About Your Health

Things You Should Know



by John Joseph Gaines, M. D.

Keeping Young At 70

When your family physician comes to see your sick child, or your almost-grown-up daughter or son, you take on a very worthy degree of renewed confidence in him, when he tells you that we "only have to assist Nature" if we would cure the serious illness. It has been truly said that the tendency in all diseases is toward recovery; that the doctor must not antagonize "Nature." We are told that it is Nature that heals, and that we only labor as her efficient lieutenant.

The afternoon of life! The season when each succeeding hour grows more and more precious to its possessor. Here is the field wherein we seek to counteract Nature in her work of bringing about our ends. We must stimulate where she would oppress; we must build where she is annihilating; we must repair the silver cord that she is fraying. Nature would put us to bed; we, like unruly children, want to sit up late.

Therefore, if you are approaching the three-score arena, keep away from indolence. Keep active, Do not doze after dinner—it is a symptom of over-eating and brain-fag—a premonition of epilepsy. Keep alert and ready to do. Too late? Not a bit of it! Men have done their very best life-work after eighty. Cato learned Greek, and "Faust" was completed after four-score years had passed. Nothing good is too late. The mind may be kept young by association with the young, the new, the possible achievement, never by groveling in the ashes of past fires. Keep out of bed except nights. Dare the processes of lazy Nature.

"And, as the evening twilight
fades away,
The sky is filled with stars, invisible by day!"

NEXT WEEK:
Beware of fake "Cure-alls."

Practical Instructions In HOME SEWING

By Ruth Wyeth Spears



Wool Embroidery for a Little Girl's Dress.

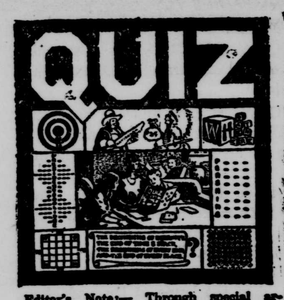
The frock sketched here is of peacock blue Kashmire embroidered in wool yarn in three colors, brick-dust red, golden yellow and brown. The dress is made along very plain lines with the embroidery outlining the square neck, the side front opening and the cuffs.

To make this embroidery design first block in the main part with cross stitches about an inch and a quarter long as I have shown at A. This part of the design is of the brickdust yarn.

Next make horizontal stitches of the yellow yarn over each of the cross stitches as shown at B. Vertical stitches of the brown are then made as at C.

The tassel is made of the brick-dust yarn, the threads being tied together at the top with the brown and the tassel bound around three quarters of an inch below the top with the gold colored yarn.

QUIZ



Editor's Note:— Through special arrangement with The Educational Book Co., N. Y., this newspaper now offers its readers this interesting feature, "QUIZ", being extracts from that book, endorsed by Eugene C. Gibney, Director of Extension Activities, New York Board of Education. These puzzles will be found intellectual as well as instructive.

Puzzle No. 4

3	40	35
25	6	8
2	23	15
19	14	11

With two straight lines cross through nine of the twelve squares shown above so that the three remaining will total sixty.

Puzzle No. 5

1. Take a consonant, the figure fifty, nothing, five, and the end of life, and find an article of wearing apparel.

2. Fifty, and nothing, and a delicious beverage, and discover a well-known Biblical character.

3. From nothing, and a vegetable, a prominent letter of the alphabet, and fifty, you may make a beautiful gem.

4. Five, and vowel, and one, and fifty, give something worn by ladies.

Puzzle No. 6

Can you place three figure nines together, so they will total seven?

Puzzle No. 7

The following letters are inscribed on stone in a Church in England, followed immediately by the Ten Commandments. The key to this cryptic writing is one letter only———.

P R S V R Y P R F C T M N
V R K P Y H S P R C P T S T N.

Solutions Next Week.

Solutions of Last Week's Puzzles: No. 1—The boy turned the pumpkins Nos. 1-6-8 upside down and they then read 8-9-1—and were divisible by 11. No. 2:—The president's name was COOLIDGE; No. 3:—The Arab added one of his own camels, gave half of 18 (9) to the eldest son; one-third (6) to the next; and one-ninth (2) to the youngest. He had one camel left—his own.

STRONG CAST IN "WELCOME HOME"

Lois Wilson Heads Featured Players in Cruze Film

Lois Wilson, heroine of "The Covered Wagon," heads the cast of featured players appearing in the new James Cruze production for Para mount, "Welcome Home," which will be the feature at the Palace Theatre next Tuesday, November 17th.

"Welcome Home" was adapted for the screen by Walter Woods and F. McGrew Willis from a play by Edna Ferber (author of "So Big") and Geo. S. Kaufman, who, with Marc Connelly, wrote "Merton of the Movies," "The Beggar on Horseback."

The story is one of an old man who comes to live with his son and daughter-in-law in the city. His arrival is the signal for a general disturbance about the house.

Warner Baxter, recently seen in "The Golden Bed" and "The Air Mail" and Luke Cosgrave, the spry old rheumatic in "Hollywood," also a Cruze picture, are featured with Miss Wilson in the principal roles. .

Cosgrave is Baxter's father in the production—a man of about 71 years, and a widower. In response to his son's request he comes to live with him and starts right off by poking his nose into everyone else's business. You'll feel sorry for the old boy and laugh at him at the same time.

Old man Prouty strikes up an acquaintance with two inmates of an Old Men's Home, and they picture their life of ease so alluringly that he decides to go there to live, leaving his children with "I'm sorry to make them unhappy, but I've got to be with people of my own and I'm not going to waste it teaching anybody to play pinocle."

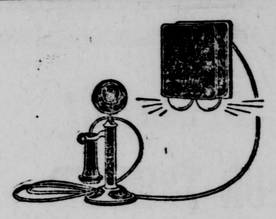
Some big names in the supporting cast of the picture include Ben Hendricks, Margaret Morris, Josephine Crowell and Adele Watson.

In this production Cruze is said to give the public another view of his uncanny directorial ability.

Jessie had just gone to boarding school. She wrote to her small brother Johnnie and signed her letter "Jessica."

Johnnie sent the following letter to her:

Dear Jessica, Momico and Popica have gone to visit Aunt Lizzica. We have a little cowica. We were going to call it Nellica but it is a bullica, so now we call it Tomica. Your little brother, Johnnica.



"Excuse it please?"

YOUR telephone rings and you answer it, only to hear the familiar "Number, please?"

"Didn't you ring me, operator?" you ask.

"There is no one on the line now," she says, "will you excuse it, please?"

Annoying, isn't it? But just who is to blame?

Of course, the operator may have made a mistake *but* suppose that some one gives your number to the operator by mistake, discovers his error and hangs up. When you answer there will be "no one on the line." Suppose some one starts to call you, then changes his mind and hangs up—again, "no one on the line." Suppose that because you do not answer at once the person calling concludes that you are out, and hangs up—"no one on the line."

"But," you may ask, "why does the operator act as though expecting me to make a call in such cases, instead of explaining that whoever called me has hung up?" The answer is this: the operator who answered you was not the one who rang your bell. The call may have been made through any one of a number of other operators. Thus the chances are greatly against the operator who answers you knowing anything about the abandoned call.

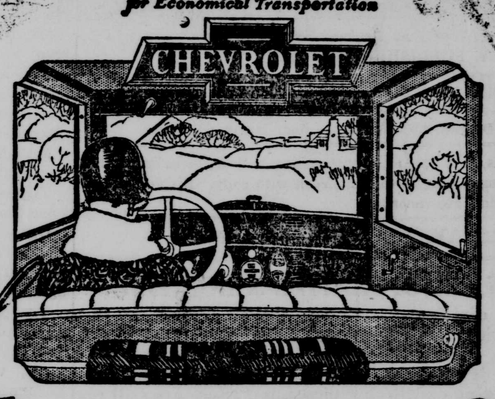
So, realizing that you have been inconvenienced, there is nothing for her to but apologize for another's mistake.

"There is no one on the line now. Will you excuse it, please?"

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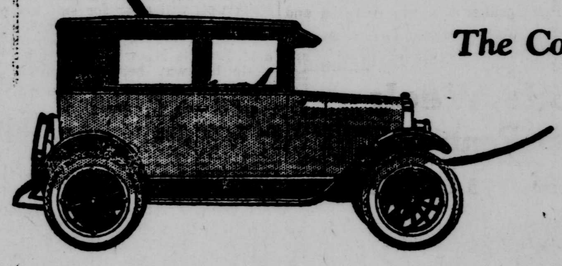
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