

# BRUCE BARTON Says:



**Looking Ahead**  
Everywhere I find men's backs turned upon present discouragements, and minds busy with better goods, better methods, better ideas, better living.

I spoke to the head of a company about it. He said he had recently been holding a meeting of their English representatives. He told them casually that the company had hired an engineer and assigned him the task of making a world survey of their sources of raw materials for the next twenty-five years.

One of the Englishmen exclaimed: "Counfound you Yankees! What English company would ever think of hiring a man to look ahead twenty-five years?"

I concluded that it is a waste of time to worry about the future of American business. We have an asset more fundamental than the gold supply, or raw materials or electric power, or climate. That asset is a restless dissatisfaction with the past, a spirit of continuous improvement. As long as we are inspired by that spirit I believe that our future is secure.

**The Brothers Christopher**  
I spent a week-end with my friend Bill Brown, whose famous health farm is just across the river from West Point. On Sunday morning we went to mass at Father Paul's and afterwards the good father came to the farm for dinner.

He told me how he had started his church and boys' school twenty years ago with little backing, and how, though the bills sometimes mount to terrifying heights the money has always come from somewhere at the critical times.

"We live by faith," he said, and his face was a benediction.

"This year has been harder," he continued, "because we have had so many more Brothers Christopher."

"Brothers Christopher," I repeated, "That is an order with which I am not familiar. Who are the Brothers Christopher?"

"Some call them tramps," he answered.

"We are on the Albany Post Road," he explained, "and all sorts of men pass by. Some have left their jobs; some have quarreled with their wives; some are life-long victims of the wanderlust. We have a house for them in which they may sleep, and no questions asked. They may come to the kitchen for their meals, and if they know any trade they may help us with our building operations. When they have stayed

with us as long as they want, they move on."

Listening to his gentle accents, watching the light of benevolence in his fine eyes, I felt encouraged. Life itself is the Albany Post Road. People hear of it only as a highway of business and pleasure.

Yet quietly, by the side of the road, is Father Paul with his friendly hand and cheering word for the Brothers Christopher.

## The FAMILY DOCTOR

(By John Joseph Gaines, M. D.)

### SUPPOSED TRUTHS

How many times we have pounced upon supposed truths, only to find out, after more exhaustive study and experiment—that we were wrong!

For instance I have preached for years that the pipe-smoker may bring himself a lip-cancer by long frequent massage with a pipe-stem. Now, a careful thinker observes that tobacco has little influence in causing cancer; in other words, any sort of stick would cause cancer of the lip just as quickly, used in the same way. No, mama, I'm not trying to encourage the use of tobacco; I'm just telling Grand-dad not to chew any sort of a stick as a habit.

It is known that an exposed corset-stay may bring to light a cancer of the breast. No tobacco about that, but it is a villain, just the same.

And, a fine medical writer tells us that blood-pressure is not permanently made worse by tea or coffee or even salt. That more folks die from lack of chlorides than from excess of them. That the INTELLIGENT use of these things never does harm.

Another thing we learn: If indisposed, go at once to your good family physician, don't seek him as a last resort, but as a very first and best aid in trouble. It will pay you.

We know now that meats are not "deadly poison" to the human organism. To be a "vegetarian" is to be a faddist—and, all faddists are skating on thin ice. Nevertheless a finicky, evanescent public will do as it pleases, with my full consent.

One of my own very satisfactory conclusions is, good common horse sense is a qualification to be proud of.

**SAFE ANTISEPTICS**  
It seems to me that every quack in the country is exploiting some "antiseptic." Nevertheless people DO need antiseptics for emergency treatment.  
The laborer "skins" his hand. It may be a poisoned wound; he has no certain way of knowing, but he must play safe. He has probably a bottle of tincture

of iodine—maybe a little of mercurchrome—quite likely a teaspoonful of carbolic acid at the house. There are no better antiseptics. He may swab the abrasion with either drug in its commercial state, except the carbolic acid, which he must reduce with water, one part to four. Prompt swabbing with the real antiseptic may preserve a limb—maybe life

itself. One must not take any chances.  
We find a skin eruption popping out. We figure on an antiseptic. Well, if pus is in the breaking out, open and swab with peroxide of hydrogen. Everybody knows "peroxide." Then follow with a soothing ointment that protects the skin from further infection. One of the best ointments for the

skin is calomel, twenty grains; oxide of zinc, sixty grains; white vaseline, one ounce. Mix thoroughly. This is a good, serviceable ointment for any skin.  
Bi-chloride of mercury is one of the finest germicides known, in a solution of a grain to the ounce of distilled water. But, this MUST not be taken internally. It is very poisonous taken internally.

To apply a blazing match to a wound is painful, but it beats nothing if you have nothing else with you, and are away from first aid.  
**Intelligence**  
Jimmie—That new girl doesn't seem to be very intelligent.  
Percy—No, she didn't pay any attention to me either.

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