

How YOUR BACK Tells WHAT You ARE

Learn to Recognize Whether You Are of the Tiger or Elephant Type, Eat and Work Accordingly, and Have Perfect Health.

YOUR back tells what you are. It makes no difference how fat you are, or how tall or short, but what is your back like? If, for instance, you are "flat-hipped," and are a stenographer or office worker, you're all wrong, according to Dr. Charles E. Achorn of New York city. You should be a policeman or an artist's model or fill any other position that necessitates standing all day, for flat-hipped people never tire.

If you are narrow backed, you are classed with the tiger and should be fed meat. If broad backed, the type that catalogues as "flat-hipped," you are on a par with the elephant, must feed upon vegetables and are capable of enduring forever and almost the day after.

"It is just as ridiculous to prescribe a diet for a person without looking at his back as it is to prescribe without knowing the symptoms," says Dr. Achorn.

There are two extreme types of human beings, the narrow-back, meat-eating type which corresponds to the tiger, and the broad-back, vegetarian type which corresponds to the elephant. If people would only recognize their own type and eat the food they especially need to build up their constitutions they would have little or no sickness in the world. Likewise they should consider their backs before they decide upon the job they are going to hold. It is up to every man and woman to decide whether they belong to the tiger, meat-eating type, or the elephant, vegetarian type.

The tiger is narrow backed, lives on meat and does little or no work. The elephant is broad backed, does heavy work and lives on hay. Now, we all fit in between these two extremes. People, like animals, run true to type. The narrow back absolutely needs meat. I have a woman patient who is a narrow back and eats meat three times a day. If she does not have meat at each meal she becomes faint and weak.

"On the other hand, I have a broad-back patient who can hardly eat an inch square of meat without feeling ill. And the reason for it all lies in the intestines.

Narrow-waisted individuals have short intestines and accordingly must have concentrated nourishment. In broad-backed persons the space for intestines is much larger and the excessive absorption of animal matter is poisonous. The narrow-back, tight-waisted person often has as low as 10 feet of intestines, while the broad-back, broad-waisted person has as much as 40.

Policemen, laundresses and the general run of heavy, thick-set men and women are of the herbivorous type and must be fed copiously on vegetables because meat is poisonous to them. Chorus girls, athletes and all thin-waisted persons must eat meat to be healthy.

The trouble with half of the people in this world is they will never admit facts. The broad-back person usually goes in for meat and then whines when he gets gout, rheumatism and other ailments because his whole system revolts against a meat diet. You couldn't get an elephant to eat meat! He knows his own type. Nor could you persuade a tiger to eat a continuous vegetable diet, and yet many a narrow-back man and woman is trying to pinch along on cereals and vegetables because of the high cost of living. But they are not playing fair with themselves and later on in life they will have to take that very money which they might have invested in steaks and chops for doctors and tonics.

In addition to the extreme types the narrow-back and the broad-back—there is the normal type. But I am sorry to say that there are very few such types in the world. Walk along the streets of any city during the crowded hours for 10 blocks and you will find that you can divide almost every person you meet into the narrow-back or broad-back type.

Of course the normal type may safely eat both meat and vegetables. But when you come to consider the two distinct types that seem to predominate it is only sensible for every man and woman to find out to just what type they belong.

And after an individual has classified himself as to type, whether tiger or elephant type, the next thing he must do is to consider what type of position he is able to hold. By position I mean a standing or a sitting job. When an employer asserts that he wants a man or a girl with plenty



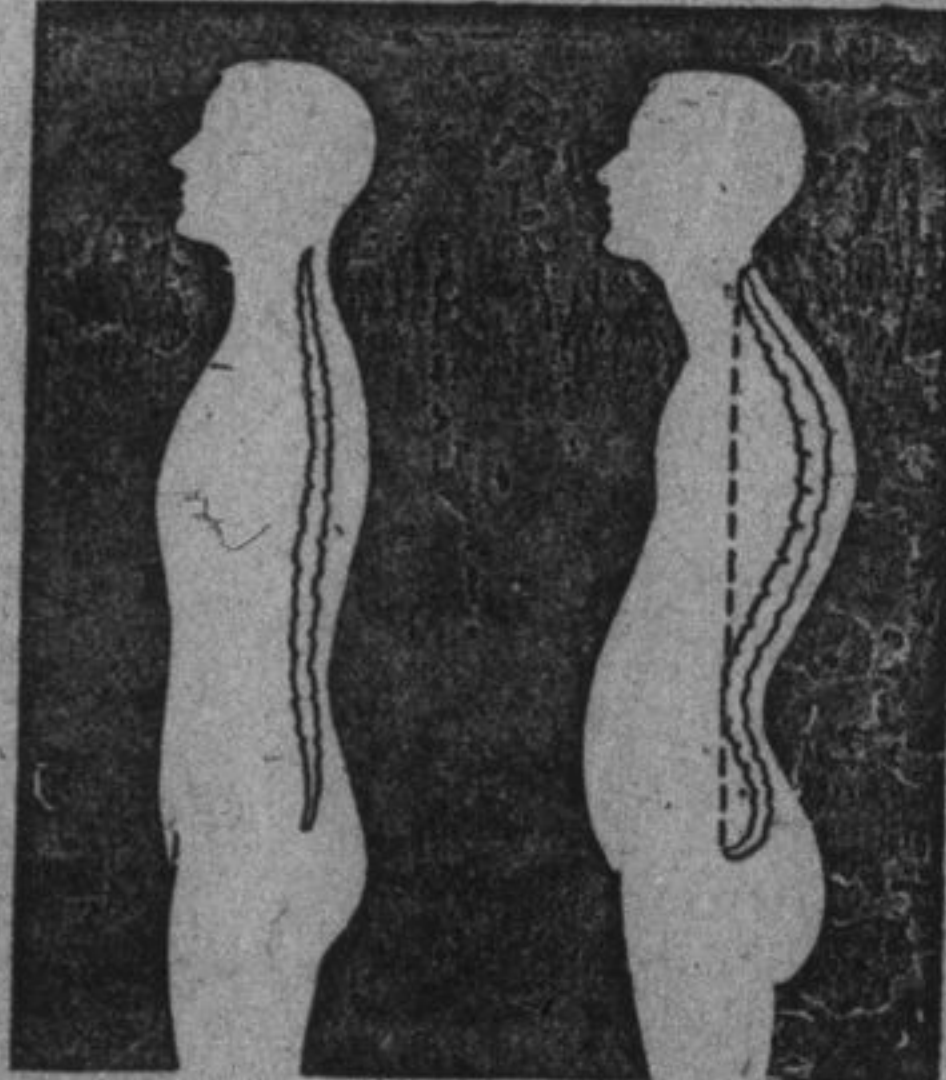
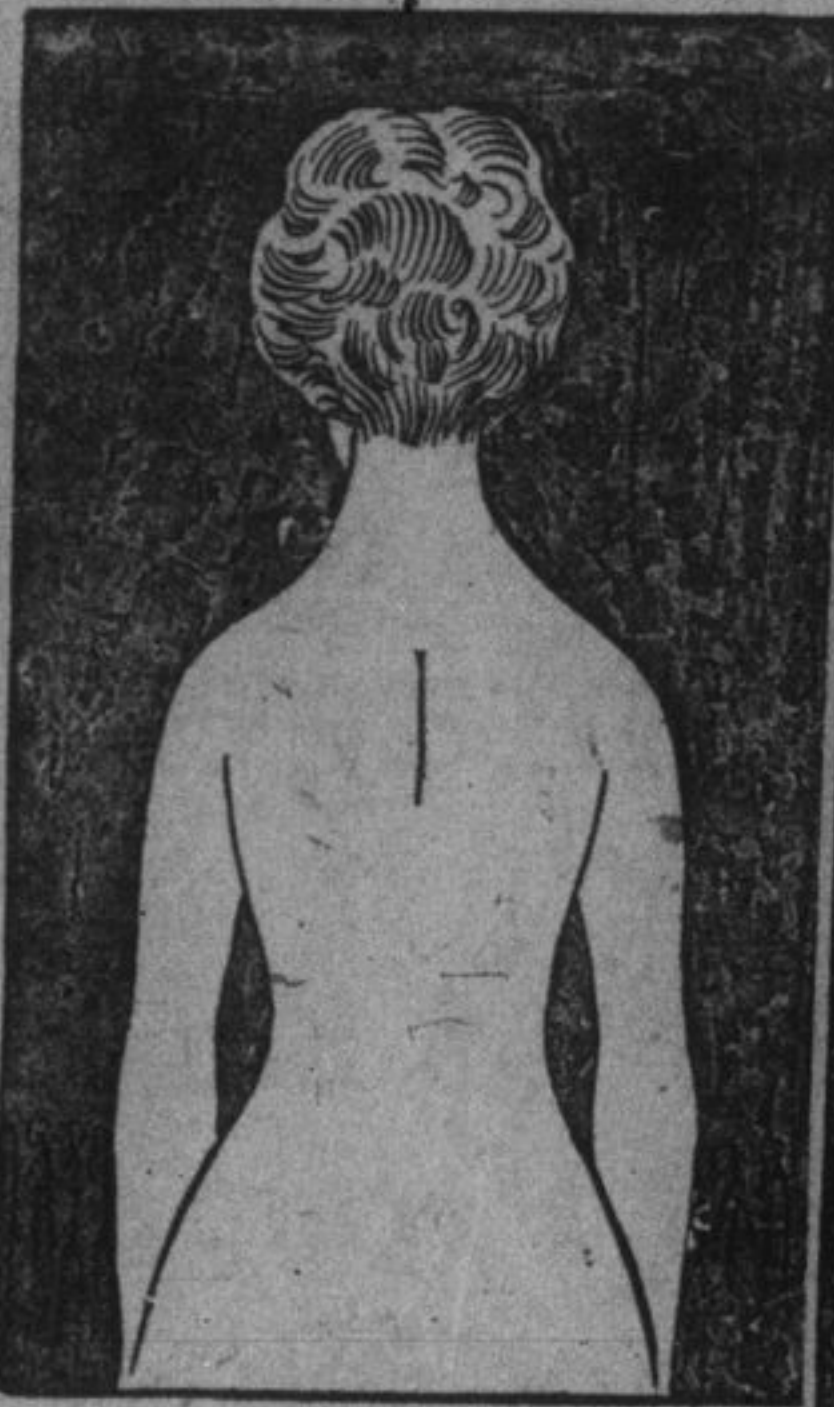
The narrow-backed person is classified with the tiger type and should eat meat and do but little work.

of 'backbone' he means lots of 'pep,' grit, spunk, etc., but the physical backbone accounts for all of those characteristics.

Now whether one is fitted for a sitting or standing job has nothing to do with the narrow back or broad back. Most policemen are broad-backs, but most ditch diggers and car conductors are narrow-backs. It is all a matter of their sacrum. And if they don't know that they have a sacrum it is the extreme end of their spine. This is the root of energy. A wise employer never picks a man or a woman with a crooked sacrum for a standing job.

When I have decided whether a person is a narrow-back or a broad-back I next consider him to see if he belongs in the 'endurance' type or in other words whether he is fitted for a standing job. This endurance type must have a straight spine and, strange to say, he is more apt to be found among the broad backs than among the narrow backs. People with broad backs usually sit very straight and hence have a straight spine.

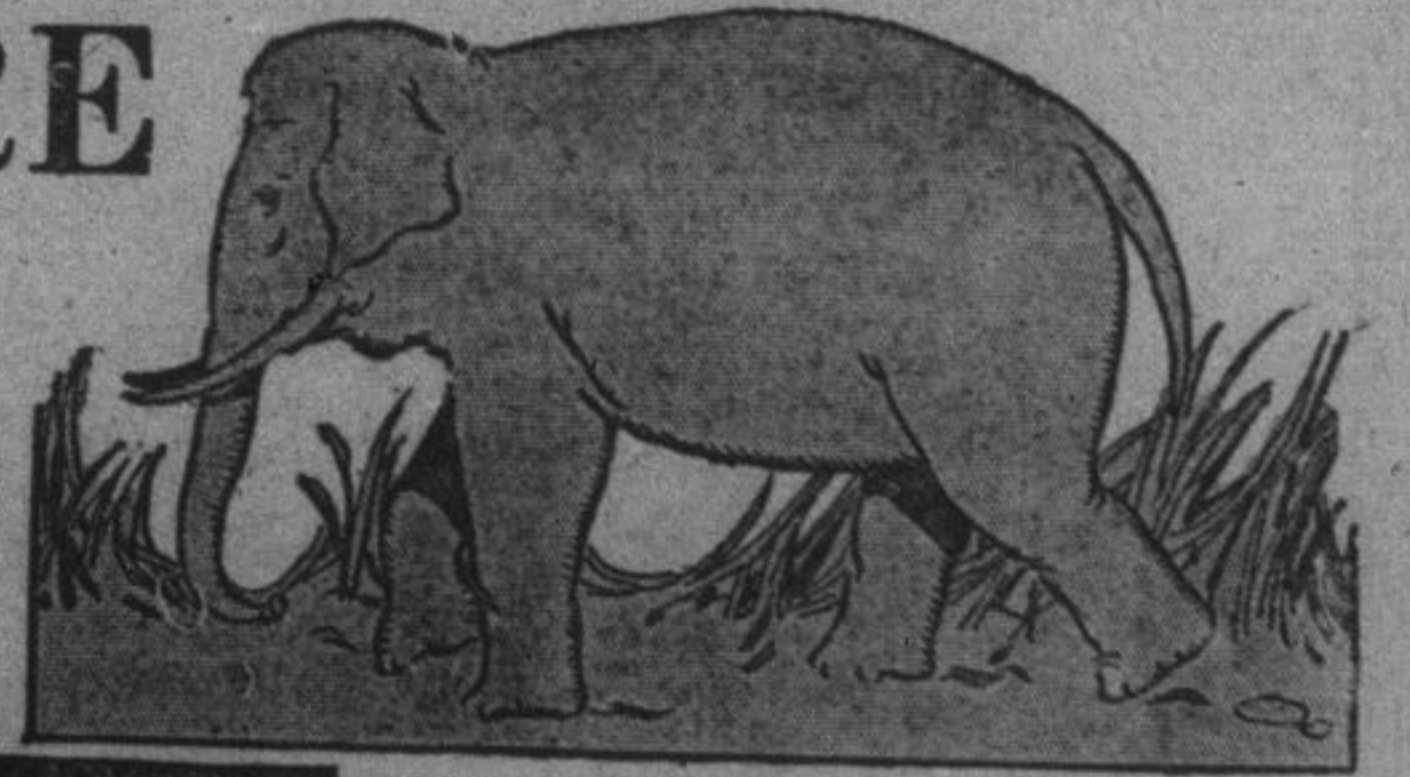
You seldom see a fat man or woman sitting around with their legs crossed and for a very good reason—they are too fat. They really can't cross them and be comfortable. But you watch a narrow back when he sits down and the first thing he does is to cross his legs. The moment this is done the shoulders are thrown slightly forward and the spine is curved. Once in a great while we find a military narrow back with a straight spine but your real 'endurance' type,



The Straight and the Curved Sacrum.

your man with the straight sacrum, usually has a broad back. So the man who wants to make a good in a standing job, whether a policeman, a motorman or a salesman, must be sure that he belongs to the straight spine 'endurance' type.

The broad-backed and flat-hipped person is on a par with the elephant and must feed upon vegetables."



endurance according to the training of the child. "The woman who must sit down every time she gets near a chair, or hates to walk or stand at any time, is not lazy. Her sacrum is curved and she is not flat-hipped. The flat-hipped person may weigh 250 pounds, but if his back is flat and straight from the waist down, he will want to stand and will be able to endure ten times as much as the slight person carrying no excess weight but with a curved sacrum and a narrow back."

When Potatoes May Be Really Poisonous

THE green and growing parts of the common potato may contain a poison which medical science calls solanin, a toxic glucosid. The edible part, or tuber, of the potato is not likely to exhibit any significant amount of this substance after it has passed the young stage. From time to time, however, there have been reports of severe intoxications in man which seemed to be associated with the use of potatoes as food.

"One might readily conjecture in such cases," says a writer in The Journal of the American Medical Association, "that the vegetable was merely the conveyor of the harmful agent—that some adventitious poison or microbial factor has become associated with the potato. In most of the cases recorded chemical examinations of the latter have been lacking for the particular instances in which it was under suspicion.

A recent outbreak of poisoning in which the circumstances clearly implicated the potatoes occurred in Leipzig. The symptoms elicited were characteristic and included abdominal pains, vomiting and diarrhoea—manifestations described for previous outbreaks.

A chemical analysis of a sample of the same lot of tubers was carried out by J. C. Rothe at the hygienic institute of the University of Leipzig. The analysis disclosed the fact that they contained as much as 0.45 gm. of solanin per kilogram of potato, whereas harmless ones usually contain not more than one-tenth of this quantity.

It should be noted, however, that potatoes which have developed sprouts may, when examined along with the latter, exhibit somewhat larger quantities. In dietary practice, however, the sprouts are removed prior to the culinary use.

How ORNAMENTS for CHRISTMAS Trees Are MADE

BEFORE the war practically all the beautifully glistening balls and other ornaments for the Christmas trees of American kiddies were made in Germany. Now with the war at an end the German toy makers when they begin to seek export trade will find the market for their goods in America at an end. Just as good balls and Christmas tree decorations are now made in the United States as Germany ever produced and at hardly greater cost. (This Christmas every tree in America will be adorned with such ornaments—real American products, made by skilled American toy makers and glass blowers. Even the dyes with which these decorations are charmingly colored are American made.

There's a good assortment of so-called irregular shapes and twisted balls now being made here which equal, if they do not surpass anything of the kind which was ever imported from Germany. Among these are fancy glass balls blown into the various fruit shapes, dolls, Santa Clauses and other odd and difficult modelings.

Quite a few American manufacturers have, as their products show, already met with consid-

erable success in the production of blown-glass ornaments with what is known as the sanded-glass finish. It is obtained by first coloring the articles to be thus treated in the desired shades, then lacquering them. While the lacquer is still wet, powdered or very fine ground glass is sprinkled lightly over them. This, when properly done, produces the rich, soft lustre of velvet which glistens when the light strikes it, though what seems to be an outer dullness.

A visit to one of Old Santa's American Christmas tree ornament factories is an interesting experience described by a writer in The Scientific American. Besides these factories are probably the only factories of the kind at present in the world, as the German ornaments have never been to any extent factory made but mostly produced in the homes of the peasants living in the vicinity of Nuremberg which, previous to the outbreak of the war, was the great toy centre of the world.

Entering one of these places in New York city the first sight which attracts attention is a dozen workmen, all expert glass blowers, seated in a line at a long bench. In front of each man is a gas lamp which projects a long hot blue flame in which the glass tubes are quickly heated until the part subjected to the flame glows as red as fire. When this happens the glass blower takes hold of the comparatively cool stem of the glass and putting it in his mouth blows into the red hot ball at the other end in much the same way as small boys make soap bubbles. By careful practice he is able to blow the ball to any size desired, whether it be small or large. When this is accomplished he places the ball into a rack prepared for the purpose. These racks hold perhaps half a dozen balls and when they are full boys convey them to waiting girls who assort the balls as soon as they are cool into various sizes and carefully inspect each one for any imperfections in the blowing.

When the balls have been passed by these assistants to Santa Claus, they are conveyed to a skilful young workman who, with a rubber bulb filled with silver nitrate, carefully drops in each ball a small quantity of the fluid. This process is necessary to impart to the balls the beautiful glistening effect which makes them sparkle like diamonds amid the green and lights of the Christmas tree. As the nitrate of silver would not spread of its own accord all over the balls and evenly coat them like the back of a mirror, it is necessary for them to pass through another process for this purpose. So they are passed by the young man who handles the nitrate dropper to an assistant who stands close by and who quickly dips the rack of balls into a tank filled with steam. This steam has the effect of

so dissolving the nitrate that it quickly spreads smoothly all over the inside of the ball and so remains after the balls are taken out of the bath.

This process over, the ornaments are ready for the dye pot in which they are carefully immersed by women skilled in this delicate work. As the beauty and success of the product is almost

Blowing the Glass Balls Used to Decorate Christmas Trees.



entirely dependent upon this dyeing process it must be accompanied with the greatest care. After the balls have been successfully dyed they are placed upon long racks built against the walls of the factory to dry and drain. When this is finished they are ready for the workmen whose duty it is carefully to clip off, in a machine devised for the purpose, the long stems through

which the balls are blown, leaving only an end sufficiently long to which the little gilt rings are attached from which the balls are hung by hooks.

An imperfection of the German-made balls in this direction has always been that the hangers were loosely fastened to the balls and frequently came off when the ornaments were being hung on the trees. Thus many perfectly good balls were often smashed. Certain improvements have been made in the American-made balls by which these hangers are so tightly fastened to them that there is little or no danger of their coming off if handled with the slightest care by Santa when he is decorating the tree.

The final process in the production of the Christmas tree ornaments is the inspection. Each ball is carefully gone over to see that the dye, the fastening and the silvering are all correct and that the ball has not been cracked in any of the processes through which it has passed. After inspection the balls are packed for shipment to the retailer in pasteboard boxes, each ball having a little compartment of its own very much

as eggs are packed in a crate. While the retail prices for the American-made Christmas tree ornaments are as yet somewhat higher than the figure at which similar German-made goods were sold prior to 1914, at the same time there is not much difference, and the purchaser has the patriotic satisfaction of knowing that he is furnishing Santa Claus with something that is manufactured in the home land.

How SNOW FLAKES Aid ARTISTS

CATCHING snowflakes as they fall from the sky, and then photographing them in order to obtain beautiful and novel art designs of every description, is now being successfully accomplished by science. Many hundreds of snow crystals, Dr. Herbert P. Whitlock, curator of mineralogy at the American Museum, said have been photographed, and every fall of snow brought new combinations of surpassing beauty.

The falling snowflakes are caught on a black screen and the best results are obtained by photographing them out of doors. They are wonderfully symmetrical in form. Forms of the inorganic kingdom have played little part in the development of art motives, yet some of the mineral forms, Dr. Whitlock believes, could be successfully substituted for those more stiffly geometric patterns which for centuries have been handed down as a part of our art heritage.

"Snow crystals," he said, "for many years have been successfully photographed and studied by W. A. Bentley of Jericho, Vt., a naturalist of the old school. Mr. Bentley has devoted many years to the study of water in all its forms in nature. In the course of this study he has taken

several thousand photographs of such objects as clouds, dew, and mist on natural objects, frost, ice and particularly snowflakes. He has been very successful in bringing out the beautiful and intricate structures of these components of snowflakes, and his work has been recognized by such a high authority as the United States Weather Bureau.

"Beautiful as these natural objects are and interesting from a scientific point of view, they possess a distinctive value as motives for applied design of a geometrical character. A glance over the many hundreds of photographs of snowflakes will show that here lies practically an untried field for the design of oil cloths, wall paper, textiles, art embroideries, lace which can be extended to such applications as cut and etched glass, jewelry designs, and even to such conventional forms as stained glass rose windows and carved or frescoed medallions. The utility of these natural geometric art motives should be emphasized at this time when designers are searching for new material to give originality and character to applied work, which is to play such an important part in industrial reconstruction."

Some INTERESTING FACTS About CHRISTMAS

CHRISTMAS crackers are a development of the old French coquette—a package, screwed up, and containing sweets. The "crack," the frilled edges, the motto, and the varied contents, followed.

The Welsh name for Christmas is Nadolig. The French call Christmas "Noël"; the Dutch name is "Kerstmis"; the German, "Weihnachtfest."

The Armenian Christians still keep Christmas Day on Jan. 6.

"Yule" is the Scandinavian name for Christmas, from the old heathen festival once held at that time of the year.

Father Christmas is a traditional English figure. Santa Claus is of German origin.

Three skulls, said to be those of the three Wise Men, each circled with a crown of jeweled gold, are among the venerated relics in the great Cologne Cathedral.

The custom of Christmas presents is said to have originated from the gifts of gold, frankincense, and myrrh brought by the Wise Men to Christ.

It is said that, as written, the line "Hark, the herald angels sing!" in the well known Christmas hymn, was "Hark, how all the welkin rings!"

