

SUCH IS LIFE—"Lips That Touch Licorice"



By Charles Sughrue

Army Striving to Cut Flying Perils

Research Laboratory Will Be Ready Soon.

Dayton, Ohio.—Construction will start soon on the only physiological research laboratory in the United States specializing in high altitude work, United States army officials at Wright field announce.

An appropriation of \$5,000 has been made for the laboratory on the roof of the field's administration building. It is to be erected above a pressure room, which will form a part of it. The pressure room duplicates conditions flyers face at high altitudes.

The proposed unit will consist of two laboratories, one biochemical and the other for physiological research proper. It will include also a room to house the small animals which will be used in experiments.

Capt. Harry G. Armstrong, who attained national prominence recently as a result of a treatise on the physical

reactions to a parachute jump, will be in charge of the laboratory.

Health to Be Studied.

Armstrong said the laboratory will attempt to solve problems of safety, comfort, health and accidents of altitude flying.

"An officer who is flying at a high altitude may be cold," Captain Armstrong stated in explaining the work, "but not necessarily ill because of this. But we wish to find out definitely whether this condition reduces his efficiency. If he would rather be on the ground in a warm room because his flying suit does not shield him from the bitter cold at high altitudes, then he cannot be at top efficiency. Problems like that are what we will try to solve."

Armstrong has made plans to obtain a number of rare instruments for the laboratory. The laboratories at Harvard University have agreed to supply two of these, a spirometer and a kymograph.

Gases in Lungs Measured.

A spirometer is a small instrument which when breathed into collects gases from the lungs. It is delicately balanced so as not to alter the analysis of the breath and affect its composition by pressure. The instrument will be used to determine the exact composition of lung gases at high altitudes, since they change after inhalation.

The kymograph is a recording device used in the pressure chamber to determine breathing rate and depth at high altitudes, blood pressure and other physical reactions.

Armstrong has developed a "re-breather" which will purify the waste air thrown off by the lungs so that it may be used again. The officer said only one-twentieth of the air inhaled is absorbed and used and the remainder is wasted. The "re-breather" will purify this for use.

Planets "Who's Who"

Berkeley, Calif.—One thousand and ninety-one minor planets discovered between the years 1801 and 1929 have been listed in the research surveys of the University of California students observatory. This "Who's Who" of the planets gives all the available data on as many of them as possible.

Famous Yukon Town Buried by Dredges

Dawson City, Y. T.—The famous old placer town of Bonanza, better known as Grand Forks, located at the junction of Bonanza and Eldorado creeks, 13 miles from Dawson, has been buried deep from mortal vision by the big dredges of modern gold mining companies. At one time Bonanza had 2,000 inhabitants and was the center of trade for 1,000 more. Today the town is covered with gravel, thrown aside by the giant dredges.

CHAMPION FENCER



Aldo Nadi of Italy, who is admitted by European authorities to be the world's best swordsman, is in the United States demonstrating his skill against the leading American fencers. Nadi, a lieutenant of the Italian cavalry, stands undefeated in ten years, his contests including many affairs of honor in which blood was drawn.

THE MEANING OF THE CROSS

By LEONARD A. BARRETT

Reference to the Cross as an indispensable factor in the theology of Christendom is not the purpose of this article. We speak of the Cross in its vital relation to our organized social order.

Regardless whether its historicity be Greek, or Roman, or Maltese, the Cross has always been the symbol of suffering and sacrifice. The Cross loses its original meaning as a symbol of suffering if it is borne for a self-centered purpose. One may have to bear a cross because of his own stupidity or because of the poison of ancestral blood. He may be compelled to bear a crushing disappointment because of unrealized personal ambitions. Fatigue due to overstrained nerves may play havoc with the psychic centers of a person who struggles hopelessly for fame and glory. But scarcely can these circumstances rightly interpret the spirit of the Cross. The meaning of the Cross so far as service and suffering are concerned, is that it is vicarious. Every

are some youngsters who are timid. But this does not keep them from getting bumps, bruises, cuts, etc. They are not immune from accidents nor from the effects of their own carelessness or that of others.

Mother's Aid.

It is expected, of course, when there is anything which simple remedies do not relieve, that a physician will be summoned. However, little troubles and little accidents may need no treatment other than that a mother can give. She should not be apprehensive, but she can be careful and watchful. She cannot do better than follow directions as given in a Red Cross First Aid pamphlet. With this and the use of such family methods as she remembers being successful, both in relieving pain and in remedying sicknesses, her home treatments will be simplified.

Every child has the proverbial sweet tooth. To say that children like candy is putting it altogether too mildly. Since nature supplied the youngsters with this desire, which may be said to be universal, it stands to reason that it should not be totally disregarded. Their little systems must require a certain amount of sugar. The trouble is to find out what amount is best suited to each child in the family and then comes the question of how best to satisfy this need.

Sugar on cereal, or honey on it instead of sugar, together with fruits that are sweet, are a general method of providing for sweets at breakfast. The main sweet for dinner comes in the dessert. For supper, cookies, or very simple cake, and stewed fruits or a little jam or jelly, will take care of that meal in the matter of sweets. Every mother has found certain sweets that suit mealtime requirements of her little folk.

Candy.

Apart from these regular mealtime apportionments of sugary foods, children crave candy. If this is taken just after a meal, it is the best time for it. This is partly because a little

The Household

By Lydia Le Baron Walker

EVERY mother has to be a first aid nurse even though she be a decided amateur in the work. If she has a natural ability for nursing, she will become quite expert before her youngsters are fully grown, and even though she has no latent abilities for this work, she cannot fail to become something of an adept through experience. Children may be healthy yet

they are sure, when they are little tots to get minor cuts and bruises which will yield quickly to first aid treatment when a kiss is not sufficient to make a cure. It is amazing what a marvelous first aid a mother's kiss proves. It is a psychological remedy, a kind pleasant to take.

Most children are heedless when it comes to precautions. They are apt to do things impulsively, and fear of accidents does not enter into their minds. Inexperience makes them irresponsible. They learn caution slowly. Of course, there

are some youngsters who are timid. But this does not keep them from getting bumps, bruises, cuts, etc. They are not immune from accidents nor from the effects of their own carelessness or that of others.

will satisfy, or perhaps I should say, comparatively little. It is also in part because the system assimilates the sweet excellently then. In speaking as I do about this time for dispensing candy, let me say in passing, that the advice is one from a physician of experience.

The kind of candy to give children is not fancy chocolates nor rich bonbons, but simple sorts such as old-fashioned molasses candy, barley sticks, gum drops, hard sugar candies, that dwindle by sucking rather than gobbling down quickly with scarcely any chewing—for so it is that many children eat confections. Home made candy is especially recommended, when it is of the varieties given.

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WOMAN RAILROADER



As a youngster, Avis Lobdell preferred to play with toy trains rather than with dolls, dishes and mud pies. The woodshed in the rear of the family home at Eldorado, Kan., was the union station and her shrill screech the engine's whistle. Now Miss Lobdell carries the title of special representative of the executive vice president of the Union Pacific system, having just been appointed to that post by W. M. Jeffers. She is believed to be the only woman in the United States in such a capacity. Her duties are to ride the trains of the Union Pacific and of other railroads, studying and reporting on matters of special interest to the comfort of women and children; and to inspect the company's dining cars, hotels, restaurants and other properties with which the public comes in contact.

Household Vermin

Fresh paint is one of the most powerful weapons that can be used against household vermin. Many insects will not remain in the proximity of paint, and it not only kills or drives them off, but prevents the hatching of eggs, larvae and pupae. Then, too, painted walls may be kept spotlessly clean, thus removing the food supply for the unwelcome visitors.

For Use Over Stains

It is customary to finish stained surfaces with varnish or shellac. Two or more coats are generally applied, the number depending upon the finish desired and the wear to which the surface will be subjected.

Mongolians Guard Their Borders



Frequent clashes between the Outer Mongolians and the Manchukuan lead to the belief that before long war will break out, involving Soviet Russia and Japan. The group of Mongolians shown above are guarding the frontier. These tribesmen are fine cavalrymen and hard fighters.

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

By REV. F. B. FITZWATER, D. D., Member of Faculty, Moody Bible Institute of Chicago, © Western Newspaper Union.

Lesson for March 15

JESUS TEACHES HIS DISCIPLES TO PRAY

LESSON TEXT—Luke 11:1-13. GOLDEN TEXT—If we ask anything according to his will, he heareth us.—1 John 5:14.

PRIMARY TOPIC—When We Pray. JUNIOR TOPIC—Teach Us to Pray. INTERMEDIATE AND SENIOR TOPIC—What Jesus Says About Prayer. YOUNG PEOPLE AND ADULT TOPIC—Why Should We Pray?

Prayer is a matter which ought to be of great concern to every believer, for, "The Lord is nigh unto all them that call upon him, to all that call upon him in truth. He will fulfill the desire of them that fear him; he also will hear their cry, and will save them" (Ps. 145:18, 19). There was something about the praying of Jesus that so impressed the disciples that they requested him to teach them to pray (Luke 11:1). May everyone of us enroll at once in the school of prayer with Christ as our Teacher. In response to the disciples' request, Jesus set forth the following principles of prayer.

I. The Right Relationship of the One Praying (v. 2).

1. Filial—"Father." The suppliant in prayer must be a child of God. God's gifts and blessings are for his children. This relationship can only be entered into through regeneration. Not all men have a right to say, "Our Father," when addressing God. Only those who are children of God by faith in Jesus Christ can so address him.

2. Fraternal—"Our Father." God has many children. His children are bound up together in nature and interests. Even in our secret prayer we should address him as "Our Father," which is a recognition of the interest of others alongside of ours.

3. The Right Attitude in Prayer (v. 2).

1. Reverent adoration—"Hallowed be thy name." As children we have certain rights and privileges, yet holy reverence becomes us.

2. Loyalty—"Thy kingdom come." When praying to God we should come with a spirit of loyalty which cries out, "Thy kingdom come." We should not only receive him as the Lord of our lives, but should loyally labor with him in inducing others to submit to him.

3. Submission—"Thy will be done." We should have no will of our own regarding the rule of God. We should let him direct us in all things.

III. The Right Spirit in Prayer (vv. 3-5).

1. Dependent faith—"Give us this day our daily bread" (v. 3). We should realize that not only bread, but life itself is ours to enjoy because of him and he is able to do for us "exceeding abundantly above all that we ask or think."

2. Penitence and love—"Forgive us our debts" (v. 4). We should come to him realizing that we have sinned, and cry out to him for forgiveness. Our heart should be so filled with love for others that we will forgive those who sin against us, as God has so willingly forgiven us.

3. Holiness and caution—"Lead us not into temptation" (v. 4). Because we are God's children, and realizing the depravity of our natures and the consequent tendency to practice that which displeases him, we should shrink from that which, if indulged in, would dishonor him, and earnestly cry unto him to lead us not into the place where we would likely fall.

4. Intercessory (vv. 5, 6). The man who asked for bread did not ask for himself, but for a friend. Prayer which pleases God is unselfish in its requests.

5. Perseverance (vv. 7, 8). Though the friend refused at first and offered excuses, because the one making the request would not take "No" for an answer, he arose from his bed and gave him as many as he needed. Prayer pleases God and gets results.

IV. Encouragement to Pray (vv. 9-12).

1. God's promise (vv. 9, 10). True prayer cannot fail of an answer, because God definitely promises that, "Every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened."

2. Example of an earthly father (vv. 11-13). No father will give a stone to his son who asked for bread, nor a serpent instead of a fish, nor a scorpion instead of an egg. God is infinitely more willing to answer the prayers of his children than earthly parents are to give good gifts to their children.

V. The True Goal of All Prayer (v. 13). God's best gift is himself in the person of his Holy Spirit. All those who practice the principles which Jesus taught in this model prayer shall experience the blessing of the Holy Spirit.

An Inner Life

A man who has no inner life is the slave of his surroundings, as the barometer is the obedient servant of the air at rest, and the weathercock the humble servant of the air in motion.—H. F. Amiel.

Mercy

As freely as the firmament embraces the world, or the sun pours forth impartially his beams, so mercy must encircle both friend and foe.—Schiller.

Period of Youth Is Crisis or Seedtime of One's Life

Let this thought, then, be lodged deeply in every youthful mind, that now is the crisis of life—that every hour of time, every habit of thought, feeling, or action, the book or paper you read, the words you hear, the companions you associate with, the purposes you cherish, each makes its indelible mark, and all combine and work together in forming you for future honor, usefulness and happiness, or for shame, misery, and death.—Collyer.

LIFE LONG "FRIEND" Keeps Them Fit at 70

This safe and reliable laxative—has been as dependable as family doctor during their trying "after forty" years. It keeps them regular—year after year faithfully—with never any need to increase the dose. No wonder their "evening of life" is so free from complaints. Millions of people welcome the aid of this reliable corrective. For Nature's Remedy strengthens and regulates the entire digestive tract—safely carries away the poisons that bring on headaches, colds, biliousness. Get a 25c box. All druggists.

Resist the Magnet Don't listen to two others argue if you can't keep out of it.

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CAPUDINE

SOUR STOMACH—GAS?

Russell Charles Stalaker of 46 Kelly Addition, Charleston, W. Va., says: "Indigestion and sour stomach made me mighty uncomfortable. After eating, I belched gas. I had lost many pounds in weight and never wanted to eat. I used Dr. Pierce's Golden Medical Discovery and don't begrudge the money I spent on it. I was able to return to my work. I slept like a top at night and had a fine appetite." Buy now!

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You need a medicine that helps your hair to save itself by nourishing starved hair roots and stopping Dan-draught-Glover's! But you must faithfully keep up the good work. Start today with Glover's Mange Medicine and Glover's Medicated Soap for the shampoo. At all druggists. Or have your Barber give you Glover's.

What Counts Talking gets a job but working holds it.

Black-Draught Relief Prompt and Refreshing

It's a good idea that so many people have—to keep Black-Draught handy so they can take a dose for prompt relief at the first sign of constipation.

Mr. Sherman Sneed, of Evansville, Penn., writes: "I take Black-Draught for constipation which causes headache, a bad tired feeling and for biliousness, bad taste in the mouth and sluggish feeling. Black-Draught, taken about two nights, clears up this trouble and I get all right."

Men and women like Black-Draught so well because of the refreshing relief it brings in constipation troubles.

BEFORE BABY COMES

Elimination of Body Waste Is Doubly Important

In the crucial months before baby arrives it is vitally important that the body be rid of waste matter. Your intestines must function—regularly, completely without griping.

Why Physicians Recommend Milnesia Wafers

These mint-flavored, candy-like wafers are pure milk of magnesia in solid form—much pleasanter to take than liquid. Each wafer is approximately equal to a full adult dose of liquid milk of magnesia. Chewed thoroughly, then swallowed, they correct acidity in the mouth and throughout the digestive system, and insure regular, complete elimination without pain or effort. Milnesia Wafers come in bottles of 20 and 48, at 35c and 60c respectively, and in convenient tins for your handbag containing 12 at 20c. Each wafer is approximately one adult dose of milk of magnesia. All good drug stores sell and recommend them.

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