

The July 25 Cents  
**American**  
Magazine



**Mysteries I Can Not Explain**—By Stewart Edward White

# The American Magazine

July, 1926

MERLE CROWELL, *Editor*  
JAMES C. DERIEUX, *Managing Editor*

Vol. VII

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

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EXECUTIVE and EDITORIAL OFFICES, 250 PARK AVENUE, NEW YORK CITY, NEW YORK

\$5 a Copy, \$1.50 per Year, in the United States and Canada.

Foreign subscriptions, \$3.75 per Year.

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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., Portland, Ore., Omaha, Neb., St. Paul, Minn., Milwaukee, Wis., Galveston, Ill., and Des Moines, Iowa. Entered as second-class matter at the Post Office Department, Canada.

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# "Whew! But It's Hot!"



**T**HE only thing wrong with hot weather is your inordinate dread of it. Enjoying warm weather is largely a question of your mental attitude toward the inevitable annual summer season.

I know a lot of people who take a squint at the thermometer, and when it is up around 90° they begin to fuss and fume and stew and kick. Old Mother Nature has made it plenty hot enough, but they are not content with that—they talk about the heat incessantly; they think about it all the time; and sometimes, in their over-energetic efforts to fan themselves they add enormously to their discomfort. Fanning may be all right; in fact, it is a great source of relief from the heat to many people. But when overdone, fanning defeats its own purpose.

Make up your minds this present summer to quit foolishly resisting the heat. Take the weather as it comes, and make the best of it, using your intelligence to modify the effects of high temperature to the fullest extent of your ability. And then just sweat and enjoy it.

Thousands of well-meaning folks make life miserable for themselves by this constant fussing about the weather. In the winter, it is terrible—too cold; in the summer, the heat is something fierce, and so on. It doesn't do any good. Mark Twain hit the bull's-eye when he said: "What's the use of talking about the weather so much? Nobody does anything about it."

I have a patient who is not afflicted with hay fever and has no particular reason for changing climates; but if she can't

leave Chicago right after the Fourth of July and get North, she begins to "suffer terribly from the heat." She can't stand the sun and she can't stand the humidity. Of course I know it is the humidity, the amount of moisture in the air, that makes heat so oppressive to many people; in fact, it is the humidity, rather than the actual height in temperature, that endangers life on a

hot summer day. Nevertheless, this woman is in good health, and should be able to stand a little heat. And she would be, if she didn't have the money and leisure to run away from it. Some folks make the weather their chief worry. They are never quite satisfied with what nature provides—either the sun shines too much or it rains too much. They are like the grumbling farmer whose faultfinding was proverbial for miles around. In the midst of one ideal summer a delegation of neighbors called on him and expressed the thought that he must for once be satisfied with the fine weather. The farmer replied: "Yes, the crops are good and the weather is fine; but I want to tell you, neighbors, that crops like these are mighty hard on the land."

I know men and women who are literally human barometers and thermometers. As a result of a rheumatic tendency, coupled with constant thought of the weather, they are able to detect a storm before even the weather bureau is aware of its existence. Such persons keep themselves on the border of nervous prostration by their constant worry over the weather, and the fear that all their plans will be upset by rain, storm, or drought.

**O**NE hot day last summer I sat talking with a mother about the health of her daughter. This woman seemed quite comfortable until someone chanced to remark that it was "96° in the shade." Immediately she became all agitated, began looking for a fan, and at once exhibited symptoms of being overheated.

Maybe so, and if it is not now, it will be. But it is useless to kick about the weather. Why not learn to live sensibly, so as to enjoy it?—Tips on hot-weather diet, bathing, and exercise that will make you more comfortable when it's 96° in the shade

*By William S. Sadler, M. D.*

DRAWINGS BY NORMAN PRICE

leave Chicago right after the Fourth of July and get North, she begins to "suffer terribly from the heat." She can't stand the sun and she can't stand the humidity. Of course I know it is the humidity, the amount of moisture in the air, that makes heat so oppressive to many people; in fact, it is the humidity, rather than the actual height in temperature, that endangers life on a

This business of publishing weather reports has an unfortunate effect on thousands of over-suggestible persons. Many an individual gets up on an ordinary summer's morning and begins the day by enjoying the fresh, balmy air of the fragrant summer time, and all goes well until he glimpses the morning paper: "Temperature yesterday rose to 95°; going higher to-day;" and in the headlines, "Six dead from heat prostration; great suffering in the tenement districts," and so on. Straightway, the over-nervous and self-conscious reader begins to develop a "heat complex."

If we had some way of keeping the knowledge of the actual temperature away from the public, nine tenths of the complaints about, and the suffering from, the summer's heat would be avoided.

I once had a patient who needed to take neutral baths—at about the temperature of 97°; but he insisted that they always chilled him; that he could not take a bath under 103° or 104°. Talking did no good; he had his mind unalterably made up on this subject.

Well, I had a special bath thermometer rigged up which registered five or six degrees off; that is, when he read it at 103° he was really getting a bath at about 97°—and he got chilled no more. The trick thermometer did the business.

**W**E EXPECT to suffer from the heat when the thermometer gets very high, and so we do; but I am sure there would be less suffering if we could set our thermometers back eight or ten degrees. Thousands of good people would cease to worry over a temperature of 90° if the thermometer registered only 80°.

A few years ago I chanced to pass the official weather bureau thermometer in the heart of Chicago on a hot July day. Just ahead of me were two women, and as one of them looked at the thermometer, she excitedly exclaimed, "Good heavens, Louise, it's 96°. Let's hurry home. It's dangerous to be out on such a hot day." And yet, before observing the temperature, this woman was going along cheerfully with her friend, quite unconscious and unconcerned.

I advise you to have your mind ready for summer. It always comes and it can't be avoided, and some days are going to be "beastly hot." But it won't last very long; and you can stand it just as well as

the rest of us. And remember that the happiest folks on a hot day are those who go about their business with their minds on their work and not on the weather.

Summer time is the greatest of all health institutions. Man is by nature an outdoor animal, and the summer season allows him to indulge his natural bent. Moreover, in the summer we not only have an abundance of health-giving sunlight, but nature provides us with a wide range of fresh fruits and vegetables.

Diet is one of the most important factors in the enjoyment of hot weather. We should remember that every ounce of food taken into the body must be burned up, and that, when this combustion takes place, heat is produced. A certain amount of our food endows the body with energy, but most of it goes to the formation of heat.

An arrangement of nerves and blood vessels called the heat-regulation mechanism maintains the balance between heat production and heat elimination, and keeps the temperature of the body at 98.6° Fahrenheit. Now, if anything happens to interfere with this mechanism so as to cause over-production of heat or under-elimination, or both, we are likely to have fever, or, in the summer time, to be unduly oppressed by the heat.

**DURING** hot weather we can help old Mother Nature in this task of heat regulation by refraining from shoveling too much coal, in the shape of meat, fats, starches, and sugar, into the human furnace. We need to provide the body with proper nourishment; but with the outdoor temperature so little below that of the body we require but a small amount of food to make up the difference. In other words, in the summer time, we should mainly eat foods that are low in caloric value, such as fruits and vegetables.

We must, therefore, not only regulate the kind of food that we eat in the summer, but we must also reduce the amount, and also take an abundance of liquids. It is impossible to keep cool without sweating, and we can't sweat unless we put the liquid in the body to keep the sweating machinery properly supplied.

Summer drinks made of fresh fruit juices are very wholesome and have a cooling effect, provided we do not over-sweeten them. The mistake that is made in trying to combat heat with cold drinks is that we over-sweeten, and sugar is very heating.

Don't forget, too, that pure water is good for quenching thirst and cooling the body. Ice-cold foods, ice cream, ice water are very pleasant to take on a hot day, but they are not productive of permanent cooling effects. As a matter of fact, they often leave us feeling hotter than before, as they

cause an intense heat reaction on the part of the body.

One day last summer, a patient of mine complained of the way the heat affected him. He told me that he drank fifteen or twenty glasses of various soft drinks during the day—trying to keep cool. These, together with a half-dozen glasses of well-sweetened lemonade at night, contained somewhere between twelve and fifteen hundred calories—almost enough to supply sufficient nourishment for one day's activities during the hot weather. But over and above all this liquid refreshment he was eating three meals a day. No wonder he was overheated!

**ON** a very hot day, how much more appetizing is a meal composed of cold salad, sandwiches with the bread sliced thin, a very small amount of butter, and cool milk or lemonade or orangeade, than a heavy hot meal! Cold vegetables are also very good. Some people are under the impression that the free use of fruits and vegetables cause serious intestinal upheavals. Certain highly nervous, delicately balanced individuals might suffer some such disturbance; but bowel troubles are usually due to the dysentery microbes and their cousins which are on the outside of fruits and vegetables and which were derived from the refuse of the garden or orchard, or from the dust of the city streets. Vegetables or fruits that are properly cleaned or pared do not generally produce digestive disturbances.

The following tables afford a classification of the foods that are most suitable for summer use, and that should form the bulk of the diet during hot weather, and those that should be eaten sparingly, because of their tendency to overheat the body if taken in excess.

**Foods to be eaten freely:**

**FRUITS**—Apples, cherries, grapefruit, grapes,



oranges, peaches, pears, pineapples, plums; berries of all sorts; fruit juices; watermelons, cantaloupes.

**VEGETABLES**—Tomatoes, artichokes, asparagus, string beans, spinach and other varieties of "greens," cabbage, cauliflower, celery, green corn, cucumbers, eggplant, lettuce, onions, green peas, radishes, rhubarb, squash, turnips.

**OTHER FOODS**—Eggs (in moderation); milk, buttermilk, cottage cheese; custards; fruit and vegetable salads; lemonade and fruitades; ice cream and fruit ices.

**Foods to be eaten sparingly:**

**CEREALS**, bread and other starches; gridale cakes and corn bread; crackers and macaroni; oatmeal and rice; olives and olive oil; raisins and nuts; dried beans and peas; dates, figs, and bananas; potatoes, Irish and sweet; meats of all kinds; butter and all fats; doughnuts and fried foods; cakes and pies; honey, candy, sugar, and molasses.

Watch out for "tainted" foods in the summer time, particularly protein foods, and food in which milk enters. You can get sick from eating a piece of decayed fruit or vegetable; but it is not likely to be serious or fatal. It is the protein foods, particularly meat and milk, that are most dangerous.

Next to diet comes the question of bathing. Much can be done to mitigate the effect of high temperature, on the very hot nights of summer, by cool spongings; that is, keeping the body surface moist with water and allowing it to evaporate slowly in the atmosphere of the room.

Hanging half a dozen wet sheets in a room during a hot day or night will do much to cool the atmosphere. The sheets must be thoroughly saturated with water so that (Continued on page 68)



"Yes," her twin told her calmly. "Be me. I want you to put on my clothes now, in this room, every stitch I've got on and my wedding ring, take my purse and my key, and go to my apartment and live there—as me, until I telephone you from this room that I'm back."

"But, Celia, you're married!"

Celia laughed. "That'll be the least of your troubles," she said. "Really, it won't bother you a bit, because Phil's away. He went to Springfield yesterday morning. This is Wednesday, isn't it? He won't be back till Saturday."

She turned away from Cynthia's astonished stare and walked nervously to the window.

"THERE'S—there's an errand I've got to do," she explained. "I don't know exactly how long it will take. But, anyway, overnight. And I can't be away like that. At least, I can't be known to be. So I want you for an alibi. I know it sounds as if I meant to murder somebody; but I don't! "It won't be hard," she hurried on. "There isn't a thing you'll have to do. I haven't made any engagements for the next two days; I've kept them clear on purpose. Phil's aunt Ellen—her name's Rowland too—may come in; probably will. She's a fussy old thing. But she won't suspect anything. She'll talk by the hour about Phil if you'll let her, and she'll want to know exactly how you are. I'm supposed to have been rather seedy lately. So if you want to have a dizzy spell, or something, and not be able to talk to her when she comes, you can."

"There won't be any other callers that matter, unless—unless there's a man named Hollister. If he sends his name up from down-stairs, don't see him. Tell him over the 'phone you won't. That will be best—so that he'll know you're there. Turn him down as hard as you like. He'll know why, all right."

By this time Cynthia had got her breath.

"Celia, it's a perfectly mad idea!" she protested. "It couldn't possibly work. I couldn't say three consecutive sentences to Miss Rowland without giving myself away. I don't know anything about your life. I don't even know what your husband's business is."

"Oh, he's a lawyer," said Celia. "I thought I told you. He's down at Springfield now arguing a couple of cases before the Supreme Court. But, Cyndy, you don't have to know. She won't suspect, because she'll see you there, and she'll think you're me."

"Doesn't she know you've a twin sister?"

"She knows I've a twin, yes. But not that we look alike. Even Phil doesn't know that. So even if you say things that

sound funny, it won't matter. Oh, don't make objections! You aren't—you aren't going back on me, are you?"

"No," Cynthia said. "But I don't want to push you into a perfectly idiotic scrape. Why can't you just go ahead and do your errand, whatever it is, openly, as yourself? I suppose it's something you don't want your husband to know about. But if you're sure he's away till Saturday, why can't you go and come back?"

Celia turned around upon her. "Because, if you want to know," she said defiantly, "I'm watched!"

"By your husband, do you mean? Is he having it done?"

"I suppose so."

Cynthia felt herself turning a little sick.

"I know how it looks," Celia said, more soberly, after studying her sister's face. "But, Cyndy, it isn't what it looks like. I'm not going off to spend a night or two with a lover. I haven't any lover. I've never been unfaithful to Phil. We haven't got on particularly well together, but I haven't done that to him. As for Tommy Hollister, he's just a plausible, malicious liar. I think he's trying to get me in wrong with Phil; and if it's Phil who's having me watched, then it means he's succeeded. But I haven't done anything wrong. At least, nothing like that. I know I haven't!"

"But I've simply got to find out about something. And the only way I can find out is by going to see the only person who can tell me. It's nothing serious. I'm sure it isn't. But it's—but it's so perfectly crazy that I've got to know about it! That's all. I'll see him—the man I have to see, you know—and get him to tell me about it; and if there's anything to do, he'll go and do it. And then I'll turn around and come home and get you, and we'll go somewhere and begin old times again. Cyndy, you do believe I'm telling you the truth, don't you?"

Cynthia flung her arms around her.

"Oh, my dear," she said, "of course I do!"

"And you'll do it? You'll be me for two days? Cyndy, it will be a joke when it's over, like the other time. And I'll tell you the whole thing and we'll laugh. If I weren't so near crazy with worrying over it, I'd be laughing now. Will you do it, Cyndy?"

"You poor lamb!" Cynthia said. "Yes, of course I will. But you'll have to tell me at least a million things about yourself before I can get away with it."

"I'll tell you everything I can think of while we change clothes," said Celia.

CYNTHIA'S heart was beating pretty hard when, an hour later, with Celia's clothes on her back, Celia's wedding ring on her finger, and Celia's wrist bag on her arm, with the latchkey in one of its

compartments, she rode down in the elevator at the Blackstone, committed to this fantastic impersonation.

As she crossed the lobby, a man, whose face she caught the briefest glimpse sharply turned his back on her and walked away, and she took it at the time as an evidence of her extreme self-consciousness that she believed, for an instant, that the action had reference to herself. It was a ridiculous idea, of course. Why shouldn't a stranger strolling about the lobby make as many sudden turns as he liked? If she began feeling jumpy now, what sort of state of mind would she be in when the ordeal really began?

She went out and got into a taxi, told the chauffeur, "The Prince," noted with relief that he knew where it was, and settled back for her ride. It proved not to be very far; up north across the river, and near the lake.

SHE steadied herself with a long breath when the taxi stopped before a very handsome, new-looking apartment building. Then she nodded, with a friendly smile, to the liveried servant who had opened the door for her, and got her first thrill of reassurance from the unperturbed manner in which he returned her greeting. Celia would very likely have called him by name, but it didn't matter. A smile of half-absent recognition would have to do duty for speech a good many times within the next two days.

The lobby was rather awe-inspiring in its severe magnificence. It had been done to resemble an Italian palace. Down at the end of it were the bronze elevator gates, and a small, brilliantly lighted cubbyhole, where a girl sat at a telephone switchboard.

The elevator was off on a trip, so, to fill in the wait, Cynthia voluntarily submitted herself to a second test. The doorman's indifference showed that her looks were all right. Would her voice work as well?

She said to the telephone girl, as casually as she could manage, "No one's called for me since I've been out, I suppose?"

"No, Mrs. Rowland," the girl said. "The mail's just gone up, though, and I think there was something for you."

Well, that was all right. She hadn't noticed anything queer either.

Cynthia had another cheerful nod for the elevator boy as she entered his car, got out where he stopped it, and walked firmly down the corridor to the last door. With Celia's key in her hand she steadied herself once more with another long breath, and then let herself into the perfectly strange apartment she was supposed to be mistress of.

(To be continued)

## "Whew! But It's Hot!"

(Continued from page 27)

there is a tendency to drip. In case of threatened heat stroke, it is advisable to envelop the body in a wet sheet, wrung out of cool water, and apply cold compresses to the head.

While cooling shower baths are very comforting during the hot days, we must

remember that there remains on the skin a residue of solid matter following the evaporation of sweat, and that the skin secretes its oil in summer as well as in winter. Therefore, a daily warm or tepid bath with soap, followed by the use of talcum powder, will help prevent the skin

from becoming irritated. Rash and other summer disturbances of the skin are due not only to heat but also to the failure to keep the skin perfectly cleansed.

The cool bath prolonged sometimes is more helpful in times of great heat depression than baths at a lower tempera-

ture. A very cold bath is attended by a reaction in the circulation, which sometimes serves to aggravate the effects of high temperature.

Outdoor bathing, swimming, and surf bathing are all beneficial, when intelligently used. Many delicate persons do themselves great harm by remaining in the water until they are thoroughly chilled. Others harm themselves by over-exposure to the sun's rays following their outdoor bathing. It is unwise to go in bathing or swimming immediately following a heavy meal.

**IT IS** the exercise in the open air that does so much good, and not the idle lying about on the beach to secure an excessive coat of tan. There is altogether too much of a fad these days about getting tanned, and I saw many cases last summer of undoubted injury to delicate nerves and none too robust constitutions, as the result of this fashion of lounging around the beach. This ridiculous practice can easily undo all the good which might otherwise be derived from sensible outdoor bathing habits, as the actinic rays of the sun, or ultra-violet rays, as they are more commonly called, can actually destroy the living cells in and beneath the skin, when over-exposed to their influence.

In taking sun baths—that is, in exposing the entire surface of the skin to the rays of the sun for eight or ten minutes, a practice of great value in rickets, anemia, and other constitutional diseases—the eyes should always be protected from the glare of the sunshine and the head covered with a dry cloth or, in the case of any tendency to head congestion, with a compress wrung out of cold water. The spine should also be kept cool while taking a sun bath. It is best, in carrying out this health practice, to make short exposures of the body; at first not over three or four minutes, two or three times a day. Sun baths should never be continued over fifteen or twenty minutes.

In the matter of sunlight, we should remember that this almost magical ray of sunshine—the ultra-violet ray—which does so much to promote health, is entirely filtered out by ordinary window glass. If you put a baby in the sunlight indoors with the window sashes down, it will get practically none of the health-giving ultra-violet rays; but if you raise the sash, then it will get the real benefit of the full sunlight.

It is a good plan, during the summer months to remove all the heavy drapes from the windows, so as to provide for free circulation of air. If there is too much sunshine at certain times, the shades can be pulled down; but during the summer season, provide for an abundance of light, and a free and full circulation of air through all the living-rooms. What if the sun does fade the carpets and the drapes—better that these things should fade a bit than to see the rosy cheeks of the children fade. Sunshine is absolutely essential to good health and well-being. Sunlight is the master germ killer.

I wish to make it absolutely clear that the danger of exercise in hot weather, the danger of heat stroke or sunstroke, is due to other things than just heat. Heat stroke is most likely to occur under the following conditions:

1. Alcohol and narcotics—predisposing to sunstroke
2. Fatigue—intensifying heat effects
3. Close rooms—lack of ventilation
4. Clouded sky—increased humidity and lack of breezes
5. Tight or too much clothing
6. Excessive meat diet, and overeating in general
7. Extremes of age—infancy and old age
8. Worry, despondency, and anxiety
9. Excessive use of ices and iced drinks

In moderately hot weather, mild exercise to the point of stimulating perspiration has a decided cooling effect. But it stands to reason that the hotter the weather, all other things being equal, the less one should engage in vigorous physical exercise.

The average healthy individual benefits a great deal from ordinary exercise in the open air during the summer season. We should remember that exercise deepens our breathing, and this contributes, indirectly, to cooling the body. Every lungful of air exhaled removes just so much heat from the body.

Walking, tennis, rowing, horseback riding, and other athletic activities are actually cooling in their after-effects, if indulged in moderately. Of course one must be careful about sitting down in a draft when profusely perspiring, as there is great danger of chilling at such times.

Right here, I'd like to say a word about the old superstitious belief that night air is dangerous. Now, night air probably did cause trouble in the days of malaria and yellow fever, when the mosquito buzzed, bit, and infected; but now night air is all right if you are properly clothed; in fact, if you stop to think a bit, after the sun goes down night air is the only kind we have to breathe.

**CLOTHING** is another important item to be considered in the summer time. While I advocate getting rid of excess clothing, so as to favor heat elimination from the body, we must be careful to wear enough to protect us from the undue effects of sunlight, particularly the chemical or ultra-violet rays. Hats, for instance, should always be worn in the sun. A great many summer headaches are produced by going bareheaded in the heat. The head should be kept cool, and the eyes protected from the glare. Moreover, I believe that exposure of the bare head to excessive sunlight is more likely to cause baldness than to increase the growth of hair.

The essential feature of summer clothing is porosity. The meshes should be large, so as to afford abundant opportunity for the elimination of heat. White, gray, or other light-colored clothing is best for warm weather, as it more fully radiates the light of the sun, thus protecting the body from the absorption of external heat, as well as aiding in carrying off the heat of the body. Starched clothing should be worn by men as little as possible. Soft shirts, soft collars, and loose-fitting, pliable flannels, are the ideal clothing for a hot day.

Avoid dark colors. They largely absorb the heat rays of the sun and transmit them to the body. They also absorb odors in a larger degree than light colors. Their only advantage (in reality a disadvantage) is that they do not show the soil so quickly; but it must be remembered

that they gather dirt just as readily. You would not want to wear a suit of black underclothing for three months, just because it does not show dirt.

One thing is certain—the feminine fashions of the present time are high appropriate for hot weather. The women certainly have us men beaten to a finish. I wish someone with suitable social prestige would start a movement for an improvement in men's summer wear. We have done something toward getting rid of the stiff collar by wearing soft ones, but even they are nothing more or less than "chokers" in hot weather. Why should the masculine sex be so afraid to bare its throat to society's gaze?

When I think how we used to poke fun at the women with their long dresses, high collars, tight corsets, and what not, I realize they now have the laugh on us. But while I am complimenting the feminine attire for summer, I do think there ought to be some consistency about wearing clothing on the arms and legs "when the frost is on the pumpkin." But whenever our criticism of their dress in the fall and winter, women certainly show good judgment and common sense in their dress during the summer season.

**WITH** reference to summer hats, I am very much in favor of men wearing something that is cool and loose-fitting, soft and pliable, such as the Panama straw. I do not recommend the stiff straw hat. It sits down so firmly upon the head that it interferes with the circulation of the blood in the scalp, and thus prevents proper nourishment. It is not only heating, but it also contributes, I believe, to premature baldness. If stiff straw hats are worn, they should certainly have holes in the crown to provide for ventilation.

I don't suppose there is any way to stop youngsters from going barefooted, but we should remember that injuries to the feet are just as likely to be the cause of rheumatism and heart disease as are diseased tonsils, or adenoids. An excellent idea is to let children go stockingless, and exchange their shoes for pliable sandals.

During the hot weather, I advocate for men the wearing of a thin cotton sleeveless undersuit, a soft shirt, silk or linen soft collar, or a style of shirt that can be rolled in and worn without a collar; thin cotton or silk socks (there being little choice between the two), and a light weight suit of the Palm Beach variety. This outfit, with a soft straw hat, is ideal for the hot-weather months.

The shoes should be on a natural last giving plenty of toe room. It is impossible to enjoy summer hikes with cramped feet. Change the socks daily, and shake plenty of talcum powder on the feet after your bath. It is very helpful, also, to change shoes in the middle of the day. It cools the feet and rests them.

Early in this article I mentioned the subject of fanning, and I want to explain just why this practice relieves one from the oppressive feeling of high temperature. It relieves, in the first place, by increasing the evaporation of perspiration. This evaporation of water on the surface of the body extracts an enormous amount of heat. Just as heat is required to boil water on a cook-stove, it requires heat to evaporate water on the skin surface of the body.

And, by the way, this is the reason you should not mop your face dry with a handkerchief on a hot day. It is all right gently to take off the excessive perspiration that is on the face; but do not dry it, for by so doing you deprive Nature of her best opportunity for cooling your heated features.

In addition to increasing evaporation, fanning exerts some not fully understood nervous effect on the system. The feeling of a breeze going over the face allays the nervous fears of the body, and the nerves cease to react so violently to the sensation of heat. It must be a nervous effect, for we observe this thing in such experiments on ventilation as the following:

A couple of lads were put into a closed room. As the carbon dioxide and other respiratory gases became pretty heavy, the boys began to be a bit drowsy. An electric fan was then turned on and it started to churn the air around in the room. No more fresh air was admitted, no more oxygen. And immediately those drowsy boys roused up, took an interest in things, and felt fine. All this without changing the air—merely by agitating it. This is proof of the fact that the blowing of a breeze over the face, though a nervous effect, has some ability to counteract the effects of heat.

Electric fans assist us in our efforts to keep cool if they do not produce over-violent air currents. Powerful fans and blowers which too rapidly evaporate the perspiration from the body are undesirable. They defeat their purpose, just as over-removal of perspiration from the face does; they leave the skin dry and hot. In order to be most beneficial, changes in the air should be gentle and frequent rather than violent and extreme.

During the past summer I saw a case where a mother had been advised to turn the electric fan on a baby that was afflicted with "heat rash." A powerful electric fan had been placed so close to his little body that his skin was absolutely dry. All the fan was accomplishing was to subject him to chilling, possible pneumonia, or a cold. We moved it back quite a ways, slowed it down, allowed the little fellow to perspire, and used the fan gently to accelerate the evaporation of the perspiration; in this way he was kept cool and happy. If you want to enjoy hot weather, you must have a moist skin.

**A**FTER all is said and done, the hot weather affects you much in accordance with your mental attitude and your general good health and physical fitness. If you enter the summer season twenty-five or thirty pounds over weight, you are doomed to suffer from the heat. If you are a sufferer from chronic constipation, biliousness, and headaches, dig down to the bottom of your physical handicaps, discover the causes, remove them, and thus get in physical trim really to "enjoy hot weather."

When your elimination is poor, or you are suffering from so-called "auto-intoxication" in any form, your sweating mecha-

nism is demoralized—you do not perspire freely and naturally. Since the evaporation of perspiration constitutes nature's chief method of removing heat from the body, and thus keeping you cool on a hot day, it naturally follows that anything which diminishes sweating will certainly and surely augment your suffering from the effects of high temperature.

One of the things we must think about when summer time comes is vacations and the health hazards of a holiday. We still have some typhoid fever in the country. A good deal of the typhoid of the autumn in our large cities is brought in by returning vacationists. When in doubt about water and milk, boil them, and, still better, be vaccinated against typhoid before you go away.

**I**T IS valuable to know that, when water is not too greatly contaminated with typhoid and other dysenteric microbes, the juice of one lemon in a glass of water will go a long way toward sterilizing it. This advice is not meant to take the place of instructions to boil suspected water, but sometimes, when there may be a suspicion attached to water and you would like to do something to add another factor of safety, then the juice of one lemon in a glass will be of real help.

Not only is typhoid fever spread by flies, but also many of the summer dysenteric disorders are to be laid to the door of this pestiferous insect. Swat the fly; do it early in the season. Screen all windows, and particularly see that flies are kept away from the dining-room and kitchen.

As to mosquitoes, I have found the following prescription to be a good antidote against their attacks:

Oil of citronella	1 ounce
Spirits of camphor	1 ounce
Oil of cedar	$\frac{1}{4}$ ounce

When on a vacation, dress properly, so as to give the body free movement, and be in a position to enjoy the holiday. Don't forget that the tendency to get unduly sunburned during the first few days of the vacation can be guarded against by proper clothing and by the use of cold cream and other lotions.

Remember there is no sovereign remedy for poison ivy. Those who are susceptible, if they feel the symptoms coming on, should engage in prolonged bathing of the exposed skin surface in warm soap-suds. Poison ivy toxins are acid in nature, and the employment of strong soap-suds (laundry soap is best), if used early after the exposure, will do much to prevent or ameliorate the attack. Individuals who are so susceptible to poison ivy as to break out in a distressing rash if they ride along the road where the wind blows over the ivy, can do much to prevent such long-distance poisoning by the use of cold cream.

As far as possible avoid dust. Dust often proves to be the airship of the microbe. In planning a motor trip, from a health standpoint stick to the hard roads whenever you can. The dust of the city

streets is particularly objectionable, and this is why fruits, vegetables, and other foods should not be displayed out in the open in uncovered cases. It is this dust that produces so much of the digestive disturbance, during the summer season which is commonly blamed to fresh fruit and vegetables. Even cucumbers are largely blameless if they are washed thoroughly and then properly pared.

The following menus are given: suggestive of healthy diet for hot days:

#### Breakfast Menus

No. 1	
Melon	Bran and Cream
	Scrambled Eggs
Toast	Milk
No. 2	
	Blueberries and Cream
	Fried Apples
Whole Wheat Bread and Butter	Milk
No. 3	
	Raspberries
	Puffed Rice and Cream
Toast	Orange Juice
No. 4	
	Sliced Peaches
Crackers, and Half and Half	Coffee
No. 5	
	Baked Apples
	Shredded Wheat and Cream
Bacon and Eggs	Coffee

#### Lunch Menus

No. 1	
	Fruit Salad
Crackers	Cheese
	Milk Shake
No. 2	
	Combination Salad
Whole Wheat Bread and Butter Sandwiches	
	Iced Tea
No. 3	
	Tomato Sandwich
Milk	Ice Cream
No. 4	
	Mixed Fruit
Whole Wheat Bread and Butter	Milk
No. 5	
Chicken Salad	Plain Sandwiches
	Buttermilk

#### Dinner Menus

No. 1	
	Fruit Cocktail
	Rolls and Butter
	Green Peas and Carrots
	Cold Sliced Meats
Iced Milk	Gelatin
No. 2	
	Combination Salad—French Dressing
	Nut Bread and Butter
	Creamed Tuna Fish on Toast
	Iced Grape Juice
	Ice Cream—Lady Fingers
No. 3	
	Iced Fruit Soup
	Bread and Butter Sandwiches
Cold Cabbage Slaw	Cold Sliced Ham
Lemonade	Berry Shortcake
No. 4	
	Jellied Consommé
Rolls and Butter	Chicken Salad
	Sliced Cucumbers and Tomatoes
Iced Tea	Cantaloupe
No. 5	
	Fruit Salad
Cheese Straws	Cold Sliced Tongue
	Corn on the Cob
Orangeade	Chilled Cup Custard

"NIPPING Trouble in the Bud" is the title of a health article, next month, in which Dr. Lena K. Sadler, wife of Dr. William S. Sadler, gives you a wealth of practical advice. An ounce of prevention is always worth a pound of cure, and in matters of health it is worth much more than that. Dr. Lena Sadler, writing out of her long experience, tells you how to keep well and, incidentally, how to start the baby on the road to continuous good health.