

PLAYING GOLF PAYS DIVIDENDS

So Argues Editor of Country Club; and He Tells How It Is

By the Editor of "Country Club" I said to a friend: "Give me the name of the busiest man you know who takes time off during the week to play golf." The friend puffed at his cigar and gazed thoughtfully at the wall. Then he turned to me. "Victor Girard," he said. "Real estate, you know." I went to see Mr. Girard and waited half an hour in his outer office while the line of people ahead of me gradually grew shorter and shorter until my turn came. I concluded my friend had made a wise selection. I had never been in a busier place. Every member of the big force of employees seemed to be going at top speed. Finally I was admitted to the inner room. "Mr. Girard," I said, "how do you conduct your big business and still find time to play golf during the middle of the week?" "Mentally alert," are the words that come to your mind as you look at Mr. Girard. "Physically fit" is another phrase that occurs to you. "If I didn't find time to play golf during the middle of the week I couldn't conduct my business," was his answer to my question. "That's odd," I said. "Nothing of the sort," he replied. "It's natural. I play golf every Wednesday afternoon, every Saturday and every Sunday. Of course I enjoy it, but if I didn't I would play as a matter of business, anyway. Getting out in the open air that way keeps my mind and body in shape to tackle the problems that confront me on my working days. I never let anything stand in the way of my mid-week golf. If I did I wouldn't be in mental or physical condition to meet the demands of business. I know from experience. By spending as much time as I do on the links I can accomplish more in the way of work than I could if I spent all my time in the office." "I know men who say they haven't time to play golf," I ventured. "So do I," Mr. Girard snorted in great disgust. "They are fooling themselves. As a matter of fact, they haven't time not to play. If they took time to play they would do their work better and in less time, and they would have more time, really, because they would add years of useful activity to their lives. "Any business or professional man who is actually busy must take time to play, otherwise he is old when he should be young. Men old in years are young in body, mind and spirit if they play golf. Think over the names of the men you know who are too busy to play golf. Everyone of them 50 years of age or more looks ten to twenty years older than he actually is. Now think over the names of those men you know who play golf regularly. They all look ten to twenty years younger than they actually are. If they are past the half-century mark, isn't it a fact?" "It is a fact," and I admitted it. "Golf an old man's game?" questioned Mr. Girard. "Say, if they begin it before they are 40 they never grow old. Nature takes

THE SHERWOOD PLAN

By H. ADDINGTON BRUCE
Author of "The Riddle of Personality," "Self-Development," Etc.
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From Sherwood, a Wisconsin village, comes a public health suggestion that might well be given practical application by communities everywhere. Its aim is to lessen the occurrence of contagious diseases of children. Today it is pretty generally the custom to exclude from school attendance children known to be afflicted with any disease which they might by contact transmit to other children. Wherever there is a rigid quarantine, epidemics of disease among children have been far less frequent than used to be the case.

Still, even the prevailing quarantine system has not sufficed wholly to check epidemics. Every once in a while measles or diphtheria or some other disease of childhood becomes epidemic, to the chagrin of the local health authorities, causing temporary shutting down of schools, and, worst of all, the death or serious illness of many little ones.

In part, at least, this unfortunate condition is due to the fact that diagnosis of some contagious diseases is difficult during their early stages, and pending diagnosis children suffering from them, yet not ill enough to be abed, may, through continued attendance at school, serve as starting points for a deadly epidemic. It is against this cause of epidemics that the Sherwood plan strikes.

Briefly, the health authorities of Sherwood have ruled that whenever a child develops symptoms—rash, or sore throat, or whatever it may be—possibly indicative of some communicable disease, that child must stay away from school until the nature of the malady giving rise to the suspicious symptoms is definitely ascertained.

Also precautions are to be taken to make sure that while away from school the child will not play or otherwise associate with other children. Until a medical decision is reached the child must be isolated and its home placarded with a sign stating that whooping cough or diphtheria or scarlet fever, etc., is suspected.

"This idea of isolation first and diagnosis afterward," we are informed in a report from Sherwood, "has proved successful even though it involves considerable personal inconvenience. The prevalence of communicable disease has been greatly reduced and school attendance has been increased."

Comment surely is unnecessary. Even the most ardent upholder of "laissez faire" theories must concede the merit of the Sherwood plan.

The marvel is that it has remained for a little Wisconsin village to establish this system of quarantining and placarding on suspicion. In view of the known virulence of many contagious diseases and the rapidity of their spread, it is a system which obviously should have been established long ago.

And not as regards children's diseases alone. There are numerous diseases of adults—notably influenza—which common sense indicates as calling for isolation on suspicion. Such isolation would to some extent involve personal and community loss, but nothing like the loss and suffering and sorrow involved once an epidemic gains a foothold.

care of that. She's a wise old bird. She gives us just what we deserve. These fellows who are too busy to play golf take better care of their automobiles than they do of their bodies. And the funny part of it is you can buy a new automobile, but you can't buy a new body. When the one you have wears out you are an old man, whether you have seen forty or a hundred birthday anniversaries." With the Oakmont Country club of Glendale planning to start construction work on its golf course and clubhouse about December 15th, and the new hotel practically assured to this city, Glendale bids fair to become famous all over the country as an ideal spot for the winter tourist. We have only to turn to Pasadena and behold the enviable reputation it has made for itself as a tourist resort due to the fact that it has the hotels and playgrounds to take care of the vast throngs who flock to the Southland to escape the rigors of the eastern winters. In the very near future Glendale will be in a position to accommodate its full share of our eastern visitors who first come west on pleasure bent, but after seeing the beauty and wonderful advantages of California has to offer them eventually return to make their home here.

HOME NURSING and HEALTH HINTS

"ALL THINGS WORK TOGETHER."

"It seems to me," said the elderly woman a trifle acidly, "that trained nurses are a sight of trouble, flying around asking for pieces of flannel and muslin and cans of mustard and baking powder not to mention cups, spoons, knives, towels, safety pins, and what not." The trained nurse had just disappeared up the kitchen stairs for the hundredth time. It was all about a mustard plaster, this running up and down stairs, this asking for bits of flannel and muslin and cups and spoons, etc.

"Now, if I were told to put a mustard plaster on Howard's chest," continued the woman—observing that in Nora the cook she had at least an interested audience—"I should simply stir up some flour and mustard, equal parts of each, and add the mixture into a piece of muslin. Then I would put it over the pain and leave it used until I thought it had been on long enough. It's simple."

"But extremely unscientific," said the nurse who had come down the stairs and heard every word.

"Well, I don't see why," began the woman, flushing slightly.

"For one thing, mustard and flour in equal parts would positively burn the patient. The usual proportions are one part of mustard to two or three of flour for an adult, and one part mustard to six or eight of flour for a child."

"Twenty minutes is the usual time to leave a mustard plaster over a painful area," continued the nurse, "but sometimes ten minutes is enough."

"Why did you use tepid water for mixing it?" asked the woman, aggressively.

"A mustard plaster is a counter-irritant," said the nurse. "Its action is due to a volatile oil which is developed by a ferment contained in the mustard. Very hot water destroys this ferment. Tepid

water is best to use."

"For age people or children it is well to add a little sweet, or olive oil to a mustard plaster. It softens and to some extent protects the skin, which is more sensitive in age or extreme youth."

"What do you want warm water and a wash-cloth for, when you are applying a mustard plaster?" asked the woman. "I think you trained nurses make yourselves a lot of unnecessary work."

"The nurse looked at her, knowing full well that what she meant was 'making the household into which you come a lot of unnecessary work.' 'There are any amount of wrong ways to do a thing, but only one right way,' she explained. 'And the right way is usually the best in the end, don't you think? As for the wash-cloth, it is to wash the skin as soon as I remove the

mustard plaster. If particles of mustard adhere to the skin blisters are the result. Blisters and burns, after the application of mustard or poultices, are reflections upon the nurse. Some skins reddened more easily than others, especially blond skins. Sometimes I apply oil or cream after I wash the skin. Always apply a piece of flannel or a pad of soft wool afterward. It's simply a matter of procedure, of course."

A HINT FOR THE GLASS CABINET

When housecleaning the glass-ware this fall wash the glasses in hot water and then plunge into cold water into which a tablespoonful of starch has been dissolved. Drain until dry and polish with a linen cloth. They will fairly glisten.

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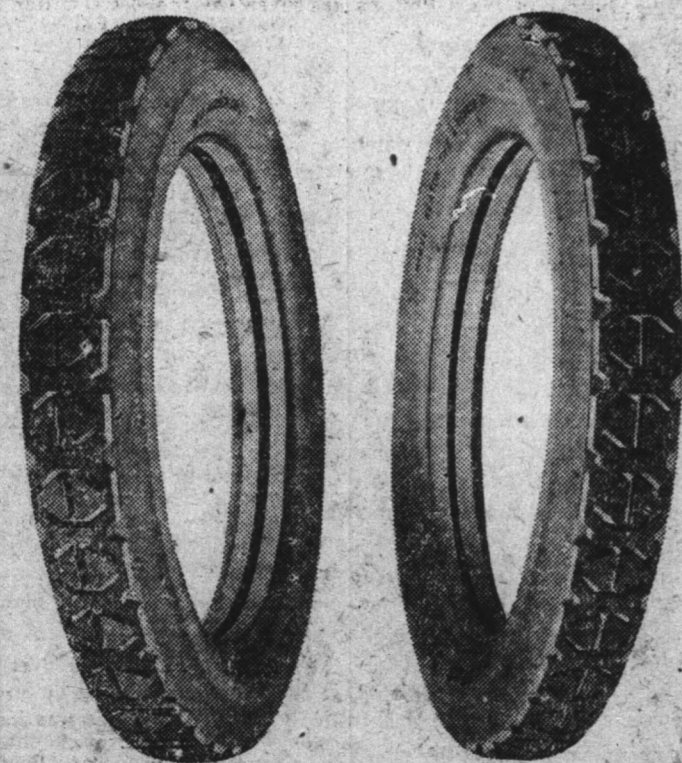
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CHRISTMAS SPIRIT AT CHAPTER L MEETING

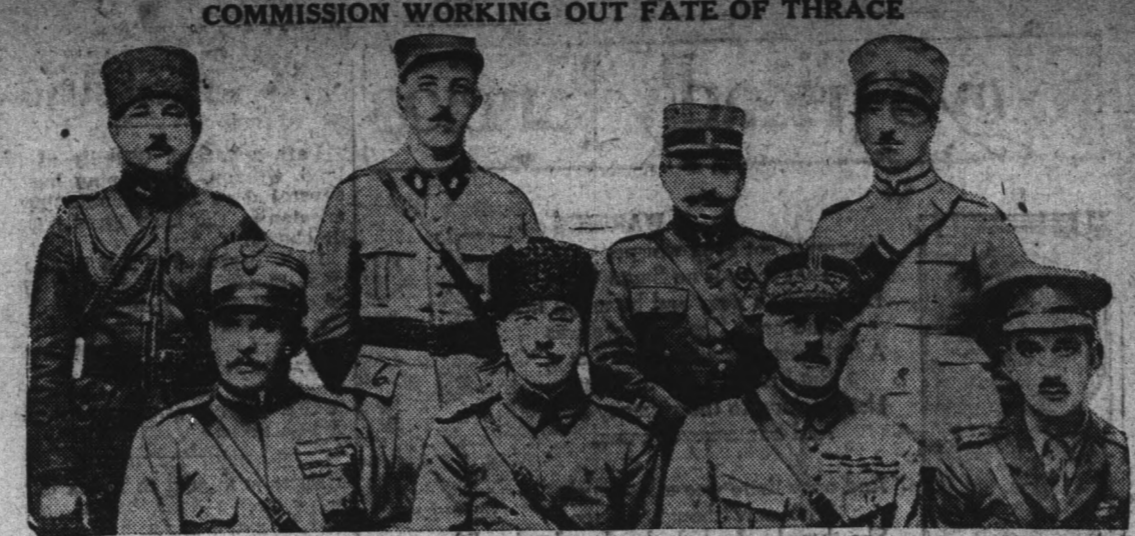
A very interesting musical program carrying out the Christmas spirit was given at the all-day meeting of Chapter L, P. E. O. held Wednesday at the home of Mrs. Warren Roberts...

At the Theatres "GALLOPING KID" AT THE GLENDALE THEATER

The crumbling ledges of Montezuma's famous old castle in Arizona furnish some unusual exterior settings in "The Galloping Kid," Hoot Gibson's latest Universal starring vehicle...

"KICK IN" CLOSES THIS EVENING AT T. D. & L.

Tonight will see the last performance of that stirring drama, "Kick In," with Betty Compson, Bert Lytell and May McAvoy at the T. D. & L. Theatre.



Inter-Allied Commission members. This is the sub-commission of the Allied commission that is working out the fate of Thrace...

This is the sub-commission of the Allied commission that is working out the fate of Thrace, to be submitted to the main body meeting in Lausanne, Switzerland.

MRS. HUCK KEEPS FIT FOR HER NEW DUTIES AS CONGRESSWOMAN ON CAPITAL GOLF LINKS



Mrs. Winifred Mason Huck, elected to serve the unexpired term of her father, the late William E. Mason, who was congressman-at-large from Illinois...

DID YOU EVER STOP TO THINK

By E. R. WAITE, Secretary Shawnee Oklahoma Board of Commerce. THAT a city worth living in is a city worth working for.

THAT the wise advertiser knows that the "magic key" to the tremendous city and rural market, is through the advertising pages.

THAT for some unaccountable reason some cities think they can have a housecleaning without any inconvenience.

THAT it would be very inconvenient for those citizens who will not help to make their home city a greater city.

THAT every time you see an advertisement of one of the businesses of your city, someone is talking to you.

THAT you should keep your eyes on the advertising columns. They are a bureau of information for all.

STUNNING COATS. Stunning motor and top coats exploit the use of wide stripes and large checks.

A TAILORED FROCK. Touches of coral color are used with effective results on a tailored frock of beige tulle.

GLOBE BUILDERS SUPPLY CO. PRICE, QUALITY AND SERVICE IS WHAT SHINES AT THE. GLOBE BUILDERS SUPPLY CO. "OUR PRICES ARE LOWER" FIRST GRADE RED OR GREEN SLATE ROOFING...

AMERICAN PANAMA DEVELOPMENT CO. "WHITE GOLD" SUGAR. Tax Exemption Cheap Labor. Assured in an Established Growing Industry. Do you know that YOU can share in the tremendous sugar profits of the world...

FOUND ON BENCH

Alfred Culver, 23, of San Francisco, and Clayton Grant, 22, of Los Angeles, were found lying on a bench at the corner of Park avenue and Brand boulevard at about 3:45 o'clock this morning...

NEW PAY SYSTEM

A new method of wage payment is being instituted by City Controller H. C. Salisbury. Up to this time checks have been given employees once each month.

CHIC VELVET DRESS

Wide turn back circular cuffs faced with old blue taffeta and edged with rose color ribbon are an interesting feature of a day dress of black chiffon velvet.

A SMOKING STAND

An amusing smoking stand of painted wood has a very decorative parrot whose body is a large pipe cone in brilliant colors.

TO RENOVATE SERGE

Serge can be renovated successfully by washing it in soap-bar.

WOMEN'S RELIEF TO ATTEND FUNERAL

The members of the Women's Relief Corps, G. A. R., will conduct the funeral service of Mrs. Mary K. Smith, to be held Friday afternoon at 2 o'clock at L. U. Soevern Undertaking parlors.

BUILDING PERMITS

The following building permits were issued up to noon today. S. S. Beran, 1529 East Broadway, 10 rooms, \$15,000.

THE DAILY PRESS CLASSIFIED BUSINESS DIRECTORY

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