Cecil Women Will Participate In Baltimore Rally

State-Wide Gathering Is Scheduled For Next Thursday At Lord Baltimore Hotel

Prominent Women To Address Sessions. Mrs. Tydings Honor Guest In Evening

The all-day session of the United Democratic Women's Clubs to be held at the Lord Baltimore Hotel in Baltimore City on October 8 will be one of the most interesting conferences ever held by the women of the State.

Noted Women Speakers

Mrs. Arthur J. White, of New Jersey, who will address the convention in the afternoon comes by her interest in politics rightly, being the daughter of Judge Abram Elkus, formerly Ambassador to Turkey. To charm, intelligence, and a friendly manner, she adds enthusiasm and humor. She is in charge of the reporter study plan for New Jersey. This plan was devised by the women's division of the Democratic National Committee for education in politics in governmental agencies. The women of Maryland will be given first hand information regarding the value of this plan and the manner in which it can be perfected in the state.

Miss Henrietta Additon, the other guest speaker before the day convention, is a noted crime prevention expert, having served as Deputy Commissioner in charge of the Crime Prevention Bureau of New York City for four years. She is a former professor of Bryn Mawr, served for a time as chief probation officer of the Juvenile Court of Philadelphia, and was recently one of two women to serve on Governor Lehman's State Crime Commisison. She is intensely interested in work among young people and greatly encouraged and enthusiastic over what this Administration is doing for the youth of the nation.

Dinner And Dance In Evening

I fany of the women of the counties wish Miss Additon to remain over and visit their home community for the purpose of speaking before a local gathering of county women or local county workers, she will be prepared to do this. All of the women who will attend the convention on the 8th should come with this thought in mind and with her definite local plans to submit for Miss Additon's consideration.

The day will close with dinner at 6:30, a most interesting speaking program, and with dancing at ten o'clock. Mrs. Blair Bannister, sistetr of Senator Carter Glass of Virginia, writer and speaker, and now Assistant Treasurer of the United States, will be the guest speaker. The other speakers will be Mrs. Menefee, National Committeewoman, Senator Tydings, Senator Radcliffe, and the six Democratic Congressmen. Mrs. Tydings is to be the guest of honor, and Mrs. Mary H. Duvall, Chairman of the Clubs, will preside.

Cecil Women Will Attend

At the recent meeting held here in honor of Congressman T. Alan Goldsborough, a Cecil County Democratic Women's Club was organized with the election of the following officers: Mrs. Robert Mackie, president; Mrs. J. Mercer Terrell, Elkton, secretary; Mrs. J. Edward Phillips, Elkton, treasurer. The district chairman named were: Mrs. Louis Taylor, Oakwood district; Mrs. Eleanor Jenness Moore, Rising Sun district; Mrs. William Henry, Charlestown district; and Mrs. Lewis Sentman, Port Deposit district. A large enumber of Cecil women are making arrangements to attend the conference in Baltimore.

Ducking Blinds Now Governed By State Laws

Federal Regulations Restricting Blinds To 100 Feet From Shore Repealed

Owners Of Riparian Rights Required To Take out License By Oct. 10 To Secure Localities

The Federal Regulations governing the taking of wild waterfowl, which provided, during the hunting season of 1935, that no blind or shooting stand should be placed at a greater distance than 100 feet from the natural shore, have been repealed, and the Federal Regulations for the hunting season of 1936 provide that ducking blinds or shooting stands may be placed in conformance with the State law, namely, not to exceed 300 yards from the natural shore except in certain localities where the State law permits ducking blinds to be erected at a greater, or less, distance than 300 yards from the natural shore; provided, however, that wherever the State law prohibits the use of blinds or shooting stands on waters, the said law sholl supersede all others.

Riparian Owners Must Act

Section 40 of Article 99, Maryland Game Code, provides "all owners of riparian rights, their lessees or licensees on the waters of this State shall, by virtue of said ownership, be first entitled to make a choice of the "set" or position in front of the property of which they

(Continued on Page 8)

Dr. Fink
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162 WEST MAIN ST.
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HOW ARE You TODAY

DR. JAMES W. BARTON Talks About

Reducing Weight

AS YOU know, there are two main classes of overweight. The first is made up of those who have always been heavy; were big babies or put on a great amount of weight at puberty—14 to 16 years of age. The second is made up of those who have simply eaten more than their bodies required and because they are overweight take little or no exercise.

The first type is spoken of as endogenic obesity (overweight) because the cause is within themselves—glands that are not active enough—and the second is called exogenic obesity because it comes from outside the body—eating too much food.

However, whether the obesity is due to the glands or to eating too much, the reduction in weight to a very large extent should be accomplished by cutting down on the amounet of food eaten.

Dr. G. Arany, Berlin, stresses three points for those whose overweight is due to overeating. (1) Cutting down on the amount of food eaten; (2) increasing the amount of exercise taken which calls for more oxygen to burn or use up the body tissues, and (3) regulating the water exchange by increasing the amount of urine manufactured by the kidneys.

Dr. Barton

Doctor Arany suggests that the individual be examined, weighed, the metabolic rate measured (rate at which the body processes work) and when the food intake be reduced by as much as 20 to 30 per cent below the food intake that these measurments require. He suggests that bulky foods such as cabbage, lettuce, celery, spinach, fruits, vegetables (except potato), graham bread, breakfast foods from whole grains (oatmeal, shredded wheat) be eaten in large quantities because there is so much roughage (fiber) remaining after digestion. These foods have less fuel value or calories than more concentrated foods and also help to prevent constipation.

The foods that are rich or concentrated and do not have much roughage are sugar, white bread, highly milled breakfast foods, meat, potato, fats, and milk. These foods should be reduced in amount.

The second point, muscular exercise, is very important, as exercise increases heart and lung action and the increased oxygen coming into the lungs burns up the fat tissue in and on the body. He warns those who are overweight to begin with light exercise and gradually increase it; the strength of the heart, lungs, and circulation or blood pressure being carefully watched.

The third point—the water balance—is very important as overweights carry an excess of water in proportion to the excess in fat. As mentioned before, one pound of fat carries three and one-half pounds of water with it, simply because fat tissue holds so much more water than an active tissue like muscle.

Water is removed from the body (and water means weight) by simply cutting down on the amount of fluid taken—water, tea, coffee, soft or hard drinks—by inducing sweating by steam or Turkish baths, and sometimes by taking drugs to drive out fluids by way of the kidneys.

It is amusing to see an overweight individual weigh himself, take a fairly long Turkish bath and lose three to five pounds and when he is ready to leave, weigh himself again only to find that he as heavy as before he took the Turkish bath. This is due, of course, to the fact, that after emerging from the bath, he drank a number of glasses of water which replaced the water removed from his body by the Turkish bath. The removal of the water and its replacement was good for him, but it prevented the loss of weight.

Boxers, jockeys, and others who must "make" a certain weight by a certain time often have the weight removed by the Turkish bath, but drink little or no water, and so are able to make the desired weight.

Doctor Arany's suggestions to reduce weight are in accord with those in general use—less food, more exercise, less water or other fluid.

• • •

Danger of Overweight

Dr. L. G. Graves in his book "Foods in Health and Disease" says, "An excess of fat is detrimental to health and is a predisposing factor in degenerative diseases of the heart, blood vessels and kidneys. An accumulation of fat around the heart handicaps its action while the increased body weight adds to the work demanded of it and a large percentage of overweight persons have high blood pressure."

Dr. E. P. Joslin, Boston, the outstanding authority on diabetes, warns those who have a family history of diabetes against the danger of becoming fat. He believes that those with a family history of diabetes may escape diabetes by avoiding overweight. He believes also that overweight is the most common cause of diabetes.

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Nameless Lady

By THAYER WALDO

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THE moment John Freeland, M. D., walked into the hospital office, Doctor Briggs sprang up, exclaiming:

"Well, where the devil have you been? I've spent the whole morning trying to reach you."

The younger man nodded, frowning slightly. "Yes, so they just told me. I've had a leave of absence since Saturday; I thought you knew that."

"Why, certainly; but you said you were staying in town and—"

"Oh, of course!" Freeland's smile was almost diffident. "Sorry, Doctor; I moved and forgot to give them my new number. Something special you wanted me for?"

"Yes; there's a case I'd like you to handle. Girl walked in here at midnight, total amnesia. Well dressed, but no purse, no identification. I can't help her and since you've been specializing in this sort of thing lately—"

"Thanks. I appreciate your confidence, doctor. Can we see her now?"

"I think so. Come along." Briggs took crisp, heel-down steps out of the office and down the carridor. Freeland followed at an easy swinging pace.

"Queer set of reactions here," said Briggs over his shoulder; "perhaps you won't be able to do much for her, either. Seems perfectly normal in every way aside from the memory lapse and a kind of—well, expectant manner. Strange."

The other mumbled something in acknowledgement and paused as Briggs rapped on a door numbered 77. A nurse with chestnut curls under her cap brim opened it. The older man went in, saying:

"Found Doctor Freeland at last. How's the patient, Miss Scott?"

"Resting comfortably, Doctor." She smiled up at Freeland. "Good morninf."

"Good morning, Elaine," he said and walked past her into the room. The girl who lay in bed by the windows was pale, her wide dark eyes obscurely troubled. Freeland looked at her, made a small sharp noise in his throat and stood quite still.

Noting nothing, Briggs said: "Now, would you rather be alone while you talk to her?"

Freeland's reply came after a conspicuous space of silence.

"Yes—yes, I would, if you don't mind. Entirely alone."

Briggs nodded curtly and clicked across the floor. At the door he waited, holding it open. The brown haired nurse moved swiftly by him; but he caught a glimpse of her face and was astonished by what it told him. . . .

Forty minutes later Freeland walked into the office again. There was a haggard look about him.

"She's come out of it, doctor, I'd like you to see her," he said. In silence they returned to room 77. The girl in bed was sitting up against two pillows. Her eyes had a tranquil clarity.

Freeland presented Briggs and she gave him a smile that was just slightly wan. None of them noticed the little nurse standing in the doorway.

"How do you do, doctor?" the patient said: "I'm sorry to have caused you so much trouble. I think I—understand everything now, thanks to Doctor Freeland. Why my mind went back on me, I mean. It was all just a matter of fooling myself, rather deliberately."

She looked full at the younger man then and went on: "As Doctor Freeland put it, I let a wish-fulfillment displace my rational knowledge on this particular subject and when that was broken the shock was too great for me. Is that right, doctor?"

Freeland bobbed an abrupt affirmation and swung away to face the windows.

"Hmm—that's fine," said Briggs after a moment. "Congratulations, doctor; remarkable cure. Nothing unusual for you, though. Well, I'll be running along. Good day."

As he turned to leave, the nurse stepped quickly forward as if just entering.

"I thought perhaps you'd need me, Doctor Freeland," she said. He spun around sharply at the sound of her voivce, but checked himself.

"Why—why, yes. You might help Miss—help the patient dress. She can go home now."

Then, with a brief glance at each of them, John Freeland strode out of the room. . . .

"Thank you, nurse," said the dark-eyed girl quietly; "it was good of you to help. And now I suppose you might as well know why I did it. I went to his apartment last night—he'd gone—left no address. I knew that pretending amnesia was the one way I could surely see him. Oh, it was a crazy, fool idea; still, it seems to have worked out for the best. I've learned that he was right in saying good-by. I should have known it all along."

Somehow the two tears wouldn't stay in Elaine's eyes.

"Oh, I'm glad—I'm so very glad," she said softly, "and I think you're splendid. I don't think I could be so reasonable—not about him. You see, John moved because that was only a bachelor apartment. We were married on Saturday morning."

Marie Antoinette's Last Letter

What is believed to be the last letter of Marie Antoinette is in the library of Count Heinrich Apponyi in Opponice, Czechoslovakia. It is the farewell letter of the wife of Louis XVI of France, written to Princess Elizabeth just before the queen's execution.

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"Little Stories for Bedtime" by Thornton W. Burgess

SAMMY JAY ARRIVES

WHEN Reddy Fox arrived at the pond of Paddy, the Beaver, the hunter who was hiding there saw him instantly. So did Lightfoot, the Deer. But no one else did. He approached in that cautious, careful way that he always uses when he is hunting. The instant he reached a place where he could see all over Paddy's pond he stopped as suddenly as if he had been turned to stone. He stopped with one foot lifted in the act of taking a step. He had seen Mr. and Mrs. Quack.

Mr. and Mrs. Quack Were Getting Very Near to Where Reddy Was Waiting for Them.

Now you know there is nothing Reddy Fox likes better for a dinner than a duck. The instant he saw Mr. and Mrs. Quack, a gleam of longing crept into his eyes and his mouth began to water.

Reddy stood motionless until both Mr. and Mrs. Quack had their heads under water as they searched for food in the mud in the bottom of the pond. Then, like a red flash, he bounded out of sight behind the dam of Paddy, the Beaver. Presently the hunter saw Reddy's black nose at the end of the dam as Reddy peeped around it to watch Mr. and Mrs. Quack. The latter were slowly moving along in that direction as they fed. Reddy was quick to see this. If he remained right where he was and Mr. and Mrs. Quack kept on feeding in that direction, the chances were that he would have a dinner of fat duck. All he need do was to be patient and wait. So, with his eyes fixed fast on Mr. and Mrs. Quack, Reddy Fox crouched behind Paddy's dam and waited.

Watching Reddy and the ducks, the hunter almost forgot Lightfoot, the Deer. Mr. and Mrs. Quack were getting very near to where Reddy was waiting for them. The hunter was tempted to get up and frighten those Ducks. He didn't want Reddy Fox to have them because he hoped some day to get them himself.

"I suppose," thought he, "I was foolish not to shoot them when I had the chance. They are too far away now and it looks very much as if that red rascal will get one of them. I believe I'll spoil that red scamp's plans by frightening them away. I don't believe that deer will be back here today, anyway, so I may as well save those ducks."

But the hunter did nothing of the kind. You see, just as he was getting ready to step out from his hiding place, Sammy Jay arrived. He perched in a tree close to the end of Paddy's dam, and at once he spied Reddy Fox. It didn't take him a second to discover what Reddy was hiding there for. "Thief! Thief! Thief!" screamed Sammy, and then peered down at Reddy with a mischievous look in his sharp eyes. There is nothing Sammy Jay delights in more than in upsetting the plans of Reddy Fox. At the sound of Sammy's voice, Mr. and Mrs. Quack swam hurriedly towards the middle of the pond. They knew exactly what that warning meant. Reddy Fox looked up at Sammy Jay and snarled angrily. Then, knowing it was useless to hide longer, he bounded away through the Green Forest to hunt elsewhere.

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