

**Shaking Liver
Good Exercise
For Mind, Body**

By DR. JAMES W. BARTON
(Released by Western Newspaper Union.)

A FRIEND asked me to look at an "exerciser" for which he had taken the agency. It consisted of a square box on which he asked me to sit or stand. I stood on the box he touched a button and immediately the box and I began to vibrate.

**TODAY'S
HEALTH
COLUMN**

I told him that this was the same idea as the mechanical horse found on shipboard or in a gymnasium which "shook up" the whole body.

What about these mechanical seats or horses? Can they help the body?

There is no question but that the vibrating of the entire body in this manner is helpful. Movement of all kinds is stimulating which is just what many business men and others need after sitting for hours at a time at their desk.

For a long time I wondered how these men with country estates kept as well physically as they did, despite the fact that they were often very heavy eaters. It was only when I remembered that so many of them did a lot of riding that I found the answer. The jogging of the horse was just what was needed to stir up their liver, empty the gall bladder, and stimulate bowel action.

For years it was believed that exercise that shook up or squeezed the liver would make the bile flow and this was proven a few years ago by research workers at McGill university. In fact, I recently came across a rhyme in a little book, "Byways to Health" by Wood and Dansill, as follows:

"A jaundiced young gent in an attic Once thought he had trouble hepatic (liver)

He bought him a flivver Which shook up his liver And now his mentality's ecstatic."

For those that are unable or unwilling to ride, and for those who are unable to take active exercise, anything that will shake up the liver will help them mentally and physically.

For the vast majority of the middle-aged who do not play golf or other games, a daily walk at a brisk pace, some bending exercises with knees straight, and not eating heavy meals should keep liver and bowels active and the mind free from depression.

**Vaccines of Value
In Preventing Colds**

SOME years ago a survey was made from the northeast to southwest part of the United States (from Maine to California) to see just what effect the weather had on causing colds. Taking a strip of territory some miles wide, it was found that at certain seasons of the year, fall and winter, the number of colds in California was as large as in Maine.

Now it is not as cold in California as in Maine, so that cold weather, in itself, is not a cause of the common cold.

On returning from summer cottages it is the "usual" thing for many individuals to develop head colds. It is agreed that it is the leaving of the outdoors to live indoors whether in Maine or in California that is the cause of a great number of colds. It is not only losing the outdoor moist, fresh, "sunshine" air, but breathing the still, dry, dust laden air of the indoors that irritates the lining of the nose, throat, sinuses and bronchial tubes.

You are reading and hearing more about getting vaccinated against getting smallpox, hay fever, diphtheria and scarlet fever. What about the vaccines for colds? Will they prevent colds?

Dr. L. D. Bristol, New York, in the American Journal of Public Health, gives results of treatment of standard stock (cold) vaccines, in six different groups of factory workers (totaling more than 19,000). The time over which this treatment against the common cold was available varied from 17 months to five years.

"On the whole the study shows an apparent reduction in the severity of the attacks, their length, and complication arising from colds."

It would appear then that as a "part" of the treatment for colds vaccines have some value.

QUESTION BOX

Q.—Is the presence of sugar in the body waste always a positive indication that one is suffering from diabetes?

A.—Sugar could be found in the water of everybody at one time or another. However, if you carry excess weight or there is a history of diabetes there is always the possibility of developing diabetes. It would certainly be wise to be guided by your physician who would, of course, know best how to treat your particular case.

Fun for the Whole Family

BIG TOP



By ED WHEELAN

LALA PALOOZA She Goes on a Tear



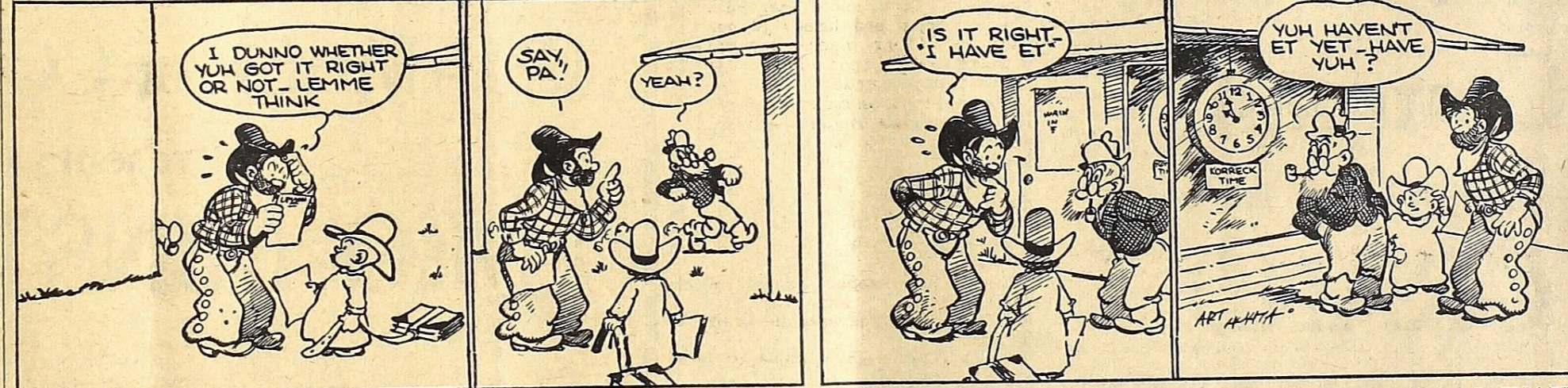
By RUBE GOLDBERG

S'MATTER POP—Officers at Mess



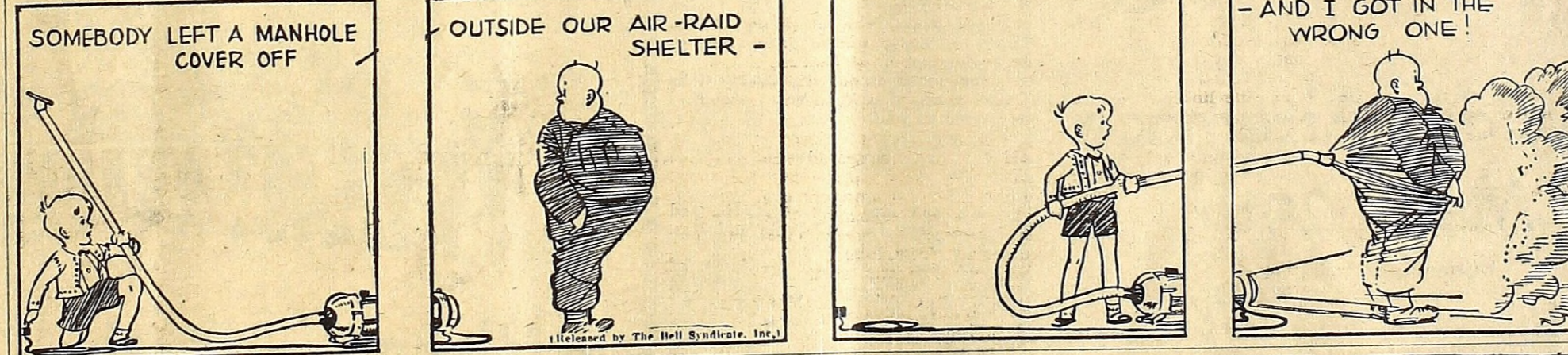
By C. M. PAYNE

MESCAL IKE



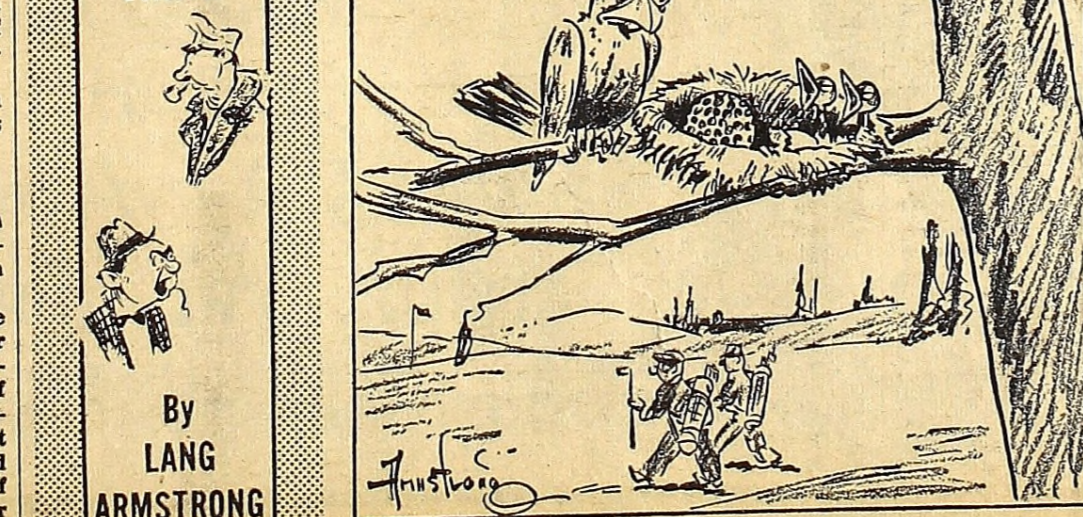
Little Too Early, Isn't It?

POP—A Smudgy Hole-In



By J. MILLAR WATT

THE SPORTING THING



By LANG ARMSTRONG

SUBURBAN HEIGHTS

By GLUYAS WILLIAMS



FRESH FUEL WAS ADDED TO THE FEUD BETWEEN FRED PERLEY AND HIS NEXT DOOR NEIGHBOR WHEN FRED, WITH THE BEST OF INTENTIONS, GOT HIM OUT OF BED TO TELL HIM THERE WAS A SUSPICIOUS LIGHT IN HIS GARAGE, AND THEN DISCOVERED IT WAS A REFLECTION FROM THE STREET LAMP.

THINGS for You TO MAKE



Pattern No. Z9034.

ALL padded and preened are Hattie, the hen, and her proud rooster hubby. They've plain-colored wings, tail feathers and combs—and not one feathered on their 13-inch print-material bodies.

Pattern Z9034, 15c, enables you to make both hen and rooster into delightful cuddle toys for the kiddies. Send order to:

AUNT MARTHA
Box 166-W Kansas City, Mo.
Enclose 15 cents for each pattern desired. Pattern No.
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Man's Power

It is impossible to imagine the height to which may be carried in a thousand years, the power of man over matter . . . O that moral science were in a fair way of improvement, that men would cease to be wolves to one another, and that human knowledge would at length learn what they now improperly call humanity!—Benjamin Franklin.

**YOUR EYES TELL
how you
feel inside**

Look in your mirror. See if temporary constipation is telling on your face, in your eyes. Then try Garfield Tea, the mild, pleasant, thorough way to cleanse internally...without drastic drugs. Feel better. LOOK BETTER, work better. 10c—25c at drugstores.

GARFIELD TEA
For Prompt Relief from Headaches FREE stamped, addressed envelope brings liberal FREE SAMPLES. GARFIELD TEA CO., Inc. Dept. 11 41st St. N. Y. 10c—25c (See doctor if headaches persist!)

Education's Effect

Education makes a people easy to lead, but difficult to drive; easy to govern, but impossible to enslave.—Lord Brougham.

**QUINTUPLETS
use MUSTEROLE for
CHEST COLDS**

Mother! Give YOUR Child
The Same Expert Care

At the first sign of a chest cold—the Dionne Quintuplets' chests and throats are rubbed with Children's Mild Musterole—a product made especially to promptly relieve the DISTRESS of children's colds and resulting bronchial and croupy coughs. Relief usually comes quickly because Musterole is MORE than an ordinary "salve." It helps break up local congestion. As Musterole is used on the Quints you may be sure you are using just about the BEST product made. Also in Regular and Extra Strength for those preferring a stronger product.

Happy State

A sound Mind in a sound Body, is a short but full description of a happy of State in this world.—Locke.

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