

A WARNING AGAINST CROSSED LEGS.

"Uncross your legs," said a doctor.

"Oh, no!" said his son. "What's the use of being so polite all the time?"

"My boy," the father answered. "It is not on account of a mere rule of etiquette that I tell you to uncross your legs, but it is because leg-crossing is an injurious thing—a thing as baleful to the health as kissing or as microbes.

"When you cross your legs you fit the kneecap of the lower limb into the cavity under the knee of the upper one. In the cavity that you thus compress there are the two important exterior and interior popliteal nerves and a number of glands and blood vessels. Compression does not act well on these organs. It benumbs them and weakens and emaciates them. You feel the injury in a numbness of the whole leg—the leg goes to sleep.

"Keep on with the habit and your legs weaken. They become thin. They lose their shapeliness. It is only such men and women and children as never cross their legs who have strong and supple and beautiful limbs."—Ex.

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