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HOW

To Keep Fit After the Age
 of Forty-five

DRINK without eating and eat without drinking. Five glasses of water a day, none with meals, will make you free of the doctors.

Warm feet and a cool head need no physician.

A bath, cold if you please, hot if you must, with a good rub, starts the day right.

If you will save your smoke till after luncheon you'll never have smoker's heart.

Wearing the same weight underclothing the year around will save you a lot of colds.

Dress coolly when you walk and warmly when you ride.

Your nose, not your mouth, was given you to breathe through.

Clean skin, clean socks, clean underwear every day.

Don't sit still with wet feet. Walk until you have a chance to change.

See how high you can hold your head and how deeply you can breathe whenever you are out of doors.

Hot water quick is the best thing for a sprain.

Short shoes and shoes that don't fit cost a lot in the long run.

Getting mad makes black marks on the health.

Sleep woees the physically tired man; she fouts the mentally exhausted.

The best record in golf is the record she has made of restored health to the middle aged.

Tennis up to the thirties, but golf after forty.

Two hours of outdoor exercise by the master never yet made him overcritical of the cook.

Don't ask the heart to pump extra blood to the brain all day and then to an overloaded stomach at night.

Tight shoes have sent many a man to bed with a cold.

Leg weariness never yet produced brain fog.

Loose clothes, loose gloves, easy shoes, spell comfort and health.

No wise athlete stands still after exercise without putting something over him.

Open windows don't make half as many colds as closed ones do.

Too many drinks at the nineteenth hole undo all the good of the other eighteen.

Blood pressure does not come to the men who walk a lot out of doors. Instead it looks for those who sit and eat a lot indoors.

Many a man finds too late that his motorcar has cost him more in health and legs than it has in tires and gasoline.

Nature won't stand for overdrafts any more than your bank.

You never saw a dog fill his mouth with food and then take a drink to wash it down.—Walter Camp.

SPACE ECONOMY.

How to Keep House in a Single Room if Need Be.

The fact is that old fashioned houses have their advantages and disadvantages in these days of kitchenette apartments, but one such has a distinct advantage over the more cramped quarters. It has lingered on after its more respectable mates have been torn down or turned into stores or apartments. In an old landmark in St. Louis there is a certain large room, once used as a drawing room in the days when that part of the city knew its brown stone fronts and handsome carriages. There is a large bay window in the room, with an especially large fireplace. In the window of this room a young business woman who makes her home here has placed across one corner a large divan, across the other a table, the folding away kind found in old antique shops.

In the fireplace she has a handy little gas stove on a box, the metal pipe which feeds it being attached to the old chandelier in the center of the room. Beside the stove is an improvised cooking table, in the shape of a folding work table, covered with an oil-cloth and ready for instant use. Near this is a sheet iron oven, which can be used for baking of any kind.

In the closets, near the fireplace, are shelves, upon which are supplies in tin cans and jars. A tin-box is used to keep any food which is left over, and on another shelf are dishes. All the odors go up the chimney, and when not in use the housekeeper draws a screen in front and so has a delightfully furnished living room.

Upon one of the closet doors she keeps in denim bags, partitioned off to suit, all kinds of cooking utensils and other articles needed in the preparation of her meal.

How to Resuscitate One Suffering From Electric Shock.

How to treat a person who has received a severe electric shock is best described by quoting from the Scientific American the account of how one man did it to a workman who had touched a wire carrying a current of 2,300 volts and was apparently killed:

"A fireman immediately took hold of the ankles of the limp body, lifting it until the whole weight rested on the neck and letting it fall. He then took a pair of connectors and hammered the soles of the injured man's feet without removing his shoes. Another fireman opened the man's mouth, pulled forward the swallowed tongue (which occurs in electric shock) and was about to begin the Schaefer prone method of resuscitation when the man returned to life. He was removed to the hospital and is now well, though suffering very severely from his burns."

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