

Capt. Myles Standish of Plymouth



Capt. Myles Standish

By ELMO SCOTT WATSON

THANKSGIVING approaches, and as our thoughts turn to the Pilgrim Fathers, none is more worthy of remembrance than Capt. Myles Standish. For he was "the first military commander of our country and the greatest example of protection and preparedness that ever existed. The compact which he and his associates signed on board the Mayflower was the foundation of our form of government. The law-abiding, God-fearing Pilgrims could not have existed without the strong arm of Capt. Myles Standish."

Such was the tribute paid to him recently by Major Myrick, captain of the Ancient and Honorable Artillery Company of Boston, in dedicating a simple boulder in Duxbury, Mass., which marks the site of Myles Standish's home. Associated with him in dedicating the memorial and decorating the grave of the Pilgrim captain nearby were Myles Standish, eighth lineal descendant of the colonial leader, Winthrop Winslow, a direct descendant of Captain Winslow, of the Pilgrims, and more than a hundred members of the artillery company.

The Ancient and Honorable Artillery Company of Boston was an offspring of the Honorable Artillery Company of London, organized in England in 1537. It was founded in New England in 1638 by Robert Keayne, who had previously been a member of the London company. The only time in its history in which it engaged in war as a unit was in 1645, when it joined Myles Standish and his company in a campaign against the Indians, and today it is the only link which exists between the present United States army and the first colonial company which defended this country from the first Indian attacks.

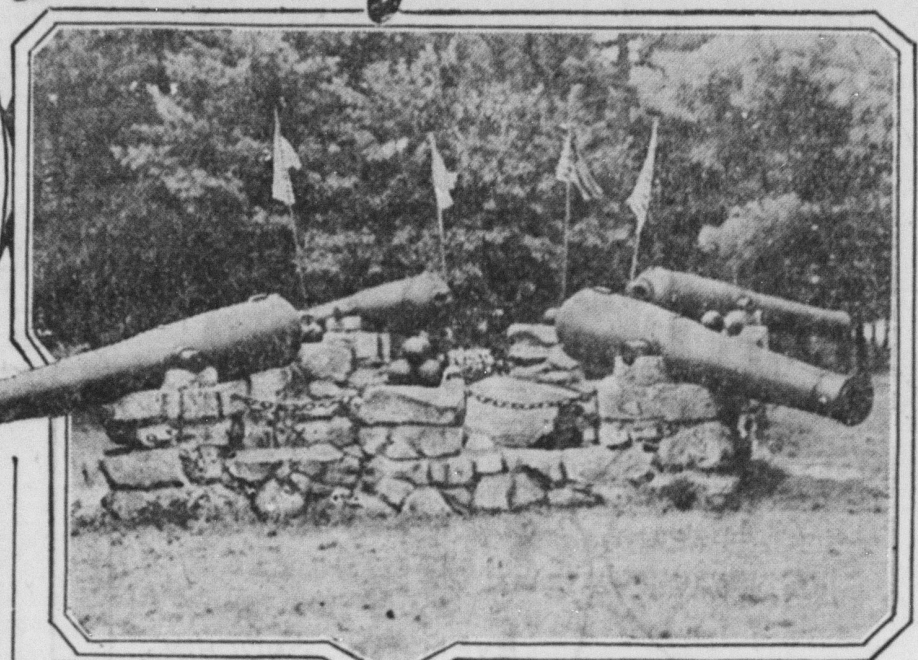
It is probable that most Americans, when they think of Capt. Myles Standish at all, think of him in terms of Longfellow's famous poem, which is unfortunate for, as a recent writer has said "The poet Longfellow has set an example of inaccuracy in dealing with our Pilgrim ancestors, which has been widely followed." Among those inaccuracies are first of all the spelling of his name, which was "Myles" and not "Miles," as Longfellow had it, and calling him a "Puritan leader." There was a difference between the "Separatists," who called themselves "Pilgrims" and who founded the colony at Plymouth in 1620, and the "Puritans" who founded the Massachusetts Bay colony in 1630. More than that, Standish was not a member of the Separatist faith, but he was "a dissenter from the dissenters." But the principal mistake made about the captain which the poet has given us is in his having Standish use young John Alden as his mouthpiece in wooing Priscilla Mullins. "There is not a scintilla of evidence that the fearless captain, who was small of stature and red-headed, but every inch a soldier, had any desire to win the affections of Priscilla Mullins," says the writer previously quoted. "It seems too bad that so brave and unselfish a man as Standish was should now be paraded before his descendants as a rejected suitor. He deserves a better fate."

There seems to be considerable mystery about the ancestry, religion and early life of Myles Standish. It is believed that he was born about 1584, the scion of the Standish family of Duxbury hall in Lancashire, England. The name is an ancient one and Froissart, describing the meeting between King Richard II and the rebel, Wat Tyler, at Smithfield in 1381, tells how the latter was killed by a "squyer of the kynges called John Standyshe," who was knighted for this act. This furnishes some historical basis for the words put in Myles Standish's mouth by Longfellow that "One of my ancestors ran his sword through the heart of Wat Tyler."

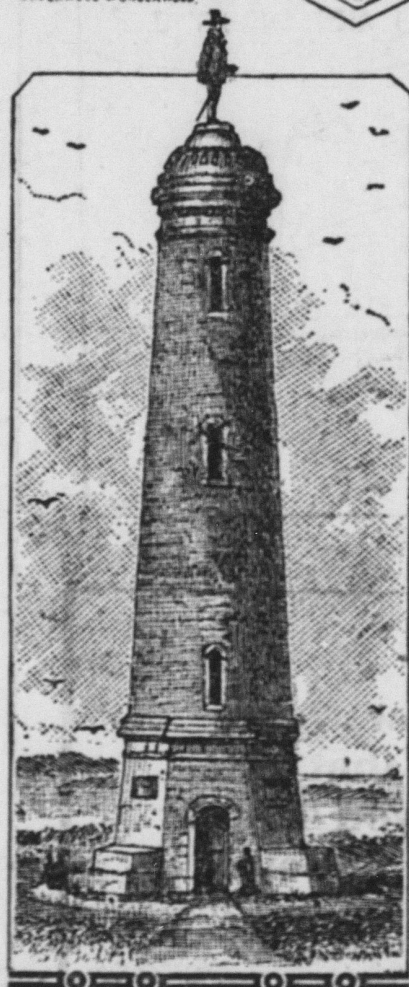
Origin of Lacrosse

The game of lacrosse can trace its origin to the Algonquin Indians, and its name was first uttered by the Frenchman, Charlevoix, according to Donald W. White, writing in the Sportsman, Boston.

When the explorer was ascending the St. Lawrence he saw the game played by a tribe of Indians near Quebec. The stick used in the game appeared to him to be like a bishop's



Standish's Grave, South Duxbury, Mass.



Standish Monument on Captain's Hill, Duxbury, Mass.

The association of the name of Duxbury with that of Standish is based upon authenticated copies of deeds of the Fourteenth century which show that Ralph de Dokesbury made over his Lancashire estates to his lawyer, Ralph Standish, who took up the mortgages and thereby dispossessed the Dokesbury or Duxbury family. It is significant that one of the later Pilgrim settlements, which became the home of Myles Standish, was named Duxbury. Within the last year the sale of Duxbury hall near Chorley, Lancashire, recalled the fact that in 1846 descendants of Myles Standish in this country subscribed a large amount of money and sent an expert to trade the claim of their ancestor to this estate, of which it has been asserted, he was unjustly deprived when he emigrated from England to America.

In his youth Myles Standish entered the English army and served in the wars on the continent, thus furnishing the authority for Longfellow's having him tell about "the sword of Damascus I fought with in Flanders" and the breastplate which once saved his life from a bullet "fired point-blank at my heart by a Spanish arcanero." Just how Standish came to join the Pilgrims is not known. He apparently was serving in the Netherlands when the Separatists went there from England, and one historian asserts that the Merchant Adventurers, who financed the Pilgrim emigration to America, expecting them to settle in the region of Virginia, sent Standish as their salaried servant to defend them and teach them to defend themselves. At any rate, Standish joined the Pilgrims at Leyden and sailed with them from Plymouth, England, in the Mayflower on September 16, 1620.

Myles Standish was one of the signers of the Mayflower Compact on November 11, 1620, for the government of the proposed colony, but his military career did not begin until November 21, when the Mayflower was anchored in Cape Cod bay, and the captain with 15 men went ashore. "When they had marched about the space of

crosser, and the name "la crosse" was suggested.

As played by the Indians, lacrosse was almost a part of their religion. Days of fasting preceded the games played by two teams of rival tribes, and the players subjected themselves to tortures of the severest kind, inflicted by the medicine men.

Nation's Sweet Tooth

The United States consumes more than 20 per cent of the world's cane sugar.

a mile by the sea side, they espied 5, or 6, persons with a dogg coming towards them, who were salvages." But the Indians "rune up into the woods" and that night Standish and his men camped on the shore "a set out their sentinels." On November 25, sixteen armed men, "everyone his Musket, Sword and Corset, Under the command of Captaine Myles Standish," were sent ashore for a second exploration. They marched through what is now Provincetown, where they saw several Indians, followed their tracks about ten miles and spent the night in the woods. Three more expeditions were sent out later, and on the third near Nanskeket they were surprised by the Indians upon whom Standish fired, but the skirmish was slight.

In February, 1621, Standish was officially made military captain. During that first terrible winter when disease wiped out half of the colony, among them his wife, Rose Standish, who died on January 21, it was to the ministrations of this fiery little fighting man and the gentle Elder Brewster that many of the survivors owed their lives. But he was to prove his worth to the colony in many other ways, and to justify the statement that the "Pilgrims could not have existed without the strong arm of Capt. Myles Standish."

In 1622 the planting of a new settlement at Weymouth angered the Massachusetts Indians, who formed a plot to destroy not only these Englishmen but the members of the Plymouth colony as well. The plot was betrayed by Massasoit and Standish with a force of only eight men marched to the relief of the settlement at Weymouth. Standish enticed the hostile chiefs, Pecksnot and Witwamut, and a half-brother of the latter into a room where the Indians were killed after a desperate fight, marking the first shedding of Indian blood by the Pilgrims. A general battle with the Indians followed but Standish and his men routed the savages. The news of his battle spread terror among the Indians, and as a warning against further depredations, the head of Witwamut was cut off and exposed on a pole in Plymouth.

In 1635 Standish led an unsuccessful expedition against the French who had driven a party of Plymouth men away from Penobscot, Maine. In addition to being the military leader of every exploit of importance in the colony, Standish's counsel was often required in civil affairs. For many years he was treasurer of the colony, and in 1625, when the colony was in trouble with its partners, the Merchant Adventurers, Standish was sent to England to seek relief, bearing a letter from Governor Bradford to the council of New England urging their intervention in behalf of the Pilgrims. On account of the plague in London, however, Standish could accomplish nothing.

After the death of his wife, Rose, the captain married her younger sister, Barbara, and to them were born four sons, Alexander, Myles, Josias and Charles, and a daughter, Lora. In 1632 Standish made his home at Duxbury on Captain's hill. There he died on October 3, 1656. Today a tall monument stands on Captain's hill. On top of it is the statue of a military figure, looking eastward. Its right hand, holding the charter of the colony, is extended toward Plymouth, its left rests upon a sheathed sword. It is a fitting memorial to Capt. Myles Standish, the first military commander of our country and the protector and savior of the Pilgrim Fathers.

Success in Achievement

The saying, "Nothing succeeds like success" was used in reference to the first operation under ether performed by Dr. John Collins Warren at the Massachusetts General hospital on October 16, 1840.

Brazil's Official Language

Portuguese is the official language of Brazil. It is the only Latin American country in which that is the prevailing language.—Pathfinder Magazine.

WHY WE BEHAVE LIKE HUMAN BEINGS

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

The Truth About Vitamines
UNTIL recently no one had ever seen a vitamine, nor had the chemical laboratory isolated one; sixteen years ago no one had ever heard of one. And yet a real science of food is impossible without a knowledge of vitamines. Without vitamines (or something just as good) there is no normal growth, health, reproduction, or living out the span of life.

Scurvy was known to the ancient Greeks, and through the centuries ravaged armies, crews of ships, and explorers cut off from fresh fruit and vegetables; seven years ago no one suspected the existence of the antiscorbutic vitamine. Thousands of children have hobbled out a pitiable existence on a rickety frame; until recently no one suspected it was because of lack of a specific mysterious antirachitic vitamine now known to exist in certain foods. About thirty years ago it was known that chickens fed on polished rice developed beri-beri, and that the same chickens fed on whole rice recovered; but no one then suspected the existence of an antineuritic vitamine in the polishings of rice or in milk.

Innumerable experiments have now proved the existence of four, and possibly five, vitamines, and their necessity for human life and the metabolism of all food. Because of their minute amounts, their close association with the complex food substances, their proneness to disappear under manipulation, and because no good controls could be devised in testing, they defied isolation. But, by relying on feeding and by huge industry and patience, definite results have been obtained—and civilization again catches up with desiccated and tinned progress. In other words the human body could find all it needed in the old vegetable garden and shambles; when food began to be refined, the vitamines were thrown out with the screenings.

Fat-soluble A (because soluble in fat), or antirachitic vitamine, is probably first in importance. All animals, experimentally treated, die if their diet contains no vitamine A. It is presumably necessary for all higher animal life. It is known to be necessary for growth. Rachitic children presumably suffer from lack, among other things, of vitamine A. With vitamine A their bones assume normal growth. Rachitic children were numerous in parts of Europe during the World War; when the milk supply became normal the rickets disappeared.

Vitamine A abounds in milk, cream, butter, egg yolk, cod-liver oil, and presumably all animal fat except pork. It is less abundant in spinach, tomatoes, cabbage and lettuce. It is not destroyed by ordinary cooking, but is destroyed by great heat.

Water-soluble B, or antineuritic vitamine, is found in eggs and seeds. It is essential to growth, and lack of it is known to produce beri-beri. Seidel has recently isolated in nearly pure form from brewers' yeast, a substance which has antineuritic properties. Presumably it is vitamine B.

Water soluble C, or antiscorbutic vitamine, has thus far defied isolation in any form. It is easily destroyed by alkalies and by oxidation. It is found especially in lemons, oranges and tomatoes; also in all fruits, leaves, and root vegetables. Without such foods, scurvy. Vitamine D, known to accelerate growth, is probably identical with bios, a substance that promotes the growth of the yeast plant. Its molecule consists of five atoms of carbon, eleven of hydrogen, one of nitrogen, and three of oxygen. Enough bios to cover a pin-point will restore normal growth in a young animal stunted by a diet which does not have proper vitamines.

Vitamine X is the latest. Evans has been experimenting with rats. If they get no vitamine X, they become sterile. He has also proved that natural foods contain a substance or substances essential for the normal functioning of the mammary gland. But certain substances (for example, vegetable oils) which promote fecundity do not necessarily improve lactation.

In short, there are foods and foods: water, mineral salts, carbohydrates, fats, proteins, vitamines. Is sunlight a "food" also? It depends. Children and eggs that play in the sun need no antirachitic vitamine; they do not develop rickets. Light is a marvelous oxidizing agent. Foods with no known vitamine A can, by ultra-violet radiation, become possessed of antirachitic property. These same rays get into our skin and "sunburn" us; they will paralyze an amoeba in a quarter of a second, or kill and tear its body like a bolt of lightning in three seconds.

How much of this or how much of that is good or necessary or lethal for us is a kind of knowledge that did not seriously trouble our remote ancestors, but which, with our increasing tendency to get away from cows, chickens, and gardens, and from natural conditions in general, becomes of first-rate importance. There was a time when a cook was a cook, good or bad as the case might be; today a cook should be a first-class chemist, the kitchen a chemical laboratory.

(© by George A. Dorsey.)

Real Logic

Teacher—If I had ten potatoes and wanted to divide them among three people, what would I do?
Tommy—Maah 'em.



Needless Pain!

The man who wouldn't drive his motorcar half a mile when it's out of order, will often drive his brain all day with a head that's throbbing.

Such punishment isn't very good for one's nerves! It's unwise, and it's unnecessary. A tablet or two of Bayer Aspirin will relieve a headache every time. So, remember this accepted antidote for pain, and spare yourself a lot of needless suffering. Read the proven directions and you'll discover many valuable uses for these tablets. For headaches; to check colds. To ease a sore throat and reduce the infection. For relieving neuralgia, neuritic, rheumatic pain.

People used to wonder if Bayer Aspirin was harmful. The doctors



answered that question years ago. It is not. Some folks still wonder if it really does relieve pain. That's settled! For millions of men and women have found it does. To cure the cause of any pain you must consult your doctor; but you may always turn to Bayer Aspirin for immediate relief.

BAYER ASPIRIN

Aspirin is the trade mark of Bayer Manufacture of Monocristallinester of Salicylicacid

Round-Up

The recent fashion mandate from Paris that feminine figures are to be plumper than heretofore caused Mayor Walker of New York to remark: "I see where we are due for a back-to-the-girth movement."

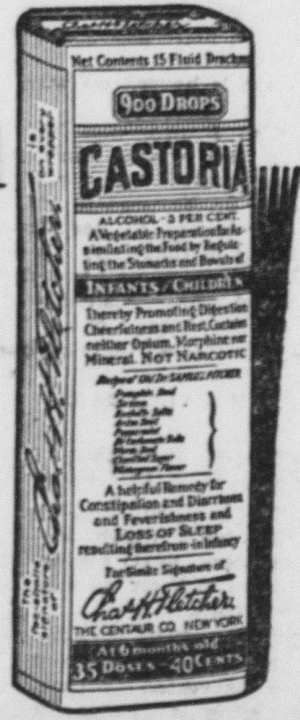
Knew of Nothing

After they had discussed household bills, their respective families, and the men she danced with, her husband said: "We'll discuss something pleasant for a change."
And she said: "For instance?"

Children Cry for it

Children hate to take medicine as a rule, but every child loves the taste of Castoria. And this pure vegetable preparation is just as good as it tastes; just as bland and harmless as the recipe reads. (The wrapper tells you just what Castoria contains.)

When Baby's cry warns of colic, a few drops of Castoria has him soothed, asleep again in a jiffy. Nothing is more valuable in diarrhea. When coated tongue or bad breath tell of constipation, invoke its gentle aid to cleanse and regulate a child's bowels. In colds or children's diseases, use it to keep the system from clogging. Your doctor will tell you Castoria



deserves a place in the family medicine cabinet until your child is grown. He knows it is safe for the tiniest baby; effective for a boy in his teens. With this special children's remedy handy, you need never risk giving a boy or girl medicine meant for grown-ups. Castoria is sold in every drug store; the genuine always bears Chas. H. Fletcher's signature.

Dare to Be a Meal Ticket

He—Will you marry me?
The Heiress—No, I'm afraid not.
He—Oh, come on, be a support.

A wise man never guesses that a woman is over forty—in her presence.

A Real Thrill

Mae—What part of the picture thrilled you the most?
Fay—The part where Joe kissed me

If the pockets are deep enough, a boy's first pair of trousers always fit

Night Life Gets You if You Don't Watch Out!

War Vet almost takes count, but pals help.

HOW would you like it if every two weeks you had to give up your good night's sleep, and work all night instead? This is what happened to W. H. Huggins of 90 Savannah Street, Rochester, New York. When he came back from the War, he took a night "shift" job.

"It certainly shot me all to pieces," said Mr. Huggins. "I was licked before I started. My pals noticed that the night shift got me, so during a 'lunch' period in the middle of one night one of them said to me, 'Hug, I bet I know what's the matter with you. This irregular life gets us all unless we watch out. Why don't you try Nujol? Most of the boys are onto this little health trick. Try it!'"

"Well, that very night on the way home I got a bottle and within a week I felt like a different person. I wouldn't know myself. You can lick any job, even a night one, if you get the poisons out of your system regularly. Nujol sure did it for me!"

That's the great thing about



This kind of man wins no matter where you put him

Nujol. It absorbs the poisons in your system (we all have them) and cleans them out regularly. It cannot hurt you no matter how long you take it, and it forms no habit.

Nujol contains no medicines or drugs. It is simply the world's most famous method of bodily lubrication.

You can get a bottle at any good drug store, in a sealed package, for less than the cost of a couple of good cigars. Begin today to prove to yourself how Nujol can help you to lick the toughest job and feel bully!