

Dr. Bunker's Hand-writing Analysis

By DR. M. N. BUNKER

Your handwriting may not be in one of these answers—and your writing may look entirely different, but these replies will possibly help you. These specimens clipped from letters received from our readers are large enough so that you can compare them with your own writing, and then, after you have done this, you

may want to send in your own handwriting, and learn what it tells about you.

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Child Training

By ELISE AYER

Health Education—The new emphasis for a long while, the business of making and keeping children healthy



was left entirely to the family and its doctor. As far as children are concerned, the results have not been satisfactory. It is now pretty certain, that to be healthy in a modern surrounding, a person must be in possession of the "how" and the "why" of ways of living.

Not only this, but the prime importance of health must be realized and appreciated before any results can be had. So many things crowding in, parents have been found to put other considerations before health. Laws of health neglected, steady work is impossible and funds with which to pay for the services of a physician are not saved up. The free clinics are so crowded by these unfortunates that adequate attention is not possible. No wonder that in the largest center in the world, the

Harlem group shows thrice as high tuberculosis death rate as other groups and other alarming evidences that the forces which break down health are waging a battle.

So, those who are educating children—teachers, school doctors and nurses are taking up the campaign with renewed vigor. They are beginning with the children, the parents of the future. If the parent of today will listen, these children will bring home much information and many suggestions which mothers and fathers may use for themselves as well as for their children.

Now, when your child comes home, saying that a day has been spent by teacher in weighing and measuring her class, do not think the school has thrown away a day. Rather, get busy and see if your child is up to the standard by the weight and height chart for ages. This scale may be obtained through the American Child Health Association, in New York City. And, after finding that your child is underweight and under height, get busy and find out why. If you are sent for by the school, hurry over, without delay. And, combining new knowledge with your own common sense, take steps to correct any errors which exist. While you are at the school you may learn that the reason your child minds so poorly is that he hears only half or less of what is said or done. His nervousness which has always annoyed you turned out to be due to poor eye-sight and strain which may be relieved by proper glasses.

The next surprise in store for you may be a new kind of note book which is filled, not with spelling or arithmetic, but pictures of vegetables, dairy products, fresh air ideas and the like. Instead of exclaiming: "What new fad next?" take an interest in it, read its plans for breakfasts, dinners and suppers and, try them out for the children. That's what they're for; and give them your sympathy and understanding. Perhaps you may be urged to supply a towel each week soap and a container for it. Will you crossly grumble, or will you express pleasure over the progress in education, when you pack this in the school kit?

No longer are school buildings the high temples of the worshipped "Three R's." They are the work-shops where pupils are working out the ways and means of good living. Being large houses with windows, they lend themselves to teaching methods of obtaining fresh air indoors. There are a number of ventilation systems used in various schools and both teachers and pupils have to learn how to help in their operation. In some, it is not necessary to open the windows at all, as large machines in the basement circulate the air. In others, the air is changed directly by raising the windows three or four times in the morning and twice in the afternoon while the children stretch and move.

These big school houses have to be kept clean and nearly everywhere this is an unnecessarily heavy burden, on the school janitor. Children throw papers and food about when they have been taught not to do this at home. For that reason, "clean-up" campaigns are a part of the regular school programme. Lessons on beautiful paintings and colors and the use of them in the school, are toward the end that children shall want to have cheerful surroundings.

But, children are in school only 5 or 6 hours each day. For the rest of the twenty-four, the parent must "carry on." Under their guidance, there must be play in the open, up until but not later than 7 p.m.; there must be long hours of sleep for growth, in rooms with windows wide open; there should be quiet in the sleeping room and not more than two in a bed; there should be frequent bathing and early rising, so that breakfast may be eaten slowly and the walk to school need not be hurried.

This health programme may seem a large order to the busy parent, but it is not half as large as the loss in nervous energy, money and happiness which comes from neglecting it.

D. R. B.—This writer is a man who tells us that he is having a great deal of trouble at home. "My wife never does anything to please me," he says, and the reason is plain enough. This man wants to be boss. He wants other people to always do what he wants done. He is quick to speak sharply, and is always hard to please. Instead of trying to please his wife, and friends, he wants them always to be doing things for him. D. R. B. has plenty of natural ability, but he is so wrapped up in himself, and so anxious to have other people wait on him, that he finds the whole world is wrong. It isn't the world, D. R. B. It is you, and you will find happiness by changing your way of thinking.

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Frank J.—You like rich food, and comfort. You are generous, and like to have other people have the same things. You have very emphatic ideas. If you think a thing is so, then there is no changing you. This is not a good habit unless you hold it in check. It is fine to have decided ideas, but remember you may be mistaken. You should study electricity, and become an electrician.

You may have a personal report made of your handwriting if you will write a page, using pen and ink. Sign your name, send letter to Dr. M. N. Bunker, in care of this newspaper with a stamped and self addressed envelope for reply. Be sure to enclose the stamped envelope, for letters without this will be discarded.

EAT MORE, BUT MORE CAREFULLY

Cold weather is coming, and cold weather means that the body needs added fuel if it is to withstand the cold.

This means more food, but many err in partaking of the wrong kind of food. Instead of increasing too heavily on your meat, fish, bread and eggs, lean strongly on your green vegetables, your milk and your fresh fruits.

Serve a larger crange at breakfast, or two small ones instead, so that you will balance the acidity of the bacon and eggs. Serve a salad at

luncheon and a fruit cup at dinner. Cater strongly to spinach, raw cabbage, celery, carrots, turnips and other vegetables that may be secured fresh.

Do these things and you'll probably avoid that old bug-a-boo "Spring Fever" which comes to so many cluttered bodies each Spring.

KEEP GLOVES IN REPAIR

Many glove dealers will mend torn places for a small sum and should do it without charge on defective gloves of good quality from their own shops.



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Bayer Aspirin when you seek relief from pain. Because the genuine is dependable. It is always the same, and always safe. The tablets marked Bayer will not harm the heart. You needn't submit meekly to the suffering caused by a cold, or rheumatism, or other aches. You can always take Bayer Aspirin. And you can always find it at any drugstore.

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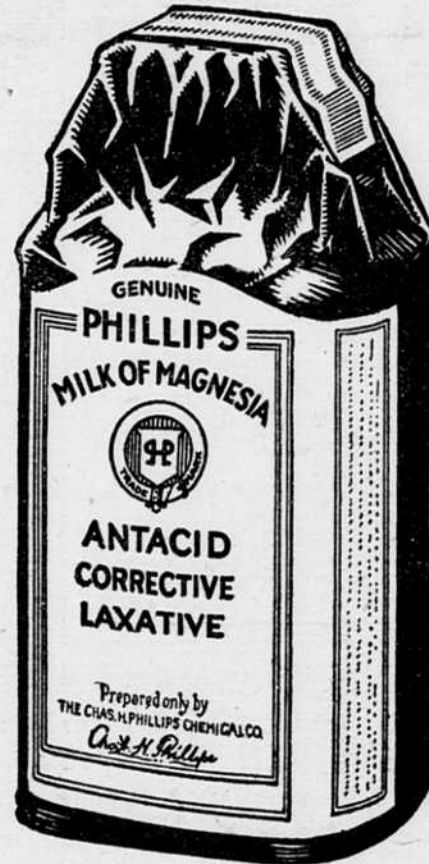
Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid

When You Over-indulge

Every man, woman and child will occasionally over-indulge. But don't suffer for all your indiscretions. It's folly to do so. You can so easily sweeten and settle a sour, upset stomach with a little Phillips Milk of Magnesia.

Hearty eaters have long since learned the quick comfort this perfect anti-acid brings. Smokers know how it neutralizes nicotine; brings back a sweet taste; guards the breath. Women know what it does for nausea—or sick headache. And when children have over-eaten—are bilious, constipated or otherwise upset—give them a little of the same, pleasant-tasting and milky-white Phillips Milk of Magnesia.

You'll be through with crude methods once you learn the perfect way. Nothing



else has the same quick, gentle effect. Doctors prescribe it for sour stomach, indigestion, heartburn, gas, nausea, headache. It has been standard with them for over 50 years. Insist on genuine Phillips Milk of Magnesia. A less perfect product doesn't act the same.

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