WHY WE SYMPATHIZE WITH OTHERS

By M. K. THOMSON, Ph. D.

SOME writers tell us that man is by nature selfish; that he wants all he can get for himself; that life is a war of all against all; each man for himself and the devil take the hindmost.

Man is also capable of altruism, self-sacrifice, and genuine sympathy. We all get a lot of satisfaction in being kind and courteous, in helping another person even when it costs us something. We do sympathize with others.

There are four types of sympathy. The first three in the list are natural enough. They are born in us as part of our physical and psychic inheritance. The last type, rational sympathy, is acquired through training and education.

1. Physical sympathy is unconscious for the most part and almost wholly mechanical. It is illustrated in the fact that when a speaker coughs or clears his throat every one in the audience feels a peculiar reaction in his own throat and will cough sympathetically. Yawning when others yawn, smiling when others smile are further examples of physical sympathy.

2. Biological sympathy is the fellow-feeling of kinship for those of our own flesh and blood. Family and racial ties create a special attitude of sympathy that is inherently strong.

3. Psychological or emotional sympathy is illustrated in the desire to feed a hungry child. The salesman uses this type of sympathy when he tells jokes and otherwise transfers his optimistic mood to his prospective customer.

4. Rational sympathy is a highly developed type of understanding based on reasoning and a sense of justice and fair play. We sympathize with people on this basis even when we despise their views or hate them personally. One need not get excited to exercise rational sympathy. It is an enlightened attitude which enables us to combat race prejudice, party prejudice, religious prejudice and every other type of narrow provincialism in behalf of justice and a common brotherhood.

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Friends Like You and You

By DOUGLAS MALLOCH

GIVE me just a friend or two,
Friends like you, and you, and you,
And I do not care to crowd
In the presence of the proud.
Oh, the hurry, oh, the haste,
Oh, the money that we waste,
Seeking friends and seeking gold,
And forgetting friends of old.

Give me friends that I can trust,
Common as the common dust,
And I well can do without
Those I do not care about.
Give me friends that I can know,
Give me somewhere I can go
Where they're not too great or grand,
Nor too good to understand.

Give me not a crowded room
Nor a garden choked with bloom;
Give my path one perfect rose,
Give my life such friends as those.
Some may wish to have a score,
Some may wish a hundred more;
Give me just a friend or two,
Friends like you and you and you.

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Four-Year-Old Sent by Air Mail

Four-year-old Russell Barley Dahl of Pontiac, Mich., who traveled as first-class air mail with a regularly stamped and addressed tag on him. He was among the regular air mail carried in the first Pontiac-Detroit, Kalamazoo service. The boy, son of Mr. and Mrs. Garfield Dahl, was addressed to Postmaster Kellogg.

Old Dismal Swamp Canal Purchased by U. S.

The government has purchased for $500,000 the historic Old Dismal Swamp canal in Virginia which was projected and surveyed by George Washington and for many years was used profitably for freight traffic. It is to be a part of the inland waterway between Norfolk and Elizabeth City, N. C.

Children's Evening Story

SIR FREEZING-IS FUN and the Icicle Girls and Madam Snow and old King Snow were having a chat after a pleasant, busy day.

Pretty soon they were joined by other friends and relatives. The Blizzard Boys came along and so did many of the others. "Let us hear," said Sir Freezing-Is-Fun, "the old, old story of dear Great, Great, Great, Great, Great, Great, Great, Great, Great-Grandmother Ice and the Pond."

"Who will tell the story?" asked the Icicle Girls and just as that moment Lady Ice came along.

"Oh, won't you tell the story? Won't you tell the story?"

"What story?" Lady Ice asked and she smiled her cold, cold smile, but they all enjoyed it for cold smiles and cold ways were what kept them warm and strong.

"We want to hear the story of dear Great, Great, Great, Great, Great, Great, Great, Great, Great-Grandmother Ice and the Pond."

"Oh, yes," said Lady Ice, "I will indeed be glad to tell that story.

"Years and years and years ago, oh, so many years ago that no one can possibly add them all up so as to tell just how many years ago it was—at least none of us could add up so many years, dear Great, Great, Great, Great, Great, Great, Great, Great, Great Grandmother Ice was a very young Ice Lady.

"How her iced jewels would gleam and sparkle and dance when Mr. Sun would look at them.

"Mr. Sun would come out just for the sole purpose of looking at her jewels and he would look at them this way and then that way to see all the colors that were in them.

"And Grandmother Ice had lovely dresses and gowns of all sorts.

"Some were very magnificent with long trains and great hangings of sparkling ornaments.

"And some were simpler and the light upon them would show pale colors.

"But one day when Grandmother Ice (I am leaving out all the 'greats' for it takes so long to use them all each time and we know by now how many there were) was dressed in her best ice dress she went to call upon a pond.

Grandmother Ice Had Lovely Dresses and Gowns of All Sorts.

"The pond was a lovely pond and it had beautiful, clear water in it as a nice pond should have.

"Grandmother Ice was charmed with the pond.

"'Winter is coming on,' said Grandmother Ice. 'In fact it will soon be here, and I am wondering if you would not like me and other members of my family to cover up the ponds and the lakes and the streams and keep them warm all winter.

"'You will be much warmer if we do this.'

"And the pond was delighted and begged Grandmother Ice to do this. So Grandmother Ice sent word to the other members of her family to cover up the ponds and the lake and the streams and so keep them warm all winter.

"Then Grandmother Ice fastened her lovely gown over the pond and attached it to the sides of the ponds in the same way that ladies will fasten their dresses with hooks and eyes and buttons.

"And then Grandmother Ice whispered to the pond and said:

"'Dear, dear pond, how I love you. I want to put my arms around you and tell you that I think you are so lovely. I want to whisper secrets to you of the great Ice family.

"'I want to tell you how beautiful they are, how fine they like to be. I want to tell you how people can take us out after awhile, and save us for the hot months of the summer.

"'I want to tell you many, many secrets.'

"That is the story of Grandmother Ice and we know how she whispered the lovely secrets of the Ice family to the pond and how the other members of the Ice family did the same with the other ponds and streams and lakes.

"And we all love to tell these secrets when we're visiting in the winter time these days. We tell how Mother Nature helps us, and how Mother Nature's different children help us, too."

And all of them said:

"Ah, yes, we love to tell these secrets and we love to hear again and again the story of dear Great, Great, Great, Great, Great, Great, Great, Great-Grandmother Ice."

(Copyright.)

SAWS

By VIOLA BROTHERS SHORE

FOR THE GOOSE—

MARRIAGE is like a business venture that can be lost from startin' with too little capital, or losin' confidence on the way.

A blazin' fire often won't make half the trouble that a hidden spark will. Watch out for them little spiteful remarks that has a habit of poppin' out.

There's no excuse for a woman lookin' ugly after she's dressed.

FOR THE GANDER—

The way some of the girls dance nowadays looks as if they was bent on hip-notizin' a man.

It on'y takes one man to write a show that it keeps fifty men busy puttin' on.

You can't change a tire on a movin' automobile.

(Copyright.)

Some Famous Spanish Dishes

By NELLIE MAXWELL

There is no little rest. There is such an unreasoning passion for activity, and so we skim the surface of things; we never look down into their depths, and see the power of help and culture which they might contain.—Philips Brooks.

THE following is fricasseed chicken the way the Spanish mothers prepare it:

Fricasa de Pollos.

Clean the chicken, cut up for frying and fry until brown in lard, adding two onions and two cloves of garlic. When the chicken is done add one cupful of olives, a tablespoonful of finely chopped parsley and one-half dozen stuffed olives. Mix and add one cupful of tomato juice, two tablespoonfuls of fine bread crumbs, a little sage with salt and pepper to taste. Set aside for ten minutes to keep hot.

Chili Con Carni.

Remove the seeds from pods of two dried chili peppers. Soak pods in warm water until soft, then scrape the pulp from the skins into the water and discard the skins. Cut two pounds of round steak into small pieces, cook in hot butter until browned. Add three or four tablespoonfuls of flour and mix with a clove of garlic which has been gashed in two places. Add the chili and water, of which there should be a pint. Simmer until the meat is tender—about two hours; add salt to season.

Cocktail Sauce.

Take one teaspoonful of horseradish, one teaspoonful each of tarragon vinegar and lemon juice, four drops of tabasco sauce and a little salt. Mix thoroughly and add to oysters and set away to chill.

Chili sauce, oyster liquor or grapefruit juice may be used as seasoning.

Ham With Poached Eggs.

Prepare a white sauce with three tablespoonfuls of butter and three of flour and one and one-half cupfuls of milk. When well cooked add one or two cupfuls of finely ground ham and pour it over buttered toast. Poach an egg for each person and place it on each piece of toast. Dot with salt, pepper and bits of butter. Serve piping hot.

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Earth's Place in the Universe

By F. A. WALKER

IN THE Nineteenth century men of science caused a great commotion by discussing "man's place in nature."

The problem of the present is a different one, "the earth's place in the universe."

Dr. Harlow Shapley, a Harvard astronomer, who used to be at the Mount Wilson observatory in California, as a result of some mathematical calculations and by a process of "triangulation" announces that he has come to the conclusion that the universe of which we form a part is a thousand times greater than it was supposed to be.

He believes in a super-Milky Way, which has an extent of 300,000 "light years" from end to end.

A "light year," or the distance a ray of light will travel in 365 days is 6,000,000,000,000 miles.

But it only takes eight minutes for light to reach the earth from the sun, a distance of 93,000,000 miles.

It follows, therefore, that the bit of space occupied by the sun, and the earth circling the sun, is quite a modest corner of the universe of which we are a part.

To the aviator a big city with its tall buildings fades away into something like a map.

To the astronomer the earth itself is reduced to the dimensions of a little ball occupying a corner of the great spaces which we cannot even imagine.

Doctor Shapley not only admitted that all this was very humiliating to mankind. He pointed out that it was a good thing for humanity to realize its own unimportance as compared with the universe.

In the Dark ages the earth was regarded as the center of things. As man was the ruler of this globe it followed that he was the most important created thing in sight anywhere.

But now that he and his globe have been relegated to the outskirts of the system, or systems, a great part of which lies outside the range of his vision, or even imagination, a new aspect is put upon him and his surroundings.

But the further we penetrate into space the greater becomes the mystery and the majesty of the great procession of the constellations.

It is interesting to think of what the poet Milton would have made of his account of the heavens in "Paradise Lost" if he had some knowledge of this new hypothesis.

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"I see where there is a movement for modest dress," says Observing Olivia, "but any kind of a movement is safe in a modest dress. What we need to know is how to cross our knees in an immodest one."

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Help is Offered

and is freely given to every nervous, delicate woman, by Dr. Pierce. Write Dr. Pierce's Clinic in Buffalo, N.Y., for confidential medical advice. No charge for this service. Obtain Dr. Pierce's Prescription now, in liquid or tablets, from your druggist or send 10c to Dr. Pierce at above address, for trial package of tablets. One woman writes:

"I was so weak and my back so bad that I could hardly stay up during the day. I heard of Dr. Pierce's Favorite Prescription and tried a bottle, in tablet form. I began to feel better right away and before it was all used I was doing all of my housework, tending my garden and canning. I used two bottles and just felt fine, and when my baby came I got along so well that my doctor was delighted."—Mrs. G. H. LOUCKS, Harriston, Va.

Have you ever tried Dr. Pierce's Pleasant Pellets for the stomach and bowels? All dealers, 60 Pellets, 30c.

Charges Batteries instantly. Make Nulife yourself. Costs you nothing. Appoint agents. Nulife Products, 929 17th St., Denver, Colo.

PISO'S for FLU-COUGHS

Quick Relief! Take Piso's—relief is immediate. You get a good night's rest—and renewed vitality. 35c and 60c. Standard for 64 Years

Tale of a Pig's Tail

"There's pig sense for you," asserted J. Schneider of Winsted, Conn., after relating the following pig-apple story:

The pig was confined in a pen of which an apple tree made one of the posts. Investigation of its peculiar actions disclosed that the pig obtained apples which fell close to the outside of the pen by sitting on its haunches with its back against the fence and, passing its tail under the fence, would feel around until it located an apple. The animal would then allow its tail to curl about the apple and would work its body forward, bringing the fruit under the fence into the pen.

Iceland to Have Railroad

There are no railroads in Iceland. Recently, however, a Norwegian company contracted to build a railroad from Reykjavik, the capital, to Thojorsaa, a distance of 50 miles. Construction is to begin May 1, 1929.

A crowd of dudes might appropriately be termed a vacant lot.

SAME PRESCRIPTION HE WROTE IN 1892

When Dr. Caldwell started to practice medicine, back in 1875, the needs for a laxative were not as great as today. People lived normal lives, ate plain, wholesome food, and got plenty of fresh air. But even that early there were drastic physics and purges for the relief of constipation which Dr. Caldwell did not believe were good for human beings.

The prescription for constipation that he used early in his practice, and which he put in drug stores in 1892 under the name of Dr. Caldwell's Syrup Pepsin, is a liquid vegetable remedy, intended for women, children and elderly people, and they need just such a mild, safe bowel stimulant.

This prescription has proven its worth and is now the largest selling liquid laxative. It has won the confidence of people who needed it to get relief from headaches, biliousness, flatulence, indigestion, loss of appetite and sleep, bad breath, dyspepsia, colds, fevers. At your druggist, or write "Syrup Pepsin," Dept. BB, Monticello, Illinois, for free trial bottle.

Don't Let That Cold Turn Into "Flu"

That cold may turn into "Flu," Grippe or, even worse, Pneumonia, unless you take care of it at once.

Rub Musterole on the congested parts and see how quickly it brings relief as effectively as the messy old mustard plaster.

Musterole, made from pure oil of mustard, camphor, menthol and other simple ingredients, is a counter-irritant which stimulates circulation and helps break up the cold.

You will feel a warm tingle as it enters the pores, then a cooling sensation that brings welcome relief.

Jars & Tubes

MUSTEROLE
WILL NOT BLISTER

Better than a mustard plaster

Garfield Tea

Was Your Grandmother's Remedy

For every stomach and intestinal ill. This good old-fashioned herb home remedy for constipation, stomach ills and other derangements of the system so prevalent these days is in even greater favor as a family medicine than in your grandmother's day.