

Air Conditions For Our Bodies Now Under Discussion

What Elements Are Necessary For Proper Functioning of Bodies.

By LOGAN CLENDENING, M.D.
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We need 34 pounds of air a day. Only three pounds of food and four pounds of liquid, but 34 pounds of air. In addition, we are at all times totally immersed in air, the movement of which is necessary to the performance of external body functions and to general comfort. Air conditioning, therefore, usually considered a luxury, is in fact a basic need when the function of air in our process of living is recognized.

Air, to be properly conditioned, should have the following qualities: (1) Proper temperature. (2) proper moisture content. (3) Purity. (4) Circulation. (5) Ventilation.

The question of satisfactory indoor temperature would not be complicated if we kept in mind that man, under normal conditions, is a heat-generating animal and that heat is never added to the body from an outside source, under normal conditions, but is held or dissipated. When the air temperature does not exceed 84 degrees F. and 50 per cent. humidity, the excess heat is dissipated from the skin to the air. When the temperature is above that point, in order to eliminate heat, the body dissipates it by means of water, or perspiration. The higher the temperature, the greater the amount of heat eliminated by this evaporative method, and at temperatures above body heat the entire elimination of heat is by this evaporative method.

So we know from this that when perspiration forms on any portion of the body an excess of heat has been generated and a secondary form of heat dissipation is being called on, and consequently a lower temperature of the surrounding atmosphere is advisable. Just how much lower than 84 degrees we are able to go it is not easy to ascertain. Experiments conducted with thousands of people based on a "temperature satisfactory to the subject," resulted in the conclusion that 86 per cent. of the people favored a temperature of 80 degrees with a 50 per cent. humidity regardless of outside temperatures above 85 degrees.

Shock Feared

Various contentions have been made in the past that an indoor temperature should not be more than 10 or 12 degrees lower than the outside temperature because of shock.

On the face of it, this contention is absurd, as on a given day last summer to have followed this ruling would have resulted in New York residents being comfortable with an 80 to 82 degrees temperature indoors, and Kansas City residents sweltering with a 98 to 100 degrees F. indoor temperature which, with the combination of inside humidity is very close to the limit of human endurance.

One reason given for using this 10 to 12-degree differential is that shock might occur going from a room cooled lower than that to the outside temperature. This, however, is discounted by the fact that we go from indoors to the outside in winter when the variation is as much as 80 or 90 degrees, and that we rarely take

(Continued on Page 25, Col. 4)

LONG, THICK LASHES MAY BE MADE CURLY

By GLADYS GLAD
"America's Most Famous Beauty"

"Dear Miss Glad:—I have very long, thick lashes, and new acquaintances often comment on their unusual length. However, they are also very stiff and straight, and really do not help much to beautify my eyes. I personally believe that if they curled upward, their length would be much more noticeable, and they would do more to bring out the full loveliness of my eyes. Is there any way in which I can train my lashes to curl upward?"

"CAROLINE."

It is true that lashes that curl upward do more to enhance the loveliness of the eyes than stiff, straight lashes, and you really can train your lashes to curl. When applying your chosen eyelash grower to your lashes each night, use a small eyebrow brush, and brush your lashes upward and back with the lubricated brush. Brush them in this manner each morning, too, and as often as you can. Eventually they should become trained to curl back naturally. If you want immediate results, however, you can use one of those new eyelash curlers. These curlers are somewhat scissor-like in shape, and have rubber edgings to guard against eyelash breakage. And if used carefully, they curl the lashes most attractively without proving in any way harmful.

"Dear Miss Glad:—Thanks to the reducing instructions contained in your booklet on the 'New Figure,' I have succeeded in unburdening myself of 34 excess pounds. And I feel just about 34 years younger! It's funny how young an improved appearance will make a woman feel, isn't it? However, I've been told that constipation sometimes causes an accumulation of unhealthy fat. I certainly don't wish to regain the weight I've lost. But I have a tendency to become constipated quite easily. How can I keep my excretory system functioning regularly?"

"MARGIE."

To obtain more perfect evacuation,



ROCHELLE HUDSON uses an eyelash curler to give her lashes an upward sweep.

tion, you must modify your diet and you must strengthen the muscles of the excretory organs. Our modern diet contains too large an amount of the concentrated foods. Add bran and agar, greens and cereal foods to your daily menu, to supply bulk and roughage. Eat plenty of fresh vegetables and plenty of the stringy, cooked kind such as kale, broccoli, cabbage, beet tops, asparagus and spinach. Eat plenty of fresh fruits. Take a glass of orange juice before breakfast every morning. And be sure to drink at least eight or ten glasses of water every day. In addition, to strengthen the muscles of the excretory organs, practice the following exercise every morning: Stand about three feet away from a chair. Place your hands on the chair, and while in this position, draw the muscles of the stomach and abdomen in toward the spine. Do this for at least ten minutes. Then repeat the exercise, lying flat on the floor.

Women's Problems

By VIRGINIA LEE

What is to be done if one is irresistibly attracted to a person of whom one disapproves? Haven't you been in that pickle? You know a number of things that are not so good concerning the person. Their ideas and ideals are not yours. Possibly you are utterly uncongenial to boot. But the fact remains that there is an attraction for you there that you cannot gainsay.

I remember a young man telling about a beautiful girl he knew. Her only qualifications to admiration were that she could swim excellently and make chocolate cake—surely not enough to recommend her for a wife. "But I have to stay away from her," he stated ruefully, "because she is as attractive as the dickens, and it would be the easiest thing in the world to fall in love with her."

I suppose that is the answer, Puzzled. In your case it's difficult to stay away from the girl, you say, because circumstances force you to see her frequently. You are sure her bad qualities

make her an undesirable mate, eh? Well, then, the only thing you CAN do is exclude her from your plans, and see her as little as possible.

Just Plain Ann: Of course I do not know what you heard about this boy with whom you have been going to make you stop speaking to him. If it was that bad, you had better not start going with him again. As to your height, you probably will not grow much taller, as you are nearly 18, and I should say that five feet four is a very good height for a girl, although a little on the short side. You are not too short, and not tall.

"Dear Virginia Lee:—I am a girl of 17 and have a sister, 19, and we have the toughest luck of any girls of our age. Our parents won't let us go out at all unless our brothers are with us or they themselves, and that is seldom. All they want us to do is work hard.

"UNLUCKY SISTERS."

I cannot say why your parents act as they do without knowing more of the circumstances. Perhaps the men where you live are not the kind they can trust. Possibly they need your work and think you cannot do it properly if you run about. Are you particu-



Virginia Lee

PURE...SAFE...FULL VALUE

Remember—there are many white tissues, but only one WHITE SWAN

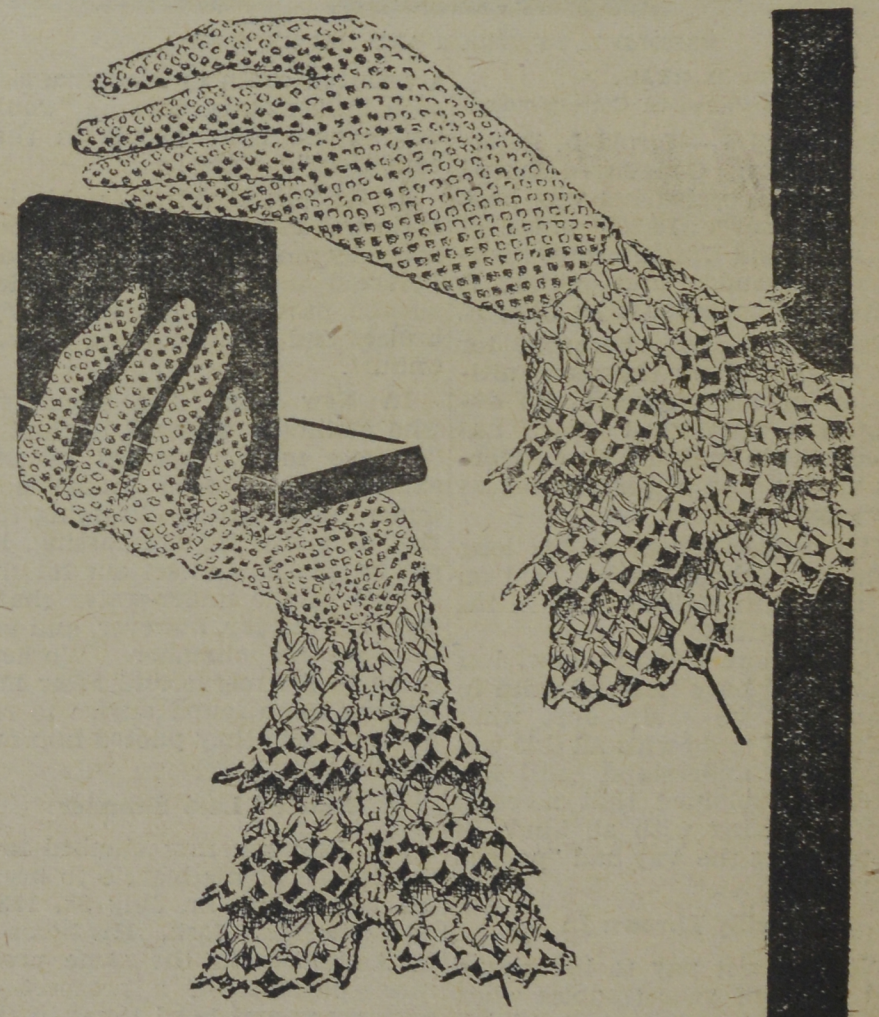
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CROCHETED GLOVES—PATTERN 966

With lace the last word in fashion—with the cables from Paris getting all excited about gantlet gloves that are perky, this lovely pair combines all these qualifications and so meets with instant feminine approval. The cuffs are very lacy and smartly dressed. You will want to make them not only in white have perky little ruffles that stand out and make you feel very to go with just everything, but in pastel colors, too, to match your frocks.

Pattern 966 comes to you with detailed directions for making the gloves shown in a large, medium and small size; illustrations of it and of all stitches used, material requirements.

Send 20 cents in stamps or coin (coin preferred) for this pattern to "The Maritime Broadcaster," 22 Canterbury Street, Saint John, N. B. (It will take about ten days to fill orders).

lar about the boys you talk with? What do your brothers think about the matter? If they think you should have boy friends, maybe they can help you by influencing your parents.

A Reader: I could not answer you before, but I appreciate your letter telling me you like my column, and I hope you are well by this time.

Joys of Fashion—For slippers, we vote for braided sandals of gold, kid, very nudist, and you can forego hose and manicure your tonsils if you want to.

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