

Airmail Pilot In Mexico Finds Rip Van Winkle Island On Coast

By C. P. Nutter
(Associated Press Staff Writer)
MEXICO CITY (AP)—Cruising up the Pacific coast in the far south of Mexico on the regular Guatemala City-Vera Cruz air run, Sigurd Varian, Mexican Aviation company pilot, encountered an experience that might have befallen a wandering Spaniard in the sixteenth century.

Storm clouds settled on the plane until Varian was forced down within a dozen feet of the sea, at which point he decided to land and think it over. But while looking for a dry, firm part of the beach, the clouds and fog met the sea, and he sat down immediately on a soft narrow sandbar a quarter of a mile from shore.

His plane misbehaved in the soft sand and headed for the Pacific whereupon he applied the left landing-wheel brake and ground-looped. A two-gallon thermos-jub, which comprised part of his emergency rations, likewise executed the loop-the-loop, completing its course by bouncing off the back of Varian's head.

When Varian recovered a half hour later he found that time had slipped backward several centuries. His crippled plane was surrounded by a score of thoroughly primitive Indians, dressed in breech cloths and speaking a strange language.

Varian had landed at the only primitive fishing village in a hundred miles of coast line of the State of Chiapas. His Spanish vocabulary was about two score words and after some time, he found a native who had been "outsider" and who likewise knew a few Spanish words. All the other Indians spoke only a native dialect, probably

Mayan, dating back four or five centuries.

For two days, until his companions located his plane, Varian lived with the Indians whose life has advanced practically none at all since the Spanish conquest.

Their sole diet was fish from the Pacific and cakes and tortillas made from corn, which was obtained by trading dried fish for corn at an interior point fifty miles away, across a great swamp.

When the villagers prepared to eat they pulled in a fishing net made of twisted tree bark, and catch and threw them into a large receptacle, which appeared to have been washed in from a shipwrecked vessel.

When finished the natives drank with relish the liquid formed by the cooking fish and then picked over the fish meat. Varian passed up the soup and lived off unseasoned fish until help came. He reported the natives treated him with every courtesy giving him freely of everything they had except tobacco, which they rationed out cautiously because of its scarcity. They made cigars by crumpling up tobacco leaves and wrapping the dirt into a whole leaf, which was lighted from their ever-burning campfire.

Two days after Varian had been rescued and had returned to Vera Cruz, there arrived at that city the telegram which he had dispatched by an Indian runner to the nearest telegraphic point, advising his superiors of his predicament and location. The dispatch bearer had crossed the swamp to the nearest inland town, from which place a horseman had carried the telegram to a farther inland railroad point.

pain, and when there is nausea or vomiting the cause should be sought. If the individual recognizes the cause, the indigestion can be corrected by himself. However, as soon as he does not recognize the cause he should seek medical advice. Indigestion may be caused by any one of the following: too eating of indigestible food; too much spice; too much condiments; too much sugar; too much fried food or too much soup; eating too rapidly; drinking too much ice water between meals; smoking too much; eating too soon after laborious work; working too soon after a hearty meal or being too tired mentally or physically to eat.

Musk Oxen Decreasing
Musk oxen are now found only in Arctic America and their number is steadily declining.

Doubtful Reward
If you are patient the man who says he doesn't know anything worth telling will tell it.—Toledo Blade.

Workers Live in Domes
In the dome of St. Peter's cathedral, Rome, 450 feet above ground level, there are living quarters for workmen permanently employed to keep the building in repair.

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COMMON SENSE IN EATING URGED

Going Without Breakfast Generally All Wrong, Dr. Stricker Says.

By Dr. Frederick Stricker
There have been, and are, many diet fads. Going without breakfast is a fad. It may be all right in individual cases, but generally it is all wrong. These people frequently eat enough at dinner to last 24 hours, overworking their digestive systems and throwing a sudden load on their organs of excretion. Common sense in eating, with a well-balanced diet, and cutting out such foods as are not properly digested or excreted, and noting the general health of the individual is the only way to acquire the end desired by a change in diet.

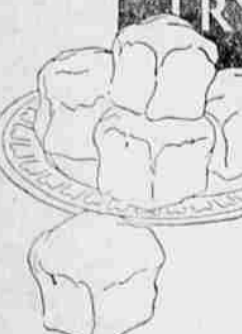
Food should not be eaten too fast and should not be taken too hot or too cold. Any violent exercise after meals is inadvisable; neither is it advisable to lie down and sleep after a heavy meal. There is no more harm, if one requires it, in taking some simple, easily digestible food at bed time than there is for a baby to be fed and put to bed.

Rest Before Eating
When one is very tired, he should not eat immediately. His digestion will be prevented. Mild nervousness, disturbance, and other conditions which will interfere with digestion. This is typically true of the ordinary type of overstrain, headache and when the digestion of a meal is inhibited; when nausea and vomiting occur the stomach may evacuate food taken many hours before.

On the other hand, it is wrong to withhold small amounts of easily digestible food because the patient has a fever. His nutrition must be kept up, if possible, throughout the fever period. This does not mean that during the first day or two for an acute disease one should not be almost on a starvation diet. Such management is frequently very beneficial, but if the illness is prolonged, privation of food must not be continued more than two or three days at most. During this starvation period the patient should receive plenty of water and fruit juice.

Danger Signals
With ordinary sensible, simple food, digestion should be almost without sensation. When there is an abnormal amount of stomach or intestinal gases, when there is

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