

DOOLITTLE DO'S

Take a vacation.

Loaf and sleep every opportunity.

Wear lightest weight clothing and underwear—not wool.

Drink cool—not iced—drinks.

Get out doors, in street cars, buggies or automobiles.

Be moderate in everything.

DOOLITTLE DON'TS

Worry.

Drink any alcohol.

Look at the thermometer.

Eat meat more than once daily.

Eat fish or sea food, unless absolutely fresh.

Sit directly under electric fans.

Washington, July 10.—Above is the hot weather schedule laid down today for the United Press by Dr. R. E. Doolittle, acting chief of the bureau of chemistry, and successor to Dr. "Pure Food" Wiley.

"Above all things, don't worry; don't think how hot it is; don't look at the thermometer every two minutes. Just try to forget the weather and you'll be surprised to find how much less you feel it. All alcohol drinks, beer, gin, or anything like it, should be avoided. A little ice water is not harmful, also lemonade and soda fountain beverages. The acid and soda in the latter are really beneficial to ward off heat. Possibly one teeny drink, the kind that tinkles in the glass, taken in the evening, is all right.

"Once a day is often enough to eat meat in hot weather—never

two or three times. Be sure, too, that any fish or sea foods are absolutely fresh. They and stale milk cause typhoid. Ice cream, too, is not harmful.

"No deration in all things, eating and working, is imperative. Take a vacation sure. If you can't, be sure you wife does; she probably needs it more than you do. Every man, though, ought to take a vacation. Vacations are good investments for any business firm to give its employes. Also loaf, sleep and take it as easy as you can all the time. Don't over-exert.

"I wear as light underwear as possible."

"But above all, stay away from the thermometers and forget," Dr. Doolittle concluded. Then he reached in his hip-pocket, drew out an enormous handkerchief, mopped streams of perspiration from his face, and said:

"Gosh, it's mighty hot today, isn't it?"

While touring last summer a certain holiday-maker found the item in a list of police regulations posted up on a highway in Ireland:

"Until further notice, every vehicle must carry a light when darkness begins. Darkness begins when the lights are lit."

Lisbon.—Royalists of Northern Portugal are out-thinking government troops sent out to capture them at every turn of game