ARMED STRIKING MINERS AT LUDLOW, COLORADO

Jackies Patrolling Main Street of VERA CRUZ

WHEN THEY SHELLED VERA CRUZ

MARINES PITCHING CAMP AT VERA CRUZ

NAVAL AVIATORS SCOUT AROUND VERA CRUZ

Marines from the American fleet photographed as they were preparing to pitch their camp, seen in Vera Cruz.

TAKING THE STARS AND STRIPES ASHORE

SOME OF THE VERA CRUZ SNIPERS

SOME OF A STAFF OF MARINES AT THE VERA CRUZ SNIPERS

FIRING AT THE VERA CRUZ SNIPERS

MEXICAN CROWDS FOLLOW OUR MARINES

The scene at Vera Cruz, the evidences of the early hours being given the final demonstrations of their value in combination with military operations. Lives of thousands were saved in the battle.

BLOODY DEEDS DONE IN CITY OF VERA CRUZ

Newspapermen from the American fleet detail the stories set toe by toe by the naval guns in the battleship Vera Cruz.

COLORADO MILITIA GOING TO FIGHT STRIKERS

COLORADO MINE GUARD AT BAY

Have You a Bad Back?

If long ago, your back was straight, but now it bends every time you sit or stand, it is more likely to be due to scoliosis than to neuralgia. This is a disease of the spine, and should not be dismissed as a case of indigestion. The symptoms are: stiffness, pain in the upper part of the back; loss of appetite; constipation; and sometimes a feeling of fullness in the bowels.

The cure for scoliosis is excellent, and is generally successful. It consists in the wearing of a brace, which is made of metal or leather, and which is placed on the upper part of the back. The brace is worn for a period of three months, and the patient should then be examined by a physician, who will order further treatment.

There is no substitute for this treatment, and the patient should not attempt to cure himself. He should consult a doctor, and follow his advice.

Scoliosis is a very serious condition, and should not be neglected. It is best treated by a doctor, and the patient should not try to cure himself.

SPECIAL TO WOMEN

THE MOST COMMON CAUSE OF BACKACHE

Women are more likely to have backache than men, because they are weaker and have less muscle power. The cause of backache is usually poor posture. This is due to the fact that women are generally less active than men, and are therefore more likely to have bad posture.

Women should try to improve their posture, and should not sit or stand for long periods of time. They should also avoid bending over, as this is very likely to cause backache.

The following exercises are recommended for women:

1. Sit up straight, and try to keep your back as straight as possible.
2. Stand up straight, and try to keep your head as upright as possible.
3. Bend over slowly, and try to keep your back as straight as possible.
4. Lie down, and try to keep your back as straight as possible.

If you follow these exercises, you will soon see the improvement in your posture, and your backache will cease.

PAINTINE

A soluble Antiseptic Powder to be Disinfectant as desired.

An important antiseptic for disinfecting hands, and for use in cleaning wounds. It is also useful in the treatment of skin diseases, and is commonly known as the "paintine" solution. It is made by mixing equal parts of water and paintine powder.

Paintine is a powder, and can be used in any amount desired. It is also available in a solution form.

The following are some of the uses of Paintine:

1. As a disinfectant for hands, and for use in cleaning wounds.
2. As a treatment for skin diseases.
3. As a solution, for use in cleaning wounds.

Paintine is a very powerful antiseptic, and should be used with caution. It is not suitable for use in the treatment of open wounds, as it may cause irritation.

It is also important to take care when using Paintine, as it may cause irritation if applied to sensitive skin. It is therefore recommended that Paintine should only be used under the supervision of a doctor.

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