

Ways in Which Racked Nerves, Stooped Shoulders and Near Sightedness May Be Avoided

The problem is made particularly difficult in that frequently we find them established before we have really noticed them.

One day we see a child pulling his lips into queer shapes, and another that is

One of the most important points to notice is the child's sitting position. Improper position assumed in sitting at desks, or in standing, have combined to produce among our school children a set of physical ills that have come to be

There is no doubt that children learn at first by imitation; and for this reason, as well as for our own good, we should be careful not to form injurious habits, particularly those of standing and sitting badly.

Bad for the S

shoulders

are generally better without any meat, though gravy or beef tea may be given with vegetables for dinner. No feeding between meals should ever be allowed.

perhaps not generally known. Salt cleanses the palate and furred tongue, and a gargle of salt and water is often efficacious. A pinch of salt on the tongue, followed ten minutes after by a drink of cold water, often cures a sick

will do much to relieve colds, hay fever, etc. Salt in warm water, if used for bathing tired eyes, will be found very refreshing. Salt and water will stop hemorrhage from tooth extraction.

He smoked silently for a few minutes, and then rose and went out to the corral. For an hour his smoke clouded the moonlight while he

could run an automobile at high speed, but there was a high-power car on the road. There seemed to be no way he could turn his head.

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[illegible]

Treatment for Pimples

Will you give me, through your column, a remedy or lotion for the removal or absorption of small white, hard pimples on the face? These first made their appearance some six weeks ago on the sides and gradually spread to both sides of the nose. They itch continually, and are very hard. There does not seem to be any substance in them, just a hard little lump, which I am very grateful for a remedy that will overcome this trouble. Yours thankfully,

Mr. J. L. _____

From your description, I judge that you are troubled with whiteheads, and I advise the following treatment:

Whiteheads. (Acne Miliaria.)

[illegible]

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From your description, I judge that you are troubled with whiteheads, and I advise the following treatment:

Whiteheads. (Acne Miliaria.)

Open each seed case with the point of a fine cambric needle. The hardened mass must be pressed or pricked out. The empty sac of the gland should then be bathed with a little toilet vinegar and water, or a very weak solution of carbolic acid.

Wart on Her Nose

2. What is the cause and cure for falling hair when the scalp is clean and the hair splitting on the ends? Also, is there a season of the year when the hair falls out?

Try touching the wart with a silver nitrate stick. If this does not cause it

There is often a natural falling of the hair in spring and fall, but this is scarcely perceptible. Hair never fails to ex-
gress without reason. The tendency to

split and break is also an indication of a disordered scalp. In some cases this is the result of an internal trouble, and you may need a tonic to build up your whole system. Have the ends of your hair thoroughly singed or trimmed, and

then apply the lotion for which I am giving you formula.

Wart Eradicator.

Sublimed sulphur, 120 grams; glycerin, 5 fluid drams; acetic acid, 1 fluid dram.

Apply repeatedly for several days. The

For Falling Hair.
Cologne, 8 ounces; tincture of cantharides, 1 ounce; oil of English lavender, oil of rosemary, $\frac{1}{2}$ dram each.
Apply to the roots of the hair once or twice a day. It is positively necessary

that the scalp should be kept clean. Shampoo at least once a week.



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and Teddy found his coat a most comfortable saddle, the heavy out the cutting wind

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