

The April

25 Cents

American

Magazine



EDWARD B. SCHILLER

Why I Quit Lying

The Story of a Profes

BB
BEVERLY MASS

The American Magazine

April, 1925

MERLE CROWELL, Editor
JAMES C. DERIEUX, Managing Editor

Vol. XCX

CONTENTS

No. 4

THE GENIUS OF EDWARD H. HARRIMAN	SAMUEL M. FELTON	9
JESSICA REVIVES A FADED PETUNIA. A story Illustrations by J. Simont	AGNES SLIGH TURNBULL	13
WHAT THOMAS MEIGHAN IS LIKE IN REAL LIFE	ALLAN HARDING	16
THOMAS MEIGHAN. Pictures in photogravure		17
JAMES S. McCULLOH. Portrait in photogravure		18
YOU NEVER CAN TELL WHEN THE BOSS IS TRYING YOU OUT	JOHN MONK SAUNDERS	19
COLORED	DAVID GRAYSON	20
The eighth of the new series, "Adventures in Understanding" Illustrations by Thomas Fogarty		
DO YOU LIKE YOUR NAME?	PHILIP CURTISS	23
THESE BROTHERS TAKE HOUSES FOR A RIDE!	SHERMAN GWINN	24
WHY I QUIT LYING		28
FOOL'S GOLD. A story Illustrations by Gerald Leake	MYRA SAWHILL	31
WALTER S. BUCKLIN THREW AWAY HIS SILVER SPOON	KEENE SUMNER	34
WALTER S. BUCKLIN. Pictures in photogravure		35
GARFIELD A. WOOD. Pictures in photogravure		36
"MY FIVE BIG STROKES OF LUCK"	WILLIAM S. DUTTON	37
YOU CAN IMPROVE YOUR LOOKS BY WEARING THE RIGHT COLORS	FRED C. KELLY	39
THE WOMAN WHO WANTED TO BE A MARTYR. A story Illustrations by G. Patrick Nelson	DOROTHY SANBURN PHILLIPS	40
A PARSON'S STRANGE ADVENTURES WITH MEN OF MANY KINDS	MILDRED HARRINGTON	44
STOP A MINUTE!	WILLIAM S. SADLER, M. D.	46
THE MEANEST MAN IN THE COUNTY. A story Illustrations by Paul Meylan	ALEXANDER HULL	48
NOISES AT NIGHT DON'T GET A RISE OUT OF ME ANY MORE	H. I. PHILLIPS	52
IF YOU'RE EVER LONELY THINK OF "AUNT LIBBIE" FELCHER	MARY B. MULLETT	54
THE FATHER WHO DIDN'T UNDERSTAND. A story Illustrations by Ralph Pallen Coleman	PRISCILLA HOVEY	57
HIS FIRST POWER PROJECT WAS A TINY "FLUTTER WHEEL"	W. O. SAUNDERS	60
THE BIRD MAN OF KENT	M. K. WISEHART	62
ROCKING MOON. A novel (concluded) Illustrations by George Giguere	BARRETT WILLOUGHBY	67
AN EXPRESS MESSENGER NEVER KNOWS WHAT'S COMING NEXT	HARRY A. STEWART	70
INTERESTING PEOPLE		72
Meyer Davis	Article by Georgiana Lockwood	73
Jean Gordon	Article by Martha McCulloch-Williams	74
Colonel James Richard Silliman	Article by Charles G. Müller	75
Beulah Louise Henry	Article by Sarah MacDougall	76
Theodore H. Welter	Article by William S. Dutton	144
THE BEST STROKE OF LUCK I EVER HAD		
Prize contest announcement		
WHY I LIKE MY JOB; OR, WHY I DON'T LIKE MY JOB		
1st Prize—The Joys I Get Out of My Job as a Night Watchman!	R. J. H.	145
2d Prize—My Job Brings No Joy to Me and None to Others!	C. L. P.	145
3d Prize—My Wife Wished This Occupation on Me!	Q. E. F.	146
4th Prize—A Husband and Children Are Lots of Trouble, But I Love Them Just the Same!	Mrs. V. F. C.	146
THE FAMILY'S MONEY		
We Not Only Made a Budget—We Made It Work!	H. E. B.	226

PUBLISHED MONTHLY BY THE CROWELL PUBLISHING COMPANY AT SPRINGFIELD, OHIO, U. S. A.

J. E. Miller, Vice President
A. D. Mays, Secretary

Lee W. Maxwell, President

Thomas H. Beck, Vice President
A. E. Winger, Treasurer

EXECUTIVE and EDITORIAL OFFICES, 250 PARK AVENUE, NEW YORK CITY, NEW YORK
25c a Copy, \$4.50 per Year, in the United States and Canada. Foreign subscriptions, \$8.00 per Year. All Rights Reserved.

Subscribers are notified that change of address must reach us five weeks in advance of the next day of issue.

Entered as second-class matter at the Post Office, Springfield, Ohio, under the Act of March 3, 1879.
Additional entry as second-class matter at Albany, N. Y., Harrisburg, Pa., San Francisco, Cal., Los Angeles, Cal., Seattle, Wash., and Galveston, Ill.
Entered as second-class matter at the Post Office Department, Canada.

Copyright, 1925, The Crowell Publishing Company, the United States and Great Britain.

Stop a Minute!

Ask yourself a few questions: Do you feel constantly hurried and worried? Are you always trying to catch up and to keep up?—Are you living at high tension?—After being “all wound up” for a long time, are you suddenly “all run down,” or afraid you will be?

By William S. Sadler, M. D.

THE warning at the top of this page is intended for you—yes, you! For the chances are almost ten to one that if you will take time for a good look at the way you are living, you will find that you are keyed up to a high pitch of nervous strain.

Most of you know it already. Many of you are asking yourselves how much longer you can “keep it up.” Some of you are breaking down even now.

But my warning is not only to those who admit that their nerves are overstrained. It is intended for all you restless, hurrying, driving people. Even though you haven't yet seen the “Danger” sign ahead of you, it is there just the same.

I want to explain to you some of the causes of this high tension; how you “get that way.” I want to tell you of some of its serious effects. And I shall try to give you some helpful, constructive advice.

The other day, a highly excited and overwrought woman said to me, with tears in her eyes, “Doctor, just what is at the bottom of my troubles?”

“My good woman,” I replied, “your ancestors are partly responsible for your troubles! You are the omnibus in which your ancestors ride. You have a keen mind and many other valuable qualities which you got by inheritance. But along with them came a cantankerous nervous system. It has made life miserable for you, because you haven't known how to manage it.

“You must learn to live with yourself as you are, and with the world as it is. If you don't master that lesson, you will keep right on being miserable.”

What I said to that woman is true of us all. Each of us is the omnibus in which our ancestors ride; and it is a common thing for those ancestors to have given us, here in America, a high-strung nervous system.

Already predisposed to this sort of tension, we are plunged into the most hectic life on the face of the globe. As a nation, we drive ahead, trying to lead the world, to outrival everybody else. We have a mania for speed, thrills, excitement. We are victims of Americanitis.

Heredity and environment: these are the two sources of the high tension that is causing us so much trouble. If you are to escape disaster, you must face these two factors, and learn how to control them.

Now let us suppose that you admit you are keyed up to a pretty high pitch; that you are restless and overwrought; you don't sleep well; perhaps you have headaches and indigestion.

These bad feelings are probably due to one or more of three conditions: toxic tension, nervous tension, blood-pressure ten-

sion. In this article I shall discuss only the first two. The third one I shall take up in a later article.

Toxic tension, as you probably know, implies the presence of some poison in the system. This poison is a constant irritant. Many persons are on the verge of a breakdown, simply because their blood stream is more or less saturated with these chemical poisons.

The commonest sources of such poisons are tea, coffee, tobacco, alcohol, and various drugs which a great many people habitually take, believing them to be harmless and even beneficial.

I had one patient, a woman about forty years old, who puzzled me greatly for a while. She was very nervous, and was troubled with insomnia and a mild but persistent form of headache. She had constipation and peculiar attacks of indigestion. Yet a thorough examination failed to reveal any disease.

Finally, I found that she was drinking fifteen cups of fairly strong tea a day. I told her that this was probably responsible for her condition, and that she must stop it.

When she was deprived of her narcotic-stimulant, she went into hysteria, and we had two weeks of very trying experiences. But after that she began to sleep better and to gain in weight. Her headaches, restlessness, temper explosions, and other troubles gradually disappeared; and in six months she was a new woman, both in appearance and in behavior. That was a case of toxic tension.

We use over 1,250,000,000 pounds of tea and coffee in this country every year. We consume 8,000,000,000 cigars and about 50,000,000,000 ready-made cigarettes, to say nothing of those smokers roll for themselves.

IT IS estimated that the average daily dose of poison for every man, woman, and child in the United States is 306 grains of alcohol, 6 grains of nicotine, 6 grains of caffeine, and 1.5 grains of opium.

The use of this enormous amount of chemical poisons is bound to result in nervous excitability and high tension, especially in a nation which, by inheritance, is predisposed toward nervousness.

Even supposedly harmless drugs cannot be taken continuously without evil consequences. For example, people who are always taking soda, for mild indigestion, are courting trouble. So are the chronic consumers of headache remedies, of sleeping powders, and of other drugs.

It is so easy to form these habits. You begin by taking something when you feel exhausted, or when you have to meet some unusual demand on your strength and

your nervous force. The first effect is to stimulate you; but there is a later reaction, or rebound, of the nervous system which results in nervous depression. Then you take another dose to get another stimulating kick—and so on, round and round the vicious circle.

You take drugs because you are tense; but they are chemical irritants which make you more tense. You probably increase the dose; you have to, in order to get the effect you want. And so you systematically poison yourself.

If you are nervous, irritable, with a host of “miserics” which you can't account for, study your habits, and find out whether you are habitually taking any of these chemical poisons. If you are, lose no time in swearing off.

TOXIC tension may be partly caused by a diet that increases the acidity of the blood; or, to put it another way, one that diminishes the alkaline reserve. I have already explained this point in a previous article, so I will say only this: Water is the best beverage in the world; and a simple diet of milk, fruits, and green vegetables, with a moderate amount of eggs and meat, is the most wholesome.

Remember that fruits do not increase the acidity of the blood. They have exactly the opposite effect. Breads, and the other starchy foods, together with eggs and meat, are the chief acid-formers.

Remember, also, that too much acid in the blood acts as a chemical irritant, like the poisons we have been discussing. This constant irritation affects the nervous system, causing a condition of high tension. The poisons resulting from so-called auto-intoxication also belong to this order of toxic irritation.

But these are not the only influences that act upon the nerves. It is perfectly possible for you to have high tension, even though your system is not irritated by chemical poisons. We will call this form of it “nervous tension.”

Now, you can refrain from using alcohol or tobacco; you can leave tea and coffee alone, or use them in moderation; and you can refuse to form any drug habits. But you cannot get rid of the nervous system you were born with; and you cannot change the conditions of modern life.

And so I say to you, as I said to the patient I mentioned: “You must learn to live with yourself as you are, and with the world as it is.”

As I describe the chief causes of nervous tension, I want you to study yourself and to check off those which are present in your own case.

Practically all of us are trying to do too many things. Modern life is a many-

ringed circus, and we are feverishly attempting to perform in a dozen rings at once.

I heard a song the other day about "a little bit of this, and a little bit of that." It made me think of many of my patients. They are trying to crowd everything into their lives: business, home, society, church, clubs, philanthropy, sport, letters, books, theatres, concerts, radio, movies, motor rides, dancing, voting, visiting the sick, charities, funerals, weddings, dentists, doctors, exercises!

Read that list again. Long as it is, can you say that there is anything there which you haven't tried to include in your own program of "Things I Ought To Do"?

I am not denying that many of these activities are necessary, and that most of them are desirable. But neither can you deny that the attempt to keep up with that program makes you feel constantly hurried and driven; nor that your inevitable failure to keep up with it makes you worried and nervous.

YOU simply must take yourself in hand and control this impulse to crowd your days impossibly full. Admit that you can't do all the things you'd like to do. Eliminate some of them—and quit thinking about them! That will ease the tension, in the first place; and if you have a program which you can keep up with, you won't be worrying over your failure to keep up.

You will find that emotional conflicts are another great cause of your nervous tension. Every human being has emotions, so this is one factor that affects us all.

Perhaps you do not realize that you are, more or less, a dual personality: a queer mixture of two temperaments. The result is that a constant succession of "sham battles" is being fought in your soul.

In the mind of every modern man and woman there is a clash between primitive instincts and civilized ideals and conventions. The failure to realize this, and to know how to adjust and to regulate these conflicts, results in nervous tension and its aftermath of nervous exhaustion, brain fog, neurasthenia, and so on.

I don't mean that I believe in all the quirks of modern Freudian philosophy. That system is helpful in getting at the bottom of some troubles. But as for the theory that all forms of worry, tension, and nervous eccentricity are of a sex origin—well, I simply don't believe it.

I recognize that there are other instincts and impulses in all normal persons which

are just as strong as the sex impulse.

Our primary emotions have to do with work, recreation, religion, as well as with sex life; and if we are either unduly repressing our emotions in any domain, or are failing to control them, we are bound to suffer from psychic tension, which will affect our nervous tension.

Next, I want to say something about conscience. I am using the word in a

about your health actually defeats your desire to feel well—and often it is the only reason why you do not feel well.

I know people who are so "conscientious" over small details of hygiene that they make a religion out of the observance of these details. I have one patient, for instance, who believes it is a positive sin to eat between meals.

You may not be so extreme as that.

But are you sure that you have no health fads? Are you sure you are not watching yourself for this symptom or that one? Examining your sensations, wondering about them, and magnifying their importance?

Don't try to be your own diagnostician. Have a "health audit" regularly, say, once a year. That is, have a careful and comprehensive physical examination. If the verdict is that you are well, go away and be well. If you are given any advice, follow it.

Don't sit around wondering and worrying, imagining and fearing, without any facts to go by. The only fact behind a lot of unpleasant sensations may be the fact that you have worried yourself into a state of high nervous tension.

AS FOR the conscience that directs our actions from the point of view of morals, it is of great value; but don't get the idea that your individual conscience is always and infallibly "the voice of God." Conscience tells you to do right; but its dictates as to what is right are very different in different people.

An American mother's conscience would impel her to lay down her life to save her child. A Hindu mother's conscience would impel her to throw her babe into the jaws of a crocodile!

Conscience is largely controlled by our inherited and acquired standards of right and of wrong. It is not always enlightened. So, when you follow your personal conscience, do so with the aid of reason and judgment. Don't fear it, as if it were a terrible Moloch. It should be a friendly guide, not a vengeful tyrant.

I could recite cases by the score of splendid men and women who have become semi-invalids, simply through worry over the demands of a misguided conscience. Here are a few who have come to me only recently:

A young man who has almost wrecked his health and his career by worrying over trifling indiscretions of his youth. Nothing serious, mind you; and nothing which is not entirely past and done with now.

Then here is a minister who has become hyper-conscientious about his work. He has ruined his (Continued on page 179)



PHOTO FROM LORNER'S STUDIO, CHICAGO

Dr. William S. Sadler, widely known lecturer and writer on health subjects, was for many years a professor at the Post-Graduate Medical School of Chicago, and is now senior attending surgeon to one of Chicago's larger hospitals. He has written several books, among them "Science and Living," "The Physiology of Faith and Fear," "Worry and Nervousness," "Race Decadence," and "The Mother and Her Child." Doctor Sadler is a native of Indiana.

broad sense, in connection with whatever we think we ought to do, or to be, whether it is a question of morals or not.

As a physician, I am constantly having patients who are "sick," for no other reason than that they are victims of their own conscientious scruples.

For example, we certainly should pay enough attention to our health to keep from violating the laws that affect it. But why go to the other extreme? Many of you have a meddlesome habit of "listening in" on your vital processes. You become so concerned over your physical welfare, so solicitous about your vital machinery, that you are constantly worrying about it.

WELL, your brain cells and your whole nervous system are important parts of that machinery. And when you occupy your mind with worries, you cause nervous tension, which prevents the normal working of the mechanism you are so concerned over. Your excessive anxiety

name, on what afterward turned out to be the famous Third Beach pay streak. When I got up from my own illness, I sold one claim for a thousand dollars to pay my doctor's bill. The other two, I sold for almost nothing, to get funds to help friends who were in need. . . . Five years later, these three claims were sold for a little over two million dollars."

"Didn't that make you feel sick?" I couldn't help asking.

The "mushing parson" shook his head.

"No," he said, "I had lived in the Klondike long enough to see the futility of gold. Those were the days when it took one hundred and fifty dollars to buy a ton of coal. Frequently, twenty dollars wouldn't purchase a potato. I saw starving men, with scurvyed gums and bloated bodies, lying on bunks under which were cached a king's ransom. . . . But gold can't be eaten!

"I saw how gold blinded men to the riches all about them—to the splendor of the sunsets, the magnificence of the mountains and glaciers, the immensity and freedom of the country. It was enough for me to let my soul commune with the beauty of sky and earth, to listen to the music of the frost harp, and to enjoy the rich fellowship of the great North.

"I guess," he finished whimsically, "the good Lord loved me too well to give me the trouble and care of gold!"

I couldn't help thinking that there must be many millionaires in the world to-day who would give all their wealth for even a small share of the riches which the "mushing parson" has in such abundance—the riches that moth and rust cannot corrupt, nor thieves break through and steal!

Stop a Minute!

(Continued from page 47)

health, has nervous prostration, and now has developed that quite common fear—the fear of having committed the unpardonable sin.

Here is a splendid woman who has almost worried herself insane—and why? One evening, as she was saying her prayers, an incongruous thought passed through her mind. The thing seemed so sacrilegious that she has brooded over it, accusing herself of incredible sinfulness. It is mighty hard to go insane through worry alone; otherwise, she might have worried herself into an asylum.

Here is another fine woman, the mother of three children. She is so over-conscientious about them that she has made herself a nervous wreck. From the time her first child was born she has seemed to forget her husband's claims on her, and has lived only for her children. Which, by the way, shows how twisted our consciences sometimes become.

She said to me one day, "Doctor, it is a fearful responsibility to have the lives of these children put into my hands, for me to mold and train and direct."

Of course it was a responsibility. But she took a strange way of meeting it, when she worried herself sick and had to go to a sanitarium—leaving strangers to look after her children!

Conscience serves a divine purpose in

ON YOUR BIRTHDAY SEND MOTHER FLOWERS



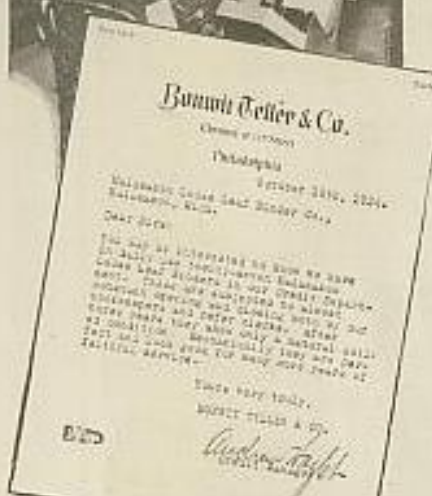
Happier homes
—with the magic of flowers

FLOWERS make happier homes. Keep flowers and growing plants in your home. You cannot buy so much happiness for so little money in any other way.

"Say it with Flowers"



Send Flowers and Growing Plants to your home



Selected for Economy in Use

Loose Leaf Equipment for use by department stores must be simple and convenient of operation, durable, and especially adaptable for the purpose. Kalamazoo equipment measures up to these exacting standards and has been selected by Hudson's of Detroit, Gimbel Brothers of New York, Strawbridge and Clothier of Philadelphia, A. Harris & Co. of Dallas, and hundreds of other progressive stores in all parts of the country.

One of the new series of booklets is "Department Store Record Keeping Equipment." It is yours for the asking. Booklets covering several other fields are listed below, select the one you want and mail the coupon.

KALAMAZOO LOOSE LEAF BINDER CO.
KALAMAZOO, MICHIGAN

Factories at Kalamazoo, Mich., and Los Angeles, Calif.
Sales Offices in Principal Cities.



KALAMAZOO LOOSE-LEAF DEVICES AND ACCOUNTING SYSTEMS

COUPON

Kalamazoo Loose Leaf Binder Co.
Kalamazoo, Mich.

Please send me the catalog of better record keeping checked below.

- | | |
|--|--|
| <input type="checkbox"/> Kalamazoo Record Keeping Equipment for B.A.N. Co. | <input type="checkbox"/> INSURANCE record keeping equipment |
| <input type="checkbox"/> TRANSPORTATION record keeping equipment | <input type="checkbox"/> Catalogue that will contain current |
| <input type="checkbox"/> DEPARTMENT STORE accounting equipment | <input type="checkbox"/> Kalamazoo PUBLIC UTILITY accounting equipment |

Name
Address

human experience. But it can be so misused as to become a menace to health and happiness; even to goodness itself.

Much of our nervous tension comes from our craze for speed, thrills, excitement. We want to drive fast motor cars and to ride on "limited" trains. We want to read exciting books, go to "snappy" shows, and see fiercely contested games. We crave jazz music and jazz dancing. The average American is constantly seeking novelty, sensation, exhilaration.

Speed and excitement themselves cause an immediate reaction of nervous tension. But that is not all. The craving for these things, and the constant attempt to get them, keeps you in that state of tension all the time. You reach a point where you can't let go; you practically never relax.

WHEN your mind is tense, this tension is more or less communicated to the muscles. And this muscular tenseness produces other physical results, not the least of which is a tendency to sleeplessness.

We now believe that sleep may be induced merely by complete relaxation of the muscles. Nervous tension, which interferes with this relaxation, is therefore the great cause of insomnia.

I had a young woman patient, some time ago, who had come to Chicago from a small town farther west. She wanted more diversion and excitement than she could get at home. In order to support herself, she secured a position which kept her busy eight hours a day. At night she went to the theatre or to dances—often to both.

She kept up this pace for two and a half years. Meanwhile, she had begun to lose strength and weight. She couldn't sleep. When she finally came to me for medical advice, she said:

"Doctor, I am getting more nervous every day. I am traveling a pace that is killing me, and yet I don't know how to stop. I just can't stay at home evenings. I have lost all interest in reading. It is go-go—all the time! What am I to do?"

This patient, after three weeks in bed, with rest and proper food, was given a definite program of work, play, study, relaxation, social life: a well-ordered, well-balanced scheme of living. She has followed this program for a year. Her nerves have recovered and she seems to be supremely happy.

Every man knows the danger of high tension resulting from the drive of American business life. Ambition, competition, speeding-up processes—these are all very well, if you don't allow them to enslave you.

It is true that it is very rarely the work that kills; it is the worry and anxiety; the consciousness of being always driven to the limit. When the struggle for efficiency brings about a state of high nervous tension it defeats its own aim.

There is a point, on every man's gauge of nervous intensity, which is the maximum of safety. It differs in different individuals, but it is always present! If you persist in pushing the pressure beyond that point, you must not be surprised when your "engine" blows up.

Five years ago, a young man decided that he was going to get "to the top," and that he would do it in record time. All



Your Business ~ will it be next?

Just a little blaze, starting in an unexpected place, at an unexpected time—then panic, a frantic scramble for exits, all the horror of raging, unchecked holocaust. This is the history of fire—written a million times—screaming at you in the headlines of every newspaper. It takes everything—property as well as life. The result is invariably a catastrophe. Your business is gone, employees out of work, customers forced to your competitors—your work of a lifetime swept away. Half a billion dollars was the price of fire last year. Seventeen thousand lives sacrificed on the altar of carelessness and unpreparedness. Protect your business from fire.

MAKE IT **FYR-FYTER** NEVER SAFE FIRE-FYTER FAILS

Fyr-Fyter prevents fire losses. It is small, light, convenient. Anyone can operate it—instinctively. It smothers fire instantly. And its cost is insignificant. It is sold by trained men who are experts in fire prevention and whose advice is worth heeding.

A Real Opportunity for Salesmen

We have immediate openings for 100 men on our national sales force. Previous selling experience will be valuable but is not essential, as we conduct our own course of training which makes our representatives experts in fire prevention.

An Excellent Income

Fyr-Fyter is a device that means fire prevention. It bears the label of approval of the Fire Underwriters. It is endorsed by fire chiefs and fire protection organizations. It is being used by such concerns as the Standard Oil Company, International Harvester, Ford Motor Company and General Motors Corporation.

Every public building, factory, business, home, school or hospital is a logical prospect for Fyr-Fyter. Fyr-Fyter Representatives, because they know fire prevention, sell more after time to the same customers as they need for fire protection increase.

Write at Once

This is an opportunity for you to join one of the most successful sales organizations in the world. It is an opportunity for you to get started in a permanent business that will pay you a splendid and ever-increasing income. Write at once for information about positions now open. Use the coupon below.

Fyr-Fyter Company
725 Fyr-Fyter Bldg., Dayton, O.

MAIL THIS NOW

Fyr-Fyter Co.,
725 Fyr-Fyter Bldg., Dayton, O.
Kindly mail us full information about the position you now have open.

Name
Address



Effecto AUTO Enamels



Try it on a fender!

If you are skeptical about your ability to paint your car with Effecto Auto Enamel, just touch up some of those rusty spots on a fender. Then you'll begin to realize the possibilities in one or two coats of Effecto, the original automobile enamel.

A few dollars' worth of Effecto, several hours of interesting work and twenty-four hours for drying will make your old car look like new. Effecto is free flowing and self-leveling. It dries without runs, laps or brush marks.

Effecto is not a paint, wax or polish; it is made in eight popular enamel colors, Finishing (clear varnish) and Top & Seat Dressing. Sold by paint and hardware dealers.

Free Quarter Pint Can of Black Effecto Enamel

Send a dime to cover packing and mailing cost and we will send you a quarter pint of Black Effecto Enamel which you can try out on a fender or wheel.

Free Effecto Color Card and Names of Local Dealers Sent on Request

If you wish a professional finishing job, your automobile painter can secure the very best results without the expense of these Pratt & Lambert automobile finishes.

PRATT & LAMBERT-INC.
151 Tonawanda St., Buffalo, N. Y.
In Canada, 97 Courtwright Street
Bridgeburg, Ontario

PRATT & LAMBERT VARNISH PRODUCTS

Saw the surface and
you saw all directions

went well, apparently, for three years. He worked early and late, winning one promotion after another, in rapid succession.

Then—something seemed to go wrong with his progress! He was growing more and more nervous and jumpy. He didn't get along well with his business associates. His judgment wasn't so good as it had been. He found it hard to concentrate, to make decisions. Even his memory was affected.

Finally, when he failed to be given a certain position which he had hoped to get, he went to pieces; and now he is slowly recovering from a siege of nervous exhaustion. It will be possibly another year before he will be anything like his old self.

By driving himself too hard and too constantly he has set himself back at least five years.

That is what we all need to learn. You can't treat the journey of life as if it were a hundred-yard dash! You can do an occasional sprint at high tension. But you can't do a hundred miles at high tension. And that, figuratively speaking, is what very many business men and women are trying to do.

FEAR, in one form or another, is responsible for a great deal of nervous tension. It is at the bottom of our worries, anxieties, and struggles; the fear of being sick, of being poor, of being slighted socially, of failing to make good in our work.

I wonder if you realize how the nerves react to fear. You have an example of it in the quick start you give at an unexpected and sharp sound. The instinctive feeling of fear makes every nerve tense, and this sudden tenseness is communicated to the muscles.

If you thought there was a burglar in the house, you would listen with every nerve taut, every muscle contracted. If a member of your family is taken desperately ill, you show the tension of fear in a dozen ways; you walk the floor; perhaps you wring your hands; your eyes have a strained expression; your face is drawn.

Now you can recognize these evidences of the tension caused by sudden and temporary fears. But I want you to realize that a chronic state of fear gradually produces a chronic condition of nervous tension, a definite physical state of strained nerves and contracted muscles.

The cure for this sort of thing is not to be found in physical treatment nor in taking medicine. It is to be found in your ability to reason with yourself, and so to put an end to your bondage of fear. You must learn to talk plainly to yourself. Tell yourself what to do—and then see that you do it. There will be ups and downs, of course; but in a few weeks, or a few months, fear and its associated high tension can be at least partly overcome.

It is surprising how many people cherish *superstitious* fears. A woman told me recently that she always takes the precaution of spitting when she sees a black cat! She is an intelligent woman too.

Try having a dinner party of thirteen, if you doubt that people are superstitious. Perhaps you yourself refuse to start on a journey on Friday the thirteenth; perhaps you won't walk under a ladder, or are careful to see the new moon over your right shoulder, or have some other pet omen of good luck or bad luck.



To get easier riding

and longer tire service, maintain even and correct inflation in both front tires and rear tires. This gives better car balance, easier steering, better traction.

Use a Schrader Tire Gauge regularly. It is compact, always reliable, the world's standard. At all dealers.

A. SCHRADER'S SON, Inc.
Brooklyn, N. Y.

Chicago Toronto London

You guard your teeth— why not your Nose and Throat?

Two minutes a day
keeps a cold away

DO you catch cold easily? Do slight throat irritations make you cough frequently? Are you sometimes troubled with sore throat? Strengthen the tissues of your nose, your mouth, your throat. Regular, systematic care—easily and quickly given—will do it. Put Glyco-Thymoline diluted with water in an atomizer. Spray this solution up into your nose morning and evening. Spray your mouth and your throat also. Inhale as you spray. The taste is extremely pleasant, the after-effect soothing and freshening. For years, physicians have recommended Glyco-Thymoline for the relief of colds; it is also a preventive.

IN the tissues of your nose, mouth and throat there are countless tiny channels, or blood-vessels. Your blood flows through these passages, just as traffic would through a vast network of streets and avenues. But there are weak spots in the system. A famous doctor says that almost everybody has them. They slow up circulation, just as a bad spot in the pavement slows up traffic. They are the spots that germs attack. They are the spots that suffer from exposure. They are the spots that are at once affected by the air of badly heated and ventilated rooms. Nature's remedy is to rush to the spot an extra quantity of blood—to clear away the congestion. Sometimes this succeeds, but when it doesn't, that extra blood remains to make the congestion worse. Glyco-Thymoline prevents colds because it unblocks traffic, widens the clogged-up blood vessels so that the blood circulates more freely. Thus, it aids Nature to keep you healthy.

USE Glyco-Thymoline also to keep your mouth alkaline, as Nature intended. Glyco-Thymoline checks the fermentation of food particles that escape your tooth-brush and thus helps to prevent decay and unpleasant breath. If you suffer from sore and tender gums, Glyco-Thymoline will stimulate the circulation and aid Nature to harden them and make them healthy.

GLYCO-THYMO-
LINE is sold by
druggists everywhere
in small, medium, and
large size bottles.

Free
Two Weeks' Test



KRESS & OWEN COMPANY
361 Pearl Street, Dept. 2-G
New York City

Send me free of charge enough Glyco-Thymoline for
atomizer use morning and evening for two weeks.

Name.....
Address.....

© 1925, K. & O. Co.

These follies are important merely because they show a willingness to saddle yourself with imaginary fears. There is some excuse for the person who worries over realities; but none at all for the person who manufactures bogies out of nothing.

Countless women, and even a good many men, are kept at high tension by their social ambitions. They are struggling to get into a certain set, or to keep up with the one they are in.

One of my patients, a woman of splendid physique, good education, and usually of good sense, married into the reigning social set in her town. She thought it was her duty to keep up with the procession; but after three years of the constant strain she had a nervous collapse which almost finished her.

This woman had inherited a nervous temperament. So had her sister. They should have realized this. But they did not; and one had this collapse because of her social ambition, while the other broke down in college and had to go to bed for three months.

In many cases of nervous tension the explanation is found in family troubles. Not long ago, a man came to me with high blood pressure, insomnia, indigestion, and various other miseries—all due to domestic worry. I have known dozens of similar cases; men who collapsed under the double strain of business and of unhappy family life.

As for the modern young man, he really needs our sympathy. I should think he would gladly welcome a return to the old-fashioned courtship. Instead of sitting down in the parlor and getting acquainted, young folks nowadays are madly rushing about in quest of excitement. And the young man has to dig up the price!

All joking aside, this feverish pace breeds a craving for drugs; first, for the stimulation they give, and then for their apparent, but false, effect of relaxation. The result is a vicious combination of toxic tension and nervous tension which is wrecking many a young man's career.

NOW I want to give you a word of caution. The first thing to be done, in any case of high tension, is to find out whether there is some definite physical disease. One patient came to me, apparently suffering from "nerves." But the real cause of his condition was a well-advanced case of Bright's disease.

In our efforts to find a physical cause for high tension, we must not overlook the fact that a certain form of goiter may also give rise to a type of nervous tension.

Another patient—a woman this time—told me that she had been "fighting her nerves" for years. The real trouble with her was anemia. After she had been kept in bed a while, properly fed, and iron injected, she didn't have much of a battle with her nerves.

It is a mistake to treat a purely nervous condition as a definite organic disease. But it is far worse to overlook the presence of a real disease and assume that a person has only a case of chronic "imaginitis." To avoid this grievous error, have the "health audit" I spoke of, and so get the facts.

Now, what are you to do with this nervous high tension? If you can't sleep, are you to take a sleeping powder? No; ex-

And Mother said:
"You may get a package
of Wrigley's
too!"



Wise mother—she re-
wards the little errand
runner with something
delicious, long-lasting
and beneficial.

Happy, healthy child-
ren, with Wrigley's—
and best of all—the
cost is small!

A leading dentist
states that chewing
gum not only cleans
the teeth and aids
digestion, but acts
as a mild antiseptic
in the mouth at the
same time that it re-
freshes.

WRIGLEY'S

"after every meal"



SEALED
TIGHT
KEPT
RIGHT

THE FLAVOR
L-A-S-T-S

F29

In
Get
Your
T
smile
Sound
a hap
wards
ing) m
Brush
And t
their s
of glist
Dr.
was des
spots,
surface
contour
other b
thoroug
faces. T
penetrat
sweepin
Insure
and your
Tooth Bru
Prices: Ad
35c; Child
eage, 75c-

The or
brush
health

The cure ab
cleaning so m
dentist and w
it "The Health
a pitiless fac
be had in no on
© 1925, The W



Cleans
INSIDE

and

DI
TOOT



"Smile Insurance"

Get this Protection for Your Teeth and Health!

THERE'S a definite connection between a winning smile and this correct brush. Sound teeth—good health—a happy disposition (the rewards of twice-a-day brushing) makes Dr. West's Tooth Brush users feel like smiling. And their pride is evident as their smiles disclose the charm of glistening teeth.

Dr. West's Tooth Brush was designed to fit the danger spots. Its convex brushing surface contacts the INSIDE contour of your teeth as no other brush can. It cleans thoroughly all OUTSIDE surfaces. The wedge-shaped tufts penetrate inter-dental spaces, sweeping them clean.

Insure your teeth, your health and your smile with a Dr. West's Tooth Brush. At good dealers. Prices: Adult's, 50c; Youth's, 35c; Child's, 25c; Gum Massage, 75c.

The only tooth brush with the health curve

The curve above makes tooth-cleaning so much simpler that dentists and users have named it "The Health Curve." It is a patented feature, hence can be had in no other tooth brush. ©1925, The Western Co., Chicago



Cleans INSIDE



Cleans OUTSIDE

and BETWEEN

Dr. West's

TOOTH BRUSH

cept as a temporary expedient, under a doctor's orders. When you are overwrought nervously are you to take a drug to quiet your nerves? No; not unless the doctor prescribes it. And if he has prescribed it *once*, don't go on prescribing it for yourself!

Do not resort to tonics, stimulants, narcotics, or drugs of any kind, except as specifically directed by your physician. If you are suffering from nervous tension, you cannot get health out of a pill box or a medicine bottle.

The best way to get help is by *learning to talk to yourself*. Understand the relationship between the mind and the body. Learn to control your actions by common sense. As I said at the beginning, take a good look at the way you are living. Find out what you are doing that keeps you at this high tension. Then make up your mind to a program which you can follow without driving yourself beyond the limit of your own nerve endurance.

I HAVE found that this decision to adopt a reasonable program is a very great help to nervous patients, both men and women. For example, one woman was so nervous that she thought she was going insane. She was constantly worrying over the things she felt she must do, always starting one thing and dropping that to start something else.

It was as if she were surrounded by a swarm of buzzing gadflies, which she was always trying to brush away, without ever succeeding.

She was told to go about her work in her home with a notebook and pencil tied on a cord fastened around her waist. Every time she thought of something she ought to do, she was to jot it down in the notebook, and then go ahead with the task already started.

If, on the way up-stairs to make the beds, she remembered that she must answer Aunt Mary's letter, she would jot down, "Write to Aunt Mary." Then she would proceed to make the beds. If, while washing the dishes, she recalled Johnny's need of new shoes, she would write "Johnny's shoes" in the little book—and then finish the dishes.

She was given also a fairly definite program—a rough draft of how each day was to be spent. This was a great help to her. She learned to give precedence to essentials. Many of us are worried and tense over things that don't matter anyway. It is vastly important, in the cure of nervous tension, to divide things into essentials and nonessentials, and not to worry if some or all of the latter are left undone.

Just realize this: You are not going to be able to do *everything* you'd like to do, or even everything you think you ought to do; especially if you are naturally of a high-strung, nervous temperament. If you are under a nervous tension, you must make up your mind that you are trying to do too much. Look at your pressure gauge. Don't allow yourself to go to the point where your "boilers" are bound to blow up! Stop in time. Let go. Slow down. Ease up. Let the other fellow pass you. Let him reap the consequences of high tension and overanxiety. Let him enjoy the luxuries of a nervous breakdown, while you regain your self-control, your health, and your happiness.

+++++



She hated to tell him

SHE was so proud of her big brother. But of late he seemed much discouraged. He was being left out of things—dances, dinners—and somehow "the girl" never had an open date.

His sister knew the cause. She hated to tell him, because it was such a personal thing, but finally she did, and he was a good sport about it!

Nearly all young men are inclined to have a grimy-looking skin, spotted with blackheads. Few men realize that this hinders their success in life. Pompeian Massage Cream is the certain way to help you overcome this handicap by giving you a clear, ruddy complexion.

Cleans the Skin: Pompeian Massage Cream thoroughly cleanses all dust and dirt from the pores. It helps clear up blackheads and pimples by stimulating healthy circulation, and by keeping the skin clean and the pores open.

Easy to use: Rub it in; rub it out. After shaving or washing apply the Massage Cream to your face. Rub it in gently. Continue rubbing and immediately it rolls out, bringing with it all the dirt and skin impurities. Result—a clean, healthy skin with clear glowing color.

Your drug store has it. Use it regularly at home.

SPECIAL OFFER

$\frac{1}{2}$ of 60¢ jar for 10¢

For 10c we send a special Trial Jar containing one-third of regular size contents. Contains sufficient Pompeian Massage Cream to test thoroughly its wonderful benefits. Positively only one jar to a family on this exceptional offer.



Pompeian Co., Cleveland, Ohio, Dept. 11

Gentlemen: I enclose a dime (10c) for $\frac{1}{2}$ of a 60c jar of Pompeian Massage Cream.

Name _____

Address _____

City _____ State _____