Your Health,



The cause of such a pain is likely to be found at some distance from the back; in the tonsils, or tooth sockets, for instance. A person who really has kidney trouble, may not be conscious of any indication of it. If he waits for signs which he will recognize as

danger signals it may be too late for him to avoid a wreck.

I do not say that there are no signals which he might, and perhaps should, recognize. I think he must have have here are no signals which here have been supposed to the signal of have had warnings. But most people do not pay much attention to these warnings, for the simple reason that they do not expect to be really well. They think that a certain impairment of health is the natural condition, especially in middle life.

People seem to be satisfied if they can say that they are in "pretty good health." But we ought to get rid of this idea "pretty good health" is about all we can expect to have. You health.

this idea "pretty good health about all we can expect to have. You say, "of course, at my age I must expect to have more or less trouble." It is common even for a physician to say to a patient, "Well, for a person of your age, you are in as good shape as you are in as good shape a

your age, you are in as good shape as you could expect to be."

This is all wrong. You ought not passively to accept this dictum that at thirty-five you will show such and such physical deterioration; that at forty your wife work." forty you must "expect" certain ailments, at fifty certain other axictions, and at seventy-five be on the brink of the grave—if not already in it.

There is no natural law necessitation the grave—are the second of the grave—if the grave—if the second of the grave—if the second of the grave—if the grave of the grave o

ing this program, or anything like it. Our bodies become diseased and grow old simply because of injuries to the cells of which they are composed. We pay little attention to these injuries unless they produce a condition that

causes pain.

Pain is almost the only danger signal we recognize. Yet there may be serious internal disturbances which do not cause pain; at least, not enough pain to rouse us from our easy-going assumption that we are "as well as we can expect to be."

is "going back on them," that they stop, look, and listen.

Perhaps you develop arthritis when you are forty. You regard the first acute signs of it as a danger signal, and are properly worried. But the chances are that the caution signal has been there for years, perhaps ever since you were a child. You may say that you did not know it was there. But you would have known, if you had received a thorough physical examination of the whole body.

ical examination of the whole body.

There is really very little mystery about the cause of old age and death. We are lacking in knowledge of certain factors which probably are at work, but it is easy to group the types of influences which are responsible for what we call "growing old."

Heredity plays its part, of course. Certain families show a lack of resistance to disease, an incapacity for life struggle. But if it is known that there is a susceptibility to a certain

there is a susceptibility to a certain disease, measures can be taken to

In this connection there is a curious trait in many persons: They hate to have a medical man probe deeply into their physical condition for fear he will unearth some disease, or some threat of disease. They seem to think that "whatever you don't know won't hurt you!"

A good many people worry secret-ly over the fear, or the suspicion, that they have some incipient disease. But they won't take steps to find out the truth, because they say that if the trouble is there they are better off not to know it; and if it isn't there then it won't burt them anywey.

then it won't hurt them, anyway.

This is strange reasoning. If the trouble really exists, it probably will yield to treatment. Almost certainyield to treatment. Almost certainly their lives and usefulness can be prolonged. And if it isn't there, they will be far better off to know it; for, although the imagined disease does not hurt them, the fear and worry will have bad effects.

People need to be told that there are few chronic maladies—even those of a serious character which affect the heart, blood vessels, and kidneys

the heart, blood vessels, and kidneys
—which cannot be held in check. The
discovery that you have these maladies does not necessarily condemn
you to an early death.

Investigation has shown that a

large number of persons who were refused by insurance companies, be-cause they were found to have just such physical impairments as I have mentioned, nevertheless lived far be-yond the "expectation of life" to which they were supposed to be limit-

Aside from hereditary insufficiencies, infection is probably the greatest factor in destroying the body. When we talk of infection, the average person thinks of such things as small pox, typhoid fever, scarlet fever, diphtheria, tuberculosis, and other midmin discount it is

reassuring feature of the situation is that which takes place today at that they need not pass unrecognized. The National cemetery in Arlington is news while it is news.

AMERICA FACES EAST.

For this is Armistice day and all over the United States for the space of two minutes Americans pause in their every day tasks to pay reverent tribute to the dead.

hillside in France where the long rows of white crosses mark the last resting place of those who brought about the mighty event which we celebrate on November 11. It may be at Romagne-sous-Montfaucon, where began that "soul trying struggle of many weeks between the Argonne forest and the Meuse, which lasted until the hour when Germany cried 'enough.' "Or it may be in Flanders field in Belgium or at Brookwood." field in Belgium or at Brookwood, England, for there, too, these gleaming markers stand guard over the sleep of American soldiers.

Armistice day is a day of remembrance—a day to recall that breathless moment nine years ago when a welcome message was flashed to the waiting world. The message contained the official news story sent out by the Associated Press, which read

"Washington, Monday, Nov. 11, 2:48 a. m.—The armistice between Germany, on one hand, and the allied governments and the United States,

"The World war will end this morning at 6 o'clock, Washington time, 11 o'clock Paris time.

"The armistice was signed by the German representatives at midnight. "This announcement was made by the State department at 2:50 o'clock

"The announcement was made verbally by an official of the State department in this form:
"The armistice has been signed.

It was signed at 5 o'clock a. m., Paris time (midnight eastern time) and hostilities will cease at 11 o'clock this morning, Paris time, (6 o'clock east-

ern time).

"The terms of the armistice will not be made public until later."

Armistice day is a day of remembrance—not of the riotous scenes which took place and the mad frenzy of joy which possessed the whole nation on the morning of November 11, 1018 when America's millions realizto know whether or not they had

died in vain-America's war dead. From its first observance Armistice day has taken on its memorial significance rather than that of a day of rejoicing. There have been few more solemn moments in the history of this country than on Armistice day, 1921, when they brought America's Unknown Soldier back to his native land and buried him in Arlington. Though the thoughts of individual Americans may turn to some one cross in a French cemetery where lies a brother or a son or a husband, when the morn-ing of November 11 dawns, America as a whole faces East and the observance of Armistice day centers around this national shrine, the Tomb of the Unknown Soldier. For here is the common symbol for us all.

And on this day we remember the words of President Harding, uttered on that other armistice day: We do not know the eminence of his

birth, but we do know the glory of his death. He died for his country, and greater devotion hath no man than this. He died unquestioning, uncom-plaining, with faith in his heart and hope on his lips, that his country should triumph and its civilization survive. As a typical soldier of this representative democracy, he fought and died, believing in the incisputable intime of his country.

justice of his country's cause.

Sleeping in these hallowed grounds are thousands of Americans who have given their blood for the baptism of freedom and its maintenance, armed exponents of the nation's conscience. It is better and nobler for their deeds. Burial here is rather more than a sign of the government's favor; it is a suggestion of a tomb in the heart of the nation, sorrowing for its noble

Today's ceremonies proclaim that the hero unknown is not unhonored. We gather him to the nation's breast, within the shadow of the Capitol, of the towering shaft that honors Washington, the great father, and the exquisite monument of Lincoln, the martyred savior. Here the inspirations of yesterday and the conscience of today forever unite to make the Republic worthy of his death for flag

and country.

I speak not as a pacifist fearing war, but as one who loves justice and hates war. I speak as one who behates war. I speak as one who believes the highest function of government is to give its citizens the security of peace, the opportunity to
achieve, and the pursuit of happiness.

As we return this poor clay to its
mother soil, garlanded by love and
covered with the decorations that
only nations can bestow. I can sense only nations can bestow, I can sense the prayers of our people, of all peo-ples, that this Armistice day shall mark the beginning of a new and last-

ing era of peace on earth, good will epidemic diseases. It is true that these directly cause a good many deaths. And they indirectly cause other deaths because of conditions which remain long after the initial attack.

But there are other forms of infection which pass unrecognized until a vast amount of damage is done. The reassuring feature of the situation is that they need not pass unrecognized.

among men.

Or we may remember that splendid tribute, written by Frank M.

O'Brien, which appeared in the New York Herald on November 11, 1921, and which was awarded the Pulitzer prize for the best editorial article of the year. In it he spoke for all Americans when he wrote of The Unknown Soldier.

That which takes place today at the National cometers in Adiabate. among men.

a symbol, a mystery and a tribute AMERICA FACES EAST.

It's the eleventh hour of the eleventh day of the eleventh month. On Broadway and on State street; in Portland, Ore., in Portland, Maine, in Duluth, Minn., and in New Orleans the roar of traffic is hushed. In the factories and on the farms, men drop whatever tools of trade are in their hands and—America faces East!

For this is Armistice day and all heroes whose names are written on their gravestones. He—this spirit whom we honor—stands for the un-

selfishness of all. tribute to the dead.

America faces East! And the thoughts of most of us, as we stand uncovered amid familiar surroundings, the Atlantic to some is lasting and immutable. So long as men revere the finer things of life the tomb of the nameless hero will remain a shrine. Nor, with the shifts and mind. can there be a

none to whom the drama of the Un known Soldier has appealed has not wondered who, in the sunshine of earth, was the protagonist of today's ceremony. A logger from Penobscot? An orchardist from the Pacific coast? A well-driller from Texas? A ma-chinist from Connecticut? A lad who left his hoe to rust among the Missouri corn? A longshoreman from Hell's Kitchen? Perhaps some youth from the tobacco fields, resting again in his own Virginia? All that the army tells us of him is that he died in battle. All that the heart tells is that some woman loved him. More than that no man shall learn. In this mystery, as in the riddle of the universe, the wise wonder; but they would not know.

What were his dreams, his ambitions? Likely he shared those common to the millions: a life of peace and honest struggle, with such small success as comes to most who try; and at the end the place on the hill-side among his fathers. Today to do honor at his last resting place come the greatest soldiers of the age; famous statesmen from other continents the President, the high judges and the legislators of his own country, and many men who, like himself, fought for the flag. At his bier will gather the most remarkable group that America has seen. And the tomb which fate reserved for him is, in-stead of the narrow cell on the vil-lage hillside, one as lasting as that of Rameses and as inspiring as Na-

poleon's. It is a great religious ceremony, this burial today. The exaltation of the nameless bones would not be poswho know, or suspect, that they have diseased tonsils, or chronic infections of the nose and throat, or decayed teeth and infected tooth sockets. Yet they do not seem to know that these conditions are danger signals. It is not until they find that they are "getting rheumatic," or that they have chronic headache, or that their heart is "going back on them," that they have ston lock going back on them," that they have the ston lock going back on them," that they have ston lock going back on them, they have the have the ston lock going back on them, that they have the ston lock going back on them, that they have the ston lock going back on them, that they have the ston lock going back on them, that they have the ston lock going back on them, that they have the ston lock going back on them, they have the mad frenzy of hovember 11, 1918 when America's millions realization of hovember 11, 1918, when America's millions realization of hovember 11, 1918, when America's millions realization of hovember 11, 1918, when America's millions realization of hovember 12, 1918, when America's millions realization of hove with the hard death draw a black curtain behind which lay nothing but the dark? So all in whom the spark of hope has not died that death draw a black curtain behind which lay nothing but the dark? So all in whom the spark of hope has not died that death draw a black curtain behind the ho merely a few thousands of the living but the countless battalion of the de-"Though he were dead, yet parted. shall he live"—there is the promise to which men hold when everything of this earth has slipped away.

All the impressive ritual of today would be a mockery if we did not be-lieve that, out in an infinity which astronomers cannot chart or mathematicians bound, the Unknown Soldier and all the glorious dead whom we honor in his dust are looking down upon this little spinning ball, conscious of our reverence. And when noon strikes, signal for the moment of silent prayer, few of those who of silent prayer, few of those who stand with bared head will lack conviction that the rites at Arlington are by other than mortal eyes. Only in that spirit may we honor the Unknown Soldier and those who, like him, died for this Republic.

Unknown, but not unknowing!

Armistice day this year will have

greater significance than ever before for the reason that among those who will join in its observance are 100,000 or more members of the American Legion, who crossed the Atlantic in September to attend the

annual Legion convention in Paris. While they were there they adopted a resolution to have Armistice day made a national legal holiday. For although it is generally observed as a holiday in the United States, it has not yet been proclaimed as a national legal holiday. The following States have made it a legal holiday by legislative enactment: Alabama, Arilegislative enactment: Alabama, Arizona, Arkansas, California, Colorado, Florida, Illinois, Iowa, Louisiana, Minnesota, Missouri, Montana, Nebraska, New Jersey, North Carolina, North Dakota, Pennsylvania, Rhode Island, South Dakota, Tennessee, Texas, Vermont, Virginia, and the territory of Hawaii. In the other States it is a legal holiday by Governor's proclamation only. This Governor's proclamation only. This "Second A. E. F." is home now and its members are bringing with them the memories of their recent visit to those places where they made history nine and ten years ago. They're bringing, too, memories of their visit to the places where once they saw a hell of gunfire blast all signs of life from the earth, but where now green grass grows as a vivid background for the long rows of white crossesin the Oise-Aisne, at St. Mihiel, in
the Aisne-Marine, at the Somme and
at Susesnes. And they remember
reading on the crosses the name of
some buddy, with whom they lived
and laughed through it all until a
burst of shrapnel signalled "partnership dissolved," it's more than likely that Armistice day will take on a
new meaning to them. for the long rows of white crosses-

new meaning to them.

What will that meaning be? A day of rejoicing that when others died they were spared. A day for envy of the peaceful sleep of those who hold the bivouac of the dead while they must face each day the troublescene problems of modern life? Or some problems of modern life? Or will it be a day for seeing clearly the uselessness of war and for a high re-solve that "this must not be again."

-The Watchman gives all the

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1926	Chevrolet Ton Truck reconditioned thoroughly, repainted, "Quality at low cost"	120.00
1925	Ford Ton Truck Steel Cab and Body very low cost absolutely ready for service	40.00
1924	2-Chevrolet Tourings, each	50.00
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