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Interest to Women

BARTON SUGGESTS EXERCISES OUTSIDE OF THE GYMNASIUM

Even While Waiting One May Do Much to Reduce
Excessive Weight

(By Dr. James W. Barton)

"The accumulation of excess fat, in that it tends to reduce physical efficiency and not uncommonly to imperil life, should be regarded far more gravely than is the case. Now although there are a considerable number of difficult causes of overweight, yet in practice the majority of cases result from excessive food intake and deserve, therefore, our chief attention. Thus most people over the age of 40 are too fat although at first glance they might be passed as normal. Fat creeps secretly or unnoticed into the abdominal wall, and the abdominal organs, producing the middle-aged spread as its first sign. At this stage treatment is a simple matter and unassociated with danger. It may consist of either exercises or reduced food intake, or both."

I am quoting Dr. A. H. Douthwaite in the British Medical Journal.

Now in this early stage of overweight there is no question but that the use of simple, suitable exercises, properly and regularly performed will not only prevent the protruding abdomen or middle-aged spread, but will give erectness to the carriage thus preventing further spreading.

For many years I have prescribed definite exercises for definite conditions; exercises to correct or prevent the protruding abdomen have been prescribed in at least three of every four cases treated. To have the individual place his hand on his abdomen as he lies on his back and raises his legs (knees straight) or sit up, or standing with knees straight and rocking from side to side, gives him the feeling that the exercise is catching the right spot—the muscles of the abdomen. If he is not too old, and is capable of attending the gymnasium classes for the middle-aged, he will of course get these same exercises and have the pleasure of the company of many others like himself.

All these exercises must be done slowly, no rocking or swinging motions nor even the slightest bending of the knees. This rocking, swinging, or knee bending will take the action off the abdominal muscles and it is the tightening of these muscles that will get rid of the fat, cause the waist to become smaller, and the

spread to disappear. It is the weakening and sagging of the abdominal muscles which is responsible for loss of the waist line, the protruding abdomen and constipation.

Now, although taking these exercises at home and also at the gymnasium is practically always possible it must be admitted that many fat individuals are not at home or where these exercises can be conveniently done, others live where there is no gymnasium; others may not have time or opportunity. For these rather a unique system of exercising the abdominal muscles is that of contracting and relaxing these muscles at will, even during working hours; and entirely unnoticed by others. It is just the same idea as tightening the thigh or the calf muscles without really straightening the leg or extending the toe.

First the patient should be taught to pull his abdominal wall in and out while standing or sitting. This exercise the straight or up and down muscles in the front of the abdomen. These form the 'washboard' seen on those who are well developed. Secondly, he should learn to exercise the 'oblique' muscles that run obliquely across abdomen instead of straight up and down.

Thirdly, the back must not be forgotten. All fat people eventually develop a bad stance (posture), and a healthy abdominal wall cannot be achieved if its main point of attachment is weak and warped. Insistence should thus be placed on the importance of carrying the head and body erect—standing and sitting tall.

The advantages of these simple exercises—pulling in and pushing out abdomen, bringing the hips and lower ribs together, and tightening the lower back muscles by sitting and standing tall—is that they can be done while patient is travelling, waiting for a car or bus, sitting at a desk and even at the dinner table, without being noticed by those present. For those afflicted with fat arms and neck the exercising or tightening of the underlying muscles will remove fat, as fat will not accumulate over a muscle which is being frequently used.

ARTHUR DEAN TALKS ON EARLY MARRIAGE

Should Young People Be Allowed to Marry
Earlier Than They Do, and What About
Help From Parents?

(By Arthur Dean, Sc.D.)

Speaking from the standpoint of sociology and social hygiene young people ought to marry earlier than they do. Years ago the farmer's son said to his father, "Sue and I want to get tied up. What do you say, father, to a part of the farm and some timber for a house?" The father often replied, "Sure, my son. Your ma and I got married and my father helped out. I'll give you the land across the road and a good bit of pine and spruce spruce timber for a home. When farm work is slack I'll pitch in and help build the house for you and Sue."

A cellar full of vegetables, salted meat and home canned goods with an ample supply of milk, maple sugar, and corn meal—and the young folks were 'all set.' There were few de-

mands for money except for new stock, farm equipment, meeting the tempting wares of the peddler and paying the taxes.

Under such conditions my grand-uncles married and yours, too, perhaps. But nowadays it is different. The demands for money are enormous—or we think they are. We must have at least a car, a radio, stockings galore, shoes for every occasion and for every 'gown' (dresses in the horse and buggy days).

The material world has changed greatly. But young people haven't changed a lot. Young love still goes strong. The age-old urges are here now as always.

To meet the situation some experts advise a marriage subsidy. Everything is being regulated and subsidized so why not youthful marriage? Dr. Ira S. Wile, a psychiatrist and physician speaking before the Missouri Social Hygiene Association said:

"Too many parents discourage their sons and daughters from marrying until they can stand on their own feet financially.

"Parents will send their offspring on to expensive schools, continue to provide for them in idleness or while they struggle through long apprenticeships with yet no self-supporting job in sight, but a son must not get married until he is able to support a wife.

"The same is true of a daughter. Her parents will give her an allowance or let her live at home so long as she is single, but let her get married and they abandon her to her fate.

"I think marriages in these groups should be subsidized by parents. Let the young couple come home to live if need be, though that is a poor way. Better give them the support they have been getting.

It is an economic social and civic advantage to have these young people married at an age when they are best

TAKE YOUR GUESTS ON A "CRUISE" FOR VALENTINE PARTY

St. Valentine's Day falls on Sunday this year so most of the Valentine parties will be given on Saturday evening. If you wish to give a jolly affair that is strictly up to date, invite the crowd to take a Valentine cruise with you. The invitations read:

The Valentine Trippers, merry and gay,

Are off for a Cruise this Saturday,
Down through True Love Lagoon,
Under a Silver Honeymoon.

Accommodations are specially fine,
For we're sailing on the Old Heart Line.

Passengers at (the Smith) dock will convene,

The boat will leave at 8.15.

There are many ways by which you can give your house a nautical air, a gang plank over which the 'passengers' must cross to enter the living room, life preservers cut from cardboard, ropes coiled here and there, chairs arranged around the room as deck chairs.

A ship concert would be fun, giving everyone a stunt to perform.

A game called 'The Last Night Out' would be lots of fun as well. Let the girls be seated in a circle around the room in their 'deck chairs,' with every other chair vacant. Each girl has a 'passenger list' of the men guests. The lights are turned low and each man in turn seats himself beside a girl and whispers a proposal in her ear. The girls rate each proposal and the man with the highest ratings is given a prize.

Serve refreshments at 'the Captain's table,' a long table made by placing card tables together in the dining room.

Blind Dates

To select partners for supper or for a game, wrap stuffed dates in paper and pass one dish to the boys and one to the girls. In those for the boys place tiny strips of paper containing the name of some famous sweetheart of history or fiction, and write the places where they are to be found on the girls' slips, and let them 'match up.' Of course the boy whose slip says Juliet knows he will find her 'On a Balcony.' Peter, Peter's Wife will be in her 'Pumpkin Home,' Jill will

be 'On the Hill.' Carmen will be discovered in the 'Bull Ring.' Cleopatra's date is 'on the Nile.' 'Cinderella's' at the ball,' and so on.

Lovers' Lane

Mank out your Lovers' Lane, making it as long as you wish and dotting it with obstacles. Place a large shallow packing box across the path for a stile, let some red cardboard hearts be stepping stones in a brook that must be forded, have a pillow on which the lovers must kneel to ask father's consent, and so on. Now, tie each couple's ankles together with a large handkerchief and let them walk 'down Lovers' Lane' together. The pair who negotiate the obstacles to the best advantage receive prizes.

'Hearty' Food

For 'Love Apple Hearts' dissolve a package of lemon gelatine in two cups of stewed hot tomatoes. Season well and turn into heart-shaped molds. Serve on lettuce garnished with mayonnaise that has been tinted a delicate green.

'Sweethearts' call for two cups of hot mashed sweet potatoes. Stir three tablespoons of butter into the potato and add two tablespoons of grated coconut, salt and pepper to taste and one well beaten egg. Form into little balls, roll lightly in flour, and fry a golden brown. Serve on slices of canned pineapple that have been cut into hearts with a cookie cutter, then fried in butter.

'Hearts Adrift' are dainty little pink hearts of cornstarch pudding on squares of white pudding, with waves of whipped cream colored green. To make the pudding scald a quart of milk in the double boiler, add a half cup of cornstarch and a half cup of sugar mixed together, with a fourth of a teaspoonful of salt, and cook 20 minutes. Remove from the stove, add a teaspoonful of vanilla and fold in the stiffly beaten whites of three eggs. Mold one-half of this in a shallow pan, so it will be about half an inch thick. Color the rest pink and mold in small heart-shaped molds.

When ready to serve, turn the white square out onto a large plate, place the little hearts on it and garnish with whipped cream 'waves.'

IF SKIN CHAPS EASILY KEEP IT LUBRICATED

Skin Lacks Natural Oil
And Substitute Must
Be Provided

There isn't anything else you can do for skin that has the chapping habit than to punish it with cream, oil, or some form of lubricant.

Chapped skin is skin from which the natural oil is lacking. It is only reasonable, therefore, that there must be provided a substitute for the natural oil. Any good hand cream will do, if you use it nightly, and use a lotion after each hand washing during the day.

If your hands are badly chapped, invest in a pair of large, loose gloves and let the hands soak overnight in nourishing cream. This cream application at night may be a bit messier than a hand lotion, but it is worth the inconvenience it may cause you. Olive oil is an old time favorite, but it doesn't disappear into the skin as quickly as do hand lotions.

If it is the face that gets rough and reddened beyond the blushing area you'll have to give it an extra cream dosage. Always leave a fine film of cream beneath your powder before you go out. It is the best way to combat the winds. Give the lips a bit of greasing too, when you are at it.

Finally, there is the cracked and cracking nail tips that have to be reconditioned during cold weather. Your hand cream and lotion will take care of that and there are preparations on the market to counteract these brittle, splitting nails.

It is for marriage and the propagation of children.

To the last paragraph I say hearty "Amen." Nevertheless I do not like to see young people going home to live with the old folks. I'll agree with my friend, Dr. Wile, that the parents should set up for their children a home of their own.

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When this is done the persistent, hacking cough will disappear, no lying awake nights, no inflammation of the bronchial tubes.

PHILIPPINE PRESIDENT COMING TO VANCOUVER

VANCAUVER, Feb. 8.—Manuel L. Quezon, first president of the Philippine Islands, accompanied by Field Marshal Douglas MacArthur, head of the Philippine forces and former chief of staff of the U. S. Army, a staff of 14 and eight servants is due to arrive here in the Canadian Pacific liner Empress of Canada next Sunday, Feb. 14.

President Quezon, who became chief executive of the Philippines at the first election ever held in the islands on Sep. 30, 1935, is on his way to Europe, but will spend some time in the United States on his way through.

Field Marshal MacArthur, formerly chief of staff at Washington, is chief military adviser to the new republic. While actively in the U. S. Army, General MacArthur served twice in the Philippines, first from 1903 to 1905 as lieutenant, and from 1922 to 1925 as Brigadier-General commanding the Manila division. He is the most decorated officer in the U. S. Army, having the D.S.M., D.S.C., "7 S.C.C.," the Legion of Honor, Croix de Guerre, French and Italian. He is a commander of the Order of the Crown and officer of the Order of Leopold of Belgium.

Local dignitaries will be on hand to greet the presidential party when the Empress of Canada arrives. As there is no precedent for the reception of a Philippine president arriving, either officially or unofficially, it is not yet certain what form the reception will take.

Sunshine and exercise are the main key to feminine charm.—Bernarr Macfadden.

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