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... OF ...

Interest to Women

A LESSON IN POSTURE IS LEARNED ON SEEING THE TRANSPARENT WOMAN

Why You Must Exercise For a Straight Spine and a Good Way to Do It

The "Transparent Woman" doesn't wear her heart on her sleeve, but she does wear her vertebrae quite openly. The fascinating lady, made of cellulose which is now being publicly exhibited in the New York Museum of Science and Industry in Rockefeller Centre by S. H. Camp, as his contribution to the country's public health educational movement, is an object lesson in posture as well as plenty of other things.

Her heart, hiding shyly behind one lung, is a little difficult to see among the surrounding faithfully reproduced circulatory system, and organs which light up and show plainly through the transparent sheath modeled in perfect body form. But you can't miss noticing the marvelous straightness of her spine, nor the fine flat set of her shoulder blades across her back. Erect, with arms raised, and in absolutely perfect posture, she stands there on her big wood and glass base, around the edge of which electric lights flash the name of the organ which is simultaneously lighted up from within the transparent body. That girl would shame anybody out of their round-shouldered stoop.

A Real Girl

We inspected her on the first day of her world premiere New York exhibition, after which she will tour the country accompanied by a doctor-lecturer. And aside from our academic interest in her spine, the dizzy wonders of the human circulatory system, and the surprise location of some of the organs as they popped into light from invisible electric bulbs (maybe it's just dumb, but we never knew the spleen was in the back), that Camp Transparent Woman made us a little sad.

Her end of the big museum room was kept dim to better show up her internals as each organ is lighted one after the other. The practical background of black velvet hangings surrounding her on three sides had a dramatic appearance—an effect that deepened when the doctor to whom we were talking told us that she was a real girl. He said the skull and bones, which you don't even notice at first, but which support the mechanism of faithfully reproduced organs, arteries and blood vessels, were those of a twenty-four-year-old girl who was killed in an accident. The doctor did not know what kind of an accident, how long ago, nor who she was. When he went away we just sat there staring—and wondering about her.

Strange Career

With her lovely sculptured transparent profile she stood there in the dim half-light so straight, beautiful, remote, transparent, but mysterious. Who was that real girl? What was she like? Was she in love? How would a lover feel about her strange final

career of travelling thousands of miles as a health exhibit—forever on exhibition to crowds who neither know nor care about who she was, or how she died?

Perhaps it was the suggestion of eternal supplication in her arms raised heavenward that made her seem somehow wistful. We'd have sat there longer—brooding, and letting a few pleasantly melancholy tears trickle through our violet mascara to fall at the feet of that unknown transparent woman, if it hadn't been for the arrival of a flock of photographers who started exploding flashlight bulbs in our eye.

A Lesson in Posture

Those cameramen saved our mascara. They also ruined our mood. You cannot be pleasantly melancholy in the face of a flashlight bulb. Anyhow, we thought, it's rather nice and quite comforting, that she came to such a useful end. Perhaps she'd have liked helping other women to learn from her perfect construction how to build and conserve healthy and beautiful bodies for themselves. Maybe she'd have been proud that she was perfect enough to be a worthy gift to science. Perhaps she wouldn't have minded that to us she was utterly absorbing as the best object lesson in posture we've ever seen.

This last unique marvel of scientific ingenuity is at present being displayed in Suite 735 at 30 Rockefeller Plaza. If you look at the intricate dove-tailing of those vertebrae you'll understand better the reason why stretching posture exercises are important to keep the small vertebrae in the neck from settling down upon each other, and the larger ones down the entire spine from getting into crooked habits.

To Improve You

We'll never know what exercises that unknown young woman ever did. Perhaps she did a posture exercise something like one taught by one of the best teachers of physical exercises to improve figure beauty and health. It's a grand spine-straightening exercise. This is how it's done:

Rest on bent knees on the floor with head back, hands clasped behind body and stretched downward. Bend slowly forward, keeping the head up and back flat until you come back to rest in a sitting position on your heels. Drop head forward to floor and relax. Then keeping the head down, round the back, pull in abdominal muscles and slowly raise the body. Movement begins at lowest vertebrae and slowly lifts thighs away from heels at same time. Head and shoulders rise last to original kneeling position. Repeat five times, working up to fifteen times altogether. Try to feel each vertebra as you roll the back up.

WASHING DISHES CAN BE PLEASANT IF PROPERLY DONE

"Don't go away, Rose Marie, until you have washed the dishes."
"What! Have I got to wash the dishes?"

"Certainly. You don't expect me to do it after all I've done today, do you? Surely you can do that much."
"Why didn't you tell me that before I did my nails? Now I've got to spoil them. All because I have the dirty old dishes to do."

"Pity about you, Sis. Asked to do one little thing and you begin crying all over the place. Gosh! You ought to do something once in a while without lifting the roof about it."

"Go out of here, both of you. Leave me in peace. I'd rather work all night than listen to you. I can wash the dishes just as I've done everything else."

"O, g'wan. I'll help do them. She can shine her nails again. 'Twon't hurt her. You go lie down and read the paper, if you can get it."

Somebody must wash the dishes. That is the price of every feast even of so simple a meal as evening tea. Most households have to find some reasonable way out lest someone be overburdened. The cook ought to be relieved of this chore if there is anyone about to relieve her. Children ought to be trained to share in the clearing up and washing and putting away. Begin with them when they are able to carry their own bowl and spoon to the sink board. Teach them the right way to handle their dishes

and silver, the best way to wash them and dry them. Washing dishes is a trade in its own right.

Washing up after a family meal is no little chore. Little girls ought not to be asked to do it without help, nor should they be allowed to do any part of it until they have been trained to do it well.

Teach little ones how to wash and dry spoons and put them away. Add dishes and plates before cups and glasses, to the list of accomplishments. Little by little train the children to the full task, the pots and pans being the last phase of the learning.

Rightly done, washing the dishes is a pleasant task. Improperly done, it is a dreadful chore. Train the children to it, provide for its doing and there will be peace in the household at least on that score.

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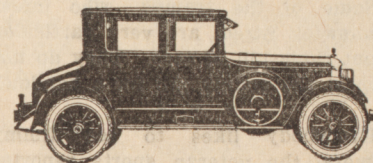
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AUTO TOPICS

By Harry E. Porter

Former Technical Lecturer with Gen.
Motors and Chrysler



VALVES
(Continued)

The action of the motor car cylinder is dependent upon pistons and valves, and to make it easily understood, we will consider just one cylinder of an automobile engine. Irrespective of the number of cylinders in a motor, each operates with the other in the same manner in a definite sequence. To start at the beginning, as one might say, the piston starts on its downward trip from upper dead center. In other words, the piston slides downward in the cylinder much the same as the piston of a syringe will slide down the body of the syringe when pulled by hand. The moment the piston starts on its downward course, the intake valve, which is connected directly to the carburetor, (supplying this cylinder with fuel), starts to open, and by the time the piston gets to bottom dead center, the valve has fully opened and completely closed. Therefore, we have a "charge" of gasoline vapor, thoroughly atomized by the carburetor, in the cylinder.

The piston then starts on its upward trip with both valves closed. There being no escape for the gasses sucked into the cylinder when the piston presses them upward, compression of the gasses takes place. When the piston again reaches top dead center the gasses are compressed very tightly against the cylinder head, or combustion chamber, (the combustion chamber being the space between the piston head and the cylinder head). At this point of top dead center a spark occurs at the spark plug, this spark being timed with exact relation to piston and valve operation. The spark ignites the gasses and their expansion drives the piston downwards. Upon reaching bottom dead center, or usually a little before, the exhaust valve starts to open and continues open whilst the piston travels upwards to top dead center. This cycle or stroke expels the burned gasses through the cylinder, out through the muffler and at this point starts again its intake stroke, or commences to perform "all over again." Therefore, the four cycles are now completed, first, down stroke, intake; second, up stroke, compression; third, down stroke, explosion or power; fourth, upstroke, exhaust.

This constitutes the four cycles or half revolutions necessary to operate the motorcar engine.

Questions and Answers

Q. I have a 1931 — car and my right hand tire has worn through to the canvas. I have had my steering adjusted and have put the left hand tire on the right hand wheel. Now this is starting to wear the same as the other one. I always keep the right air pressure in my tires.
—J. McD., Devon.

A. It is quite obvious that your front wheel alignment is incorrect. Have your steering properly protracted by a competent steering mechanic. Excessive wear on tires is caused by improper steering geometry.

Q. My — car which I bought in 1932 won't let its engine idle without having the choke pulled out halfway. What is the matter with it?
—P. C. T. F'ion.

A. Your trouble is either air-leak at carburetor or manifold, clogged low speed jet, or distributor points set too closely. I would advise a check-up by a good mechanic.

ADVANCE INFORMATION

One popular car manufacturer has completely redesigned its engine with some very radical changes. Another manufacturer will guarantee over thirty miles to a gallon by engine redesign and carburetion, which will be about double the mileage given by the same car this year.

Finger-tip gear change with no gear change lever will be more prevalent this year.

Motor car frames will be made

lighter and still as rigid by the use of drill-holes throughout the members, and the use of I-beams instead of channel sections for the X-members.

Propeller shafts will be supported, by three universal joints incorporating hypoid differentials. This is done to retain the low center of car gravity, but eliminating the floor tunnel in the car.

Overdrive will be decidedly more prevalent during 1937 due to the decreased price. Overdrive enables the car to operate at high speeds at low engine speed, is automatic in its operation, and economizes in gasoline and oil consumption.

Rear engine cars will not be acceptable until they are an improvement over popular mounting.

A large car manufacturer is in production of a smaller car to compete in the \$1,200 class. Supercharges are coming to the front more rapidly than in the last few years.

Do not forget we still have that gent in Western Canada who promises us 200 miles to a gallon of gas. No further information yet.

The adoption of hydraulic brakes is almost complete.

Watch for the streamlined commercial vehicles and trucks. Streamlining is an important factor in commercial transportation, eliminating wind resistance and promoting operating economy.

And they are certainly talking of giving us better visibility for the driver of a motorcar and this is sorely needed, but alas!, not in 1937. Lots of drivers like to see the way they bump their front fenders.

How about adjustable steering wheels? Some manufacturers are working on them so that the little fellow won't have to look below the rim and through the spokes.

Door handles and window risers may be "built in" the door panels to prevent injury in accidents but nothing has occurred for 1937.

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