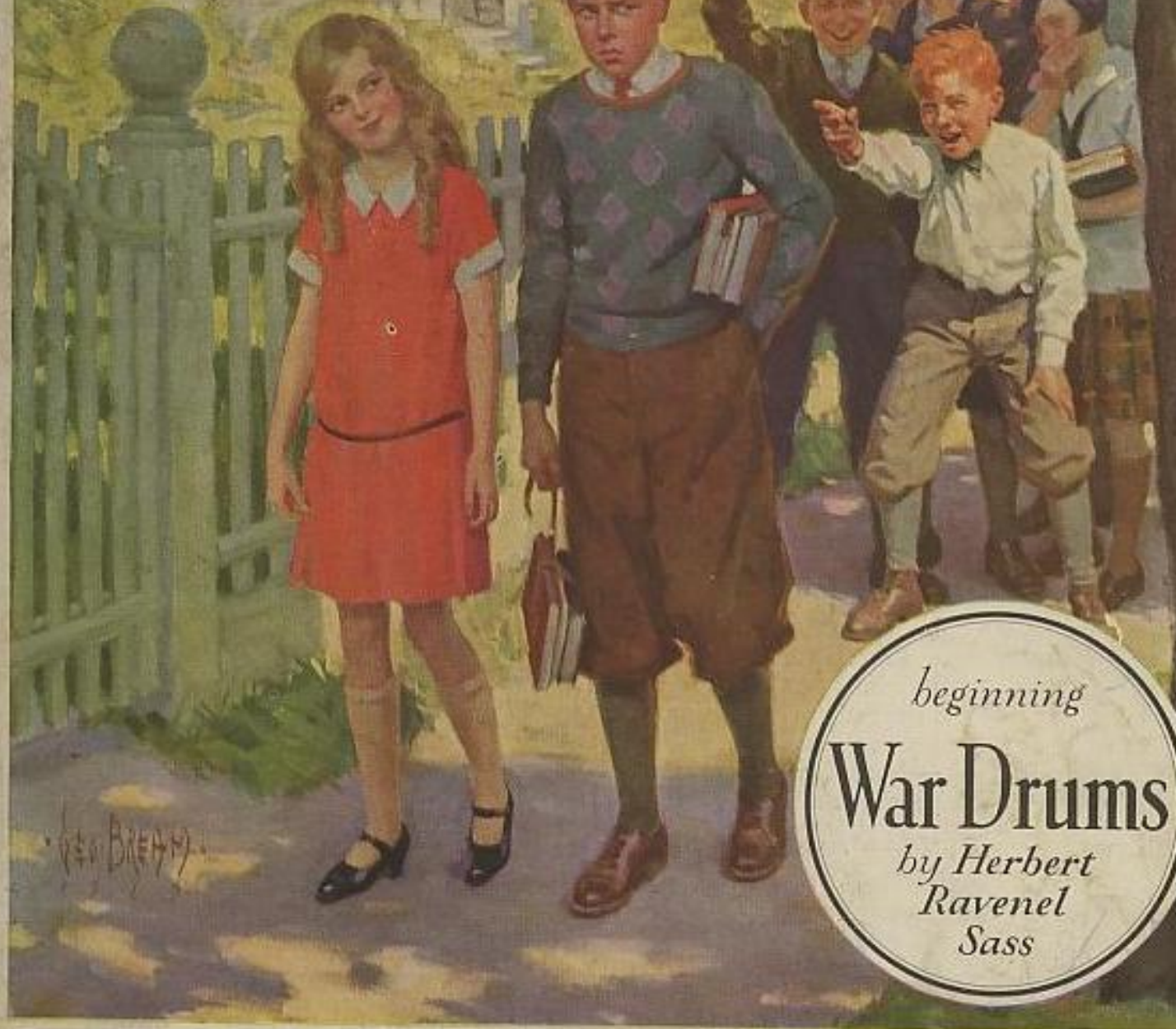


The October

25 Cents

# American

Magazine



*beginning*

## War Drums

*by Herbert  
Ravenel  
Sass*

I Have Made a Million Dollars  
But I Haven't Got a Cent

See  
Page 12



# The American Magazine

Contents for October, 1927

Merle Crowell, *Editor*

James C. Derieux, *Managing Editor*

IT WAS a hard winter. Early in December the lake at the foot of the long hill froze over. We farmers "bushed" it, so that we could find our way to the village in our pungs when the snows were driving from the gaunt north. And the very next day came the first blizzard! ¶ What a winter! Snow! snow! Drifts over the shed roof and up to the eaves of the house. Breaking roads all the time. Barnyards so full that we could hardly get the cows out to the watering troughs. At night the wind hurled new and old snow against the frosted panes of my window in the unfinished attic. By February I was more bored than a farm boy has any right to be. ¶ And then, one day, a neighbor lent me a new book, "When Knighthood Was in Flower." It was the first yarn of its kind I had ever read. And how I thrilled to it! Over and over again I trailed those gallant adventurers. And I blessed Charles Major as I shivered through my prayers. ¶ That winter came back to me while I was reading the manuscript of Herbert Ravenel Sass's romance, "War Drums." What a story! Action, suspense, glamour! Many years have passed since I read my first historical romance. But none has stirred me more than this smashing tale from Sass. . . . It starts on page 7.—THE EDITOR.

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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, 220 PARK AVENUE, NEW YORK CITY, NEW YORK

\$5 a Copy, \$2.50 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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# Headaches

What they mean and how to get rid of them

By William S. Sadler, M. D.

**D**OCTOR, I am certainly going crazy if I can't get rid of these terrible headaches. Isn't there any way to find out what causes these splitting pains in my head?"

If I've listened to this cry of anguish once, I've listened to it a thousand times.

Headache is the one form of suffering which makes all the world feel kin. Only a favored few can say, "I've never had a headache in my life."

In order to help you prevent or cure your headaches, I must first help you to find out what is the cause of the trouble in your specific case. Therefore, before I take up the seven sorts of headaches which beset mankind, I want to tell you one or two things about headaches in general, what they mean, and why some people have them and others don't.

Why does trouble in various parts of the body manifest itself by pain in the head? One thing is sure: not one time in a hundred is the real trouble in the head.

The brain, as the headquarters of the nervous system, assembles disagreeable sensations from all over the body. It is often forced to become the eloquent spokesman for the stomach, the liver, the heart, the kidneys, and the muscles. The most insignificant organ or tissue of the body seems to possess the power to compel the head to suffer pain in its stead. Under such circumstances, what can the poor head do but ache?

In one large hospital, where a careful study of the causes of headache was made, the following influences were found responsible, named in the order of their frequency: fatigue, bad air, hunger, constipation, indigestion, alcohol (the "day after" headache), eye strain, infectious diseases, periodic sickness, nervous disorders, kidney trouble, nose abnormalities, sinus infections, neuralgia, and migraine.

The majority of people who suffer from constant headaches belong to nervous families. They have inherited a certain neurotic tendency, and their nervous system is more or less easily upset. All through their family histories there crops out this nervous tendency, and it is this very thing, this lack of nervous stability, that we doctors call *headache soil*.

When the nervous tendency is great, it requires but a trivial local irritation to produce pain in the head; on the other hand, when the local irritating cause is

very intense, headache may result even when the general nervous health is good. If there is a marked nervous tendency, and the local irritation is very great and the blood is filled with poisons, we have all the conditions present to produce severe and persistent headaches.

Let me first give you the list of the different sorts of head pains, and then we can take them up one by one and discuss the best methods for their treatment and prevention. It should be understood, however, that in these seven groups I am putting headaches that are due to almost fifty different individual influences.

## When Your Head Hurts Look For the Cause Elsewhere

**W**ITH the exception of certain diseases of the brain and nerves," says Doctor Sadler, "pain in the head is merely a symptom of disease or disorder in some internal organ, the organs of special sense, or else it indicates functional disturbance of the circulation or nervous system. When your head aches, therefore, you should not be satisfied with merely finding relief from the pain. Find out what are the underlying causes of the pain, and, if possible, remove them."

1. MIGRAINE: This is the form of headache that "runs in families," commonly known as sick-headache, attacks of which come on periodically, women being affected more often than men.

2. NEURASTHENIC HEADACHES: These are the neurotic headaches of nervous people, the exhaustion headaches of nervous prostration. Many times these head disturbances are more of an unpleasant feeling than an actual pain, and they are found in a variety of nervous patients ranging from chronic worriers to victims of hysteria.

3. INDURATIVE OR RHEUMATIC HEADACHES: In these headaches, the trouble is located and the pain experienced in the muscles, nerves, and other structures of the scalp. As a rule, nodules and tender spots are found at certain points on the scalp.

4. BLOOD-PRESSURE HEADACHES: Into this classification fall those head pains

which are the result of high blood-pressure, low blood-pressure and other

circulatory disturbances, including anemia, and hardening of the arteries.

5. TOXIC HEADACHES: A very large group of headaches based on all forms of intoxication, including poisons taken into the body with food and those formed within the body, or unduly retained within the system; embracing the headaches of colds, fevers, and other acute diseases.

6. REFLEX HEADACHES: In this class belong those sufferings which are experienced in the head as the result of troubles in some other part of the body; chiefly in connection with the digestive system, and other internal organs. Headaches resulting from some constitutional diseases also belong to this class.

7. ORGANIC HEADACHES: Under this head fall those headaches resulting from troubles in the eye, ear, nose, and throat, and organic diseases of kidneys, as well as the headache of brain tumor, meningitis, and epilepsy.

8. COMBINATION HEADACHES: Probably one third of our headaches represent a combination of two or more of the foregoing general classes of head pains. This is what renders it difficult always to determine probable causes of a given headache—they are not always so easy to classify and recognize in actual practice. Again, at one time a person may have a headache of one sort, while at another time he may suffer from a headache of a different kind.

If you are a chronic sufferer from headaches, you should have a thorough medical examination, embracing the following tests: examination of the eyes, blood, urine, blood pressure, the nose, throat, and sinuses. The physical examination should be complete, including a thorough investigation of the nervous system and the muscles of the scalp and neck.

**Migraine headache:** The other day there came into the office a woman who gave a history of having had regular and severe headaches since she was sixteen years of age. Her general health was fairly good, and she suffered from no serious physical disorder of any sort, except these distressing periodic headaches. It transpired that both her mother and her maternal grandmother had been similarly afflicted. She had had some trouble (Continued on page 84)





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the letter." Her voice rose with eagerness, and she plucked at his sleeve.

"God!" he muttered, and he turned away. When he spoke his voice sounded gruff. "Where's Jim?"

"He's in Regina—work is scarce in the bush—he's been doing odd jobs."

"What part did you come from?"

"Komark is our post office. We're ten miles from it, east."

"Then you must be near the projected line to Markheim?"

"We're right on it." Jean's eyes began to glow. "Oh, if they only build that—oh, sir, if they do! It seems too good for me even to think about."

"Are there many others like you out there?" he asked.

"Yes, lots, and it's the finest farming country in the world!"

"I'm the superintendent of this railroad." He spoke simply, like one of her neighbors. "I'll give an order that your eggs are to be picked up here each week. I want you to write to Jim, and tell him we need another man on the section here. That will keep him until spring. Then we'll start that line right past your place!"

Jean had lost her voice completely; but she caught his hand and held it a second in both hers. The train began to move. The superintendent shoved a bill into her hand and stepped on board.

"It's a great country out there—you'll never regret it," Jean chattered after him.

"A great country," he muttered. "God, how could it be anything else, with such stuff going into its making!"

## Headaches

(Continued from page 29)

with her eyes and wore glasses. She also told me about occasional attacks of stomach trouble or "biliousness," and said that all her life she had been a sufferer from persistent constipation. She also admitted being more or less nervous, especially when she was younger, and described her headache as follows:

My headaches sometimes come on regularly, but as a rule they come when I am tired out or nervous, or after I have been excited. I notice that indigestion and neglect of my bowels also tend to bring them on. If I go without my glasses a few days, or use my eyes a great deal, I find that I am more likely to have a severe attack. My pain is usually all on one side of the head. As a rule, it is sharp, lancinating pain. Sometimes it is of a gnawing or boring character, at other times it is pulsating, throbbing, or beating. When my headache is really bad, I just feel like I had been "knocked in the head." My sight is more or less affected. I am often dizzy, and zigzag flashes of light pass before my eyes. I am very pale, usually sick at the stomach, and sometimes vomit.

Now, that is a pretty good description of a migraine headache. The attack generally begins in the morning with uneasy, premonitory sensations, reaches its height during the middle of the day, and tends to improve with the going down of the sun. Starting over an eye, the pain gradually spreads to the forehead and side of the head, and is often described by the patient as being in the skull, and of a boring or tearing character.

I want to make it clear, that, while migraine is an hereditary legacy, it is

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And  
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than I  
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as the  
Fragra  
and lo





## Already dreaming of the years you cannot share

*She cannot know how much  
she needs your care in little  
things like this*

**H**OW much you do for her day in and day out—planning and working for the years when she must face the world for herself. Years of which she, too, already dreams.

Not perhaps until she has children of her own, will she realize fully just what her mother's care has meant. Care not only in the big things, but even more in that endless round of little things which count for so much.

It is one of these seemingly small points which is now the center of interest in a nation-wide school movement. The American Medical Association and the National Education Association are pointing out the importance of school day breakfasts. They have found that chil-

dren's grades and health are vitally influenced by the kind of breakfast they eat. This slogan is now displayed on the walls of over 50,000 schools: "Every boy and girl needs a hot cereal breakfast."

Only a hot cereal can furnish the boundless energy which children need to meet the strain of school work.

You already know well that one hot cereal which authorities have for years recommended for growing children—Cream of Wheat. You probably also know why it is recognized as ideal:

First, it brings a remarkable store of mental and physical energy—just the elements needed most by little minds and bodies. Second, Cream of Wheat is so easy to digest. Third, children enjoy its delicious creaminess.

It is so simple to safeguard your children in this little thing. Begin now! Tomorrow morning start them off to school, ready for a good day's work. Give them a hot bowl of good old Cream of Wheat.

greatly aggravated by microbic toxins from diseased tonsils, abscessed teeth, and so on, as well as by emotional excitement, nervous stress, eye strain, overwork, loss of sleep, indigestion, chronic constipation, and possibly by certain disturbances in the ductless gland system.

If you are a sufferer from periodic sick headaches, I would advise you, between attacks, to exercise daily in the open air; play golf or some other outdoor game, take tonic baths, and get ten hours of sleep nightly. Relax an hour or two in the middle of the day. Avoid alcohol, coffee, and too much meat. Eat regularly—at least three times a day. A daily sweat is good, but change of climate is of no value.

**W**HEN you get up in the morning with a dazed or dizzy feeling, pressure on one side of the head, and you feel you should step very carefully in order not to jar or move the head unduly, you know that before a few hours have elapsed you will be the victim of a headache attack. Although you are not hungry, you should eat a light breakfast of bland food, such as cornflakes and cream, toast and butter. After breakfast, go quietly about your usual duties. Do not attempt anything unusual that day. In one or two hours, if the stomach becomes highly acid, take a scant teaspoonful of ordinary baking soda in one-half glass of water, and while busy with your day's duties drink a glass of cold water every thirty minutes until you have taken at least eight glasses. Eat a light lunch, such as whole wheat bread and butter, or crackers and butter, and in the evening take your usual meal.

When threatened with an attack avoid concentrated proteins such as meat, eggs, nuts, cheese, baked beans, and the like. During an attack, it would also be well to avoid these protein foods, as well as rich gravies, pastries, tea, and coffee. If not too greatly nauseated, take food during the attack. Buttermilk and green vegetables are especially recommended.

Naturally, you will ask: What can I do to help myself during the migraine attack?

A hot foot-bath for ten or fifteen minutes, commencing with a temperature of 105° Fahrenheit, and rapidly adding hot water until 115° to 125° Fahrenheit has been attained, will do much to relieve you, especially if hot compresses are applied over the forehead and eyes and an ice bag to the back of the neck. After three or four minutes, reverse the procedure and apply the hot compresses to the back of the neck and the ice bag to the forehead.

Hot compresses applied to the spine and stomach, hot leg-baths, or hot tub-baths, are also of value in averting an attack of migraine.

People subject to migraine headaches should make every effort to lead an even, regular, and tranquil life, free from nervous strain, mental worry, emotional excitement, and unusual physical stress.

**Neurasthenic headaches:** Next to migraine, probably the most frequent headache is the neurasthenic or "pressure" headache. In many cases there may be a toxic side to these headaches—the patient suffering not only from nervous exhaustion, but also from auto-intoxication. However, I think this the exception rather than the rule. More often these headaches are due to erratic



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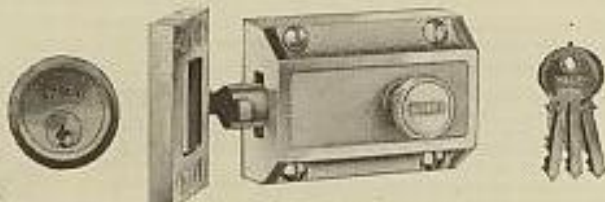
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nervous behavior. Auto-intoxication has become a fad with many neurasthenics. The best proof that these headaches are not generally due to so-called auto-intoxication is the fact that they can often be completely relieved by a warm soap-suds enema. If the headache resulted from the system being flooded with poisons, how could flushing the colon immediately cure the headache? The fact is, the headache was a reflex nervous manifestation, and, of course, was promptly cured when the cause was removed.

Nervous patients also suffer—many of them chronically—from cold hands and feet. The least excitement causes them to break out in a cold sweat; they sometimes also suffer from excessive blushing.

Quite often the headache of neurasthenia, nervous exhaustion, or brain fag is hardly a pain; it is an unpleasant feeling of pressure or constriction, the feeling usually being strongest in the region of the forehead and top of the head, although it is sometimes felt at the back of the head.

Prominent among the underlying causes of these exhaustion headaches may be mentioned worry, grief, fear, anger, anxiety, introspection, psychic strain, overwork, nervous tension, overstudy, and all other influences which are contributory to nervous exhaustion and brain fag.

Prevention is the main thing in the management of these nervous headaches. If we permit nervous exhaustion to creep upon us, headaches are certain to follow.

If you are a victim of neurotic headaches, you must live a regular life. Have set hours for eating, working, and playing, and see that you get eight or nine hours of sleep. Avoid alcohol and tobacco; drink sparingly of tea and coffee, and also avoid all forms of excesses or overexertion.

Neurotic headaches are sometimes relieved by eating; but the food should be limited to hot liquids, toast, or crackers.

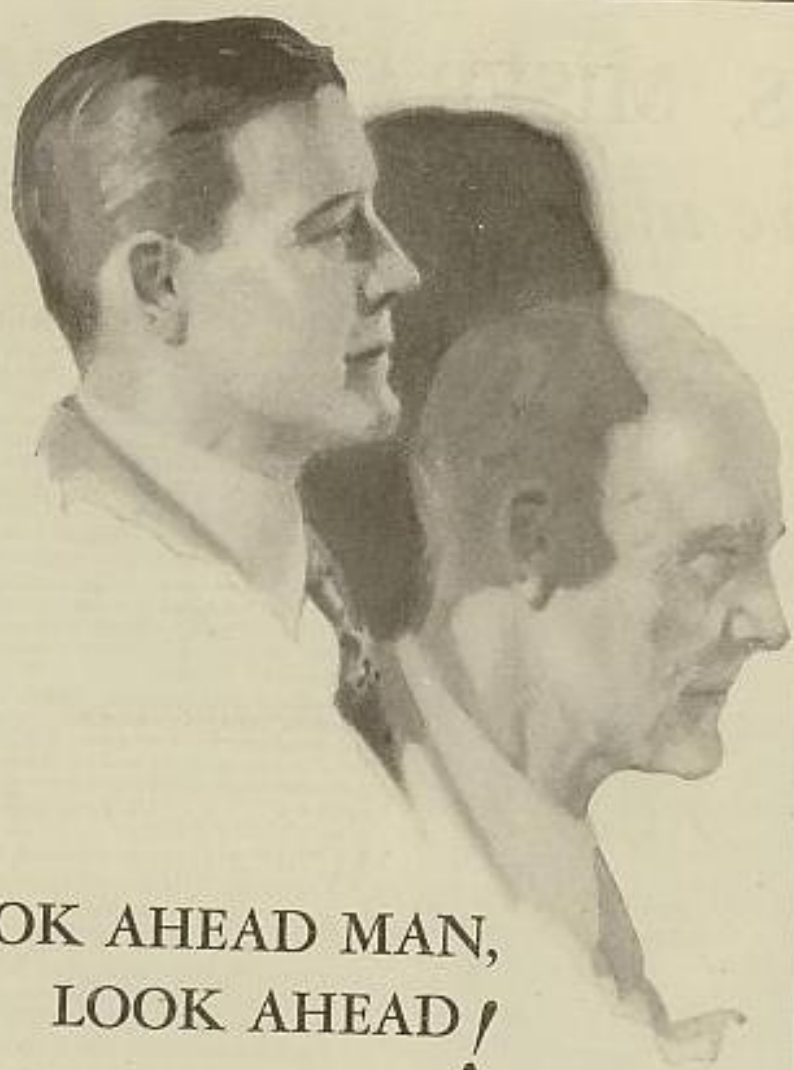
Cold compresses, if persistently applied, will cure most of these headaches. Other methods of relief are alternate hot and cold compresses to the head; alternate hot and cold sponging of the entire spine; rubbing with menthol ointment, five to ten per cent, to relieve the sensation of pressure; a very hot colonic flushing of three or four pints of water at 108° to 110° Fahrenheit; warm foot-baths at 110° Fahrenheit, or hotter, given for ten minutes, followed by a short cold foot-douche.

Neurasthenic headaches are usually greatly benefited by change of climate, new scenery, or other diverting influences, but sometimes the only cure is several months of absolute rest in bed.

**Indurative or rheumatic headaches:** The majority of sufferers from this form of head pain seem to be women of middle age. They give a history of being free from headaches in their younger years, but of having these irregular attacks come upon them as they grow older. The pain, as a rule, covers the whole of the head, with the exception of those cases where it begins about the back of the head and the nape of the neck, sometimes radiating down toward the back and shoulders.

This form of headache does not cease at night. In fact, occasionally it is even more severe when the patient assumes a





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reclining position. It is seldom associated with nausea and never with vomiting.

The rheumatic headache is brought on by exposure; it often starts with a chill following excessive perspiration; in the case of women, chilling as a result of washing the hair. The first and most important thing in treating it is to avoid all forms of chilling and sudden exposure.

The next step in the treatment is the application of heat. Hot compresses followed by proper massage is the surest method of gaining relief from this serious affliction. The first few treatments may aggravate the headache, but if the patient will persevere, the vast majority of cases can, in time, be relieved. Generally speaking, these headaches require persistent daily massage during four to eight weeks.

**Blood-pressure headaches:** We now come to the headaches which owe their existence to variations in the blood and the blood pressure. Headaches are known to result from both high blood pressure and low blood pressure. In this group of headaches will also be included those associated with hardening of the arteries, as well as the headaches which result from anemia.

Any influence which can cause blood to accumulate in the head can produce a *congestive headache*. The return of blood from the head is many times interfered with by the wearing of too high and too tight collars as well as too heavy hats.

Women around forty years old, who have high blood pressure, with slight kidney involvement, suffer inordinately from headaches of this type. The head is hot; face flushed; arteries of the neck throb; the eyes are red; and the patient complains of a bursting feeling, as though the brain were too large for the skull; the hands and feet are generally cold.

This form of headache, where the brain is overfilled with blood, is not due to the popular notion that the "blood is too thick" or that one has "too much blood."

A good illustration of this type of headache is that which almost invariably occurs in the early stage of a fever or other acute infection, such as influenza. The patient's face becomes red, the eyes are bloodshot and abnormally bright, and the pulse rapid and full.

The congestive headaches of school children are usually due to stomach and bowel complications. High altitude and extreme solar heat are also productive of conditions which predispose to congestion.

Headaches of this nature usually yield to those measures which relieve the congested blood vessels of the head by mechanically drawing the blood into the large vessels of the trunk and lower extremities, such as the hot foot-bath, the hot full bath, hot-blanket packs, electric-light baths, and hot-water bottles to the extremities—used in connection with ice bags or cold compresses to the face and head. Mild friction to the scalp is also helpful. These patients should rest with the head and shoulders elevated.

When we come to the *headache of high blood pressure*, we encounter a more persistent form of head pain—but one in every essential very similar to the congestive type we have just considered. The pain of high blood pressure is generally of a throbbing nature, and is accompanied



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by a fullness of the head, especially marked, and made more severe, by coughing or by any other sudden exertion.

The eye is often affected—almost blood-shot in appearance, the face is flushed, and a general nervous irritability accompanies the malady. The sufferer often complains of a sense of pressure back of the eyes—which appear to bulge slightly forward.

Stooping, lifting weights, sitting up suddenly, lying down quickly, hard straining at stool, physical exertion, all are factors in producing or aggravating a high blood pressure headache.

Dizziness and vertigo often accompany headaches of this sort, as also does another group of sensations, such as numbness, tingling, and twitching, weakness in a limb, or in one half the body.

The treatment of high-blood-pressure headaches, in addition to these remedies already suggested for the relief of congestive headaches, consists in keeping the feet and legs warm, the bowels open, and the head cool.

Almost immediate relief may be obtained by immersing the body in a full bath at 98° Fahrenheit. This neutral bath will bring the blood immediately to the skin, lower the blood pressure, and greatly relieve the pain in the head.

Rubbing the skin with cold water, or with coarse salt slightly moistened with cold water, will help equalize the circulation; a hot enema is also helpful.

However, for most of these blood-pressure headaches, rest, fasting, and sleep are vastly superior to any other treatment.

**H**HEADACHES due to impoverishment of the blood—*anemic headaches*—are produced by either an anemic state of the blood stream, or result from the fact that too little blood is sent to the head by the circulatory apparatus, as in the case of low blood pressure.

Before these headaches can be permanently cured, the condition of the blood must be improved. Owing to a deficiency in red corpuscles, the blood is crippled in its oxygen-carrying capacity, resulting in under-nourishment, digestive disorders, and poor circulation. If possible, an outdoor life should be led: abundant fresh air and sunshine are of paramount importance. A liberal diet—rich in fats and proteins—cream, butter, eggs, olive oil, nuts, oranges, spinach, and tomatoes, should be used in addition to ordinary foods. Short cold baths, if the reaction allows them, or hot baths followed by a brisk cold rub should be taken every morning; and, if possible, frequent sun baths. Moderate physical exercise and special exercises designed to deepen the breathing and quicken the circulation of the blood are all good. Concerning the treatment of the headache proper, I would recommend the following method: Apply a hot-water bottle or bag of hot salt to the back of the head and neck, and very hot compresses to the painful points in front, or on top of the head. Keep this up for ten to twenty minutes—depending on the severity of the pain. Great relief is often obtained by following these hot applications with cold friction to the head, given by dipping the finger tips in ice water and rubbing the scalp.

**Toxic headaches:** Most of the headaches that used to be called toxic I have



# Motor Protection Must be AUTOMATIC

If you would effectively  
combat cold—destroyer of  
motor life and efficiency

SCIENCE has developed—in *automatic* motor protection—a positive and effective means of putting an end to the great annual repair bill now caused by cold. *Automatic* so you can't guess—you can't forget.

Your car needs this vital protection at 60° Fahrenheit. That's when cold strikes its first blow.

### "Over-choking" warns you

Coughing, spitting noises and delayed starting are the danger signals. Out comes the "choke"—flooding cold cylinders and cylinder walls with raw gasoline. Excessive dilution follows, fouled spark plugs, high gas consumption, extreme carbonization, corrosion and rapid cylinder wear. These are the troubles that bring big repair bills—troubles for which cold alone is responsible.

### Winterfront regulates motor temperature

The radiator on your car was put there to waste heat—thus to prevent overheating in hot weather. An efficient radiator throws away 35 to 40% of the heat of the fuel. At 60° Fahrenheit there is no heat to spare, yet heat-waste continues through the radiator. Obviously, therefore, there is only one place to efficiently control motor temperature—that's at the radiator, where heat-waste occurs.

Pines Automatic Winterfront completely covers the radiator, and remains closed until the motor is warm enough to operate without damage to vital parts. The shutters



**Closes Itself**  
when your motor  
needs heat.



**Opens Itself**  
when your motor  
needs cool air.

then begin to open, *automatically*, allowing the entrance of exactly enough cool air to maintain ascetically correct temperature.

*Important*—When your motor stops, Winterfront shutters start to close and are fully closed while your motor is hot.

With a Winterfront on your car, you "warm-up" in seconds. You lose the dangerous "choke" habit because Winterfront eliminates the need for it. Your motor starts quicker and easier with less battery strain. You enjoy a noticeable increase in gasoline economy—snug warmth inside your car—summer-time smoothness and flexibility in your motor.

### Put on any car in ten minutes

Pines Automatic Winterfront is sold by automobile and accessory dealers everywhere. It is installed in less than ten minutes without changes of any nature to your car. *Models for all cars—priced \$22.50 to \$30.00. Special models for Ford, \$15; Chevrolet, \$17.50; Dodge Four, \$20. Slightly higher prices in the Rocky Mountain area and West—also Canada.* Pines Winterfront Company, 424 North Sacramento Boulevard, Chicago.



The motor car dealer who recommends and sells you a Pines Automatic Winterfront is considering your interests first. Take his advice. Your dealer will supply you.

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come to regard as neurasthenic. Still, we do meet—every now and then—a case that seems to be real toxic headache.

A woman patient of mine, thirty-four years of age, suffers from irregular attacks of this form of headache. In describing it to me she said:

My headache is not always the same. I usually have pain in the forehead, most severe just above or back of the eyes. It is a sensation of fullness, and sometimes it is more painful when I jar my head, as in walking. The pain often extends up from the forehead so that the whole top of my head hurts, and occasionally I suffer from a painful constriction band extending around the head. Sometimes, when I have a bad headache, the pain is diffused—extending over the whole head.

That is a pretty accurate description of the headache of toxemia. When the blood is toxic the tender nerves and blood vessels of the brain and scalp are much irritated by these poisons.

It makes not the slightest difference how the poison gets into the blood, or what is its origin. A piece of tainted meat, or salad made from some spoiled vegetables, will produce a headache just as promptly and effectively as an overexposure to the July sun or an attack of influenza.

Poisons entering the body from the outside, such as lead, morphin, arsenic, alcohol, ether, and so on; or those poisons resulting from such intricate and complicating conditions as the toxins of pneumonia, typhoid fever, chronic Bright's disease, diabetes, all result in the head pain which may be classified under toxic headaches.

Deficient elimination by the kidneys, together with chronic constipation, is perhaps among the chief causes of the toxic headache. Headache is also often associated with gout.

FATIGUE is often accompanied by headache, partly toxic in character, and partly nervous in origin. The same is true of the headache which results from sitting too long in a stuffy room.

These poisons, of course, go all over the body, wherever the circulation goes, but they produce their promptest and loudest pain outcry in the region where the nerves are most exquisitely sensitive. When your head aches, nine times out of ten your whole body is suffering, but other regions are not able to express themselves so promptly and so eloquently.

Sometimes these headaches result from the gradual accumulation of acid substances in the blood stream, and are promptly relieved by reducing the amount of bread and meat in the diet, and by the temporary use of soda or other alkalis.

Toxic headaches, when due to tobacco, alcohol, tea, coffee, or other poisons, demand, first, cessation of the intake of such articles; and, second, profuse sweating measures, followed by a brisk cathartic. The patient should take copious drinks of water. The diet should consist exclusively of vegetables, fruits, cereals, bread, and milk. Meat and eggs should be temporarily avoided.

People who have a tendency to toxic headaches should employ some form of sweating bath, followed by a cold spray or rub. Immediate relief during an attack can be obtained by the application of cold compresses to the head and a hot

**Pines Automatic Winterfront is  
the Only Automatic Radiator  
Shutter on the Market**

*It is automatic because—*

There is no other way to assure you of timely, constant protection against the destroying force of cold. When cold strikes, Winterfront is *always* ready. You can't forget to operate it. There's nothing to remember. Its results are possible *only* because it is *Automatic*.

**PINES  
WINTERFRONT** — *It's Automatic*



# Pipe Smoker Applies Medical Training Selecting Tobacco

Some folks act on "hunches," some on emotion, some on pet theories, and still others on cold logic.

Here is a pipe smoker in the "logic" class. And the reason, as he explains, is that for three years he has been taught to take nothing for granted, but to prove his way as he goes.

427 Lyons Avenue  
Newark, N. J.  
Oct. 15, 1926.

Larus & Bro. Co.  
Richmond, Va.

Gentlemen:

Most medical students by the time they reach the third year of their work have absorbed the scientific spirit. That is, we take nothing for granted unless it has been confirmed by experiment or other reliable means. Prove it, we say!

Some time ago I decided to start smoking a pipe. Choosing the pipe was easy enough, but finding the tobacco to go with it was not so easy. I experimented, trying one tobacco after another. Some would have a fragrant aroma, but oh—what a taste they would leave! Others left my mouth like a furnace. A few reminded me of a poorly ventilated chemical laboratory.

I had almost decided that what I was looking for—a cool, sweet taste and a pleasant aroma—was impossible. Finally, I took the advice of one of the fellows and tried your good old blue can. Eureka! You can't get me away from it now.

You should call Edgeworth—"money's worth."

Sincerely yours,  
Irving H. Plaine



To those who have never tried Edgeworth we make this offer:

Let us send you free samples of Edgeworth so that you may put it to the pipe test. If you like the samples, you'll like Edgeworth wherever and whenever you buy it, for it never changes in quality.

Write your name and address to Larus & Brother Company, 3

S. 21st Street, Richmond, Va.

We'll be grateful for the name and address of your tobacco dealer, too, if you care to add them.

Edgeworth is sold in various sizes to suit the needs and means of all purchasers. Both Edgeworth Plug Slice and Edgeworth Ready-Rubbed are packed in small, pocket-size packages, in handsome humidors holding a pound, and also in several handy in-between sizes.

*To Retail Tobacco Merchants:* If your jobber cannot supply you with Edgeworth, Larus & Brother Company will gladly send you prepaid by parcel post a one- or two-dozen carton of any size of Edgeworth Plug Slice or Edgeworth Ready-Rubbed for the same price you would pay the jobber.

[ On your radio—tune in on WFFA, Richmond, Va. —the Edgeworth Station. Wave length 254.1 meters. ]

foot-bath. When the bowels are inactive, as they generally are, the patient should take a large dose of castor oil and a warm-water enema.

**Reflex headaches:** We now come to the pains in the head which are produced by some specific irritation or general disturbance occurring in some part of the body remote from the head—referred pains—or sympathetic headaches.

The behavior, intensity, and location of the pain, in reflex headaches, varies greatly and is, of course, more or less dependent on the offending organ or system which is responsible for these manifestations.

**1. SEDENTARY HEADACHE:** Many highly nervous and hereditarily predisposed individuals suffer from vague head pains, and distressing head sensations, as a result of sedentary living and the habits of modern civilization.

In other cases it is luxurious living associated with physical idleness and intellectual indolence that brings about that state of body and nerves which is so frequently characterized by chronic headache and backache.

Several years ago, I was completely baffled by a case of persistent headache occurring in a man around forty years of age. All the tests of an exhaustive examination had failed utterly to disclose a single clue to the nature and origin of this man's head pains. He was not toxic and he was not nervous. After a year's study I came to the conclusion his headaches were simply a result of the unnatural sedentary life he was leading. I became more insistent about his getting out of doors and engaging in active exercises. In six weeks his chronic headache disappeared—and it has not returned.

**2. HEADACHES OF WOMEN:** The periodic headaches of women are best treated after the methods already discussed under the head of congestive head pains.

While headaches of this sort are relieved by cold applications to the head accompanied by the hot foot-bath, they are more intelligently treated by directing remedial efforts toward removing the underlying causes found in the anemic and nervous states, as well as those abnormal anatomical conditions which may be responsible for the unnatural and unnecessary suffering occurring at these times.

**3. STOMACH TROUBLE:** Chronic indigestion, no matter what the cause, never fails to produce recurrent headaches in certain types of nervous individuals. No doubt these headaches are sometimes more or less of a toxic nature, while at other times they are simply reflex—stomach ache in the head.

Sometimes headaches occur when the stomach is allowed to go too long without food, or if it is denied food at the customary meal hour. In other cases, where there is too much gastric secretion—too much acidity—we have a very definite form of reflex or toxic headache which is close kin to migraine in its general behavior. A tablespoonful of milk of mag-

nesia will frequently relieve a headache of this sort.

These headaches are also greatly relieved by drinking an abundance of hot water; by hot foot-baths and general cold applications to the head, and by copious hot enemas.

**4. CHRONIC CONSTIPATION:** While the distressing headache so often associated with chronic constipation has been heretofore regarded as a part of the toxic picture of so-called auto-intoxication, nevertheless I believe that much of this constipation headache is purely reflex in nature. That this is true is shown by the already mentioned fact that a warm soap-suds enema is able immediately to cure the headache. Now, if this headache were toxic in nature, the result of poisons circulating in the blood, it is obvious that the blood stream, as well as the bowel, would have to be cleansed in order to effect a cure. The fact that emptying the bowel produces a radical cure is sufficient to prove that the headache was purely nervous or reflex.

**5. DISPLACED INTERNAL ORGANS:** Many times a sagging stomach, a displaced kidney, or a tumble-down colon may be sufficient to start up reflex headaches.

Many times a headache of this sort is cured by putting a patient to bed for three months on a fattening diet and rest cure; a proper-fitting abdominal support will also cure many of these cases.

**6. CONSTITUTIONAL DISEASES:** There are a number of constitutional disorders which are often attended by headaches; while among the more common organic disorders which may cause headache the following should be mentioned: Adenoids, diseased tonsils, crooked nasal septum, nasal polypi, sinus infections, ear disorders, eye troubles, diseased teeth, neuralgia, kidney disorders, brain tumors, syphilis, epilepsy, goitre, and pituitary compression.

It is obvious that their cure consists in improving the constitutional defect or the organic disorders which produced them.

**I**N THE real treatment and permanent cure of headaches, drugs are practically worthless. While they afford temporary relief, they do not get to the root of the trouble. In fact, drugs cure headache in about the same way that chloroform kills the pain attending a surgical operation.

The majority of headache sufferers have a more or less irritated condition of the nervous system, and most drugs only serve to aggravate and perpetuate this condition. The headache remedies which guarantee to cure in a few minutes must certainly contain very powerful drugs, and should be looked upon as exceedingly dangerous compounds. Occasionally a large dose of "headache" medicine kills suddenly by overwhelming the heart or the vital nerve centers.

As a matter of fact, the frequent use of so-called "headache remedies" is no doubt in itself responsible for many cases of chronic and persistent headaches.

**VACATIONS** are over; the fall with its stimulating weather is here, and most of you feel as if you were sitting on top of the world. Next month, in "Getting Ready for Winter," Dr. William S. Sadler tells you how you can continue to sit pretty all through the artificial life of winter, with its attendant colds and other minor ailments. The article is full of valuable and timely health hints.