

## THE RICHMOND PALLADIUM AND SUN-TELEGRAM

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### Good Physical Health

Saner living shows itself in reduced mortality in the United States, says a report of the Association of Life Insurance Presidents. The year 1921 was the healthiest one of their existence.

Health education, carried on for many years in schools and by publicists, seemingly is beginning to bear fruit. Better health for all of us contributes to the national wealth and makes happy our homes.

The reduced mortality experienced indicates a people well fitted physically to cope with the new problems of 1922, while the other group of figures demonstrates a continuity of thrift and stability or purpose under trying conditions," comments the report.

The insurance death rate was lowered from 9.58 per 1,000 in 1920 to 8.24 per 1,000 in 1921, a saving of one and one-third lives per 1,000. This indicates a probable saving of about 153,000 lives in 1921 over 1920.

The Hoosier Health Record, which is pub-

lished by the Indiana Tuberculosis association, publishes figures to show that the death rate from tuberculosis for 1920 reached the unprecedented low level of 114 per 100,000 population.

In its analysis of the cause for the decline of the death rate from tuberculosis, the Record says:

(1) The elimination of carriers and infectious sputum may well be placed at the head of such a list of cases.

(2) Better administrative control may also be listed as a possible cause.

(3) The educational campaign for the last 15 years may have helped.

(4) There has been a general improvement in public health due to increased knowledge of matters pertaining to sanitation, diet, personal hygiene, etc.

(5) High wages and better conditions of living.

(6) The influenza epidemic of three years ago may have removed many persons who otherwise would have broken down from tuberculosis.

The foregoing citations from associations who are vitally interested in the good health of the population of the United States show that all of us are beginning to look at the question of health from an intelligent standpoint. We are beginning to keep our bodies in trim, to avoid excesses, to shun infection, to live sanely, and to make the material body a fit agency to execute the ambitions and desires of our minds.

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### Answers to Questions

(Any reader can get the answer to any question by writing The Palladium Information Bureau, Frederick J. Haskin, Director, Washington, D. C. This office applies strictly to information concerning the business and legal and financial matters. It does not attempt to settle domestic troubles, nor to undertake any investigation on any subject. Write your question plainly and briefly. Give full name and address and enclose two cents in stamp for return postage. All replies are sent direct to the inquirer.)

Q. What was the largest gross tonnage handled by one train of cars?

J. F. E.

A. On the 21st day of May, 1921, a train of 100 of the new 120-ton gondola cars, loaded to capacity with coal, approximately 16,000 gross tons, was successfully handled both on heavy grades and comparatively level sections, on a run of 972 miles. This train was handled with one of the Virginian 800-A 2-10-2 Mallet locomotives at the head end, and pushers were used in starting the train on a grade.

Q. Would corn develop perfectly if the tassel is cut off the ear?—E. H. O.

A. The tassel or silk of corn is simply the means of pollinating the kernels. However, if the tassel is cut off the ear it is damaged to such an extent that the kernels will not form properly.

Q. Who was the first Prince of Wales?—J. D. O.

A. The first Prince of Wales was Edward, son of Edward I, King of England, born at Carnarvon during the King's residence in Wales in 1307.

Q. Please tell me who invented the new electric cotton picker.—B. R. T.

A. The new electric cotton picker was invented by Louis Carroll Stenberg. The idea of this invention was slowly evolved from 1904 to 1917, when he finally operated his perfected machine. The first sales of the machine will be made this year.

Q. How many criminals are there in the United States, and how many of them are illiterate?—W. T. R.

A. The latest official statistics of prisoners in the United States is 22,153, exclusive of juvenile delinquents, who number 19,863. While we cannot give the percentage of illiteracy among the entire group, it was found that in New York state alone of 7,322 prisoners convicted 6,445 were illiterate persons.

Q. How is pumpernickel or black bread made?—H. S.

A. Pumpernickel is a dark bread of unbaked rye, heavy and slightly acid, made from fermented dough. In this country it is not made in many places. The American way of making it follows: 2½ pts. water, 80 deg. E. S. ozs. sugar, 2 ozs. salt, 4 ozs. yeast, 4 lbs. flour, 2 lbs. rye flour, 2 lbs. spring wheat. Knead twice before baking.

After Dinner Stories

The race was about to start. Suddenly a spectator broke bounds and dashed up to one of the straining steeds.

"Is this horse Pink Peony?" he asked, breathlessly.

"Yes, you blankety-blank-blank," roared the jockey; "clear up!"

The intruder stretched up his arm and laid a silver coin on Pink Peony's glossy back.

"There," he said, "my pal told me to put a dollar on this horse. Thanks, so much. You'll see it doesn't fall off, won't you?"

Clare, aged four, loved to go with her mother to Rosen's—the grocer's—especially at the first of the month, when her mother paid the grocery bill and Clare got a "treat."

One day Clare's paternal grandmother, a devout Catholic, came to visit. At dinner she crossed herself and murmured a "grace before meat."

"Why's gramma do that?"

"She is thanking God for giving her food."

"Does God give us our food—all of it?"

"Yes, He does."

"Well, then, why pay Rosen?"

Lessons in Correct English

CORRECT ENGLISH.

Don't Say:

The prisoner RAN away.

He has BEGAN his work.

He has HAD his work.

He has WENT home.

Say:

The prisoner RAN away.

He has RUN away.

The carpenter BEGAN his work.

He has HAD his work.

He has GONE home.

SEEK FRIENDS IN HOUR OF NEED

"In the hour of need we quickly seek our best friends," writes Chas. Schriff Ward, 12th & W. 73rd Ave., Oakland, Calif. "A little love and understanding were dry, rasping, cough without phlegm, a cough that chokes and flushes the face of the sufferer like unto a cold. It was a wonderful emergency remedy." Cases like this give Foley's Honey and Tar its reputation as the best remedy for coughs and colds. A. G. Ladd & Drug Co., 629-42 Main St.—Advertisement.

### Tedious Pastime—Watching a Movie You've Seen Before



### TODAY'S TALK

By George Matthew Adams, Author of "You Can," "Take It," "Up"

YOU—H. B.

As the Old Year crept silently out of the back way of my life, I told it Goodbye. And then I turned to the New Year that came in by the front way—and shook hands with it and told it how glad I was to see so ready and happy a young fellow.

Then to the great God I said this prayer: Please make me a better Human Being this year!

If we aren't good Human Beings we can never hope to be good citizens or good workers or good friends. The greatest art in the world is to prove yourself a good Human Being. And it's the simplest, too. Just be yourself with all your heart. That's all.

But use your heart a great deal. I have noticed that those who are the worst in the affairs of every day are those who are not good Human Beings.

Think what a world this would be if each of us, on awaking in the morning, would repeat this brief prayer to the Father of all: Please make me a good Human Being today.

Good Human Beings are so simple and sincere, to true blue, so anxious to help and to serve. And they are so full of tender thoughtfulness toward everyone—seeming always to keep brightly burning an open fire-place, warming all who come near with their love.

It is sad to see high talents wasted on the highways, but it is sadder to see great hearts chilled by wonderful intellects. For after all we are every one of us seeking after heart companionship—that which alone is able to nourish our Human Being souls.

Walk with me in my heart, O friend, I can show you so many interesting and beautiful places. I can lead you to where natural springs are twinkling their cool waters, ready for your thirst. I can point you to where flowers are brilliant in color and sweet in perfume. I can even tell you a little about how God thinks.

You, Human Being! You mean so much to me. I would try so hard to make you happier.

But the only way for us all to grow more and more human and full of understanding is to study and emulate every human ideal wherever we find it. And then pass it along.

### Who's Who in the Day's News

**SENATOR JOHN W. HARRELL**

A man whose career in the United States Senate is worth following is John W. Harrell of Oklahoma. Harrell is a quiet man and has done little to attract nationwide attention since he entered the upper house, but there must be something unusual about a man who can win big political victory in the face of heavy odds. This is what Harrell did in 1920. Though a Republican, the Democratic state of Oklahoma elected him to the Senate a year ago last November by a plurality of more than 30,000.

Harrell was born on a Kentucky farm nearly 50 years ago. He studied law, was admitted to the bar, and while yet in his early twenties hung out his professional shingle in Mingoan, W. Va. But he could not be satisfied with the coldest practice of small town attorney, and soon decided to go west and grow up with Oklahoma. In 1906 he moved to Ardmore, Okla., where he remained 11 years, practicing law and getting in on the ground floor of the oil business. In 1917, prosperous and successful, he removed to Oklahoma City.

When a special election was held in 1919 to fill an unexpired congressional seat he managed somehow to upset a Democratic majority of 5,000. So in the following year the Republicans turned naturally to him when they, that is, picked a senatorial candidate. Their choice fell upon the right man, as evidenced by the votes he received.

Several hundred bushels of "spuds" had frozen during the cold weather. Farmers who had been holding their potatoes for the market had very few if any good potatoes.

Cooking in paper bags, a fad which was planned to be a great help in

as a result of a cold wave, an increase in the price of potatoes was expected. The supply of potatoes had been greatly reduced in the period, and it was believed that nothing could prevent the boost in price but a decided slump in the demand for this commodity.

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### Musings for the Evening

"Shall I marry my cousin?" asks a magazine writer. If you like, dear sir. We don't want her.

The pound and the franc, they are silent.

The mark and the ruble are dead.

But when the old dollar lets out a holler,

It's heard from Skagway to Port Said.

The stage hand issued from the theater carrying a lantern.

"Whar you going?" demanded the stage manager.

"I'm going to see my gal," was the reply.

"I never carried a lantern when I went courting," growled the manager.

"No, you didn't. And look what you got."

We have recently bought something on the installment plan and the contract sent by the installment house says, "Payments shall be paid on the 1st day of each month." This is not so bad because it lets us out of paying anything in February, April, June, September and November. We would call this an unusually kind installment house.

Japan doesn't want to scrap her Mats and neither do we.

Yours, etc.,

John W. Harrell

U. S. Senator from Oklahoma

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