

DAILY MAGAZINE PAGE FOR EVERYBODY

Secrets of Health and Happiness

Why Your Arm "Tingles" When "Funny Bone" is Hit

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WHEN you strike your "funny bone" all of the humor there may be disappears in a sharp, uncomfortable, tingling sensation, which radiates down the forearm and slightly in a circle around the elbow. As a matter of fact, the "funny-bone" is not only the shillalah-like bulge on the end of the ulna—one of the two bones of the forearm—but the thick, soft, white cord of the ulna "nerve" and the gristle and fluid of the elbow joint itself.

Figuratively, you play billiards with the parts in this neighborhood when you "hit your funny bone." That is to say, if the blow falls precisely at the right spot of the elbow—an "elbow process" or ball of the ulna—contact is made with the ulna nerve and other adjacent tissues in a way to give them a short, sharp squeeze. In other words, the thick nerve is pinched by the bone. The bone itself has no feelings, no sensation. Therefore, to receive a sudden electric shock from the bone is, indeed, "funny" in the sense of being a surprise.

"Action Currents" Detectable.
As a matter of fact, the electric cell and other magnetic flashes, which discharge their living batteries when attacked or touched, behave very much as the "funny bone" does. In fact, they send an abrupt, tingling electric shock thru the hand which touches them.

This is just what happens when you hit your "funny bone." The bundle of fibres called the ulna nerve trunk, rudiment of an electric current, a flash, they send an abrupt, tingling electric shock thru the hand which touches them.

The remedy, it must be plain, is to remove the pressure or other irritation. And thus do away, once for all, with the causes which arouse the "electric cell" in the nerves.

The Amateur Gardener

BY RACHEL R. TODD, M. D.

Planting the Lily Bulbs.
I think, perhaps, that there are no garden plants that can be grown with so much satisfaction and so much success as lilies can be grown.

Here in Ontario, weather conditions are little short of ideal for the production of luxuriant bloom and the development of fine, healthy bulbs for the succeeding year. Lilies need heat, a great deal of it, and days of unlimited sunshine to encourage a succession of the splendid blossoms that so many of the common varieties will send out with almost little help from the gardener after the roots have become well used to their new homes.

Besides this, natural sun and heat, that, from long experience, we know to be the best, I have found that lilies need plenty of rich food below ground, and a fairly loose soil in which the bulbs may readily expand. And I think I am quite safe in saying that where amateur gardeners fall lamentably in the production of the lilies, the failure can be put down to but one thing, that is, the neglect in providing the bulbs in the first place with this food.

Lilies stand out first in the class of plants that need nitrogenous food, and they need much of it. It can be given them in the form of a thick underlayer of the richest, well-rotted and strawy manure that you may be fortunate enough to secure for them. The beds in which these bulbs are to be placed should be carefully prepared. If you intend to plant them in clumps, as all lilies should be planted, or in whole masses, which is not so good a plan, here the trench should be dug at least four feet deep, and the earth removed entirely. At the bottom of the bed place some loose material that will be suitable for drainage purposes, and I do not know of anything better to use in this case than a handful or two of old rotted wood, especially if it has crumbled away with being exposed to a year or so of dampness. In lack of this, a thin layer of loose chips from the kitchen woodpile will serve the purpose almost as well. But drainage simply must be provided for, because no roots suffer so much from the lack of sweet pure underground air as do these same lily bulbs.

On top of this drainage material shake in the manure, being careful always to see that the drainage idea is further carried out by having some straw or hay well mixed in with it. Your bulbs can be dug with two feet of this layer. Next shake in about a foot of earth, which should contain

FEMININE FOIBLES

By Annette Bradshaw



Reminiscent of the

THE EMERGING BUTTERFLY

How You Can Start Your Child On the Way to Develop Her Beauty

By LUCREZIA BORI
Prima Donna of the Metropolitan Opera Company, New York.



THREE MINUTE JOURNEYS

Where Huge Nets Catch a Nation's Supply of "Meat" By TEMPLE MANNING

A LARGE number of the natives of Burma are Buddhists. This means that there attaches to their code of morals a prohibition against the taking of the life of any animal. Consequently, most Burmese are vegetarians, and the only meat they ever eat is fish. Just how they make an exception to the fishy tribe in the law against the taking of the lives of dumb creatures I do not know. But it is a fact that the only fish the average Burman eats is fish, usually prepared in a peculiar way.

A large number of small fish are pounded up with salt and converted into a vile smelling mess called "nappa." This is sometimes eaten at every meal. To make this dish all sorts of fish are used, but the favorite is said to be the "hila," a small, bony fish that really has a very good flavor.

To catch the hila huge nets are erected on rivers like the Irrawaddy, and during the season you can see the fishermen hard at work. First, they lower the net beneath the water and then they sprinkle bait above it, or suspend bait in a bag just above the sunken meshes of the net. The hila swim above the net to feed on the bait, and when a goodly number are so engaged the fishermen on the bank suddenly pull a weighted lever which lifts the net and traps the fish.

Plant enough fruit trees and bushes so that you can share with the robin and other birds. It pays to have them around.

Recipes for the Card Index Cook Book

Caroline Cake

INGREDIENTS

1/2 pound flour.
Pinch of salt.
1 teaspoonful baking powder.
1 ounce shortening.
Nutmeg.
2 ounces currants.
2 ounces sugar.
2 tablespoonfuls milk.
1 egg.

METHOD

Mix the flour, salt and baking powder; rub in the shortening, add a dust of nutmeg, and the cleaned currants and sugar. Mix the dry ingredients well together, then add the beaten egg and the milk. Put at once into a well-greased tin and bake 1/2 hour.



LUE DE LONG
with Frank Milton and the De Long Sisters, Shea's Theatre.

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For Making Money



From the Soil

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Many persons lack good looks because of foolish habits formed in childhood. Watch for these in your child. If she holds her mouth open continually you should investigate and find out what causes her to do this. Adenoids may be at the bottom of the trouble. These are little growths which protrude from the nasal passages, and interfere with the breathing. A reliable physician should be consulted and the obstructions removed. If neglected they will cause a stupid expression, which will stay with the child when she is at play, at work or sleeping, and see that her mouth is closed.

The habit of sucking the thumb is one that should be checked at the very beginning. Do not console yourself with the thought that the child will outgrow this habit. Some children do stop voluntarily, but others keep up the habit until they are quite old. The result is a deformed mouth and projecting teeth. For this same reason it is most reprehensible to give a baby a pacifier.

Encourage your child to look directly at the person with whom she is conversing. How we dread to have anything to do with a person who cannot look us "straight in the eye." A frank, open gaze is one of beauty's greatest charms.

A very important duty for a mother to carry out is to see that her child stands and sits correctly. Teach her to stand with her head high, shoulders back, and abdomen in. This is a position that is impossible to breathe any way but correctly. This little attention given in childhood will insure for your daughter a body as "straight as an arrow," and well-developed chest and lungs.

When a child begins school the mother and teacher should be careful to see that she assumes the proper sitting attitude. Curvature of the spine is sometimes the result of sitting in a cramped position. In the early stages the curvature can be corrected by means of exercises, but in advanced stages the cure is slow and painful. If entirely neglected it means a life-long deformity. The habit of squinting the eyes is quite disagreeable to look at. This indicates that there is something wrong with the vision. A visit to a competent oculist should not be delayed when the squinting is first noticed.

Teach your child simple exercises that will develop the muscles of her body and stimulate circulation. Then see that she gets well-cooked, nourishing food, and you need never worry whether she is going to have a clear complexion and a beautiful form.

Bear these suggestions constantly in mind, and for the sake of your child's present and future health be ever on the alert to see that she is practicing the right methods that will make for her a beautiful womanhood.

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