

# Unprepared for winter



## his resistance is low.....

To all outward appearances he may seem as well prepared for winter as any one else. There may be a difference, however, in his physical condition—in the amount of *resistance* he has!

Do you think as he does? Have you still the old idea of waiting until you're sick to build up your resistance? Or have you come around to the new point of view? Do you prepare for winter hazards *in advance* by increasing your physical forces regularly every day?

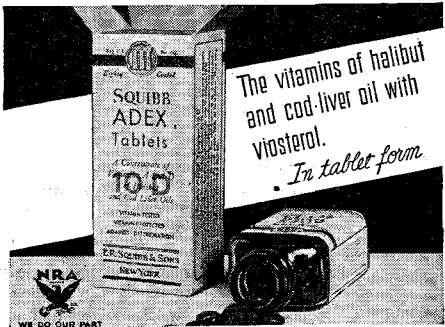
If you aren't doing so, begin now! Follow the example of many other people, and try *Squibb Adex Tablets-10 D*.

You'll benefit from the regular use of this pleasant new type of resistance-builder! With every tablet, you receive an abundance of two health-protecting factors—Vitamins A and D.

These are the valuable factors provided by halibut and cod-liver oils and Viosterol. Now combined in *Adex* tablets!

Squibb prepares these tablets by special processes which ensure their vitamin richness and make it readily available to you. Squibb *Adex* tablets are different from any other concentrate! Take them regularly every day.

Ask at reliable drug stores for them. And specify *Adex*—the resistance-builder made exclusively by E. R. Squibb & Sons, manufacturing chemists since 1858.



## Among the Outstanding Books of the Week

By HAROLD DE WOLF FULLER

**The Hour of Decision.** By Oswald Spengler. Translated from the German by Charles Francis Atkinson. New York: Alfred A. Knopf; \$2.50.

The author of "The Decline of the West," which not long since set the world by the ears, elaborates his thesis in this latest book. To most readers his conclusions will seem grotesque, yet he is at great pains to base his reasoning on historical evidence. Here I shall simply set forth his main arguments.

In this "era of world wars" the author believes that only the Prussian spirit can save the West from destruction. This spirit, the best exemplified in Germany, is not confined to that country and may get valuable reinforcements from all countries, save only France (!) of Western civilization.

What is the danger that threatens us? We are in the midst of a world revolution. This began not yesterday, but fully one hundred and fifty years ago, even before the French Revolution. The danger is twofold; the threat from within and the threat from without. From within is the cancer democracy and its offshoots, with their false doctrine of equality. From without comes the growing recognition

on the part of the "colored" races (meaning Asia, including Russia, which spiritually has now allied itself with Asia, the Negroes, and Indians of the Americas) that the "white" races are softening and slipping and that they themselves, in consequence, are to be the conquerors.

The author's discussion of the revolution from within is centered on leadership. To Spengler life continues to be a continuous battle, after the manner of wild animals, and hence a gifted general, like Napoleon, is a prince. Armies will be the new Governments. This is necessary because of devastating tendencies. Romanticism, for example, prefigures an impossible Utopia of a brotherhood of man. And democracy has shown that representatives of the people are not really representative. The economic interpretation of life proves to be the last straw. It has made tyrants of both labor leaders and capitalists. As a result, Governments operate in the interest of economics; whereas economics should rein-

force the strength and authority of the State.

Spengler's political philosophy is essentially aristocratic. He stands for the hereditary principle. Property handed down from generation to generation is a badge of achievement and culture, and, by the same token, the descendants of ruling families merit our respect and obeisance. The peasant, with his inherited plot of land, can appreciate this. Unfortunately, city

life, with its ephemeral pleasures and get-rich-quick measures, has been enormously destructive of this saner view.

The author's solution is a campaign of education to show the necessity of building up communities of individuals having the Prussian spirit, persons who are beasts-of-prey, willing to fight and die for hardy virtues and untouched by the sentimental idea of equality among human beings.

The second part of Spengler's argument, that which deals with the revolution from without, can also be briefly stated. "It was not Germany," he says, "that lost the World War; the West lost it when it lost the respect of the colored races." "They looked on at the wars and revolutions occurring within this

world of ruling nations and were perforce initiated into the mysteries of armaments, economics, and diplomacy, and thus came at last to question the reality of the foreigners' superiority," and to reflect on the possibilities of attack and victory for themselves. Added to this is the fact that in a country like America, where representatives of nearly all the "colored" races participated in the nation's life, the softening of the "whites" is noted by them with secret satisfaction. But here the author should be permitted to declaim his peroration:

"We can not permit ourselves to be tired. Danger is knocking at the door. The colored races are *not* pacifists. They do *not* cling to a life whose length is its sole value. They take up the sword when we lay it down. Once they were filled with terror at our power . . . To-day, when they are themselves a power, their mysterious soul—which we shall never understand—rises up and looks down upon the whites as on a thing of yesterday."

### Worth Reading

**They All Sang.** From Tony Pastor to Rudy Vallée. As told to Abbott J. Liebling by Edward B. Marks (New York: Viking; \$3.50). Popular songs, their origin and history in New York and around the nation. An entertaining and historical document.

**First Over Everest!** The Houston-Mount Everest Expedition, 1933. By Air-Commander P. E. M. Fellows, Squadron Leader the Marquis of Douglas and Clydesdale, M. P., L. V. Stewart Blacker, and Col. P. T. Etherton (New York: McBride; \$3.50). A graphic account of the expedition which flew over the highest mountain on earth.

**The Nuder Gender.** By Joseph Hilton Smith (New York: McBride; \$2.00). A very amusing romance with a nudist colony furnishing a diverting incident.

**The Economics of the Recovery Program.** By seven members of the faculty of Harvard University (New York: McGraw-Hill; \$1.50). A penetrating criticism of Roosevelt's plan, on the whole not unfavorable.

**Whither Latin America?** By Frank Tannenbaum (New York: Crowell; \$2.00). Material gathered by scrupulous research, the conclusions to be drawn by the reader.

**More Money.** By Charles Grant (New York: Claude Kendall; \$2.00). A novel with the moral that extravagance breaks up homes.

**Cloud Howe.** By Lewis Grassie Gibbon (New York: Doubleday, Doran; \$2.50). The second of a trilogy, this novel of a small Scottish town is decidedly worth reading.

**Fools Rush In.** By Anne Green (New York: Dutton; \$2.50). Again an American girl in Europe.

On the Screen

The screen's best recent contribution to the slice-of-life school of the drama is **This Side of Heaven** (AAA\*), based upon a novel written by, appropriately enough, Marjorie Bartholomew Paradis, and called "It Happened One Day." Directed with considerable skill and sympathy by William K. Howard, one of the ablest of the Hollywood film-makers, the photoplay captures a human, sympathetic and surprizingly real quality which more than atones for the fact

CURRENT FILM RATINGS

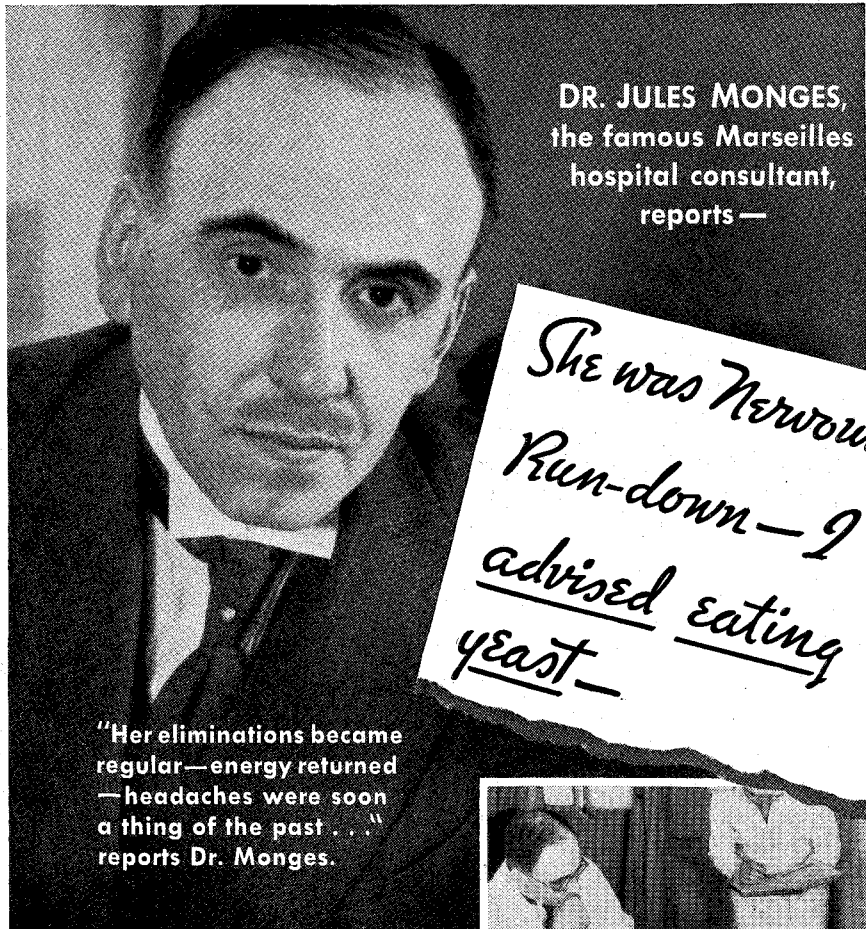
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|---|---|
| <p><b>AAAA</b></p> <p>The Private Life of Henry VIII, The Patriots (Russian), Quatorze Juillet, Counselor at Law, Queen Christina, *Lady for a Day, *S.O.S. Iceberg, *F.P.I., *The Prize-fighter and the Lady, *Little Women, *Cradle Song.</p> | <p><b>AAA</b></p> <p>*Too Much Harmony, *The Man Who Dared, *Paddy the Next Best Thing, *The Kennel Murder Case, *Christopher Bean, Lady Killer, Mirages de Paris, I Was a Spy, I Am Suzanne, Nana, *This Side of Heaven.</p> |
|---|---|

AAAA—Outstanding films  
 AAA—Recommended films  
 \*Films suitable for children.

that it is certainly no masterpiece of plot inventiveness. The story deals, amid more than a suggestion of sentimentality, with twenty-four hours in the life of a middle-class, urban American family. The mother has just sold a story to the motion-pictures; the father is suspected of embezzlement; one of the daughters is about to marry the wrong man; the younger daughter is undecided between eloping and going to college, and the son has just been turned down by a college fraternity. It can be seen that the picture does not presume to present exactly an average day in the life of an average family. But, altho the incidents may be heightened to a point of sentimental melodrama, the people concerned always manage to be real, alive and likable.

Since the writing of the film has not been any too adroitly managed and the plot maneuvers are not remarkable in their dexterity, the humanness and charm of the picture would seem to be chiefly attributable to the work of the director. It is even likely that Mr. Howard is in part responsible for Lionel Barrymore's excellent work as the father. Of late, Mr. Barrymore has been giving away more than usual to his characteristic propensity for giving a side-show, rather than a characterization; admirable side-shows tho most of them have been. Here, however, he is always restrained and believable. Miss Fay Bainter, of the stage, makes her screen debut as the mother, and plays effectively, and there are helpful portrayals by Mary Carlisle, Mae Clark, Tom Brown and Una Merkel.

**Moulin Rouge** (AA)—Constance Bennett in a dual rôle in a musical comedy film that is, in story, a sort of feminine version of "The Guardsman." The plot doesn't make a great deal of sense and Miss Bennett is not at her best in the musical numbers, but there are good performances by Tullio Carminati and Franchot Tone, and the film is mildly pleasant. ARGUS.



DR. JULES MONGES, the famous Marseilles hospital consultant, reports —

"Her eliminations became regular—energy returned—headaches were soon a thing of the past..." reports Dr. Monges.



"SHE HAD frequent headaches—always tired—losing weight constantly. Examination showed constipation . . .



"FLUOROSCOPE showed her colon clogged...condition aggravated by large doses of cathartics. I advised yeast . . .



"SUCH AN IMPROVEMENT! Eliminations were regular. Energy returned." (X-ray shows typical healthy colon.)

YEAST can help you get rid of that tired feeling—indigestion—headaches—loss of pep—as it helped in the case described by Dr. Monges, famous Head of Dept. of Internal and Gen'l Pathology, Faculty of Medicine, Marseilles, France!

Fleischmann's Yeast is a food, with these "corrective" properties:—

**CONSTIPATION.** It softens the waste in the body, strengthening the muscles that move it. Elimination becomes regular.

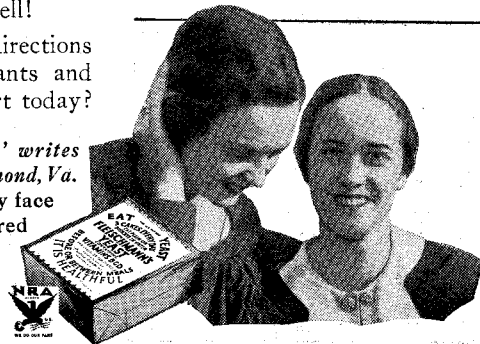
**INDIGESTION.** All the way from stomach through the colon it stimulates—increasing the flow of digestive juices. Appetite sharpens. Food digests better.

**TONIC ACTION.** Your whole system is "energized." (Fleischmann's Yeast is the richest of all foods in the group of 3 indispensable vitamins—B, D and G.)

As yeast "tones" and nourishes, your strength returns amazingly. Colds, headaches, often stop entirely. Your skin takes on new life . . . is rid of pimples, boils, blemishes. You look so well!

Simply eat 3 cakes daily—directions on label. At grocers, restaurants and soda fountains. Won't you start today?

★ "I HAD HEADACHES," writes Dahlia Upchurch (at right), Richmond, Va. "—and pimples broke out on my face . . . Fleischmann's Yeast had cleared a friend's skin. I tried it! Soon—no more headaches. My skin cleared. I began to feel so well!"



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