

Daily Magazine Page for Everybody

Secrets of Health and Happiness

What "A Sense of Humor" Really May Mean to You

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



Psychologically, humor is not strictly a "sense" or a perception or a conception. It is a complex of the essences of inappreciation or misapprehension, an odd play of thought, word play, or a keen encounter between several "your" and "you" acts, not "your" or "you" because usually you laugh at another's predicament, not your own. Few persons ever lose a joke on or a farcical catastrophe to themselves. It is funny, when it happens to the other fellow. Then the ribbilities and quaint drolleries surge into your physiology, your face creases into a smile or a frown, your flesh wriggles like lemon meringue as your sides shake with laughter. But let the identical situation smile you hip and thigh and the solemn silence of oblivion or the rage of chagrin permeates your anatomy.

Have You One? It is sometimes expedient to forget who you are—to assume self-forgetfulness though you have it not. When a distinguished or dignified-looking gentleman walks ponderously up the church aisle with his hat on—and the hat is bent down in several places—the congregation titters and snickers in great glee. If you, as the aforesaid gentleman, go through this experience and do so, you are actually doing it to yourself. You are convinced that you have "a sense of humor." You are misled into this conviction because you swiftly penetrate the points in the funny column or catch the humor of the stage comedians' actions.

That is not the unbiased, fair appreciation of humor popularly called "a sense." To be a just, quick, almost unerring judge of humor is not honesty, sincerely and unaffectedly feel the funny situation exactly as it happens to you. Relation to Health. To acquire the physiologic power of fun, called loosely "a sense of humor," you need a healthy body. Your flesh and blood, your brain and bone must be strong and vigorous, full of health and quickness. Cultivation of an attitude of cheerful-

Answers to Health Questions

T. C. Q.—Will you kindly suggest something for dry skin on the face?
A.—There are several varieties of eczema, some of which are cured by keeping away from water, from flowers, from chemicals and occupations that irritate it. You may also apply a little of the following to the affected parts:
Sulphuric acid 15 grains
Alum 1 dram
Phenol 10 drops
Sulphur 1 dram
Wood fat 1 ounce
Water 1 ounce

Mrs. E. P. Q.—Kindly tell me what I can do for catarrh of the head and throat.
A.—Never be satisfied with the word "catarrh." It is no diagnosis. It is expressed in a great many cases to cover the lack of diligence in searching for the real cause of the trouble. Often the cause of the trouble is a diseased bone, a tumor, a growth, a deflected bone, a sinusitis, adenoids, infected tonsils and other things which a slight operation will correct.

J. M. Q.—Please tell me what to do about my cough.
A.—Apply a little of the following to your feet each night:
Ichthyol 1 dram
Tannic acid 1 dram
Benzoin 1 dram
Rosewater 1 ounce
Take internally two teaspoonfuls of compound syrup of hyposulphites in water at bedtime.

INQUIRY. A.—Your question cannot be answered through the paper. If you wish to send a stamped, self-addressed envelope with your query repeated I will be pleased to help you by letter.

KITCHEN ECONOMIES

BY ISOBEL BRANDS
OF THE APPLECROFT EXPERIMENT STATION.

Six Delicious Chowders for One-Dish Mid-Day Meals.

Another type of one-plate dish that is eminently satisfactory, and that saves a great deal of time in both cooking and serving, is the chowder. It is an ideal dish for luncheon, and a bowl of chowder with a few crackers is a most satisfactory midday meal.

- Salmon Chowder.**
- 1-3 cupful of 1/2-inch cubes of salt pork
 - 1-3 cupful of 1/2-inch cubes of potatoes
 - 1-3 cupful of 1/2-inch cubes of carrots
 - 1-3 cupful of 1/2-inch cubes of celery
 - 1-3 cupful of 1/2-inch cubes of onion
 - 1-3 cupful of 1/2-inch cubes of bread crumbs
 - 1-3 cupful of 1/2-inch cubes of milk
 - 1-3 cupful of 1/2-inch cubes of cream
 - 1-3 cupful of 1/2-inch cubes of salt
 - 1-3 cupful of 1/2-inch cubes of pepper
 - 1-3 cupful of 1/2-inch cubes of butter
 - 1-3 cupful of 1/2-inch cubes of oil
 - 1-3 cupful of 1/2-inch cubes of vinegar
 - 1-3 cupful of 1/2-inch cubes of lemon juice
 - 1-3 cupful of 1/2-inch cubes of salt
 - 1-3 cupful of 1/2-inch cubes of pepper
 - 1-3 cupful of 1/2-inch cubes of butter
 - 1-3 cupful of 1/2-inch cubes of oil
 - 1-3 cupful of 1/2-inch cubes of vinegar
 - 1-3 cupful of 1/2-inch cubes of lemon juice

Cook the salt pork and onion for ten minutes, then add the boiling water and strain into chowder kettle. Add the potatoes and seasonings, and cook for twenty minutes. Add the milk and cream, and cook for five minutes. Add the butter and oil, and cook for five minutes. Add the vinegar and lemon juice, and cook for five minutes. Serve hot with crackers.

Kidney Bean Chowder.

- 1-3 cupful of kidney beans (white)
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Soak the beans overnight. In the morning drain, rinse and bring to the boiling point with soda and water to cover. Drain and rinse again, then add the boiling water and allow to simmer until the beans are almost done. Add the seasoning, tomato juice, corn, and when tender add the cracker or bread crumbs to thicken. If too thick add a little more water.

Chowder With Noodles.

- 1-3 cupful of beef stock
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Cook the noodles in salted water until tender. Drain and add the beef stock, onion, and seasonings. Cook for five minutes. Add the cracker or bread crumbs to thicken. Serve hot.

POLLY AND HER PALS.—Ah, Yes—Yes, Indeed!

GREAT GUIN! IS THEM MIFERIAL PAINTERS GOUNA MAKE A LIFE JOB OF OUR HOUSE!

DON'T BE IMPATIENT, PA! ROME WASN'T BUILT IN A DAY!

A LITTLE MORE OF THIS CHAOS, AN' BY GEORGE I'LL PAINT SOMETHIN' MYSELF!

POO! POO! PAW! YOU COULDN'T PAINT A THING!

BE OF GOOD CHEER, HON. PA!

THE HON. PIGMENTS ARE PLENTIFUL!

NEEKWAH. HOW ARE WIE FIXED FOR NOSE-PAINT?

DAIT YOU FOOL YERSELF, MAN!

DAIT BE IMPATIENT, PA!

DAIT BE IMPATIENT, PA!

DAIT BE IMPATIENT, PA!

DAIT BE IMPATIENT, PA!

DAIT BE IMPATIENT, PA!

DAIT BE IMPATIENT, PA!

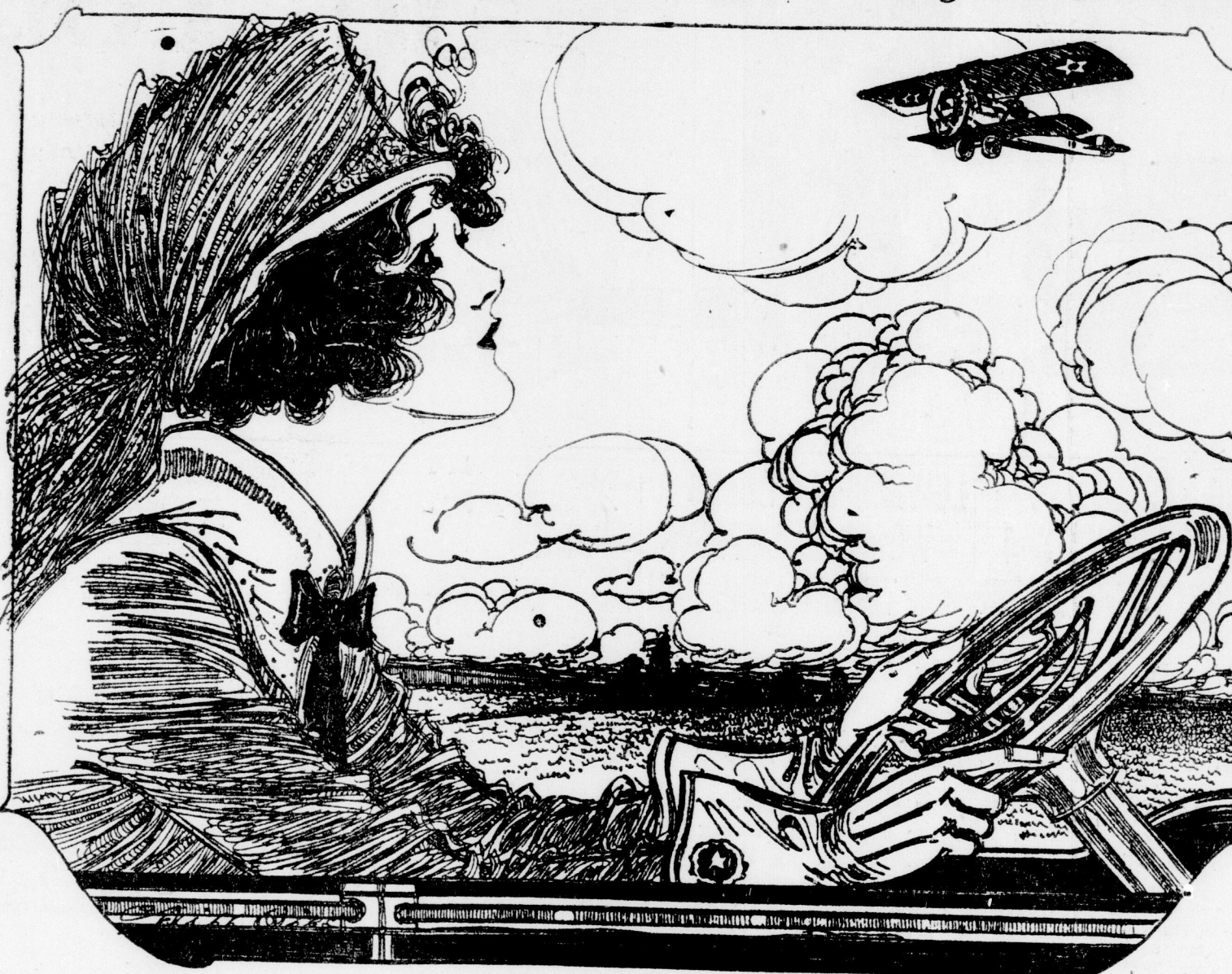
DAIT BE IMPATIENT, PA!

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AT THE WHEEL

By Will Nies



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SINCE the far off day when the first sailing ship took to itself a wheel to better guide a daring way through the rolling green seas it plowed to white, "at the wheel" has meant CONTROL—has reflected strength and poise. And now from a figure of speech it returns to its original meaning, fresh and adventurous to those who for the first time face the new vistas fresh DUTIES bring. Far up in the limelight of the wheel, doing the duties that were his with a heart ready for any fate, for TOGETHER—in oneness of purpose and of enduring LOVE—they WILL to win and so shall TRIUMPH!

ADELE GARRISON'S NEW REVELATIONS OF A WIFE

How Dicky "Took" Madge's Story of Mrs. Hadley's Visit.

Sometimes a painful scratch or a sudden small bruise will make one forget the pain of a deeper, greater injury. It was so with me after Mrs. Hadley had taken her correct, impeccable way down our front walk and into her waiting motor.

My encounter with her, insignificant though it had been, had irritated me to a point where I forgot temporarily the very real extraneousness of Dicky's experience with an aviation engineer. I found myself waiting impatiently for him to come home that I might tell him of the incident. I wonder if all wives feel as I do about sharing experiences with their husbands? Dicky isn't with me for an aviation engineer, a play or an outing is gone if I with my husband and received his sympathy or sympathy as the case may demand.

This is the one great drawback to my secret work, the fact that I cannot tell my husband about it. But since I have been at home again I have tried to put off my mind altogether that phase of it. Thinking of it always brings up speculation as to the reasons why Dicky insists that Dicky be barred from my knowledge of my work, and that avenue of thought is a dark, puzzling thoroughfare for me.

The Home-Coming. Dicky was late in coming home from a point where he was engaged in making the illustrations for an aviation serial, a commission he had recently received. He brought with him the most formal courtesy which had been his manner ever since our stormy interview by the brook. He was friendly, he knew better, however, than to ask him, lately, and I have learned to be wary of them. So I simply answered him "Hello, Madge," which he managed to invest with as much formality as if his actual words had been "Good evening, Mrs. Garrison," with a careless, friendly "Hello, Dicky," and added as he mounted the stairs to his room.

"Dinner will be ready in twenty minutes, on the veranda."

There is a large square veranda at the rear of the library in the old house we have bought, which we had screened as soon as the first hint of spring came. It which is the little lake bordered by trees, the most attractive feature of our grounds.

Both Dicky and I delight in having spring mornings and evenings have been a bit too comfortable for me. The afternoon had been especially warm, however, and when I instructed Dicky to serve dinner on the breezy veranda I was sure that Dicky's sweat would equal my own.

The Shadow Falls. I placed the table and his chair in such a position that his eyes would rest most easily on the lake with the trees surrounding it, a veritable Carot in its soft spring coloring. As he came out with tiny covered buttons.

Smart Braid-Trimmed Tunic Frock. The spiral tunic is the distinctive feature of this smart frock of beige sharding. Rows of narrow, brown braid trim the collar, sleeves and tunic. The underskirt is pleated to produce the narrow silhouette so popular at present. Over it is hung the spiral tunic, another novel feature of this model is the manner in which it fastens at the side. Straps of the gabardine are drawn through corresponding slashes, bound with the material and buttoned with tiny covered buttons.

Water shouldn't be used on the hair after the dry shampoo, as it will tend to

make the hair stiff and altogether unattractive. This means, of course, that no woman would shed the light of her countenance upon us at meal time when we are seated at the table.

"You're eminently correct," I answered. "I hope you'll be able to bear up when I tell you that I have instructed Katie to serve all our meals out here."

"Praise be to Allah!" he ejaculated devoutly, and then with a return to his old delightful manner, "Well, what's been doing today?"

I try never to bore Dicky by relating the petty details with which so many women furnish the meals of their households. But he has a keen sense of the day's routine, especially of Katie's furnishing, which afford him a hearty laugh. Fortunately Katie had been in especially good form, and he appeared highly amused. Then I related my experience with the snobbish Mrs. Hadley. But as I talked I felt indignantly as if the curtain which had separated us for so many days was again slowly descending between us.

There was neither sympathy nor amusement in my husband's face as he listened. But there was another expression which stung me.

Today's Fashion. By MME. FRANCES

The busy women, the women whose every minute seems taken up by the women to whom a woman would be the most acceptable of all.

If the hair is inclined to appear lustreless and lifeless, an occasional salt scrub will stimulate the circulation and renew the life and strength of the hair. It might be well to follow the emergency bath with a salt scrub. The salt is rubbed upon the scalp only, and can be readily removed by a thorough brushing.

Always massage the scalp well after cleansing the hair, even if you have only five or ten minutes to devote to this treatment. Place the thumb firmly on the scalp, using it as a sort of anchor for the rest of the hand. The scalp itself is then moved by the four outspread fingers—that is, the fingers aren't slipped over the surface of the scalp, but they move the scalp itself. The hair sometimes needs loosening to afford the proper circulation of the blood and the consequent nourishment of the roots of the hair.

These quick ways of cleansing the hair are only for busy times. The hair should be kept thoroughly clean at all times, and a water shampoo should be given when the hair becomes heavy with oil and dust.

Don't get into the habit of substituting emergency shampoos for the regular cleansing bath. The scalp should be kept as clean as any other part of the body, and I don't agree with those who believe frequent washings are injurious.

The Origin of Famous Sayings. Edward Hazen Parker, M. D. 1823-1896.

Life's race well run. Life's work well done. Life's now cometh rest. Life's victory won.

—Funeral Ode on James A. Garfield.

Great thoughts stand up like church spires 'mid village cots. —Haley's Festus.

The activity and soundness of a man's actions will be determined by the activity and soundness of his thoughts. —H. W. Beecher.

—Cliff Sterrett.

—Cliff Sterrett.

Three Minute Journeys

Where Coffee and Gossip Are the Chief Things in Life.

Perhaps the most striking peculiarity of the city of Saloniki before the war was the fact that the inhabitants—particularly the Turks—lived their lives in the open streets. Of course, the mildness of the climate was the lure that brought these peoples into the open air, and the love of gossip served to keep them there.

The butcher went his rounds with meat hung on boards sloping down from the sides of a patient horse. The barber strolled from house to house, and cut the hair, trimmed the flowing beards and shaved the chins of his customers on the sidewalks in front of their houses.

Candy sellers displayed their goods on trays at street corners or set in nooks up in the morning, cat, sit on a blade of grass and sing until time to eat again, then sing again until bedtime. I'm tired of it all. I want to live where there's something going on!

His mamma suggested that he pay a visit to his cousin, Cheery Crick, and she brushed his grey coat, smoothed his wrinkled green vest, and putting his new knee breeches and a new pair of shoes on him, she kissed him good-bye.

Murmuring his merry song, Johnny Grasshopper hopped away to his cousin's home.

But Cheery Crick was busy packing her grip. She had just been discovered by the quickness of the meadow folk.

"Come with me," she suggested, "I'm going to visit our cousin, Mrs. Cock-

roach, who lives in the farmhouse next to the meadow. From what they tell me, she has a lovely place. Never has to work or hunt food—it's always before her. She lives like a great queen. You'd better come with me, Johnny Grasshopper."

Johnny Grasshopper agreed and away they hurried to the farmhouse. The green door was open, so Johnny Grasshopper and Cheery Crick hopped into the house and on to the kitchen table, where Mrs. Cockroach and her family of twenty lived in the cracks and behind the water pipes.

Mrs. Cockroach was certainly glad to see her cousins and served them a lovely lunch.

"I've often wondered why you folks preferred to live in the meadow, instead of having a lovely home in this farmhouse. Here you never have to work for your food—it's always before you."

"And you just tell yourself!" asked Johnny Grasshopper, "How lovely! I think I like to live in my meadow."

Cheery Crick having eaten all she could, perched herself on the rim of a dish and began to sing merrily.

Just then the kitchen door flew open and a red-faced cook entered. Mrs. Cockroach and her children disappeared from sight in the nearest cracks. Cheery Crick's merry song ceased, and the meadow folk, fearing things weren't right, jumped to the floor and tried to hide in the corner.

But the cook placed a new dish on the table, brushed them both out the door on the walk, right in front of a great big rooster.

Too frightened for words, Johnny Grasshopper and Cheery Crick never stopped hopping until they were safe again in the meadow.

"You Crickets never do know when you're well off," Johnny Grasshopper hopped. "You always sing at the wrong time!"

"Well, I did that time," laughed Cheery Crick. "Even if the place was walled with gold and lined with good things to eat, I wouldn't sing when I live in it, if you couldn't sing when you're like me!"

"Neither would I!" exclaimed Johnny Grasshopper. "I'd rather work for my food and be free to do as I please. After all, the life in the meadow is free and I love its quietness, don't you?"

Cheery Crick crawled up the blade of grass beside Johnny Grasshopper and together they sang a merry tune. After that no one ever heard Cheery Crick or Johnny Grasshopper complain of their meadow home.

ADVERTISER PATTERNS

DAILY BIBLE QUESTION CLUB

Suggestive Questions on the Uniform Lesson for Sunday, April 21, 1918.

ONE GOLDEN TEXT SUGGESTION.

QUESTIONS FOR TODAY.

1. Verse 1.—When men and women are filled with the spirit of God, are they as a dull or bright in their intellectual faculties?

2. Verse 2.—What would you say was the nature of this voice? Was it objective or subjective?

3. Verse 3.—Why did Jesus tell them not to make known his experience until he was risen from the dead?

4. Verse 4.—What would you say was the nature of this voice? Was it objective or subjective?

5. Verse 5.—Why did Jesus tell them not to make known his experience until he was risen from the dead?

6. Verse 6.—What would you say was the nature of this voice? Was it objective or subjective?

7. Verse 7.—What would you say was the nature of this voice? Was it objective or subjective?

8. Verse 8.—What would you say was the nature of this voice? Was it objective or subjective?

9. Verse 9.—What would you say was the nature of this voice? Was it objective or subjective?

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