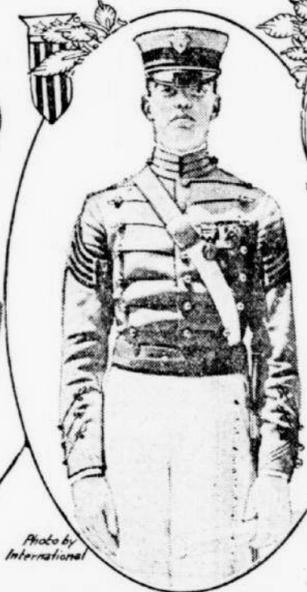


# The American Man

### His Height, Weight and Other Qualities As Shown by Army Records of Surgeon General, U.S.A.



"FIGHTING SOLDIER OF THE A.E.F." Photo by International PETER MONTANA



WEST POINT HONOR MAN



Rhode Island had the largest relative number of men who were below the required military height, the largest percentage of those below the required military weight for their height, and also the largest percentage of those who were regarded as obese. In other words, the population, which was composed to a considerable extent of South Europeans and French-Canadians, ran to the extreme. The men from certain of the other states, and especially from the North Central and Northwestern states, were much better proportioned.

"It was a matter of surprise to many that the actual gain in weight of the men while in military service was only about three and one-third pounds. There were premature reports of average gains of from 12 to 15 pounds. What actually happened, however, was that the lean men became more robust, while those who were overweight were trained down to their proper proportion.

"The average height or stature of 1,000,000 men was 67.39. The shortest men came from Rhode Island, 66.4 inches; the tallest from Texas, 68.4 inches. Considering the population groups, the tallest men came from the mountain area of North Carolina. These men were of Scotch descent and averaged 68.07 inches.

"The average weight for the United States was 141.54 pounds. The heaviest men were from South Dakota, 146.96 pounds, and the lightest from Rhode Island, 136.44 pounds.

"In each 100 men from the urban districts there were 61 defects noted, and from the rural 53. Chicago, 62, and Boston, 69, were above the average for the cities, while Philadelphia, 60, and New York, 60, were both below the average.

"Of the individual defects, that which was recorded most frequently was flat feet, 11.7 per cent of the men examined. Nineteen and six-tenths per cent of all defects noted were for this one.

"The effect of race upon the relative frequency of this defect is shown by the fact that the sections with 45 per cent of negroes had relatively a much smaller number of cases, 7.5 per cent, than those of the Scandinavians, 12.8 per cent, those of the Germans and Scandinavians, 11.8 per cent, or of those of the Germans and Austrians, 12.4 per cent. Consequently, the states of the North Central section and of the Northwest had a relatively high percentage of cases of this defect.

"Flat foot was noted only 77 per cent as frequently among the men from the rural districts as among those from the urban.

"According to the best information available, venereal diseases were noted in 5.7 per cent of the selective service men who were sent to the military camps. Five and eight-tenths per cent of all the diseases noted belonged to this class. The relative prevalence of this class of disease varied from 16.4 per cent among the men from Florida to 1.3 among those from Vermont.

"The third most frequent defect noted was hernia, the result of insufficient muscular abdominal support, probably aggravated by excessively heavy labor. Of each 100 men examined, four had an actual or potential hernia. Seven and one-tenth per cent of all the defects noted were of this character. The relative number of cases was greatest among the men from Oregon, 11.8 per cent, and least among those from Kentucky, 2.2 per cent.

"The refractive errors of the eye stood fourth in numerical frequency. Of each 100 men, 3.3 had defective vision, due to some character of refractive error. Of all the defects noted 5.9 per cent belonged to this class.

"Two and one-half per cent of all of Class 1 men were rejected as unfit for military service on account of tuberculosis, or of suspected tuberculosis. Expressed in absolute numbers, 94,000 men out of 3,764,000 were unfit for military service as the result of this disease. It was relatively most frequent among the men from certain of the states of the West and Southwest to which either they or their ancestors had migrated on account of it. The percentage of cases was greatest among those from Arizona, 6.7 per cent, and least among those from Wyoming, 1.2 per cent. Arizona was followed by New Mexico, Colorado, California and then Rhode Island.

"A greater number of cases were reported among the men from the cities, 2.4 per cent, than among those from rural districts, 1.8 per cent. The relative number of men rejected for this cause from the four large cities was greatest among those from Philadelphia, 2.4 per cent, followed by New York, 2.3 per cent, Chicago, 2.2 per cent, and Boston, 2.1 per cent.

"One and five-tenths per cent of all of the men examined were rejected on account of mental ab-

normalities. The maximum of cases was reported among the men from Vermont, 3.8 per cent, and the minimum among those from Nevada, 3 per cent. Among the population groups, the highest percentage was among the mountain whites, 3 per cent, and the least among the Mexicans, 1.1 per cent.

"The findings show that the health of the population of the various sections of our country is very materially influenced by a number of factors, one of the most important of which is the character of the population, both foreign and native born. Environment is also of great importance, such as surrounds people in densely populated industrial centers, or in sparsely settled districts; in a healthy plateau section, or in a semi-tropical one with a constant exposure to the possibility of contracting chronic malarial and hookworm infections.

"Occupation also plays an important part; mill work in the South, and lumber work in the North together with employment on the railroads cause the loss of extremities; agriculture is associated with good eyes and straight limbs, and in the South, but less in the North, with freedom from flat foot and distorted toes; standing in shops and walking on pavements in improperly fitted and improperly shaped shoes, together with the more constant use of the shoes in early life, accounts for many of the cases of imperfect feet in the city population; and much school work and much clerical work tends to produce myopia in those so disposed. In early life bad posture at school, especially among undernourished and rickety children accounts for much of the curvature of the spine, and this is especially true in cities with their large percentage of foreign population."

#### Average American of Fighting Age by States.

State	Mean Height Inches	Mean Weight Pounds	Defectives Per 1,000
Alabama	68.01	141.28	427
Arizona	68.15	143.04	410
Arkansas	68.20	141.28	384
California	67.67	143.98	583
Colorado	68.15	141.06	544
Connecticut	66.71	139.82	507
Delaware	67.19	139.45	473
District of Columbia	67.63	140.53	453
Florida	67.58	139.32	541
Georgia	67.99	140.82	453
Idaho	68.10	145.31	479
Illinois	67.40	141.71	471
Indiana	67.75	141.64	416
Iowa	68.04	144.72	425
Kansas	68.20	143.72	354
Kentucky	68.02	140.00	382
Louisiana	67.60	139.62	428
Maine	67.28	141.03	508
Maryland	67.08	140.40	536
Massachusetts	66.76	138.40	535
Michigan	67.23	141.99	457
Minnesota	68.04	146.41	421
Mississippi	68.27	143.23	426
Missouri	67.95	141.43	480
Montana	68.01	146.32	456
Nebraska	68.08	144.74	396
Nevada	67.83	145.35	476
New Hampshire	66.97	140.33	505
New Jersey	66.77	138.81	452
New Mexico	67.50	138.47	458
New York	66.72	139.53	502
North Carolina	68.15	141.49	453
North Dakota	67.92	146.95	438
Ohio	67.38	141.38	421
Oklahoma	68.28	142.35	432
Oregon	68.09	146.38	579
Pennsylvania	66.72	139.72	500
Rhode Island	66.40	136.44	640
South Carolina	67.64	140.49	423
South Dakota	68.05	146.96	373
Tennessee	68.27	140.10	442
Texas	68.40	142.22	402
Utah	67.85	143.13	505
Vermont	67.12	140.33	613
Virginia	67.80	140.34	604
Washington	67.96	145.44	549
West Virginia	67.87	141.53	507
Wisconsin	67.60	144.50	465
Wyoming	67.79	144.61	514
Alaska (Territory)	68.15	150.49	547
Average for U. S. . .	67.49	141.54	

# OUR MAGAZINE SECTION

Interesting Features for the Entire Family

## Something to Think About

By F. A. WALKER

### BEND OF THE ROAD

WHETHER in the work-a-day world, in the lecture room, or in some chosen field of diversion where honor is at stake, you may sometimes become depressed at your slow progress in attaining your heart's fondest wishes.

Your friends seem to go sailing on favorable tides, while you are beset by adverse currents and opposing gales. Or you may be doggedly climbing steep hills while they are striding merrily on a level road with the wind at their back, the sunshine playing hide-and-seek among the gleaming leaves, while the birds redouble their songs to give encouragement and make the journey pleasant.

Ferret-faced men and bobbed-haired, spectacled girls are making their mark, while you with your good-looking features, your stout and healthy body, of which you are admittedly vain, seem all the while to be flitting with open failure, unable to dodge it, in spite of your desire to do so.

Or again, in your frequent moods of dejection, you may fancy that Fate has a grudge against you, and is fully determined to hold you in bondage until the final farthing has been paid, all of which, if you will soberly reflect, is but an absurd phantasm of the mind.

If you have good sense without vanity, a penetrating mind and a disposition to "live and let others live" with a fair amount of energy, there is no reason at all why you should complain.

To deal honestly with yourself in such matters, compare your temperament, manners, industry and dress

with those upon whom you incline to look with scowling eyes and envious heart.

After such an examination, if you should find a deficiency furnish it, summon all your resolution and press forward on the right road. Let no impediment oppress you. To overcome obstacles you must climb over them or seek another course. Do this persistently, faithfully and without faltering, for there is a bend in the road just beyond, where the signboard tells you, as it has been told thousands of others, which way you should go.

Those whom you have been envying, those plain persons whose presence you shun, have within them a fine nobility of soul, which you might with profit to yourself imitate and acquire if you go about it in the right spirit and possibly in the end beat them to the goal.

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## YOUR HAND

How to Realize Characteristic and Temperamental Capabilities as Shown in Your Hand

PREDISPOSITION TOWARD DESTRUCTION

WHILE the average palmist in the palmistry and reader of the hand will have, of course, no disposition to suspect his subject of a suicide, still it is well to remember the indications in the hand which have been found in the past to accompany such predisposition. What are they, that, such signs being interpreted with accuracy, the rash act may be averted?

Therefore, it is well to know the indications in the hand which have been found in the past to accompany such predisposition. What are they, that, such signs being interpreted with accuracy, the rash act may be averted?

An exaggerated first phalanx of the second finger in a hand that is otherwise weak. A mount of Jupiter (the exaggerated first finger) that is joined to the line of health, etc.

## SCHOOL DAYS



## Uncommon Sense

By JOHN BLAKE

### CLOTHES, CONFIDENCE

MARK TWAIN could afford to indulge his delight in unusual and fantastic clothes. He was a genius.

If John D. Rockefeller chose to walk down Broadway in a suit of blue jeans it would not affect his financial standing, although it might create surprise, for his custom is to dress himself rather neatly.

Russell Sage wore the same straw hat for fifteen years; he was able at the same time to get more interest on a thousand dollar investment than almost anybody else in Wall street.

But Sage was an exception. And when he was just out of Troy, beginning his long climb in New York, he dressed more carefully.

The importance of good clothes is the confidence they inspire, not only in the wearer, but in those with whom he comes into contact.

The well dressed man impresses others with a belief in his competence. The man in rusty and baggy trousers is viewed with an eye of suspicion.

"If he is able, why doesn't he dress well?" asks the world.

To the job seeker nothing is so much of an asset as appearance. He need not be dressed as the writer of the fashions-for-men columns would dictate, but his clothes

should be whole and clean, and not three or four years behind the style.

One reason for this is that competent men usually take a pride in their personal appearance and dress well. And the world takes its impressions from custom.

Of course, dressing too well is as bad as dressing too poorly. The flashy clad youth who wears cheap imitations of ultra stylish garments is usually set down as a tin horn gambler, or a horse race follower, and stands a small chance of getting any good job.

But the youth who is careful about buying and keeping his clothes, and who looks as well as he can, will get at least consideration. After that, provided there is any job to get, whether he gets it or not depends upon his manner. And his manner is sure to be the more impressive if he is well dressed than if he is shabbily clad.

(Copyright by John Blake.)

# Mother's Cook Book

The time is upon us as Americans to give of ourselves, of our bodies to toil, of our hearts to effort, of our souls to sacrifice.—Coolidge.

### GOOD EATING

CARROTS are a valuable food and recent discoveries have proven that they contain the soluble vitamin so necessary for growth and health. Carrots in soup and salads, as a vegetable, in pudding or pie, as pickles and conserve—who shall call them the humble vegetable?

#### Carrot Pie.

Take one cupful of mashed cooked carrot, add one cupful of milk, one beaten egg, three tablespoonfuls of molasses, salt, mace, cinnamon and nutmeg to taste and one tablespoonful of melted butter. Mix the crust and bake as pumpkin pie.

#### Carrot and Apple Salad.

Take one cupful each of grated carrot and apple, one small onion grated, a stalk of celery finely chopped, one-fourth cupful of walnut meats broken in bits, salt, pepper and a highly seasoned boiled dressing. Let stand to season for an hour or more and serve on lettuce with a spoonful of mayonnaise.

#### Carrot Sponge.

Take one cupful of grated raw carrot, one-third of a cupful of sugar, one of milk, two tablespoonfuls of gelatin, the white of an egg, salt and

vanilla to taste. Heat the milk and add the sugar. Soak the gelatin in four tablespoonfuls of water, dissolve over heat, then add the milk. Set the mixture aside until it begins to harden around the edges. Beat it well with an egg beater and add the grated carrot, vanilla and fold in the well beaten egg white; turn into a mold. Serve with a soft custard.

Nellie Maxwell  
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## ONCE IS ENOUGH



poor line of fate and many lines ending the line of life. If there is a star at the termination of the line, it is with another star on the line of the moon, it is also an evil sign to be regarded.

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UP-TO-DATE  
"She can paddle her own canoe. Don't say that any more, or she can navigate her own canoe."

(Copyright by John Blake.)

## KIDDIES SIX

By Will M. Mapp

### MY WANTS

I DO not want a fortune great. I do not seek the care of a wife. Nor acres broad on every hand. I do not yearn for jewels bright. To dazzle my poor neighbor's eyes. I do not yearn for power or place. Nor would I take part in the race. For gold—I only ask that I May sow good will while passing by. And that when I am laid low I The cool, green sod, where I shall blow.

Some one will pause a bit, and Declare: "He helped his fellow men."

I do not covet mansions grand. Nor acres broad on every hand. I do not yearn for jewels bright. To dazzle my poor neighbor's eyes. I do not yearn for power or place. Nor would I take part in the race. For gold—I only ask that I May sow good will while passing by. And that when I am laid low I The cool, green sod, where I shall blow.

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## WHEN THE BIRDS TAKE TO JAZZ

Remarkable Performance Described by Naturalist Who Witnessed It in South America.

Writing about the music and dancing indulged in by birds and beasts and creatures of almost all kinds, W. H. Hudson in "The Naturalist in La Plata" describes many of these exhibitions, among them that of the bird known as cock-of-the-rock, which

seems to be a very human sort of exhibition of skill. "There are human dances," says Mr. Hudson, "in which only one person performs at a time, the rest of the company looking on; and some birds, in widely separated genera, have dances of this kind. A striking example is the rupicola or cock-of-the-rock, of tropical South America.

rounded by bushes, is selected for a dancing place and kept well cleared of sticks and stones. Round this area the birds assemble, when a cock-bird, with vivid orange-scarlet crest and plumage steps into it and, with spreading wings and tail, begins a series of movements as if dancing a minuet; he leaps and gyrates in the most astonishing manner until, becoming exhausted, he retires and another bird takes his place."

of these musical and dancing performances, Mr. Hudson discusses the cause of such outbursts. He does not think they have their origin in love and courtship, but believes them to be merely expressions of happiness, of joyful feeling. They are, he believes, fits of gladness, similar in cause and expression to those times of intense elation which civilized man, especially when young, often experiences, when the joy of life moves him to laugh and sing, run and leap

After giving examples of various and about.