People should not fret about the warm weather. The more a person worries over the heat, the hotter he gets. Avoid discussing how hot it is and you will be better off."

RIOT ENDS SESSION OF ARGENTINA DEPUTIES

Coffee Cups, Inkwells Thrown by Solons; Two Members Plan Duel.

By UNITED PRESS
BUENOS AIRES, June 1.—Possibility of a duel between two members of the chamber of deputies was seen today as a possible culmination to the disturbance which broke out on the floor of the parliament, forcing the president to call a recess.

Eighty-two deputies joined in the hurling of coffee cups, inkwells, notebooks and everything else that was at hand.

The conservative deputy from Buenos Aires province, Alberto Vinas, was alleged to have drawn a revolver. He was quickly disarmed by his colleagues.

Hector Bergalli, deputy from the capital district, answered Vinas' attack upon the government for discharging government employees.

Mutual incriminations ensued. Bergalli punctuated his argument by hurling a cup of coffee at Vinas.

Thereupon Vinas sent seconds to Bergalli and the negotiations for a duel began.

Two Hurt in Auto Crash

By Times Special
ANDERSON, Ind., June 21.—Eugene Moneyhun, 20, and Miss Audrey Landis, 20, of near Anderson, are in a hospital as the result of an automobile crash on State Road 67, south of here. Moneyhun has a fractured skull. The girl's face is badly lacerated. Occupants of the car with which Moneyhun's automobile crashed were not injured. Their names were not learned. The cars crashed head-on, one piling on top of the other.

Two Motorists Hurt.

By Times Special
ANDERSON, Ind., June 21.—Two Anderson persons were injured when autos driven by Ralph Robbins, Indianapolis, and John Cole, Markle, collided on state road 67, near Lawrence. The injured were Floyd Mullin, 50, and Ross Stuffle. They were treated at the Ft. Benjamin Harrison army hospital.

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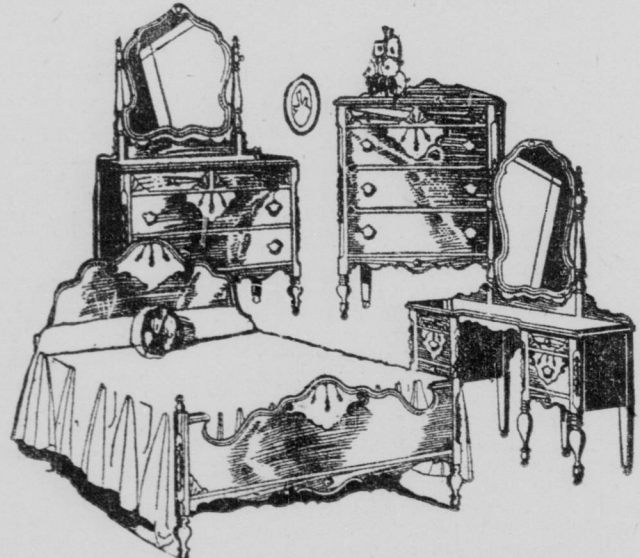
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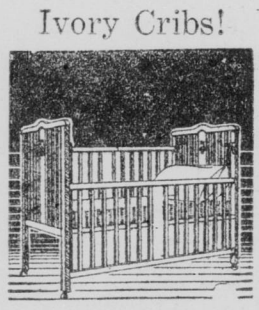
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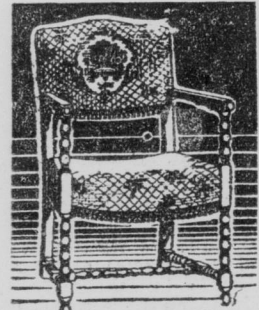
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