

The June

25 Cents

# American

Magazine



## What Is Going to Happen to America?

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NEW PHILADELPHIA OHIO KR2

# The American Magazine

June, 1927

MERLE CROWELL, *Editor*

JAMES C. DERIEUX, *Managing Editor*

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# Getting Away From The Grind

What vacations mean to your health and happiness—Why you should take them, where you should go for them, and how you should act after you get there

By William S. Sadler, M. D.

A MIDDLE-AGED MAN sat in my office the other day and told me the story of his loss of pep. "My brain's acting 'cobwebby,'" said he. "I can't think clearly; I'm beginning to lose interest in my work, and I'm making serious business blunders."

In an effort to get to the bottom of his trouble, I inquired: "Do you take regular vacations?"

"I haven't had a real vacation in fifteen years," he replied. "I've been too busy. And I have enjoyed my work so much that it has been play to me. As a matter of fact, I have never had any trouble with my health until the past six months."

After studying this man's case thoroughly, I came to the conclusion that his utter neglect of annual vacations, and his failure to indulge in some fad or hobby at week-ends, were the chief causes for his failing efficiency and depleted store of health energy.

I have discovered that about eighty per cent of my patients take regular annual vacations. The remaining twenty per cent either take a vacation every two, three, or four years, a little extra time off when they are making a business trip of some sort, or no vacation at all. Now, it's my firm belief it is imperative that the American people should form the habit of taking each year a vacation of at least two weeks.

Therefore, right at the beginning of this article, let me emphasize the necessity of having a vacation item in your budget. Vacations are not a luxury; they are, from the health standpoint, a necessity, and the annual vacation should become a matter of fixed habit.

In fact, there are a great many people who would greatly benefit by having two weeks' vacation twice a year. In the case of certain high-strung neurotic individuals, men and women who are not in robust health, those who are over fifty or sixty years of age, I strongly recommend a semi-annual vacation.

When you begin to dream about your work; when you are getting "touchy," and people begin to "get on your nerves;"

when you lose control of your temper—then it's time to take a vacation.

What do we hope to accomplish when we actually enter upon this annual vacation? I suppose most of us aim for physical benefit. And there is no doubt that, by relieving the physical body of some of the stress and strain it bears throughout the year, we add to its recuperative powers and contribute directly to the prolongation of life. The weekly rest day is, of course, designed to accomplish this

fore, as variety is essential to human health and happiness, we should plan for it in sane and legitimate channels.

We must not forget the fact that physical sleep is of very little value in resting the mind and nervous centers. Of course sleep serves a purpose as far as the physical recharging of the nervous batteries is concerned; but the real rest of mind comes from change of activity, from play, from doing something we dearly love to do. During a vacation, don't make the mistake of forcing your mind to do something it does not like to do.

## What's Sauce for the Gander is Sauce for the Goose

"MARRIED folks must sit down and work out proper plans and make suitable compromises on this matter of the annual vacation," says Doctor Sadler. "Vacations are made for wives just as much as for husbands, and wives sometimes need them more. I fear men are altogether too selfish about this vacation business. I know any number of men who see to it that they get a vacation once or twice a year, with never a thought about their wives having a vacation. Mother stays home with the children, while Father goes off to recuperate.

"It is always possible to find some place in which each member of the family can enjoy a vacation to his own liking and in accordance with his individual needs. Some can have excitement and change; others can have rest and solitude. They can have the same headquarters, but varying activities."

ANOTHER valuable thing about a vacation is that it gets us away from our work, and gives us a long-distance viewpoint of what we are doing. As a result, we come back feeling fit for new struggles, increased efforts, and new achievements. Of course it sometimes goes hard for a few days while we are getting back into harness. We are all more or less lazy. But after we have poked ourselves up a bit, things look different. We have new ideas about solving some of our problems. Even the routine affairs of office or home are not quite so wearing as they were before we betook ourselves off for a holiday.

On a vacation you meet new people, view fresh scenes. You create a background for the birth of new ideas concerning your jobs, and for months after you return from a happy holiday you find that you are less conscious of the grind you are in. If tired and overworked housewives could get away from the children for two weeks, how glad they would be to get back, and how much more the children would appreciate Mother!

Another fine thing about a vacation is that it helps you to enjoy your week-end holidays to better advantage. It makes you appreciate the recreational and relaxing opportunities of your shorter periods of rest and change.

A vacation can be so planned and managed as to contribute enormously to one's culture, not to mention the fact that it may also enlarge our capacity for living, thinking, and otherwise enjoying our feelings. Many lifelong (Continued on page 181)



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## Getting Away From the Grind

(Continued from page 29)

friendships grow out of our chance vacation acquaintances.

Now, the obvious purpose of vacations is to recuperate mind and body by means of rest and change; but this purpose is so frequently nullified by the manner in which it is carried out that the condition of the tired vacationist on returning home has become almost a stock joke.

When you plan a vacation, remember that the most important thing is to arrange for a complete change of environment. If you live in the city you should go to the country for your vacation, and if you live in the country you should plan to go to the city, or at least go to a different sort of locality from that in which you live the year around. If you live in a flat country, hike for the mountains. If you live in the mountains, get right out of them and make for the plains or the sea coast.

If you are engaged in tasks in which your eyes are employed with work near at hand, then journey to the place where you can exercise your long-distance vision.

If you are a traveling man, habitually on the move, then go to a place where you can stay put for a while. If you are a housewife who has been tied right down for one year to home duties and child-care, get away from home if possible, gad about, travel, keep on the go during most of your vacation. See new things, and many of them.

If your work is monotonous, then plan for a vacation that will have variety in it, and, if possible, travel. Some vacations should be spent in half a dozen places.

NOT long ago I heard of a middle-aged professional woman who just wanted to go to some place and sit. The rest of the family didn't take kindly to this idea of a vacation, so they planned on a trip in which Mother was to be left in a comfortable hotel with a big porch and easy chairs, while the other members of the family played golf and ran about the country on motor trips. This went well for three days, and that was enough for Mother. She wanted to get into the real vacation with the rest of the family.

From year to year, change the vacations. If you have been taking motor trips each year, plan for a boat trip or take a railroad journey.

Let me emphasize the value of water trips, boat trips, or canoe cruises. There is something decidedly restful about the water, especially for those who live on land, and do not have an opportunity to paddle around on a lake any time they choose.

If you go off on a motor trip, don't forget to walk. The automobile is a great institution for getting you off the vacation grounds, and for getting you around when you are there. But after you establish your headquarters for a day or for a week, lock up the automobile, and do a little walking. But let me warn you against overdoing this hiking business on a vacation. I frequently see people come



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home from a vacation on which they have really attempted too much physical exercise. They have walked too far, and it takes them about two weeks to get over the vacation physically.

A word about camping. This camping is great stuff for young people, and it is all right even for young married folks where everybody will pitch in and do the work. But I can't see the advantage of camping parties where a woman has to do all the work, and the man has all the play, aside from a little assistance in striking and breaking camp. For adults over forty years, except for those who are camping enthusiasts, I think the vacation by motor will yield much more health and recuperation if the camping idea is abandoned.

In the case of motor-camping family vacations, plan to change about as far as possible. Let the man do most of the cooking and the woman do the unusual things about the camp. It is real sport for a man to get a frying pan in his hands now and then. He doesn't have a chance to do it through the year. But how much of an inspiration to the housewife is the view of a frying pan?

In this connection, every woman off on one of these trips should learn to drive the automobile. Particularly should she do this if she does not drive much at home. Remember, first, last, and always, on a vacation try to do the unusual things, get away from your routine life, and engage in new activities.

UNFORTUNATELY, most of us have to plan our vacations in accordance with the budget. We have just so much money to be spent, whether it be an individual outing or a family holiday. A part of the good after-effects of a vacation is spoiled if you come home having spent twice as much money as you could afford, and if for six months the exchequer groans under the task of trying to cover the vacation deficit. Most of us, after we have taken a few vacations, learn how to plan for the expense. If you are careless in this matter, your vacation will cost you about twice what you thought it would; but if you will sit down and figure it out, or if, as a family, you sit down and talk it over, you will be able to make a good workable estimate.

I know a family of five in Chicago who, up to the month of March, had not been able to give a thought to their annual vacation. They had had unusual expenses during the year, and it seemed that they simply couldn't afford to take a vacation. But they had the good sense to know that a vacation was just as important a part of their life as anything else. They finally managed to provide thirty-five dollars for a vacation in July.

Now, what can five people do on thirty-five dollars? They, of course, had to abandon the idea of a vacation of the type they had been taking. It finally occurred to them that the Forest Preserves district about Chicago afforded an opportunity for camping out. Fortunately, they were able to borrow a tent from a relative, and this they pitched for two weeks near the river in the Forest Preserves. The thirty-five dollars saw them through the entire vacation, with canoe trips, motoring forays, including one trip into the city, on which they treated themselves to a table d'hôte meal. How much better that this

family should have made the effort to have a real vacation, even though they had only thirty-five dollars to spare for it.

If you cannot get far away from home to have a vacation, then take one near home. If you can't afford to stop work for two weeks, then get a change of work. For example, if you are working in a city office, get off for two weeks and work on a farm. What I want to emphasize is that you should get away from your job once a year. It is not necessary that you spend an enormous amount of money in order to derive real benefit from a vacation. It is the change that does the good, and if you can't have a real holiday, then radically change your activities for a while.

In the case of the family who spent their vacation in the Forest Preserve, there was little opportunity to use money. There were no moving picture shows. There were no amusement park attractions. They just camped out under the trees and enjoyed nature.

On the other hand, whenever possible, I think it is a good plan to allow yourself some reasonable luxury on a vacation. The psychology of this attitude is good. You have been economical for a year. You have pinched the coins. You have had to scrimp and save. Now, within reasonable limits, enjoy spending.

Don't forget that money spent on a vacation is a profitable investment. Every dollar that is saved by neglecting the annual vacation stands a good chance of eventually falling into the hands of doctors, druggists, and hospitals. Money spent on healthful recreation and recuperation is not wasted. I have a patient now who thought he could not afford to take a vacation, so he is spending his money on the luxury of a nervous breakdown.

It is a lot of fun for an individual, or two chums, or a whole family, to sit down, plan a vacation, and work out a budget for it. You know how much you can spend. Now, make it go as far as you can. And remember that the main idea is to get away from the things you have been doing the rest of the year.

It does us all good to get out of doors as much as possible during the summer season, and we therefore derive extraordinary benefit from a period of two or three weeks in which we virtually eat, play, and sleep out of doors. There is something about outdoor sleeping that is beneficial, aside from the fact of just fresh air. I think it may be that the blowing of the breeze on the face has some highly beneficial nervous effect upon the circulation of the blood and the movement of the nerve currents.

THE actinic ray of the sunlight in moderate dosage throughout the day is highly beneficial to the health of the body. But I cannot too strongly warn the reader against over-exposure to sunlight during the summer season. This tendency to become unduly sunburned or tanned probably more than destroys the good effect of the sunlight that would otherwise be gained by moderate exposure or by out-of-door living with proper clothing.

And in this connection, we should remember that light-colored clothing permits us to receive a large amount of these health-giving rays right through our wearing apparel; whereas, dark-colored fabrics throw these health rays off.



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If you enjoy some particular outdoor sport, try to indulge in it during your vacation, but remember that if you overdo you will be sore of muscle and lame of back for a few days following.

I have a friend who, I think, is very wise. Two weeks before he goes on his vacation he begins to exercise—to walk, and take setting-up exercises—to get ready for his vacation. He is then somewhat hardened for physical exercise and the outdoor exploits of his vacation before he enters upon it, and he does not go around with a lame back, sore and exhausted muscles for the first week after he indulges in a little unusual out-of-door exercise.

While outdoor bathing is a most healthful and hygienic practice, it is much overdone, especially by frail, delicate individuals. Sea water, because of its low temperature as well as its salt, is very beneficial to the skin and general health. But too long bathing in the sea overtaxes the reactionary powers of the nervous system and results in the loss of too much heat on the part of the body. As a result, the individual is debilitated, and this experience is followed by headache, lassitude, and depression. Otherwise, outdoor bathing and swimming are to be recommended as wholesome and healthful.

A sudden plunge into cold water on a very hot day is attended with grave danger. On the part of the young and robust, there is danger of cramp, and consequent drowning. With middle-aged and elderly persons, there is great danger of sunstroke and apoplexy, especially the latter.

**T**HERE is no question that a great many doctor's bills and much semi-invalidism would be saved if certain people who are not robust of health, and can afford it financially, would take two weeks' vacation in mid-winter as well as in mid-summer. I know this is not a practical idea, for most of us who have to stay on the job and earn our living by the sweat of our face or the sweat of our brains. Nevertheless, there is tremendous zest, not to mention real sport, to be had in mid-winter. The winter sports are just as diverting, fascinating, and health-giving as the summer activities, and I am not sure but that we are missing a great deal in not being able to get outdoors more in the winter to enjoy the cold weather; or, in the mid-winter season, after having been shut up in the house, to get away to a more salubrious climate for the outdoor living.

However, notwithstanding all that can be said in favor of vacations in the winter, those of us who can afford only one a year—and that certainly includes about ninety per cent of us—get more out of a summer vacation; and the summer vacation is about the only time that is suitable and convenient for the average family to have an outing together.

There is great danger on the part of some people of becoming over-heated when over-exposed to the sun; but, as a rule, this is due to wrong habits of diet, to over-indulgence in alcohol, tobacco, tea, or coffee, or it may be the result of obesity and embarrassed heart action. Then, too, we have a group of people who do not sweat easily during hot weather. They must be careful. They are in danger of

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sunstroke. Beware of becoming overheated when the perspiration is diminished. When you are sweating freely, if your head is protected from the direct rays of the sun, there is very little danger from over-heating.

If you become dizzy as the result of light exercise in the sunshine; if you have headaches when you walk forth in the bright sunlight, consult your physician, have your blood pressure taken, have your eyes tested; find out why you should be thus afflicted when taking moderate exercise in the fresh air. If it is purely and simply your nerves, then make up your mind to train yourself gradually to practice these activities until you can go forth and enjoy life without being dizzy and suffering unduly from headaches.

There is no question that a vacation is a great treatment for indigestion. Even an ordinary week-end holiday does wonders for the stomach. I am all the time meeting people who tell me they can't eat this and can't eat that, and then, when I ask them if they can eat those things when they are on a picnic or an outing, they say, "Oh, surely, Doctor, I can eat anything reasonable at such times."

It goes to prove that a great deal of our so-called indigestion is in reality nervous indigestion. There is nothing actually wrong with the stomach. These folks are tired, nervous, and overwrought, and the stomach reflex is upset. The stomach needs only a fair chance to do its work without the presence of nagging nerves or over-stressed minds, and it will respond immediately.

The week-end outing and the annual vacation afford excellent opportunities to keep our lung power up. It is found that the average woman breathes only about one quarter of her capacity, and the average man, only about one half.

We should make an effort to improve our breathing during the vacation. No vacation is a success unless it provides for some real physical activity. We become short-winded, as it were, as a result of being cooped up most of the winter season within doors, and as soon as spring arrives we should get out and try to atone for some of the mischief that has been done by our indoor living for four or five months.

**TYPHOID** fever is a passing scourge; but this plague still prevails in many of the rural districts in this country. In our larger cities we have most of our typhoid in the autumn, following the return to the city of the vacationists. They contract the disease while out on their holidays, come back home and become sick. We know enough about typhoid at the present time emphatically to state that it is usually due to gross negligence. It is not generally known among the people at the present time that we possess a mode of vaccination against typhoid fever that is almost as sure a preventive as smallpox vaccination is against that scourge.

A small lake in the country is an attractive place for bathing. Cottages built around it run their sewage into the lake. Those on a holiday go in swimming. If anyone about the cottages has typhoid fever, or is a typhoid carrier—that is, a person who carries germs of this disease around with him in the gall-bladder but does not have the disease himself—he will

infect the lake, and any number of innocent people may come down with the disease.

In Illinois, a few years back, at a Chautauqua, a well became infected, and two hundred and one persons are known to have contracted typhoid fever in one season. Not long since the New York City Health Department traced ninety-four cases of typhoid fever in boys and girls to a brook from which they had filled their canteens.

Flies dearly love to feed upon filth, and they carry these germs of infection to our dinner tables, and in this way typhoid and other summer bowel complaints are spread.

**HERE** are a few important things to remember when on a vacation, especially if you have not been vaccinated against typhoid: Drink no water unless you know it is safe. Many states are now putting signs of approval on water supplies along the mainly traveled thoroughfares. Use only pasteurized or boiled milk. Do not swim in lakes or streams unless you know they are safe. Carefully clean and wash all raw fruits and vegetables, making sure that the water used for this purpose is not contaminated. Guard against flies, and be scrupulously careful about the disposal of wastes about the camp. Still more important than all of these things—though they should not be neglected—is that you be vaccinated against typhoid fever. You cannot always control everything connected with the vacation environment, but you can be vaccinated.

Sometimes a vacation is spoiled—if we go out in the woods to rough it or camp out—by flies and mosquitoes. Certainly every tent should be provided with netting to prevent the entrance of these insects, but we cannot always remain in a screened tent, even after sundown, when the mosquitoes come forth to serenade and bite us. Some people are fortunate in that mosquitoes will not bite them; but these individuals are rare.

A very effective mosquito repellent is the following:

Oil of citronella..... 1 ounce  
Spirits of camphor..... 1 ounce  
Oil of cedar..... ½ ounce

This mosquito repellent can be used on fishing expeditions, and it is also a good plan, when the mosquitoes are very bad, to wear gloves and a head netting, to prevent them from gaining access to the face.

The summer season is the ideal time for reducing. If you are going to enjoy a vacation you must get rid of your excess baggage. But let me warn you against too rapid reduction in weight. This is particularly dangerous if you are over forty years of age. To reduce at the rate of eight or ten pounds a week is all wrong. It is better to reduce at the rate of two or three pounds, and keep it up steadily. Don't do it by spurts, and remember we don't undertake to reduce by depriving ourselves of water or other liquids. There are just two things worthwhile in connection with reducing: the control of the diet, and physical exercise.

Much can be done to prevent undue sunburn or tanning by the use of cold cream before going out in the sun, and the application of the following lotion after exposure:

inc oxide..... 1/2 ounce  
 starch..... 1/2 ounce  
 lime water..... 4 ounces

On a vacation, we sometimes tramp about in the woods and pick up little parasites known as "chiggers." They burrow into the skin and cause a great deal of trouble. The best way to get rid of these little fellows is to anoint the skin thoroughly night and morning with some heavy fat. Good lard ointments will serve the purpose. Greasing the skin suffocates these parasites and brings an end to their mischief-making.

I want to say a parting word to women. I think it would be a fine thing for the American home if more husbands and wives could take their vacations together. I know there are good and sufficient reasons every now and then why this is not practical. Nevertheless, if I were a woman I would think twice before I refused an invitation to go on an outing with my husband.

## "He Whom a Dream Hath Possesst"

(Continued from page 51)

everyone else did. Just as if she were an invalid. She guessed they did not know how she tended the cow and chickens, and how the neighbors were always saying, "Grandma, you're so spry and young for your age!"

Grandma Jeffers, adding supreme insult to injury, came and stood beside the chair. She was gowned in extremely short turquoise velvet, and waved a gorgeous golden feather fan. She wore pearls with the blue velvet, rings of them, bracelets of them, and a dog-collar. "Well," thought Grandma jealously, "all the strands of pearls in the world could not conceal the wrinkles in that old neck!"

And then Grandma forgot her grievances in the beauty of the service. Almost everyone was looking at the bride; but Grandma looked only at David. And that was Davie, was it, standing there so big and fine and smart? It just couldn't be! Why, it was only yesterday that Davie and Micky Miller had gone down to the creek with willow poles, and she had fried for their supper the three diminutive sunfish of their combined catch. And the day before yesterday, when old Mr. Wing had come over to see her because Davie had drawn his picture on the side of Tucker's store and everybody was laughing at it?

And then, all at once, the service was over. And soon the satin ropes were removed, and the orchestra changed from a throbbingly sweet melody to a crashing dance tune. With that little superior air which Grandma detested, Grandmother Jeffers took her by the arm and piloted her the length of the ballroom floor toward chairs at the edge of the palm-filled alcove, from which vantage point they might watch the dancers.

The journey over the slipperiness of the dark polished floor would have been fraught with as much peril to Grandma as that of Eliza crossing the ice, if Grandmother Jeffers had not guided her. The high-heeled, golden satin pumps of Grand-



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