

# The Nation's Creator



The above, a hitherto unpublished picture of the Father of His Country, is a study for "George Washington Crossing the Delaware," by Emanuel Leutz. It is one of a collection of paintings by famous American artists which had long been stored in a Manhattan warehouse.

## FOR PEACE AND HONESTY

IT HAS become a revered custom on Washington's birthday to take a moment's halt in the rushing tides of modern events and to find fresh inspiration in recalling to mind the ideals, the warnings, the hopes and the visions with which he, in the serenity, the courage, the sincerity of purpose and the unbiased judgment that were characteristic of his public career, launched the newly liberated nation of colonial states in the troubled and uncertain waters upon which it was venturing and delivered it into the custody of his successors in the trust. Clearly beyond the confusions of succeeding political dynasties, observes a writer in the Kansas City Star, stands out the personality of this first President and his utterances of hope and warning seem as significant and potent today.



He wrote to his friend Benjamin Harrison.

the head of the long line of presidential leaders an enduring inspiration even to the present day. If he had the temper of a man, he knew how to use it and control it. When plotting army officers and scheming politicians sought to undermine his influence and his ability as a commander, he put his devotion to his cause above his personal feelings and turned the tide against them by his dignified forbearance and forgiveness.

Let us recall some of his words, amidst our world troubles and misunderstandings, written to his friend, Benjamin Harrison:

"My first wish is to see war, this plague to mankind, banished from off the earth."

"Of all the animosities which have existed among mankind, those which are caused by difference of sentiments in religion appear to me the most inveterate and distressing and ought to be deprecated. I was in hopes that the enlightened and liberal policy which has marked the present age would at least have reconciled Christians of every denomination so far that we should never again see their religious disputes carried to such a

pitch as to endanger the peace of society."

"It has always been a source of serious reflection and sincere regret to me that the youth of the United States should be sent to foreign countries for the purpose of education. I have greatly wished to see a plan adopted by which the arts, sciences and belles-lettres could be taught to their fullest extent here, with the means of acquiring the liberal knowledge necessary to qualify our citizens for the exigencies of public as well as private life."

"The more I am acquainted with agricultural affairs, the better pleased I am with them. I am led to reflect how much more delightful to an undebauched mind is the task of making improvements on the earth, than in the vain glory which can be acquired from ravaging it by a career of conquests."

"This government, the offspring of our own choice, uninfluenced and unawed, adopted upon full investigation and mature deliberation, completely free in its principles, in the distribution of its powers, uniting security with energy, and containing within itself a provision for its own amendment, has a just claim to your confidence and your support."

"Towards the preservation of your government and the permanency of your present happy state, it is requisite, not only that you discountenance oppositions to its acknowledged authority, but also that you resist with care the spirit of innovation upon its principles, however specious the pretences."

"It is our true policy to steer clear of permanent alliances with any portion of the foreign world; so far, I mean, as we are at liberty to do it; for let me not be understood as capable of patronizing infidelity to existing engagements. I hold the maxim no less applicable to public than to private affairs, that honesty is always the best policy."

"Harmony and a liberal intercourse with all nations are recommended by policy, humanity and interest. But even our commercial policy should hold an impartial hand, neither seeking nor granting exclusive favors or preferences, consulting the natural course of things, diffusing and diversifying, by gentle means, the streams of commerce, but forcing nothing."

"Of all the dispositions and habits which lead to political prosperity, religion and morality are indispensable supports. . . . It is substantially true that virtue or morality is a necessary spring of popular government. The rule, indeed, extends with more or less force to every species of free government. Who that is a sincere friend to it, can look with indifference upon attempts to shake the foundation of the fabric?"

"Promote then as an object of primary importance institutions for the general diffusion of knowledge. In proportion as the structure of a government gives force to public opinion, it is essential that public opinion should be enlightened."

"As a very important source of strength and security, cherish public credit. One method of preserving it is to use it as sparingly as possible, avoiding occasions of expense by cultivating peace, but remembering also that timely disbursements to prepare for danger frequently prevent much greater disbursements to repel it."

"Observe good faith and justice towards all nations; cultivate peace and harmony with all; religion and morality enjoin this conduct; and can it be that good policy does not equally enjoin it? It will be worthy of a free, enlightened and, at no distant period, a great nation, to give to mankind the magnanimous and too novel example of a people always guided by an exalted justice and benevolence."

## Let Our Motto Be GOOD HEALTH

BY DR. LLOYD ARNOLD  
Professor of Bacteriology and Preventive Medicine, University of Illinois, College of Medicine.

### REGARDING RHEUMATISM

You will find rheumatic persons saying that they can tell when a storm or cold coming because they can feel it in their bones or in their joints; and you will hear other persons laughing at the idea that weather can affect rheumatism.

But the rheumatic persons are right. Weather does affect them. Students of preventive medicine are beginning to consider man and his environment as one organic whole and are studying some of our diseases from this standpoint. We have almost exhausted the field of bacteriology trying to find germs as the cause of disease. Recent work tends to show that the skin is an important factor in rheumatism.

The skin is not just a covering mantle or protective cloak of the body. It is a vast organ concerned with the sense of feel and touch. It secretes sweat and oily substances. It also excretes certain things from the body.

We are finding that the protective action of the skin can be extended to guard us against invasion by germs around us. The action of sunlight and ultra-violet light on the skin is well known to the layman.

We know that the skin can be changed by the temperature of the air, by the humidity of the air, and also by changes in barometric pressure. The skin can be thought of as a big receptor organ that receives from the outside world messages of all kinds and transmits these to the internal organs, through blood and nerve channels.

The capillary blood channels in the skin are thought by many authorities to be involved in rheumatism. It must not be forgotten that man's skin is an important organ in maintaining body temperature. It can eliminate heat in the summer time, which is really a refrigeration function. During the winter our skin acts as a covering layer to prevent the loss of heat. In the summer there is an increased flow of blood through the skin, and in the winter there is a decreased flow.

The patient suffering from rheumatism does not have a proper control of the blood supply of the skin and the secretion of sweat. There is a tendency toward spasmodic contraction of the capillaries and at times these capillaries become engorged with blood. In other words, there is an instability in the blood vessels, controlling system.

We just mentioned that the skin is an important organ in controlling body temperature. The rheumatic individual undergoes wide fluctuations in skin temperature. There is oftentimes a subnormal temperature of the skin. This influences the metabolism of the body in that we lose the heat-regulatory function of the skin that is so important for our well-being. When the temperature of the cells within the body changes there is a change in the chemical products of these cells, and many authorities now think that this explains in part the development of pain in the muscles and joints.

This is a new conception of rheumatism and helps explain some phases of the disease better than the older bacteriological theory that was difficult to substantiate in many instances. The abnormal sensitiveness to changes in weather that are experienced by all rheumatics is due to the fact that these people do not have the proper skin function. The circulation of the skin is changed as a result of the alterations in temperature, humidity and barometric pressure in such a manner that internal disturbances take place leading to the development of pain in certain areas of the body.

It is well known that rheumatic pains can develop as a result of hot temperature environments as well as cold. Over-exertion and fatigue followed by chilling of the body are also common factors. Much has been said of cold damp air causing rheumatism. So long as the skin function is normal, muscle or joint pains will not develop because of exposure to damp and chilly conditions. Damp cold air causes the body to lose heat rapidly if the blood vessels of the skin do not react promptly, by diminishing the blood supply to the skin. Hence the body does not become cooler because we produce the same amount of heat and we lose much less heat. When the skin function is abnormal this does not occur and consequently the rheumatic develops pains.

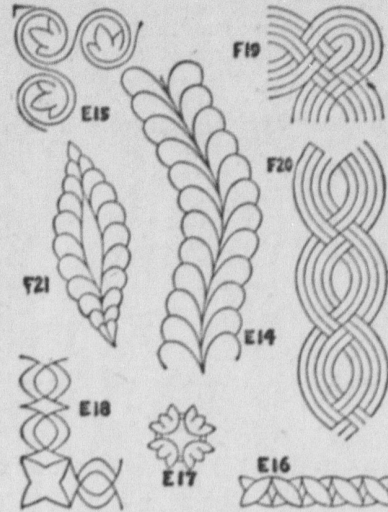
The proper treatment for rheumatism is to aid the skin by artificial means to re-establish a good circulatory system. This is the reason that a hot water bottle placed on the skin close to the area of pain will often stop the discomfort. The proper treatment is an organized medical plan of various types of physical therapy, such as light treatment, heat treatments, massage, baths, all of which aid the skin to re-establish its proper circulation.

We all live under the same weather conditions. Due to a lack of control of his skin, the rheumatic cannot adjust himself. The rest of us adjust ourselves perfectly and are in no way incapacitated by such weather changes. The rheumatic speaks very truly when he says he can feel weather changes.

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## NEW ASSORTMENT IN PERFORATED QUILT PATTERNS

By GRANDMOTHER CLARK



Here are some more and different perforated patterns for quilting designs. We have shown some of the other patterns in these columns, but realizing how interested quilters are in obtaining perforated patterns of as many designs as possible, know that these will be welcomed by them. The transfer of the design is so easy, with stamping powder, that once used, you will want no other kind, unless we haven't the design you want.

The above assortment consists of the following:

E-14 Feather Border 6 inch, E-15 Tulip Border and Corner 3 inches, E-16 Border 1 1/2 inches, E-17 Tulip Motif 3 inches, E-18 Border and Corner 2 1/2 inches, F-19 Scroll Corner 4 1/2 inches, F-20 Scroll Border 4 1/2 inches, F-21 Feather Border Motif 4 inches.

This package No. 33C contains the above eight patterns already perforated on bond paper and good for many stampings, also some blue stamping powder and instructions. If you want to do neater quilting, send 15c for this package No. 33C to our Quilt Department and receive this by mail postpaid.

ADDRESS—HOME CRAFT CO.—DEPT. D—NINETEENTH and St. Louis Avenue, St. Louis, Mo.

Enclose a stamped addressed envelope for reply, when writing for any information.

### Jefferson's Tribute

Let the farmer forevermore be honored in his calling; for they who labor in the earth are the chosen people of God.—Thomas Jefferson.

## DESERT TERROR LIFTED

This year for the first time the road across the Mohave desert in California, linking Baker on the west with Shoshone and Lone Pine on the east, will have an oiled surface. National park improvements, made possible through PWA funds and CCC labor, have minimized the inconveniences incident to travel into the primitive wilderness of Death valley. To the Argonauts of 1849, without maps or knowledge of where water might be found, it was a place of terror.—Literary Digest.

To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach.—Adv.

### No Surprise to Him

"I was surprised to hear your wife make such an emphatic and convincing speech."

"I wasn't," answered Mr. Meekton. "I have always known that Henrietta could do just that."

## IRON THE EASY WAY

IN ONE-THIRD LESS TIME WITH THE

Coleman SELF HEATING IRON

Reduce your ironing time one-third... your labor one-half! Iron any place with the Coleman. It's entirely self-heating. No cords or wires. No weary, endless trips between a hot stove and the ironing board.

The Coleman makes and burns its own gas. Lights instantly—no pre-heating. Operating cost only 1/16 of an hour. Perfect balance and right weight make ironing just an easy, guiding, gliding motion. See your local hardware or house-furnishing dealer. If he does not handle, write us.

The Coleman Lamp & Stove Company Dept. W-2220, Wichita, Kans.; Chicago, Ill.; Los Angeles, Calif.; Philadelphia, Pa.; Toronto, Ontario, Canada (1935)

Amazing, healthful, energizing, Hi-Trans-Aton plays radio through body. Agent's name: 21-22, Hi-Trans-Aton Co., 22 W. 22nd, N.Y.

## Scientists Find Fast Way to Relieve a Cold

Ache and Discomfort Eased Almost Instantly Now



1. Take 2 BAYER Aspirin Tablets. Make sure you get the BAYER Tablets you ask for.



2. Drink a full glass of water. Repeat treatment in 2 hours.



3. If throat is sore, crush and stir 3 BAYER Aspirin Tablets in a third of a glass of water. Gargle twice. This eases throat soreness almost instantly.

### NOTE "DIRECTIONS PICTURES"

The simple method pictured here is the way many doctors now treat colds and the aches and pains colds bring with them!

It is recognized as a safe, sure, QUICK way. For it will relieve an ordinary cold almost as fast as you caught it.

Ask your doctor about this. And when you buy, be sure that you get the real BAYER Aspirin Tablets. They dissolve (disintegrate) almost instantly. And thus work almost instantly when you take them. And for a gargle, Genuine Bayer Aspirin Tablets disintegrate with speed and completeness, leaving no irritating particles or grittiness.

BAYER Aspirin prices have been decisively reduced on all sizes, so there's no point now in accepting other than the real Bayer article you want.

NOW 15¢



PRICES on Genuine Bayer Aspirin Radically Reduced on All Sizes

## Lawyer Johns beats his worst Opponent

WILL THE ATTORNEY FOR THE DEFENSE STOP TRYING TO CONFUSE THE WITNESS?

THERE HE GOES, THE BIG STUFFED SHIRT, PICKING ON YOU AGAIN!

YOU CAN'T TALK TO ME LIKE THAT, YOU—YOU—

THAT'S IT! TELL HIM WHAT YOU THINK OF HIM!

MR. JOHNS, THIS IS NO PLACE FOR A DISPLAY OF TEMPER—YOU ARE IN CONTEMPT OF COURT!

WHAT DO YOU CARE? IF HE HAD YOUR HEADACHES HE'D SENTENCE EVERYONE TO BE BURNED AT THE STAKE!

YOU CAN'T GO ON LIKE THIS, JOHNS—BLOWING UP IN COURT. I KNOW YOU'RE A COFFEE DRINKER—AND PERSONALLY I THINK YOU HAVE A CASE OF COFFEE-NERVES. WHY DON'T YOU TRY POSTUM?

NONSENSE—BUT I'LL TRY ANYTHING TO GET RID OF MY HEADACHES AND INDIGESTION

6 MONTHS LATER

CONGRATULATE ME—THE PARTY WANTS ME TO RUN FOR CIRCUIT JUDGE!

YOU DESERVE IT, YOU'VE CERTAINLY BEEN A CHANGED MAN SINCE YOU SWITCHED TO POSTUM AND LICKED OLD MAN COFFEE-NERVES

"I KNOW children should never drink coffee, but never dreamed it would bother me!"

"Oh yes! The caffeine in coffee can upset digestion, fray the nerves, and prevent sleep."

If you believe coffee disagrees with you—try Postum for 30 days. Postum contains no caffeine. It is just whole wheat and bran, roasted and slightly sweetened. Easy to make—and it costs less than half a cent a cup. It's delicious—and may be a real help. A product of General Foods.

FREE! Let us send you your first week's supply of Postum free! Simply mail the coupon.

GENERAL FOODS, Battle Creek, Mich. W. H. U. 21-2228  
Send me, without obligation, a week's supply of Postum.

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Fill in completely—print name and address.  
This offer expires December 31, 1935