

DAILY MAGAZINE PAGE FOR EVERYBODY

Secrets of Health and Happiness

What You Can Do to Correct Faults in Your Own Frame

By DR. LEONARD KEENE HIRSHBERG.
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A. B. HIRSHBERG

It is the length of the muscles and the ligaments that in part determine your height. In order to acquire their full length, it is necessary that the muscles and ligaments never be allowed to relax while you are in a standing position. If you allow this to happen and stand or sit in any kind of awkward fashion, the ligaments make your figure droop and you are perhaps an inch or more shorter than you need be.

You have probably taken notice of some person with one shoulder decidedly lower than the other, and while one hip also lower than the other. This condition is often brought about by a wrong standing position, or by an erroneous method of carrying things in the arms.

If you are accustomed to stand on the right foot and rest all the body weight exclusively upon it, you naturally court this outcome. In this event, the muscles of one side of your mechanism become strained at the expense of those on the other, and the muscles of the one side soon commence to show signs of laxness.

When you carry any heavy object in one hand without changing it about, the same condition finally results. There is produced, in time, a marked C-shaped curvature, which shows a lowering of the right shoulder. If the right side was the one abused, and a prominence of the right hip.

When this state of affairs is reached the ligaments of the spine and hips become overstretched and those of the remainder of your mechanism become lax. This condition is accompanied by round and uneven shoulders, flat chest and a protrusion of the abdomen, so that not only have you lost in height, but you have also been the loser in poise and dignity of posture.

Take Care Now.
To prevent any such calamity from happening to the human mechanism it is necessary that you begin early to care about your posture. If you find yourself getting into the habit of "taking it easy," brace up and assume the correct standing position on both feet, with bodily structure erect.

The development of active contraction and relaxation of the muscular fibres will do much to prevent you from falling into the bad habit of standing, and also to bring the muscles up to the standard of efficiency. If you want to increase the power and vigor of your muscles, do not keep them on continuous tension, for that will soon lower their tone and make them tired and weary. Make your exercise quick and repeat them frequently. If, on the other hand, you want to stretch the muscles and ligaments let your movements be slow and long maintained.

If you have cultivated the excellent habit of taking daily exercise, see to it

Try TETROL, 25c

To clean spots, white kid shoes, gloves, etc. You will be surprised.

BRUCE WALLACE
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only to stiffen the muscles of the calf, but also to relieve the thickened veins of a tired, fatigued leg. The scarlet stream of the mechanism thus goes back to the lungs because of the rapid movements of the legs, and there it becomes again purified and sent out rapidly into all parts of the mechanism.

Answers to Health Questions

W. R.—Please give me something for epilepsy.

A.—Epilepsy of a special kind is cured by surgical measures. Much help comes to others at times from the use of bromides, especially the triple effervescent bromide tablets in water. Plenty of water should be drunk, three quarts a day. The intestines should always be kept active. No muscular work or housework may be done, and no meat usually eaten. Attention should be given to the essential other than the avoidance of gluttony and excesses, or the artificial stimulation of drugs.

MRS. T. F. Q.—Please suggest something to keep my hair from turning grey.

2. Kindly tell me what to do to keep my hair from falling out.

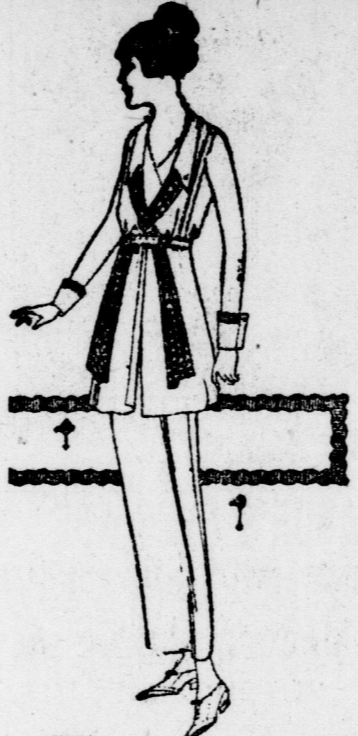
A.—1. Massage your hair with firm fingers and then apply a little of the following:

Terebene 1 dram
Sulphur 1 dram
Borax 1 dram
Lavender water 2 ounces

2. Use a little of the following tonic for your hair to keep it from falling out:

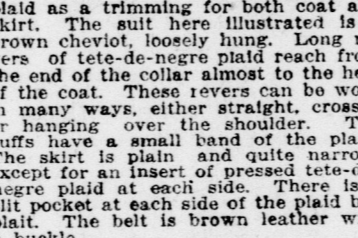
Quinine 1 dram
Silex 1/2 dram
Sulphuric acid 15 grains
Lanolin 1 dram
Petroleum 1/2 ounce

3. Gilt frames can be revived by removing the dust and then rubbing them with a piece of bread. The rubbing must be lightly done or the gold will be rubbed off.

Today's Fashion
By MME. FRANCES

Street Suit for Fall Featuring a Distinctive Trimming of Plaid.

Plaid promises to be one of the most popular trimmings for the fall street suit. Here is an interesting use of plaid as a trimming for both coat and skirt. The suit here illustrated is a brown cheviot, loosely hung. Long revers of tete-de-negre plaid reach from the end of the collar almost to the hem of the coat. These revers can be worn in many ways, either straight, crossed or hanging over the shoulder. The cuffs have a small band of the plaid. The skirt is plain and quite narrow, except for an inset of pressed tete-de-negre plaid at each side. There is a slit pocket at each side of the plaid box plait. The belt is brown leather with a buckle.



By Genevieve Kimble

FRIDAY, SEPTEMBER 13.

The prospects are for a very lively and interesting day, with long-delayed matters receiving renewed impetus and broken-up conditions and congestions crystallized under Mars there will be a stirring up of the activities with much energy exerted with benefit in the direction of new undertakings, while under the excellent position of Luna trine Saturn, long-pending situations should culminate. There promises to be benefits from elderly persons. There must be a word of precaution, however, lest too turbulent an ambition lead into possibilities of some subtle undoing. It is not a favorable time for those in employment to seek promotion.

Those whose birthday it is may expect an active and interesting year with some annoyance or deception. A child born on this day will be steady, persevering, reliable, proud and domineering. This should remain in employment of others.

ADELE GARRISON'S NEW REVELATIONS OF A WIFE

Why Madge Felt Great Apprehension Over the Telegram

"Miss Katherine Sonnet," the telegram began, "Mrs. Allis has left the sanatorium. Woman friend, accompanied by attorney, demanded her release. No legal authority to hold her. In dangerous mood. Advise on guard." (Signed) HANNAH SPICER.

I folded the telegram mechanically, waited a moment before I spoke. I am not generally exclamatory at the receipt of bad news, and since my association with Lillian in the service I have tried to imitate her imperturbable calmness.

"I wonder who engineered her release?" I said. "Surely no real friend could have wished—"

Lillian's exasperated look and my own intuition dashed the truth upon me simultaneously. I broke off my inane conjectures abruptly.

"I see you think—"

"That Grace Draper was the accommodating 'woman friend,' finished Lillian. "Sweet thing, you know. Don't you remember at the time the Allis creature was proving so unkindly familiar with the use of Grace and her gang? She's just the sort of nit Draper could make use of in her personal enmity to you. I'd give a good deal to know how long she's been away from the sanatorium, how much start she's had, and I don't want to 'phone the sanatorium, too many chances for eavesdroppers."

Words of Grace.

"From what Katherine has told me of her friend, Miss Spicer, the head nurse at the sanatorium, I'm sure she sent the telegram the moment Mrs. Allis left the place. I replied with as much calmness as I could manage, for the prospect of Grace Draper and Mrs. Allis in league against me was a terrifying one. "Couldn't you find out the hour the telegram was sent from the sanatorium?"

Lillian flashed me a glance that made me flush conclusively.

"If you could realize how you're developing lately, Madge," she said approvingly. "That's a corking suggestion, and I'll get busy on it at once."

She hurried from the room with the prompt action which always follows any determination of hers, and she didn't return for a long time. When she finally came back her face was aglow with the sun making everything a golden color.

"Sun nothing!" exclaimed Nellie, who never lost a chance for a dispute. "It's the golden castle of Fairyland glittering through the clouds."

David blinked his eyes. Sun enough, instead of the sun there loomed before the wishing-rug a great golden castle with tall golden spires, towering into the soft blue sky, its thousands of windows blazing like many diamonds.

Around and around the wishing-rug flew until Nellie spied an entrance, no larger than a tiny speck, at the top of the golden castle.

"There's a door," she cried merrily. "But, dear me, it's so small we never can get inside."

"Yes, we can!" laughed David. "I wish."

The wishing-rug gave a terrible jerk and in the tiny doorway they went.

Before them opened a wonderful room all sparkling with silver and gold. Tiny Fairy Folk in glittering robes of silver and gold danced merrily to the music of the four winds played in their golden harps.

Around and around the wishing-rug dropped a pebble on the edge of the wishing-rug, and the children grabbed for it.

"It's a magic pebble!" exclaimed Nellie, trying to get it away from David. "I found it!" It's mine!" cried David.

"Isn't it lovely?" cried David. "See the sun making everything a golden color."

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