

# TODAY and TOMORROW

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## MYTHS . . . about animals

The longer I live, the more I marvel at the credulity of the human race. So many things that "everybody knows" turn out not to be true. When I was a boy "everybody" knew that if you put a horsehair in a rainwater barrel and left it there long enough it would turn into a snake. I suppose there are country boys who still believe that.

"Everybody knows" that wolves are dangerous wild beasts which do not hesitate to attack people. But a man I know up in Canada has had a cash reward standing for years for proof that a wolf ever attacked a human being, and nobody has claimed it. Canadian trappers say that wolves are never man-killers, and Dr. Stefansson, famous explorer, says the same about European wolves.

"Everybody knows" that the red fox is a chicken thief, to be shot on sight. But the Michigan Conservation Department reports that Rr'er Fox lives mostly on grasshoppers and insects, and has asked for a law to protect him.

## LIFE . . . sub-humans

Where and how did life begin on Earth? Science is getting closer every year to a definite answer. Life began in the sea. That is generally agreed, and salt and water are parts of every living thing. Without them in proper balance, we die.

How long ago life began is another question. Archaeologists now say that human life is at least a million years old, and that many millions of years must have elapsed before the human race was evolved from the primitive lower forms of life.

There is evidence that more than one man-like kind of animal lived fifty thousand or more years ago, sub-human species of which traces have been found but which have long been extinct. It is probable that the ancient folk-myths common to all races, of giants, ogres, satyrs and gnomes which lived under-ground, come down from the earliest contacts of our own species which those vanished experiments of nature.

## GROWTH . . . continues

Until lately it has been generally believed that everybody, unless the victim of some rare malady, stopped growing somewhere between fifteen and thirty. Now Dr. Ales Hrdlicka of the Smithsonian Institution, who has measured more living persons and skeletons than anyone else, says that most people keep on growing right up to 50 or 60. Our bones actually grow. Our heads get larger, and so do our noses, ears and mouths.

I was a bit skeptical about that until I remembered that when I was 25 I wore a 7 1/8 hat, and now, with much less hair and no fat at all over my skull, I have to get a 7 1/2.

Dr. Hrdlicka says he has no ready explanation for the facts he offers, but suggests that the enlargement of people's heads may be due to growth of the brain through use.

## SHOES . . . and barley corn

I had lunch the other day with America's largest shoe retailer. I asked him a question which has long puzzled me. What do shoe sizes mean? How much difference is there between a size 7 and a size 8? "A barleycorn," he told me. I knew that ancient standard of measurement, for in my first school arithmetic it started with "three barleycorns make one inch." But my No. 7 1/2 shoe, I pointed out, was certainly more than 2 1/2 inches long, so if each size was only a third of an inch, the numbers must start somewhere above zero.

We got some other shoe men into the discussion, and finally went to my friend's store and began measuring shoes. We found that the smallest shoe is a baby's No. 0, which is for a foot four inches long. Then there are thirteen sizes, each a third of an inch, in children's shoes, before you get to No. 1 in men's sizes.

I thought it was an interesting bit of information, worth passing along.



# THE FAMILY DOCTOR

By JOHN JOSEPH GAINES, M.D.

## OUR ELDERS ARE OFTEN GOOD TEACHERS

At this writing I have eight people under my care who are over eighty years of age—six men and two women. All but two of them are on foot; one woman has had a "stroke" but can get about and help herself. She is 85. The other is just past 80, and has a sprained hip, uses crutches to go about her house. One old man, 86, is a veteran of the Civil War; another will be 88 at his next birthday.

It is interesting to watch these old boys and girls who have somehow come mighty close to live the right way, else they could not have achieved all these years with such success; I meet many of half their ages who really complain more than they do.

And they know just a little more about what is good for them to eat than I do. I never put them on a diet except to ask them to eat what "agrees" with them. If I caught one of the old fellows eating salted peanuts and topping off with ice cream, I would not stop him. If one has diabetes, I do not by any means cut off a reasonable amount of sugar from his dietary. I have always been a stickler for letting well enough alone.

One of them—just went out my

door this moment—has a leg ulcer. I keep DRY dressings applied while it heals nicely. He laughs over the situation, not at all like a much younger man would do.

And, my old people are so appreciative; they make one love them. They have lived all these years. I have no doubt, on that very principle. The fellow who is eternally finding fault is in a poor way to live out a long and beautiful existence, because he burns up the good within him. We all may learn from this.

## PLAIN HORSE-SENSE IN EATING

Somehow, I can't get away from the good old plan of eating, because I am hungry—the best reason on earth isn't it? If you are not hungry—and have no appetite when you should have—then something may be wrong; better see your doctor—that's what he's for. It may be an easy time to set you right.

Then—I still cling to the ancient plan of eating things that taste good. What's wrong with that? Just why should I be obligated to force down stuff that I despise? Eating is part of my reward for being a good, industrious boy. That also applies to you dear readers.

If you are a girl, simply change genders in this letter and go ahead. Boys are not so different from girls, when it comes to living and eating.

Those two good old rules—eat because you are hungry, and eat what tastes good. It will take a lot of theory to scare up better ones.

But . . . people get to figuring on "balanced ration," and "calories," and they fuss around about them, with an air of superior learning. First thing you know, you are off on the trail of "vitamines" and then you don't lack much of being in over your head! You get afraid

to eat white bread—really the most nutritious best tasting bread in the world. Are you scared of white bread? One of my contemporaries refers to certain bread alarms as "the vitamin fad." That's not far from right.

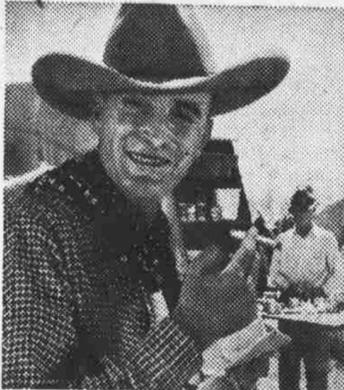
I've written thousands of words on diet and eating—yes, millions. After all, I believe I feel better by practicing plain horse sense, that tells me not to eat too much—but what I like.

One gainful worker in every six is listed in the "white collar" class by the Bureau of Census.

## "MY DIGESTION ROLLS RIGHT ALONG"

—says Fred McDaniel, Cowboy

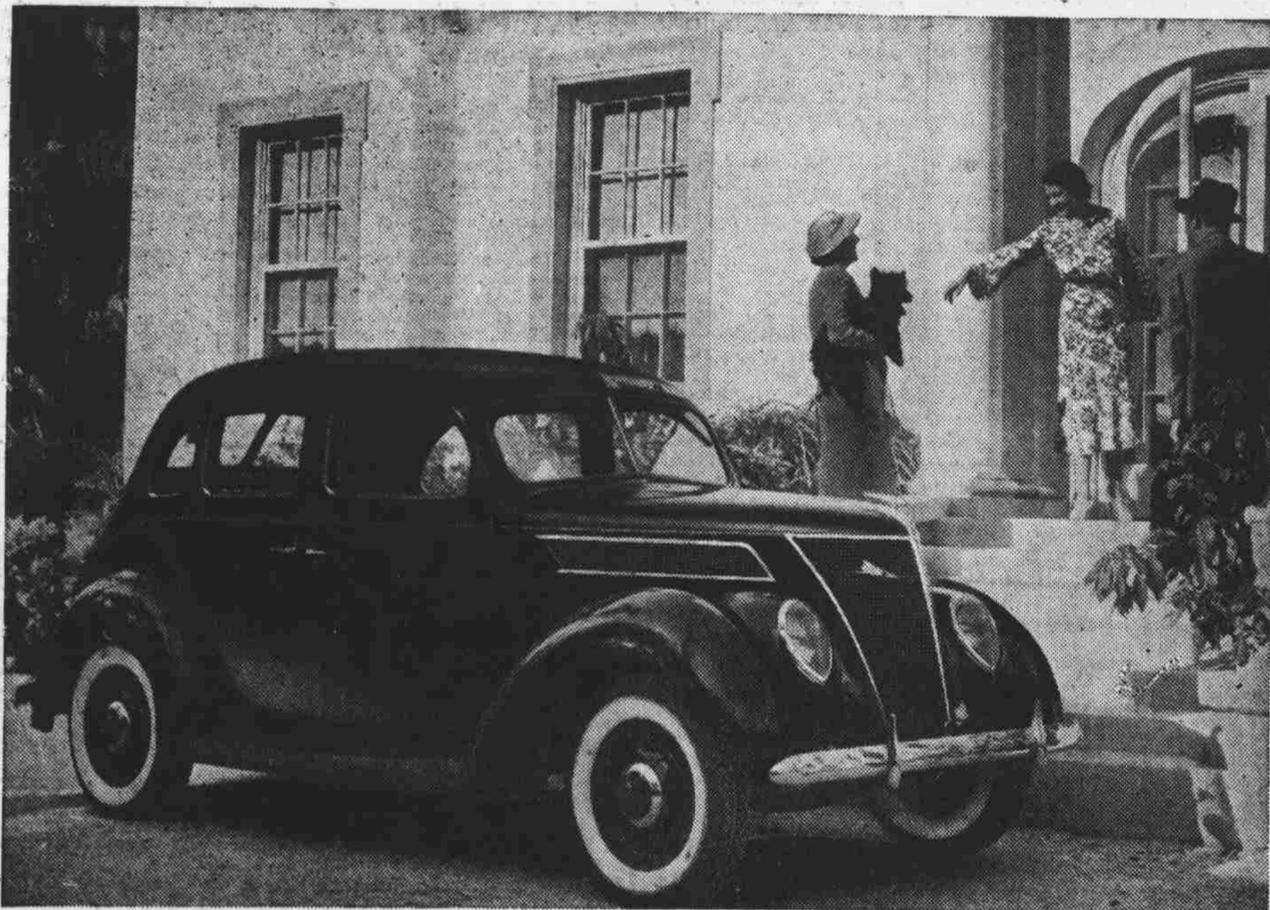
"I SMOKE PLENTY of Camels, and enjoy my meals," McDaniel says. Camels at mealtime step up the flow of digestive fluids—alkaline fluids—that help you enjoy a sense of well-being.



MACHINE OPERATOR, Frances Morel, says: "When I feel low, I get a 'lift' in energy with a Camel. And Camels aid my digestion." Camels set you right!

CAMELS  
COSTLIER TOBACCOS

"and we averaged better than **25 MILES TO THE GALLON**"



The new "60" Ford V-8 (illustrated) is the thriftiest car in all Ford history! Drive it all day on a tankful of gas—owners report 22 to 27 miles per gallon. And it carries the lowest Ford price in years.

Yet the new thrifty "60" V-8 is as big and roomy, as well engineered as the "85." You get the same all-steel body with safety glass throughout. The same new quietness and beauty. The same easy-acting, quick-stopping new Ford brakes. The same large luggage

compartments.

And it's a real performer! Like most cars it bows a bit to the brilliant "85" Ford V-8 in pickup and top speed but you will be amazed at what it will do just the same. The thrifty "60" V-8 is a car you will own with pride and drive with pleasure. A car that will save you not just pennies but dollars! A car that's built so fine and priced so low you will have to drive it to believe it exists. Your Ford dealer invites you to drive this car yourself. Call him today.

# FORD V-8

\$25 a month, after usual down payment, buys any model 1937 Ford V-8 car through the Authorized Ford Finance Plans of Universal Credit Co.