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Helpful Beauty Hints

Correct Sitting Posture
The Figure—The Proper Way to Sit in a Chair and Its Practice—How to Prevent Wrinkles—About Warts—Avoid Chemical Lotions.

The ungraceful way many women sit is frequently the cause of ungainly figures, for unless the weight is properly poised the lower organs are thrown out of gear and shapeliness is impossible.

To avoid ruining the figure every woman should regard her spine as an upright post, the shoulders being a cross piece. And this structure she must guard so it will not bend, and as soon as a bend is permitted the balance is destroyed.

Sitting in a chair seems a simple matter, yet rarely is it done properly. I do not now mean crossed feet and other ungraceful positions, but the fact that the spine is usually bent. The woman who is reading this sees, at the moment, if she cannot push further back into the seat—not with her shoulders, but so the end of her spine is nearer the chair back. If she can accomplish this she will find herself involuntarily sitting straighter, because a kink has been removed from her vertebrae.

In my opinion no one position does more to make or prevent a good figure than to practice correct sitting for at least five minutes three times a day. For this I would use a chair with a straight back and get on it, leaning forward a little and pushing back until the spine, about three inches from the tip, feels the chair back. Then, with the shoulders thrown back, a position is attained which is best for all purposes and will soon be held unconsciously. When this is accomplished the danger of protruding abdomen and large hips is greatly lessened.

Besides this straight spine movement chest expansion should be cultivated. This is difficult for an older woman, yet worth any effort. One such exercise is to try repeatedly to make the elbows touch each other behind the back.

The longer one tries and the more strength put into the muscular exertion the better will the figure become. Incidentally, one must take care to stand straight while exercising in this way, or she will simply increase any "stooped shoulders."

Another good and by no means difficult movement is to straighten the arms out at the sides and, without bending the elbows, put them back as far as they can be made to go.

Deep breathing has much to do with having a good figure. If the chest is flat and contracted, as must be if the lungs are not filled, a woman cannot make a good appearance.

It is astonishing that, with wearing very tight stays, the diaphragm may be expanded when the lungs are filled to the lowest depth. That is, in spite of lacing, there is still room for the lungs to be inflated. To breathe deeply does not mean a large waist line, and such practice may reduce the hip measure. The lower lungs cannot be inflated unless one is standing correctly.

I think that each night before going to bed a woman should try the touch the floor with her finger tips without bending the knees. If she can accomplish this the exercise will keep her supple and if she cannot do it she certainly needs practice. For this movement the hands are held high above the head and brought down with a sweeping motion while the knees are kept stiff. Should they bend there is no benefit to be derived. By their remaining rigid pull is made from the waist and hips and long and constant practice will reduce the measurement there. The work must never be done while wearing tight bands.—Margaret Mixer.

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CROSSING CONTINENT BY BOAT.

Canoe May Traverse South America from Ocean to Ocean.

An official of the Geological Survey at Washington, in describing the geology of Western Colombia, has incidentally pointed out a route by which a canoe from the Atlantic to the Pacific across the northwestern part of South America.

The proposed route follows the river Atrato to the divide, which lies in a series of swamps and then, by way of one or two smaller streams, reaches the river San Juan, which empties into the Pacific.

Eastern Highlanders.
An ordinance just passed in Java falls heavily upon Chinese secret societies in the Dutch East Indies. A fine of 100 guilders or three months' imprisonment is the penalty for every Chinaman found in possession of secret society documents or emblems or night wearing the distinguishing marks of these organizations.

Those who preside over the meetings of such societies, allow meetings to be held in their houses or fail to inform the authorities of such gatherings being held incur similar penalties. The letter also falls upon Chinamen who recruit for these societies, supply them with money or give them help in any way.

More Daul.
The president of an ocean steamship company was taking a journey across the water. When the ship was in a dangerous channel he became engaged in conversation with the pilot, an elderly man, who had spent most of his life on the water. The president of the company remarked: "I suppose you know all about the dangerous places in this channel?"

"None," replied the pilot. "You don't!" exclaimed the president. "Then why are you in charge of the wheel?"

"Because I know where the bad places ain't."

Kissing the Book.
In England and all the English speaking countries the kissing of the book before the oath comes from the practice of touching a "haldame," or sacred object, as the old Roman touched the altar or Harold the caquet of relics. The form, "So help me God," is inherited from ancient Teutonic-Scandinavian law, under which the old Norseman, touching the blood-daubed ring on the altar, swore, "So help me Frey, and Njord, and the Almighty God" (that is, Thor). The first and last of these are the two old English gods, whose names we keep up in Friday and Thursday.

The Atmosphere.
The height of the atmosphere above the earth has never been ascertained, because no one has ever been able to get far enough out to determine where it ends. But it certainly spreads far more than fifty miles from the solid surface of the earth and from the liquid surface of the sea. The quantity, therefore, that rests upon a acre of ground presses down upon that space with a weight of not less than 2,900 tons. Fifteen pounds of it are sustained upon each square inch of the land that is near the level of the sea.

Scientific Training.
Scientific education in the schools and colleges of this country may be said to date from the year 1823. The bill for scientific and technical studies was put through Congress in that year by the Honorable Justin S. Morrill, of Vermont, and received the President's signature at once. The bill received its main inspiration at the International Exhibition at London, in 1851, and was proposed as early as 1857, but owing to the high party spirit engendered by the slavery discussion was delayed till the date given.

Contains a Chamber Where Meal is Regularly Provided.

One of the most curious tombs in the United States is in County Westford. In it is laid the body of one of that curious body—the resurrectionists. One portion of the tomb is a furnished chamber, with a table and a few chairs. On the table will be found at any time a dainty meal of considerable dimensions, with a fowl, a ham, a leg of mutton and the necessary drinkables. The departed resurrectionist proceeds by his own hand to eat of the meal, and the resurrectionists, as they are called, are said to be very fond of the food. "If the meal is untouched in the meantime, it shall be given to the poor and a fresh meal laid." So far the meal has been untouched, though several rumors spread round the district from time to time that in spirit form the gentleman has appeared and has enjoyed his meal. Curious stories are told of poor people to whom the ham or the leg of mutton has been given being awakened in the night by strange rappings on their doors and windows, and even by demands in a grim voice for a portion of the food which has been distributed. As a consequence and probably for another sad reason, it has come to be the practice to consume the food immediately after it is brought home. It is the only way to counteract the envy of the spirit, with whom, apparently, hunger is constantly present.—Dundee Advertiser.

Moroccan Red Tape.
Official correspondence in Morocco is couched in a very flowery and flamboyant style. It is interspersed with a variety of meaningless adulatory phrases that tend to confound the real sense of the epistle. For example, an order to the minister of finance to contract a loan begins thus: "In our present letter (God increase his power and make the glorious sun and his moon glitter in the firmament of his felicity), we have authorized our incorruptible servant (here follow names), to contract in the name and behoof of the treasury (heaven bless it), a loan of —" etc.

Considering that the "incorruptible servant" is sipping as much as he possibly can from the treasury it is certainly necessary to pray that "heaven bless it!"

AN INNOCUOUS SMOKE.

By Means of a Holder, Some Cotton and Chloride of Iron.

In an article on the hygiene of smoking published in the Munich Medical Weekly, Dr. J. Bamberger says that the injury which may follow the use of tobacco pipes is the greater number of smoking. Those who use a mouthpiece, or if not are careful not to keep the end of the cigar saturated with saliva, are much less apt to suffer from the effects of the various products of the burning tobacco. "Dry smokers" are much less risk of harming themselves than those who chew the ends of their cigars. Dr. Bamberger suggests that a bit of absorbent cotton saturated with chloride of iron be placed in the holder, and he claims by doing this some of the harmful products of combustion are rendered innocuous.

Weighting Touch.
A wonderful instrument has recently been invented for the purpose of measuring the sense of touch. The device consists of a series of little disks, suspended by fine, delicate threads from wooden handles, the last being stuck into holes around a block. The lightest disk is taken out and brought into contact with the skin of the subject, the latter having closed his eyes. If nothing is felt a heavier disk is employed, and so on till the pressure becomes noticeable.

A touch of a disk weighing three-one-hundredths of a grain was observable on the temple; one weighing five-one hundredths on the nose or chin, and one weighing nine-one hundredths on the inside of the finger.—The Pathfinder.

Just Cause for Pride.

The man admired his wife just about as much as any man can admire a wife, nevertheless when he saw that she was devoting more and more time each day to mirror gazing he determined to take her down a peg. Said he, brutally: "I wouldn't be so stuck on myself if I were you, just because people happen to notice you when you go out. It isn't you they're admiring, it's your clothes. I heard a bunch of women say so the other day."

For an instant the shock to the woman's vanity overpowered her, then, quickly recovering she said: "In that case I am prouder than ever. Nature is responsible for me, but I designed the clothes myself."

Ambergris and Amber.

There is some popular confusion of ambergris with amber; in fact, however, there is no relation between them. But for a long time the nature of ambergris was hidden in mystery. In ancient days it was commonly believed that it flowed up from the bottom of the sea. Sland the Sallor tells of a spring of ambergris that he found; but it was in a crude state, and in this condition it floated on the surface of the sea. This story harmonizes perfectly with the old Arabian belief.

Tommy Atkins.

The term arose from the little pocket ledgers served out at one time to all British soldiers. In these manuals were to be entered the name, age, date of enlistment, length of service, wounds, medals, and so on, of each individual. The War Office sent each little book a form of "fill" and the hypothetical name, instead of John Doe and Richard Roe (of the lawyers), or M. N. Church, was "Tommy Atkins." Every British soldier became "Tommy Atkins."

Deceptive Artificial Pearls.

According to the Daily News, Birmingham, the center of English jewelry manufacture, says that in no made many imitations which look so like the real thing they deceive experts. They are by means of a transparent glass a little glue, and some essence of Orient, a silvery, pearly substance, composed of fine scales of a very small fish called the "bleak" or "sea-athlete." 17,000 of which require rubbing to get a point.

For Future Dreadnoughts.

That the German government believes ships of war will be much bigger in the future is shown by the enlargement of the Kaiser Wilhelm class, which is to be completed at once to 26 feet, with provision for a late deepening, if necessary, to 45 feet. The width of the canal is to be doubled. The new dimensions of the locks will considerably exceed those at Panama.

Consider the Difference.

Statistics inform us that the cost of living has increased 350 per cent. during the last 100 years. Still, it will have to be admitted that living is worth a good deal more than it was 100 years ago.

As the 'Twig is Bent.

There is some hope for the boy who has to be drilled into the habit of being a mighty little hero, for the boy, who has to be drilled away from the mirror.—Athletic Globe.

The Captain's Right.

During the recent financial depression in England Pat and Mike enlisted in the British army. After their drill the captain, thinking the circumstances opportune for a little lecture on patriotism, demanded eloquently: "Soldiers, why should a man die for his king and country?" "This struck Pat as a proper question," turning to Mike, he said: "Fah! Mike, the captain is right. What's—everybody?"

A Modern Miracle Explained.

A modern miracle is explained by a writer in the London Opinion as nothing so very wonderful. "Owd George's wooden leg been giving him pain lately." "Don't you be talkin' so foolish, William." "It's sore enough. It's owd woman been a whoppin' him wi' it."

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