

"Making Up" With Famous Stars

Blanche Bates' Little Rabbit-Foot Tells Idah McGlone Gibson That This Highly-Misunderstood Process Involves a Lot More Than Just Putting "A Dab of Powder" on Your Nose.

BY IDAH MCGLONE GIBSON.

"Nowadays when all women use more or less make-up I think they would be more desirably to look at if they would do it more artistically," said a man to me the other day.

"Perhaps, they might gain some points from the women of the stage. Ask some of them to tell you the secrets of the powder-puff some time, won't you?" he finished.

Blanche Bates happened to be the first actress I went to see after this conversation, so I put the question to her.

"Come up after the first act and I'll show you how I make up," she said. "I have a long wait then."

The artist and I were seated in the pretty little dressing-room and had time to take a look around before the actress made her appearance.

The mirror was hung in the centre of her make-up shelf. Beside the numerous brushes, combs, jars of cream and boxes of powder, there stood at one side a picture of Miss Bates' mother and close beside it was a volume of Mother's "Life of the Bee."

Just then in came Blanche Bates in a perfectly lovely dress of cream silk, combined with tan crepe du chine. A black hat with tan feathers made the artist remark about its becomingness and she started right in to draw her, but those feathers bobbed about so as she talked that he had hard work doing it.

"Well, I'm all made up, you see!" said Miss Bates, with a smile.

"But I can tell you how I do it!" And she immediately began to frisk with the hare's foot and fuss about her face with a puff.

"Every actress makes up a little differently for a different age and a different character," she said first. "In this we differ from the usual society woman, who always uses the coloring of sweet sixteen and perfect innocence even after forty."

"The heroine of 'The Witness for Defense' in which I am playing now, is a woman of refinement, but she has lived through bitter experiences. Her face must look like that of any other nice woman over thirty. Her cheeks and lips must not be too red and her eyes must have the heaviness of unshed tears. There must be a slight droop to the features—not enough to suggest age, but certainly enough to indicate sorrow."

"Yes, any woman can do all this with a careful make-up and I advise a man who is married to a clever woman to look a little out when they appear pale and unhappy and seems about to collapse. She may be training for a trip to Palm Beach or it may be a diamond and emerald dinner ring she has set her heart on! She has made her toilet with that in view!"

"Here is how I make up for a woman of thirty or so:

"First, I apply a very heavy cold cream to make a good ground work to build on."



"For my lips I use a grease stick, under my eyes with a tint of deeper the same kind almost every woman blue."

"For my eyelashes I use black grease paint, but I do not 'bead' them. For the shadows about my eyes I use that pencil with which the old style surgeon used to mark out the place on your body where he intended to make the incision. It is very dark blue and is said to be perfectly sanitary."

Although Miss Bates declared she was all "made up" she was continually putting a little more powder, fixing up her eyebrows or tinting the lobe of her ear a pinky hue. I have never yet seen an actress who could resist her make-up box if she were near it. She did not, however, have to make her mouth turn up at the corners, for Blanche Bates is always smiling when she is not laughing. She seems to be the happiest actress I know—and especially since she has married.

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THE NEW PUBLIC HEALTH

The Advertiser Bureau of Public Health Information. QUESTIONS. ANSWERS. COMMENTS. Conducted by Institute of Public Health, London, Ont.

Questions should be addressed "The New Public Health," care The Advertiser, London, Ont. Private questions accompanied by a stamped, self-addressed envelope, will receive private answers. Medical treatment for individual cases cannot be prescribed.

DAUGHTER.

What is jungle fever, the fever of German East Africa? DAUGHTER.

Answer—Jungle fever is a local name for malaria. These local names are interesting, but confusing. Thus "Cuban itch" is mild smallpox; "mountain fever" in the Southern States, is typhoid; "spotted fever" means cerebro-spinal meningitis in some places; in others, it means typhus fever; in Montana it means Bitter Root Valley fever, which is also called "Rocky Mountain fever," but is wholly different in every way from "mountain fever." "Black diphtheria," "black smallpox" and other "black" diseases are very often thought to be special diseases by the public, but are really only severe diphtheria, severe smallpox, etc., when accompanied by extensive hemorrhages into the skin. Pneumonia was often called "caked lung" thirty years ago; "consumption," for "tuberculosis of the lung," has not yet completely disappeared, while "brown kites" for "bronchitis," although only amongst very illiterate people, is still often heard.

"King's evil," a skin disease of some sort, perhaps eczema, was so called because the tradition existed that the King of England (perhaps any king) could cure it by touching the sores. Monarchs of Merrie England down to a few centuries ago held regular sessions for "touching" the afflicted. The patients then "kissed" the king for a shilling each, as the then law allowed. Indeed, it was truly a "touching" episode all round.

People often laugh at the very technical language which scientific men use, but it is easy, to appreciate from the above, how quite impossible, it would be to study scientific subjects at all or to record the result found, without an exact language for the purpose.

H. W. HILL.

In what way are bats injurious? Do they carry vermin? There must be some cause for the dread which they so generally inspire.

Answer—The bats that are native to Canada and the northern United States are not injurious in any way; on the contrary, feeding as they do exclusively on insects, they should be regarded as beneficial. There is no reasonable cause for the eerie feeling which their presence inspires in some minds.

In the neighborhood where the writer of this note went, it was current belief at that time that bats were distributors of bed-bugs; that on warm nights they would suck blood from "chubbies" unbothered toos; and that their favorite place of temporary nesting was among ladies' hair. A bad-consequence clear a room

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of young women in less time than a mouse at large—the chairs and tables offering no safety from the bat.

It is easy to see how some of these prejudices against bats had their origin. Children's illustrated books of animal stories recounted the habits of some of the tropical species and picture the appearance of the most fearful ones. It is a sad reflection on our educational system that these prejudices are transferred to the innocent and interesting little creatures of the north temperate regions and persist against abundant opportunity to refute them. A bat, hunting insects for a quarter of an hour in a lighted church on a Sunday evening, will reveal to an observer how much, or rather how little, many people know about the furry folk that live in their attics.

For nearly every kind of animal, perhaps for every kind, there is some species of ecto-parasite or "vermin." I have examined a good many bats but have never seen a bed-bug, or any other kind of bug, on any of them. I cannot say that a bat hanging all day under a badly infested bed might not be visited by a thirsty insect, but I doubt that it would. It is unnecessary to add that a bat never makes a nest in a shock of hair; in fact it never makes nor even uses a nest anywhere.

Text-books in zoology list over a hundred species of bat, from the tiny creature little more than an inch in length to the giant "Kilones" that measures five feet from tip to tip, but in this country there are only three or four kinds, all harmless insect-feeders. Anyone in this country who takes the trouble to pursue a bat to kill it, is giving evidence of either savagery or ignorance. Some individual species are rather easily tamed, but for a

number of reasons they do not make satisfactory pets.

JOHN DEARNESS.

A. O. F.

is a "cold" a germ disease and so, where do we get the germ? A. O. F. Answer—"Colds" in ordinary parlance, are certain affections of the mucous membranes due to irritation from living germs. They are infectious and are spread by mouth-spray, sputum and hands, exactly as tuberculosis, scarlet fever, diphtheria, measles, etc., are spread.

There are also non-infectious affections, resembling colds, but usually not included with them, due to irritation by non-living chemical or mechanical irritants acting directly on the mucous membranes, such as dust, smoke, strong fumes or scents, etc. Hay fever is an excellent example. Then also by "reflex action" (i.e., by some impression upon the nerves at a distance from the nose, conveyed or reflected indirectly to the nose) a somewhat similar condition may be produced. Bright sunlight will set some people sneezing their heads off; draughts on the head will give some people, almost at once, a stuffed-up feeling; indigestion and other things often precipitate these non-infectious "colds." Thus the non-infectious colds differ from the infectious chiefly in this—being due to a chemical, physical or mechanical non-living irritant, which quickly disappears unless constantly renewed, such "colds" are usually short-lived, while if the irritant, smoke, dust, etc., continues to be applied, the tissues usually get used to it quickly, and then the irritation subsides, despite the continued presence of the irritant. Everyone has seen persons working in dust or strong

smells without complaint, apparently unconscious of them, because used to them while newcomers to the same conditions show much distress.

Infectious colds, being due to living irritants (germs) growing within the body, are comparatively prolonged, the irritation corresponding with the period while the germs flourish. In certain other diseases which also affect mucous membranes, notably diphtheria, an actual immunity is produced in the body by the efforts (if successful) of the body to protect itself. In diphtheria, such immunity lasts perhaps a number of months or even a year or so. But in ordinary colds, the germs are of a different type from the diphtheria germ, and the immunity, if produced at all, is very weak and transient. In both diphtheria and colds, the body, whether sufficiently immunized or not to overcome the effects of the germ, is not often immunized sufficiently to destroy the germ, and therefore after recovery from the disease itself the germs may remain on the mucous membranes, and the diphtheria germ, in much diminished numbers, for a time. This time is usually short, but sometimes weeks or months. The presence of the diphtheria germ in such recovered persons seems not to hurt those persons, probably because of the immunity they acquired during the previous attack. But the presence of the "cold" germs is a constant menace to those who carry them, because these persons have little or no immunity and if the germs begin to grow again for any reason, the cold recurs.

Such seems to be a reasonable explanation of the best known facts, but it must be remembered that colds are very difficult to study carefully. Moreover there are a great many varieties and it is difficult to trace the different often precipitate these non-infectious "colds." Thus the non-infectious colds differ from the infectious chiefly in this—being due to a chemical, physical or mechanical non-living irritant, which quickly disappears unless constantly renewed, such "colds" are usually short-lived, while if the irritant, smoke, dust, etc., continues to be applied, the tissues usually get used to it quickly, and then the irritation subsides, despite the continued presence of the irritant. Everyone has seen persons working in dust or strong

It has been widely believed that "draughts" act on the body to precipitate not only non-infectious colds, as described above, but also infectious colds, by lowering the resistance of the body to the germs. There is very little evidence for this belief in the lowering of resistance. If true, then why does a draught, playing upon a small portion of the body, make trouble, when a sweeping wind, beating upon the whole body, often does no harm? It seems more likely that the action of a draught is to reflexly set up a condition, described above as a non-infectious cold, and that the "cold" germs if present, although heretofore in harmless small numbers, may take advantage of the increased secretions to grow more rapidly, thus increasing irritation until a regular infectious cold is in full swing. In brief, like other germ diseases, the "cold," its kind and its severity depend first of all on the kind of germ present, and second, on the number of those germs, i.e., the size of the dose. There are several other factors, but these two are certainly very important ones.

H. W. HILL.

I wish to ask if strong, robust persons do not resist germs more successfully than their weaker brethren, or is it simply chance which keeps them healthy while others less fortunate mortals, apparently more given to the washing of hands, contract diseases?

Answer—Robust people as a class are not less susceptible to infectious germs than weak, nor are they more susceptible, as has been sometimes

SHILOH quickly stops coughs, cures colds, and heals the throat and lungs. 22c. 50c. 80c.

urged. Even a physician will sometimes say thoughtlessly that robustness is a protection against infectious diseases, but who would be more angry than that same physician if you announced to him that you did not need vaccination against smallpox because you were "too robust" for smallpox to attack you? Go to any physician who tells you that robustness protects against infectious diseases, and ask him to let his children come to play with yours (recovering say from scarlet fever or whooping cough) because his children are "too robust" to contract these diseases, and see what he will say! Typhoid was at one time asserted to attack chiefly the strong and let the weaklings go. But careful and unbiased search for facts has shown that people who are exposed efficiently to infectious diseases contract them or escape them, not in proportion to their "robustness" but in proportion to the specific "antidotes" they possess within their bodies against the particular infectious disease to which they are exposed.

Thus almost every child whether "strong as a wild bull" or "sickly as a kitten" will contract measles if exposed to it, unless he has had measles. After recovery, whether he be robust or sickly, he will not get measles again. So with smallpox, chickenpox, scarlet fever, whooping cough as a rule and other similar things. In typhoid and diphtheria, probably in tuberculosis also, the immunity conveyed by one attack, from which recovery takes place, does not as a rule, last long enough to protect the individual more than a year or two.

Now here comes a nice distinction. Although robustness or weakness has nothing to do, or very little at most, with contracting an infectious disease, still once the disease has developed, robustness or weakness, in certain cases, may affect the outcome in certain directions.

The fact is that deaths from infectious diseases are not always the direct effect of the poisons of the germ which causes the disease. Thus in diphtheria a strong child, encountering the poisons of diphtheria, with no artificial protection by an antitoxin to the poisons, may have his heart injured by the diphtheria poison. Another child, a "weakling" may be attacked, but the poisons may affect him chiefly in his legs. Thus the strong child may die merely because the poisons happened to affect an important organ, the heart; while the weakling may live because the poisons affected perhaps even more severely, a less important part, his legs.

The advantage which a robust person really has in fighting a disease over a weakling shows itself chiefly in compensation. Suppose a pneumonia case in which the poison of the pneumonia has not affected the heart directly; suppose also that the heart is affected indirectly by the obstruction in the lungs increasing its work in driving the blood through them. Of course it is evident that a strong vigorous heart may last much longer under this increased strain than a weak baby heart.

But, taking it "by and large," the effects of the poisoning in the infectious diseases usually outweigh any theoretical differences between a strong organ and a weak one, so that in the long run, the question of life or death usually hangs, not on robustness, but on the ability or inability of the body to manufacture the antitoxins to the germ-poisons, faster than the germs make the poison. In a few, a very few, diseases the physician can supply the antitoxin ready made, as in diphtheria. But in most infectious diseases, it is not a fight so much as it is a race between the germs and the body, to see which can get its products on the market first.

ANNOUNCEMENT.

POSTGRADUATE COURSES FOR Physicians, Dentists, M. O. H's, Bacteriological; Chemical; May and June 1913.

DIAGNOSTIC AND ANALYTICAL SERVICE.

As Furnished Heretofore by the Provincial Board of Health, Begins April 14, 1913. INSTITUTE OF PUBLIC HEALTH, London, Ontario.

An indirect result of the opening of the Panama Canal will be the increased use of Chile iron ore by United States steel concerns. Mr. Charles M. Schwab is reported as saying that his company would use 200,000 tons of Chile ore in 1915 instead of 50,000 as at present.

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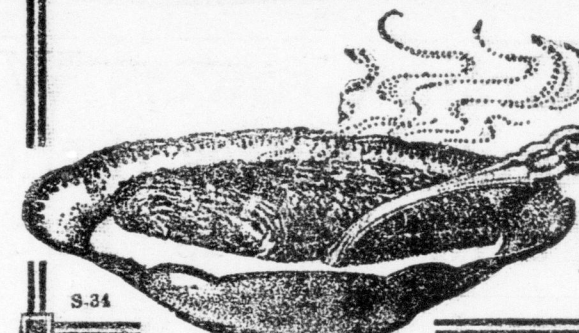
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The increasing use of automobile buses for transporting passengers in city streets is emphasized by the announcement that Pittsburg is to have a "bus line" of this kind. The "buses" are to be 30 feet long, and will seat 34 people. The use of asphalt pavements for the use of auto street cars may become widespread, for the great expense of laying steel rails is thereby avoided. Wichita, Kansas, has 24 "Gospel teams," or groups of enthusiastic converts who conduct religious services in halls, shops, the open air, or wherever they can get a hearing. These teams, an exchange reports, are the outcome of a revival conducted by Billy Sunday, the evangelist. They are said to have made 2,000 conversions in the last year. A novel bequest is announced as being included in the will of a wealthy New England landlord. To each one of the

pier of one of his houses who had been a tenant for more than one year he left \$100; to each who had been a tenant for over six months, \$50. It is to be hoped that this will may not be contested, for it suggests pleasant associations in relationships which are sometimes strained. "Parcel post is a great thing," "Yop," assented the grocer. "You can stick a stamp on a can of corn, and send it right out to a farmer."—Judge. "There's a foreign couple living in the flat next to us, and they are simply a torment to my wife." "Why so?" "They quarrel incessantly, and she can't understand a word of it."—Louisville Courier-Journal. Mrs. Gramercy—"Whatever will you do if business ceases to be profitable in a year or so?" Gramercy—"Don't be alarmed, my dear. By that time we'll have sold all the stock in the company."