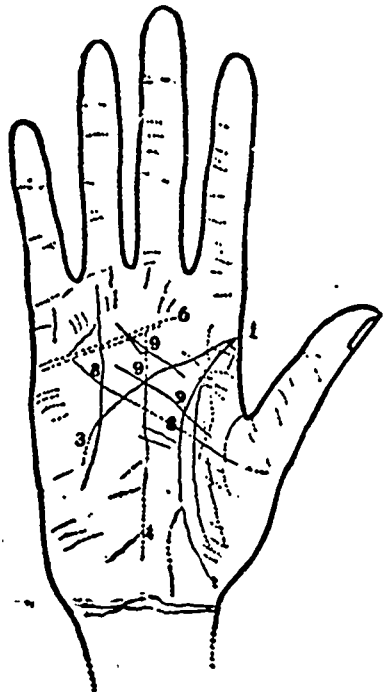


Lessons in Palmistry—II.

AN INDECISIVE HAND.

The hand in the last issue represented the type of the progressive woman (or man), determined to overcome all obstacles thrown in her path, and that by her own efforts. This hand represents a type of woman willing to let others look after her happiness and fortune, without very much effort on her part. It is soft in texture, slender in shape, with the thumb turned backward from the first joint, while the mounts are well developed and the lines rather indistinct. The faint, numerous, indistinct lines show a lack of sufficient energy to control the abilities or characteristics of the well-developed joints. This is, in fact, what I call the hand of a lazy person. For the lines on the mount of the sun and moon indicate



talents in art, but the head line (3), being wavering, indicates indecision, lack of concentration of mind. (In this hand, however, this indecision is largely caused by the subject not being obliged to exert her innate ability or to make any particular effort in her own behalf.) The fate line, starting from the mount of the moon (4) and ending at the heart line, indicates that some one always comes in at just the right time to shield this person from, or help her bear, her troubles, so that really her life is composed of hardly more than imaginary troubles, a tendency to which is denoted by the head line sloping down onto the mount of the imagination, or the moon. It should be said, however, that a sloping head line doesn't necessarily mean that one imagines troubles. It is often possessed by authors and poets of a high degree. But in an otherwise weak or indecisive hand, the imagination is apt to overbalance reason or will.

The heart line (6), indistinct and starting on the mount of Saturn (the mount at the bottom of the second finger), shows that this person would love only as long as fancy pleased, for No 1 is the first person to be looked after by one with this heart line. The illustration last week, where the heart line began under Jupiter (the first finger) was that of one whose love was unselfish, ideal and devoted. As long as you pay homage to the person with the heart line here represented, all is well, but never slight her; it's not best. At the same time, Venus (the mount around the thumb) is prominent enough to signify that, for persons she claimed her own, this subject would sacrifice herself a great deal, and even worry herself sick over any death that might affect her life. For instance, the deaths here denoted at Lines 8 and 9, between the ages of 33 and 35, which will send her into a state of despondency that only travel can get her out of—a state of mind quite natural with this sloping head line. The death denoted by 8 leaves subject a large legacy, while the death at 47 years (the dot near the upper 9) shows inheritance. But wealth never brings happiness to this hand. It expects wealth, and

when it is obtained, more is desired. This person will always represent herself as poor when questioned about finance. She will marry well, at about 24 years, although at first there will be opposition on the part of her parents (shown by a little perpendicular line just touching marriage line, under the little finger), probably because she would go quite a distance from home to live (the fate line breaking away from the life line).

But all ends well, for this person will always have her own way if she truly wishes it. The marriage line sloping to the heart line, here indicates widowhood before 50. And with so many lines (only the principal ones are represented) which show a nervous, restless nature, our subject will grow more nervous and discontented as the years go on, causing her to change her place of residence often, especially after 50. She had a beautiful childhood, and was a much-loved child, reared in a hothouse plant. Even her life as a whole has never been severely frost-bitten, as I consider it. She should have been happier than her lines indicate, but she merits patience because of the sloping head line. She has never been placed where her latent possibilities might have been brought forth, which helped increase her discontent. A person with this hand despises business methods or anything strictly practical (to be practical, the head line should be straight). And the sun lines going so straight to the mount of the sun (under the third finger) shows a bright, hopeful nature that losses would fall lightly on. Remember, however, that this person's troubles are very hard for her to bear, because they are so greatly magnified. Yet hers is a simple life.—Minerva.

The child with this sloping head line should not have its peculiar ways of looking at things made fun of, and should not have the opportunity to brood over little slights or injustice, as it would make so much of them. Be kind and patient with such a child, and do not call it wayward or unruly because it cannot understand your "practical" way of looking at things. If your head line is straight and your child's sloping, there will be constant discords unless you teach yourself to see from the child's standpoint as well as your own. This head line, with its characteristics, rightly developed and strengthened, will make a winsome, broadly sympathetic, ideally imaginative person. Otherwise, especially if the hand is a weak one, the imagination may overrule reason and develop into vagaries, or worse.

SELF-CURE OF IRRITABILITY.

The first step in curing irritability is to recognize that you are irritable. When you have found out that you are unduly tired, nervous and petulant, just stop right where you are. It is lack of nerve force that causes physical and mental collapse. Nerve force nowadays is extravagantly used and insufficiently replenished.

Relief may be had immediately. Relax the high tension. The nervous and irritable person has a feeling that there is so much to do and there is so little time to do it in. When such a one feels most hurried and worried then is the time to relax.

What is relaxation? Simply doing nothing. Give up. Let him stop trying to drive. With the arms hanging at the sides, forcibly agitate the hands until they feel heavy, like dead weights; shake them forward and backward and in circles. Lie down for a few moments and let every muscle and fiber seek its lowest level without any effort of the will to maintain them. A few moments of this exercise will work wonders. Work will be resumed and the worker will wonder what he was so irritable about.—[From the Healthy Home.

Greater America is the title of a pretty little book, made up of articles, stories and sketches relating to the new possessions of the United States and taken from the columns of the Youth's Companion. It is freely illustrated and handsomely bound, and sells for 50c. The Perry Mason company, publishers of the Youth's Companion, are the publishers of this book.

Sealing Fruit—Perhaps our lady readers would like to know that if they make a dough paste out of wheat flour they can seal fruit in anything and keep it.—[Mrs Laura Lee.

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