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you are young and hope to build your arches up again don't use them. Use special exercises instead.

You can work these exercises out for yourself. Begin by sitting on the floor with a cushion supporting your leg above the ankle and stretching the foot out as far as possible thirty times. Then bring it into as complete flexion (bending it upward) as possible thirty times. Then the same movements turning the foot in and after that turning it out. You will be surprised to find how many unthought of muscles will wake up.

After you progress a little you can follow with exercises standing up.

Turn your toes in, heels out, rise gently on your toes and press slowly out. Repeat twenty times. With feet parallel raise the inner side of the foot throwing the body weight on the outer border. Repeat twenty times.

Walk slowly fifty steps with weight resting on outer side of foot.

These exercises all tend to strengthen the muscles of the foot and to restore the fallen arch. They can be supplemented by occasionally walking without bringing the heel quite to the ground and by walking with the toes turned in rather than out. Shoes that will help should be straight on the inside, and the inner side of the broad heel should be a quarter-inch higher than the outer so as to throw the body weight on to the outer side of the foot.

If I had to give a blanket prescription to cover foot troubles in general it would be:

Hose: One dozen pairs. Light for summer and warm for winter. Exact fit. Wash carefully in soft water with Ivory soap and rinse thoroughly. Apply fresh pair each morning.

Shoes: First quality, material and workmanship. Roomy toes—straight inside—broad heel. Sufficient quantity to change at once when wet and allow a day's airing after each day of wear.

Lastly. Don't forget that the foot will give you a better measure of service if you serve it with a better measure and that two pairs of shoes worn alternately will last much more than twice as long as one pair worn continuously.

Why Human Milk is Best for Babies

By Dr. Leonard Keene Hirshberg, A.B., M.A., M.D. (Johns Hopkins).

It used to be thought that a mother's love was a sure protection of the infant from harm. Science now shows that the instinct supposed to be present in all mothers to properly defend them from ill, is often responsible for the high death rate, particularly in the months from May to October, of babies under five years of age.

A mother's love, despite the sweetness in the name, the noble, pure, and unkindled tenderness which blesses the earth in its good intentions, science now discovers to be frequently fatal to infants.

A mother's heart is weak, and in this rests much danger. It is now found that mothers not only make calamitous mistakes by instinct and intuition, but so powerful are these erroneous habits of race, inheritance, custom, and association, that experience does not enlighten them.

In a word, a mother of nine children, does not seem to learn from her mistakes with the first born ones. She and her own grandmothers and aunts keep on doing the wrong things. Unlike the burned child who dreads the fire, mothers who "raised two children" on beer, coffee, tea, meats, dirty milk, germ-full pacifiers, and other vicious things, keep on doing so with all of the later-born children.

In brief, unlike animals, mothers will not learn by trial and error, rewards and punishments. The most grievous of all the injurious mistakes made by mothers, is not to nurse their infants at the breast; not to give the bambino the milk of their own human heart's blood.

It is not only the selfish, aristocratic, social parasite or woman who puts her new born babe into the hands of a nurse that is alone in this maternal felony. Even the poorest women or those who can least afford microbes-free milk, commit this sin.

Bottle-fed babies have always been known to die like flies in first summers, second summers, and third summers, despite the "second summer" mistaken belief of ninety-eight per cent of unteachable mothers.

Scientific research, however, has found that even the finest cows, tested to exclude tuberculosis, disinfected every day before they are milked, stabled in marble stalls, milked with sterilized rubber gloves by milkers clad like surgeons in an operating room, and milked into bacteria-free pails and bottles, still give a milk and cream that must be handled—even if boiled and pasteurized—by a dozen persons before it enters the far-distant mouth of even the cleanest babe.

Even if these ideal conditions—they, of course, are too expensive to carry out—were rigidly enforced, the mother's erroneous instinct and the natural inaptitude of women to appreciate the dangers of unseen bacteria in a milk that is sweet and rich, will allow the milk to be contaminated with air, water, fingers, nipples and bottles when it reaches the child.

But even at its best, bottle milk has been definitely shown by discoveries to lack a legion of necessary things, which the mere survival of a bottle fed baby to adult life, does not exclude.

Gas on the stomach, acid stomachs, ulcers of the bowel, constipation, coated tongues, and a whole host of life-long adult torments are now definitely traced by laboratory and clinical discoveries, to cow's milk and other forms of artificial feeding in childhood's unhappy, but innocent hours.

By the time these discoveries are made, the mother who boasts: "Oh, I paid no attention to these extreme doctors and I raised eleven children my way just as my grandmother did before me," is either gone where the dear sweet mothers all go or she sniffs her nose and "doesn't believe a word of it."

She must combat the proof, in order not to be blamed for the chronic adult ills of her "raised" eleven.

But more important even than this indictment against even the purest milk, is the actual and definitely ascertained fact that those babies who are fed directly at the mother's breast; who absorb real, proper, human milk into their system and receive it by the clock according to the doctor's orders, are free of many disastrous diseases which almost surely insert themselves into the babies, bottle-fed or given milk, foods, and artificial substitutes for human milk.

Mothers' milk which is the product of the human tissues, the white blood corpuscles, the red blood stuff, the human juices generally contains the antidotes to many poisons and other human maladies.

Not only is human milk a perfect food, drink, antitoxin and medicine for youngsters, but it is definitely different, chemically and physically, from every other known thing under the sun.

That mother's milk as an elixir of youth, has been known to several savage Eastern tribes for ages. There, the aged chieftains sacrifice babies to the same dangers that civilized mothers do, by giving them ass milk and other artificial foods, in order to obtain human milk for themselves.

Travellers who used to tell of this were disbelieved, but geographers and anthropologists have recently confirmed this. They also add that the aged chieftains are undoubtedly made, not only resistant to the ravages of pneumonia and other senile distempers, but take on a rejuvenescence and new youth which proves that human milk is an invigorating as well as immune agent.

It is also known that pneumonia attacks breast-fed babies rarely and even when it does, they suffer less damage than do those who are fed upon condensed milk, cow's milk, creams, advertised foods, evaporated milks and the like.

It is proposed by some extreme scientists that each state pass a law appointing a medical board to pass upon every child under one year of age and its mother who refuses or pretends not to be able to nurse their little ones with human milk. "It shall be considered a misdemeanor punishable in the discretion of the court," said one specialist in children's diseases at a recent medical meeting, "for any woman to avoid nursing her child until every effort has been exhausted to do so."

Mothers who have by careless physicians, aunts, friends, and their own personal lack of persistence, ceased to nourish their lightly breathing babes with that most perfect of foods, human milk, can have this pabulum restored to their bosoms even months after it has dried up.