

# The Modern Method of Clothes' Preservation



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Modern civilization boasts not of master minds that build with equal cunning as did the workmen of Solomon's time or during the age of pyramid builders, but today inventive genius labors more to lessen daily drudgery that shortens the span of life.

The Dry Cleaning process of cleansing clothing, so called because no water is used, is the modern way of ridding garments of accumulated soil. This method preserves and lengthens the life of wool, cotton or silk fabrics because there is no rubbing to wear out the threads of delicate gowns or more substantial weaves. The sole helps are neutral soap, re-distilled gasoline and finely adjusted cleansing equipment, supervised by expert workmen, a process available only in a dry-cleaning establishment equipped as is ours with every modern device for cleansing without damaging the most delicate of garments.

Many garments that need only to be dyed or possibly remodeled also to be worn again yield easily to the modern dyers' skill. The original tint or tone, the prevailing mode or color is not beyond the present-day science of dyeing as practised by us.

May we ask that you test our skill by sending us party gowns, dresses, suits, coats, gloves, satin slippers, furs—we take them all, curtains, draperies, etc., and return them to you rejuvenated, refreshed and fitted for many months of duty. Let us preserve your clothing by modern methods.

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## How to Live

Common Sense Comments on Health, Happiness and Longevity

By GEORGE F. BUTLER, A. M., M. D.

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LESS WORK FOR THE DOCTORS.

Far more important and encouraging as "signs of the times" than any developments in politics or industry is the publicity given in newspapers and magazines to health topics. This means future generations with purer blood, stronger muscles, more courageous brains. And that, in turn, means that all the problems of living—personal, social, political will be met and taken care of. No physically robust people was ever enslaved or was ever retrogressive. The first warning of the downfall of the Roman empire before the northern races was the throngs of workings in the pestilence-haunted cities of the Mediterranean. Heretofore in the world's history civilization has meant decay, because it has meant taking a nation's best from the healthful, open-air toil of the country, and degenerating it in noisome cities where the very ideas of happiness involve destruction of health. And our civilization of over-abundant food, of automobiles, and of all manner of noise-decaying machinery, would have meant speedy ruin to us of the modern world had it not been for the progress of sanitary science.

The first fruit of this progress has been the skepticism regarding the value of drugs and the passing of the family doctor—two developments that are so rapid that we hardly appreciate them as yet. It is a grand advance that we have made in discovering that the body does not wish to be sick, does not accidentally get sick but, on the contrary, wishes to stay well, and will stay well if its owner is not ignorant or reckless. This discovery will make two great changes in our system of education. The first will be the teaching of breathing. To breathe properly means health, long life, capacity for work. Yet, today, how few people know how to breathe? The second great educational change will be in the matter of diet. In this country, and in nearly all of Europe except France, we are still eating the things our forefathers managed to digest when they were toiling and sweating terribly in the open air, instead of sitting at office desks.

Nature made the appetite for food keen because she had to deal with conditions in which the food supply was short and hard to reach, and if the appetite had not been keen, the animal would have given up the struggle. We ignore the changed conditions, and use Nature's no longer necessary but as an excuse for stuffing ourselves three times a day and eating between meals. If it weren't that sanitation is much better nowadays, and cooking also, the consequences would be worse than they are. As it is, we suffer a great deal from "depression," "over-work," and "nervous prostration," don't we?

It is pleasant to eat all we want. It is more comfortable to ride in an automobile and breathe lazily in one corner of the lungs, than to walk and take deep breaths. But, it isn't the way to be long-lived and healthy. And it is the way to let the other fellow who breathes and exercises and eats properly distance us.

The man who wishes to avoid doctors and preserve the full integrity of his functions to a ripe old age must avoid excesses of every description, have plenty of fresh air, a moderate amount of good nutritious food, and must, furthermore, endeavor to employ the higher faculties of his mind somewhat more energetically than is usually customary. Man's destiny as regards the body is to a great extent in his own keeping, and, unless disease is inherited, he will, in all probability, live threescore years and more if the body is properly developed and cared for.

### LEARN HOW TO LIVE.

Simple foods, in moderation, the drinking of large quantities of pure water, moderate and regular exercise, the daily bath, free elimination through bowels, skin and kidneys, avoidance of overwork, worry, excitement or unkindness—these conditions will give practical immunity against all diseases save those arising from injury.

It is better to live in harmony with a few simple clearly defined laws of health, such as simple food, simple clothing, simple exercise, simple precautions, than to try to live in harmony with public opinion. You should not hesitate to change your methods if you are pretty sure you see a better way.

Place yourself in harmony with the universal law; make a religious use of your work while it is yet day; be at once serious and cheerful; know how to repeat with the apostle: "I amlothrived in whatsoever state I am therewith to be content."

Both brain and bodily work are essential to the attainment and maintenance of perfect health.

The man who serves himself and his fellow men best is he who simplifies life.

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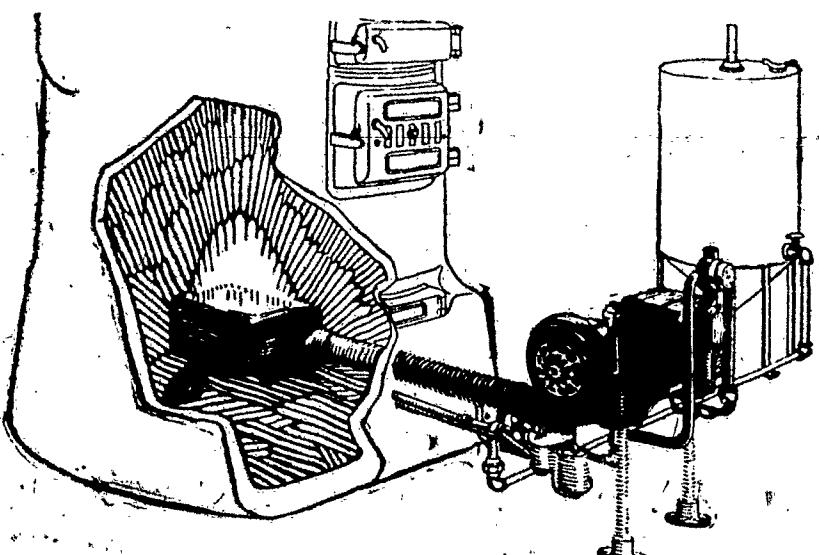
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