

OUR PAGE

6117 St. Clair Ave., Cleveland, Ohio

Kay**Jay**

Tells of Beauties and Views of West

La Salle, Ill.—With the true artist's eye for the beauties of nature, Frank H. Costello, La Salle youth who is now serving in C. C. C. Company 1655, at Mist, Ore., informed readers of the Post-Tribune, particularly parents of boys in the West, of the wonders to be seen as the reforestation army contingent was moved West from Jefferson Barracks, Missouri.

Sections of the letter, which are of interest to all, follow:

"We left Jefferson Barracks Thursday, June 22, at 8 o'clock in the evening. We arrived at St. Louis about 9:30 in the evening and we didn't see anything until the next morning. We went through Missouri, to Illinois, thence to Wisconsin; from there we took the Northern Route through Minnesota, North Dakota, Montana, Idaho, Washington and then across the river into Portland, Ore. From there we went into Clatskanie, on a local train, and arrived Saturday night. We stayed until 4 o'clock Sunday morning, when our company trucks came for us and transported us to Mist. Only a little town, situated about one mile from where our camp is located.

"We didn't begin to see any scenery that would attract attention until we got into Montana; things began to get beautiful. There were mountains here and they were visible from about 100 miles away. These were probably the first mountains that many of the boys ever seen. Many of the boys were getting anxious to get a glimpse at the mountains, because we had been riding for about two days and night, as it was, without seeing anything but bad lands.

"Things began to move fast from then on. We arrived in Glacier National Park at about 7 o'clock in the evening, and talk about a beautiful spot. As soon as we entered the National Park we saw the railroad station marked Glacier National Park; from then on our train began to twist and curve through big forests of pine trees, as it proceeded up steep, twisting mountain grades. In the distance we could see snow-capped mountains shining beautifully as the sun began to set down behind them. We then crossed a bridge which I was told was the highest on the G. N. system. This bridge, according to my estimation, was about one mile deep. The canyon walls were beautifully colored, with a swift, foaming river below to add to its attraction.

"Our train went out of sight around a curve and then it came into sight again to turn the opposite direction. It twist-

Just a Love Tap

A Negress came to the hospital with a badly broken jaw. The doctor questioned her as to how she got it. She gave evasive answers. Finally she admitted she was "hit with an object."

"Was it a large object?" asked the physician.

"Tol'able large."

"Was it a hard object or a soft object?"

"Tol'able hard."

"Was it coming rapidly or slowly?"

"Tol'able fast."

Then, her patience exhausted, she exclaimed: "To tell de truf, doctor, I was jest nachly men bound, how beautiful this kick' in de face by a gemman like."

—Yeoman Shield.

ed and curved like a crawling snake. It began to get chilly out this way and the boys put on their army coats in order to keep warm. Every head in the train was poked out of a window admiring the beauty of the mountainous country.

"We passed through tunnel after tunnel, mountain village after mountain village. When we got to the top of the mountains we could see snow about 30 yards away from us. Below us about 15 feet we could see the tourist cars passing by on the highway.

"Some areas were burned recently because we could see that the new growth hadn't as yet begun to set in. One is surprised the way a forest fire can destroy the beauty of a spot.

"We would go up steep grades for five and ten miles at a time, and then we would go down for the same distance, twisting, curving, brakes grinding and throwing sparks. The shrill of a train whistle is sometimes a dreadful sound, but when it is heard while going through the mountains it really is a nice sound, it seems to put excitement into the trip. Mountains here were straight up and down; in order to see the tops we had to stretch our necks like one does when he looks at a skyscraper.

(To be continued)

FRATERNAL LOVE

The sufferings of humanity apparently are the best news in the world, for it is suffering that is most prominently headlined in the newspapers. If a number of people are injured in a railway accident, you'll find a report of it in the first column front page. All mankind is interested in the sufferings of others. The two greatest dramatic efforts are the book of Job and Shakespeare's Hamlet and they portray suffering in all its horrid aspects. Nothing shows so well the meaning of life as suffering, hence the heights to which poets are lifted in the treatment of it. Man responds quickly to the call of a fellow-being in distress. "He listened always if one cried to him for help" may be said of even the criminal and the vicious. Sympathy and pity for those who are suffering is inborn in every human breast.

The fraternal societies have a field of their own and only they may occupy it. Some are planning to occupy it in a large way; others are trying to follow in the footsteps of the commercial companies. Since there are over three hundred companies, it seems that the latter are content to be camp followers. This subject was discussed at a meeting of the Canadian Fraternal Association by Prof. M. A. Mackenzie of the University of Toronto. Several years ago the Canadian government employed Prof. Mackenzie to readjust arbitrarily the fraternal societies that had not voluntarily adopted a sound basis of operation. His work resulted in complete solvency for every society in that country. The members of the C. F. A. desired to hear his views on the future. He told the convention that he foresaw, as a result of safe and sound insurance, a greater popularity for fraternal operation. But, he added, that popularity depends upon the societies occupying their special field, which, in truth, is the greatest field for life insurance. That field is the protection of homes and families through fraternal, mutual co-operation.

A fraternal society may pro-

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1. Use one side of paper only.
2. Manuscripts written in pencil will not be considered.
3. If possible typewrite material using double-spacer.
4. All contributions must be signed by author. Name will be withheld from publication by request.
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Editor: Stanley P. Zupan.

REASONS FOR EXISTENCE

In a weekly letter to field workers a state manager says:

"If fraternal insurance is no better than commercial insurance, we have no excuse for existence." He follows with reasons why fraternal insurance is better for certain purposes than commercial insurance.

It is true that commercial companies are giving the best of service in the field of business insurance. They have perfected their policies and their sales organizations to the point which seems to be as far as they should go. Indeed, it is declared by experts that the old-line companies in their mad scramble for business have ignored the principles of good underwriting. But in the humane undertaking of co-operation for home and family protection their service falls short.

The fellowship and co-operation provided by fraternal insurance societies have always been attractive to those needing protection for loved ones. Even before the fraternal system had its start in this country people could buy commercial life insurance, and it was available during the years that fraternalism spread so rapidly. In a fraternal society the members were permitted to organize for their mutual relief. They gave charity. They directed the management through representative government. The only period in which fraternal societies saw their popularity diminished was during the period of readjustment—a necessary and drastic proceeding.

The fraternal societies have a field of their own and only they may occupy it. Some are planning to occupy it in a large way; others are trying to follow in the footsteps of the commercial companies. Since there are over three hundred companies, it seems that the latter are content to be camp followers. This subject was discussed at a meeting of the Canadian Fraternal Association by Prof. M. A. Mackenzie of the University of Toronto. Several years ago the Canadian government employed Prof. Mackenzie to readjust arbitrarily the fraternal societies that had not voluntarily adopted a sound basis of operation. His work resulted in complete solvency for every society in that country. The members of the C. F. A. desired to hear his views on the future. He told the convention that he foresaw, as a result of safe and sound insurance, a greater popularity for fraternal operation. But, he added, that popularity depends upon the societies occupying their special field, which, in truth, is the greatest field for life insurance. That field is the protection of homes and families through fraternal, mutual co-operation.

Do not criticize your part in the play; study it, understand it, and then play it—sick or well, rich or poor—with faith, with courage, and with proper grace."

TOOTH TALKS

Dr. J. W. Mally

Saliva

Saliva is a mucoid fluid found in the mouth. It is a secretion from the various glands that open into the mouth, and from innumerable mucous glands of the mucous membrane of the floor of the mouth, cheeks, inner lining of the lips and palate.

The amount of saliva secreted varies with different individuals. It is influenced by temperature, habit, exercise and diet.

The normal average flow of saliva is about two ounces, or what is equivalent to a small glassful, every hour.

Saliva normally is colorless. It will, however, assume specific colors for various diseases. In gouty eczema it assumes a greenish color, in chorea (St. Vitus dance) a brownish color, in rheumatism a golden yellow, and in certain cancers a blackish color.

Saliva is odorless, except in certain ailments, then it may be either sweet, sour or ammoniacal. Normally saliva is tasteless, in digestive disorders, however, it becomes bitter, in diabetes it turns sweet, and in metallic poisonings it takes on a metallic taste. It is not an antiseptic, its protective property is purely mechanical.

The functions of saliva are to moisten the food, lubricate the bolus (rounded mass of food prepared by the mouth for swallowing), to dissolve certain substances to facilitate tasting, to aid in deglutition (swallowing), and articulation, and to digest starches, which it converts into higher sugars. The functions of the saliva ably set forth its importance. There is no need of any further emphasis.

YEARLY MEDICAL EXAMINATION

The general public is interested in knowing that yearly medical examinations have been standardized. Each person examined should have specific counsel based on that person's life, habits and needs. Some of this counsel should be by the spoken word, face to face; some of it can be written; some can be imparted by means of leaflets.

Here are some sample sound rules on mental hygiene taken from "Just Nerves," by Riggs:

"Neither run away from emotions, nor yet fight them."

"Be efficient in what you do. Do not drive tacks with a sledge hammer."

"Do one thing at a time."

"Make clean cut, practical decisions."

"Do not accept hurry as a necessary part of modern life."

"The worst enemy of efficiency, as well as the best ally of nervousness, is worry."

"Keep work, play, rest, and exercise in their proper proportions."

"Do not criticize your part in the play; study it, understand it, and then play it—sick or well, rich or poor—with faith, with courage, and with proper grace."

To produce a work of art you must first master the art of work.

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THE FIRST LIFE INSURANCE COMPANY

JADE

Chicago, Ill.—A green jade

carving valued at \$500,000, the finest example of green jade carving in the history of the world, has arrived in Chicago. The carving was escorted by Chang Wen-Ti, its designer, and a party of 20 Chinese who came with it to the World's Fair—A Century of Progress.

Carved out of a solid piece of green jade, the pagoda, 51 inches high, represents 16 years of continuous work. Records show that more than 1,500,000 hours of exacting labor were put in on it. In all more than 500 jade carvers had a hand in its making, at times 125 working simultaneously upon its separate sections.

Pharaoh, the king, sent for Joseph to decipher these midnight hieroglyphics. Joseph made short work of it, and intimated that the seven fat cows that came out of the river were seven years with plenty to eat: the seven emaciated cows that followed them were seven years with nothing to eat.

"Now," said Joseph, "let us take one-fifth of the corn crop of the seven prosperous years, and keep it as a provision for the seven years in which there shall be no corn crop."

The king took the counsel, and appointed Joseph, because of his integrity and public spiritedness, as the president of the undertaking. The farmers paid one-fifth of their income as a premium. In all the towns and cities of the land there were branch houses. This great Egyptian life insurance company had millions of dollars of assets.

After awhile the dark days came, and the whole nation would have starved if they had not provided for the future. But now these suffering families had nothing to do but go up and collect the amount of their life policies. I say this was the first life insurance company.

aries, Jesuits and Franciscans, were the pioneers of the Cross, of exploration, of colonization, and of civilization. George Calvert, known as Lord Baltimore, a most wise and benevolent law-giver of all ages, was the projector of the Catholic colony of Maryland. When the Revolutionary War broke out not only did many Catholic citizens join the army and navy, but they were also among the most brave of them. Among these were: John Barry, styled the "Father of the American Navy"; Colonel John Fitzgerald, who joined Washington at Cambridge, Massachusetts, and was appointed an aide-de-camp to the general; the Catholic Indians of Maine, who under their chiefs, Ambrose Var and Orono, rendered valiant service. Other Catholic leaders during the Revolutionary War were Charles and Daniel Carroll. Famous Catholic heroes during the Civil War were: Sheridan and Meagher. Chief Justice Edward White and Gov. Smith of New York may be listed as noteworthy patriots of the 20th century.

Besides giving our country great men, the Catholic citizens have, as a whole, benefited our country greatly by providing it with asylums, orphanages, homes for the aged, and hospitals. Our Catholics have also been the first to erect and teach schools and colleges. Catholics have always recognized charity as a duty and for this reason have organized societies and associations whose aims are to promote good citizenship, charity and help the unfortunate both spiritually and temporally.

Thus we see that a good Catholic is a good citizen, one to be trusted and loved by all; hence, his value to the state and country is inestimable.

Hectic Night

Prof: Do you know what happened in 1776?

Frosh: 1776? Gosh! I can't even remember what happened last night.

