

The Downers Grove Reporter

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BOOST! - Don't Knock

EFFICIENCY

Continued from Page 1

The central or controlling nervous system, that is, the brain, spinal cord, and cranial and spinal nerves. The sympathetic or assistant nervous system, composed of the solar, cardiac, and pelvic plexuses, and many smaller groups of nerves, also the ganglia lying over the heads of the ribs, and the fibres connecting the two nervous systems, so you see it is indeed an intricate mechanism. These two systems when normal are perfectly balanced and work in harmony, but if one becomes weakened in any way the other tends to over dominate, or if one, the sympathetic e. g., is over-excited, thru some irritation, it will tend to overpower the other and we will have a variety of symptoms—irritability, nervousness, rapid heart action, headaches, exhaustion, etc. Very frequently the cause of this lack of balance between the two parts of the nervous mechanism is starved nerves.

The nervous system receives its nourishment from the blood supply, picking out from the blood stream the fatty proteins and phosphates. Anything interfering with the food supply of the nerves produces starved, that is exhausted, inefficient nerves and we have neurasthenia in its various stages. This interference may be due to,

1. Improper food: The food does not contain the elements necessary for the life of the nerve cells.

2. Lack of digestion and assimilation. The food is supplied but the digestive apparatus is so out of order that it cannot change the crude materials into chemical products capable of being assimilated, or if assimilated acting as toxins, producing self-poisoning—auto-intoxication.

3. Obstruction to the blood supply of the nerves, from contracted muscles and ligaments, or mal-adjustments in any part of the mechanism of the body, especially along the spine as it is here that the tiny blood vessels

supplying the nerves pass in and out between the vertebrae.

Excessive muscular contraction is produced by a variety of causes: faulty positions of sitting, standing, walking (for the body is built on certain definite, architectural lines and when in correct pose every muscle should be working in harmony with every other muscle. Incorrect positions destroy this equilibrium and freedom and produce strain, contraction, and consequent irritation), overwork, mental or physical—and the toxic effects of fatigue, eyestrain, loss of sleep, lack of fresh air, lack of exercise, worry, fear, grief, extreme emotion, anything causing nerve strain as over competition, too much responsibility.

This abnormal contraction may be overcome by either active or passive exercise. Actively, by physical exercises, walking, relaxation. Passively by means of manipulation, adjustment of muscular equilibrium, application of heat, hot bath, electrical bath or the sun bath. The last, the sun bath, anyone may indulge in when the sun shines. Of course you can go to a sanitarium and be given an electrical cabinet bath, but the latter is only an imitation of the sun bath. Sit or lie in the sun every day that it shines (protect your head, and wear a dark colored gown—black is the best as it absorbs the sun's rays, white reflects them). Begin with a five minute bath and gradually increase the time until you can remain for twenty or thirty minutes. There is nothing equal to it for stimulation and equalization of the circulation, muscular relaxation, and general nerve tonic.

When muscular contraction is due to mental conditions, mental relaxation must be effected before any physical relaxation can be accomplished. "Constant thinking wears out the delicate machinery of the mind without useful results, constant thinking means constant vibration, constant vibration means waste." Worry is simply the same train of thought running repeatedly thru the mind. The advantage of ceasing to think is the same

as the advantage the tired body luxuriates in when stretched in repose. The tired mind requires rest. We should be able to think or cease to think at will. Ceasing to think sounds difficult but it can be done as follows:

"When you have been thinking steadily drop the thought completely. If any thought appears in the mind, turn the attention away from it. Imagine a void, nothingness. Try to be conscious only of stillness and darkness. At the same time let the body feel heavy—relax."

There are any number of good books that will help to teach you mental and physical relaxation. Annie Payson Call has a fine series. If you cannot read all, read "Power Thru Relaxation," "Common Sense and Nerves"; and "The Freedom of Life."

Relaxation may be practiced any time, any place, at odd moments of leisure, between household tasks, waiting at the station, on the train. Instead of sitting in a tense strained position trying to push the train along a little faster, just notice how comfortably the men ride—take a lesson from them, relax, give yourself up to the seat, be comfortable, rest, and add to your store of energy in that half-hour instead of wasting it. Take things deliberately, don't rush. Don't plan more than you can accomplish in a given time. Watch yourself; watch others and you will discover countless trivial wasteful habits—jerking, for instance, wiggling, twisting, jerking, drumming with the fingers, tapping with pencil or paper, fusing, nagging, scolding. Learn to laugh away your troubles both real and imaginary. Cultivate a hobby. Some one has said that "everybody needs a hobby and a grievance. One to keep him interested, the other to keep him kicking." Aimless, irregular, jerky movements waste energy. Restlessness and lack of control are muscular vices. Train your muscular movements, for character is the resultant of muscular habits. Cultivate deliberate, controlled movements and you will cultivate serenity, dignity, optimism, poise. With poise will come mental equilibrium and both mental and physical efficiency.

Teach yourself to relax mentally when resting physically, at intervals when doing strenuous work, before going to sleep, before and after meals. Do not overtax the body with too much or too complicated food. Make sensible food combinations. Drink plenty of water. Live out of doors as much as possible. You cannot get too much fresh air and sunshine, keep plenty of both in the house—everyone from the baby up will thrive on them. Breathe, breathe deeply, for remember you have just enough air cells in your lungs to supply the necessary oxygen to the cells of your body. If you half breathe, only half the cells of your body are working—you are only half alive—half efficient. Breathe, use every cell in your lungs; keep every cell in your body supplied with the vital fuel; live; work and play with a zest and be a force, a live wire in your home and community. Keep up a daily practice of simple physical exercises, if only for five minutes a day—just enough to use every muscle and every articulation in the body every day. Do not forget how to play—that is why we grow old, because we forget how to play, to be interested, and amused, and enthusiastic.

Then, seek the complete and balanced life; living, working equally with hand, head, and heart, in sympathy with the unlimited universal energy of which you are an infinitesimal, but necessary part. Give up your isolated, antagonistic independence. It produces friction and friction is waste. Harmony is the source of health, happiness, and success. Let go. Feel yourself in the current of the Primal energy that lies back of the beginning of all life, yet flows thru every atom of the universe, merging all into a perfect whole. So, in harmony with the life force, all things are possible, all things will develop in their own way, in their own time, and all that is most worth while will come to you without fear, without worry and without needless haste and striving.

MILLIE E. GRAVES, D. O.

Where He Shines A diploma is supposed to be a news gently. Where He Shines

BANK STATEMENTS

FIRST NATIONAL BANK

Report of the condition of the First National Bank

At Downers Grove, in the State of Illinois, at the close of business, June 23, 1915:

Table with columns for RESOURCES and LIABILITIES. Includes items like Loans and discounts, Total loans, Capital stock paid in, etc.

(OFFICIAL PUBLICATION) Report of the condition of

Farmers & Merchants Bank

located at Downers Grove, State of Illinois, before the commencement of business on the 24th day of June, 1915, as made to the Auditor of Public Accounts of the State of Illinois, pursuant to law.

Table with columns for RESOURCES and LIABILITIES. Includes items like Loans on real estate, Loans on collateral security, Capital stock paid in, etc.

Trade With Our Advertisers

CLASSIFIED ADVERTISING

FOR SALE—AT T. E. BROOKS' STORAGE Warehouse: 1 bed, 2 dressers, 2 desks, 3 lawnmowers, 3 pianos, 1 sewing machine, stoves, safe, 1 table (extension). Telephone 186.

TUTORING AND GOVERNMENT WORK by the house, Mary G. Downer (graduate kindergarten). Phone 54-R. 7-2-1p

LOST—White spitz dog with no other color. Has been clipped and hair is about half grown. No collar. Answers to name of Polo. Very friendly. Notify Rudolph Eichhorst, phone 211-J-1. 7-2-1c

NURSING WANTED—BY COMPETENT, responsible lady. Phone 168-W-1. P. O. Box 37. R. F. D. No. 2. 7-2-3p

THOROUGHbred WHITE PIGEONS for sale. \$1.00 per pair. T. H. Coon, 195 S. Washington St. 7-2-1p

LOST—A TEAM BRIDLE ON ORCHARD street or Straub's sub. Tuesday night. Return to M. A. Sacksteder and receive reward.

FOR SALE—EXPRESS WAGON IN first-class condition; capacity 1 ton; reasonable. S. Engelschall, Lisle, Ill., Box 2. 6-25-3p

ROOMS FOR RENT—TWO FURNISHED; good location; all modern conveniences. Address 92 Gilbert Ave., phone 191-R. 6-25-3p

FOR SALE—NEW TWO-STORY HOUSE, six rooms and bath; everything up to date; lot 50x122 feet; chicken house and fruit trees. Price \$3,500. Open for inspection. S. Linscott Ave. H. Jory. 6-25-3p

YOUR CHANCE—IF YOU WANT TO buy a new bicycle or new tires see Dwight Cox, 240 E. Maple Ave. Phone 242J. 6-15-3p

LAWN MOWERS SHARPENED AND repaired. G. H. Ware, 133 N. Main st. Phone 125-W. 7-1c

HALLER'S REAL ESTATE NEWS

Seven-room house, bath, stove heat, cement basement, lot 37x150. Price \$2,200.

Six-room house on north side, steam heat, all up-to-date, hardwood floors. This house is in good repair and well built. Location one of the best. Price \$4,500. Make offer.

Six-room bungalow, new, best street in town, extra large lot, barn. Price \$1,700. Make offer.

Six-room flat for rent, all modern, \$18.

Seven-room house, steam heat, oak floors down stairs, bath, lot 100x122. Price is too low to put in figures. Ask me about a real bargain. This property can be bought on your own terms. Act quick.

Seven-room house on the north side. Cement basement, furnace heat, laundry tubs, bath, gas and electric lights. In fact everything is strictly modern, large shade porch, best neighborhood, small lawn, lot 100x141. Price only \$2,100. About \$500 cash, the balance on your own time.

Eight-room house in the best of condition, south side, bath, gas, electric lights, hot water heat, large porch, faces south, lot 50x150. Price \$2,500.

Nine-room house on Maple avenue, heat all modern, large barn, assessments paid in full. Price \$3,600. Make offer.

Seven-room house, cement basement, hot water heat, bath, gas, electric lights, oak floors on lower level. This property is in A-1 condition. East front. Price \$1,900.

Six-room house, all modern, just newly painted; this house is only seven years old; has cement basement, furnace heat, laundry tubs, electric and gas lights, bath, in fact complete in every way, also barn and chicken house, fruit trees, grapes; lot 50x122; about ten minutes' walk to depot. Price \$2,500.

Five-acre farm, large barn, deep well, about five acres of timber, fruit trees, also pump house with gas engine for pumping water, about 1 1/2 miles from depot on stone road. Price \$7,500.

Two acres land, new five-room house, fruit trees, chicken house, one mile from depot. Price \$2,600.

Seven-room house and bath, cement basement, hot water heat, small lawn, fruit trees, three blocks from depot. Price \$2,200.

Don't forget I write Tornado and Fire Insurance. No earthly building has ever been or ever will be erected sufficiently strong to resist the ENERGY OF WINDSTORMS. Now is the time. Do not DELAY. BUY TODAY.

SIX ROOM house, cement basement, furnace, large porch with screens, good well, gas, lot 100x122, near corporation limits. This house is in A-1 condition. Price \$2,600; terms.

50x141 foot lot, north Forest Ave., water, gas and electric light, only \$250. Let me show you some Maple avenue lots if you are figuring on building this year.

Four and one-half acres of land, eight-room house, good condition, barn, chicken house, fruit trees. Must be seen to compare the price, \$5,000. Make offer.

How can you duplicate this one? Six-room house, new, cement basement, laundry, furnace heat, large living room with fireplace, open stairway, up to date bathroom, two porches, paved street. Lot 50x150. Price \$2,500.

Six-room house, furnace heat, bath, house just newly painted, large barn. Lot 60x150. Price \$3,300. Easy terms.

If you are looking for acre property within one or two blocks of corporation limits ask me about easy terms.

Nine-room house, all modern, in A1 condition, large barn, fruit trees, one of the best locations in Downers Grove. Lot 100x300. Price \$7,200.

6-room house; modern; in good condition; best street in Downers Grove. Price, \$2,700. Make offer.

6-room house, hot water heat, bath, chicken house, fruit trees, grapes, plenty of shade trees, paved street, north side, best of location. Lot 75x142. Price, \$2,500.

Another Bargain—7-room house, all modern, on paved street, 100x142. Price, \$2,500.

If you are looking for a bargain let me have a talk with you, and if you have a house or lot you want to sell I shall be pleased to list it.

You will find me at 35 South Main St. Telephone 112R.

Chas. Haller

35 S. Main Street Phone 113-R



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Located. "What's become of the solitary horseman who used to appear in the first chapter of the novel, outlined against the horizon on the top of a hill?" "He is probably at the bottom of the same hill in an automobile with his engine stalled."—Fuchs.

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