

Massage Is Found To Be A Valuable Kind of Treatment

Expert Manipulation of Different Parts of Body Is Beneficial.

By LOGAN CLENDENING, M.D.
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Massage, manipulation, and the rubbing of different parts of the body is one of the most valuable methods of treatment. We depend too often on medicines or diet, when forms of treatment of this kind would be more beneficial.



Dr. Clendening

For those who can afford it, it is always better to have one skilled in this method do the work, but where this is not feasible, it is not difficult to learn to do a rude kind of massage on oneself and reap at least partial benefit. We can't massage ourselves all over; for instance, we can't massage ourselves for a backache, but we can in those cases teach some other member of the household to do it.

In classical procedure there are four kinds of massage: one is called "effleurage," stroking; second is "friction," pressing; third is "petrissage," kneading, and fourth is "tapotement," hacking, clapping, striking and vibrations. The trained masseur usually does these procedures in succession on any particular part.

In these winter days, when the feet are exposed not only to the ordinary strain of standing and walking, but also to extreme changes in temperature and drenching wetness, we should note how much stress has been put on the importance of massage of the feet. It goes back a long way into antiquity, and the first record of massage is a bas relief showing Ulysses, after he returned to Ithaca, being rubbed by a faithful servant in order to rest his travel-worn feet. The story is told in the nineteenth book of "The Odyssey."

The Chinese make it a rule to have a guest's feet massaged and anointed as soon as he enters the house, in order to rest him from his travels.

Well, the lesson is that we can all reach our feet and massage them and thus make ourselves more comfortable and healthy.

QUESTIONS FROM READERS

B. R. E.: "Is beer allowed in a diet of a diabetic patient?"
Answer: Recent studies by Chicago physicians indicate that there are about 18 grams of carbohydrate in a 12-ounce bottle of beer. Alcohol has been shown by many workers to be well tolerated by the diabetic and does not form sugar. Beer, therefore, when its carbohydrate content is substituted for other carbohydrate foods, shows no effect, either

Furs Interestingly Styled in Capes, Coats and Trimmings

EVENING WRAPS TEND TO DIP OR WRINKLE IN THE BACK

By LISBETH

"Wrapped to the eyes in luxurious pelts," is an ideal state any woman would like to achieve.

The fur-trimmed model, left, is a brown and white zigzag tweed with wide beaver collar. It is double-breasted. Madge Evans, who chose this model for her personal wardrobe, wears a yellow scarf with this coat, and a brown felt hat trimmed with grosgrain ribbon.

The same young woman models the attractive leopard coat, right. Leopard is a much-seen pelt on our avenues these days, both in trimming and whole coats. The sleeves of this coat are full at the elbow and fit closely at the cuff. Madge has chosen a checked scarf to wear with her leopard coat.

The most unusual things are being done with furs in capes nowadays, especially for those worn for evening. The cape shown, centre, is fox, with the skins worked into a heart-shape, with the tail for a collar. Madge Evans wears it over a brown taffeta evening dress.



Left—brown and white tweed coat with beaver collar worn by Madge Evans; centre—fox fur cape worn by the same actress over brown taffeta evening gown, and right—she poses in a new leopard skin coat.

harmful or beneficial, in a diabetic diet. To the extent that the alcohol contained in the beer may be utilized without forming sugar and without requiring additional insulin, beer may offer an advantageous source of extra calories in some cases.

WOMEN'S Problems

By VIRGINIA LEE

The letter from the mother whose husband is ill and whose 14-year-old daughter wants to have her friends come to see her and is rebellious because their house is small and the father irritable, has struck a responsive and sympathetic chord in the hearts of a good many of our readers. Following is a letter from one:

"Dear Virginia Lee: I was interested in the letter from the mother. For the 14-year-old daughter, couldn't she have an occasional 'kitchen party,' even if it included just herself and a chosen boy friend—or another couple of youngsters? Popcorn, candy, a dish of home-canned fruit dressed up some way with little cakes she could learn to make herself, a cup of hot chocolate and crackers. Serve these after an early movie or an evening of outdoor sports like skating or coasting. We have tried all these, though we did not have illness then.

"My sympathy goes out to the father, too. I have always been more than active, have grown up right with mine. (Daughter now

is 21 and sons are 18, 16 and 12.) Now I am in the place of that father, and it is a hard situation. "Wouldn't it be possible for him to read, or the wife to read to him, some books, preferably in story form, setting forth the hopes and fears, joys and sorrows of the 14-year-olds, especially their troubles with parents? There is a good beginner in Dorothy Canfield Fisher's, 'The Home-Maker'. She has others, too, perhaps better. A book by E. Stanley Jones, 'Christ and Human Suffering', would be excellent for both of them—wife and husband.

"Please tell her that a fellow-traveller on the hard way is praying that the way may be lighter for both herself and her patient.

"G. A. G."

Thank you so very much for your lovely letter. It helps to know that one is not alone in bearing and solving their problems. Others, too, are suffering as we are, and finding ways out and sympathizing. I hope your days of invalidism will be over soon and you will again be active. Thank you again for your suggestions. I do not know the real name of this troubled mother who wrote to me, but I hope she sees this letter.

"Miss Lee—I wonder if you could tell me what to do. I am 32 years of age and in love with

a man who I find is married. He tells me he is trying to divorce his wife, but she won't give him up. I am trying to get him to marry me. What can be done? He bought me a present. Shall I send it to the wife, yes or no?"

"C. C."

I certainly can tell you what to do. Give the man up and have nothing more to do with him until he is free to go with you. No, do not return the present to the wife. Give it back to him.

D. Mc. has been going with boys for some time. Her trouble is that she falls for boys at first sight and then grows tired of them. The last boy she went with she grew tired of and broke up with him, but now she's a bit lonely for him. She wants to know if I think that if she made up with him it would last, and whether love at first sight can be permanent.

There are people, D., whose emotions rule their judgment. It may be that your emotions are easily aroused and so you are attracted to the young men you meet, and when you know them better they do not measure up to the ideal you have formed of them—and so you grow tired of them.

You may be an idealistic young person, you know. What does your reason say about this boy for whom you feel lonely? Are you congenial? Do you admire his character? If so, it may be that you would not grow tired of him if you renewed your friendship. You probably are an impulsive young person whose heart rules her head. Try to train yourself to use your head when you meet boys. Try to study their characters and see if they are worthy of more than a passing fancy. If one's judgment is good, love at first sight may be permanent.

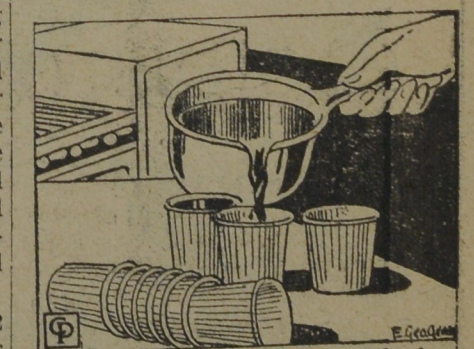
Household Hints

By MRS. MARY MORTON

Pineapple Pie—3 tablespoons flour, 1 cup sugar, 3 tablespoons cornstarch, 1 1/4 cups pineapple juice, 2 egg yolks, 1 lemon and grated rind, 1/2 cup crushed pineapple. Mix flour, cornstarch and sugar. Add the pineapple juice and bring to a boil. Cook in a double boiler until the mixture is clear. (It will take from 20 to 30 minutes.) Pour over the beaten yolks, add the lemon juice, lemon and orange rind and crushed pineapple and cook until it thickens. It should be stirred all the time it is cooking. Pour into unbaked crust and brown in a moderate oven.

Make a perfect meringue of 2 egg whites, 4 tablespoons sugar and a pinch of salt by whipping the eggs until stiff but not too dry, then adding the sugar and salt and beating until thick and

glossy. Pile onto the pie, being careful to bring it well out over the rim of the baked crust to prevent shrinking. Place in a 300-degree oven for at least 20 minutes so that it may cook through before it browns.



When making cranberry jelly, fill a few paper cups for the girl or boy who takes a lunch to school, or to put in a box of "cats" for the college lad or lassie.

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