

# POINTS ON KEEPING WELL

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Editor of "HEALTH"

## ABDOMINAL SICK HEADACHE

EVERYBODY knows what sick headache is. Even if you are fortunate enough to be free from this disagreeable ailment yourself, you probably have some one in your own family, or at least in your circle of acquaintances who is subject to it. A severe prostrating headache, accompanied by nausea, vomiting and general prostration coming on periodically and lasting from several hours to two or three days, it is one of the most disagreeable afflictions to which one can be subjected.

There has been much speculation as to its cause. Eye strain, worry, emotional excitement, indiscretions in diet, heredity, and many other causes have been held responsible. No one cause is found in all cases. Each individual sufferer generally has his own explanation as to what brings on his attacks.

Physicians call it migraine. It is one of the class of disorders which are called functional, or as doctors say "it has no pathology," by which they mean that they can find no changes in the body machinery which cause it or are caused by it. As is usually the case in a condition, the cause of which is not known, there have been innumerable remedies and methods of treatment tried, none of which is of benefit in all cases and in many instances, no method of treatment seems to have any effect.

One of the strange varieties of this unpleasant affliction is so-called abdominal migraine, in which the pain, instead of being located in the head, is felt in the stomach.

These attacks, like ordinary sick headaches, come on at intervals of two or three weeks. Having all the symptoms of some serious abdominal condition, they are generally at first confused with gallstones or ulcer of the stomach.

Careful study of these patients has shown that either the father or the mother had been constant sufferers from ordinary sick headache. Often these attacks begin in early life as ordinary sick headache, gradually changing to the abdominal form. In the abdominal form, as well as in the ordinary sick headache, nothing has been found in any case to account for the attack. The opinion of the best authorities on nervous diseases is that sick headache belongs to the same class as epilepsy, a strange disorder in which certain centers get out from under control and cause these strange symptoms in different parts of the body.

### SPRING TONICS

SPRING is the season of universal awakening. The seeds and bulbs begin to sprout. The sap starts in the trees, the buds begin to appear on the branches. The animals which have hibernated during the winter come out of their holes. The birds return and begin to look for places to build their nests for their new families. Naturally, man thinks that he, too, should have a place in this awakening to a season of new life and activity.

For many centuries, it was generally believed that in the spring every one needed a "spring tonic." Something to "thin the blood" which was supposed to have become thick and sluggish during the winter. So the "yarb" doctors, as soon as the new vegetation appeared, went out in the fields and woods to gather leaves, barks and shoots for their "simples," as their brews were called.

Here was where wise women and the housewives were in their element. Some of us can remember the days when our old grandmothers made sassafras tea or birch beer and gave it to their families in liberal doses. Even in the large cities today, one of the first signs of spring is the appearance on the streets of old men with their baskets of sassafras bark.

Those who had no opportunity to gather these "natural remedies" or who didn't know how to select them, fell back on that familiar household remedy which, as boys, we all detested—sulphur and molasses. Some of us in our early days were so dosed with this mixture that for weeks we were afraid to scratch our heads.

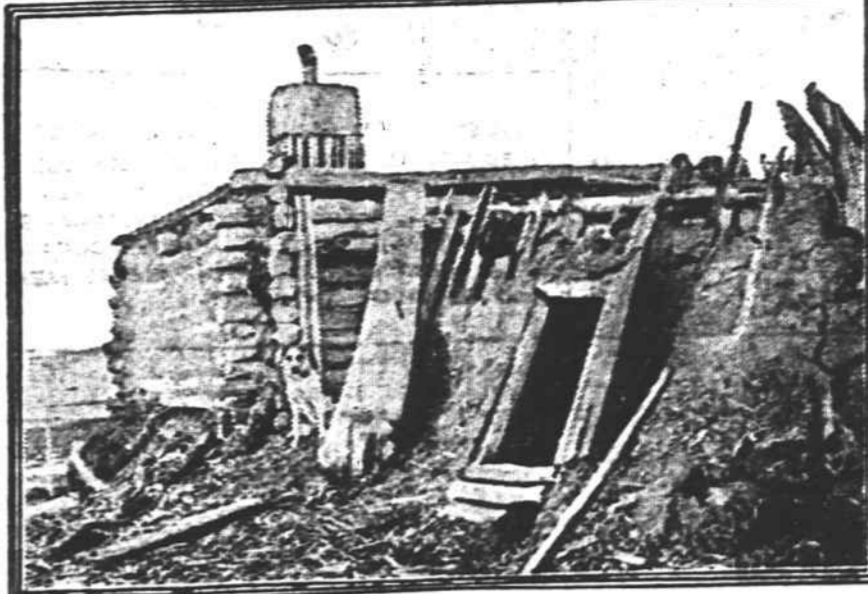
These beliefs were not surprising, when we consider that for centuries the best medical opinions were much along the same lines.

Like many old beliefs, there was something after all, in the old notions. During the winter we have most of us stayed indoors too much, we have worn too heavy and too much clothing, we haven't had enough fresh air and sunlight. We do need a spring tonic but not one out of bottles.

The best and the cheapest spring tonic we can take is green vegetables and fresh fruits. Fresh rhubarb sauce is worth a dozen bottles of medicine. Green food, in the form of cabbage, spinach, beet tops, chard, celery, lettuce, green onions and radishes will do us more good than drugs and pills. Fresh fruits are now plentiful, practically all the year round. Apples, figs, oranges, grapefruit and lemons, have the fruit acid our body needs.

Then there is the wild, warm, spring air and the spring breezes and sunshine. All of them are good for what ails you after the long winter.

# IN ARCTIC SIBERIA



One of the Best Houses in Russkoe Ustyje.

(Prepared by the National Geographic Society, Washington, D. C.)

WITH the coming of spring, life takes on a new aspect in Arctic Siberia where human activity is still largely confined to hunting, trapping, and fishing. Yet it is only in winter that the little villages of this most isolated region can be reached. Then the rivers, marshes, and innumerable lakes are frozen and may be traversed, while in spring, summer, and autumn this part of Siberia is entirely cut off from the rest of the world by countless impassable swamps.

The distances are almost unbelievable in Siberia. The Siberian starting point for most of the Arctic coast is Irkutsk, metropolis of the Trans-Siberian railway. From there to Yakutsk, little more than the half-way house, is nearly 1,200 miles by air line; but by the route that must be traversed, partly by steamer along the winding Lena, the distance is over 1,500 miles. From Yakutsk to Russkoe Ustyje, one of the most remote of the Arctic coast villages, is an additional thousand miles or more.

To Yakutsk and a little beyond, horses are used, even in winter; but then one enters the realm of the reindeer and makes a large part of the remainder of the journey on sledges drawn by those animals. The last 90 miles must be covered by dog-sledge. The trip is through the still primeval forests (the taiga), such as are found only in Siberia. The way leads through deep ravines, winding channels, snow-filled beds of rivers, and over tall, rocky, forest-clad mountains.

On such a winter journey the mercury never rises beyond 20 degrees below zero centigrade, and usually hovers about -50 degrees. Verkhoyansk, supposed to be the coldest spot on earth, is on this route, and at times the mercury there sinks to -71 degrees centigrade and lower.

The primeval forests are left behind when the Yabloni mountains are passed, and the traveler enters the Arctic tundra. Northward the vegetation grows sparser and sparser. The tall bushes of willow become lower and lower, finally disappearing entirely. All about is a limitless snowy expanse, with no features on which the eye may rest. It is in such a stretch of tundra that the settlement of Russkoe Ustyje is situated.

Throughout the whole course of the Indigirka river, probably not less than 800 miles in length, Russkoe Ustyje is considered the largest settlement. But it consists of six dwelling houses only. The Russian word dom (house) has here become gym, which means smoke. And this metamorphosis is perfectly justified, for in this land of polar frost and blizzards, a house without fire, or "smoke," is not considered a house.

Population Small.  
The population of the settlement numbers only about twenty souls. All the colonies on the Indigirka river, scattered along its course in settlements of from two to four cottages each, do not comprise more than 400 persons.

These Russians represent, as it were, foreign islets in the sea of the aboriginal Yakaghir, Tungus, Yakuta, and Chukchi, who surround them everywhere. The aborigines live as nomads, raising reindeer, while the Russians have a settled mode of existence along the banks of the river, and use dogs instead of reindeer.

This is a most peculiar and isolated little world. The inhabitants cling tenaciously to their ancient customs and national characteristics.

For this reason, therefore, the Russians along the Indigirka are undoubtedly of immense interest to the ethnographer. To begin with it is curious how they ever got to the banks of the Indigirka, so remote are they from the city of Yakutsk, the center from which emanated the historical progress of the Russian conquest and settlement of this territory. Apparently the first Russians had already reached the Indigirka in the sixteenth century, during the reign of Ivan the Terrible, perhaps even before the conquest of Siberia by Yermak.

There is good reason for assuming that these pioneers came by boat from European Russia over the Arctic ocean, and not by land, from Yakutsk. "At Russkoe Ustyje the nearest points of civilization" are Ust-Yansk, a village of about 30 dwellings, not less than 300 miles in an air line to the west, and in the east, Nizhne Kolymsk, with 25 houses, about the same distance away.

None of the inhabitants of Russkoe Ustyje have ever gone beyond these two points, nor have any ever been to Yakutsk. Names like Omsk and Moscow sound to them like fairy tales. It is, therefore, not surprising that the real inhabitants of Russkoe Ustyje are not very much above the state of primitive savagery. There is not a single literate person among the settlers along the Indigirka.

Cluster of Huts.  
In appearance, Russkoe Ustyje is nothing but a miserable cluster of a few snow-swept wooden huts and barns. In every direction, as far as the eye can see there is in winter, snow, snow, snow. Here and there is a clump of dwarfed shrubbery, buried under the snow in the winter. Amid the monotonous landscape of this white desert one distinguishes with great difficulty the cottages, half hidden from sight by the snow piled up against them.

The settlement is especially dreary during November and December, when the sun disappears altogether from the horizon, and the dim twilight called "daylight" lasts only two or three hours. This is the most cheerless season of the year, and the sad howling of the dogs in the darkness seems almost unbearable to one unaccustomed to it.

The winter nights are at times magnificent. In the black velvet of the sky the stars, which make their appearance about three o'clock in the afternoon and twinkle until eleven o'clock in the morning, blaze like diamonds. Almost every night there is a most brilliant northern illumination. Owing to the nearness of the sea, the cold here registers rarely lower than -50 degrees centigrade. But the winter blizzards are frequent and terrible. They stifle a person, cut off his breath, throw one off his feet with lashing volleys of snow, and make it impossible to see farther than five steps ahead.

The annual temperature at Russkoe Ustyje is the lowest of all those places where meteorological observations have been made. It is also one of the northernmost inhabited spots on the globe.

The winter lasts eight long months, from September till May. The summers are warmer than one would expect, the temperature in the sun registering up to 30 degrees centigrade (86 degrees Fahrenheit), but it is very rarely that a summer passes without a snowstorm. A summer "day," during which the sun never disappears below the horizon, lasts almost three months—from April 25 till July 20. The Indigirka thaws generally during the first days of June.

The flora is of the scantiest. In summer the ground thaws to a depth of only two feet; below that it is forever frozen. Throughout this region there are no forests. Not a single native of Russkoe Ustyje has ever seen a tree growing; to them a common fir tree is as much of a curiosity as a tropical palm tree to a northern person.

The shrubs of the willow extend ten miles toward the sea and then come to an end (it is about 45 miles from Russkoe Ustyje to the Arctic ocean). There, even grass ceases to grow.

Nothing but Swamps.  
In summer, no matter where one turns, one can see nothing but swamps. In spring and summer the Indigirka brings on its currents from the south large numbers of fallen trees. These are eagerly picked off the banks by the natives, for this driftwood makes it possible for them to withstand the intense winter cold, and they likewise build their dwellings of it.

The staple food of the natives is fish, which is taken in summer as well as in winter (under the ice). Sea food is also fed to the dogs. The local fish is excellent, especially the muksun, which belongs to the salmon family. It is usually cooked, but is often dried in the sun and smoked. So prepared, it serves in place of bread and is regarded as a delicacy.

More often, however, the fish is frozen and eaten raw, and is called stroganin, or sliced fish. The skin is removed and the fish is cut in slices with a sharp knife. It must be eaten frozen with salt.

Of bread the natives are completely ignorant. Frozen bread is brought in by the wealthiest traders, who treat their friends to it as one might treat a person to chocolate. The traders also bring sugar, but it is regarded as a great delicacy.

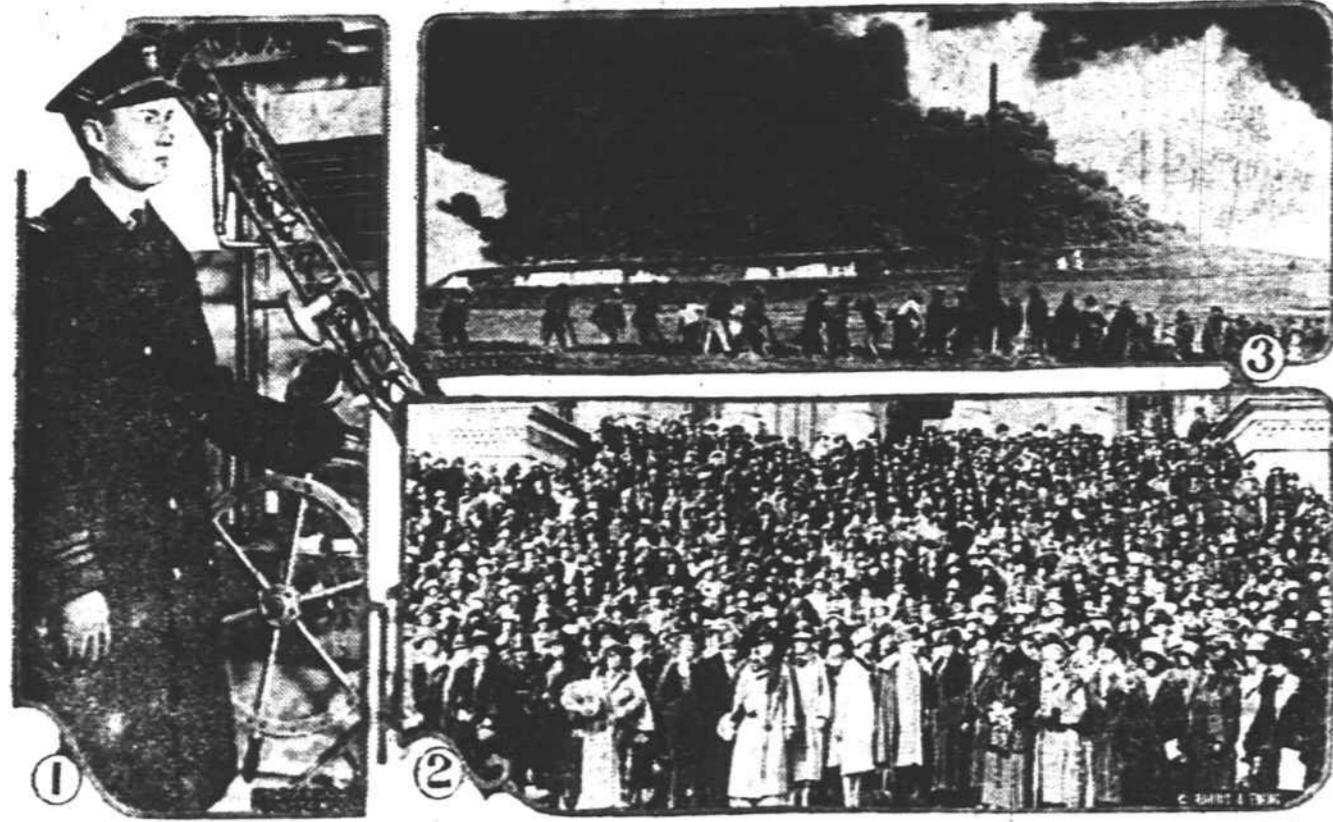
### Genius Is Humanity

Great artists are said to reveal us to ourselves. But how could this be possible, unless there were identity of nature between their imagination and ours, and unless the difference were only one of quantity. It were better to change "poeta nascitur" into "homo nascitur poeta"; some men are born great poets, some small. The cult of the genius with all its attendant superstitions has arisen from

this quantitative difference having been taken as a difference of quality. It has been forgotten that genius is not something that has fallen from heaven, but humanity itself.—Croce

### First in Silk

When you admire a piece of silk tapestry or silk damask adorning a piece of American-made furniture it is interesting to know that America ranks first among all the countries manufacturing silks, with France second in production.



1—Commander Rosendahl of dirigible Los Angeles as she made her first flight since the destruction of the Shenandoah. 2—Representatives of 12,000 women at capitol in Washington to protest against weakening of Volstead act. 3—Scene at La Habra, Cal., during burning of great oil tank farm which was struck by lightning.

# NEWS REVIEW OF CURRENT EVENTS

## What Senator McKinley's Defeat in Illinois Republican Primaries Means.

By EDWARD W. PICKARD

ILLINOIS Republicans administered a severe jolt to the World court last week, and the opponents of American adhesion to that tribunal are correspondingly elated. Senator William B. McKinley was a candidate for renomination in the primaries and the fight against him was based solely on the fact that he voted for American membership in the World court. He was defeated by Frank L. Smith of Dwight by about 125,000 votes. Washington was watching the contest with intense interest, and such men as Senators Borah of Idaho and Reed of Missouri professed to see in the result a portent that other senators who supported the World court proposition would be retired, and that ultimately the act of American adhesion would be repealed. Though there was no statement forthcoming from the White House, the administration forces were plainly somewhat disconcerted and the World court senators who come up for re-election this year did not conceal their anxiety. Nebraska of North Dakota and Ernst of Kentucky already have been renominated, but the list also includes Bingham (Rep., Conn.), Broussard (Dem., La.), Butler (Rep., Mass.), Cameron (Rep., Ariz.), Caraway (Dem., Ark.), Cummins (Rep., Iowa), Curtis (Rep., Kans.), Dale (Rep., Va.), Fletcher (Dem., Fla.), George (Dem., Ga.), Gooding (Rep., Idaho), Jones (Rep., Wash.), Lenroot (Rep., Wis.), Means (Rep., Colo.), Odell (Rep., Nev.), Overman (Dem., N. C.), Pepper (Rep., Pa.), Shortridge (Rep., Cal.), Smith (Dem., S. C.), Smoot (Rep., Utah), Stannard (Rep., Ore.), Wadsworth (Rep., N. Y.), Watson (Rep., Ind.), Weller (Rep., Md.), Willis (Rep., Ohio).

"Illinois," said Senator Borah, "has indexed the sentiment in this country against the League court. The campaign against the court will go forward as promised immediately after the vote in the senate. We have no intention of ceasing efforts until the matter is settled in the forum from which there is no appeal—until it is settled and settled right."

George E. Brennan, Democratic committeeman, running on a wet platform, easily won the Democratic senatorial nomination in Illinois, which was highly pleasing to all wets. They also voted to see, in the fact that Chicago protested in favor of boxing exhibitions, an assurance that the people were beginning to revolt against all summary laws.

There is a lot of vague talk to the effect that the defeat of Senator McKinley, one of the strongest supporters of President Coolidge, indicates loss of prestige and popularity by the Chief Executive. The political guessers said if Republicans of other states followed the lead of those in Illinois there would be no lack of men to contest with Mr. Coolidge the presidential nomination in 1928. Chief of these, it was believed, would be Senator Borah.

SMITH W. BROOKHART was unseated by the senate as senator from Iowa and his place was given to Daniel F. Steck, who was immediately sworn into office, the first Democrat to represent Iowa in the senate since the Civil war. The vote was close—45 to 41. Fifteen Republicans voted to seat Steck, and nine Democrats and one Farmer-Labor senator lined up with the Republicans who stood by Brookhart. As has been said in this column before, it is understood that Brookhart will enter the Republican primary in June as an opponent of Senator Cummins for the nomination.

AN AGREEMENT was reached in the senate to vote on the Italian war debt settlement on April 21, and the administration forces were confident that the house bill approving the settlement reached by the commissioners would be passed.

"The senate passed a house bill to increase pensions of veterans of the Spanish war, Philippine insurrection and the Boxer rebellion and their widows and dependents in an aggregate of \$18,500,000 annually. The measure went to conference for adjustment of differences between the house and senate provisions.

The senate judiciary committee, considering a resolution which seeks information regarding the prosecution of Senator Wheeler last summer, was balked by the refusal of Attorney General Sargent to answer Senator Walsh's questions. Mr. Sargent's refusal was based on the ground that the resolution was improper and that the information desired by Senator Walsh should not be disclosed because "publication would be incompatible with the public interest."

## Plan Pan-American Journalistic Body

WASHINGTON.—The organization of a pan-American association of journalists was approved in one of the resolutions adopted at the pan-American congress of journalists. The purpose of the permanent organization would be to investigate and report upon the practicability of the interchange of news between the constituent members of this organization in both American continents.

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COMPROMISE has been reached in the controversy over the proposed Great Lakes-Atlantic canal. Both sides have agreed that the army engineers shall survey both the all-American route and the St. Lawrence route and report to congress next fall.

BEN W. HOOPER, W. L. McMeilen and Samuel Higgins were reappointed to the federal railroad labor board by the President. Their terms will probably be short, as it seems certain the Watson-Parker bill abolishing the board will be passed.

TWO measures contemplating development of naval and commercial aviation were passed by the house. One authorizes the \$100,000,000 five-year naval aircraft program which would give the navy 1,614 new planes. The other creates the office of second assistant secretary of commerce for the regulation of commercial air transportation systems.

CHURCH, labor and peace organizations through their spokesmen attacked the Capper-Johnson bill for universal man power and complete government control of industry in time of war, before the senate military affairs committee. The measure has the backing of the secretary of war and the American Legion.

"WHAT we want is the strongest thing in enforcement and the weakest thing in liquor" was the statement of Mrs. Henry Peabody of Boston before the senate committee when the prohibition hearing was resumed last week, and it summarized the pleas of the 64 women who were with her as representatives of numerous organizations. Stepping forward in rapid succession, they presented their arguments succinctly and effectively, and if they were rather lacking in statistics, they made up for this by their fervor and by the realization that they were speaking for great bodies of women firmly united in opposition to any change in the Volstead act unless it were to make it more drastic.

Having yielded this day to the dry women, the wets took charge again. Father Kaszcyn, a priest of the Pennsylvania anthracite region, and Mrs. Viola Andrews, chief of probation officers in New York, told of the evil effects of the Volstead law as observed by them in their respective territories; and the Moderation league of New York offered a huge mass of statistics and graphs. Then Gen. Lincoln C. Andrews, chief dry enforcer, was recalled to the stand and under questioning admitted that in his opinion the enforcement of the liquor law would be easier if beer of a low alcoholic content were distributed under government supervision for home consumption. He said the sale of such beer in saloons should not be permitted as it might serve as a blind for bootlegging of hard liquor. Having brought out a lot of information as to the vast number of stills that are being operated, Senator Reed continued:

"Now, I want to ask you, as a man and a citizen, don't you think that the manufacture of liquor in the homes has a tendency to put the American home into direct and intimate contact with liquor?"

"Of course it does," replied Andrews.

"Is not this," questioned Reed, "bringing millions of families into contact with the manufacture and drinking of liquor; this secrecy, this contact with the police—is not this utterly destructive of the morals of the home in which this goes on?"

"The congress declared in the first of a series of some twenty resolutions adopted that 'its fundamental purpose is to create bonds of sympathy and closer understanding among the nations here represented; to secure a fuller interchange of news; to guard against misrepresentation of the peoples concerned and to establish a code of ethics which shall be acceptable and binding upon publications here represented.'

Another resolution recommended resort to arbitration for the settlement of all disputes between American republics, not only of political character, but all disagreements which affect the interests or harmony between the nations of the Western hemisphere.

"Unquestionably, it is seriously injurious," admitted the general.

All of which caused elation among the wets and led the dry leaders to say unpleasant things about Andrews, some even demanding his removal by the President.

With completion of the wets' case, the board of temperance, prohibition and public morals of the Methodist Episcopal church resumed the presentation of testimony in behalf of the drys' contention that the Volstead act not only should not be weakened but should be made more rigid than it is, if changed at all.

In the senate Bruce and Edge, wet leaders, prodded Borah until the Idahoan indulged in a dry outburst that brought the galleries to their feet with shouts of applause despite the efforts of Vice President Dawes to maintain order. Borah denounced the proposals of the wets to modify the Volstead act as schemes to evade the Constitution and therefore treasonable and tending to legal chaos, constitutional anarchy and the breakdown of constitutional government.

MUSSOLINI'S visit to Tripoli was watched with great interest. The premier was given a reception worthy of an emperor and his speeches there continued to suggest that the plan is to form a new Roman empire, though he is careful not to intimate that Italy seeks to acquire any more territory in Africa. Correspondents with his expedition seem to think no more land is needed as Libya's coastal plain is a valley 800 miles long and 200 miles wide, with more cultivable land than there is in all Italy. If properly developed it will furnish an outlet for Italy's surplus population. The land is very cheap now and does not need irrigation. Mussolini is the first chief of the Italian government to realize fully the possibilities of this region.

FRANCE and Spain called the Rifians to a peace conference at Oudja and handed them an ultimatum. If their terms are not accepted they are ready to launch a combined offensive that probably will wipe out the rebels. These terms include the abdication and virtual exile of Abdel-Krim and the disarmament of the tribes. The allies offer to restock the herds of the tribesmen and to supply funds for the development of the country. Krim will be provided for suitably if he will give in.

FOR the second time Russia has unofficially declared it will not participate in the preliminary disarmament conference called for May 18 in Geneva, and it will not be asked again. Reports in London are that the conference may be postponed or abandoned, the French move to this effect now having the support of Poland, Rumania and some other states on the Russian border.

France and Germany have concluded negotiations abrogating most of the clauses of the Versailles treaty restricting German aviation development and have signed an accord permitting commercial flying without hindrance over both countries.

LATEST reports from China were that the Manchurian troops of Marshal Chang had broken the lines of the national army commanded by Feng and were about to attack Peking itself. It seemed likely they would soon be in possession of the city. Marshal Wu Pei-fu, who had been invited by the national army leaders to take supreme command at the capital, had made no move to accept, but was waiting with his army west of Peking, ready to take advantage of the situation, whatever it might be.

LUTHER BURBANK, the world's most eminent horticulturist and a great benefactor of mankind, died at his California home and his body lies at the foot of a cedar of Lebanon in the garden where he carried on many of his most notable experiments in the development of fruits, flowers and vegetables.

BLOODY Herrin. In Williamson county, Illinois, was in the hands of the state troops again after a renewal of the clan warfare at the prying of liquor; this secrecy, this contact with the police—is not this utterly destructive of the morals of the home in which this goes on?"

## Expressive

"Where do you live, dear?" asked the new neighbor of wee Dorothy. The little one pointed to a handsome residence with wide verandas. "Why, I live in that broad-brimmed house," she answered.

## Catholic Women Organized

With a membership of more than 4,000,000, the National Council of Catholic Women lays claim to being the largest group of organized women in the world.

# Sick bodies made strong



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