

DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

Tuberculosis Not Inherited ---How to Avoid Infection

By DR. LEONARD KEENE HIRSHBERG,
A. B., M. A., M. D. (Johns Hopkins University.)



The words consumption and tuberculosis are interchangeable, and mean the same thing. This disease is caused by the growth and development in the body of a microscopic plant called tubercle bacillus.

The presence of this germ in the body, however, does not always mean a development of the disease. If the "cells" of the body are vigorous and strong enough to wage a successful war on the bacilli, the bacilli do not manifest themselves in the body.

Things to Avoid. When in the lungs it is especially dangerous to others. This is true because the germ is easily cast out with the sputum or by sneezing, coughing and kissing. However, you do not have to come in direct contact with a person so afflicted to "catch" consumption.

The bacilli of this malady are sometimes present in meat—it is from consuming this meat, and in the milk, butter and cheese from tubercular cows.

Milk can be made free of this germ by pasteurizing. This is a process of heating milk to 212 deg. F., and then allowing it to cool. Such milk must be kept cold and tightly covered until used.

Among the early symptoms associated with this disease, which claims more victims than any other one malady, are general weakness, loss of appetite, more or less severe coughing, bleeding from the lungs, loss of flesh, short periods of fever that repeat themselves daily, quickening of the heart beats after slight exertion and coughing, although the last mentioned is not always one of the early symptoms.

Tuberculosis is not inherited. It may probably seem so, but when young, the children of consumptive parents often are exposed to the disease and kept under conditions that favor its spread.

Thus they contract it at an early age that the popular belief is that it is inherited.

Poorly lighted, badly ventilated, damp houses, lack of nourishing foods, lack of cleanliness, sunlight and proper exercise, loss of sleep, congestion of the lungs and organs of digestion by incorrect posture of walking, standing or sitting, neglect of proper diet, and a general lack of attention to the body, are conditions under which tuberculosis thrives.

Precautions to Take. Few persons receive the proper amount of fresh air. Bedrooms, work-rooms, living-rooms and all indoors must be thoroughly ventilated.

Keep your digestive apparatus intact by eating only wholesome, plain, well-cooked food. Cleanliness must be strictly observed in the preparation of food, as well as in the personal habits.

Daily bathing of the entire body and

the use of clean, fresh garments is necessary. For this reason washable material is much more to be preferred than woolen fabrics. The hands, face and eyes, should be the most scrupulously attended to members of the household.

Indoor workers especially must indulge in outdoor sports and athletics that give movement of the muscles of the entire body. However, this does not mean to carry the thing to an excess. Overexercise does more harm than good. As soon as you feel fatigue stop immediately and rest.

Sufficient sleep is as necessary as nourishing food and pure air. To gain this you must sleep at least eight hours daily in a well-ventilated bedroom, so situated that it receives the sunshine.

When you contract a cold take immediate measures to overcome it, as it is one of the most popular agents for the entrance, lodgment and development of the tubercle bacilli.

Answers to Health Questions
A READER, Q.—Kindly advise me how I can get rid of red veins across the whites of my eyes.

A.—Tattoo marks may be removed only by grafting skin to replace the marks. The ink is not injurious to the body.

O. H. S. Q.—Will you please tell me

what I can do for a bunion? It is sore and swollen.

A.—Cover the bunion with absorbent cotton to keep the shoe from pressing on it. Keep the bunion covered with a fine line to reduce any inflammatory condition.

NAMOL. Q.—I am bothered with excessive kidney fluids. What shall I do?

A.—Take eight drops of tincture of belladonna in a wineglassful of water every four hours. Continue this treatment for a week or 10 days. You should consult your physician about this.

M. L. D. Forest, Ont. Q.—What can I do for superfluous hair?

A.—Remember that there are few, if any methods to kill the roots. Most expedients are like cleaning the teeth or washing the face, to be frequently repeated. About twice a week or when needed a little of the following may be tried.

Calcium sulphide 2 parts
Zinc oxide 1 part
Starch 1 part
When you are ready to use this, make a paste with water and apply to the parts. Let it remain on the skin for five minutes, and then wipe off gently with a soft cloth.

B. A. London, Ont. Q.—Please give me the recipe for a good cleansing cream.

A.—Try a little of the following:
Oil of sweet almonds 4 ounces
White vasoline 1 ounce
White wax or paraffin 1 ounce
Oil of lilac 5 drops

A READER, London, Ont. Q.—What can I do for varicose veins?

A.—Varicose veins may be cured by stitching them together, or they may be treated slightly by wearing a rubber or elastic stocking or adhesive plaster straps.

Dr. Hirshberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot always undertake to prescribe or offer advice in not of general interest. Where the subject is answered personally, if a stamped and addressed envelope is enclosed, Address: ALL INQUIRIES, Dr. L. K. Hirshberg, care this office.

Housework Is No Excuse For Hands Not To Be Beautiful

BY LUCREZIA BORI
The Famous Spanish Prima Donna

If you have any doubts as to the story that opera hands tell the casual observer, you have but to recall the case of Mary Queen of Scots, who when trying to flee from her own people in disguise of a serving woman, was caught because one of the guards caught sight of her well-kept hands.

It isn't necessary for anyone to refrain from doing hard work to keep the hands in good condition. It is necessary to protect the hands as much as possible, and to care for them daily. It is quite unnecessary for your hands to reveal the nature of your work. A little attention given to them each day will keep the skin smooth and white, and the nails shiny and pink.

For hands, a good fatening cream is prescribed. This should be rubbed into the skin with a gentle, rotary motion of the finger tips. The tips of the fingers the gloves should be punctured here and there, and a diamond-shaped piece should be cut from the palms of the gloves of the same size.

Do you know one reason why so many persons have chapped hands? It is because they don't dry their hands thoroughly. The back of the hand, near the wrist, seems to be the most neglected.

A very good cream for chapped hands is made of these ingredients:
White petrolatum 3 1/2 ounces
Paraffin wax 3 1/2 ounces
Lanolin 1 ounce
Water 1 1/2 ounces
Oil of rose 2 drops
Bau de Cologne 1/2 dram

This may be applied before the gloves are put on at night.

When doing your housework wear gloves whenever you can. While sweeping and dusting or hanging up the clothes there are many fruits and vegetables which stain the hands. Many of these marks can be removed by using lemon juice or a fresh potato.

Don't forget to use fresh potatoes when the hands are wet, and don't wash them immediately after peeling the vegetable. If this precaution is taken there will be no stains.

The nails, also, should be given special attention. If the cuticle around the nail is rough or creeps up so far as to hide the nail, a little cold cream should be applied, or the finger tips should be held in olive oil for a few minutes. Remove the cream or oil from the fingers and push the cuticle back with an orange wood stick.

Never use a steel instrument on the nails if you wish to keep them attractive.

If you have been blessed with well-shaped, soft, white hands, cherish your heritage. If your hands are unattractive, improve their condition until they can bear the closest examination without causing regret. This you can do by following the above directions.

Adelle Garrison's New Revelations of a Wife

How Allen Drake Managed Their Meeting.

My cheeks burn with mortification whenever I think of the unceremonious, almost brutal, seizure of me at the sight of Grace Draper, who, I am sure, had never before been so treated.

How it was that I didn't turn ignominiously and dart back through the doorway, I don't know. I don't know the laboratory room below from which I had just come. I have no idea, for that was the impulse which drove me to my knees, and I have not seen her since.

There was nothing for me to do but to follow her lead.

"I have been keeping rather closely at home," I replied in as conventional a tone as I could manage. "Mr. Graham's mother hasn't been well for a long time, and a few weeks ago she fractured her arm, which, of course, has kept us all busy."

"How very sad," Mrs. Draper murmured, and Mr. Drake echoed her exclamation; following it with the careless query: "You're on your way home now, I suppose?"

His manner of making the assertion gave me the idea that there was a cue I must follow. My voice matched his in its carelessness as I answered: "Yes, I expect to take the next train out."

Mr. Drake pulled out his watch and consulted it.

"When does your train go?"

"At 8.15," I replied, and I was that the Long Island timetable by heart. "That's too bad," he said regretfully. "I was just wondering if you couldn't get a soda or something before you go. But that would be too near a shave. Well, you division of the Long Island with that change at Jamaica is the limit. I have at home, it seemed to me, a waiting-room looking for connections that never comes. Is it still there, the great waiting-room, or have mobs of angry commuters burned it? I haven't been out that way in months."

"It is still there, and I have no doubt I shall taste its hospitality tonight," I returned. "The trains have been very irregular lately."

My heart was beating fast, for I had the Long Island timetable by heart. "That's too bad," he said regretfully. "I was just wondering if you couldn't get a soda or something before you go. But that would be too near a shave. Well, you division of the Long Island with that change at Jamaica is the limit. I have at home, it seemed to me, a waiting-room looking for connections that never comes. Is it still there, the great waiting-room, or have mobs of angry commuters burned it? I haven't been out that way in months."

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Good Night Stories

By Blanche Silver

David and the Flying Squirrel

One morning as David played out in the yard he saw two brown things scurry from the top of the apple tree into the branches of the cherry tree.

"They can't be birds," mused David to himself. "I guess they must be leopards. Leaves nothing," laughed a merry voice, and David's little friend, Squeedee, hopped from the bushes near the apple tree.

"Brown leaves on the trees in the springtime? Why, that's Mr. and Mrs. Squirrel!"

The Easy Payment Schedule

FIRST PAYMENT	2nd Paymt 25c	3rd Paymt 25c	4th Paymt 25c
25c	5th Paymt 50c	6th Paymt 50c	7th Paymt 50c
8th Paymt 50c	9th Paymt 75c	10th Paymt 75c	11th Paymt 75c
12th Paymt 75c	13th Paymt \$1.00	14th Paymt \$1.00	15th Paymt \$1.00
16th Paymt \$1.00	17th Paymt \$1.10	18th Paymt \$1.10	19th Paymt \$1.10
20th Paymt \$1.10	21st Paymt \$1.20	22nd Paymt \$1.20	23rd Paymt \$1.20
24th Paymt \$1.20	25th Paymt \$1.30	26th Paymt \$1.30	27th Paymt \$1.30
28th Paymt \$1.30	29th Paymt \$1.40	30th Paymt \$1.40	31st Paymt \$1.40
32nd Paymt \$1.40	33rd Paymt \$1.50	34th Paymt \$1.50	35th Paymt \$1.50
36th Paymt \$1.50	37th Paymt \$1.60	38th Paymt \$1.60	39th Paymt \$1.60
40th Paymt \$1.60	41st Paymt \$1.70	42nd Paymt \$1.70	Total \$45.00

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Madam

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you certainly need the help and relief of this world-famed remedy, to keep the body in health. They quickly establish normal conditions, so the organs perform their functions as Nature intended. No other remedy will so surely strengthen the system, stimulate the liver, regulate the bowels and quickly improve the general health as

BECHAM'S PILLS

It Saves Doctors' Bills!

This is the Rev. A. D. McLeod's opinion of Zam-Buk. This clergyman, who lives at Harcourt, N.B. writing to the proprietors, remarks upon the unusual popularity which Zam-Buk enjoys in the homes of the people of his parish. He says: "I know of nothing that can compare with it. Having charge of an extensive mission, over which I travel constantly, I meet with many sick and afflicted people and I have been amazed at the good which Zam-Buk is doing daily."

I have learned, as an absolute fact, that for bad ulcers, old wounds, eczema and skin diseases of all kinds the healing powers of Zam-Buk are simply marvellous. For the painful ailment, piles, also, it is excellent. Many a doctor's bill is saved by the use of Zam-Buk."

For cuts, burns and scalds Zam-Buk is equally good. Nothing ends pain and heals so quickly. 50c box, \$ for \$1.25. All dealers or Zam-Buk Co., Toronto. Send 1c stamp for free trial box.

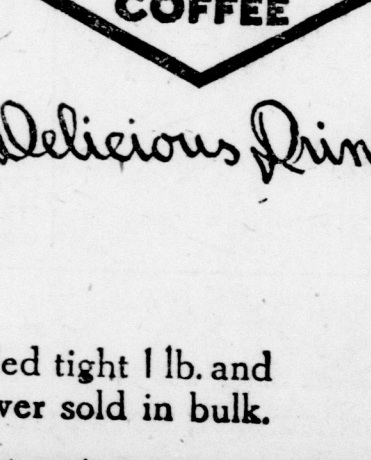
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DALEY STEEL CUT COFFEE

Many housewives themselves are partly to blame for encouraging an unpatriotic fastidiousness about food. One woman I know once readily refused to use any of the butter supplied by her husband. She had continued to use butter at 60 and 70 cents a pound. There is absolutely no foundation for prejudice against margarine. Good oleomargarine and the pure margarine are produced from vegetables and very little of the animal matter. They are just as pure, just as wholesome as the more costly butter.

Years ago, before the manufacture of butter substitutes was perfected, there were many inferior brands of oleomargarine on the market, unpalatable and distasteful in flavor. There is very little difference in the flavor of the modern oleo, and certainly it is not worth the great difference in price. We must remember, too, that the more we cut down on the quantity of butter we use the more condensed milk will be able to send to our men on the other side.

For table use we can all acquire the

KITCHEN ECONOMIES

BY ISOBEL BRANDS
OF THE APPLECROFT EXPERIMENT STATION.

Solving the Patriotic Problem of "What to Eat?"

I receive constantly letters from housewives eager to be patriotic in the matter of food conservation, but who are handicapped hopelessly by the attitude of the family. "My husband refuses to eat meat dishes, and only likes roasts or steaks," "My little boy doesn't like cornmeal mush," "The children don't care for any of the inexpensive things that I put in their lunch box. Can you suggest something new?"

This is not a time in which we can afford to coddle caprices of appetite. It has come to a point where the housewife who really wants to help her Government must be thrown overboard. We dislike must be thrown overboard. We dislike must be thrown overboard. We dislike must be thrown overboard.

Enlist the Youngsters. Spend some time occasionally explaining to the adults the great necessity for using substitute food. Little Tommy bread and jam for breakfast if you explain to him that Uncle Bill, who is over there, will starve unless Tommy and he help in saving sugar and fat and wheat. Tell him that little Belgian babies will starve unless Tommy and he help in saving sugar and fat and wheat. Tell him that little Belgian babies will starve unless Tommy and he help in saving sugar and fat and wheat.

Ask your family's co-operation in conquering the "I won't eat it" habit, and you will have less trouble in preparing economical, patriotic menus.

If you desire any further suggestions on preparing economical, patriotic menus, Isobel Brands will gladly furnish them if you will write her direct. Address her at the Applecroft Experiment Station, Greenlawn, N. Y. Enclosing a self-addressed and stamped envelope for a personal reply.