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"Stone Walls do not a Prison Make, nor Iron Bars a Cage"

Catholic Physicians' Guild

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tours from the normal currents of a happy and contented life are not more seeming than real, whether the changing viewpoint of today's immodest feminine lure and appeal is, after all, less intentionally vicious and immoral than it is the promptings of a let-loose young generation bereft of a stern parental guidance and aiming at smartness or boldness.

Precocity is encouraged and sex-hygiene replaces the A B Cs. Between the extremes of Puritanical prudishness of the past and the swing and "jitterbug" atmosphere of the present, there must be a mean approaching the sweet, tender and wholesome Hoosier setting of the immortal Whitcomb Riley's "Old Sweetheart of Mine."

It has almost become a trite—but yet how true—solution of the ills which beset us, of the clouds which darken the horizon of human happiness and content-

ment, that it rests in the restoration of lost spiritual values, and a prompt return to Godliness and Faith.

I speak as one who has been through the storms of life. A modicum of success and achievement has attended a long life of effort. A protracted period of training, many years of ministering to a suffering humanity, a long chapter of public health service have formed the complex of an arduous, long and busy life.

May one hope to find in its Winter, thoughts to cheer, hopes to foster and encouragement to assure that the toll the past has paid to the "days of our years" will be redeemed by moral righteousness, the outstanding Faith of our Fathers and, because of these, the clear and wholesome outlook on life which we confidently hope for and predict from the youth of our Land.

**"Stone walls do not a prison make
Nor iron bars a cage."**

Winter is a jailer who shuts us all in from the fullest vitamin D value of sunlight. The baby becomes virtually a prisoner, in several senses: First of all, meteorologic observations prove that winter sunshine in most sections of the country averages 10 to 50 per cent less than summer sunshine. Secondly, the quality of the available sunshine is inferior, due to the shorter distance of the sun from the earth, thereby altering the angle of the sun's rays.

While neither Mead's Oleum Percomorphum nor Mead's Cod Liver Oil Fortified with Percomorph Liver Oil constitutes a substitute for sunshine, they do offer an effective, controllable supplement especially important because the only natural foodstuff that contains appreciable quantities of vitamin D is egg-yolk. Unlike winter sunshine, the vitamin D value of Mead's antiricketic products does not vary from day to day or from hour to hour.