

LIFE SKETCHES BY ARTIST WHO SENSES SPIRIT OF THE DAY



Eddie is one of those fresh air fiends who is always throwing open the window "to change the air," on the coldest day of the year like as not, and urging one to take a good round dozen deep breaths.

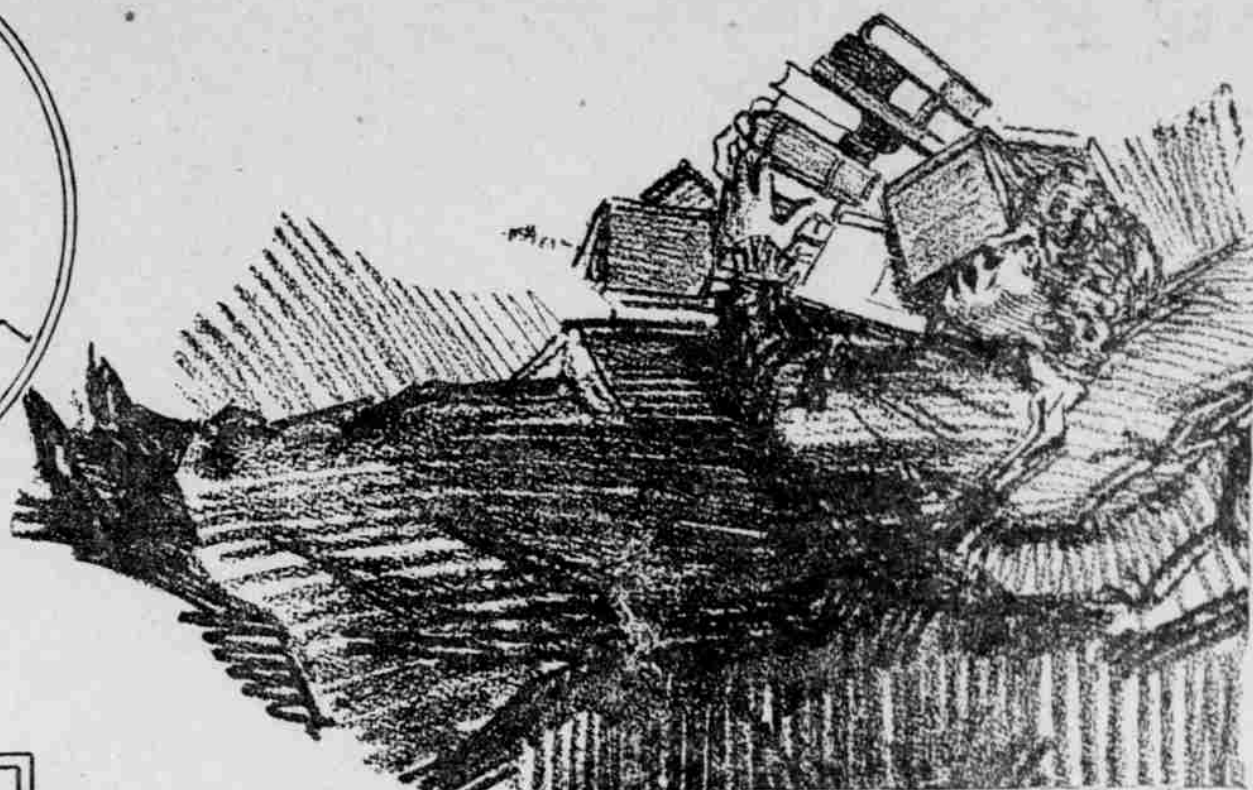


Old Mr. Wavle is another fresh air fiend, only with him it works the other way around. Mr. Wavle, who can detect a draught when the thermometer registers 90° in the shade, and every window is shut tight, is at his busiest on a suburban train. Even with the doors and windows closed he can never be certain that a ventilator overhead isn't letting in the outside air.

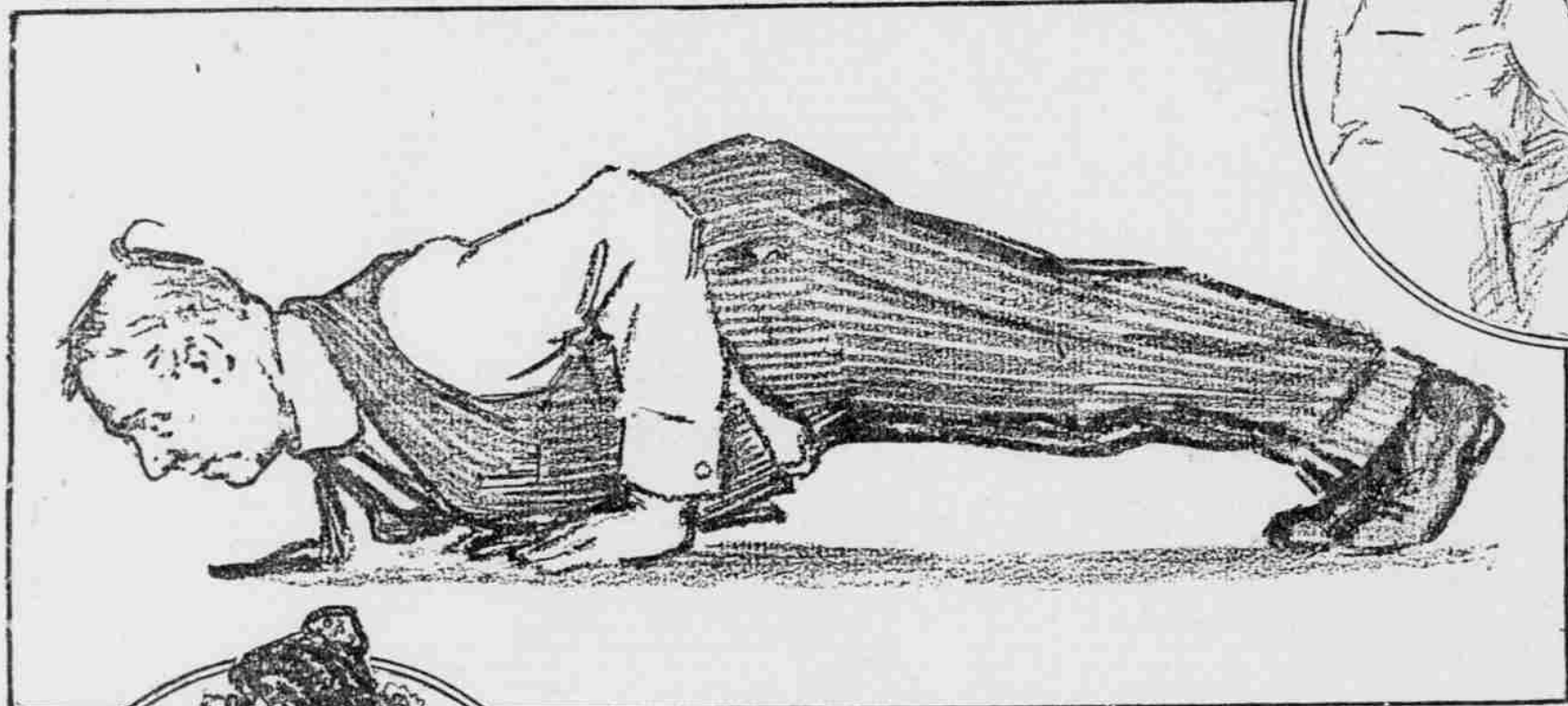
Among Us Mortals Keeping Fit

By W. E. HILL

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Lillian is going in for singing lessons. "There's nothing like it for learning how to breathe properly, and my dear, it's the way to keep one's self fit," is Lillian's advice to her dearest friend. Lillian's teacher is a great believer in singing a scale, with a pile of books on the chest—just to strengthen the diaphragm. Lillian is trying it out without much success, for the books won't stay put.



Three minutes night and morning on a routine of simple exercises will keep anybody in the best of health, says Chester D. Grob, who believes in the old adage, "a sound mind in a sound body."



"No, thank you, I won't have anything but a little water—I have to remember my diet list," says Mrs. Maud Tossler to her hostess, for Mrs. T. is a firm believer in diet and has given up everything at night but the white of an egg and a few wax beans—simple enough, and yet so few hostesses put them on a dinner menu.



Art is one of those hard-boiled, cold-bath-on-a-winter's-morning guys. He will pat you on the back and beg you to put on a bathing suit and come out and roll in the snow and eat icicles with him. "You'll never know what it is to feel fit till you try it!" is his cry.



Ada is one of those firm believers in simple hygienic dressing. No tight, waisted effects for Ada! "Not only do present day styles stop the circulation," argues Ada, "but they make a girl so conspicuous that the men all turn and look!"



A certain amount of exercise is necessary, if one would keep fit, and Mrs. Marie Marks has found massage quite as satisfactory and so much more restful than walking around and getting all tired out.



The elderly couple who take up dancing "just for the exercise there is in it."



Joe keeps himself fit by long, long walks before breakfast. He thinks nothing of getting up as early as 6 a.m. and tramping cross country. And the reason he thinks nothing of it is because he does it so seldom. As a rule, a ten minute walk to the office is Joe's daily exercise. Here you see Joe at 6:15 of a cold morning about to shut off the alarm and sleep for another hour.



No matter where she is, or what she is doing, Mrs. Moose will look at her wrist watch, give a little scream, and say "Mercy, it's ten minutes past the time for my pill!" A pill taken at the right time will keep anybody fit, according to Mrs. Moose.