

# Indian Summer



GRAN' POP SAYS HE USTER SEE LOTS OF INDIANS HERE ABOUTS, AN' I FOUND AN ARROW HEAD RIGHT BY OUR CRICK, MYSELF. I'LL BET THERE ARE INDIAN GHOSTS ALL AROUND US AT THIS TIME O' YEAR. — POP SAID SO, TOO, AN' POP KNOWS

By ELMO SCOTT WATSON

**B**ANG! goes another of our illusions! It is in regard to that pleasant period in autumn, known as Indian summer. And as usual, it is science which has disillusioned us. No less an authority than the United States weather bureau, basing its statement upon accurate meteorological observations, has this to say about that delectable season, famed for its genial sunshine and alluring haze:

Indian summer is the name applied in this country to a period of mild fall weather following a spell of unseasonably cold weather known as "squaw winter," such as occurred this fall. It is not a fixed season in the calendar. In many years it is intermittent; that is, there may be several Indian summers in one autumn. Thoreau in notes on weather conditions at Concord, Mass., from 1851 to 1869, records the occurrence of Indian summers on dates ranging from September 27 to December 13.

In Europe as well as in this country it is popularly believed that a renewal of mild weather occurs every autumn, and the dates of its supposed occurrence are more definitely fixed than in the case in America. The period is associated with the names of various saints.

The mild period thus, is known in different parts of Europe as "St. Martin's Summer," "St. Luke's Summer" or "St. Michael's Summer," and tradition fosters the idea that it is always mild and warm, about the time of these various saints' days. Climatological facts, however, do not always square with this belief.

Indian summer has always been a favorite theme of artists and poets, especially the latter who, however, have usually been better verse makers than meteorologists. "When was the red man's summer?" asks Lydia Huntley Sigourney, "the Felicia Hemans of America" and one of the early Nineteenth century poets. Then, without trying to fix the date in one of her poems, she says it came

In fleeting colors wrote their own decay: When with heart foreboding or depressed, the white man marked the signs of coming winter, then began the Indian's joyous season.

John G. C. Brainerd, a contemporary of Mrs. Sigourney, is more specific in placing the season at the time

When the frost turns into beauty all October's charms. Longfellow fixes the season about the first of November in a passage in his "Evangeline" as follows:

Then followed that beautiful season, Called by the pious Acadian peasants the summer of All Saints, Filled was the air with a dreamy and magical light; and the landscape lay as if new-created in all the freshness of childhood.

Since election day comes in November, the following quotation from Whittier's, "The Eve of Election" also places Indian summer in that month:

From gold to gray Our mild sweet day Of Indian summer fades too soon; But tenderly

Above the sea Hangs, white and calm, the hunter's moon. In its pale fire The village spire Shows like the zodiac's spectral lance; The painted walls Whereon it falls Transfigured stand in marble trance!

Stephen Henry Thayer puts it a little later in the month when he says that

It is in the autumn's dotage, mid November, When skies, seductive, seem to woo the earth.

Other poets, however, are more concerned with what it is rather than when it is and have given us some charming descriptions. Sam Walter Foss, in his inimitable dialect, calls it "a piece of sweetmeat" in the following verse:

"Natur," the good old school-marm who plies our distress, She gives her children every year a little glad recess; An' ol' gray-headed boys and girls, they feel their hearts thaw out, An' life flows on, as musically as water from a spout; An' now the Ingin Summer time, 'th all its rest is here, A piece of sweet meat stuck between the slices of the year; A sorter rein er jubilee 'twixt snow an' thunder showers; A chunk of sweetness sandwiched in between the frost and flowers.

Nor were the early American poets the only ones who paid their tribute, as witness the following by Marian Isabel Angus:

**INDIAN SUMMER**  
Indian summer broods today  
Over the mellow autumn lands,  
Soft wispy veils of amethyst  
And amber pale stream from her hands.

Vines hang heavy with purple grapes;  
Apple trees bend with crimson gems,  
And in the woods the great oak trees  
Are crowned with golden diadems.

Like topazes the pumpkins lie  
Set in a ring of brown and green,  
And mock the sun, while slender spears  
Of goldenrod make gay the scene.

Nature is drowsy; her work is done,  
Now she awaits her winter rest;  
Harvest is over; the tired brown earth  
Will sleep with red leaves on her breast.

And Minna Irving paints this gayly-colored world picture of

**INDIAN BLANKETS**  
Sumac fires are burning brightly,  
Ruby-red the embers glow,  
Indian council fires rekindled  
From the ash of long ago;  
And the wind's a runner passing  
With his feet in deerakin shod,  
And a chief's tall feather tosses  
In the dusty goldenrod.

Wild grapes ripen in the thicket,  
Purple asters edge the stream,  
And the braves to earth returning  
By the moon's enchanted beam  
Hang their red and yellow blankets  
On the windy maple bough  
When the frosty night is over,  
For it's Indian summer now.

Another famous dialect poet, Frank L. Stanton, writing of Indian summer in his native state of Georgia, declares that

upon her trail. But she sternly said to him: "No publicity, I insist on being left alone. Remember, sir, no publicity!" Willie Williams laughed for joy. "Gee," he said, "what a story I can make out o' that!"

**First Oranges in Russia**  
The first oranges eaten in Russia were served on Potomkin's table when he entertained Catherine the Great in 1701.

**Evil in Imagination**  
Sorrow itself is not so hard to bear as the thoughts of sorrow coming. Airy ghosts that work no harm do terrify us more than men in steel with bloody purpose.—Thomas Bailey.

**Cleaning Eyeglasses**  
A Washington optometrist suggests that one should grasp the glasses and not the nosepiece when cleaning eyeglasses. In this way the screws in the nosepiece are not loosened.

## The Good Press Agent

Bernard Shaw is his own press agent, a publisher said, "and a better press agent never lived. Shaw counts that day lost which doesn't see him in the news columns on some excuse or other.

"The man is more resourceful than Willie Williams, who was the best press agent the West ever had. A great French actress came to Chicago once, and Willie Williams was put

## WHY WE BEHAVE LIKE HUMAN BEINGS

By GEORGE DORSEY, Ph. D., LL. D.

### Why Walking Is More Restful Than Standing

**I**N WALKING, each leg rests half the time. We tire standing because neither leg gets rested. The shoulder muscles which hold the head erect also ache from the strain in standing. As we nap in a chair the head nods.

Flat feet are not due to a giving way of ligaments; ligaments limit joint movement. Feet become "flat" when the muscles of the arch fail to support it; the arch breaks down. The result is a mid-tarsal joint. This is most likely to happen in long, narrow feet.

Short feet and high insteps go with large calves. To raise our body on our toes, we lift our heel. The toes are the fulcrum, the power is the calf muscles; the weight falls on the foot at the ankle joint but nearest the power at the heel. Hence the greater need for large calf muscles. But small calves go with long heel bones. As the foot is a lever of the second order, the long heel brings the weight nearer the fulcrum—that is, the toes. Hence "flat-feet" do not step off their toes; the fallen arch destroys the lever of the foot.

We nod our head between skull and first vertebrae, or atlas; rotate, between atlas and second vertebrae, or axis. Both movements are limited by ligaments; otherwise the signal cord would be crushed.

The main business of the face is to hold the teeth-bearing jaws; eyes and nose moved in by accident. The infant's face and neck seem small because the brain is so large. Their real growth begins with the eruption of the teeth.

The skull is a fulcrum for the jaw muscles in chewing. Muscles to hold the fulcrum steady develop with the teeth. The neck grows larger. With the teeth all in place the neck reaches normal size, the rounded "baby-face" disappears; strong jaws, powerful muscles, and prominences and ridges on bones of face and head support the muscles of mastication. The tiny mastoid processes below the infant's ears become adult structures as big as thumbs, required for muscle support.

The first, or milk, teeth should be in place by the end of the second year. Meanwhile the transverse ridges in the roof of the infant's mouth disappear. The permanent dentition begins with the first molars in the seventh year; incisors in the eighth and ninth; premolars in the tenth and eleventh; canine and second molars in the thirteenth to fourteenth; third molars, or wisdom teeth, in the seventeenth to twentieth year.

Starting changes of far-reaching consequence mark the years of adolescence for both sexes. As these changes are both physical and mental, and as they proceed under impulses from the gonads acting as glands of internal secretion, they will be described in the chapter devoted to the endocrine organs.

After maturity the body's chief task is to maintain its equilibrium; produce enough energy and heat to keep up repairs and carry on. But, from ovum to death, the body never ceases to change.

Old age or senile changes precede natural death. These appear toward the end of a span of life which varies in different species. This span of life for some invertebrates is less than 100 hours; for some insects, 17 years; for some fishes and reptiles, over 200 years; for some birds and mammals, 120 years.

Longevity is not, as Weismann claimed, related to size of body. Some mammals live less than two years, some locusts seventeen. A dog is old at 20. I have seen a parrot 117 years old; it matured in its first year. A tortoise can live 350 years. No elephant known has exceeded 130 years. Nor does death "naturally" follow the reproductive stage; innumerable animals long survive their sex life. But every animal must reach sex maturity or its kind dies with it.

Old age is decrepitude; the body is worn out. The mechanism the infant acquired to walk with breaks down. The spine is not so supple, the cartilage disks between vertebrae shrink. This decreases stature—as much as three inches after fifty. The spine both collapses and "stoops with age." The knees are bent, the hip joints stiff. The muscles shrink. The body loses its natural fat. Folds of skin appear on neck and face. The toothless jaws atrophy and the mouth loses its shape. Cheeks and temples cave in.

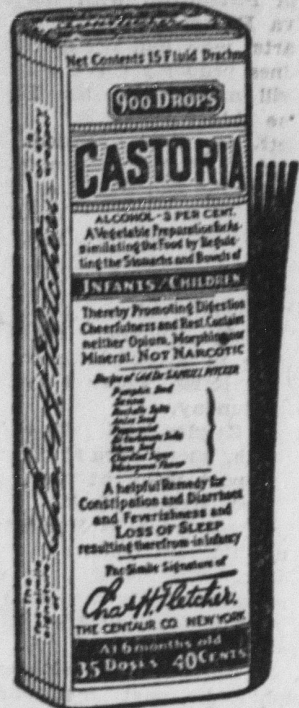
The brain loses weight—in the last 40 years of life as much as three ounces. The heart is enlarged from over-action to keep the blood coursing through thick, hard arteries. The pulse mounts again. It was 134 at birth, 110 at the end of the first year, 72 at twenty-one. After eighty, it is 80. The lungs lose their elasticity, the walls become thicker.

Many women after fifty show a thicker neck, hair on the face, deepened voice, more prominent cheekbones, ridges over the eyes. Their "feminine" traits are less feminine. It is as though the inactivity of the gonads permitted a return to a neutral condition, halfway between male and female.

Old age, senility, decrepitude; the body is worn out, it can no longer function. Death.

(© George A. Dorsey.)

## Restless Children



Children will fret, often for no apparent reason. But there's always one sure way to comfort a restless, fretful child. Castoria! Harmless as the recipe on the wrapper; mild and bland as it tastes. But its gentle action soothes a youngster more surely than some powerful medicine that is meant for the stronger systems of adults.

That's the beauty of this special children's remedy! It may be given the tiniest infant—as often as there is any need. In cases of colic, diarrhea, or similar disturbance, it is invaluable. But it has everyday uses all mothers should understand. A coated tongue calls for a few drops to ward off constipation; so does any suggestion of bad breath. Whenever children don't eat well, don't rest well, or have any little upset—this pure vegetable preparation is usually all that's needed to set everything to rights. Genuine Castoria has Chas. H. Fletcher's signature on the wrapper. Doctors prescribe it.

## Hitting on All Eight!

### Doctor Gives Hint to Lucky Salesman

**I**T'S a wise man that knows when he is slipping. Mr. R. F. Myers of 711 Rosedale Street, Baltimore, had the good fortune to get his tip straight from one of his doctor customers (he was selling for a pharmaceutical house) and since that lucky visit he has increased his business 50 per cent.

For two years he had been driving from town to town, and naturally this threw his elimination out of shape. He felt himself slipping. Cathartics only made him worse. Then one day he was calling on a wise old physician, and asked his advice. "What you need, my boy," said the doctor, "is a simple, easy, normal way to clean the poisons out of your system—we all have them—and with your kind of work they certainly cut down efficiency. Why don't you try Nujol?"

"Well, believe it or not," says Mr. Myers, "in a few days I felt like a new man. What's got into you?"



asked the home office, "your business has increased 50 per cent!"

That's the great thing about Nujol. As soon as it begins to clean the poisons out of your system it makes you feel so well that you can almost always do a much better job. Nujol is not a medicine and contains no drugs. It is perfectly harmless, forms no habit. It is simply bodily lubrication, which everybody needs. You, like everybody else!

Why put off good health any longer? Go into any good drug store and get a bottle of Nujol in a sealed package. Costs so little and means so much! Maybe you can increase your efficiency 50 per cent too



## Unnecessary Pain!

Nowadays, people take Bayer Aspirin for many little aches and pains, and as often as they encounter any pain.

Why not? It is a proven antidote for pain. It works!

And Bayer Aspirin tablets are utterly harmless. You have the medical profession's word for that; they do not depress the heart.

So, don't let a cold "run its course." Don't wait for a headache to "wear off." Or regard neuralgia, neuritis, or even rheumatism as something you must endure. Only a physician can cope with the cause of such pain, but

you can always turn to Bayer Aspirin for relief.

Bayer Aspirin is always available, and it always helps. Familiarize yourself with its many uses, and avoid a lot of needless suffering.

## BAYER ASPIRIN

Aspirin is the trade mark of Bayer Manufacture of Monocrotinacidester of Salicylicacid.

Try this treatment for pimples!

AN OINTMENT WITH

### Cuticura Ointment

After a while bathe gently with

### Cuticura Soap

and hot water.

You will find nothing better for soothing and healing all forms of skin troubles.

Ointment 25c. and 50c. Soap 25c. Talcum 25c. Sample each free.

Address: "Cuticura," Dept. B7, Malden, Mass.