

# NEW DISCOVERIES. ALL OVER THE EARTH.

## What Your HANDS Show About Your CHARACTER or OCCUPATION

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**S**OLOMON was not the only man who could give judgments of character by the hands. It will be remembered that he decided which were and which were not boys by the way in which the hands were washed. The girls washed all the way up their arms. Needless to say, the boys, by washing only to their wrists, verified little Johnnie's definition of water as "a white liquid which turns black when you wash your hands in it."

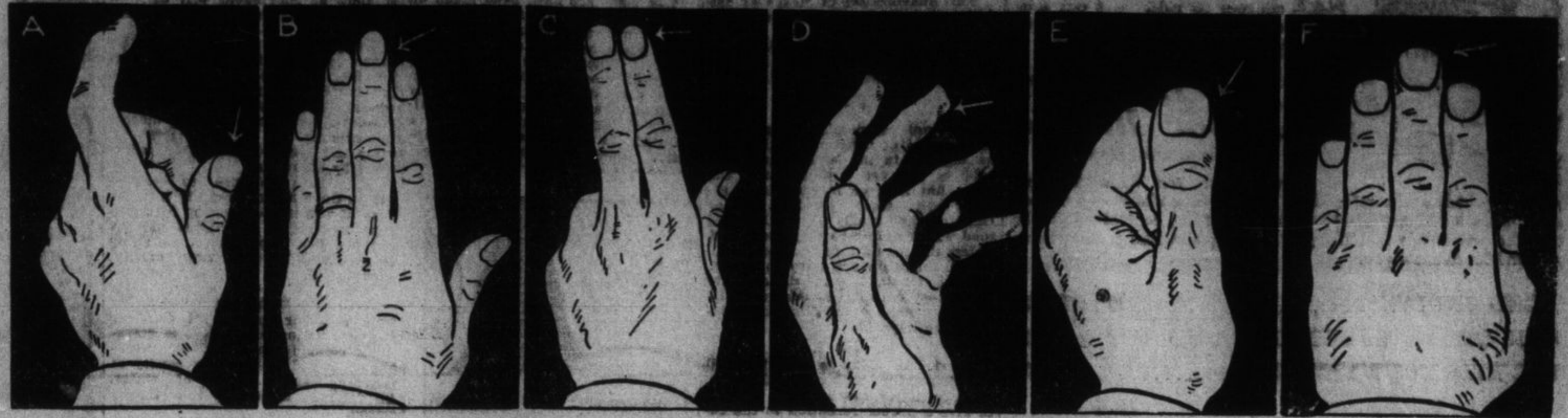
Although many men can tell a dyer from a doctor by the difference in stains on their hands, a certain Justice could not. The dyer, in court, was ordered to hold up his hands. They were so black that the Judge, a very nearsighted man, said:

"Friend, take off your gloves." To which the dyer replied, "I will not have to, if Your Honor puts on his spectacles!"

The indigos and other colors used by the dyer stain his hands woefully and thus lead to an easy recognition of his occupation. A doctor's finger nails are rather grayish-black, because he must so often, day in and day out, dip his fingers into germ-killing solutions which contain mercury, permanganate of potash or other poisons, which leave their marks on the nails.

Chauffeurs and machinists also have most characteristic hands, which could not possibly be mistaken for those of clergymen or lawyers. Their nails are usually

## How Even the Shape of Your FINGER TIPS MAY BE FULL OF MEANING



Six Hands That Betray the Characters or Occupations of Their Owners. A—Stubby Thumb—a Surve, Cunning Individual. B—The Symmetrical Hand—a Person of Genius. C—Long, Tapering Forefinger—the Ambitious Egoist. D—Callous Spots on Finger Tips of Left Hand—the Player of Stringed Instruments. E—Blocked, Square-Looking Hand—the Good Business Man.

black and grimy, emitting odors of lubricating oils or gasoline. There is no mistaking them.

Women who do much housework and fail to follow sensible beauty advice exhibit hands that are red, swollen and rough, with nails split and grained. This is by no means necessary and only shows how tradition rules the home as well as high places. Cornmeal starch and gelatin or glycerine worn inside cotton gloves will protect a woman's hands so well and keep them so soft, white and delicate that even the most acute "reader of hands" will mistake their possessor's occupation.

The newspaper man and author who do not use typewriters or dictaphones in their work have hands that are wholly different from those of typists, bookkeepers, artists or envelope addressers. Upon examination hard callous flesh or "corns" are commonly visible at the side or in front of the forefinger. If this is absent there is usually a layer of black carbon from the "lead" of the pencil.

Inevitable cigarette smokers are somewhat similarly marked upon the fingers with the lemon yellow stains of the volatile oils—often mistakenly blamed on the nicotine—of the cigarette tobacco. Cigar smokers can also be distinguished—not by the color on their fingers, but by the thick heavy odor which hangs about the hands.

A musician's hand is unmistakable, and the trained observer cannot only read in it his love for music, but can tell on which instruments he performs. This is because at the ends of the fingers—if he be a pianist—there are little raised lumps, caused by the pressure of the curved fingers against the keys. If he be a player of only stringed instruments the tips

of the fingers of the left hand will have hard raised callous spots where the wire strings have cut against the fingers so persistently that nature has been forced to supply a cushion of hard flesh as protection.

The peculiarities of various occupations, such as dough-mixers, bakers, bricklayers, cooks and cafe keepers are always shown in the hands. And there are definite sizes and forms of thumb, fingers, palm and the whole hands which point out of endeavor, for which a person is best fitted. In other words, the character of a man is well shown in his hand.

A stumpy, stubby thumb indicates a suave, smooth, Pecksniffian cunning. A thumb that is long points to good moral and mental fibre. President Wilson has such a thumb. When it forms an acute angle to the hand, that is to say, does not stand out too far, it is proof that an efficient, vigorous, energetic nature is back of it.

Carelessness, extravagance and an all too "good-natured" generosity often accompanies a medium sized thumb, that flares out widely from the forefinger. A highly emotional, temperamental disposition associates itself very frequently with a thumb that is round and full beyond its last joint and near the nail.

The hand of the good business man is prone to be anything but tapering. The thumb and fingers are almost cuboid at the ends. Even the hand itself independent of the fingers has a blocked, square look. This hand points to acquisitive powers, such as holding on to money, business and home.

The owner of such a hand is punctilious, precise, business-like and deliberate. He is not brilliant, rarely dresses in fashion or keeps up with new ideas or changes. He obeys the old order of things and sticks close to what he has learned to be profitable commercially. Doctors, as well as business men, are required from such individuals.

The individual who has a hand that is symmetrical, with the forefinger less than a quarter of an inch below the end of the middle finger and the ring finger even a fraction longer than the forefinger, but less than a nail length below the middle, and whose little finger is

over half an inch below the ring finger, is apt, if his fingers are neither clubbed, squared, or pointed, but prettily rounded off, to be original, belligerent, critical, imaginative, creative and restless. Explorers, discoverers, research workers, inventors, great editors, generals, circumnavigators, and other men of genius have hands of this type.

Strictly artistic temperaments may accompany physiques that support conical fingers and thumbs. There is some evidence that their possessors have wills none too strong. Both Stanford White and Harry Thaw were said to have these round-head fingers. Combined with firm flesh and even texture, they are to be met with in poets, musicians, painters and architects. If the skin is flabby and loose at the joints there is a likelihood of disease or criminal tendencies. At all events, it means poor judgment, faulty reasoning or a weak will.

Very versatile, unstable and erratic persons may have hands that have all varieties of fingers. On the other hand, all club-shaped fingers are symbols of ill-health, inefficiency, lack of endurance and want of vitality. They are a pretty sure indication that special medical treatment is needed.

Ambitious, power-seeking, egotistic men, who crave fame, publicity and public discussion, have pointed, tapering, long forefingers, which fall but little short of the middle fingers in length. If this finger is very short, spade-like and fat it means notoriety, instead of fame, obnoxiousness and bluntness, in lieu of commendable ambition.

Brilliance of intellect and conspicuous originality are found in persons with hands whose palms are as broad as they are long, with a gentle, undulating convexity upon three equal sides and the slightest concavity on the thumb side. The thumb itself leaves this palm at an angle only slightly less than a right angle.

When all is said and done, neither of those too much discredited superstitions, "palmistry" nor "mind reading," yields anything like the knowledge of a person's character and occupation which observations of the hands do.

## Why GOOD, RICH FOOD Is Really the CHEAPEST

**T**HE housewife who buys all the cheap cuts of meat, the poorest grades of groceries, makes her family skimp on the butter and bakes one-egg cakes is a poor economist. In the long run her bills will amount to even more than the housewife who uses plenty of butter and eggs and gives her family the best of everything and in an unlimited quantity.

A clever boarding-house keeper once said that she filled her guests or boarders up when they first arrived upon the best of food and gave them plenty of it because when they were once well fed they ate less and thus saved her expense, while if she kept them half fed from day to day they were always hungry and really cost her more in the long run.

No one can eat as much rich food as he can plain cheap food. The rich food soon satisfies and gives one that "chuffy" feeling, but cheap plain food must be taken in much larger quantity to produce a well-fed condition. The average person will care for only one piece of good rich cake, but one piece of a cheap bread-like cake would be only an aggravation. And the woman who buys small cheap cuts of meat has more bone and other waste to throw away than the one who selects a

good cut. People who eat cheap food are constantly eating between meals because they never are well fed and quite satisfied. Therefore they spend many a penny on candy and bakery dainties which would be better if used upon the table and for the benefit of the whole family. The housewife who provides three good, nourishing meals a day does not need to worry about what the children shall eat between meals or whether her husband will have to drink beer or other stimulants. The child who eats good rich food at his meals is healthier and the man who is properly fed is not so likely to crave alcohol.

Those who build up their systems with rich filling food seldom have rundown systems or need to go to the doctor for a stimulating iron-giving tonic. If more money were put into the table less would go to the doctor and druggist. It is no exaggeration to say that the man or woman who is fed upon good rich food is better able to hold his or her position, because one who is well fed is better able to do his work and not half so cross or irritable. School children who have the highest grades are those who are fed upon the best food.

The housewife who feeds her family upon cheap, unwholesome food stuffs is not only a

poor economist but she throws a shadow upon the lives of her husband and children and makes it twice as hard for them to compete with the rest of the world.

While rich food does seem to be more expensive and does actually cost more money at the time of buying, it really is cheaper when the total average of the week is taken. While it may cost more to buy a big roast than a cheap cut of meat the roast will last longer and can be made into hash long after the cheaper cut has been exhausted and several other cheap meats purchased. While the housekeeper who buys expensive meat seems to spend a great deal more she does not make as many trips to her butcher probably or really give him as much money as the housekeeper who buys a little every day. In a family where cheap food is consumed the bread bill is always enormous, because a large quantity of bread is required "to fill up." Nothing is ever left to "make over" or to serve for the next day's luncheon.

We all know it is much cheaper to buy food in large quantities, to buy potatoes by the barrel instead of by the quart, to buy flour and sugar by the sack instead of by the pound. In the same way it is cheaper to buy rich good food instead of plain cheap food.

## How Many SCHOOLS MAKE CHILDREN CRIPPLES



A—The Proper Position at a Desk.

B—The Body's Position When the Desk is Too Low

C—The Body's Position When the Desk is Too High.

**W**e take pains to have our school buildings well lighted, well heated, well ventilated, and in other ways thoroughly healthful places. But there is one important point which is often overlooked. This is the supplying of proper seats and desks at which the children can work in comfort and without doing serious damage to their growing bodies.

Many children are hopelessly crippled with round shoulders, curvature of the spine and other deformities long before they are ready to leave school because they have been forced to sit in ill-fitting chairs and work at desks which are either too high or too low for them.

The desks and seats in every school room should be adjustable. It is very wrong to make children of all sizes sit at desks of the same size. For boys and girls who are below or above the average in

size there should be desks which can be adjusted to meet their particular needs.

The most common faults in school room furniture are the unsuitable shape of the backs of the seats, too great distance between the seat and the desk, disproportion of the height of the seat and desk, and incorrect shape and slope of the desk.

It is important that the edge of the desk should project slightly over the edge of the seat. The top of the desk should incline downward about ten degrees toward the seat and should be low enough to allow the forearm to rest on it without raising the shoulder. The seat should be broad enough to support almost the whole thigh and should be low enough to allow the sole of the foot to rest on the floor. It should be slightly concave to prevent slipping and horizontal rather than inclined. The back

should be curved forward to support the loins so that even a weakly child will find it easy and comfortable to sit upright.

When a school room seat is too high the child does not touch the floor. He is most uncomfortable because he does not get the proper aid from the legs and feet in maintaining an upright position. If the desk is too high the elbow can get no rest except by curving the

spine and raising the shoulder. This also causes extra strain to the eyes by bringing the work too close.

When the desk is too low the child has to bend over and will quickly become round shouldered. Bending over a low desk also strains the eyes and compresses important veins in the neck so that serious brain troubles may follow.

## THIS EARTH Is Very Much LIKE A BUTTERNUT

**C**OLUMBUS compared the earth to an egg and since his day it has been likened to countless other things. The latest parallel to be discovered by science is that which exists between the globe on which we live and an ordinary butternut.

The outermost layer of the earth's crust, as Professor A. C. Lane, of Tufts College, says, is but a thin wrinkled shell like the outer shuck of a butternut. The viscous layer just beneath this corresponds to the fleshy layer in the butternut; the earth's inner crust, to the butternut's hard shell, and the gaseous centre of the earth to the kernel of the butternut.

In this butternut-like structure of the earth lies the reason why from time to time there leading to elevations of portions of the outer are collapses of the viscous layer of the earth crust. These collapses are what have produced the mountains and valleys of the continents on which man lives and they mark off the chapters in geological history.

"The drama of the earth's history," says Professor Lane, "consists in the struggle between the forces of uplift and the forces of

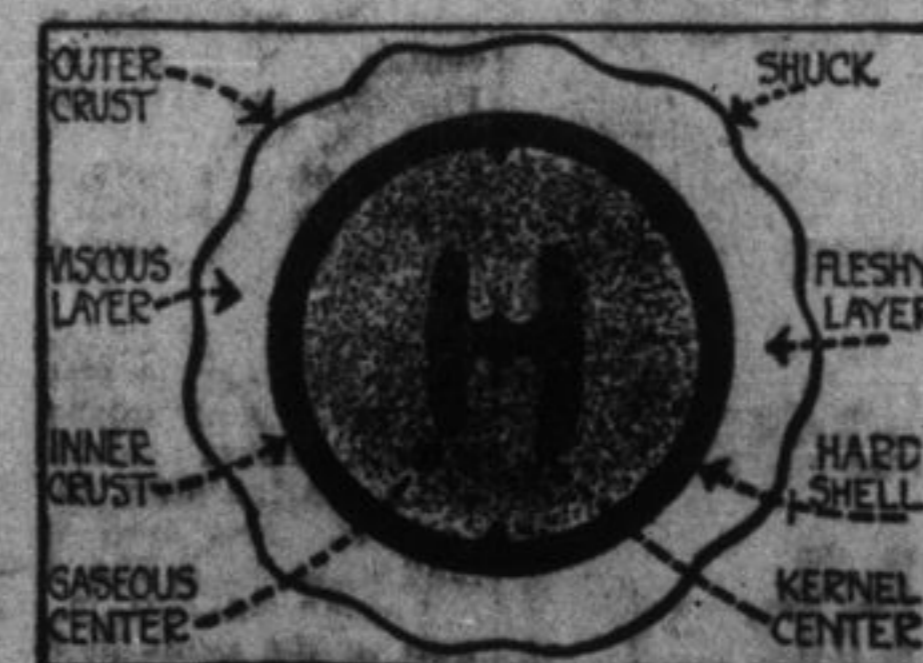


Diagram Showing the Parallel Between the Earth and a Butternut. On the Left, the Earth's Layers; on the Right, a Butternut's

degradation. The forces of uplift are mainly the outward expression of the inner energy and heat of the earth, whether they be the volcanic

beaching its ashes thousands of meters into the air, or the earthquake, with the attendant crack or fault in the earth's crust, leading to a sudden displacement, and sending, far and wide, a death-dealing shock, or those mountain-building actions, which, though they may be as gentle and gradual as might be produced by the breathing of mother earth and the uplifting of her bosom thereby, nevertheless, end in the huge folds of our mountain ranges.

"Against these, there are always working the forces of degradation—the slow rotting or weathering caused by the direct chemical action of the moist atmosphere or the alternation of hot and cold which crumbles rocks far above the line where rain never falls. Once the rock is rotten and decayed, it yields readily to the forces of degradation, which drag it down—the beating of the rain, the rush of the avalanche or of the landslide, the tumult of the torrent, the quieter action of the muddy river in its lower reaches or the mighty glacier which transfers fine and coarse material alike toward the sea. These actions are always going on."

## Why WASHRAGS Are a NUISANCE

**T**HE washrag is being roundly denounced as a common nuisance and an even greater menace to health than the public towel or drinking cup. Good hotels have long recognized this fact and have supplied their guests with sterilized cloths in individual sealed packets.

The damp, "sour" smelling washrag still exists, however, in many private bath rooms. Imperfectly washed out after use, frequently not wrung out at all, it is often hung over a rack or a radiator near an open window, there to collect dust and dirt. Frequently the same

washrag is used by the entire family, thus affording an easy means of transference to mouth secretions from person to person. In many households each individual has his own wash cloth, but these hang so close to one another that there is ready interchange of bacteria.

Each individual should have his own wash cloth. It should be thoroughly washed with clean hot water after use. It should then be wrung out, and if possible, hung in the sun to dry. It should not come in contact with other wash cloths.