

The

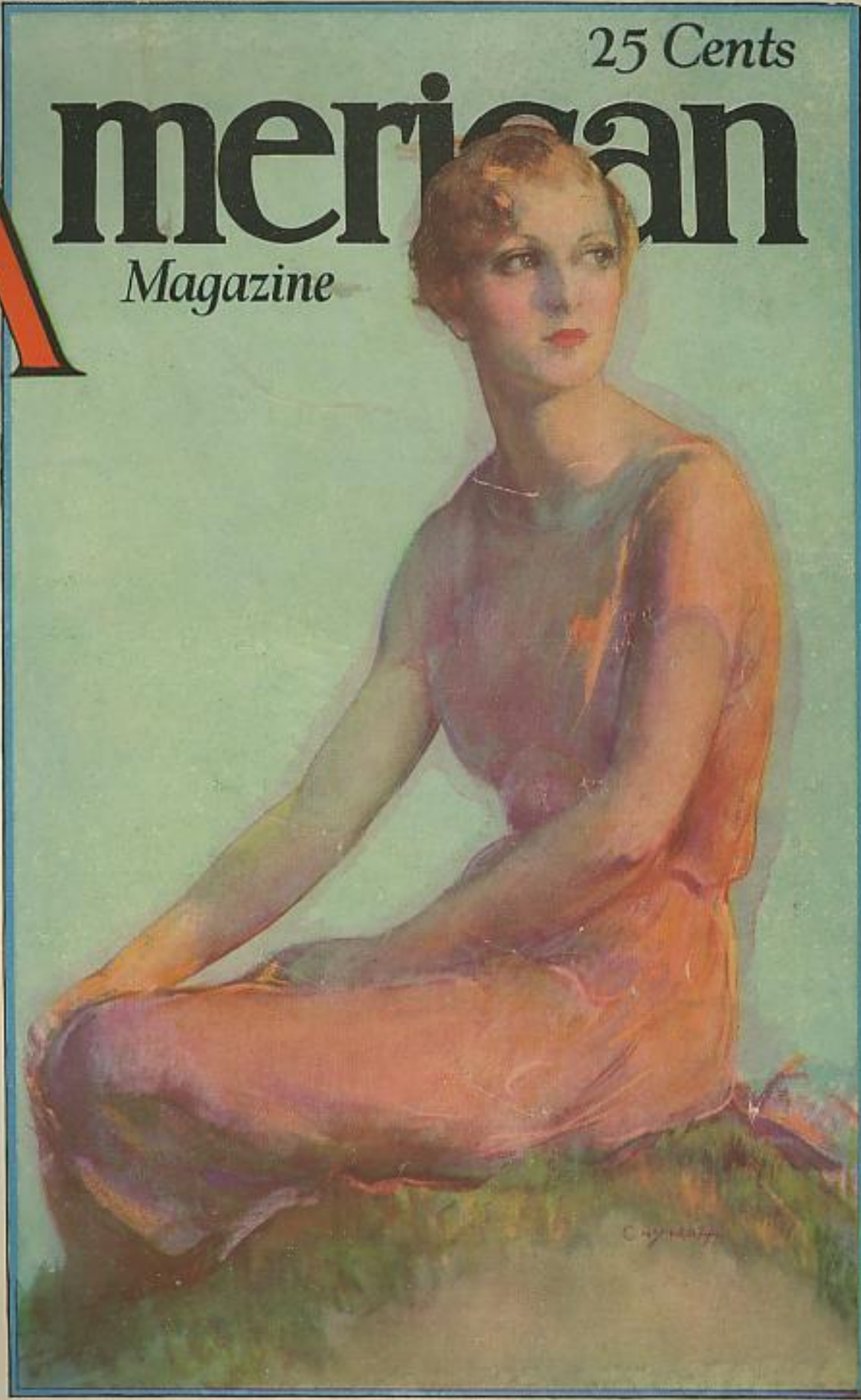
25 Cents

# American

Magazine

# A

September



**WILL  
ROGERS**



**Dave Tucker**  
*Vice President  
of a Bank He  
Once Robbed*



**H. I. PHILLIPS**



**I am Ashamed  
of Myself**

By **ALBERT  
PAYSON TERHUNE**



**Mrs. COOLIDGE'S**

F 30  
GA  
JEWELL  
A  
ZRI



Merle Crowell

Editor

James C. Derieux

Managing Editor

# The American Magazine

Vol. cviii Contents for September 1929

No. 3

"MOVE along," says the stalwart policeman on the corner.

Only he doesn't have to say it very often nowadays. Everybody is moving along, without any urging. Every day we move a little faster and a little farther. There seems to be no limit to it. We move on land, on sea, and in the air. We not only move ourselves, but we move all manner of commodities. The ends of the earth are rapidly coming closer together.

This month you will find in THE AMERICAN MAGAZINE three articles that will tell you a great deal about how this transformation is being effected.

You will find an interview with one of the biggest figures in the field of aviation, which will make you realize that aviation touches the lives of every one of us. It is called, "Aviation is Becoming of Age."

You will find a sensational article on the modern wonder of transportation—the motorbus. Did you know, for instance, that you can travel all over this vast continent—between almost any two points you might mention—on motorbuses? Read "The Bus—A New Giant in Transportation."

You will find a sea article of a strikingly different and human quality, dealing with tramp steamers—"Box Cars of the Sea."

And, among the many other features, you will find an absorbing article entitled, "You Can't Tell Where You're Going," which doesn't have anything to do with transportation, but tells you how one man exemplified with his own life the "keep moving" spirit of our times.

THE EDITOR.

## ARTICLES

Cover Design	Guy Hoff
When I Became the First Lady	Mrs. Calvin Coolidge 11
You Can't Tell Where You're Going	William S. Dutton 20
A Lady Who Went to the Dogs	Reginald T. Townsend 26
<i>Etchings by Marguerite Kiruse</i>	
Box Cars of the Sea	Webb Waldron 32
<i>Illustrated by W. J. Aylward</i>	
One Bad Turn Deserves Another	H. I. Phillips 36
<i>Cartoon by the Author</i>	
The Bus—A New Giant in Transportation	Lewis R. Freeman 42
Aviation is About to Become of Age	Sherman Gwinn 51
<i>Illustrated by Clayton Knight</i>	
Why I Envy Wild Things	Archibald Rutledge 54
<i>Illustrated by Charles Livingston Bull</i>	
How To Be Funny	Will Rogers 61
<i>Caricature by F. G. Cooper</i>	
If You Have Friends You Can Endure Anything	Helen Keller 62
<i>Drawing by J. Henry from photograph</i>	
Stop Coddling Yourself!	William S. Sadler, M. D. 68
<i>Cartoons by Paul Carruth</i>	
I Am Ashamed of Myself	Albert Payson Terhune 73
Dave Tucker	Magner White 74
<i>Drawing by B. J. Rosenmeyer from photograph</i>	

## FICTION

Freesia	Inez Haynes Irwin 14
<i>Illustrated by Percy E. Anderson</i>	
The Guilty Man	Melville Davison Post 16
<i>Illustrated by W. H. D. Koerner</i>	
The Drift Fence. A Novel. Part VI	Zane Grey 22
<i>Illustrated by W. H. D. Koerner</i>	
The Perfidy of Woman	Edith Barnard Delano 38
<i>Illustrated by Herbert Pass</i>	
"Love is Not Love"	Nelia Gardner White 46
<i>Illustrated by O. F. Schmidt</i>	
Prima Donna Stuff	Margaret Culkin Banning 57
<i>Illustrated by John H. Crossman</i>	
Dark Happiness. A Novel. Part III	William Dudley Pelley 64
<i>Illustrated by O. F. Schmidt</i>	
Mr. Money	Dixie Willson 70
<i>Illustrated by John M. Clement</i>	

## SHORT FEATURES

If You Ask Me: A Mistake is a Fine Chance to Learn Something	Merle Crowell 49
Interesting People	
Captain Joseph E. Bernier	Article by Arthur P. Woolfcott, P. R. G. S. 76
Edith Keating	Article by Brett Yates 77
Richard Dix	Article by Rosa Strider Rolly 78
Doc Waddell—Circus Pastor	Article by Georgia Williams Moritz 81
The Great Tomorrow	Walter B. Pitkin 82, 84
How They Got That Way	Dale Carnegie and Albert T. Reid 88, 174
The Sportfolio: Better Than His Best	Charley Paddock 130, 132, 134
Solutions of August Travel Trails and Prize Contest Announcement	151
Not in the Headlines	176, 178
Travel Trails. Prize Contest	180
The Family's Problems: My Model Husband is Driving Me Frantic	B. A. 182

Published Monthly by The Crowell Publishing Company, Springfield, Ohio, U. S. A.

Lee W. Maxwell, President  
Thomas H. Beck, Vice President  
John E. Miller, Vice President  
Certeude B. Lane, Vice President  
John S. Beehn, Vice President  
Frank Bracher, Vice President  
Albert E. Winger, Treasurer  
Alfred D. Mayo, Secretary

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

Entered as second-class matter at the Post Office, Springfield, Ohio, under act of March 3, 1879. Additional entry as second-class matter at Albany, N. Y., San Francisco, Cal., Los Angeles, Cal., Seattle, Wash., Portland, Ore., Omaha, Neb., St. Paul, Minn., and Milwaukee, Wis. Entered as second-class matter at the Post Office Department, Canada. Copyright, 1929, by The Crowell Publishing Company in the United States and Great Britain. All rights reserved.

25c a Copy, \$2.50 per year, in the United States and Canada. Foreign Subscriptions, \$3.75 per year.

Subscribers are notified that change of address must reach us five weeks in advance of the next day of issue.



# Stop CODDLING Yourself!

By WILLIAM S. SADLER, M. D.

**T**HE other day, preliminary to examining a man's heart, I had him engage in some simple exercises. In a few minutes this big six-footer was all tucked out. "Doctor," he gasped, "I guess I am getting soft. I've been coddling myself too much during the past few years."

He was dead right about being soft. Upon examination, I found his muscles soft and flabby, including his heart muscle; his circulation was sluggish, and before I was through I discovered that his brain and liver were also sluggish.

I am afraid that as a nation we are on the road to "getting soft." Modern civilization, with its labor-saving devices and inventions and luxuries, is taking toll of our stamina and lessening our vitality.

Several years ago, when making strength tests of different parts of the body, I was greatly impressed by the fact that the tests of the muscles of the legs showed a marked decrease in comparison with standards that had been made twenty-five years before, and I presume, with still more automobiles in commission at the present time, I should find an even greater weakening in the leg muscles if I were to repeat these tests today. Now, when our leg muscles get weak, it is more than likely that the abdominal musculature is also weakened. I could fill this article with stories of indigestion, constipation, supposed auto-intoxication, and other abdominal miseries, that have been cured by a restoration of the walking habit.

**I BELIEVE** that the average healthy man or woman would be greatly benefited by walking five or six miles every day in the open air. Of course, this presupposes that this five- or six-mile walk represents the sum total of the exercise for the day. If one is doing housework, climbing stairs, or engaged in other occupations which necessitate walking, the distance referred to should be cut down. I merely mention a five-mile walk as representing an agreeable form in which the required daily physical exercise may be profitably taken by an ordinary individual in good health.

Not long ago a neighbor of mine kept complaining about headaches, indigestion, and constipation. I could not find anything wrong with him, and so I finally advised him to use his car only for week-end outings. I made him promise to walk the three miles from his home to his office six days a week. In less than six months his headaches and indigestion had disappeared. I suppose he would have got well in two or three months if I had made him walk both ways.

While I am speaking about muscles, I want to make it clear that a muscle does not have to be big in order to be healthy.



There's a sort of thrill in getting back to nature

I would rather see good, solid, small muscles than a great big, overgrown musculature.

Some people are born with big muscles, just as others are born with big feet or big noses, and they don't have to exercise to keep these muscles big. As a matter of fact, there is a great deal to be said against overdevelopment of the muscles. If you are too athletic when you are young, you may overdevelop your heart, and then later in life there is danger of fatty degeneration if you don't keep your exercise right up to snuff. I advocate moderate, regular exercise to keep in ordinary good health.

It is the law of Nature to allow any organ or structure rapidly to deteriorate when we fail to make proper use of it. I

believe that the great trouble with our teeth in modern times is not just the fact that the diet of children is deficient in lime, phosphorus, and other salts, but can be attributed in a greater measure to failure to use the teeth vigorously. We are subsisting more and more upon soft foods that do not require mastication.

If we were to go back to some of the dietetic practices of our forefathers and eat more rye bread, graham bread, hard-tack, sauerkraut, and hominy, we should be less bothered with pyorrhea, indigestion, constipation, and auto-intoxication.

While on the subject of teeth, I should like to say something about digestion. I think many persons are falling into the habit of coddling their stomachs.

Now, I am fully aware that sick stomachs must have proper diets, but I am talking just now about well stomachs. There is a decided tendency nowadays to pamper the stomach and feed it only with viands that are easy of digestion. This is very weakening. The stomach is a hollow, muscular organ—it needs work, it thrives on work. A good mess of sauerkraut or corned beef and cabbage would do some stomachs good; they are hard to digest, but a healthy stomach thrives on hard work. Of course, if you have pampered your stomach for fifteen years, you are going to have trouble if you start right in on a big dose of corned beef and cabbage. Give your stomach four to six weeks to tune up and get ready for a real day's work like this. The stomach muscles are getting soft, just like the leg muscles, because we don't use them.

Let me say again that I am talking about well stomachs. I don't want some reader who has gastric ulcer or some form of chronic indigestion to take this advice too literally. If your doctor put you on a diet, stick to it, regardless of what I am saying here; but if you have a healthy stomach, don't be afraid to give it a good hard job now and then.

**ANOTHER** way in which we are becoming soft is shown by our inability to withstand cold. We are developing into a hothouse race. Furnace and steam heat have led to overheating of both our living and working quarters. Most individuals begin to shiver if they come into a room



What is better than a nice, brisk walk of five miles or so?





Our ancestors did not have to drive themselves to exercise—they were driven to it!

in the winter that is 68° F. When you get much above 70°, insensible perspiration comes out on the skin, and evaporation chills you unless you get the temperature up to 75° or 80° F. If you stay around 68° F. it is better, but we are so used to this overheated atmosphere that most of us feel chilly at the proper temperature.

Several years ago, I was attending a family of eight persons—father, mother, grandmother, and five children. Three or four of them were sick most of the time with colds, influenza, or bronchitis. Finally, I managed to dig down to the root of the trouble. The family had developed cold-phobia—the members were all afraid of cold air, cold drafts, cold baths, and everything else cold. They kept the temperature right up around 80° F. The air was dry and super-heated. It required six weeks to get them acclimated to a room temperature of 68° F., but even Grandma finally got used to it. The humidity was improved by means of evaporating pans. Since this family has adjusted itself to this lower room temperature, colds and respiratory troubles have practically disappeared.

**I**F YOU have poor circulation, start early in the fall to train your skin to react normally to moderate temperatures, cold air, and even drafts. This is best accomplished by means of hot baths followed by a cold shower, or by cold baths taken in a warm room so as to insure a vigorous reaction afterwards. By improving the skin circulation in this way, we are less subject to the chilling effects of drafts and sudden exposure to cold air.

A good, healthy skin reaction is Nature's overcoat for winter. While we often criticize women for under-dressing during the cold season, there is probably less to be feared from this practice than from the habit of over-dressing. However, the thing to do is to avoid both extremes.

Too many of us are trying to earn our living only by the "sweat of our brains." In fact, I don't know when some folks would indulge in the luxury of a good sweat if Nature didn't turn on the heat during the summer season.

But nowadays when we prescribe sweating as a health measure, many people prefer to sit in a cabinet and have a trained nurse turn on the electric lights or steam,

enough water, sooner or later our kidneys are bound to suffer. Kidney irritation, overaccumulation of acid toxins in the blood, and numerous other ill effects are more or less due to the failure of people to sweat freely and drink a sufficient amount of water.

I think the majority of individuals would do a great deal to assist their skin vigor if they trained themselves in the practice of wearing the same weight of underclothes in the winter as they do in the summer, adjusting the outer garments only to the temperature.

There is no doubt that this decline in a healthy circulation of the blood through the skin is one of the most positive indications that we have begun to suffer as a result of our various "coddling" practices. We are becoming more and more the victims of "chilly drafts," and naturally this is making us afraid of cold weather and the winter season, with its tonic, invigorating, and health-promoting influences.

Even fatigue has become a bugaboo to thousands of people. They don't know how to reconcile themselves to the ordinary, common, everyday sensations of being tired. They want something to "pep them up." I had a case of the kind not long ago. The woman's only complaint was that she just couldn't bear her feelings of fatigue. She was turning the world upside down and dosing herself with three or four different sorts of medicine, trying to escape fatigue. If we have muscular fatigue, a night's sleep or a little extra rest will soon fix us up; and if we have nervous fatigue, we are not going to get away from it by chasing thrills. Sane, healthful living is the only cure for that.

We suffer from many unnecessary backaches, headaches, and a lot of other aches and pains through our tendency to pamper, coddle, and otherwise debilitate our physical resistance.

And we may be sure that Nature will exact a good, stiff penalty from us if we continue to pamper and coddle ourselves.

I am not asking you to overload your stomach, or put an undue strain on your vital organs, or overtax your muscles, in order to harden yourself. I am merely asking you to give your organs and muscles good, healthy, natural work to do, so that they will not deteriorate and become flabby for want of proper use.

Not do I advocate that you give up the luxuries of civilization. That would be foolish. Nobody wants to go back to the crude, primitive days. Nevertheless, we must remember that our ancestors were put through some mighty valuable "health paces" in the days when legs were used as a means of locomotion and the professional baker, the steam laundry, the delicatessen, modern inventions, and the canning factory had not invaded the home.

**I**F WE want to regain the sturdiness, vitality, and stamina of our forefathers, we must put ourselves through some daily "health paces" that will counteract the softening influences of too much civilization.

Let us begin the "hardening" process by recovering the use of our legs.

A brisk walk of several miles daily will do a great deal toward preventing and curing indigestion, constipation, and other abdominal troubles.

Make a practice of drinking more water—at least eight glasses a day.

Force yourself to eat a certain amount of coarse food daily. Remember that the stomach thrives on hard work, and the best way to massage the gums is by real chewing.

Perform some vigorous daily exercise that will work up a sweat and increase your lung capacity by making you breathe deeply.

Train your skin readily to react to changes of temperature as a preventive against colds.

Do not live in overheated rooms. 68° F. is the proper temperature to maintain during the winter months.

Finally, give yourself a chance to "rough it" occasionally. If possible, utilize your summer vacation to get back to Nature and learn for a short time to do without bathtubs, soft beds, easy-chairs, superfine cookery, and the rest of the superficial trimmings that belong to this *de luxe*, overcomfortable age. (The End)



If you are scared to death that you'll have indigestion, you'll probably have it