

## Sneezing Yawning and Stretching

You sneeze because there is usually something in your nose that should not be there. You yawn or because there is a lack of oxygen in the blood. You stretch generally for the same reason.

Of course you should always breathe through your nose, which is the proper channel for inhaling the life-giving air. In man, brain and nerve hasten the intercommunications and co-ordination of the memory; hence, when anything interferes with the air channels, you are immediately forced to breathe out violently through the nose. That is a sneeze. The inside of the nose is quite ready to feel the least thing and tell the centres what is wanted. You, yourself, do not do this. As a matter of fact, you really cannot sneeze on purpose, but the mind plays its part in producing a sneeze.

Pepper makes you sneeze because it irritates or violently tickles the inside of the nose. Sometimes you sneeze at a bright light, usually the sun, for particular reason at all. You can stop a sneeze almost always when you feel it "coming on," by pressing on the nose, especially on each side, about half-way down, just where the bone stops. There is a little nerve here which, when it is pressed, stops the intercommunication, although the real reason has not been discovered.

When you are tired, bored or appropriate sleep, you do not breathe as you should, and your blood does not have sufficient air in it. The structure of the brain there is a tiny but "We have to be," the fat man replies speak of nerve stuff which looks after your breathing. It is very sensitive to the changes in the blood when they mean that something is wrong. As soon as it discovers that there is not sufficient oxygen in the blood it seems to give an order for a great deep breath that puts things right. That is why you yawn. A yawn is merely a sudden deep breath inward, just as a sneeze is simply a sudden deep breath outward.

You often stretch and yawn together and for the same reason usually. It is the very first thing you do when you make your initial appearance in this great, wide beautiful wonderful world. If you do not, you were gently smacked until you did, for a baby must breathe well, and to yawn and stretch means to breathe well. When you stretch your limbs and body, you squeeze many of the blood-vessels, especially those inside your muscles, and so make it harder for the time being, for the heart to drive the blood in through them. This, however, is just the little spur the heart needs, and it immediately replies by beating more strongly.

By this time you have stopped stretching, and so the heart, without having any harder work to perform than before, works harder. Then the blood moves more quickly through the body, including the lungs. The blood carries the air from the lungs to every nook and cranny of the body and the faster it goes through the lungs the more air it takes up. In this manner stretching helps you to breathe, although not directly, and fits in perfectly with the taking of an extra supply of air into the lungs.

### Case of Necessity.

Former President Taft was congratulated at New Haven luncheon on the work he had done in the cause of peace.

"Let me tell you," said Taft "an appropriate story. Why it is, a fat man was once asked, "that you fat chaps are all sufficient air in it. in the structure of the brain there is a tiny but "We have to be," the fat man replies speak of nerve stuff which looks after your breathing. It is very sensitive to the changes in the blood when they mean that something is wrong. As soon as it discovers that there is not sufficient oxygen in the blood it seems to give an order for a great deep breath that puts things right. That is why you yawn. A yawn is merely a sudden deep breath inward, just as a sneeze is simply a sudden deep breath outward.

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## Colonel and Taft Will End Feud

Ex-Presidents Agree to Meet and Shake Hands at Big Reception Given for Them at Union League Club, New York

NEW YORK, Sept. 30.—Col. Theodore Roosevelt and William Howard Taft, the only two living ex-Presidents, will patch up their historic quarrels, shake hands and be friends once more.

They will do it on the evening of Oct. 3 at the Union League Club in this city. Both men have accepted invitations to be present at a reception to be given for them that night and have agreed to call off their long-standing feud.

The colonel accepted his invitation a week ago. Mr. Taft's acceptance was received this week.

Before either accepted the invitation assurances were given each that the other would be on hand.

All these arrangements for the meeting were made before the general invitations were sent out.

**Depew and Choate to Speak**  
Elihu Root, president of the Union League, is to bring the ex-Presidents together. They will be formally introduced to each other and the hand-shaking will follow. To give the affair the right setting and to make it a harmony feast all round, there will be many distinguished Republicans on hand and speeches will be made by several. Among the speakers will be Joseph C. Choate and Chauncey M. Depew.

Added interest will be given to the reception of the joint participation of the colonel and Mr. Root.

Unfriendly feeling existed between them as a result of what happened at the Republican national convention in 1912, when the colonel formed the Progressive party. This quarrel was later smoothed over in part at the famous luncheon held at the home

## NOTICE

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**Philip Templeman**  
Oct 4, 5, 6, 7, 10, 12, 14

of Robert Bacon last February. Ever since the Republican convention in Chicago last June, at which Charles E. Hughes was nominated for President with the resultant breaking up of the Progress party and the colonel's support of Mr. Hughes, prominent Republicans and Progressives have been making plans to bring Col. Roosevelt and Mr. Taft together. One plan was that the two men should speak from the same platform in the present campaign. The colonel negated this, however, and the idea was abandoned. In the effort to bring them together both the colonel and Mr. Taft were made members of the council of the National Hughes Alliance.

The peacemakers were not discouraged at their initial failure and new methods were adopted. Influence from many sources was brought to bear upon the colonel. It was argued that the healing of the breach would have a salutary effect on the Republican campaign and would go far to help in the defeat of President Wilson.

This argument appealed to the colonel, for his mind has been set upon Mr. Wilson's defeat and he has told friends that he was willing to go to any length to bring it about.

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