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# The **American** Magazine

August

The  
Presidency  
and the  
Political  
Mind  
By  
**CALVIN  
COOLIDGE**

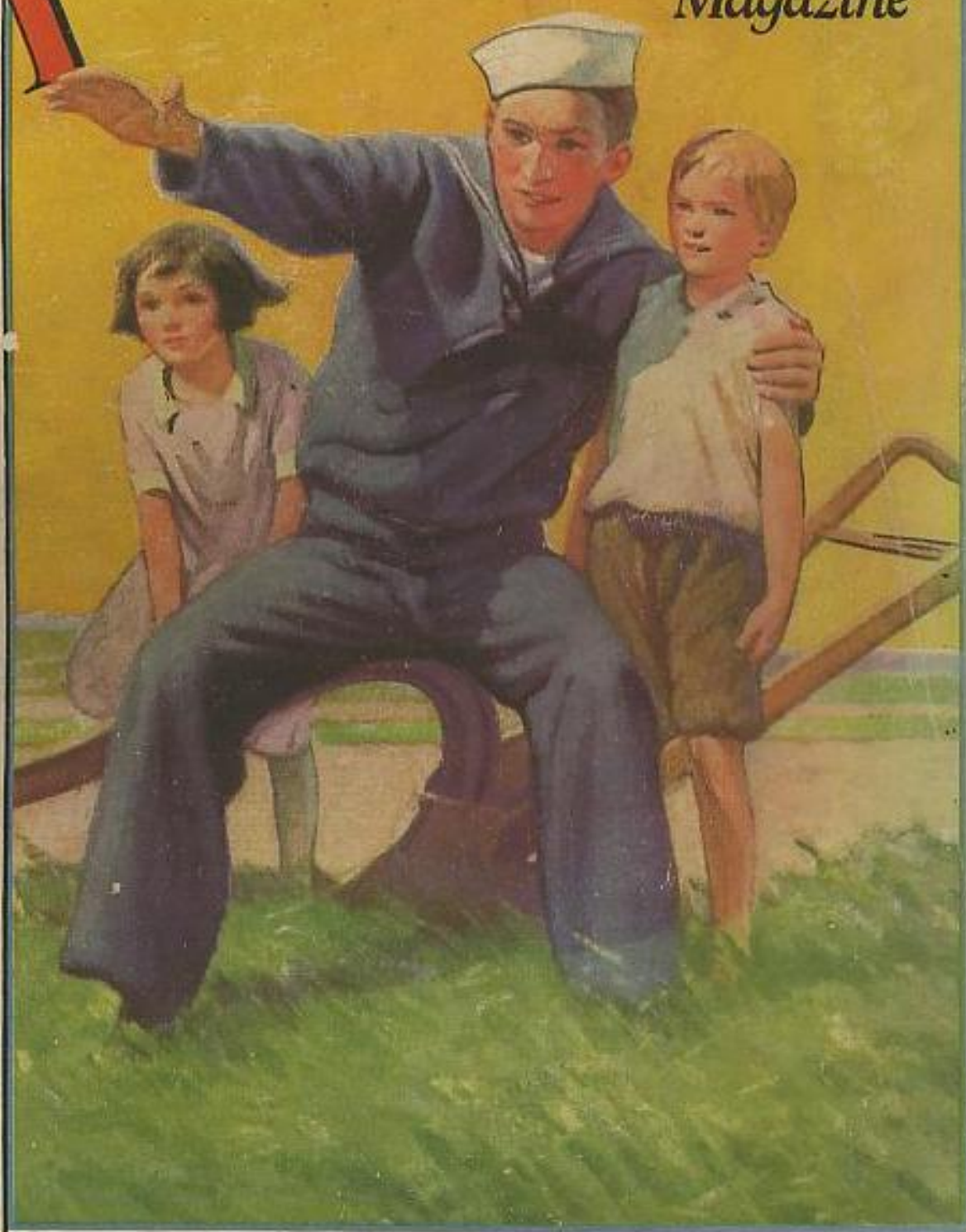


In the Land  
that God Forgot



Mystery  
at the  
Mill

By Melville  
Davisson  
Post



## **HENRY FORD** Talks to Young' Men



Merle Crowell  
Editor  
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Managing Editor

# The American Magazine

Vol. CVIII Contents for August 1929 No. 2

**M**R. CALVIN COOLIDGE begins in THE AMERICAN MAGAZINE next month her own intimate story of life in the White House. How she felt when she became the First Lady and how she feels now that she has returned to simplicity in Northampton—these high emotional moments and scores of others are charmingly related. Mrs. Coolidge is one of the best-loved women in America, and in her warm, enthusiastic way she tells you just the things you have wanted to know about her life. Each article is like a talk, a candid, friendly talk, with the author.

THE EDITOR.

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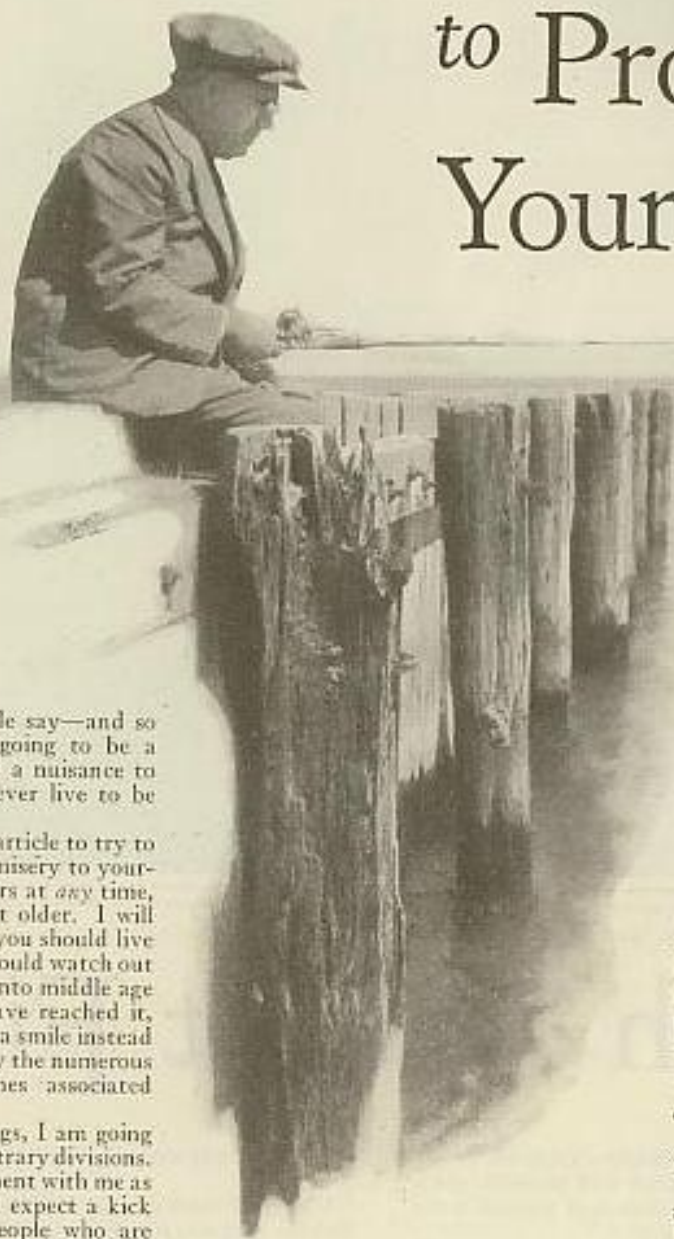
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# What to do at Your Age to Protect Your Health

By  
WILLIAM S.  
SADLER  
M. D.



I'VE often heard people say—and so have you—"If I'm going to be a misery to myself and a nuisance to others, I hope I'll never live to be old."

It is the purpose of this article to try to prevent you from being a misery to yourself and a nuisance to others at *any* time, but particularly as you get older. I will briefly outline to you how you should live and what symptoms you should watch out for, so that you may slide into middle age and not know that you have reached it, and may greet old age with a smile instead of with a wry face caused by the numerous aches and pains sometimes associated with that period of life.

In order to simplify things, I am going to divide age into seven arbitrary divisions. You may register disagreement with me as to the points of division (I expect a kick from some middle-aged people who are feeling just as young as they ever did); nevertheless, in order to talk about health and age, I must draw the lines somewhere.

Here are my divisions:

1. Infancy and childhood—extending, let us say, to 13 or thereabouts.
2. Youth—13 or thereabouts up to 21. (A very trying period of adjustment for both boys and girls.)
3. The prime of life—from 21 to 35; when you feel ready to take on the whole world—the most robust and virile decade and a half (or it should be).
4. Middle age—from 35 to 50. (How some people in the late thirties will resent being called middle-aged!)
5. Advancing age—from 50 to 65.
6. Old age—from 65 to 80.
7. Advanced age—80 and upward.

Now, I want to forestall any criticism that may arise and cause you to begin to argue about these divisions.

There are, I know, hundreds of you who will not fall definitely within these age limits. Many of you, for instance, carry your "prime of life" well into the forties.

an investigation from top to toe, inside and out. Then, when you know what the trouble is, you can get right to work to bring yourself up to 100%.

My first advice to you "prime-of-lifers" is that you should get married around twenty-five. You are young; you are full of vitality and are beginning to carve your positions in the world. Carve your positions together and link yourselves closer by means of several children. Responsibilities don't hurt you people in your prime—they steady you and develop you mentally and morally.

Now for the physical aspect of this period.

Some of you who are reading this article have a tendency to "fly off the handle" when things go the wrong way. Stop doing it. You can and *must* if you wish to enjoy middle life. Temperamental explosions, which are usually the outcome of a badly controlled nervous system during childhood and youth, are extremely harmful to you later on. Who wants to be a neurotic man or woman? Who wants to be a nervous dyspeptic? Anyway, "flying off the handle" is bad for you socially—it affects your business and professional contacts. And in the "prime of life" it is necessary that you build, and build substantially, for business and friendship.

**B**UT over-repression is just as bad for the health as emotional sprees. Indulge in all *normal* and natural modes of expression. In brief, be yourself—only, see that it's your best self that you're being.

In my medical work I notice that a good many "prime of life" people curtail their physical activities too rapidly for their good. At school and college, or up to about twenty-three or so, they play pretty actively—get a (Continued on page 106)

*Dr. William S. Sadler is one of the most widely known writers and lecturers on health subjects in America. He lives in Chicago, where he is connected with several leading hospitals*

In fact, you may overlap all the divisions, except, perhaps, "advanced age." I don't think you'll quarrel with me there.

I haven't space to talk about the first two divisions, childhood and youth. But if you've inherited a sound constitution, or have been blessed with sensible parents who, when you were growing up, gave you plenty of fresh air and the right food, and taught you to control your emotions and nerves, you've reached the "prime of life" fit and fightin'.

And that's exactly as it should be. If you are not feeling that way, you had better have a thorough medical overhauling at once. By this I don't mean a mere analysis of your blood and urine, and a cursory heart and lung examination, but



# What to Do at Your Age to Protect Your Health

(Continued from page 53)

great deal of outdoor exercise. Then it is just as if they say to themselves, "No time to play any more; I've got to get right down to brass tacks and make my fortune." This attitude is often the result of marriage or the arrival of the first baby. It is a big mistake. It is far wiser to delay the fortune-making for a few years and for both men and women to make it their duty to get regular outdoor exercise. Everybody who is able to do so should indulge in more or less fairly strenuous physical activity until he is around forty years of age. That's the best method I know of for approaching middle age free from headaches, insomnia, faulty elimination, and high blood pressure. Moreover, this change from an active life to a sedentary one is often productive of heart disturbances.

Another thing I have noticed about "prime of life" is a tendency to avoid periodical visits to the doctor and the dentist. The truth is, they are feeling so fit that illness isn't in their minds. That's fine, but what they *should* have in their minds is *prevention*.

Tonsils, for instance, which have not been bad enough to remove during youth, are carried over into this robust period of life without any thought except to be recognized as the reason for a sore throat now and again. But the infection carried into the blood stream through neglected tonsils may be laying the foundation for rheumatism, kidney disorders, and heart disease in middle or later life.

So, although you are feeling so strong and well that a little thing like a sore throat or a temperature doesn't worry you at all, take warning. Here are symptoms crying out loud. You do not want to be a "sissy" about your health, but there is no need to be foolhardy.

And don't neglect your teeth. Pay your six-monthly visit to the dentist and get ahead of the little microbes which just love to get in their deadly work before you are aware of their existence.

Here are a few more health hints that I wish to pass on to those in the prime of life:

1. Take care of your elimination. Chronic constipation is one of the worst causes of middle-aged misery that I know of.
2. Give yourself a *daily* sweat, even if it is only a moderate one.
3. Drink plenty of water and keep your kidneys in good shape.
4. Don't overeat. For a time you can take care of the extra food that you may tuck away, but sooner or later it will appear in the shape of fat—and no one wants to carry around the excess baggage of fat.

**N**OW let us talk about *middle age*.

The human nervous system seems to pass through three periods of change and readjustment. The first is the adolescent period. The next takes place around thirty years of age and marks the apex of virility and the highest ascendant point in the prime of life. The third change occurs around the forties—usually the late forties. It marks the termination of middle age and the approach of advancing age.

If there has been failure to control the appetite and to take proper physical exer-

cise during the prime of life, by the time forty is reached obesity will have made its appearance. It may not be very pronounced, but there is a general thickening up around the waistline.

Now, the over-accumulation of fat during middle age results from a number of things—hereditary tendencies, overeating, and under-exercising—and it may also be attributable to the fact that the thyroid gland of the average individual begins then to slow down. The thyroid gland determines the rate at which we burn up fuel in the body, and this is why when you get beyond forty—even if you don't eat any more than you did ten years before and even though you take the same amount of exercise—you will begin to gain in weight.

We don't like to see people under thirty-five under weight. Good flesh in youth and the prime of life is insurance against tuberculosis, but after forty it is better to court a little under-weight tendency than to be obese. In pneumonia, overweight is a tremendous handicap. And from whatever angle you view it, overweight is a decided liability after you reach middle life.

**W**HEN you reach the age of forty I advise you to have an analysis made of your health. This should include, outside of the ordinary investigations normally made, an analysis of your stomach secretions, an X-ray of every part of the body, including the teeth, a metabolism test, a Wasserman test, and other special tests just to show where you are. If you have picked up anything that you shouldn't during your busy journey through life, this examination will reveal it. Anyway, it is a wonderful thing to have in your possession all the charts, analyses, and diagrams which will be presented to you at the end of the research. They aid your physician in keeping tabs on your general health, and are extremely valuable for use in checking back during the years to come. This thoroughgoing research should be repeated when you are around fifty-five years of age, or at least before you are sixty. One or two such investigations serve to make much more valuable and practical the comparatively simple annual health audits.

At the mid-channel period of life a continued elevation of the blood pressure sometimes suggests that tobacco should be reduced or its use stopped altogether. And if you have been dallying with alcohol in your younger days, you may find it advisable to climb aboard the water wagon. Also, take stock and see whether you are drinking too much coffee and tea—most middle-aged people are.

If you have had typhoid or any other serious infectious diseases in early life, now is the time to watch out for gallstones. In the later forties, too, we must watch for early indications of cancer. While we don't want to worry about cancer, we should know the early indications, such as neglected moles, sore tongues, unusual lumps in the breast, severe and unusual attacks of stomach disorder with sudden loss of weight. Remember that

most cancers may be regarded as curable if they are discovered in time and if the proper course is pursued.

It should be needless to add that as we approach fifty there ought to be a slowing down of physical exercise. However, in this connection bear in mind that age is relative. One man of forty-five years may be about that age in his physical tissues, blood vessels, etc. Another man may be only forty, still another may be fifty or fifty-five. Around fifty years of age it is common to find men and women varying as much as ten years in the actual condition of their body structures; consequently, age must be interpreted with some elasticity. For instance, I stop many men from playing tennis when they are forty-five; yet I have a patient of fifty years whom I allow to play tennis moderately. Anyway, I should say that forty-five is a safe age at which to begin the reduction of strenuous physical activities. But what I am saying about tennis and vigorous competitive games does not apply to golf. From the physical standpoint, the mid-channel of life is the ideal golf period. And do not neglect the daily walk.

I am now going to ask many middle-aged people to cure themselves of that disease known as Americanitis, or, in plain words, habitual hurry.

I am appalled by the number of men who die between the ages of forty and fifty just because they have allowed themselves to be driven from morning to night without relaxation or proper rest. If you middle-aged people who have been driving yourselves with a whip don't let up, how can you expect to reach a comfortable old age?

Mobilize your intelligence, reorganize your work, slough off the non-essentials, make up your mind that there will be no night work after forty—evenings must be devoted to diversion and play.

A number of middle-aged men have said to me, with their voices full of pride, "Do you know, Doctor, that I haven't taken a vacation away from my work for the past ten or fifteen years."

If I could only have said what was in my mind when they told me this, I should have replied: "Dolts and idiots, don't you know that you have been doing the most foolish thing, from a health standpoint, that you could possibly do?"

Therefore, if any middle-aged people who read this article have been in the habit of foregoing vacations, let them stop this foolish practice. At this period of life an annual vacation is a *necessity*. And please see that you get it.

**N**OW just a few words to the middle-aged married folks. This is the time of life when you should begin to watch your step. Your children are grown up, or at any rate are off your hands to a considerable extent; the early married years, which are usually full of struggle and hardship, are over. You have more money and more luxuries. See to it now that you don't begin to drift apart, as so many married people do at this period.

If you have neglected your social life,



because, possibly, you have been enmeshed in business worries and family cares, make an effort to retrieve this error. Middle-aged people need a sane and healthful social intercourse to help them over one of the most trying periods of life.

You wives who have been occupied entirely with your children get out and play with your husbands. As a matter of fact, no wife should allow herself to become so engrossed with her children that she neglects the social and play life of her husband. If the average, restless, high-strung man cannot have diversion around the home and in company with his wife, he is all too likely to seek playmates elsewhere.

**T**HE reason I speak of the period between fifty to sixty-five as *advancing age* is that I think it is hardly fair to the active men and women of that period who are, many of them, doing their best work, to call them *old*. Of course, there may be something personal in this. I'm in this period myself.

Frankly, though, we must admit that we are no longer *young* and we should live accordingly.

After fifty years of age, medical guidance becomes more and more essential to the best health and highest efficiency. We must know where we are weak and where we are strong; where we should soft-pedal and where we can still step on the gas.

One of the most important things, I think, which should come up for consideration after fifty years of age is the daily rest period. Yes, I know there are many of you who will hold up your hands in horror at this suggestion. Nevertheless, I believe it is a wise health measure to adopt the practice of resting about one hour around the middle of the day. You don't have to go to sleep, but, for the sake of your health, don't think, much less speak, about business during this rest hour.

And *never, never* entertain the idea of retiring from business. Let the younger men and women fuss over the details, but carry on with the essentials. Too many men have retired while they were still active both in mind and body, only to fall a prey to imagined ills.

All that I am going to ask you "advancing years" people to do is to modify your activities and allow yourself more

time to rest. Also I wish you to have an annual health audit—that is, check up on your blood pressure, on the state of the blood and the kidneys, etc. It is at this time that the question of the more serious anemias arises—that is why I want the condition of your blood carefully watched.

If, when you reach fifty, you have failed to reduce your weight properly, then this matter of weight reduction becomes *imperative*. You simply *must* reduce. Get right down within the limits for your height and age, bearing in mind, of course, that there is a great individual and family difference in weight tendencies. If in doubt about these matters, consult your family physician.

I don't want you to coddle yourself when it comes to the matter of trifling exposure, but do not put yourself into the way of unusual exposure or sudden drafts. Pneumonia is a foe not to be dealt with lightly at this period.

After fifty, your diet should be wisely regulated. Don't abuse your digestive machinery; don't overeat, and don't eat highly seasoned food. If you have been watching your reactions to food for a number of years, you know what foods agree with you and can work out a sensible diet for yourself.

Around this period of life eyeglasses should be re-fitted once a year—under no circumstances should they be allowed to go over two years.

The older we get, the less we sleep, and, with many of us, the less soundly we sleep. But this should not become a source of worry. If we are in fair health, we get the sleep we require. And the noonday's rest that you are taking (or that you are going to take, if you are sensible) will make up for any shortage.

One other thing I should like to advise, if you can possibly manage it. Take two vacations a year, instead of one.

**N**OW we come to *old age*.

I can only hope, for your spiritual satisfaction, that you have worked out a philosophy of living that will help you to adjust yourself to the fact that you are *old*. I should have warned you around middle life that a philosophy of living is necessary if you want to be a nice old man or woman, welcomed by middle-aged

folks and young alike. However, it isn't too late to rectify my omission.

From sixty-five to eighty you have to learn how to capitalize the assets of age and, as far as possible, how to avoid its liabilities and dodge its handicaps.

You must avoid undue exertion, and a new importance should attach to the noonday rest.

Coarser foods should be eliminated from the diet. Remember that at this period of life the entire human system, from the circulation of the blood to the digestion, returns more and more toward the less robust type of childhood. (This second childhood that you hear about does not refer to the mentality, but to the diet.)

Moreover, special care should be observed at this time regarding the kidneys and the heart. And if the blood pressure is above normal, this should receive attention—but not worry. The sicknesses to avoid are pneumonia, kidney trouble, heart failure, and the explosions incident to very high blood pressure.

**C**ONCERNING the period of *advanced age*—eighty and beyond—I can only say that it becomes increasingly necessary to follow the advice I have given for old age.

I firmly believe that seventy-five years should be the *average* length of life of the human species, and that a more intelligent and conscientious observance of the rules of living, as developed by modern science, would speedily enable the race to attain one hundred years as a common experience. As it is, we consider it remarkable if we meet hale and hearty old people around seventy-five and eighty.

I have found that the vast majority of my older patients have no fear of death. As they get nearer and nearer the end of their earthly journey they look upon death as a perfectly natural thing, as a transition sleep between this world and the next.

It has never been my experience to witness a Godless deathbed scene; that is, I have never witnessed a person, old or young, passing out of this life resisting death and fearing the future. There seems to come, especially to old people, a compensating hope in the future and a comforting faith in immortality.

## Solutions of July Travel Trails

**PRIZES:** THE AMERICAN MAGAZINE offers a prize of ten dollars for every original Travel Trail accepted for publication. Send the solution with your trail. Art work not essential. A Travel Trail, to be eligible for the contest, must not be longer than twenty words, including the starting point and destination. Also, it must have the home-town of the contestant as its starting point or destination.

Other suggestions are: Keep all cities and towns of your Travel Trail in the relative positions they occupy on a map. Clue sentence, if included, should carry interesting local facts and contain a few of the words required for traveling the trail.

Strive for an interesting, trail-like design. Limit the letters overlapping

between any two words to a number as little in excess of three as possible. This helps to make your trail admit of only one solution. As far as you can, use well-known and appropriate words. You can make your trail sufficiently difficult by traveling from one word to another through unusual three-letter combinations.

Contestants are not limited in number of trails submitted. This month's contest is limited to trips to points of historical interest. Send in yours to "Travel Trail" Editor, The American Magazine, 250 Park Avenue, New York City. Manuscripts not accepted for publication will not be returned.

**SOLUTIONS TO JULY TRAILS:**

RALEIGH, sealed, trousseau, beautiful, bear, clear, leave, avenge, engaged, age,

marriage, grammar, monogram, diamond, monk, ceremony, money, one, sooner, honeymoon, balloon, all, NIAGARA FALLS, carriage, scar, cares, residue, ideal, inside, wins, wing, ring, wedding, owed, showered, shoes, COBROCTON.

WEST POINT, best, establish, able, enable, arena, renown, nowhere, serenade, ade, cadets, scad, scan, cannon, ANNAPOLIS.

DAYTON, Monday, RICHMOND, tartaric, tar, starter, FERRE HAUTE, utensil, silage, age, carriage, vicar, CHICAGO.

ELDORA, orator, tore, creator, acre, across, crossroad, crow, row, mortar, more, ore, sore, sordid, didactic, (R. crossroad, roach, ache, niche, nice, rice, brick, tick, didactic), act, react, reap, MINNEAPOLIS.