

Dancing Helps Heart Patients

Medical Director Tells How Cardiac 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 pleasantly 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 times; but in six years' observation of some 3,000 heart convalescents, says Doctor Brush, no harm 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.

Unearth Ancient Cities.
Following along the chicle (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 decompensation has followed. (Decompensation 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.

Doctor Guthe's excavations at Tayasal proved equally fruitful. The principal plaza of that city was located, and the work of clearing away the earth and fallen masonry from the principal structures was commenced.

The peninsula of Yucatan juts up into the Gulf of Mexico like the great thumb of a giant hand, pointing northward. It is 250 miles wide, and before it finally takes root in the continental land mass far to the south, gradually merging into the foothills of the Cordillera, it is 400 miles long.

This region, a limestone formation of recent geological age, has gradually emerged from the floor of the Caribbean sea, and is now overgrown with a dense sub-tropical jungle. It supports, in fact, an almost continuous forest of mahogany, rubber, Santa Maria, ceiba, chico-sapote (the "chewing gum" tree), and many other sub-tropical trees, which so completely covers the country that one may travel in this bush for days without seeing an open space large enough to accommodate a modern bungalow comfortably.

In this now desolate and forgotten region there developed during the first fifteen centuries of the Christian era the greatest native civilization which America produced, namely, that of the ancient Maya of southern Mexico and northern Central America.

Here great cities grew up, filled with temples, pyramids, palaces and monasteries, built of finely carved limestone, which were grouped around paved squares and courts.

Once Brilliant People.
In these spacious plazas beautifully sculptured monuments were erected, their sides inscribed with elaborate hieroglyphic writings, setting forth important historical and astronomical facts. A dense population, highly organized under strongly centralized governments, flourished in the region, the vanguard of civilization in the New World.

But in the course of centuries pestilence, drought, civil war and famine overtook the Maya, so that when the Spaniards landed on the east coast of Yucatan in 1551, under Francisco de Montejo, the last remnant of this once brilliant people fell an easy prey to the shock of foreign conquest, and they were speedily reduced to dependence and slavery. Their once magnificent cities were abandoned, vast sections being actually depopulated, and the tropical jungle again crept over the region, until today these former centers of life and human activity lie buried in the grip of a dense forest, and crumbling walls and piles of fallen masonry overgrown with giant trees alone bear melancholy witness to former pomp and glory.

Investigations in this remote and inaccessible region may only be carried on under enormous difficulties. It is only very slowly, with infinite pains and at high cost, that this region is being made to yield its archeological secrets and the truth about our foremost native American civilization is gradually being made known.

"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.

THE GOVERNOR AT CONCORD

Impartial Address Was Delivered by Chief Executive on Obligations of Both Labor and Capital.

Concord.—Governor Morrison addressed a mammoth crowd at the Concord graded school grounds here, explaining his attitude toward the strike situation and the purpose of the state in dispatching troops to the scene of the strike.

The text of the governor's speech, in part, is as follows:

"My own judgment was against my coming here and speaking on this occasion; but Mr. Barrett, head of the Federation of Labor, and other prominent officials of organized labor, after our conference at Asheville on Wednesday the 17th, gave me most positive assurance that in their opinion my views of the situation and of the difficulties which beset all concerned here would be of great benefit.

"I do not deem it wise or proper for the Governor of North Carolina to interpose and interfere with the making of a contract between citizens of this state.

"The freedom of contract involves the very foundation of free government. For the Governor of North Carolina to endeavor to force men to make a contract in this state against their will is, in my judgment, a very improper thing to do.

"Labor in North Carolina has a legal right to organize and to collectively bargain when organized, provided, however, that they can find somebody willing to bargain with them. Their rights to collectively bargain cannot be taken away from them under the constitutional securities of liberty, which are the very life of the republic.

"On the other hand, employers with whom they want to contract have the right to contract with them or not contract with them, as they see fit, and deem it to their interest. This would no longer be a free country if citizens were forced to contract with any individual or group of individuals with whom they did not want to contract. There is no law under which the governor or any other official can make them contract. None could be enacted under our constitution.

"I believe in recognizing every legal right of organized labor; but I also believe in recognizing every legal right of the employers of labor; and every legal right of unorganized labor.

"Furthermore, if I should inject myself into this controversy, and endeavor to adjust it, I fear I would no longer have the confidence of the side I had come to a judgment against in my efforts to uphold the law which a continued conflict might necessitate.

"In respect to the disorder which had assumed threatening proportions in Cabarrus county, I think it arose largely from the fact that the local police officers did not clearly comprehend their duty more than from any unwillingness to discharge it. There has been much confusion in the public mind as to what would constitute illegal practices in a tense situation produced between striking laborers and those about to take their places. I announced in my letter to Sheriff Cochrane of Mecklenburg some time ago (by the way, the widely published statement that Sheriff Cochrane called for troops was untrue; he merely asked me for instructions), that it was the duty of the local police authorities to use all the necessary power to keep order and suppress intimidation and interference of anybody's rights, but that I would unhesitatingly send troops anywhere they were needed, whatever cause produced the trouble.

"But I want to move them away from here, and I appeal to all men of this county, whether you are standing under the standard of union labor and doing what you can to aid the striking laborers, or on the other side. Whoever you are, and wherever your sympathies may be, I appeal to you as a citizen of North Carolina to give your influence quickly and without delay to the sheriff and the police officers, and establish by common concord of all good men in this county a respect for order, liberty and peaceful argument which will justify me in moving the troops here from your county. They neither want to stay nor do I want them to stay. They are here at immense sacrifice to themselves, and only for the purpose of enabling each side to this controversy to enjoy all the liberty guaranteed its followers by the law of the land. It is along these lines, and upon these principles that we can continue to enjoy liberty in this State and country.

"Finally, I want to appeal to all conflicting classes to submerge and forget their class consciousness and class interest in an unselfish devotion to the precious principles of our government.

Morrison on Employers.
"There is a wide opinion that public sentiment must jerk up every large employer of labor and by abuse and vilification bring him into contempt when he exercises his undoubted privilege to refuse to enter into a contract which he does not want to enter into with his employees. It is his own business, and no man has any right, even those who want to make the contract which the employer in the exercise of his undoubted liberty, will not make, to become angry with him, and abuse him and hate him."

On Style Card as Fall Nears

Despite the mushroom success of new tailors and dressmakers in Paris who have brought out certain simple types and popularized them to an almost unheard of extent, many women, writes a Paris fashion correspondent, now are ordering their clothes from houses that have held to their own definite types through all these changes in fashion.

Madeleine Vionnet, who only a short time ago might have been termed an outsider in the great dressmaking circles, has impressed both France and America very deeply with her simple floating panel styles and handkerchief drapery, but as women continually demand varying types the opportunity is not lacking for the success of a variety of styles. This gives a house like Jeanne Lanvin an opportunity to keep her definite types.

One model is a box coat suit in blue serge marked off in little squares with white braid and blue beads. It has the high frilled collar and jabot which continue to find favor. Lanvin has for some time been a strong advocate of these short, youthful-looking jackets, as well as all sorts of frilled high collars and fluffy jabot effects.

Designer's Mark Always Present.
It is a very good thing for clothes in general that the great makers hold definitely to ideas that are distinctly their own. The designing and making of dress is a great deal of a gamble, the past two years have shown very plainly that there is no telling when a very simple thing may meet with an almost over-night success.

This is only one of the many indications that the more lustrous materials will vie with dull silks this autumn. Perhaps they will surpass them in popularity, but it is certainly safe to predict that they will be used extensively. Many handsome models of shiny silks will then remain for women to take their choice, but it is very likely that the public will have tipped to a great extent of the dull finish and the heavy weave in silks.

Lanvin always has been an originator of most interesting embroideries. Recently she has been working out some extraordinary effects through entirely new means. For instance, she uses thistle tinted in honey color tones and applies it to the fabric to give the effect of embroidered panels.

Some New Trimming Effects.
In a charming suit this effect has been achieved through the use of the white braid and blue beads. One cannot imagine this maker departing entirely from embroideries or embroidered effects, as work of this sort has been raised to the prominence of a fine art in her work rooms and an amount of study and effort spared to produce the best in this line.

Children, too, have their fashion nowadays and their clothes are receiving an amount of study and attention which would have astonished makers of children's clothes a few years ago. Great designers have discovered the artistic possibilities that lie in these little garments. One



Blue Serge Suit Model With White Braid and Blue Beads and a Charming Satin Dress Worn Recently by a French Actress.

If all the dressmakers in Paris had followed Vionnet's lead and made her type of dress because it was the best seller for the time being, they would have lost their cachet completely and would have been practically nowhere when the wave of enthusiasm over this particular style had died down, as it certainly must.

Of course, they cannot always hold to a definite type. No designer can do this and be a success. New themes or variations of successful old ones must be continually worked out.

Flowing Sleeve and High Collar.

The same holds true of those who do not design clothes, but import to America the works of the various great French makers. They must permit their own taste to prevail in making their choice. For instance, it was all very well to bring over those unique models from Madeleine et Madeleine which had the waistline placed at the knees, if one desired to show great novelty, but it was not reasonable to suppose that the women of this country or any other, no matter how capricious they might be, were likely to adopt such a fantastic style.

There are two outstanding features of the Lanvin clothes which are noticeable in dress at the present time—the flowing sleeve of greater length than those used heretofore and the high collar. The former might be termed a fashion which is thoroughly crystallized and the latter a strong fashion tendency.

Sleeves open at the top to reveal almost the entire arm are featured in one frock. It was created by Lanvin for a well-known French actress to wear in a recent production. The

material used is a soft black stuff, consequently they are infinitely more attractive than in the days when they did not differ from the dresses of the elders and when little babies' dresses were miniature duplicates of their mothers' frocks, or even within the last decade, when clothes for little people were just plain and useful.

Of course, the best children's clothes are simple. It is impossible to overstate the simplicity in them. And no matter how simple, they may have some special interest of design or trimming, as do those of grownups.

We have in great abundance of frills, flounces and flutings of a hundred years ago in dresses of the present, but the very smart Parisienne has an opportunity to display her latest extravaganzas.

Among the novelties being noted are plaid cape wraps which are nothing more than big, straight scarfs, as wide as they are long, thrown across the shoulders.

Too much emphasis cannot be laid upon the continued popularity of the cape and the continued use of moiré fur as a trimming on every form of summer wrap for both day and evening wear.

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 seasonable fruits.