

BUSINESS DIRECTORY

Convenient Reference To Firms Serving Community

by Dr. Geo. W. Crane

The Worry Clinic

Martha's chronic arthritis cleared up by use of a little "horse sense." So read this case with double care. For many of our aches are due to the various abnormal home or office situations mentioned below. And you can often correct them very simply. Scrapbook this vital case and its follow-up.

CASE P-449: Martha G., aged 48, says she is troubled with arthritis.

"Dr. Crane," she began, "I am having a lot of pain in my right knee.

"Although I have taken shots for arthritis, my knee does not get any better.

"Yet I feel I simply MUST stay on the job for I am a spinster and have nobody to look after me.

"So what else could help me?"

Medical Horse Sense
"Horse Sense", is still one of the greatest assets of every doctor.

But "Horse Sense" is limited to the medical profession. You readers can employ it, too, by taking the experimental attitude.

Later I watched Martha at her typewriter. She had developed the habit of twisting her right leg inside the typewriter storage space of her desk.

While the typewriter was pulled out, the desk had what amounted to a lower shelf.

So Martha would twist her right leg until she could get her foot stuck inside the desk and resting on that shelf.

She didn't even know this for it was an absent-minded habit that she had recently developed.

But her arthritic knee dated back to the time she had acquired this typewriter desk.

When she broke herself of this habit of keeping her leg in the desk, her knee began to improve. And within two weeks, most of her so-called arthritis had cleared up.

Many of you people with painful hips might try similar new strategy even as regards your beds.

If you have been sleeping on the right side of a double bed, then switch places with your mate and try the other side for a few weeks.

Many cases of arthritic hip joints are relieved by this sort of simple postural change at night.

Sometimes, too, you will find that a new mattress will correct your backache.

That is true if your old mattress has developed sunken spots where your hips have made it sag.

Again, housewives who complain of pain in their lower back or between their shoulder blades, may be stooping too far over the kitchen sink.

Raise the sink or place a thick square board under the dishpan and you may soon find a marked improvement

in your former aching shoulders.

Traveling salesmen also complain of an aching left shoulder, which may be due to prolonged elevation on the elbow rest.

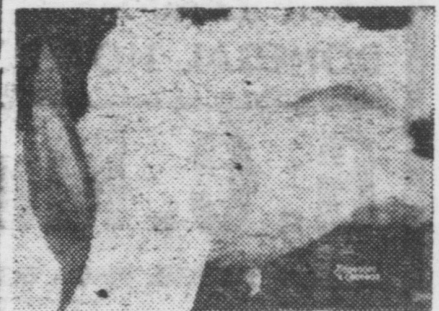
Or maybe they keep the window open in summer and lay their left elbow on the window ledge.

So learn to analyze yourself in your habitual work, whether at the sink or office desk, the lathe or even in bed.

And check on the length of your legs. Thousands of people have one leg almost an inch shorter than the other, yet they don't realize that fact.

So their backbone twists to offset this difference. A built up heel will often relieve such pain.

(Always write to Dr. (Turn to page 10)



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