

Watch for Danger Signals If You Are 40

By LILLIAN G. GENN

—ARTIE McGOVERN

F YOU are 40, watch out for the danger signals in health. Many a man shortens his life span by running past these danger signals until he has a physical smash-up.

According to Artie McGovern, the man who wants to stay on the open road to good health and live his allotted years to the fullest must give heed to these signals.

"At the age of 40 a man starts wearing out his human engine, for which no spare parts can be ordered. From a physical standpoint, life does not begin at 40," he said.

Artie McGovern is known throughout the country as a physical director and conditioner of many leading athletes.

A former champion of the prize ring, he studied at the Cornell University Medical College and during the World War was in charge of the work of rehabilitating young men rejected for service. He became physical director and consultant at the New York Physicians Club as well as for private schools. He now devotes himself to the New York gymnasium which bears his name, and where flock celebrities in every field who want to keep in condition.

MR. McGOVERN states that 80 percent of the men who consult with him for rehabilitation are in their early forties.

"At that age," says this vital-looking, blue-eyed trainer, "a man begins to pay

Danger Signals

The average business man thinks he can sit at his desk for a year and then go out for a week-end or a vacation and play all the golf or tennis he wants. What he is doing is spending a lot of his reserve.

After forty years of wear and tear, his motor is not so good. He has only so much of the machinery left, and he has to be conservative in using it.

Don't rush to your golf game. Nine holes is more beneficial than eighteen for the man past 40. It is better to play in the mornings, take at least one hour for lunch or breakfast before you begin play.

—Artie McGovern.



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for the indulgences of his youth. If he takes care of himself, his health can still be improved and his energy and vigor retained.

"But the boy of 40 usually wants to enjoy life. He has been spending his last fifteen or twenty years tied to his desk, working like a slave to make money.

"At 40 he gets tired of this routine. He now has the money he needs and is in a position to buy luxuries. He orders the fancy French dishes, goes to parties, expensive night clubs and gambling places. He begins to step out with blonde chickens and act like a gay young blade. He wants to show the world he can do as much as the young fellows can.

"At this period of life he is eating more food and yet taking little or no exercise. He can't burn up all the calories he consumes. It begins to store up as fat and to clog the system.

"Fat begins at 40 and it's very subtle in its approach. Slowly but steadily the waistline increases. Last year's tuxedo seems a bit snug this season. There's a tendency to puff after slight exertion.

"These are warnings that lack of exercise combined with a bad diet is taking its toll. Obesity is the most common of all ailments in men of middle age, and next to heart diseases the most dangerous.

"The boy of 40 doesn't see any warning signal. Pain is the only thing he recognizes. Then at 50 he finds he has handed himself such gifts as diabetes, high blood pressure, rheumatism, cardiac trouble and all the rest of the so-called diseases of old age.

"Many think that these diseases are inevitable. But they are just what a man bestows on himself by improper habits of living, and he can keep from having them by leading a life of moderation.

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MR. McGOVERN stressed the fact that no amount of exercise is beneficial if a man indulges himself with food.

"It's unfortunate that we have no gauge on the body to tell us just what our food intake should be. Yet we do have an equivalent for such an instrument—common sense. No one would put an extra quart of oil into an automobile if the gauge already registered 'full.' Yet there are many men who will continue to pack away food simply because it tastes good.

"If a man, after 40, finds he is getting a spare tire around his waist, he should cut down from 10 to 15 percent on his intake. By intake I mean the number of calories, not the size of the portion.

"He should add more bulky foods to his diet—cabbage, sauerkraut, spinach, carrots, lettuce, tomatoes, celery, broccoli, kale, string beans, asparagus and such. There are plenty of foods that will give variety to the meals without increasing the weight.

"In a sane reducing program we must combine diet and exercise thoroughly blended with time, patience and perseverance.

"A man should have a minimum of eight hours of sleep every night. The more the better. Rest is the greatest cure for any ailment we have.

"I have several business men of 55 and 60 who, at my suggestion, have installed a couch in the office. After lunch they lie down for about twenty minutes. They are out to anyone who calls. This renews their energy for the afternoon. A business man is constantly working under a nervous tension, and he gets fatigued very quickly. After 40 he should conserve his energy as much as possible.

"There's no reason why the average man of 40 or more can't keep himself in perfect condition if his living methods are sensible. Moderation, regularity, work, recreation, rest, cleanliness, sunshine, fresh air and water, proper eating habits—these are the ten commandments which he must obey in his daily regime.

"In this way he can make the last half of life a period of enjoyment and of health."

The Winnah! Here's World's Biggest Onion!

Idaho Farmer Grows 2-Pounder On Seeds From Spain

KIMBERLY, IDAHO.—Hats off to John L. Peters, America's new champion onion grower. Growing onions since 1920 has been his hobby. Today he has developed a giant size onion from seeds he imported from Spain fifteen years ago. From year to year Farmer John has taken the best seeds resulting from onion beds of this Spanish importation, carefully planted them and cultivated successive crops. The climax of his onion career came to light recently when he unearthed a bed he planted in the Fall of 1935 to discover that the entire bed produced abnormal size onions, topped off by a gargantuan specimen measuring 17½ inches in circumference and weighing 2 pounds 4½ ounces.

G. Allen Reeder, prime mover of Zonite Products Corporation's campaign to eradicate onion breath with a chlorine mouth wash, heard of Peters' record onion and immediately had it flown to New York for official records. Mr. Reeder awarded Farmer Peters first prize in his own nationwide search for the biggest onion. It is a Grano onion and large enough to fill the needs of a family of seven at any Sunday dinner. In taste and color it is all that onion fanciers could ask for. Farmer John, who is a prolific onion eater, claims onions contain more vitamins than any other vegetables and are nature's healthiest product. This Grano, he says, is only the beginning of a species he hopes to develop that will in the next twenty years look more like cantaloupes than onions. But let John tell you himself about his record onion:

"This particular onion was grown from the seed of bulbs imported from Spain fifteen years ago, and has been improved upon by selection of bulbs as to shape, type and color by a friend of mine," says Mr. Peters. "Two years ago the seeds produced the world's record of one thousand seven hundred and fifty-two hundred-pound sacks per acre. All work was done by hand labor."



ONION Champ. John Peters and his world record onion on left 2 pounds 4½ ounces — 17½ inches in circumference.

"This particular onion was grown as part of a plot planted late in the fall. The seed lay dormant until early spring of 1936. The result was that all the onions were of a large size similar to the one I submitted in the contest.

"I've been growing onions since 1920, but this Grano is the biggest yielder of any onion that I know of."

World's Oldest City Played Chess, 3900 B. C.

A set of alabaster chess men, buried in the tomb of a young boy almost 6000 years ago, is a pathetic little discovery from early days of the world's oldest city, Tepe Gawra.

The youngster's favorite playthings are among the finds brought from the ancient site by archeologists of the University Museum, University of Pennsylvania. The pieces, all alabaster except one, are in excellent condition.

COAL FACTS

Pennsylvania and West Virginia have long been coal centers of the United States, but:

The first coal discovered in North America was at Cape Breton Island, Nova Scotia, in 1672.

First coal reported in boundary of United States was on Illinois River in 1673 by Louis Joliet and Father Marquette.

The first coal mine in United States was near Richmond, Va., opened 1730, and commercial shipments were made to Boston, Philadelphia, and New York as late as 1789.