

## POSTURES STUDIED AMONG 1,115 PUPILS

Public Health Worker Analyzes Its Relation to Defects Among Children—81 Per Cent Rated Poor.

Analyzing a recent survey of 1,115 pupils in three elementary schools at Bedford, Ind., comprising the first six grades, E. Blanche Sterling, acting as health officer of the United States Public Health Service, points to the importance of posture from the standpoint of health and its relation to nutrition, physical defects and physical training. The age, sex, grade, nutrition, physical defects and posture were noted in the case of practically every child in the group studied.

These conclusions are drawn from the survey: The posture of school children cannot be said to depend entirely, or even chiefly, on any one condition. The facts seemed to confirm that while good nutrition is a contributing factor to good posture, it is by no means an indispensable condition. Defective vision, adenoids and bad tonsils tend to have an unfavorable effect on a child's posture. When hygienic conditions in a school are inadequate, there is a moderate decrease of good posture and increase of poor posture. In planning exercise with a view to the promotion of good posture, it is suggested that setting-up exercises be simple and vigorous and playful of energy and vim. Formless, jellyfish, gymnastics or stupid, silly games, played half-heartedly, have little place in the proper physical development of the growing child. It is pointed out. "According to those who believe nutrition is the controlling factor in posture," says the acting assistant surgeon, "one would expect to find a majority of these 1,115 children undernourished. On the contrary, fifty-eight per cent of the number never fell below the seven per cent line during the whole school year, whereas only nineteen per cent were at or below this level during the same period. The number of well-nourished children was twice as great as the number of children with good posture. With three times as many well-nourished children as undernourished, the number having good posture, instead of being three times as great, was slightly less than the number having good posture. "Of the 646 children well nourished throughout the year thirty-one per cent had good posture and thirty per cent had poor posture. So that a child with good nutrition had a slightly more than even chance of having good posture. If the child's nutrition is poor, his chance of having good posture is less, twenty-two per cent. Of the 212 children under weight throughout the year having good posture and thirty-nine per cent, having poor posture. "Defective teeth, which have been blamed for most of the ills which flesh is heir to, apparently can be given a comparatively clean bill of health in the case of posture. Of 480 children having this defect alone, thirty-four per cent had good posture and twenty-three per cent had poor posture. Since the number having good posture is almost one and one-half times as great as those with poor posture, defective teeth cannot be considered a factor of importance in the production of poor posture. "The number of children having eye defects alone (thirty-seven) is too small to furnish any conclusive evidence as to the effect of this defect on posture. When, however, to this number is added those having a combination of eye and teeth defects, and eliminating the latter as unimportant, the figures show

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The ideal constipation remedy for people of advancing years is Dr. Caldwell's Laxative Syrup Pepsin, a vegetable compound of Egyptian penna and pepsin with pleasant-tasting aromatics. It is gentle and mild, and does not cramp or gripe. It is a mistake to think you need a violent salt or powder or pill, calomel, cool-salt drugs and such things. They purge and weaken

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thirty-seven per cent, with poor posture as against twenty-six per cent, with good posture. Hence, eye defects must be taken into consideration in studying the question of the posture of school children. This evidence supports the opinions long held by orthopedists. "Defects of the nose and throat seem to have an important effect on the posture of the child. Of 884 children having adenoids or enlarged or diseased tonsils, or both, either alone or in combination with eyes or teeth or both, forty-one per cent had poor posture and only twenty-three per cent, had good posture. Of 806 children in whom were found a combination of poor posture and physical defects, fifty-two per cent, had adenoids, enlarged or

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you, and their reaction tends to make you more constipated than before. Now try the milder method. Dr. Caldwell's Laxative Syrup Pepsin does not lose its good effect with repeated use, and increased doses are unnecessary. Mrs. Ellen Laura of Picton, N. S., who is 87, keeps herself in good health with it, and Mr. Chas. N. Nicholas of Winnipeg, Man., finds it both helpful and beneficial, and everything that can be desired from a laxative standpoint.

Use Dr. Caldwell's Laxative Syrup Pepsin yourself the next time you suffer from constipation, biliousness, headache, sleeplessness, indigestion, piles or night cramps. Many thousands of elderly people use nothing else, and it costs them less than a cent a dose. Druggists have sold it successfully for 30 years, and it is the most widely bought family laxative in the world.

diseased tonsils or a combination of these defects."

The Ladies' Auxiliary of the Brotherhood of Railway Trainmen met last night in Oddfellows' hall, West St. John, with the president, Mrs. W. Tobin, in the chair and a large attendance of members. Plans were made for a supper and sale to be held in the latter part of October. A special bill was accepted giving permission for all honorary and non-beneficiary members to have a policy of \$150. A social evening was enjoyed at the conclusion of auxiliary business. The meeting was one of special interest.

## NOT ONLY WAR

Horror of Pestilence from Russia That May be Wafted to Other Nations.

(New Freeman.)

But it is not only in and about Constantinople that danger exists to the world. It is not only the horror of a possible war, great or small. A fearful menace exists today, according to most reliable information, in the nature of a possible plague, breathed forth from famine and disease-stricken Russia and wafting its poisonous fumes on the nations of the earth. The dispatch of the Papal Relief Mission to the starving millions in Russia, as well as other events, have centered attention on the terrible conditions in that country so much so that the Berlin correspondent of the N. C. W. C. News Service, writing under date of September 11, last, says that "great alarm is being felt in Germany over the possibility of the spread of disease from the famine-stricken districts of Russia to the nations of central and western Europe," and, thence, to the outside world.

A bulletin issued by the Central Red Cross, in Berlin, after giving a description of conditions in Russia, which it fears may ultimately expose the Occidental European nations to the dangers of plague and epidemic, continues: "For more than a year news has come to us of starvation in Russia, a catastrophe the like of which Europe has not witnessed. The existence of cannibalism has been shown not in hundreds, but in thousands of instances. There are proofs of a moral breakdown such as even the Thirty Years' War did not cause. Millions of men have perished from hunger; we shall never know how many. Epidemics of the most dangerous kind are wasting the people. The lack of clothing, filth, the lice plague, all produce and disseminate sickness and bring thousands to their deaths. Cholera is reigning in the Ukraine and also in the large towns and villages.

The foreign countries and the German Red Cross will have to combat these epidemics for a long time. It cannot be denied that the epidemics are on their way westward, and, so far, they have not been halted. Consequently they will one day reach the eastern frontier of Germany. If they get that far, all measures will not be sufficient to stop them and prevent the contagion from crossing the boundary. The meat of animals, and the hides which are exported from Russia to foreign countries, will carry the germs of pestilence and in other ways will be a menace."

And, on top of these terrible conditions, comes the threat of a renewed war laying further seeds for famine and disease.

## MODERN HOMES ON SITE OF ANCIENT CARTHAGE

Carthage, Tunis, French Africa, Sept. 1.—(A. P. by mail)—The site of ancient Carthage is being sold off and divided into building lots, and the surrounding hills, rich in history, are

being slowly covered with residential villas.

Archaeologists point out that if this building is permitted to continue, their excavation work will be seriously hampered, as the new proprietors object to invasions of their yards by

workmen, no matter what treasures of history may lie underneath.

Two French government employees of the department of Tunis lately bought a piece of ground on the site of the old city, and before building their house started to find out what was under-

neath the surface. After patient digging they discovered a temple of Tanit.

Unless the French government stops the sale, real estate agents will soon put on the market some 240 acres of the site of Carthage, at a total sale price of \$200,000.

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## New Flannel Business Dresses

The smartest little all wool flannel dress that will prove most economical as well as warm and comfortable for colder weather; made in pretty combinations of navy and sand, or dark brown and sand. Prices \$10.75 and \$12.50

## Fall House or Office Blouses

Very Attractive, Especially Useful. Very neat house blouses in narrow stripes on white ground, of fine twilled material, most suitable for fall wear. Sizes up to 44. Price \$2.25

## Imported Silk Moire Underskirts

New two-toned fall underskirts of fine silk-finished moire, shot effects, new fancy pleated flounce, very attractive for wear with the fall suit. Price \$4.75

## Infants' and Children's Wear at Attractive Prices

Infants' short winter coats made of all wool Chinchilla, white only; sizes 6 months to 2 years. Price \$3.35

Infants' long Chinchilla Coats made with large cape collar, trimmed with silk braid. Price \$4.95

Children's Middy Dresses of fine wool serge with pleated skirt, midly trimmed with white or red braid, on collar and pockets; sizes 6 to 14 years. Price \$5.85

## Heather Hose Very Popular For Fall

Penman's heather hose in brown, light and dark green mixture, full-fashioned and seamless. Price 95c per pair

Children's Heather Cashmere Hose, fine rib, shown in pomgranate green and brown mixtures, a hose with excellent wearing qualities; sizes 6 to 8 1-2. Price 85c

## Warm School Coats

You will not do better than consult these lines of new coats, good, warmly lined coats, coats that will look well and wear well.

Gray Chinchilla Coats lined throughout with red flannel. Price \$12.75

Navy Blue Nap Cloth Reefers lined with red flannel, trimmed brass buttons. Price \$11.75

Velour or Blanket Cloth Coats. Price \$8.75

Navy Toboggan Coats with red sash, warmly lined. Price \$7.75

## New Flannel Middies, Detachable Collar and Cuffs

Smart new middies of all wool flannel in navy, scarlet, Copen and gold, some with detachable flannel collar. Prices \$4.95 to \$5.00 each

## New Fall Skirts of Attractive Tweeds Price \$6.75

Especially for fall wear to go with any style coats, well tailored tweed skirts in heather mixtures of blue, gray or brown. Price \$6.75

## 5 doz Morning Dresses on Sale Friday at \$3.65

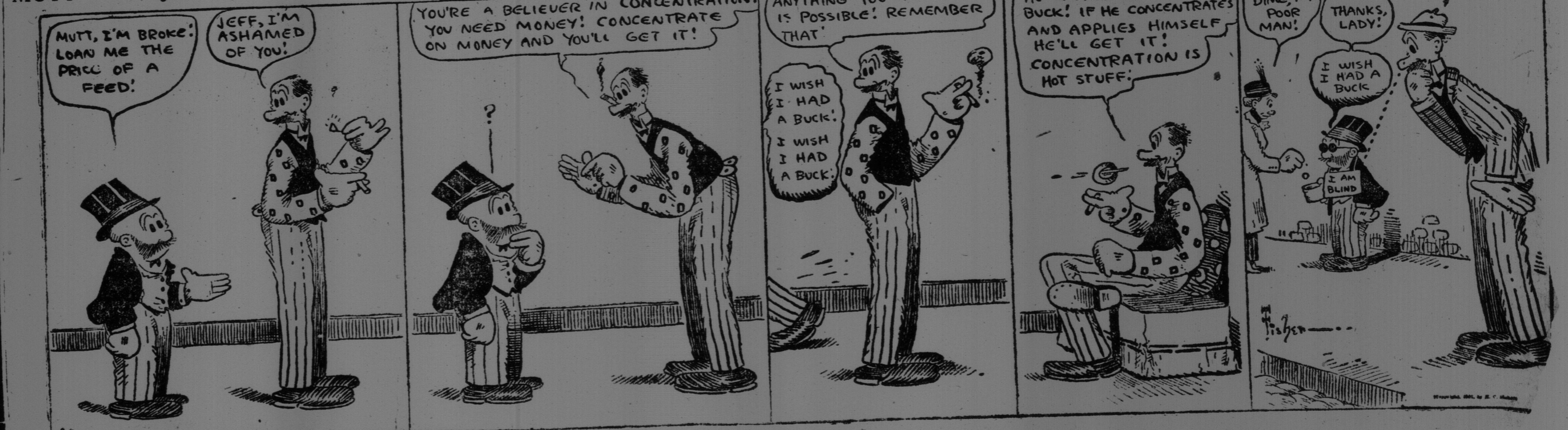
Martha Washington morning dresses in gingham, linene, and chambray in two attractive straight line styles, with sash belt or waist line style trimmed with ric-rac edgings. Some have collar and cuffs of white pique, all sizes. Price \$3.65

## New Silk Scarfs For Fall in Roman Stripes or Plain Colors

Just received a splendid assortment Fall Scarfs in attractive Roman stripes or white and black striped effects, also checked scarfs in attractive color combinations. Plain shades of rose, amethyst, mole, peach, sage, green or fancy lovet shades are also shown. All have fringed ends. Prices \$3.45 to \$4.85

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## MUTT AND JEFF—JEFF GOT IT THE EASIEST WAY HE KNEW HOW



By "BUD" FISHER