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E HIRSHBERG

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or, the dru advise ' again and painstaking of the trouble

nswers to Health Questions

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one of the large hospitals pen, and take an in e. etc. Use the ama' on the finger joints.

ndly tell me wha

aily, and bathe th is of resewater may be added . . .

About two years ago 1 wa ith a nervous stomach, an Will y offer some suggestion

ay to

wing the arms to the side on a line with the shoul-each arm, first to one side her. By following the last the arms will be de-shoulder muscles made id the following a very sin et if it is practiced faith reatly aid in the improve figur

l also reduce the hips

e Beautiful

ct, with the feet a few inches the hands and arms extended over your head. Then slow-k as far as possible without balance, and slowly return position. Now bend for-coping the arms over the turn to the first position. ing alternately backward e or four time stretching exercise

for the Leg Muscles.

to reach of the body on the ground. Lower beat the stretching

with a large rete force she is any emergency. ion of each Try stretching