

Dancing Helps Heart Patients

Medical Director Tells How Cardio Convalescents Thrive on Exercise.

MENTAL EFFECT IS GOOD, TOO

Treatment in Force Two Years With Uniformly Beneficial Results—Most Joyous of Play Exercises—Physically and Socially Stimulant.

New York.—Dancing as part of the regular treatment of those convalescing from heart disease was prescribed two years ago by Dr. Frederic Brush, medical director of the Burke Foundation, the great institution for the care and treatment of convalescents at White Plains, to which many patients from New York city hospitals and other institutions are sent. The results of this treatment as shown by its effect upon thousands of patients has been amazing, and doubtless will elicit a gasp of astonishment from the uninitiated layman as well as from the physician of the older school.

Doctor Brush says, however, that there have not been any bad results, but on the contrary the exercise has been of great benefit. Modern dancing (ball, contra and folk types) is a valuable form of physical exercise in the reconstructive-convalescent stages of heart disease, he declares. It affords a high degree of needed mental therapy, and advances the patient notably toward social restoration. Experience indicates its safety. It gives an added and readily available test of the cardiac reserves and of progress.

The physician tells about his experience with dancing as a therapeutic agent in Hospital Social Service.

Applied exercises in the convalescent, constructive and preventive stages of heart disease have three main purposes, says Doctor Brush. To improve the general condition (nutritional, muscular and organic), increase the cardiac reserve power and lessen the introspective and neurotic tendencies. Gradual re-entry into normal occupational and social living is the end sought.

It is of assured advantage, says the physician, to have the exercises pleasurable and anticipated and enjoyed; and particularly valuable to have them simulate or merge into everyday physical and social activities.

Formal Gymnastics. Formal gymnastics aid by inspiring courage and further exercise, in getting hold of the mild slacker or neurotic, and serve well in bad weather times; but in six years' observation of some 3,000 heart convalescents, says Doctor Brush, no regime has given such all-round satisfaction, safety and success as did the old farm regime where a total of nearly 500 cardiacs, boys and young men, were given essential freedom in play and work over the place (under reasonable regulations of rest, etc.).

Dancing may be called an inherent activity of all girls, of women up to fifty, and of most young and middle-aged men, says the physician; older persons are persistently happy in watching it; it is the most joyous of all play-exercises, and both physically and socially stimulant.

Convalescents with but a moderate degree of cardiac reserve may begin cautiously to dance, then go on to a considerable indulgence, with safety and benefit, he asserts. The heart patients early led the way in this. Women were found to be dancing in their cottages and boys exhibited various "jig stunts," etc.

The practice was checked, then carefully observed, encouraged and organized; and soon two or three formal dances per week were given, open to patients of all diagnoses and ages.

For two seasons past a dancing class for cardiacs under eighteen years has been conducted, under medical and nurse watchfulness, the instruction being given principally by stronger patients of this group.

Class attendance is compulsory as soon as the heart strength is considered adequate. The weaker and more diffident are gradually inducted. Many cardiacs have given special fancy dances in entertainments. This highly diversional exercise is not stressed, but is included in the direction, "to begin to walk, coast, golf, dance, etc., as soon as you feel able." Resident physicians' orders are occasionally given for more or less or none of these various exercises.

How Patients Are Affected. For six months the dancing is out of doors. The spectators, too, are strongly affected for good, Doctor Brush asserts. One hardly recognizes these patients at such functions; they show color, animation, strength, good posture; pains and neurotic depressions have actually disappeared—and are the less likely to return. "I can dance again!" is a valued expression by patients.

Find New Cities of Ancient Maya

Carnegie Institution's Central American Expedition Makes Important Discoveries.

OLD CAPITAL IS EXCAVATED

Greatest Native Civilization Which America Produced Once Flourished in What Is Now Desolate and Forgotten Region.

Washington.—After having discovered and unearthed ancient and forgotten cities that once were the center of America's civilization, and after having begun to recover the ancient learning for the Maya people from their Indian descendants, the Carnegie Institution Central American expedition for 1921, which penetrated the region of Guatemala, in the department of Peten, at the base of the Yucatan peninsula, has returned to this city.

The expedition, under the direction of Dr. Sylvanus G. Morley, associate in American archeology of the institution, left Washington early in January. The other investigators were Dr. C. E. Guthe and William Gates, both research associates of the institution.

The activities of the field season consisted of the exploration of the forests of northern Peten in search for new centers of this ancient civilization under the direction of Doctor Morley, the excavation of Tayasal, the last Itza (a Maya tribe) capital, located upon an island in the Lake of Peten Itza, in northern central Peten, by Doctor Guthe, and a first-hand study of the Maya language as spoken today in northern British Honduras, and also by the Quiche, a Maya tribe living in the highlands of Guatemala, by Mr. Gates.

Unearthed Ancient Cities. Following along the chicla (the substance from which chewing gum is made) trails which traverse this region, Doctor Morley's party discovered several new cities during the course of the field season, in what appears to have been the very heart of the old Maya empire.

Attempt to Burn Out Snake Caused Big Loss

A six-foot blacksnake refused to move from his den under a stump, and W. H. Winter, a farmer of Augusta, Ky., on whose property the snake had taken up a residence, decided to smoke out the reptile. Fire spread from the stump to a 20-acre hay field. Appeals were sent to the fire department and farmers hurried to the scene to help extinguish the flames. At one time it seemed as though the fire would spread to the city, but a timely shower helped extinguish the flames. The snake escaped.

There have been about twenty collapses or partial faints among all the thousands of dancers (30,000 patients cared for). About half of these were in cardiacs and found to be mainly hysterical or neurotic. Some heart patients have complained of increased pain, etc., the day after, but no instance of decompensating has followed. (Decompensating means failure of the heart to increase in power sufficiently to overcome valvular disease.) The pulse rate rises moderately. Many patients express a feeling of benefit from the exercise.

Mexican Embassy Has a Beautiful Home



The new home of the Mexican embassy is one of the most beautiful in Washington. The photograph shows the music room, with its wonderful pipe organ which has a set of chimes. During the occupation of the home by the former third secretary of state and Mrs. Breckenridge Long, they gave the use of the house to the government for the entertainment of Lord Balfour and his mission when they were the guests of the United States, and again when the king and queen of the Belgians were guests of this country.

Problems of Far East Come First

Must Be Satisfactorily Adjusted if Disarmament Is to Be Success.

BIG STEP TOWARD PEACE

Once an Agreement Is Reached on These Important Questions Matter of Getting Together on Cutting Armaments Will Be Easy.

Washington.—Success or failure of the disarmament conference in Washington this fall depends primarily on a satisfactory adjustment of half a dozen "Far East problems."

Only with these major issues amicably adjusted would the irritants that might ultimately lead to a clash of arms be removed. And then only could the nations involved agree to a considerable reduction of armaments—at least a cessation of building new armaments—without feeling that safety was being jeopardized.

These problems are: Mandates under the League of Nations, particularly that of Yap, Shantung.

The open door in China. The territorial integrity of China. The territorial integrity of Asiatic Russia.

Communications. Once an agreement on these is reached the matter of getting together on cutting down the size of armies and navies will be easy. But this first necessary agreement, officials recognized, will not be easy. That, rather than any actual disarmament compact, will be the big step toward peace, if it is achieved.

U. S. to Make Protest. Yap and Shantung, Japan has indicated, she holds to have been disposed of by the treaty of Versailles.

The United States, however, on the basis that she, as one of the principal allied and associated powers, even though not a member of the League of Nations, was entitled to a voice in the distribution of the former German islands in the Pacific, has protested the granting of special rights in Yap to Japan. Because of Yap's importance as a Pacific cable center, this country has insisted that it be internationalized and equal rights assured to all.

With respect to Shantung, no official stand has been taken, although many senators have attacked the bestowing upon Japan of the German rights in that peninsula.

The unbiased view, however, has been that any dispute over sovereignty in Shantung should be the matter of negotiation between China and Japan.

There is indicated a considerable desire in several quarters that the Yap and Shantung questions be eliminated in advance of the Washington conference. That, it is recognized, would greatly simplify questions before the conference. This government will not, however, concede that the treaty of Versailles—in the absence of any acquiescence by this country—could dispose of Yap. The case has been stated so plainly that Japan has no illusions as to the basis on which our claims stand, and the vigor with which they will be presented.

China Demands Province. As to Shantung, Japan has contended that title to the former German rights in that province was largely vested in her and cannot be disturbed so long as the Versailles treaty remains international law.

China, on the other hand, contends that her declaration of war against Germany restored to China all rights previously granted Germany. That being so, she claims, there were no German rights in China to be disposed of at the Versailles conference. China refused to sign the treaty because of the Shantung provision.

The open door in China and China's

Many Reasons Why Big Nations Should Disarm

Approximately \$1,500,000,000 has been appropriated for extension of the naval program by the five countries which are expected to discuss disarmament in Washington next autumn. The United States leads with \$500,000,000. Great Britain is second with \$422,000,000, Japan is third with \$250,000,000, France is fourth with \$175,000,000, and Italy is fifth with 73,000,000.

Discussion of the building programs will show the five countries armed on the oceans as follows: Great Britain, 955 ships; United States, 608 ships; Japan, 221 ships; France, 253 ships, and Italy, 245 ships.

voice in any agreement involving Far Eastern affairs.

Dominions Raise Problems. Along broad lines, those are the questions that must be ironed out before the conference can get down to brass tacks on the relative size of armies and navies.

Important, but secondary to these key questions, are the attitude of Australia, Canada and New Zealand, and the new position in which the Philippines may be placed as a result of the conference.

For it is generally admitted that with the other questions of expansion and colonization in the Far East settled on some agreeable basis, the chances for Philippine independence at an early date would be greatly increased.—Harry Hunt, in Chicago Post.

Killed Bride in Mistake for Burglar. Wenona, Ill.—Firing point blank at someone he thought to be a burglar, Daniel Kennedy, switched on the electric lights to find that he had fatally wounded his sixteen-year-old bride of seven months. She died a few hours later.

Citizens to Curb Speeders. Greenville, S. C.—"Speed limit 25 miles per hour. Drive slow and see our country; drive fast and see our jails." This is the sign that Sheriff Rector posted on all the leading highways and a hundred citizens were secretly sworn in as policemen to help curb the speed demons.

Secretary Davis Buys Luncheon



Secretary of Labor Davis does not believe in spending two hours eating filet mignon for lunch. Every noon he may be seen standing before this little Italian fruit stand just around the corner from his office, where he invests in a light lunch of reasonable fruits.

"Fresh" Eggs Hatch in Store. Paducah, Ky.—Fourteen chicks hatched out of eggs in the bottom layer of a crate at a market house here, were discovered after the top layers had been sold as fresh eggs.

The chicks, which were several days old, apparently had been mothered by the heat wave and were in splendid health.

The owner sold them for several times the value of fresh eggs.

Nickel Shine Back in Boston. Boston.—The nickel shine has returned. The boys of the north end have invaded the business district in a war on established bootblacks, some of whom have met the competition by cutting rates from 10 cents to 5.

Mrs. Harding Gets Campaign Reel



Mrs. Warren G. Harding receiving a two-reel animated pictorial record of the presidential campaign which resulted in the election of her husband as chief executive, from William A. Brady representing the motion picture industry of the country. The screen review will be preserved by President and Mrs. Harding as a family record of the historic events which led to their occupancy of the White House. In the picture are Jack Connolly, Mrs. Harding, William A. Brady and Col. Clarence O. Sherrill, aide to the President.