

THE PATH OF LIFE

There is many a rest on the path of life, If we would only stop to take it, And many a tone from the bitter land, If the querulous heart would make it.

Better hope when the clouds hang low, And to keep the eyes still lifted, For the sweet blue sky will soon peep through

When the ominous clouds are rifted, There ne'er was a night without a day, Or an evening without a morning, And the darkest hour, as the proverb goes,

Is the hour before the dawning. There is many a gem in the path of life, Which we pass in idle pleasure, That is richer far than the jeweled crown Or the miser's hoard of treasure.

HOW TO WALK, STAND, SIT AND BREATHE

Mr. McGovern, who was formerly physical director and instructor at Cornell University Medical College, is one of the foremost experts on exercise in the United States. He conducts the McGovern Gymnasium, in New York City, where he specializes on physical training for the correction of intestinal and other functional defects due to faulty habits.

Which Shoe Do You Put on First? "Bad posture is largely a matter of habit," says Mr. McGovern. The chances are that every morning when you dress you put on the same shoe first.

Some months ago a broker who had been suffering for six or seven years from headaches, vertigo and nervousness, was sent to an orthopedic specialist. Previously the broker had consulted specialists for the stomach and heart, but there was nothing wrong with him organically, though his symptoms had proved very stubborn.

Except when he was on his feet on the floor of the Exchange, from ten until three, he had been getting no exercise. He had acquired a nervous habit of standing with his heels together and his toes out and, in this position he would flex his knees and continually raise and lower himself.

At night he was kept awake by pains in his neck and shoulder blades, and he had formed the habit of sleeping on two or three pillows as he had found that in this way the strain was sometimes taken from the muscles and nerves that pained him.

The foot specialist sent the broker to me to see if his arches could be built up. I found that he did not have broken arches, but that they were in a weakened condition owing to inadequate exercise and to the long-continued wrong use of the muscles of his leg.

It was necessary to put this man through correctional exercises, not only for flat feet but for the whole body, so that he might acquire strength and energy to carry himself properly. At the end of two weeks he was sleeping on one pillow and had gained four and a half pounds in weight.

1. Stand with feet parallel. Turn over that you are standing on the outside edges of your feet, the soles of your feet "facing" each other as nearly as possible. In doing so, keep knees stiff. Repeat ten times.

2. Toes in, heels out. Rise on toes and come down without touching the floor with the heels. Ten times.

3. Toes in, heels out. Rise on the toes. Come down so as to form a circle from toe to heel. Ten times.

4. Cross feet, left foot on right side, right foot on left side so that toes and heels are on parallel lines. With legs rigid, rock sidewise from left to right. Ten times.

5. Knees stiff feet parallel. Walk on the toes without bending the knees, for one minute.

6. Feet parallel. Walk on the outside of the feet without bending the knees. One minute.

7. Left foot straight. Bring right heel in front of left toe so as to form half of a perfect square, the right toe pointing left. After taking position make legs rigid and bend body straight forward. Raise right toe as far as possible, keeping heel to the floor.

sagged and he suffered from severe leg pains. He had developed a high right hip and high right shoulder as a result of working with his right hand and keeping his left foot behind his right the greater part of the time.

His trouble had become so acute that he could work only in snatches, twenty minutes at a time, and during this short interval in order to get relief, he had to walk back and forth in front of his canvas. Arch supports in his shoes had only aggravated his condition.

The illustrator's arches had sagged and weakened, but his was not a true case of flat foot. The trouble in his case, too, was the result of incorrect standing and walking. I gave him leg exercises, handball, bicycle riding and taught him how to stand and walk, just as though he were learning these things for the first time.

One of the most important things the illustrator learned was to stand on both feet with no spring in their steps. Those of us who sit at their work, the trouble arising both from inadequate exercise and wrong use of the leg muscles when they do walk.

More than any other one class, waiters suffer from flat foot. The reason in their case is that carrying trays causes them to "founder." With their toes out they shuffle or flop along with no spring in their steps.

The wall exercises I give are designed to correct the tendency of people to slouch when standing and walking. If you have no physical defect, and yet take a longer step on one side than on the other, it is because you have become addicted to a slouching posture.

This exercise will help you correct the habit of taking unequal steps: Lie on your back so that, with your knees bent, your feet are against the wall. Keeping your feet to the wall, push back so that you rock to and fro, the weight of your body shifting, as you rock, from your hips to your shoulders.

The correct way to walk is with the feet parallel, or even with the toes turned in a fraction of an inch. To see for yourself the different effect of toeing out and toeing in, try this experiment: Stand, for a half-minute, with your heels together, and your toes out. Then part your heels, turn your toes in—and feel how your arches come up!

1. Stand facing the wall, feet parallel, both arms extended so your palms are against the wall on a level with your shoulders. Keeping your heels to the floor, let your body come forward until your chest and chin touch the wall. Push back from the wall and take a deep inhalation.

2. Right side to the wall, feet parallel. Right palm against the wall at level of shoulder; left hand on hip. Turning forward, bring the left shoulder in to the wall as far as possible without raising heels from the floor.

3. Right kind of walking can be used as a continuation of the two sets of exercises just given. Even the athletic type of man seems to think that when he holds his head back he is in a proper position for walking. But holding the head back strains the back and uses unnecessary energy.

4. When walking do not throw the head back nor force the chest out, nor the abdomen in. The chin should be on an even line with the chest, while the hands hang loosely at the sides. The feet should be parallel or toeing in slightly.

5. Many people take breaths that are too short, while those who have deliberately set themselves to breathing by rule, without proper instructions, are very likely to breathe too deeply. I have known some who acquired the habit of lower diaphragm breathing. This presses the stomach out and down and has a tendency to narrow the chest.

6. Most men of middle age should breathe more deeply than they do, but this does not mean that one should breathe as deeply as he can. In proper breathing one does not take a consciously long nor a consciously short breath.

7. Feet parallel. Bring toes and heels together as far as possible, making an effort to grip with them. Keep knees stiff. Ten times.

8. Walk up and down, toeing in as far as possible. One minute or more.

9. These exercises have proved of great value in many cases of arch trouble. The instructions are so simple that anyone should be able to follow them.

stomach goes out, which shows that you are breathing from the lower diaphragm—a habit you should not cultivate.

If the exercises I give below are practiced conscientiously for a few weeks when you are walking, you will probably find yourself breathing regularly in a normal way.

The following breathing exercises are for use in the home: Stand with feet parallel, chin, chest, and toes in a straight line, hands at the side, palms back. Breathe in slowly, turning palms back. Breathe in slowly, turning palms forward.

It is a good practice to do breathing exercises just after waking, while lying in bed in the morning. This is the method: Flat on your back, Palms down to start. Deep slow inhalations. Raise chest high, bringing abdomen in and turning palms up, while keeping the shoulders to the bed.

Some time ago the vice president of a big New York public utilities corporation came to me and complained of a pain in his neck. He was sixty years old. The pain he said, had become as sharp as a toothache and was making it impossible for him to work at a desk.

The habit most people acquire when sitting is to let one shoulder and side fall lower than the other. This causes the chest to sag also. The man who sags on the left side while sitting is apt to keep his left hand to his face or chin for support.

Another common habit is that of putting the feet up on a desk or porch railing. Eventually, this practice will make a man round-shouldered. The only way I know of for a man to correct bad sitting postures is to deliberately watch himself over a considerable period of time.

There are many comfortable, easy chairs with straight backs. Make a habit of using one of these, if you can, when reading or resting at home. Lean back if you want to and relax the abdominal muscles, but avoid letting the head sag forward over the chest at any time.

A good many people make a practice of sleeping on more than one pillow. This is bad, for the reason that two pillows hold the head so high that the circulation is lessened. The acute angle of the position is sufficient to cause a stiff neck.

Many people who walk a great deal, or follow even gar more rigorous recreations, suffer from undue-exercise of the abdominal muscles. Any person whose abdominal muscles are in proper condition should be able to do the following exercise:

Lie on the floor flat on your back, hands under your head. Bring yourself up to a sitting position without letting your heels come more than an inch or so off the floor and without bending your knees to any great extent.

Here are two exercises for the abdominal muscles. They are especially good for persons with intestinal trouble—constipation. Practicing these two exercises will in the course of a few weeks, enable you to do the one just given. Then you should use the three together regularly, to keep your abdominal muscles in good condition.

1. Clasp your hands together just below the waist line. Resist strongly with the pressure of your hands as you force the abdomen up and out. Relax. Then repeat slowly. Continue, with resting intervals for from three to five minutes.

2. Stand in front of a table so that it touches you. With your feet parallel on the floor, bend so that your body from the hips up rests on the table. Catch hold of the table with one hand along each side. Keeping your feet together and your knees rigid, swing your legs together from the right to left and back again. Swing vigorously. Ten times.

A good many cases of bad posture are due merely to auto-intoxication. Constipation—which is often due to faulty diet—causes one to feel below par in general, with the result that the sufferer begins to slouch and sometimes acquires permanent defects in his carriage.

Professional and business men who take physical training under me, I recommend certain diets which have been carefully worked out in accord with the best medical and scientific experience. Diet No. 1 is for the sedentary man who does little or no hard physical work.

FOR AND ABOUT WOMEN. Daily Thought. No man is born into the world whose work is not born with him. There is always work, and tools to work with, for those who will. And blessed are the horny hands of those who toil.

This season the choice of a hat is the test of a woman, sartorially speaking. Never have there been so many opportunities to find the perfect hat, which will enhance one's individual charm.

As always simplicity is the test of true chic. As the best of the new frocks manage to achieve an effect of subtle simplicity, despite their elaborate detail and workmanship, so the hat worn by the really smart mode is made of handcraft and air, and will not distract the eye from the effect of the ensemble.

Never has there been such variety in hats. The hat with a brim has definitely returned. But it is a hat with a difference, designed to reveal rather than conceal the face. This effect is achieved in various ways. The brims of the new cloche hats are shallower in the front than at the sides, and the front of the crown is frequently an inch shorter than the back.

The new brim designs seem to promise that fur collars are destined to be worn on the first Spring suits, for those Spring hats that have recently been imported from France make provision for them. The cloche brims sweep down and back in widening lines as though starting to imitate the soft sweater, but just as they reach the point where they would be in the way of the collar a wide wedge-shaped piece is cut out or the back is crumpled against the crown and held with a saucy little bow, giving the same effect as though a triangular piece had been cut out.

Even newer than the hats with simulated bandeaux and the evenly drooping brims cut away at the back are those bandeau hats with the brim laid in short pleats at the right side or lie rather closely against the face while the brim flares out at the left in a becoming scooped dip. This is a mode capable of being interpreted in every mood from the tailored hat to the flimsiest of afternoon creations but whatever the spirit or the medium in which it is made, its trimming will be found nesting at the right side as though to hold the pleats against the cheek.

Small hats are by no means abolished. For early Spring LeMouffe is making tiny caps of straw, tucked up to the head tightly, and all the leading Paris designers have versions of the beret, some severe, others draped to give a softened effect. A hint of a new trend is indicated in Rose Valois's sailor hats, which she is introducing for Spring resort wear. It is almost a decade since we have seen the sailor, but it is quite possible that with suit and shirtwaist blouses to the fore we shall see this classic shape return to favor.

Our homes are for recuperation and rest, and nothing destroys that desired atmosphere of ease more than a thoughtless and abusive use of color.

Hot tomato Sandwich:—Fo each sandwich, spread one slice of bread with butter and another with either pimento or cream cheese. Fry the sandwiches gently in melted butter. Put them in a shallow pan and top each sandwich with a thick slice of tomato. Sprinkle with salt pepper and a few drops Worcester sauce. Bake in a hot oven or broil them under a hot flame for a few minutes. The sandwiches must be served very hot.

For potatoes baked in half-shell select six medium sized potatoes and bake for about forty minutes. Remove from the oven, cut slice from the side of each and scoop out the inside.

Mash and add two tablespoons of butter, salt, pepper and two table spoon of hot milk; then add the whites of two eggs well beaten. Refill the skins and bake for five to eight minutes in a very hot oven after you have sprinkled the tops of the potatoes with grate cheese.

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TOO MUCH RED TAPE, BUT HE SAW THE DOCTOR

It seems we have too much red tape now. I am not strong for that sort of thing. Red tape always reminds me of the young man who called at the house of a celebrated physician and asked to see the doctor.

"Take my clothes off!" the young man exclaimed. "What for?" The nurse was firm. She said: "The doctor has made it an absolute rule not to see anybody unless that is done. It saves time."

"But I don't want to take off my clothes," the young man insisted. He did not believe in this red-tape stuff.

"Well," said the nurse, "I am sorry, but you can't see the doctor." "If that's the case, I'm game," said the young man, and he went into the room.

A few minutes later the doctor entered the room and found the young man awaiting him, stark naked.

"Well, sir," said the doctor, "what seems to be your trouble?" "Doctor," the young man replied graciously, "I called to see if you would renew your wife's subscription to the Ladies' Journal."

Mother—"What is the matter with little Chester?" Tommy—"He's dug a hole and he wants to bring it into the house."

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