



design
Gloria Cohen

Get maximum space at minimum cost

One of life's great challenges is creating a home. The need for adequate shelter is only the beginning. The worthy endeavor of creating a refuge, an environment in which to promote the growth and development of a family — not just physically, but intellectually, morally, and spiritually, merits dedicated study and application.

SELECTING THE SITE is probably the first important thing to do, if you decide to build. Only after the site has been decided upon should a plan to build be finalized.

Investigate such things as schools, transportation, fire and police protection, the water, power, sewage disposal, garbage collection, and taxes. Become familiar with building codes and restrictions in the area.

A home is probably the largest single investment a family will ever make. It is, therefore, highly important that the owner get the best value possible for every dollar spent.

Investigate ways of limiting building costs. A reputable architect or builder can be very helpful, but the owner must take the initiative and assume most of the responsibility for keeping costs down.

Begin with a good design — it will pay for itself in good living. The value will increase with the years. Get maximum space at minimum cost; keep the plan of the house simple. The cost doesn't increase in direct proportion to square footage.

The nearer to a square the exterior walls are built, the less will be the cost of floor space. Jogs and angles are expensive.

Two stories cost proportionally less than a low rambling plan since the roof and foundation can serve twice the space, heating can be more centralized, and the second story provides extra insulation against summer heat and winter cold.

Simplicity should be the aim in every well-designed home and a unified theme is the way to do it.

ALLOW THE WINTER sun to strike long walls and large windows, but avoid having large areas of glass facing the afternoon sun in summer.

Centralize the plumbing to save money. Bathrooms can be back to back or one above the other. Take advantage of major drains.

Standard items such as doors, window frames, cabinets, stairways, mantles and all manner of wood trim are available and well designed at factory-built prices.

Before making the final decision on any item that goes into the completed home, consider the upkeep over a long period of time.

Some things that cost more to begin with are the most economical in the long run. Brick, in some areas, may cost more than frame, but it will never need painting, and the resale value will be more than one of plain cedar shingles.

A house, to be a satisfactory home, must appear pleasing to those who live in it. It should have a certain intrinsic beauty. But what is beauty?

Beauty has been described as that quality that pleases the senses and lifts the spirits. Beauty is achieved through the application of the principles of design and a skillful use of the elements unified by a single theme.

In custom-built homes this development isn't too difficult, but in subdivisions — where house after house is the same — it is a real challenge for each owner to give his dwelling that personal mark that makes it different. That's up to you.

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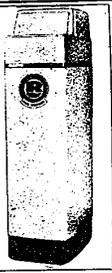
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SUFFERING NEEDLESSLY

- | A. Results of Nerve Impingement | B. Side view of Spine |
|---|-----------------------|
| Headaches, nervousness, headaches, high blood pressure, migraines, epilepsy, chronic tiredness, dizziness | C-1 |
| Sinus trouble, allergies, deafness, eye trouble, earache, fainting | C-2 |
| Neuralgia, neuritis, acne, eczema | C-3 |
| Hayfever, hard of hearing, adenoids | C-4 |
| Syngitis, sore throat | C-5 |
| Stiff neck, pain upper arm, tonsillitis, whooping cough | C-6 |
| Bursitis, colds, thyroid conditions, warts | C-7 |
| Asthma, cough, difficult breathing, pain lower arms and hands | D-1 |
| Functional heart conditions and certain types of hypertension | D-2 |
| Bronchitis, pleurisy, pneumonia, congestion, influenza | D-3 |
| Gall bladder conditions, low blood pressure, anemia, poor circulation, arthritis | D-4 |
| Liver conditions, low blood pressure, anemia, poor circulation, arthritis | D-5 |
| Stomach trouble, indigestion, heartburn | D-6 |
| Diabetes, ulcers, gastritis | D-7 |
| Stomach troubles | D-8 |
| Allergies, hives | D-9 |
| Kidney trouble, hardening of the arteries, chronic tiredness | D-10 |
| Skin conditions like acne, pimples, sores | D-11 |
| Rheumatism, gas pains, certain types of sterility | D-12 |
| Constipation, colitis, dysentery, diarrhea | L-1 |
| Appendicitis, cramps | L-2 |
| Bladder troubles, many knee pains | L-3 |
| Sciatica, lumbago, difficult, painful or too frequent urination, backaches | L-4 |
| Poor circulation in legs, swollen ankles, weak ankles and arches, weakness in legs, leg cramps | L-5 |
| Sacrolic conditions, spinal curvatures | L-6 |
| Hemorrhoids or piles, itching, pain and tend of spine on sitting | L-7 |

First look at column "A". It lists some conditions and symptoms that can result when certain vertebrae in column "B" are twisted, cutting down nerve energy to that part of the body.



No Energy Shortage!!

Twenty-eight years ago I was treated by bone specialists for "deteriorating discs and arthritis" in my spine. I was put into traction, wore a back brace and was told to take pain pills. They said that when it got so bad I couldn't stand it they would do a spinal fusion, but they wouldn't guarantee that it would work.

Seven years ago my son entered Chiropractic college and recommended an excellent Chiropractor who found the MD's diagnosis was wrong. I have been under Chiropractic care faithfully since then and the results are amazing. When Dr. Nick opened his office my family and I decided to put ourselves in his care. In just a few short weeks I have improved so much I can't believe it! I have more energy and stamina than I've had in years. I'm sure that thanks to Dr. Nick I will be completely free of pain shortly. I hold a job with a lot of physical stress. Without Chiropractic care I just couldn't function.

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