

RESTAURANT HEAD IS ARRESTED AS VENDOR OF DRUGS

Police Arrest Prisoner Had Heroin in Pockets and in Waste Basket.

THREE OTHER ARRESTS.

Former Chef at St. Regis Promises to Aid Police in Hunting Sellers of Drugs.

Evidence of the activity of the police in fighting the trade in forbidden drugs and of the counter activities of the illicit dispensers of cocaine, heroin and morphine, continued to appear in the courts today.

Detective Hattie arraigned before Magistrate Campbell in the West Side Court George Harris of No. 331 West Forty-fifth Street, John Bulkin, manager of the Danovoy Luncheon at No. 215 West Forty-second Street, and John Burney a Bowery lodger, charged with having heroin in their possession.

Hattie said the restaurant had been observed to be a resort of drug users. He said he saw many persons marked with the blight of drugs enter the place, talk with Harris, who sat at a table with no food before him, and go out.

Harris was searched and a number of heroin powders were found in his pockets. More were in a waste paper basket beside him apparently filled with waste papers; the basket belonged to the restaurant, so Bulkin was arrested. The patrons were searched and a package was found on Burney.

Harris, the detective said, made a confession and promised to tell for whom he was acting as agent and to point out a number of other restaurants where the trade was carried on. All three were held in \$1,000 bail.

Paul Wazniowski, a Swiss chef, who has worked in the St. Regis and others of the great hotels, was taken into custody at Forty-second Street and Third Avenue early today, in a collapse from the use of morphine. A hypodermic syringe and a quantity of morphine were found in his pocket. He promised Magistrate Murphy in Yorkville Court to go to the District Attorney's office and turn State's witness against a number of drug dispensers. He was held in \$500 bail.

MANY ARE RESCUED IN TENEMENT BLAZE

Policemen and Firemen Carry Women and Children Out in Safety.

Dense smoke from a fire in the basement of the six-story tenement, No. 207 East Fifteenth Street, this morning cut off escape by the stairways and drove twenty families in panic to the front fire-escapes. Ladders were run up and firemen carried down many women and children, some of them scantily clad.

Patrolmen Upton and Schaeffer fought their way through the hallways, making certain that all were out safely. Through the open door of an apartment on the fourth floor they saw a girl vainly trying to lift the unconscious form of an elderly woman from her bed.

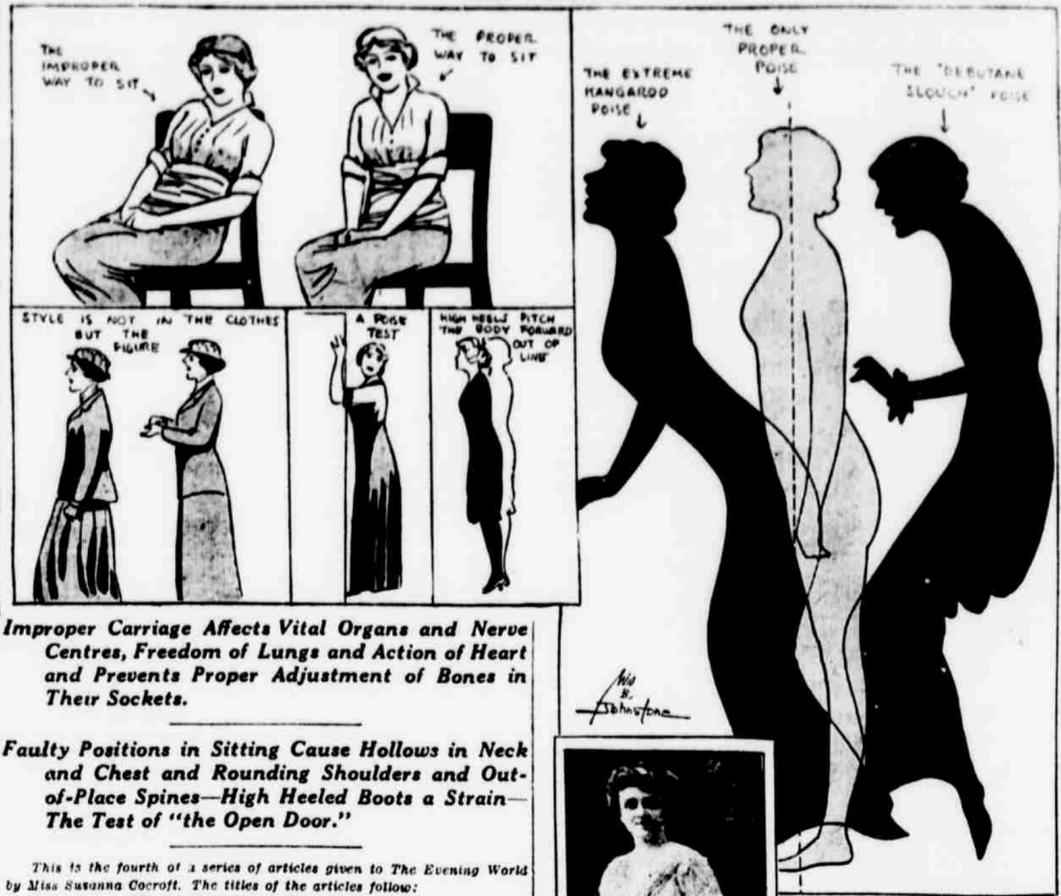
Upton and Schaeffer rushed to the young woman's aid. She was Mrs. Hugo Regains and the elderly woman was her mother, Mrs. Annie Biscaino, sixty-four years old, who has been suffering from heart failure and had been confined to her bed for some time. The police carried her to the escape, and Fireman Sawyer of Engine 14 bore her down the ladder to the street. She quickly revived. The damage was about \$1,000.

Famous Menographer Dead.

HACKENSACK, N. J., April 29.—Edward D. Easton, one of the organizers and president of the Columbia Phonograph Company, died at the Central Valley (N. Y.) Sanitarium early this morning. He had been suffering from a nervous breakdown. Mr. Easton began life as a newspaper man, he was an expert stenographer and figured conspicuously in the trial of Guitauze, murderer of President Garfield. He made \$25,000 reporting the news of the House trial. He leaves a widow, prominent in Hackensack's musical, social and church affairs, a son and four daughters. His home was at Arcola.

Correct Poise in Women Cures "Swayback:" 90 Per Cent. Can't Stand, Sit or Walk Right

Fourth of a Series of Interviews With Miss Susanna Cocroft, Who Has Added to the Beauty of 65,000 Women.



Improper Carriage Affects Vital Organs and Nerve Centres, Freedom of Lungs and Action of Heart and Prevents Proper Adjustment of Bones in Their Sockets.

Faulty Positions in Sitting Cause Hollows in Neck and Chest and Rounding Shoulders and Out-of-Place Spines—High Heeled Boots a Strain—The Test of "the Open Door."

This is the fourth of a series of articles given to The Evening World by Miss Susanna Cocroft. The titles of the articles follow:

- I. The Cultivation of Beauty is a Duty.
- II. How to Have a Good Figure.
- III. Cure of the Skin and Hair.
- IV. How to Sit, Stand and Walk.
- V. Health, Character and Beauty.

ARTICLE IV.

By Marguerite Mooers Marshall.

"Not more than 10 per cent. of women stand correctly, in an attitude expressing uprightness, womanly dignity and self-poise."

That is Miss Susanna Cocroft's indictment of the grace and poise of the American woman, and can any one say that it isn't a true bill? Scarcely a year ago hundreds of thousands of women were deliberately practicing the debutante slouch and the kangaroo walk, in which the entire body assumed a one-sided, tired, dispirited droop, the antipodes of grace, symmetry and balance.

And awkward poses and movements are remediable. There can be no question about that. One may not be able to change the color of one's eyes or the shape of one's nose, but one can learn to stand, walk and sit properly. Today Miss Cocroft discusses some of the guiding principles of grace.

"I cannot too fully emphasize the importance of correct poise and carriage as affecting the vital organs, the nerve centres, the freedom of the lungs and the action of the heart," she began. "In order that no one set of muscles or vital organs may bear the weight of another, the bones must be properly adjusted in their sockets. Not one woman in seventy-five stands correctly, with the weight lifted from the abdominal organs."

OPEN DOOR TEST FOR A CORRECT POISE.

"How can a woman tell whether she is standing correctly?" I asked. And then Miss Cocroft gave this test: "If you would know when the body is properly poised, stand opposite the edge of an open door or any perpendicular line; place the balls of the feet, the front of the hip bone and the front of the shoulder against the door, poise the head so that the front of the ear is on a line with the same. Most women feel unnatural in this position, because certain muscles lengthen and others shorten, to accommodate the habit of standing. The attitude gives buoyancy and strength of body and mind. It is the 'athletic poise.'"

"One who has stood out of poise for years cannot correct it by merely being told to do so," she added, in swift caution. "Unless rightly directed

a woman may cultivate other errors as bad as the one she is trying to correct. The right muscles must be strengthened by the right exercises that the body may be held in position without thought.

"Here is another test. Stand with the toes to the edge of an open door. If the flesh is evenly distributed and the body naturally poised the door will touch the chest and will come within an inch of touching the body below the waist. This is the 'chest lead,' which, if the flesh is evenly distributed, gives the body the natural outline and expresses mental and physical balance.

"Poise means balance, and while the physical poise is, to a certain degree, the result of mental and spiritual poise, the physical attitude also reacts upon the mind, producing a mental poise of which the physical is expressive. Lift head, chest and eyes, draw in a deep draught of fresh air, and note the mental clearing and the broadening outlook. You feel more womanly, more self-respecting."

"SWAYBACK," WHICH AFFECTS STOMACH, LUNGS AND KIDNEYS

"What are some of the components of the faulty positions assumed by women?" I asked.

"There is the position called the 'swayback,'" she itemized. "In this attitude the stomach leads, forcing the middle spine forward, away from the shoulders back, cramping the kidneys and the back of the lungs. The weight of the body is away from the heels. 'Often women stand with the thigh joints thrust forward and the chest lowered. As a consequence the shoulder blades protrude, the lower and upper spine curve forward and there is given to the upper shoulder the curve which we commonly say is indicative of age. If one is too fleshy and stand with head too far forward the fat accumulates across the shoulders.

"There is a fault into which women fall who have sufficient pride to stand correctly, but who have not been taught the upright position. In this attitude the body is tipped back from the waist line, thus curving the mid-



SUSANNA COCROFT

dle spine too far inward and bringing the waist line into prominence. "The hollows at the base of the neck and across the chest, unless due to a lack of flesh, are occasioned by the faulty carriage of the head and the shoulders. Rounding shoulders, in almost every instance, are accompanied by a displacement of the thigh joint, by an incorrect poise of the spine, of the knees and the ankles.

"The high-heeled boot is not an aid to poise. It tips the weight of the body forward unnaturally, while every muscle and vital organ is straining to go back to the natural poise. This strain is particularly felt in the pelvic organs.

"Permanent relief for all defects in poise depends upon gaining muscular strength, thus enabling the weakened organs and muscles to support themselves.

In attempting to hold the upright attitude many women go to extremes, and appear stilted, affected, awkward and self-conscious. A natural, easy poise can be regained by uniform development of all muscles, then the body will be held in position without the conscious effort. When the correct attitude is once regained the old attitude will be more uncomfortable than the correct one now is."

TO SIT CORRECTLY YOU DON'T LOUNGE.

"And you find also that women do not know how to sit!" I observed. "The habit of sitting with the weight on the end of the spine brings the thigh joints forward and cramps and relaxes the muscles about the waist and in front," explained Miss Cocroft. "In order to maintain the equilibrium when one rises from such a sitting posture the chest bone is depressed, the head bent forward and the weight rests upon the heels.

"In the correct sitting posture the head and chest are well lifted and the back is straight. The poise is the opposite of the too common 'lounge.'"

"Walking is not good exercise unless one stands and walks correctly, because in the walk of the average woman the spine receives a jar with each step and the action of the nerve centres is interfered with. As she walks the back of the heel strikes the ground first, and with each step the vital organs, which are out of position, are shaken and the supporting ligaments weakened.

"One can never walk correctly until the proper balance and the correct poise in standing have become a habit.

"A woman out of poise, with shoulders drooping, head and hips forward and a resultant relaxed position of the knees, can never lead style to clothing." Miss Cocroft pointed out. "Style is not in the gown nor in the fabric, but in the figure, poise and carriage.

THE MONEY AND HEALTH PROFIT IN PERFECT POISE.

"Is it not better to spend more time and money in the correction

GERMAN EMPRESS PAYS STRASSBURG QUIET VISIT

Called on Wounded German Prisoners in Hospital and Leaves with Night for Berlin.

GENEVA, Switzerland (The Press)—April 29 (Associated Press)—The German Empress, dressed in mourning and looking pale and sad, paid a quiet visit to Strassburg, the capital of Lower Alsace, on Tuesday morning of this week and visited three hospitals, where several officer prisoners were being wounded.

Her Majesty left Strassburg on the same night for Berlin. She was accompanied by one woman and returned only the day after tomorrow to Strasbourg. The population of the city was full of awe at her visit.

Turkish Prisoner Is Dead. AMSTERDAM, April 29.—The death of Constantinople of Prince Sabah Eddine is announced in a telegram from the Turkish capital. The Prince was a son of the late Sultan Murad V and was one of the leaders of the Young Turk party.

About to Be Expelled, With Release of 200,000 Prisoners, a Release out of Work. The British Government has suggested that the German Government should release 200,000 prisoners of war, who would be sent to the front, and that the British Government should release 200,000 prisoners of war, who would be sent to the front.

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