

Twins. Mr. and Mrs. R. G. Cawthorne an nounce the birth of twin sons, William Glenn and Wallace Graham, Sunday afternoon at Maria Parham hospital. Mother and sons were said to be doing nicely.

pert will find no difficulty in going on the opening lead North expected game, but it is surprising how frequently a novice will fall down upon a commonplace hand.

trick

tween opponents, and to a lesser ex-tent upon finding the spade honors 9 of diamonds, to show the length of

somewhat favorably located. An ex- his sequence. As the 2 did not drop

no chances. Dummy's K won the The 4 of hearts was led. Declarer :

and 5 fell. Dummy led the J of

that the leader held 5, but he took

The 9. Q

was led towards dummy.



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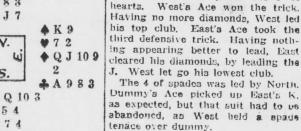
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ASS **k** K 9 N. •72 wi 2 A Q 10 3

& K 10 4

KQ 10 8



his top club. East's Ace took the third defensive trick. Having nothing appearing better to lead, East cleared his diamonds, by leading the J. West let go his lowest club. The 4 of spades was led by North. Dummy's Ace picked up East's K as expected, but that suit had to us

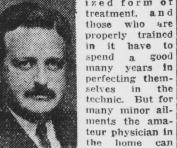
abandoned, as West held a spade tenace over dummy The declarer had won 7 of the 10

tricks played. He still held 2 good Bidding went: South, 1-Spade; clubs, which he took, insuring game. North, 2-No Trumps, as he did not The last trick had to go to West's want to bid more than 1 on his top spade. The hand is common-4-card heart suit; South, 5-No place, but ability to handle such Trumps, glad to have the hand holdings paves the way to the proper played without trumps, as his 4-3-5-5 play of more difficult bands.

Massage May Be Employed To Treat Any Backache

By LOGAN CLENDENING, M. D. | rubbed and stroked. Then, with one hand on the foot and another one AMONG THE MANY methods on the leg, the joint moved in all which can be employed for the treatdirections in order to help recovery ment of minor illnesses by the home of functional activity. doctor, is massage. Massage, of Headaches are frequently relieved

course, is really by massaging the neck, particularly a highly specialat the base of the skull and over the ized form of forehead. treatment, and



Besides massage and water, other those who are forms of physical therapy are exerin it have to spend a good quent prescriptions that the spend a good quent prescriptions that the amateur many years in physician gives himself, and with some qualifications and restrictions it usually does good. It is better in the young than in the old, and if followed by a sense of fatigue rather than elation, should not be continued. I still say, as I said in the article home can yesterday, that rest, for most thing, learn to do some

lations, especial-Dr. Clendening ly when financial circumstances do not permit the expense of a trained masseur.

is better, than exercise. simple manipu-Special exercises, such as muscle training to restore function to group of muscles that has been incapacitated from injury or disease, should be prescribed by the physi-

Lumbago or backache of any kind cian, but can easily be carried out Lumbago or backache of any kind can frequently be relieved by having the sufferer lie down, face down, and relaxing the muscles of the back along the spine, and kneading or rubbing these muscle masses with the fingers or open palms. Another good method of treating backache is to put a light layer of grease or to put a light layer of grease or work before it is finished vaseline on the affected area, cover

EDITOR'S NOTE: Six pamphlets it with a double thickness of woolen blanket, and take an iron, heated so by Dr. Clendening can now be ob-that you can just bear to have the tained by sending 10 cents in coin, for skin against it, and rub this up and down on top of the blanket over the stamped with a three-cent stamp, and the area until a good area of redness has been developed. Ankle sprains and minor injuries "Indigestion and Constipation," "Reof that kind can also be treated by ducing and Gaining," "Infant Feedof recuperation by rest has ended, of Diabetes," "Feminine Hygiene" The surface of the joint can be and "The Care of the Hair and Skin."



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