

THE WAY TO BE WELL

DR. WILLIAMS' RULES FOR HEALTHY LIVING.

SIX SIMPLE THINGS.

Six simple things have a great influence upon health; they are

**SLEEPING BREATHING EXERCISE, AND THE
EATING BATHING CONDITION OF THE BLOOD**

Let us begin with sleep. If you want to be well, sleep regularly and liberally. No one who values good health should sleep much less than eight hours in the twenty-four; nine hours are not too much for some people. It is better to go to bed early, and rise early, than to stay up late, when the air of the living room is heated with gas, lamps or candles, and try to make up for it by lying late in the morning. The old proverb which calls "beauty sleep" the sleep that is got before midnight, has sound sense behind it. Ladies who wish to be good looking should get all the beauty sleep they can, and reinforce it with an early morning walk.

Sleep with your bedroom window a little way open at the top all the year round. Sleep with your bedroom door shut. You don't want a draught; you do want fresh air. Let your bed be hard enough to hold your weight firmly. Avoid feather beds, and that enervating abomination—an elder-down quilt, unless you are very old or very feeble. Sheets and blankets are good enough for young people.

BREATHING.

Breathe through the nose. Keep the mouth closed. Colds get in through the mouth. The mouth is to eat with and talk with. The nose is to breathe with.

EATING.

The food that agrees with you is the food that is good for you. Your own sensations are a safe guide, if you will pay attention to them, but do not let your palate tempt you to disregard what your stomach tells you. Dr. Williams has always said to his patients: "You don't need a doctor's advice what to eat; you need common-sense and self-restraint"

The food that makes you feel sleepy, heavy, flatulent and over-full, is bad for you. The food that leaves you alert, active, and wakeful after meals is good for you.

Take a sufficient quantity of good, wholesome, nutritious food, avoiding on the one hand, undue greasiness and indigestibility, and