

HOW TO KEEP WELL

DR. FREDERICK R. GREEN Editor of "HEALTH"

A SUCCESSFUL MAN'S RULE FOR SUCCESS

EVERY normal person wants to live a long, healthy and successful life. No one knows how to write a formula for longevity, health or success. So we naturally turn to those men and women who have achieved all of these things and ask them how they have secured them. That's the reason why the first question a newspaper reporter asks a very old man, a very healthy man or a markedly successful man is "To what do you attribute your success?" When one man has been successful in all three, his advice is naturally all the more valuable.

Judge Albert H. Gary is the president of the United States Steel Corporation. He is "well up in the seventies." He is healthy, vigorous and active. He carries great responsibilities, yet he works hard every day. Measured by all standards of everyday life he is a markedly successful man. How does he do it?

A newspaper reporter asked him recently for his development. Here are his replies:

"I never see the ground every day, but I do it every day."

"I know exactly as much as I can about my business."

"I know all the details of my business, and I know all the details of my business."

"I keep a sharp eye on my work and avoid mistakes."

"I never get into any kind of controversy."

"These are all good rules to follow. They will make us as successful as Judge Gary because the judge has set out the two most important rules of life. These are:

"Have confidence that will give you a sound body and a clear mind."

"Keep a sharp eye on your work and avoid mistakes."

MAKING AND INVALID COMFORTABLE

TAKING care of an invalid person is a task that requires attention to the details of the patient's condition. The nurse should be alert to any change in the patient's condition. A sick room should be comfortable and well-ventilated. The sick room should be a moderately large one, well-lighted, heated and ventilated and situated near the bathroom.

If possible, select a room with plain, light-colored walls. Many invalids have been distressed by the effect of having to look for weeks at walls with fantastic or elaborate patterns in the paper. The normal, healthy person can stand almost any wall paper for a few hours at a time. To the sick, irritable, perhaps delirious patient, gazing for hours and days at some complicated pattern is trying and wearisome.

Take out all unnecessary furniture. This gives the nurse more room to work in, leaves fewer places for the accumulation of dust and makes it easier to move the furniture in cleaning.

Keep the room in order. Nothing is so tiresome as to have to spend days or weeks in a messy, disorderly room.

Take out the carpet or rugs. Bare floors are easier to keep clean. They can be wiped up daily with a damp cloth, without making any dust to disturb the patient.

Turn the mattress frequently. Constantly lying on any mattress will make it hard and lumpy. Turn it end for end, side for side or over and over every time the bed is made up.

Many people are more sensitive to light when they are ill than when they are well. Arrange the bed so that a strong light will not shine in the patient's eyes. This is especially advisable in cases of measles and scarlet fever.

Shade the light, whether gas lamp or electric, so that it will not shine in the patient's face. Avoid unnecessary noise. Keep visitors away, especially those who annoy the patient. Keep the patient and the sick room clean, comfortable and quiet.

DADDY'S EVENING FAIRY TALE

Mary Graham Bonner

THE ELK FAMILY

"Do you listen, young elks, I will tell you a story of the days gone by," said Mother Elk.



"And I will tell you the story of the night's gone by," said Father Elk.

"Then," said the young elks, "it will be very interesting. For nothing will be missing."

"We will hear of both the days and the nights. So we will hear it all, as there are no other times."

"Antlers are at their best. Tell us your story, do, Mother Elk."

"Tell us an interesting story, Father Elk. Tell us your story, too. We will listen attentively."

"You may be sure of that."

Mother Elk began her story first. "Of course you all know that your father lives at the top of the mountain peak of the year."

"This is the best time of the year for us. There are so many people who simply will not believe that in winter we elks are so healthy and so full of life. They say we are fat and that we are fat because we eat so much of the mountain grass."

"That's the best time of the year for us. There are so many people who simply will not believe that in winter we elks are so healthy and so full of life. They say we are fat and that we are fat because we eat so much of the mountain grass."

"I'll tell you, Mother Elk, that's not true. We are not fat. We are just full of life. We are just full of life because we eat so much of the mountain grass."

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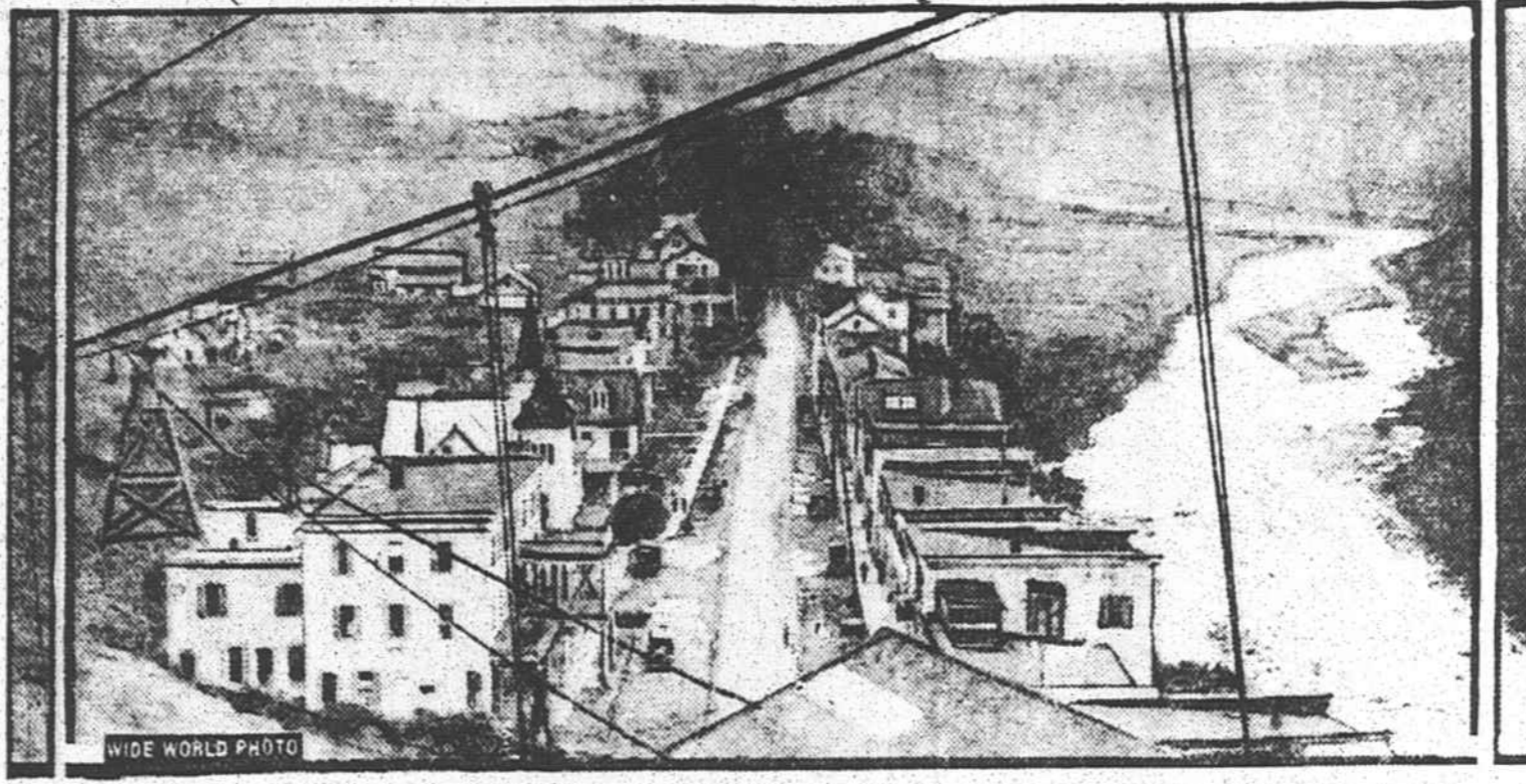
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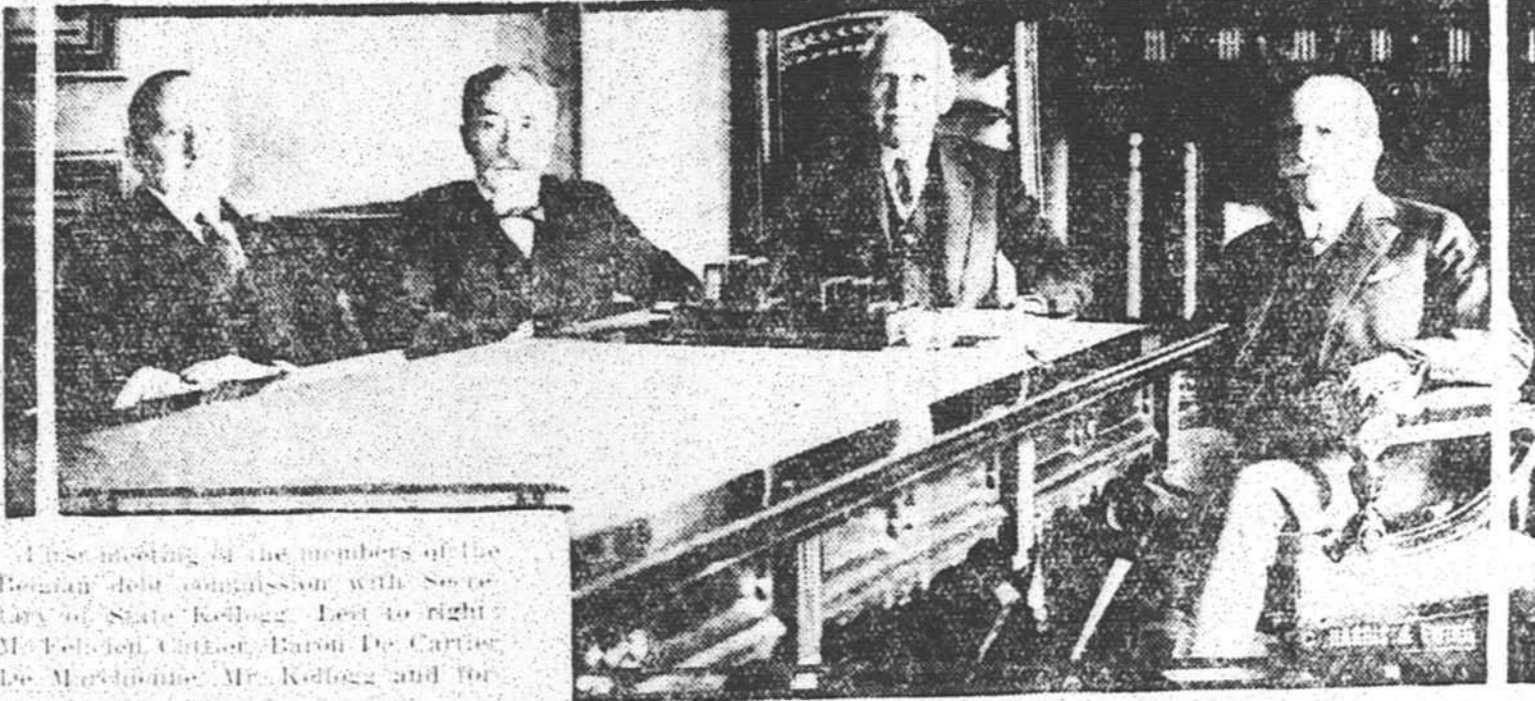
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Artificial Lake Will Engulf This Village



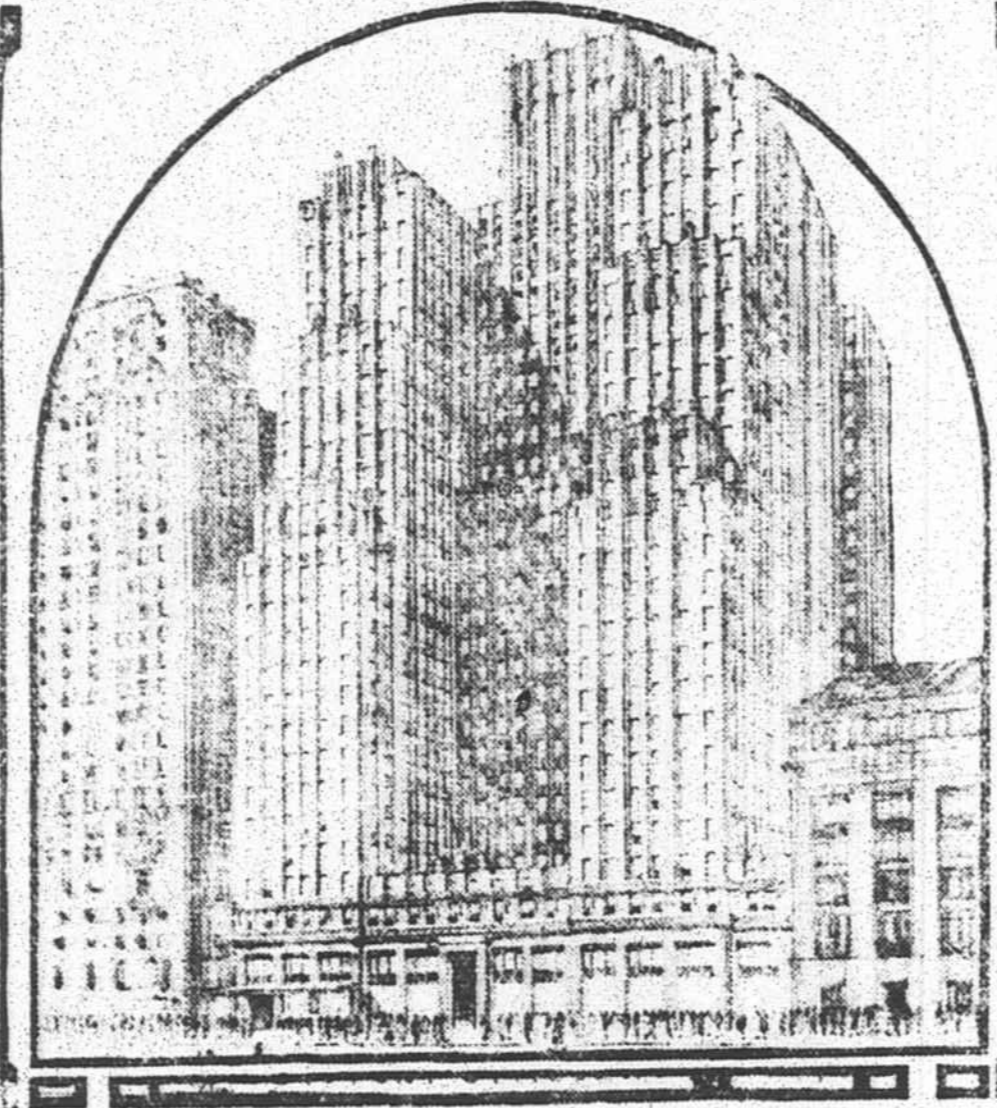
The little village of Gilboa, N. Y., once a prosperous farming center, soon will be the bottom of an artificial lake 100 feet deep, five miles long, and holding 22,000,000,000 gallons of water for the supply of New York City. The town dates from 1790. The waters of Schoharie creek, blocked by an enormous dam, will be carried from this artificial lake through eighteen miles of tunnel to feed the Ashokan reservoir. This view of Gilboa is from the top of the dam.

Mr. Kellogg and Belgium's Debt Commissioners



This meeting of the members of the Belgian debt commission with Secretary of State Kellogg. Left to right: Mr. Kellogg, Mr. Baron De Cartier, Mr. Maréchal, Mr. Kellogg and Mr. Baron De Cartier.

Will Be Largest of Its Kind



Architect's drawing of the office building which is to be erected on Lexington avenue north of Forty-third street, New York city, and which will be the largest structure of its kind in the world. It will be thirty stories in height.

NEW QUETZAL COINS



The Guatemalan government has just received the first shipment of quetzals, the national coin comparable to the American dollar, from the design made by an American artist, W. Clark Noble of Washington. The central motif of the design is the quetzal, Guatemala's national bird, a beautiful, long-tailed, brilliant bird which never lives in captivity.

Not So Bad, Says This Midshipman



Twelve hundred midshipmen, making their annual cruise, are visiting Puget Sound and the cities thereon, and this picture of one of them who was captured ashore and rushed to a garden party in Seattle indicates that they are having a rather pleasant time.

SHE IS TEST GIRL



Barbara Manners is one of the most photographed girls in Hollywood, but you never see her picture on the screen. She works opposite many of the stars, but only for make-up tests on the sets.

SUFFERED AFTER BIRTH OF BABY

Trouble Caused by Getting Up Too Soon. Relieved by Taking Lydia E. Pinkham's Vegetable Compound

Taleville, New York. "I thought it would interest you to know what benefit I have derived from taking your medicine. A few days after the birth of my third child I got up too quick. Then just before my fifth child was born I had inflammation of the bladder and displacement. Seeing your advertisement in a Liverpool (England) paper I began taking Lydia E. Pinkham's Vegetable Compound and that was the best confinement I had. Whenever I feel run-down I always take the Vegetable Compound as a tonic. We have just removed from Brockville (Canada) so I was pleased when the store ordered the medicine for me and I got it today. I would not be without it for any price and I recommend it to ladies around here because I feel so sure it will benefit any woman who takes it." - Mrs. AGNES WOODALL, Taleville, New York.



Women can depend upon Lydia E. Pinkham's Vegetable Compound to relieve them from its peculiar to their sex. For sale by druggists everywhere.

Advertisement for Absorbine, a skin treatment product.

Advertisement for Hancock Sulphur Compound, a medicinal product.

Advertisement for an Antifog Device, a technical product.

Advertisement for a product for cuts, burns, and poisoned wounds.

Advertisement for a duplicating machine.

Advertisement for Resinol, a skin treatment product.

Advertisement for Wintersmith's Chill Tonic, a medicinal product.