

POINTS ON KEEPING WELL

DR. FREDERICK R. GREEN
Editor of "HEALTH"

PUTTING SUNSHINE IN FOOD

LIGHT is life. Darkness is death. The ancient philosophers knew this. Men for centuries have known that sunlight was necessary for health and life. Gardeners and florists have long known that plants, to be healthy and strong, must have sunlight, and that plants grown in cellars or caves are pale, weak and unhealthy.

We have long known these facts. We are only just beginning to know why. Scientific men have learned more about light in the last fifty years than had been learned in all the long centuries preceding. We know today that all light is the same, that all forms of light come originally from the sun, which is the source of all light and of all life as well, and that when God said "Let there be light" He also said "Let there be life."

For a number of years it has been known that sunlight was especially valuable in the treatment of two diseases, both of them largely diseases of infancy: tuberculosis, which some of the best authorities claim is always contracted in early life, no matter when it may become apparent, and rickets, which always occurs in the first year or two of life. This is the reason for the puzzling fact that poor children in the slums who play outdoors in ragged clothes are often freer from these two diseases than pampered children of wealthy families, reared in hothouses and always over-dressed and wrapped up. Poverty has its inconveniences, but the poor child gets more sunlight on his skin than does the son of the millionaire.

Then it was found that certain kinds of electric lamps, the carbon arc and the mercury-vapor lamps, gave off ultra-violet rays that had the same effect as the sunlight. About a year ago Professor Steenbock of the University of Wisconsin and Dr. Alfred Hess of New York found that linseed or cottonseed oil, exposed to the sunlight or to the mercury light, absorbed these ultra-violet rays and were just as valuable and much better tasting than the cod liver oil that has for years been used in the treatment of tuberculosis and rickets. Then they found that four, dried milk, vegetables and other foods, exposed to the light, absorbed these rays, and if fed to the child would prevent rickets. This is due to the fact that either the animal or the vegetable cell absorbs the ultra-violet rays and holds them, later giving them off to the body. These rays, taken into the body, stimulate the body cells, just as sunlight does, and so make the body stronger and healthier and better able to resist disease.

WELL-FED CHILDREN

WHILE the amount of tuberculosis has been greatly cut down in the last 25 years, this dreaded disease is far too common and still deserves its name as "the great white plague." Beside reducing it to almost one-half of its former amount, we also know a great deal more about it, and so know better where and how to attack it.

Our grandfathers and grandmothers thought that consumption was hereditary, that certain persons were marked for it from birth, and that it was useless for such unfortunates to try to escape their doom. We know now that tuberculosis is not hereditary, but that, far too often, healthy children contract it from living in close contact with infected parents; that no matter at what age the disease may show itself, the infection is generally contracted in childhood. We also know that there is no drug or serum that will protect any one, and that children who are improperly fed or poorly nourished are more likely to become infected than those who are well fed and who have a high degree of bodily resistance.

So that one of the most hopeful methods of reducing this dread disease is to see to it that children, so far as possible, are well fed, especially during the period of active growth.

In a recent article in Outdoor Life, Dr. Henry A. Chadwick of the Massachusetts department of public health, discusses the relation of malnutrition and tuberculosis in children. A well-nourished child, he says, stands erect, is alert and has a slightly moist skin of good color. Its bones and muscles are well developed, and its weight is up to the average of a normal child of the same age. An undernourished child is dull, nervous and fidgety. He has a rounded back and stooping shoulders, a pale, dry skin, flabby muscles through which the bones show plainly. He is below the other children in weight and height. He is nervous, tires easily, sweats constantly, has a poor appetite, and has frequent colds. Such children are more susceptible to tuberculosis than are normal children. They need simple, nourishing food and plenty of it, outdoor air and sunshine and plenty of sleep, if they are to overcome their natural tendency to consumption.

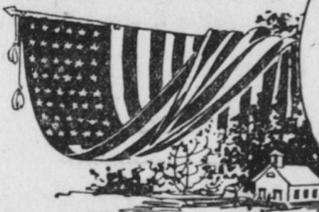
Many Varieties of Plums

Asia is supposed to be the original home of the plum tree, which later came into Italy by way of Syria and Greece. There are now several hundred varieties of this luscious stone fruit, many of which are historic.

American Education Week



In Yosemite National Park
Program for Nation-Wide Observance Nov. 16-22



John James Tigert
Chairman of Board

Miss Mary M. Skimmon
International Director

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By JOHN DICKINSON SHERMAN

AMERICAN Education Week will be observed this year November 16-22. It is under the joint auspices of the United States Bureau of Education of the Interior Department, the National Education Society and the American Legion. The program for the seven days has been made public by the Bureau of Education, and has been forwarded to the chief educational officers of the states. The program follows:

CONSTITUTION DAY

MONDAY, NOVEMBER 16.
"The Constitution is the bulwark of democracy and opportunity."
1. Unity, justice, tranquility, defense, welfare and liberty.
2. Our Constitution guarantees these rights.
3. Our Constitution is the expression of the will of the people.
4. One Constitution, one Union, one Flag, one History.
SLOGANS—"Gallots, Not Bullets."
"Know the Constitution."
"Visit Your Schools Today."

PATRIOTISM DAY

TUESDAY, NOVEMBER 17.
"The Flag of the United States of America is the symbol of the ideals and institutions of our Republic."
1. Our Flag insures the sanctity of life and the security of property.
2. Quicken the sense of public duty.
3. Voting is the primary duty of the patriot.
4. Our national honor must be preserved from unjust attack.
SLOGANS—"America First."
"Vote at All Elections."
"Visit Your Schools Today."

SCHOOL AND TEACHER DAY

WEDNESDAY, NOVEMBER 18.
It is not too much to say that the need of civilization is the need of teachers.—Calvin Coolidge.
1. The teacher is a nation builder.
2. The school is the foundation of democracy.
3. Provide for the needs of your schools.

4. Trained teachers require adequate compensation.
5. The teaching of patriotism is the duty of all public servants.
SLOGANS—"The Better the Teacher the Better the School."
"Visit Your Schools Today."

CONSERVATION AND THRIFT DAY

THURSDAY, NOVEMBER 19.
The forests of America, however slighted by man, must have been a great delight to God.—John Muir.
1. Conserve our national resources.
2. Prevent forest fires.
3. Industry and thrift spell prosperity.
4. Saving insures happiness.
SLOGANS—"Plant a Tree."
"Work and Save."
"Visit Your Schools Today."

KNOW YOUR SCHOOL DAY

FRIDAY, NOVEMBER 20.
"Progressive civilization depends upon progressive education."
1. Schools must progress with the times.
2. Preparation for modern-day life demands a broader course of study.
3. The school must be kept abreast of science and invention.
4. A little invested in education saves much expended on crime, poverty and disease.
SLOGANS—"Good Schools for All Communities."
"Make Your Schools Livable."
"Visit Your Schools Today."

COMMUNITY AND HEALTH DAY

SATURDAY, NOVEMBER 21.
"Physical education means health and strength."
1. The school is a community center.
2. Equality of opportunity for every American boy and girl.
3. Public library service for every community.
4. Proper food and rest for children.
5. A health officer for every community.
6. Adequate parks for city, state and nation.

Overruled Royal Mamma

As lady-in-waiting to the duchess of Albany and afterward wife of the British military attache in Berlin, Mrs. Frank Russell had the entry to court circles both at home and abroad, and in "Fragments of Auld Lang Syne," she gives some fascinating glimpses into the lives of men and women of moment in the Nineteenth century.

"My uncle told me a story of how he had to receive the duchess of Kent

and the young Queen Victoria when they paid their visit of condolence to Queen Adelaide after King William's death," she says. "The duchess of Kent said to him, 'I think the weather is clearing up. We will have the carriage opened for returning,' but a clear young voice said: 'Mr. Ashley, you will please take your orders from me and not from mamma in future.' The carriage remained closed."

The first electric lamp was marketed about 1850.

Ugly Man's Handicap

A handsome man meets with approval wherever he goes and takes his acceptability for granted. Large and impressive, way is made for him, attendants single him out, he is first of any company to be served with tea or with checks for his luggage, and he is escorted to his room in the hotel while less attractive persons are left to wait their turn. The fact then is that the ugly man or the insignificant one has got to use his wits to get what is his due.—Toronto Globe.

ALONG LIFE'S TRAIL

By THOMAS ARKLE CLARK

Dean of Men, University of Illinois.
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POINT OF VIEW

THE team of horses which I drove when I was a boy was a duality of optimism and pessimism, of cheerfulness and gloom. They were the same age, lived under the same environment, had the same comfortable quarters, and accomplished about the same work, but they reacted to it in completely different ways.

Moses was a chronic crape hanger. He never got up in the morning, and he was almost always snoring when I went into the barn.

His chief enjoyment was resting with a sad melancholy expression of body. If he had had human expression he would have been sure that the crops were about to fail, and that he was on his way to the poorhouse.

Dick was very different. He was always up and prancing about his stall. Whether he was being led to water or to work he was always alert, eager, tossing his head and ready at a word to stand on his hind legs. He radiated happiness or enthusiasm, he always pulled on the bits. It was never necessary to urke him on. If Dick had been a freshman in a fraternity house he would have been the first man to answer the telephone or to offer to run an errand for the brothers, or to clean up the yard on Saturday mornings. He would have been the popular boy, because he was so cheerfully willing to do things.

As the horses grew older their attitude toward life began to show itself in their appearance. Moses dragged himself about like an old man. His coat was dry and rough—his trousers were out of press, as it were, and his face unshaven. He looked like a man who had just lost his wife or who had recently gone into bankruptcy. If you had guessed at his age without looking at his teeth, you would have missed it by ten years. He was personified gloom and inactivity; he couldn't have been traded for a mongrel dog if we had wanted to get rid of him.

Dick, on the other hand, kept his youth amazingly. He looked always as if he had just come out of a tailor shop—his coat shining, his mane waving, his tail carried at just the proper angle. He was youth and activity at his best. He enjoyed life, he looked on the bright side of things, he took his troubles lightly, and so the years rolled off him without leaving a deep imprint. Long after Moses had been retired from active service Dick was capering about like a young boy.

If a woman's as young as she looks, a man and a horse are as young as they feel, and feeling is largely a matter of viewpoint.

RESOURCEFULNESS

ONE of the things which most impresses me concerning the youth of our present generation is its resourcefulness.

Wayne came up to college three years ago last September. He had just graduated from high school the previous June, and had spent the summer trying to sell maps or Bibles or aluminum or something of the sort. He had had somewhat indifferent success, but he brought along with him, a week before college opened, enough money to buy his books and to pay his fees and leave him a few dollars to dangle before the jaws of the wolf.

He stumbled upon an old couple as he was going up and down the streets looking for a lodging place. They were living in a comfortable cottage, and were trying to take care of themselves as best they might.

"We don't rent rooms," the old lady said to the inquiring boy.

"Who takes care of you?" he asked.

"We look after ourselves," she answered.

"Why not let me do it?" he went on. "I'll cook your meals, and wash the dishes, and take care of the house, if you'll give me my room and board. You have a vacant room; why not? Take it easy, and let me do the work."

"Can you cook?" she asked.

"Not much, but I can learn anything. It sounded good to the old lady, whose back was pretty tired from the regular fall house cleaning, and whose hands were chapped from washing dishes three times a day, and she took him up.

He did learn, and he stuck, and the question of living was for him settled for four years. He learned concentration, found that in time he had some leisure, and he got a job keeping the accounts of an organization, which gave him money enough for his simple social pleasures.

WRIGLEYS AFTER EVERY MEAL

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