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WILL GIVE EVIDENCE ON IMPEACHMENT CHARGES
WASHINGTON, Dec. 15.—Former Attorney General George W.ickersham, President Samuel Gompers of the American Federation of Labor, Guy Oyster, Mr. Gompers's Secretary and Thomas Stevenson, an attorney of Cleveland, Ohio, were subpoenaed today to appear next week before the House Judiciary Committee in connection with the impeachment charges brought against Attorney General Daugherty by Mr. Keller, Republican, Minnesota.
"TOM" LIPTON IS CERTAIN TO RACE IN 1923 OR 1924.
NEW YORK, Dec. 15.—After a severe cold forced him to postpone his departure on three occasions, Sir Thomas Lipton sailed yesterday for Southampton on the Homer, a little hoarse, but confident he would challenge for the America's Cup next year, or 1924 at the latest.

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Child Welfare
Articles on Child Welfare, Published by the Canadian Red Cross Society, Will Appear Weekly in This Column, Furnished by the Local Branch in This City.

THE COMMON COLD
"Only a cold—nothing to worry about!" How often have we heard these words, perhaps even spoken them ourselves, yet how often too colds have been neglected to a dangerous complaint, perhaps bronchitis, pneumonia, neuritis, rheumatism, pericarditis, neuritis, or nephritis, to mention a section only of the full list. Time and again the doctor, questioning his patient, is brought to the fact that it began with a cold but the patient did not think it necessary to stay in bed or to take any particular precautions. Somehow the idea has crept in that "coddling a cold" is ridiculous, although we should not hesitate to take treatment for other serious fevers such as measles, or scarlet fever. A cold is not a recognized cause of death yet it is in danger of so doing in the highest place of our bodies, the lungs, carried thither by the recognized dangerous diseases.

What is cold? A good many different infections are classed under this popular term. Bacteriologists have proved that the guilt of many colds can be attached to no particular germ, a considerable number of bacteria are capable of acting as causative agents. Cold infections are usually very contagious, the infection being spread by drops of mucus sprayed into the air through coughing, sneezing or talking. Contact with infected persons should be avoided, and children who cough, sneeze, or have running noses should be kept at home from school until cured. One cannot believe that people would so readily travel by train, attend public places of amusement, or suffer from influenza, if they realized the danger to which they were exposing their fellow-beings. No crowded rooms such as restaurants, theatres and cinemas, offer an ideal atmosphere for the spread of these infections, for the mucus membrane of the nose, which is the hot atmosphere and is suddenly contracted in going out into the open air in this bloodless condition the membrane of the nose is exposed to the enemy bacteria. The danger is averted if the air is kept circulating and is not overheated.

Exposure to wet or cold is one of the causes of colds because the body, when chilled, is less resistant to germs, but it is a mistake to regard this as an argument for overheated rooms and too much thick clothing. Ventilation dilutes the germ poison and washes it, just as running water washes away dirt. The ventilation must be accomplished without chilling the people in the room. Examination of the nose, throat and ears of school-children have revealed the prevalence of inflammation. These are predisposing factors in colds and are the centres of infection, and it is most important that such conditions should be immediately attended to.

The best way to escape colds is to lead a vigorous and healthy life, accustoming the body to a certain amount of exposure to cold, so that such exposure will not result in "chilling." The very young, the very old and those cramped by disease must, however, be protected and should keep indoors for safety during bad weather. Houses should be kept sufficiently heated for comfort—about 65°F. is a good indoor temperature—but not overheated.

Treatment for a "common cold" is very simple, perhaps that is why it is so seldom carried out. The psychology of the invalid is a fascinating subject; even in the treatment of a cold, the patient has to be persuaded that staying in bed is not derogatory to his dignity, and that he is entitled to all the honours of an accredited invalid. A well-known doctor, writing on the subject of colds, says: "In all severe or fatal cases, the patient should be kept in bed soon enough, or by not staying in bed long enough or thoroughly enough." The patient should be encouraged to stay in bed until the temperature has been normal for three days. Drugs (nourishing gruel) or opiates should only be taken on medical advice, but such drinks as lemonade, orangeade, and fruit juices mixed with water are recommended, and water should be drunk liberally. Where there is a cough it is a great mistake to try and check it. On the contrary the patient should be encouraged to cough and expectorate, as this relieves the congestion. Hot drinks and hot foot-baths (about 110°F.) are only effective if followed immediately by bed, otherwise the body may become chilled and the good effects will be neutralized. Quack remedies and so-called catarrh cures should be strictly avoided.

At the slightest danger signs, such as high fever, a doctor should be immediately consulted. Medical treatment will lessen the danger of complications the symptoms of which cannot always be recognized by the patient's friends. To "coddle" a cold may cost you the loss of a few days' work or amusement; to neglect it may cost someone his life, for the chain of infection is never ending.

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Sunday School Lesson
Lesson XII. Dec. 17.
JESUS ENTERTAINED BY FRIENDS AND FOES
Golden Text.—Ye are my friends if ye do whatsoever I command you.—John XV:14.

Lesson Text.—Luke X:38-42; XI:42-44, 53, 54. For entire lesson see Luke:38; XI:54.

The Time.—Probably in December of A. D. 29, the third year of Jesus Christ's ministry.
The Place.—Bethany, a small town on the Mount of Olives, on the road to Jericho.
The Home at Bethany where dwelt Mary, Martha, and their brother Lazarus, is dear to the Christian heart, for here the Master received the constant sympathy of these loving friends.
"As they went," Jesus is on His way to or from a short visit to Jericho, which St. Luke does not mention. "He entered into a certain village." It was Bethany, meaning perhaps, "house of dates," a little town on the southern slope of the Mount of Olives, north of the Jericho road, surrounded with fig-gardens and terraces. It is less than two miles from Jerusalem. St. Luke's failing to name the village is part of the reticence of the synopsis regarding the Bethany family, because of the hostility of the Jews aroused by the raising of Lazarus from the dead, and John writing long after that event, and in Ephesus could tell about the resurrection of Lazarus and name the town in his Gospel. "And a certain woman named Martha, she means 'my sister' being the feminine form of 'lord.' She of the two sisters and Lazarus was the younger than Mary. She was the head of the house. And she had a sister called Mary. She means 'my sister' being the feminine form of 'my sister.' Which also sat at Jesus' feet and heard His word." The "also" shows that Mary too in her way, was no less anxious to give Jesus a fitting reception. Learners sat at the feet of their teachers, as of Gamaliel (Acts XXII:3). "But Martha was troubled about much serving." Our Lord delicately touched the defect of Martha in the word "troubled," as it is given in the margin "distressed." We must not allow legitimate care to impair our full and great fellowship with our Master. "Dost thou not care that my sister hath left me to serve alone. Mar that seems to be out of temper with the Master as well as with her sister, and to have implied some little reproach on Him as well as on Mary." "Martha, Martha! The reproach name gives additional tenderness to the rebuke as in Luke XXII:31; Acts IX:4. "But one thing is needful." Some have thought that Jesus meant that only one dish was needed for the meal that Martha was preparing; but His saying was on a higher plane. This one thing is love to Jesus Christ; all else that is good and happy and useful will follow upon this. "For Mary hath chosen that good part." The good part was complete obedience to Jesus and surrender of self to her God. With verse 41 (Luke XI) St. Luke makes a sudden transition, passing from the atmosphere of friendship and trust to the atmosphere of suspicion and enmity.
His open break with the Pharisees and Scribes occurred at a meal to which a certain Pharisee invited Him.
"But woe unto you Pharisees." The woe that Christ announced was the natural and inevitable result of their hard hearts and their bigotry. The Pharisees still exist

as a party among Eastern Jews, and are called Perushim. So was now is their character that the bitterest of reproach in Jerusalem is "You are a Perish." Then the Pharisees were most punctilious in obeying the Jewish law. "For ye mint and rue and all manner of herbs." To tithe is to set apart one-tenth for religious uses. The Mosaic law (Deut. XIV:22) applied this to it to garden herbs and even went so far as to discuss whether stalks should not be tithed as well as seeds. "And pass over judgment and the law of God." The law itself exalted these as the chief of all requirements but they were quite forgotten by the Pharisees in trifling with the legalistic details. That Jesus was not insensible to the mint, anise and cummin of doctrine, to the jot and tittle of the law, is sufficiently clear; yet He never forgot the due balance and proportion of belief and duty; and the weightier matters of the law were invariably the burden of His mind and discourse. "These ought ye to have done." That is loved God and done justice to men. "And not leave the other undone." Jesus it will be seen, did not condemn the principle of tithing but accepted it provided it was kept in its place as a practical means of filling the Lord's treasury; but making a religion of tithing was established. "For ye love the uppermost seats in the synagogues." These chief seats were arranged in a semi-circle facing the congregation; they were back of the pulpit or reader's desk. "And greetings in the markets." The love of these Jews in the time of our Lord for exaggerated titles of respect and honor is well known. "Woe unto you... for ye are as graves which appear not." To touch a tomb would result in ceremonial defilement and the Jews whitewashed their graves as a warning to passers-by. If the whitewash was worn off, the graves might easily be touched without knowing it. "The scribes and the Pharisees began to urge Him vehemently." Evidently the Pharisee's meal was given in order to catch Jesus in His speech, and our Lord appears to have been quite alone with his foes. "And to provoke Him to speak of many things." They cross-questioned Him, harassed Him with criticisms. Our word "heckled" describes the process to which He was subjected. "Laying wait for Him." They were like hunters lying in ambush ready to spring out on expected prey. "To catch something out of His mouth." "Catch" carries on the metaphor of hunting. It may have been such a company on holiday-hunters as is described in Mark XII:13.

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SAFEGUARDED:—He shall give his angels charge over thee, to keep thee in all thy ways.—Psalm 91:11.
DECEMBER 18
THE GOLDEN RULES:—As ye would that men should do to you, do ye also to them.—Luke 6:31.
DECEMBER 19
BOAST NOT:—Boast not thyself of tomorrow; for thou knowest not what a day may bring forth.—Prov. 27:1.
DECEMBER 20
HEAR THE WORD:—O earth, earth, earth, hear the words of the Lord.—Jeremiah 22:29.
DECEMBER 21
LIKE PRODUCES LIKE:—Be not deceived; God is not mocked; for whatsoever a man soweth, that shall he also reap.—Galatians 6:7.
DECEMBER 22
PRIDE A PITFALL:—Pride goeth before destruction, and a haughty spirit before a fall.—Proverbs 16:18.
DECEMBER 23
GOD LOVES THE GOOD:—Truly God is good to Israel, even to such as are of a clean heart.—Psalm 73:1.



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