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Magazine



**The Man Who Influenced
Me Most—By Zane Grey**

The American Magazine

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MERLE CROWELL, *Editor*

JAMES C. DERIEUX, *Managing Editor*

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Nipping Trouble In The Bud

By Lena K. Sadler, M. D.

MOST disorders of health can be prevented, if taken in time, and it is the purpose of this article to point out how many of our health troubles can be "nipped in the bud."

The best place to begin "nipping" is in the cradle. It is the duty of parents to prevent the exposure of their children to the ordinary diseases of childhood—such as measles and scarlet fever. It is a ridiculous and fallacious idea that children should be allowed to "catch these diseases and get over them early." The younger the child is the greater the danger. And all parents should understand that we now have tests for both diphtheria and scarlet fever, and that there is a thoroughly satisfactory method of vaccination against the former disease.

Mothers should know how to feed their children: their food should contain calcium (lime) salts, so as to develop good bones and teeth, and also the essential vitamins. The whole subject of vitamins should be thoroughly understood. Among the first foods outside of milk that babies must have for the prevention of diseases are orange juice and tomato juice, which contain important vitamins.

As babies grow up they should not only be provided with nourishing food, fresh air, and wholesome play, but, before going to school they should be thoroughly examined by both the dentist and the doctor. I am a great believer in the pre-school medical and dental examinations. Many serious nervous ailments, and sometimes lifelong suffering from physical handicaps, could be prevented if the tendencies or symptoms disclosed by these examinations were carefully watched.

I want to stress the necessity of dealing very early with nervous tendencies in children. "Nerves," as we commonly understand the term, can actually be prevented if proper methods of training are carried out during the first four years of a child's life.

Many a mother, through foolish and mistaken love, has allowed her child to grow up without discipline and training. In plain English she "spoils" it, so that the child early develops lack of self-control. Later on this becomes a veritable curse in its life.

If we could induce the parents of the rising generation to take their pre-adolescent children to the doctor and dentist once a year, or, if they are at all abnormal, every six months—if we could do this, and at the same time teach mothers how to discipline and train their little ones so as to inculcate nervous self-control, about nine tenths of human suffering and affliction would be prevented.

While writing this article, Dr. William Sadler (my husband) brought me a letter which someone had written to him about one of his articles in THE AMERICAN MAGAZINE, and among other things it asked:

"What can I do for a child four and a half years of age who has a veritable fit every time she is denied anything or her way is crossed? What is wrong? Is there anything we can do to help her?"

Of course the thing to do is to have this little girl thoroughly examined and put under close observation for a time. But it's a twenty-to-one chance that it's just plain lack of self-control.

As many mothers are dealing with this same problem I think I can best help them by telling the story of a certain little eight-months-old girl, who was brought to me several years ago. While the parents were of excellent stock from the standpoint of moral character, they had many undesirable hereditary tendencies, which they had imparted to their offspring. The mother was nervous and fussy, always arranging her hair, twisting her feet or engaging in some other mannerism. She found it very difficult to sit still, and was always worn out before the day's duties were finished. The father, although not quite so nervous, wasn't much better. These people were neighbors of ours, and one Sunday morning an exceedingly frightened mother dashed into our home with the little girl in her arms. The baby was livid.

"Doctor, is she dead?" she gasped. I listened at the baby's chest, and replied, "No, she isn't dead. She will be all right in a few minutes." I took the little thing to the bathroom, dipped her first into hot water and then into cold, and in a few minutes returned the child, wrapped up in a dry blanket, a little the worse for wear but alive and screaming lustily. The mother turned to me and said, "Doctor, I have stood this as long as I can. This thing happens almost every day. I must have help. Please tell me what to do, for the least little thing that happens my baby just goes to pieces. She has one of these spells nearly every day, and usually two on Sundays, because John is home. You know, John is very nervous; he gets Baby all upset."

I HAD known for some time that sooner or later I would have to face this situation. I had been dropping hints to Mary that something would have to be done to teach the baby self-control, and I had intimated several times that the sooner she got at it the easier it would be. "All right," I said to the mother, "I'll not only tell you what to do for your baby, I'll show you. You say she will probably have another spell to-day, since this is Sunday. Now, the instant she starts in to have it, run right over here."

About half past four that afternoon, a screaming, wriggling infant was tossed into my lap. "There she is," said Mary, "getting ready to have another spell." And she was right, the baby was all set to have a convulsion. Already it was beginning to stiffen out, its face was red, and it was screaming at the top of its lungs. I

spoke to it, and shook it; but its eyes were shut and it paid no attention to me. So I turned the little thing over in my lap, face downward, and very quickly applied percussion where percussion should be applied. Well, of course the little girl was very much surprised at that sort of treatment. She let out two or three loud yells, turned her head and looked at me with surprise and amazement, as much as to say, "What on earth does this mean? I've never been treated like this before. This is outrageous!"

The mother was thunderstruck. "Is that the remedy?" she said.

NOW, applied psychology and improved methods of child culture are all right in their place—far be it from me to decry them. But the important thing is to get results, to get obedience and to teach the child self-control. If Mary had taken her little girl in hand six months sooner, spanking would not have been necessary. But in the case of some of these uncontrolled, nonreasoning little creatures of instinctive reactions and lack of poise, I think it is an excellent plan to apply a little psychology and child training with the hand.

It may interest you to know that Mary's baby had to have my prescription applied to her less than half a dozen times before she caught on, and quit her nonsense. To-day that child is growing up into a healthy young woman and is a model of self-control. In fact, so well controlled is she that unless you startle her very abruptly you would never know she had a nerve in her body.

I was telling this story a few summers ago in a Chautauqua lecture and, following its relation, a woman said to me, "Doctor, I want to tell you how I applied your prescription to my daughter when she was a baby. She had spells just like Mary's little girl whom you told about in your lecture. We lived on a bend of the Mississippi River, and every time the boats blew their whistles going around this bend, my little girl would throw a fit. I remember that for six months I lived in fear my baby would die in one of these spells. One morning I was left alone with her. I knew that a little before noon a steamboat was due, and as the moment for the whistle approached I held her in my arms, thinking that if this were the end she should be in my arms."

"Now, Doctor, I don't give myself any credit for what happened when the whistle did blow. I was so excited and wrought up that I hardly knew what I did. But as that baby started to scream I turned her over on my lap and gave her a sound spanking. She quit stiffening out, ceased to hold her breath, and didn't have the customary convulsion. Thereupon, I saw a great light. I immediately sent for my nephew, who came with his violin. We had never before been able to play a musical instrument in her presence with-

out causing a spell. I had him play, and the moment she started to act up, I spanked her and had my nephew continue his playing. Within two days' time she was all over these spells, and I never had to spank her but twice subsequently about the steamboat whistle."

OF COURSE, it is not always necessary to revert to these tactics of "counter irritation." But if the newer methods do not succeed in getting results, then I do not hesitate to advocate that we resort to the old true and tried methods. I know just as well as anyone that most children can be raised without physical punishment; but when in doubt, when confronted with failure, you won't make a serious mistake if you remember the old injunction "Spare the rod and spoil the child."

This is the situation: If you wait until the child is growing up to be six, eight, or ten years old, he remembers these physical encounters. He has an unpleasant psychologic association with the experience. Whereas a younger child does not retain such a vivid impression, and learns the lesson without so much personal resentment.

I believe that the real discipline and training of children, as far as the control of hereditary nervous tendencies is concerned, should begin in the cradle and be completed before the little folks are six years of age, and certainly before they are sent to school. It should not be the work of the teacher to do this sort of thing. It is the work of the home, not the school, to teach self-control.

In a large city, where so many children are born in hospitals, they usually leave the nursery at the age of two or three weeks fairly well trained. They have a good start. Even if babies cry, we don't fuss very much, if they are normal.

Babies should cry a little every day. They can neither talk, walk, nor play, and about the only exercise they can get is obtained through crying, for at such times they stretch their legs and arms, and the blood is caused to circulate through the skin. Every mother should learn to differentiate between a sick cry and the lusty cry associated with physical exercise. If Baby's clothing is kept dry, if he is fed on time, and has a drink of cool boiled water between meals, if he is not uncomfortable from excessive perspiration, then if he wishes to cry, just let him cry.

MANY a finicky child objects to having his face washed. Some babies set up a great cry when this feature of the toilet is gone through. Now, just make up your mind to have that settled within a few days' time, and instead of dabbing the wash cloth over his face for a few seconds, go right to work and rub his face with the cloth for five, ten, or fifteen minutes, until he realizes that crying will not stop you. Fight it out in one good, earnest battle, and get it over with.

When the child grows a little older you will have a chance to fight out another battle on the question of eating between meals. He should be taught that candy or cookies given to him away from home should be saved for mealtime. A little candy won't do children any harm; but let them have it at mealtime, or immediately following meals. And give them good hard candy, not soft, rich



PHOTOGRAPH BY HARRY EDGERS, CHICAGO

Dr. Lena K. Sadler has for many years been an associate of her husband, Dr. William S. Sadler, in his public health activities and also in his private practice. She has lectured throughout the country, and is the author of several books, among them "The Mother and Her Child," "How to Reduce and How to Gain," and "How to Feed the Baby." She is connected with one of the larger hospitals in Chicago, is secretary of the Medical Women's National Association, and a fellow of the American Medical Association and of the American College of Surgeons.

creams. Children should be generously fed while they are growing; but there is nothing to be gained by encouraging them to gormandize like the little fellow who, while dining with his grandmother, begged for a third piece of cake. "Johnnie," she said, "you'll burst if you eat another piece." Johnnie looked at her and then at the cake, and said, "Well, Grannie, pass the cake and get out of the way."

Nor must we forget the trouble that can be prevented around adolescence. Not only do boys and girls need special care as regards their physical health at such times, but parents must see to it that they are properly instructed in reference to the many social problems that arise at this age. Much that pertains to the future peace of mind and happiness, as well as to the health of these boys and girls, can be contributed at this time. Parents should make it their first business to keep in close touch with their adolescent children and win their confidence.

INOW come to the health problems of adults. Broadly speaking, there are three classifications of human diseases:

1. *Ordinary physical disorders* in which

nature displays warning symptoms, such as in appendicitis, tuberculosis, measles, mumps, tonsillitis, and other commonplace diseases.

2. *Diseaseless symptoms.* A group of nervous disorders belonging to the neurasthenia and brain-fag category, which are not diseases in and of themselves; they are merely a bundle of symptoms.

3. *Symptomless diseases.* This is a whole group of serious disorders which we doctors speak of as "old-age diseases." They consist of the high blood pressure disorders, with their resultant apoplexy and paralysis; liver diseases; kidney disorders (Bright's disease); and the heart ailments. Taken all together, this group of diseases is largely symptomless.

Before I go into the details of the prevention of old-age or symptomless diseases, I should like to talk about a few of the common disorders of life which can be detected by means of symptoms. Mother Nature sometimes most faithfully and persistently hangs out her red lantern of symptomatic warning, which, if we would only stop and decipher, would in many cases help us to sidestep our afflictions.

Take such a little (Continued on page 121)

Nipping Trouble in the Bud

(Continued from page 21)

thing as dandruff. It is a forerunner of baldness. If dandruff persists year after year, you can be pretty certain that baldness will come on apace. Any treatment that will help the scalp to rise above the dandruff level is pretty sure to be helpful in saving the hair.

Take loss of weight: While worry and nervousness can bring about a very sudden loss of weight, it would be safer to suspect that some real physical disorder was responsible for this rapid reduction, and a thorough investigation should be made to locate the basic trouble. Sudden loss of weight between forty and fifty might indicate malignancy somewhere in the body, and an early investigation usually affords opportunity for real help. Earlier in life sudden loss of weight might suggest tuberculosis, and that is a disease which, if taken in time, is one of the most easily cured of humanity's major afflictions.

If weight reduction is merely the result of worry and anxiety, then early attention should be given to correcting the mental habits.

Now, a word about fatigue. Nine times out of ten fatigue is merely the physical manifestation of brain fag and nervous exhaustion. However, as diabetes, tuberculosis, and many other diseases are often accompanied by fatigue, an investigation should be made to find out what is its cause.

Take the matter of rheumatism, which, like headache, is not a disease. They are both merely symptoms. Headaches are valuable indicators of certain disorders. A subsequent article will be devoted to headache. Rheumatism is a danger signal, which, together with neuralgia and neuritis, means that infection is harbored at some place in the body, and an effort should be made to go behind the scenes and find the real source of this infection, and remove it. Rheumatism usually suggests infection in the teeth, tonsils, sinuses, appendix, gall bladder, or some other place.

IN PASSING, let me say that, while warts are entirely innocent and harmless, moles and other skin tumors which are easily irritated should be promptly and properly removed, as sometimes in later life they may become malignant.

Insomnia is sometimes seized upon as a serious symptom, but as a rule it is not indicative of any serious disorder in either mind or body.

Increased irritability, frequent explosions of temper, usually indicate that something is going wrong, if it be nothing more than a woeful lack of self-control, and a thorough search should be made to discover the real trouble: whether it is physical, nervous, or a combination of both.

While on the subject of symptoms let me warn every reader of this magazine against being unduly alarmed by certain symptoms. We have a whole tribe of "false alarm" symptoms which, as a general rule, do not mean anything.

Dizziness, for instance, is a very com-

mon symptom, but nine times out of ten it means nothing serious. Numbness is another. A lot of folks think numbness is a forerunner of paralysis; but they should be delivered from that fear. Queer feelings in the head and wandering pains frighten others. Now, pain can't be very serious if it moves around. Minor pains in the region of the heart, or more particularly palpitation, are usually merely the result of gas pressure from the stomach or bowels.

It is in connection with the symptomless or so-called "old-age diseases" that trouble is able to sneak up on us unawares, and undermine our health. And that is one of the reasons why it is highly desirable to form the habit of going to your doctor and dentist for a thorough examination once a year. While these diseases are symptomless to the patient many years before the actual danger point is reached, most of them cast their warning shadows ahead in such a manner that a physician can detect the tendency, and detect it in time to do something of real value by way of prevention.

PEOPLE are criminally careless of their health. What would you think of a banker who never examined his books until the cashier had stolen the funds and skipped to Canada? What would you think of an engineer who never inspected his machinery until he was notified of a breakdown? And yet you can replace neglected machinery, and you can discharge incompetent accountants. But when your vital organs once go stale, if an organic change has taken place, you are up against it. You must learn to take care of your vital machinery, for the set of vital organs you are born with are those you will die with.

We doctors feel that a responsibility rests upon us to prevent disease and to prolong life. You may have heard the story of the man who died and went to Glory, but was refused admittance by the gatekeeper because his name was not on the list of eligibles. The man said protestingly, "I have lived the way they taught me, and I certainly have been led to believe I would go to heaven when I died. Won't you please look the list over again?" Whereupon, St. Peter took a second look and returning said, to the pilgrim, "I beg your pardon. Come right in. Your name *was* on the list; but, my dear fellow, it was way down toward the end. You aren't due up here for twenty years yet. Who was your doctor?"

An old schoolmate, whom I shall call Mr. Brown, dropped in to see us socially one evening. During the course of conversation he said, "What a fuss you doctors make about examining well people! Isn't it enough to take their money when they are sick that you have to start in on them when they are well?"

I tried to explain to our friend the value of periodic examinations, and told him about men who thought they were in perfect health, until the life insurance doctor turned them down because they were suffering from some unsuspected ail-

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order. He listened attentively and said, "Well, if that is the case then begin on me. Start in to-morrow. I'll stay a while. I admit I have my automobile overhauled regularly, and maybe you are right."

Before we began to examine him he assured us that we wouldn't find anything wrong. He had just passed one of the best years of his life and felt full of pep. His only complaint was that of frequent and severe headaches and a recent tendency to "fatigue." Both early warnings of old Mother Nature which he had ignored.

Before we were half way through the examination two serious facts were apparent: his blood pressure was 190, and he was suffering from Bright's disease. We did our utmost to try to get him to take a rest. We explained the situation, but it seemed difficult for him to realize that anything serious was wrong. He persisted in going right on with his business, and in less than six months was stricken with apoplexy, and died.

LATER on, this man's wife sat in my office and wanted to know the truth about the whole thing. She said: "I have three children to raise now. My oldest child is a boy. I don't want him to grow up and die, as his father did, at the age of forty-three years. What is there to be learned about this thing?" I got out the records of his examination and went through them step by step, explaining to her how her husband came to die at forty-three of an "old-age disease."

Mr. Brown's history showed that he had always been a hearty eater. For fifteen years he had been overweight; but in spite of that fact he was eating three square meals a day. Twelve years before he had had ample warning of impending trouble when he had repeated attacks of tonsillitis and quinsy sore throat. Moreover, he had failed to pass a life insurance examination. At the time of his examination, diseased tonsils were found and at least three abscessed teeth. There also were records of three severe attacks of grip, during which he had got out of bed while suffering with a fever and gone about his business.

This is one of the great causes of kidney trouble among people who are otherwise careful livers. Every now and then we find a man or woman with serious kidney trouble, who does not drink, smoke, or indulge in habits which would be expected to affect the kidneys. Instead, they were crippled during some affliction like the "flu." It is advisable, after any spell of sickness accompanied by fever, that the urine should be examined, to see if the kidneys have come through all right.

I haven't the slightest doubt that Mr. Brown died prematurely from three causes: infected teeth and tonsils, habitual overeating, and kidney trouble. All of these could have been prevented in his case had he been in the habit of going to his doctor once a year—and if he had followed the instructions that the doctor gave him.

Public health authorities can do much to prevent contagious diseases; but they are powerless against disorders which are due to our personal practices and wrong mode of living. And the sooner we realize that we cannot play fast and loose with our health, so much the better are our chances of passing through the dangers of

middle age, to meet old age with comfortable serenity.

If this question of personal hygiene can be properly emphasized, hundreds, perhaps thousands, who read this magazine can add years to their lives. Take the matter of blood pressure. I believe that overeating has far more to do with high blood pressure and kidney trouble than the eating of any particular kind of food. High blood pressure sufferers should not only cut down on their meals but should also subsist entirely upon oranges or milk one or two days a week.

Overwork also has something to do with blood pressure. Nervous stress and strain, without proper relaxation from one's work, is found to wear on the human system and cause premature breakdowns.

Kidney trouble, as I have already stated, is often caused by going out too soon after a cold with attendant fever, or influenza. The drinking of too little water also has much to do with bringing about premature kidney disease.

I believe that almost all drugs, if habitually taken, have a contributing influence toward old-age diseases. I refer to alcohol, tobacco, and even tea and coffee, when excessively used. But probably one of the greatest influences operating to-day to bring about premature hardening of the arteries and death from old-age diseases is to be found in the teeth. Diseased tonsils are a source of infection, but undoubtedly the greatest menace of this sort is to be found in poorly crowned teeth, imperfect dental bridges, and faulty pivoted teeth. Rheumatism and subsequent diseases of the arteries, kidneys, and the heart can often be traced to this source.

No normal person is eager to depart this life in his forties or fifties. But it is a fact that, unless Mother Nature sets up some warning signals in the shape of pain or distress, his health is the last thing he thinks about.

It is not my wish or intention to make people introspective or fussy regarding their health; but I do think they should learn to put the right interpretation on their symptoms. If these appear to be serious, or if pain is long-continued in one locality, medical assistance should immediately be sought. Moreover, such commonplace symptoms as constant headaches, loss of weight, excessive fatigue, or rheumatism should not be regarded lightly. They are the stop, look, and listen signals of the body.

WITH reference to the symptomless diseases, or "old-age diseases," there is very little that one can do to prevent these disorders, aside from living a decent, hygienic, and temperate life. Form the habit of going to your physician once a year for a health audit, including an examination of the nose and throat, blood pressure, and the blood and urine. This represents the minimum audit.

Regarding the diseaseless symptoms, or nervous disorders, we should make up our minds to control our thoughts and habits instead of allowing them to control us.

Lastly, I want briefly to summarize personal practices which increase your vital resistance to disease.

BATHING: Keep the skin clean and active. In the case of low vital resistance, train the circulation to react to the morn-

ing cold bath, which, by the way, should always be taken in a warm room.

NUTRITION: The weight of the body should be kept normal. Find out what you should weigh according to your height and age, and stick as closely to that figure as possible. If you are overweight, you are predisposed to pneumonia and many other disorders. If you are underweight, you are quite likely to be the victim of colds, as well as an invitation to the attacks of other disease-producing germs.

EXERCISE: Reasonable exercise increases vital resistance. Overwork, fatigue, and weariness invite disease, and greatly lower it. You are especially prone to catch disease when you are exhausted from overwork and exposed to cold and dampness.

OUTDOOR LIFE: Proper periods for work or play in the fresh air and sunshine are of inestimable value in the work of increasing resistance to disease.

PURE WATER: An abundance of good drinking water, regularly taken throughout the day, assists in keeping the blood purified and the white blood cells in fighting trim.

AVOID TAKING POISONS—either in the form of drugs or as a part of your food and drink.

COURAGE AND CONFIDENCE: A courageous, happy state of mind enables one to utilize to the full advantage the normal natural physical resistance. Fear and depression are disease-producers. A clear conscience is a wonderful health asset.

THE WHITE BLOOD CELLS: You should understand that the human blood contains two forms of cells—the red cells for carrying oxygen, and the white cells, whose business it is to seek out and find germs when they enter the body and destroy them.

THE germ-destroying function of the white blood cells is interfered with by any and all conditions which tend to over-acidify the blood. Excessive meat eating and most all of the forms of drugs which are used, from alcohol down through tobacco, tea, and coffee, contribute to the over-acidification of the blood. These, together with the toxins absorbed from bad digestion and chronic constipation, serve to lessen the activity of the white blood cells.

On the other hand, the white cells are encouraged in their action by short cold baths, and by improving the alkalinity of the blood temporarily. This is why, in the case of colds and other minor infections, we advise our patients to take a level teaspoonful of soda stirred into a glass of lemonade or orangeade. The fruit juices serve to encourage the action of the white blood cells and thus increase the alkaline reserve of the blood, while the addition of the soda serves temporarily to hasten this process. However, after two or three tablespoonfuls of soda have been taken, at the time you are coming down with a cold, its use should be discontinued. The soda habit is a bad habit, and should be regarded only as an emergency measure. The proper maintenance of the alkaline reserve of the blood, which is of great assistance in helping the body to resist disease, should be preserved by a diet which allows the liberal use of dairy products, fruit, and vegetables.

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It's the *Hylastic Cord

It's the Hylastic cord structure that makes each Mason Balloon such a sturdy, flexible, pneumatic cushion—saving both driver and car from the bumps and jolts of the road—giving greater comfort plus longer wear.

* Hylastic Cord is made exclusively from a special, carefully selected, tough and sinewy cotton. It is spun exclusively in Mason's own mills under Mason's directions and to Mason standards. It is this Hylastic Cord that makes every Mason balloon so flexible that it gives maximum comfort and yet so tough and sinewy that it endures constant flexing for thousands and thousands of miles.

MASON BALLOONS

