

PETER AND SUE by BEULAH FRANCE, R. N.

PETER GETS A LETTER FROM NEW YORK

"PETER! Peter! Here's a letter for you!"

Susan ran up the path from the mailbox waving a white envelope.

"Who from?" Peter called from the window.

"I don't know but I think it's from New York!"

"Oh goodie! It's from John Porter! Momie, I've got a letter from John."

"From John?" Mrs. Stewart looked up from the book she was reading. "How can John write letters?"

"He can't! But—You read it aloud, will you Momie?"

Mrs. Stewart laid her book on the table took the letter and began to read:

"Dear Peter:

"I asked Mother to write you a short note. She said she would. I'll tell her what to say. I'm feeling fine, going to a school for the blind and learning to read raised letters. I learn some lessons off Victrola records too.

"Last night a blind man with his Seeing Eye dog spoke about dogs at our church. Daddy took me to hear him. His name was Morris Frank. He had his dog, Buddy Second, with him. Buddy never had been at our church before but she got along great; led Mr. Frank around where he should go. Daddy said Buddy had on a harness that is stiff and stands up on her back. Mr. Frank grabs hold of that and Buddy guides him. Then she wears a leash too—that's a long leather strap. When Mr. Frank takes hold of that Buddy lies down.

"This is the second Buddy. The first one died. They both were Shepherd dogs. Mr. Frank said Shepherds are best because they're a good size. They are easy to keep clean too. He combs his hair. They know a lot. There are just three words

a blind person uses with his Seeing Eye dog: 'Right'; 'Left'; 'Forward'.

"The dogs can't tell colors of lights but they won't take a blind person across a street when they see a car is coming. They even look up and don't let a man bump his head. Daddy said they had motion pictures and showed a dog leading a man around the iron rod of an awning."

"Gee!" Peter exclaimed. "I never knew dogs would do that."

"Go on, Momie," begged Susan. "Read some more."

Mrs. Stewart continued: "The Seeing Eye buys dogs from people. Do you know anyone who wants to sell one? The dog has to be a year and two months old but not yet two years old."

"I know," broke in Peter. "Dr. Thompson's German Shepherd just had puppies! Do you think he'd like to sell some of them to the Seeing Eye?"

"I don't know," replied Mrs. Stewart. "The dogs have to be very clever and have good dispositions. Not just any German Shepherd dog will do."

"Read some more, please," said Susan.

"Mr. Frank said it's not hard to teach the dogs. They learn quickly. It takes only about three months."

"Three months?" Susan repeated. "That's a long time, seems to me."

Mrs. Stewart read further: "A boy or girl can't buy a Seeing Eye dog until he or she is fifteen years old. That means I've got a long wait. But it's something to look forward to. Daddy promised to buy me one for my fifteenth birthday."

"Gee whiz!" burst out Peter. "That will be a big help to John!"



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Per-ka dee-dle di do um twee twee . . ."

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PROFILES . . .

Dame de Serk

RULER of the tiny island of Sark in the English Channel is Dame de Serk . . . The 300-acre island was given to one of her ancestors by Queen Elizabeth in 1565 in return for driving a bunch of pirates out of English waters . . . La Dame de Serk married Robert W. Hathaway from prosaic East Orange, N. J., and is now Mrs. Sibyl Hathaway . . . However, Mr. Hathaway turned British and so he is the Seigneur de Serk and a member of the Royal Flying Corps and what not . . . The Hathaways preside over a tiny parliament of 40 farmers who meet three times a year to decide such monumental problems as what should be done about cattle diseases . . . Main industries on Sark are raising Guernsey cattle and catching lobsters.

YOUR CHILD

by

JANE H. GOWARD

YOUTH'S BELIEFS MERIT ADULT CONSIDERATION

REMEMBERING that her young nephew had been to a dance the night before and wishing to make conversation with him, the aunt asked, "Are you a jitter-bug, Joseph?" It would have been of no consequence to her, if he were. But then she did not really believe that he could be.

Hence her surprise when the youth considered the question seriously. After a moment, he said thoughtfully, "I guess you could call me that." Apparently the question had never been put to him and he had to think it over before answering.

More from an impulse to be friendly than from actual interest, aunty continued, "Did you have a good time last night? Where was the dance held?" Joseph replied that the dance had been given in a neighboring town. And since she appeared interested, he volunteered that he did not care for the way they danced there. In his own town, the Big Apple was danced somewhat less violently, it seemed, and he preferred it.

Joseph was discussing good taste and esthetics earnestly. But aunty, looking at the matter from a different viewpoint,

could not see this at all. To her mind, the dance itself was acrobatic, silly and unrefined.

Later she was overheard telling a group of adults, "Did you know that Joseph by his own confession is a jitter-bug?" The conversation they'd had together was then repeated. Joseph could have kicked himself for furnishing them with such a luscious topic upon which to hang the usual condemnations of the younger generation. In the future he would try to be less communicative.

Adults think nothing of betraying a child's confidence because matters which are important to him are unimportant to them. Young people yearn to be understood. Each generation faces a world that never existed before. Without an appreciation of youth's problems, or youth's fads and foibles, we are indeed worlds apart from him.

GOOD HEALTH by C. N. CHRISMAN, M. D.

BATH AND ALCOHOL RUB RELIEVE SCIATICA

I OFTEN wish that I would never hear or see the word "sciatica" again. Letters saying, "Doctor, what can I do for my sciatica?" are numerous. They might about as well ask, "What can I do about the weather?"

The symptoms of sciatica are first a pain along the course of the sciatic nerve. This is usually felt in the buttock, down the back of the thigh, along the outer side of the leg to the foot. It tends to be worse at night and may be only a slight discomfort or a severe pain.

Tenderness is felt on pressure along the course of the nerve, or it may become numb and the muscles of the thigh and leg get soft and flabby. The leg will sometimes shrink and become smaller than the other.

Sciatica may be due to a neuritis or inflammation of the nerve. Again it is a simple pain without inflammation, which is due to some trouble or toxic condition in other parts of the body.

The symptoms are much alike in both conditions and it may require much investigation and study by the physician to find the underlying cause. Too often, the patient and also the physician passes off a pain in the lower part of the back or down the thigh as only a little lumbago, or a "touch" of sciatica.

If that were all, it might be all right, but too often, "a little lumbago" may be strain or inflammation of the muscles of the back, an infection of the kidney, a spinal arthritis, or some spinal cord trouble.

Neuritis is an inflammation of the nerve and its sheath, which is caused by some focus of infection, such as diseased

teeth and gums, infected tonsils, diseased appendix or gall bladder. Indeed, any infection may attack this nerve, as well as the heart, kidneys, and blood vessels. So, in searching for the cause of sciatica every possible source of trouble must be sought for and removed if found.

This is far from being a simple problem and unless the cause is found, treatment is likely to be unsuccessful. Solis-Cohen, an eminent Philadelphia physician, often asked his students, "When is sciatica not sciatica?" Then he answered his own question with the quip, "Nine times out of ten." Meaning that the cause of sciatica was to be found some other place than in the sciatic nerve.

To cure the trouble, the cause must be found and removed. For the relief of pain, heat, preferably moist heat, is the most effective. A hot sitz bath, heat on the affected leg, and an alcohol rub are very soothing. Counter irritants such as liniments composed of equal parts of oil of wintergreen and oil of eucalyptus rubbed in and covered with flannel and a heating pad give great relief.

The physician can inject a weak solution of novocaine or alcohol into the region of the spine or sacrum where the nerve emerges. This will afford relief for some time.

Sugars and sweets should be eliminated from the diet, and milk, fruits and fresh vegetables with an abundance of water substituted. Sometimes it is necessary to stretch the nerve under an anaesthetic and apply an extension to the limb. The cause is usually found some place outside of the sciatic nerve.

DON'T POSE AS CENSOR OF MATE'S ACTIONS

DO YOU CRAMP your husband's style? Does he cramp yours? One of the unfortunate traits wives and husbands develop is making themselves self-imposed censors. How many couples do you know who are ill at ease and who are never at their best except when they are apart? Here's a letter from a wife who has my sympathy:

"My dear Mrs. Martin: I wish you would tell me what you think of a husband who drags his wife away from a party just when she is beginning to enjoy herself. This has happened not once but many times and I am fed up with being treated as a small child who has been naughty.

"My husband, a fine man, I'll admit, hasn't one speck of fun in him. He does not know how to play. I am by nature very fun-loving.

"Please give me your views, as mine don't impress my husband.

"Hilda S."

MODERN WOMEN

by

MARIAN M. MARTIN

Has it ever occurred to you that your husband may be jealous, not of any special man, perhaps, but just jealous of your popularity or the fact that you can find so much enjoyment independently of him?

He is to be pitied, really. Anyone incapable of gaiety should be. It seems hard on anyone with your temperament to be linked to one of his. The only thing to do is to make the necessary, if somewhat painful, readjustments.

I suggest a little punishment on your part. Refuse to go to the next party and tell him why. Be very frank about it, tell him that you feel humiliated by his attitude and that unless he can bring himself to a less critical frame of mind you prefer to remain at home.

Insist on his coming out into the open and explaining his position, and refuse to go places unless you both feel you can conform to the social order.

Husbands and wives who quarrel in public or create unpleasant or embarrassing situations are never popular. It will only be a matter of time before you are left to your own devices. So it is really good policy to retire before you are dropped from your favorite circles.