About Your Health

Things You Should Know



by John Joseph Gaines, M. D.

Controlling Your Weight

There are at least three ways to acquire flesh: to eat too much, to eliminate too little, and to ride everywhere instead of walking. Reverse procedures if you would lose flesh. Eat less and excercise more, if your adipose threatens.

Fat people usually drink too much fluid at meals. Fluids ALL aid absorption. There are millions of absorbing glands in the intestine, and they are constantly at work, unless we may imagine the Lymph-channels so full that they will hold no more. Fat people absorb too much—more than they can dispose of properly. Since dry food absorbs more slowly and sparingly, your stout lady should drink no fluid at mealtime nor soon after. Note that I say FLUIDS. All dilutents must be excluded, tea, milk, coffee, and other prepared beverages are as harmful at meals as water.

Excess of sugars and starches should be avoided as well, also white bread. The six o'clock dinner is the foe of long life. Avoid it. Indolent habits dispose one to fatness. OVERFLESH is sluggish, inactive, weakened tissues. Fat women have toiled, rolling on the floor, enduring hard sweats, submitting to maulings of "massage" —all the while pouring down fluids with meals, and eating six-course, six-o'clock dinners, taking "anti-fat" sure things, and wondering why on earth they remain fat! Here I may emphasize that drugs do not remove the CAUSE. Neither will belts, pads, or "supporters" out-do vigorous absorptive apparatus, when the intake of absorbable foods is pushed beyond all needs of the body.

NEXT WEEK:—
"INFLUENZA".

Practical Instructions In HOME SEWING

By Ruth Wyeth Spears



GRACEFUL TRIMMINGS

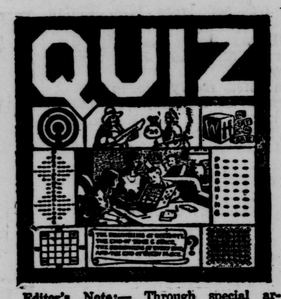
In the model that I have sketched here navy blue brocade is used for the body of the dress. The tie, collar, the narrow tie cuffs and the tunic drapery are all made of strips of plain navy blue crepe de chine.

The small sketch at the upper right shows the process of adjusting the trimming pieces. The collar and cuffs are made double. The tunic which cascades in such graceful lines is made of a straight strip of material two yards long and twelve inches wide.

The edges of the tunic piece are all picoted. The material is next pinned and then tacked across the front of the costume as shown, allowing ends to hang free.

READERS:—If you have dressmaking problems let Ruth Wyeth Spears solve them for you. Address her in care of this newspaper.

QUIZ

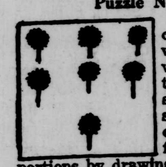


Editor's Note:— Through special arrangement with The Educational Book Co., N. Y., this newspaper now offers its readers this interesting feature, "QUIZ", being extracts from that book, endorsed by Eugene C. Gibney, Director of Extension Activities, New York Board of Education. These puzzles will be found intellectual as well as instructive.

PUZZLE NO. 11

WHAT AM I?.—I am the middle of England. I am also found in other countries and states, Ireland, Scotland, Delaware, California, North and South Carolina; Every one is indebted to me. Without me you would have no pleasure. I am very friendly; belong to a family of twenty-six and am its tallest member.

Puzzle No. 12



A farmer once owned a field in which 7 trees were planted in the positions as shown in the sketch. He wanted to divide the field into seven portions by drawing three straight lines so that each portion would contain one tree. How did he do it?

Puzzle No. 12

What is the best state in the U. S. in a flood?
Which is the most religious?
The best state in haying time?
Good state for the untidy?
Best state to cure the sick?
The father of states?

Puzzle No. 14.

A L L O

The four letters shown above represent a simple sentence of three words. Although the sentence is a correct one, it does not refer to anything. What is the sentence?

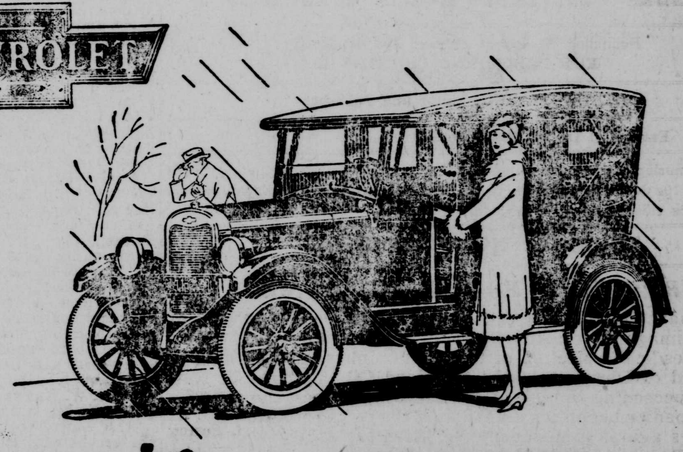
Send your answers to this newspaper. The first five solutions received to each set of puzzles will receive ten credits; when such winner has obtained 100 credits he will be entitled to a "QUIZ CLUB" button or pin. 500 credits will entitle the winner to receive an attractive prize and also have his name printed on the honor roll.

Answers to Last Week's Puzzles.

Puzzle No. 8, A stocking; Puzzle No. 9, Turkey, Raven, Duck, Ostrich, Robin, Chicken, Swan, Pigeon. Puzzle No. 10, Chi-ca-go. Puzzle No. 11, Because it follows the C (sea).

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This Week



By Arthur Brisbane

NO THIRD TERM.
8 HOURS IN 45 MINUTES.
FAITH AND DISEASE.
HIS GODS IN VAIN.

James Hamilton Lewis, always picturesque, but sometimes inaccurate, says the "two term tradition established in 1928 will be between Secretary Hoover and Vice-President Dawes. He saws the "two term tradition established by Washington will not break down."

Mr. Lewis is just 100 per cent wrong in two ways. There isn't any question of a two term tradition.

Mr. Coolidge has been elected by the people once, and it is the election, not the accident of a presidential death, that counts. Unless we have very bad times in America, between now and 1928, and we shall Not have them, the nomination and election of President Coolidge are as certain as anything can be.

Moving pictures compress a great deal o... ...rk and effort into a short period of "seeing."

Wi... ...ays says the average eight-hour day of film work, actors, actresses, directors, working hard for eight hours produce three-quarters of a minute of actual film display.

In one picture, soon to be released, a sixty-five acre field was covered with a "set" costing $300,000 and it represented in all just six minutes, of moving picture time.

This compressing of hard work is not new. Montesquien devoted more than twenty years of intense research and study to the production of his two small volutes, "The Spirit of Laws."

Darwin, overa period of thirty years gathered information about earthworms, and their contribution to the earth's fertility, that you may read in a few moments.

Fortunately, and most important, moving pictures when the best use is made of them will compress Education as they now compress action.

It will be literally possible through moving pictures to teach a child in three-quarters of an hour, and to teach well thoroughly and permanetly more than the child can learn under proper methods in a dozen school days of 8 hours, spent indoors at a time when the child ought to be out in the sunshine.

In politics we used to fight about slavery, then about tariff and the full dinner pail. Those issues are worn out and, as Mr. Robert Barry says, politicals fights now are centered on alcohol and religion. Those issues will pass away, but men always will have something to divide them.

The Revent Selden T. Delany says faith helps disease, as it undoubtedly does, and gives a scientific explanation. Faith inspires beneficial emotions; they cause in the body "chemical changes that banish disease."

The Reverend Francis J. Hall connects suffering with the will of God, and says sickness is sometimes good for you. When people are well, they lack useful warnings that sickness gives. Science and religion are drawing together.

Conductors and trainmen in the west want more money, an increase of $25,000,000 a year. To say it will horrify the conservative mind, yet if the increase in pay be granted conservatives and everybody else will be better off. All that the big man can possibly get is what the little man has to spend.

Let him who thinks low wages mean prosperity for the big man start something in China. He will find men and women to work for a few cents a day, but he won't built any great fortune. Good wages are to a nation's prosperity, from top to bottom, what irrigation is to the nation's crops.

After years of talk and careful handling of articles from Tut-ankh-amen tomb, the third sarcophagus, with its layers of gold and wings of goddesses, is reached, with pictures of the god Osiris, the vultur egoddess, Nezkhebet, and the serpent goddes, Butu, painted on the outside. Soon the face of the young Pharoah, dried and shrunken through thousands of years of waiting, will be loked upon by men of this day.

All those gods and goddesses could not save him from that. But perhaps they helped him to the Egyptian heaven.



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5.00 P. M.	7.00 P. M.

B. Frank Sherman, General Mgr.

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